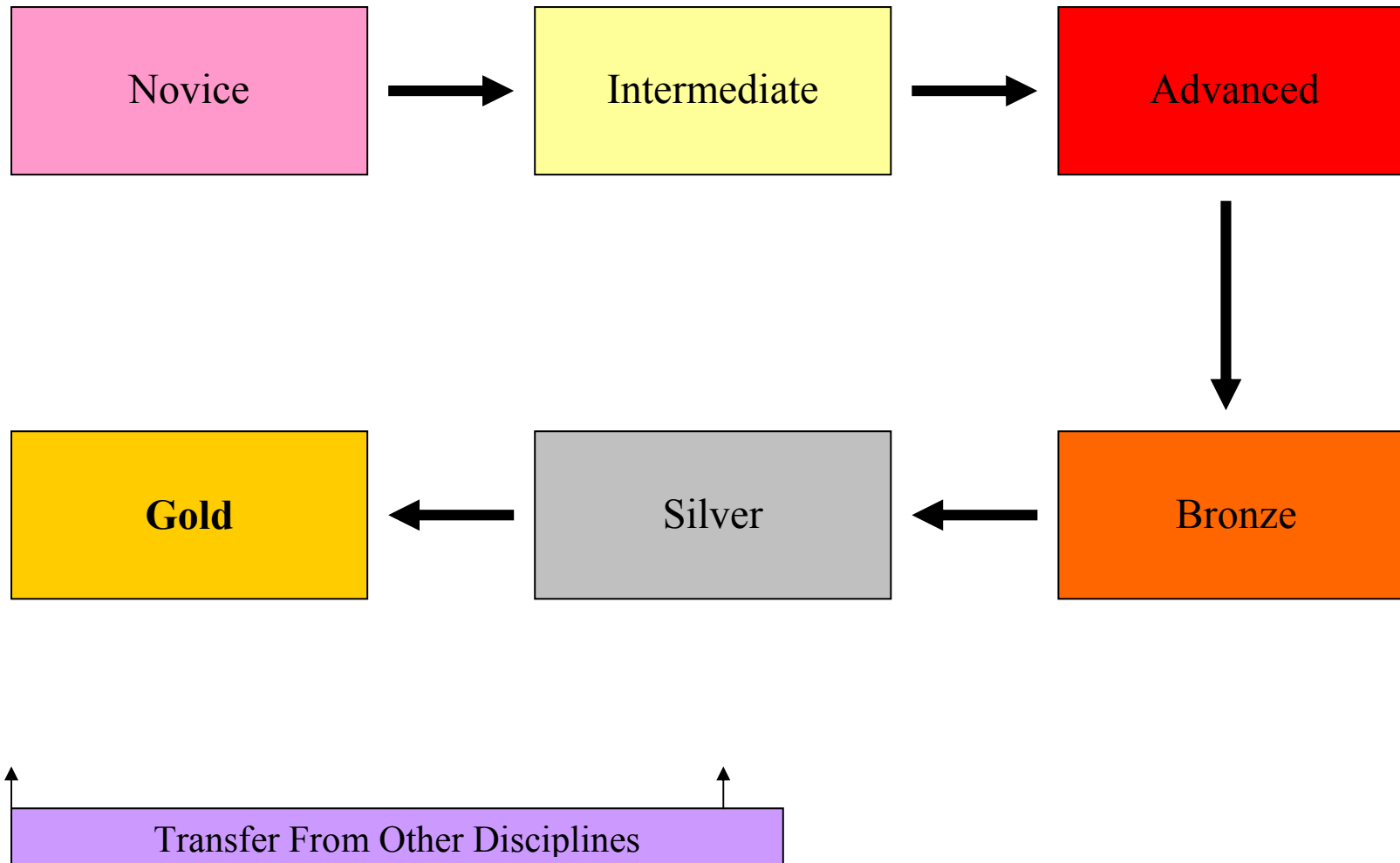


Sussex General Gymnastics Floor & Vault Competition Structure 2010



Sussex General Gymnastics Competition Format 2010

Novice Minimum age: Must be 8 years old in the year of competition.

For gymnasts who have never competed in any County / Region competition, or who have competed at Key Step level and scored 17.00 or higher, also those that have competed at Novice level previously and scored 13.74 or less. A gymnast scoring 13.75 or more will be required to move up to Intermediate Level at the start of the next calendar year. Gymnasts may move up to a higher level without achieving the standard at the discretion of the coach.

