

Gymnastics Competition Rules NatWest Island Games Aland 2009

Women's Competition 1: Set & Team

VAULT

Start Value 13.50

125cm vault height

2 vaults – highest score to count

Choice of Yamashita or $\frac{1}{2}$ on $\frac{1}{2}$ off. (as per FIG - in either direction)

FLOOR

Start Value 13.50

British Gymnastics Club