Intermediate Minimum age: Must be 8 years old in the year of competition.

For gymnasts who have already competed at Intermediate level and scored 14.74 or less, or who have competed at Novice level and scored 13.75 or higher. A gymnast scoring 14.75 or more will be required to move up to Advanced Level at the start of the next calendar year. Gymnasts may move up to a higher level without achieving the standard at the discretion of the coach. Gymnasts who do not attain a 13.75 score or higher may move down to Novice level.

Advanced Minimum age: Must be 8 years old in the year of competition.

For gymnasts who have already competed at Advanced level and scored 15.49 or less, or who have competed at Intermediate level and scored 14.75 or higher. A gymnast scoring 15.50 or more will be required to move up to Bronze Level at the start of the next calendar year. Gymnasts may move up to a higher level without achieving the standard at the discretion of the coach. Gymnasts who do not attain a 14.75 score or higher may move down to Intermediate level.

Bronze Minimum age: Must be 8 years old in the year of competition.

For gymnasts who have already competed at Bronze level and scored 15.99 or less, or who have competed at Advanced level and scored 15.50 or higher. A gymnast scoring 16.00 or more will be required to move up to Silver Level (providing they are old enough) at the start of the next calendar year. Gymnasts may move up to a higher level without achieving the standard at the discretion of the coach. Gymnasts who do not attain a 15.25 score or higher may move down to Advanced level.

Silver Minimum age: Must be 10 years old in the year of competition

For gymnasts who have already competed at Silver level and scored 16.99 or less, or who have competed at Bronze level and scored 16.00 or higher. A gymnast scoring 17.00 or more at Silver Level will be required to move up to Gold Level (providing they are old enough) at the start of the next calendar year. Gymnasts may move up to a higher level without achieving the standard at the discretion of the coach. Gymnasts who do not attain a 16.00 score or higher may move down to Bronze level.

Gold Minimum age: Must be 12 years old in the year of competition

For gymnasts who have already competed at Gold level, and those that have competed at Silver level and scored 17.00 or higher. Gymnasts who do not attain a 17.00 score or higher may move down to Silver level.

The scores stated above will be taken from gymnast's floor and vault scores only, even if the competition is a 4 piece event. The scores at the Sussex Floor and Vault and the Sussex 4 Piece will be used to establish gymnast's average floor and vault scores. These average scores will determine if a gymnast is required to move up a level, whether they can stay at the level they are in or whether they have the option of moving down a level if they wish too. It is therefore a requirement that gymnasts entering the Sussex 4 Piece (where gymnasts must compete on a minimum of 3 pieces of apparatus) perform on floor and vault as 2 of their selected apparatus. If a gymnast only competes once, it will be that score that is used.

If the committee feels that the scores awarded at either competition were too high, it will be at the discretion of the committee to make a decision on which gymnast's should be required to change levels. It is also at the discretion of the committee to approach a club/coach regarding a gymnast's level if it is felt that the wrong category is entered.

GENERAL RULES FOR GENERAL GYMNASTICS COMPETITION

The rules set out below reinforce good standards of behaviour and a code of conduct that is expected from British Gymnastics members at Gymnastics events. To ensure friendly and fun events for all concerned, you are asked to ensure that all those involved with any General Gymnastics events are aware of these rules. Failure to adhere to the rules will result in the withdrawal of the gymnast and may negate the coach's BG insurance.

Coach Qualification criteria:

- ◇ The coach must hold a minimum qualification of Level 2 Coach or above in General Gymnastics or Artistic Gymnastics.
- ◇ The coach must hold an Award appropriate to the skills being performed by the gymnast.
- ◇ A Level 1 coach may assist a more highly qualified coach but only to the level to which they are qualified.
- ◇ Only the coaches nominated on the entry forms will be allowed onto the arena.
- ◇ Coaches must hold current BG membership, proof of which may be asked for at registration.

The following Code of Dress should be adhered to during events:

- Coaches must wear a tracksuit or tracksuit bottoms & fleece, a collared polo shirt or club t-shirt, and suitable footwear.
- Jewellery, body piecing and adornments are not permitted. Rings that cannot be removed must be sufficiently covered with protective tape.
- Long hair should be tied back.
- Long fingernails present a risk to the gymnast and the coach and should therefore be kept reasonably short.
- Dress code for Gymnasts: Girls - Leotards (with a minimum 2cm strap width), full-length one piece leotard (unitard) or leotard with co-ordinating leggings/footless tights or shorts. Boys - Leotard with co-ordinating leggings/footless tights or shorts, full-length one piece leotard (unitard) or shorts and close fitting t-shirt.
- Gymnasts should work in bare feet or gym shoes. For reasons of safety covering the face or the head is not allowed.
- Supports may be worn if required but should be as close to the gymnasts skin colour as possible.

Welfare

- ◇ The coach has a duty to ensure that the participant is adequately prepared for the event.
- ◇ It is the responsibility of the Competition Organiser / Welfare Officer as well as the coach NOT to let gymnasts continue to compete if they are showing signs of injury.
- ◇ It is the responsibility of the club to ensure that all parents/carers are aware of the policy re photography, contained in the BG Health, safety and Welfare Policy 2005
- ◇ Accredited photographers may be present at events. By entering an event, there is an acceptance that the participant may be photographed.

Entries

- Gymnasts must be members of British Gymnastics. Proof of membership may be asked for at registration.
- Only correctly completed entry forms will be accepted and must be submitted no later than the closing date. Late entries **WILL NOT** be accepted. The correct entry fee, and separate participation fee, must be enclosed.
- Age groups will be determined by the age each child turns in the year of competition, e.g. If a child is 7 on the day of a competition but turns 8 in the November of the same year they will be in the 8yr age group.
- In age group competitions different ages may be grouped together depending on numbers entered. This will be decided by the Competition Organiser.
- Coaches have responsibility for ensuring the good behaviour of their supporters.
- Gymnast numbers should be returned at the end of the competition.
- Floor Music: Competitors may not use any form of music from Andrew Lloyd - Webber, Disney, Pixar or Cirque du Soleil
- Each individual gymnast must have their floor music on a CD that is labelled clearly with their name and club on it. Either the CD or the CD case must have the gymnasts number clearly displayed.

The Competition Organiser's decision is final on all matters.

FLOOR RULES AND ROUTINE CONSTRUCTION: BOYS AND GIRLS

Novice and Intermediate Levels

Floor routines must include a minimum of 8 agilities but no more than 10 agilities from the list and they must include additional linkages/dance moves. Routines will be performed along a strip of mats (*2m x 12m max*), moving up and down the strip as required. No music will be allowed.

Advanced, Bronze, Silver and Gold Levels

Advanced floor routines must include a minimum of 8 agilities but no more than 10 agilities from the list, Bronze, Silver and Gold must include a minimum of 10 **different** agilities from the list. Advanced and Bronze level floor routines will be performed on a minimum 10x10 floor area (competition rules will state floor area size as well as if a sprung or non sprung floor is being used). Silver and Gold level floor routines will be performed on a 12m x 12m sprung floor area.

Music must be used by female gymnasts. Music needs to be on a clearly marked CD with the gymnasts name, number and club (no tapes).

Time: 45 – 90 seconds. A deduction of 0.1 will be taken if the music is of incorrect length.

Routine Construction

- Gymnasts are encouraged to select moves from travelling, flight, balance, rotation, flexibility and strength to create a varied routine.
- Up to two skills (including bonuses) may be replaced with ones from a higher category, e.g. a Group 1‘C’ skill may replace a Group 1‘B’ skill.
- Elements will score once only in an exercise.
- There must be a minimum of 2 elements but no more than 4 elements from each group. This includes bonus skills.
- Bonus will only be awarded if the bonus skill carries less than a 0.5 penalty.
- Difficulty content can be included within the special requirements e.g. split leap (120°), cat leap would give the 1x leap/jump series special requirement as well as providing 2x ‘B’ elements for difficulty content.
- Each element can only be used as part of 1 special requirement, e.g. A handstand forward roll cannot be used as the acrobatic skill special requirement & as part of the mixed series at bronze level
- An acrobatic flight series should consist of a minimum of 2 elements, 1 of which must be a flight element (unless stated otherwise).
- Prompting the gymnast will be deducted at 0.1 each time or by 1.0 if it occurs throughout the routine.
- Elements will be given at a lower value if they are not reached, e.g. a 180° split leap that doesn’t reach a 180° split will be given as a 150° split leap (this could mean special requirements are not met)
- Bonus skills should not be included in the special requirements or difficulty content but, can be used to make up the 10 different agilities required.
- For Bronze, Silver and Gold Levels bonus skills will not be given unless all special requirements, difficulty content and group requirements are met.

Judging

Marks will be deducted for poor execution during the whole routine.

All moves and all links will attract deductions when performed poorly, and these will be 0.1, 0.3 or 0.5 depending on severity.

Lack of links, poor use of floor and excessive use of jumps and leaps will carry deductions depending on severity, under artistry.

All falls will be deducted at 0.5.

There will be a 0.3 deduction for each group element not performed or for every extra group element (more than 4 elements from one group).

There will be a 0.5 deduction for each special requirement not fulfilled (the 0.2 for the special requirement and an additional 0.3 for not meeting the requirement).

If a gymnast fails to perform the required difficulty content then the value of the each missing element will be deducted and an additional 0.3 will also be made for each element missing as they have not met the requirements specified.

SUSSEX GENERAL GYMNASTICS - FLOOR CRITERIA: BOYS AND GIRLS

NOVICE		INTERMEDIATE		ADVANCED	
Start Value (S.V)	8.00	Start Value (S.V)	8.20	Start Value (S.V)	8.70
Difficulty Content: 8 x 'A' elements @ 0.2 each	1.60 1.60	Difficulty Content: 6 x 'A' elements 2 x 'B' elements	1.80 1.20 0.60	Difficulty Content: 3 x 'A' elements 4 x 'B' elements 1 x 'C' element	2.30 0.60 1.20 0.50
Max 10 agilities		Max 10 agilities		Max 10 agilities	
Special Requirements: 2 x skills - Group 1 1 x held position (2 sec) - Group 2 1 x acrobatic skill - Group 3 or 4 1 x acrobatic skill - Group 4	1.00	Special Requirements: GIRLS 1 x 'B' skill - Group 1 1 x held position (2 sec) - Group 2 BOYS 2 x held position (2 sec) - Group 2 ALL 1x skill - Group 1 1 x acrobatic skill - Group 3 or 4 1 x flight skill (<i>FS</i>) - Group 4	1.00	Special Requirements: GIRLS 1 x Group 1 skill (<i>'B' or above</i>) 1 x held position (2 sec) - Group 2 BOYS 2 x held position (2 sec) - Group 2 ALL 1 x acrobatic skill - Group 3 or 4 1 x flight skill (<i>FS</i>) or acro flight series (<i>AFS</i>) - Group 4 1x mixed series - a Group 1 skill + 1 skill from another group	1.00
Execution: Artistry/linkage:	5.00 0.40	Execution: Artistry/linkage:	5.00 0.40	Execution: Artistry/linkage:	5.00 0.40
Bonus (optional):	0.60	Bonus (optional):	1.00	Bonus (optional):	1.20
1 x 'B' element 1 x 'B' element (must be from different groups)	0.30 0.30	1 x 'C' element 1 x 'C' element (must be from different groups)	0.50 0.50	1 x 'C' element (must be from a different group to the 'C' element above) 1 x 'D' element (from Group 1 only)	0.50 0.70
Max achievable score	8.60	Max achievable score	9.20	Max achievable score	9.90

PLEASE NOTE: A stretched rebound jump that follows a roundoff, handspring, flic or any other element is not to be counted as one of the gymnasts agilities or as part of a special requirement. If the gymnast does any jump other than a stretch jump it may be used as part of these requirements.

SUSSEX GENERAL GYMNASTICS - FLOOR CRITERIA: BOYS AND GIRLS

BRONZE		SILVER		GOLD	
Start Value (S.V)	8.80	Start Value (S.V)	8.50	Start Value (S.V)	8.40
Difficulty Content: 2 x 'A' elements 4 x 'B' elements 2 x 'C' elements	2.60 0.40 1.20 1.00	Difficulty Content: 1 x 'B' element 2 x 'C' elements 2 x 'D' elements	2.70 0.30 1.00 1.40	Difficulty Content: 2 x 'B' elements 1 x 'C' element 1 x 'D' element 1 x 'E' element	2.60 0.60 0.50 0.70 0.80
Min 10 different agilities		Min 10 different agilities		Min 10 different agilities	
Special Requirements: GIRLS 1 x leap/jump series - Group 1 (<i>'B' or above</i>) BOYS 1 x held position (2 sec) - Group 2 (<i>'B' or above</i>) ALL 1 x mixed series - any valued Group 1 skill + 1 skill from other group (<i>'B' or above</i>) 1 x acrobatic skill - Group 3 or 4 1 x 'C' flight skill (<i>FS</i>) or acro flight series (<i>AFS</i>) - Group 4	0.80	Special Requirements: GIRLS 1 x leap/jump series Group 1 (<i>'B' or above</i>) BOYS 1 x held position (2 sec) - Group 2 (<i>'B' or above</i>) ALL 1 x mixed series– any valued Group 1 skill + 1 skill from other group (<i>'B' or above</i>) Acrobatic series of 2 flight skills – (<i>'C' or above</i>)	0.60	Special Requirements: GIRLS 1 x leap/jump series Group 1 (<i>'C' or above</i>) BOYS 1 x held position (2 sec) - Group 2 (<i>'C' or above</i>) ALL 1 x mixed series – any valued Group 1 skill + 1 skill from other group (<i>'C' or above</i>) Acrobatic series of 3 flight skills (<i>'D' or above</i>)	0.60
Execution: Artistry/linkage:	5.00 0.40	Execution: Artistry/linkage:	5.00 0.20	Execution: Artistry/linkage:	5.00 0.20
Bonus (optional):	1.20	Bonus (optional):	1.50	Bonus (optional):	1.60
1x 'C' Acro flight series (<i>AFS</i>) (must be a different AFS from the one performed for the special requirement) 1x 'D' element	0.50 0.70	1 x 'E' element 1 x 'D' Acro flight series (<i>AFS</i>)	0.80 0.70	1x 'E' element (Group 2,3,4) 1x 'E' Acro flight series (<i>AFS</i>)	0.80 0.80
Max achievable score	10.00	Max achievable score	10.00	Max achievable score	10.00

PLEASE NOTE: A stretched rebound jump that follows a roundoff, handspring, flic or any other element is not to be counted as one of the gymnasts agilities or as part of a special requirement. If the gymnast does any jump other than a stretch jump it may be used as part of these requirements.

GENERAL GYMNASTICS FLOOR ELEMENTS FOR NOVICE – GOLD CRITERIA

‘A’ ELEMENTS (0.2 ea)	‘B’ ELEMENTS (0.3ea)	‘C’ ELEMENTS (0.5 ea)	‘D’ ELEMENTS (0.7ea)	‘E’ ELEMENTS (0.8ea)
GROUP 1	GROUP 1	GROUP 1	GROUP 1	GROUP 1
Straight jump	Jump full turn	Jump 1 ½ turn	1½ Spin	Double spin
Tuck jump	W jump (<i>1 leg tucked, 1 straight fwd</i>)	Straddle jump (<i>feet 45–90° angle from hips</i>)	Jump double turn	Full spin with 1 leg extended
Star jump	Split leap or jump (<i>min 120° split</i>)	Split leap or jump (<i>min 150° split</i>)	Sissone	Straddle jump shushunova
Jump ½ turn	Stag leap or jump	Full spin	Split leap or jump (<i>min 180° split</i>)	Change leg split leap / split leap
	Scissor jump	Tuck jump ½ turn	Change leg split leap or jump (<i>180° split</i>)	Split leap / cat leap full turn
	Cat leap	Cat leap ½ turn	Cat leap full turn	Split leap / sissone
			Tuck jump full turn	Split leap / W jump
			Straddle jump (<i>feet 90° or above from hips</i>)	Straddle jump / pike jump
				Full turn jump / straddle jump
GROUP 2	GROUP 2	GROUP 2	GROUP 2	GROUP 2
1 leg balance	Arabesque (<i>leg at a minimum of 90°</i>)	Y scale (<i>leg above waist height with or without hand support</i>)	Y scale (<i>leg lifted to shoulder height with hand support</i>)	Straddle lever to handstand full turn
Splits (<i>front or side</i>)	Japana (<i>flat back, chest to floor</i>)	Press to handstand from straddle stand (<i>‘elephant lift’</i>)	Press to handstand from straddle stand full turn	From splits position lift to handstand
Japana (<i>chest angle 45° or less</i>)	½ lever shown, not held (<i>straight or straddled</i>)	Half lever, held (<i>straight or straddled</i>)	3 way splits	Tucked top planché (<i>held</i>)
Piked V sit (<i>with hand support</i>)	Piked V sit (<i>without hand support</i>)	Tucked hold	V sit (<i>‘Russian lever’</i>) (<i>with hand support only on floor</i>)	Straddle lever to handstand return to straddle lever
½ lever (<i>1 foot resting on floor</i>)	Shoulder stand (<i>unsupported</i>)	Tucked Russian lever	Straddle lever from floor to handstand.	Y scale (<i>leg lifted to shoulder height without hand support</i>)
Front or back support - (<i>lower to floor or push up to support</i>)		Arabesque (<i>leg at 120° or higher</i>)		
Shoulder stand (<i>hips supported</i>)				

GROUP 3	GROUP 3	GROUP 3	GROUP 3	GROUP 3
Roll sideways (<i>optional shape, e.g. straight, arched</i>) (Not Acro Skill) Side tucked ('egg') roll (<i>leg shape optional</i>) (Not Acro Skill) Circle ('teddy bear') roll (Not Acro Skill) Forward roll Backward roll Backward roll to straddle stand	Forward roll to straddle stand Backward roll to front support Backward roll to pike stand Handstand forward roll Handstand ½ turn Bridge kickover	Forward roll with straight legs Handstand fwd roll (<i>with straight arms throughout</i>) Backward roll to front support (<i>with straight arms throughout</i>) Backward roll through handstand Handstand full pirouette Backward walkover	Handstand fwd roll piked exit (<i>with straight arms throughout</i>) Backward roll to handstand (<i>with straight arms throughout</i>) Handstand 1½ pirouette Tic toc Forward walkover	Backward roll to handstand, half or full pirouette (<i>with straight arms throughout</i>) Handstand double pirouette Valdez
GROUP 4	GROUP 4	GROUP 4	GROUP 4	GROUP 4
Bridge (Not Acro Skill) Headstand (<i>leg shape optional</i>) (Not Acro Skill) Handstand shown, not held Cartwheel (<i>Side to Side</i>) Bunny hop (<i>hips above shoulders</i>)	Cartwheel (<i>Front to Back</i>) Headstand to pike stand (<i>straight legs throughout</i>) (Not Acro Skill) 1 armed cartwheel 2 consecutive cartwheels side to side Dive cartwheel (<i>arms from behind and must show flight</i>) (FS) Roundoff (FS)	Standing flic to 2 feet (FS) Standing flic to 1 foot (FS) Handspring to 2 feet (FS) Handspring to 1 foot (FS) 2 handsprings 1 – 2 feet (AFS) Roundoff, flic to 1 foot (AFS) Roundoff, flic to 2 feet (AFS) Cartwheel, flick (1 or 2 feet) (AFS) Back walkover, flick (1 or 2 feet) (AFS) Roundoff, flic, flic (AFS) Handspring, roundoff, flic (AFS)	Flyspring (FS) Free cartwheel (FS) Tucked front salto (FS) Handspring, front salto (AFS) R/O, back salto (AFS) R/O, flic, back salto (AFS) Front somi, R/O, flic (AFS)	Headspring (FS) Pike front salto (FS) Straight front salto (FS) Flyspring front salto (AFS) R/O, flic, Pike/ Straight back salto (AFS) R/O, flic, salto with ½ twist (AFS) R/O, flic, salto with 1/1 twist (AFS) Front salto step out, R/O, flic, back salto (AFS) R/O, 2, flics, straight back salto (AFS)

SUSSEX GENERAL GYMNASTICS VAULT CRITERIA FOR NOVICE – GOLD LEVELS: BOYS AND GIRLS

NOVICE	INTERMEDIATE	ADVANCED	BRONZE	SILVER	GOLD
Platform Height 8 – 9 110cm 10 – 11 110cm 12 – 14 110cm or 120cm 15+ 120cm 8 – 9 yrs + 10 – 11 yrs may use 2 springboards without deductions if going over the platform All other age groups may only use 1 board	Platform Height 8 – 9 110cm 10 – 11 110cm 12 – 14 110cm or 120cm 15+ 120cm 8 – 9 flatbacks 100cm 10 – 11 flatbacks 110cm 8 – 9 yrs may use 2 springboards without deductions if going over the platform All other age groups may only use 1 board	Platform Height 8 – 9 110cm 10 – 11 110cm 12 – 14 110cm or 120cm 15+ 120cm 8 – 9 flatbacks 100cm 1 springboard	Platform Height 10 – 11 110cm or 120cm 12 – 14 120cm 15+ 120cm or 125cm 1 springboard	Platform Height 10 – 11 110cm or 120cm 12 – 14 120cm 15+ 120cm or 125cm 1 springboard	Platform Height 10 – 11 110cm or 120cm 12 – 14 120cm 15+ 120cm or 125cm 1 springboard
Start Value (S.V)	Start Value (S.V)	Start Value (S.V)	Start Value (S.V)	Start Value (S.V)	Start Value (S.V)
Squat on straight jump off 7.00 Straddle over 7.50 Squat through 7.50 *Handspring flat back on to mat pile (80cm) 7.50	Squat on straight jump off 7.00 Straddle over 7.50 Squat through 7.50 *Handspring flat back on to mat pile (8-9yrs at 100cm & 10-11yrs at 110cm) 8.00 *Handspring flat back over platform (12-14 & 15+ only) 8.00 Handspring (12-14 & 15+ only) 8.80	Squat on straight jump off 7.00 Straddle over 7.50 Squat through 7.50 *Handspring flat back on to mat pile 100cm (8-9yrs only) 8.00 *Handspring flat back over platform (10-11 yrs only) 8.00 Handspring (10-11, 12-14 & 15+ only) 8.80	*Handspring flat back onto pile of mats 110cm (8-9 yrs only) 8.00 *Handspring flat back over platform (10-11 yrs only) 8.00 Handspring (10-11, 12-14 & 15+ only) 8.80 Handspring with ½ turn on (10-11, 12-14 & 15+ only) 9.00	Handspring 8.80 Handspring with ½ turn on 9.00 Handspring with ½ turn off 9.00 Handspring ½ turn on, ½ turn off 9.20 Handspring 1/1 twist 9.40 Handspring ½ turn on, 1/1 turn off 9.70	Handspring 8.80 Yamashita 9.00 Handspring with ½ turn off 9.00 Handspring ½ turn on, ½ turn off 9.20 Handspring 1/1 twist 9.40 Handspring ½ turn on, 1/1 turn off 9.70

***Handspring flat back - On landing the body should be tight, either flat or slightly dished (must be a strong dish) – Shoulders and hips must both reach a 150° angle in a Handstand shape (when hands are on the mat, not in flight on or off) otherwise the vault will be void.**

Vault General Guidelines

- Two attempts from the vaults listed (best score counts).
- Gymnasts not deemed competent during warm up will be required to perform one of the alternative vaults.
- Penalties are deducted using the table of faults in the (BSGA/BG) Floor & Vault table of faults with the start value applied.
- Judges will be looking for good technique and body form in the flight on, the action on and repulsion from vault, also the flight off, and the landing.
- Any steps on landing will be deducted 0.1 for each step
- Balance correcting movements will be deducted according to severity.
- A fall, or a touch with hands, on landing, will be deducted 0.5
- Any physical assistance by the coach will void the vault.

SUSSEX GENERAL GYMNASTICS BAR CRITERIA FOR NOVICE – GOLD LEVELS: GIRLS

‘A’ Elements (0.2 each)	‘B’ Elements (0.3 each)	‘C’ Elements (0.5 each)
Jump to Front Support Backward Circle Up (from springboard) Cast to 45° Counter Swing (with/without dismount) 3 Dish/Arch Swings and Dismount (fish flops) Forward Circle to Held Tuck Shape (3 seconds) Held Straddle (3 seconds) feet above 90° Held Pike (3 seconds) feet above 90° Undershoot	Backward Circle Up (without springboard) Cast to 90° (horizontal) Cast Backward Circle Forward Circle Squat On / Straddle On 2 swings (with/without dismount) Straddle or Pike on Undershoot Dismount	Upstart Upstart from cast Long Upstart All Sole Circles ¾ Giant from Swing ¾ Giant from Cast Straddle or Pike on Undershoot with ½ turn Dismount Back away Tucked from Cast or Swing

- Requirements:**
- 1) Routines to consist of 5 elements for Novice, Intermediate and Advanced levels (each move can be performed once on each bar)
 Routines to consist of 6 elements for Bronze, Silver and Gold levels (each move can be performed once on each bar)
 (Gymnasts may perform more elements than their level requires but the highest 5 for Novice, Intermediate & Advanced & the highest 6 for Bronze, Silver & Gold valued elements will make up their start value. All additional elements will be deductable)
 - 2) There will be a 0.3 deduction for each missing element

Bonus: 0.3 bonus will be awarded for the use of both bars
 0.3 bonus will be awarded for circle up or long upstart on the high bar
 0.3 bonus given for clean landing from the dismount (Only on undershoot dismounts upwards)

Gymnasts may jump from the low bar to front support on the high bar but this will not be included as one of their performed elements so is therefore only deductable.

Fall deductions will be 0.5 per fall
 Assistance to complete an element will be a 0.5 deduction each time the gymnast is assisted. If a gymnast attempts an element, for example a squat on and then falls off there will be no additional deduction for helping them get on a second time, they will just lose 0.5 for a fall
 If the gymnast is assisted to circle up to the high bar, they will not receive the bonus for the circle up and they will be deducted 0.5 for having assistance

Judging: The routine will have a 5.00 mark execution mark to begin with. Each move performed will then have its difficulty value added to this to achieve the final start value. Any bonus will then be added to this

Maximum start value: Novice, Intermediate and Advanced levels: $5.00 + 2.50 = 7.50$ (+ additional bonus of 0.9 if achieved)
 Bronze, Silver and Gold levels: $5.00 + 3.00 = 8.00$ (+ additional bonus of 0.9 if achieved)

SUSSEX GENERAL GYMNASTICS BEAM CRITERIA FOR NOVICE – GOLD LEVELS: GIRLS

	‘A’ Elements (0.2 each)	‘B’ Elements (0.3 each)	‘C’ Elements (0.5 each)
Mounts	Group 1	Group 1	Group 1
	Jump to Front Support Squat On Straddle On	Run to Jump on (landing on 1 or 2 feet) Squat through to sit Jump to Straddle Lever from end of beam	Jump to Straddle Lever from side of beam Squat through to Pike Lever Jump to Japana (no hand support) Squat through to Russian Lever Forward Roll On
Jumps	Group 2	Group 2	Group 2
	Straight Jump Cat Leap Bunny Hop	Tuck Jump Split Jump or Leap (min 120° split) W Jump (straight leg at a min of 45°) Star Jump (facing sideways on beam)	Star Jump (facing along the beam) Split Jump or Leap (min 150° split) W Jump (straight leg at a min of 90°) Straight Jump with ½ turn Cat leap ½ turn 2 Linked Jumps –1x ‘A’ value and 1x ‘B’ value or higher
Balances	Group 3	Group 3	Group 3
	Single leg balance (free leg bent) Single leg balance (free leg straight at 45°)	Single leg balance (free leg straight at a min of 90°) Low Arabesque (min 45°) Shoulder Stand (with hand support) ½ Lever shown, not held (straddle or pike)	Arabesque (min 90°) Y balance (free leg must be above hip height) 2 Balances linked – ‘B’ value or higher ½ Lever held (straddle or pike) Splits Bridge (optional exit)
Spin	Group 4	Group 4	Group 4
	½ Turn standing on 2 feet ½ Turn in squat on 2 feet	½ Spin 1x ½ Turn standing & 1x ½ Turn in squat (linked)	Full Spin ½ Spin free leg straight horizontal throughout
Agility	Group 5	Group 5	Group 5
	Forward Roll to Straddle sit Handstand - 45° from vertical Headstand – bent legs Backward roll to knees from sitting	Forward Roll Backward Roll to 1 or 2 knees from feet Free Roll Headstand – straight legs Handstand	Handstand Held – 2 seconds Handstand Forward Roll Cartwheel Backward Walkover Forward Walkover Backward roll from feet to feet
Dismounts	Group 6	Group 6	Group 6
	Jump from end of beam (any shape)	Roundoff Handspring	Front Somersault Free Roundoff

Beam Requirements:

- 1) Routines for all levels are to consist of 6 elements
- 2) Gymnasts must include 1 element from each group
(There will be a 0.3 deduction for each missing element/category)
- 3) Gymnasts must touch the beam once within the routine (during either an element or dance) with the body of their leotard
(this includes all parts of the body other than their arms, legs, hands, feet and head)
(There will be a 0.3 deduction if this is not included)

Bonus: 0.3 bonus will be awarded for clean landings from dismounts (not including jump dismounts)

0.3 bonus will be awarded for staying on the beam provided all 3 of the above beam requirements are entirely fulfilled

Fall deductions will be 0.5 per fall

Judging: The routine will have a 5.00 mark execution mark to begin with. Each move performed will then have its difficulty value added to this to achieve the final start value. Any bonus will then be added to this

Maximum start value: All levels: $5.00 + 3.00 = 8.00$ (+ additional bonus of 0.6 if achieved)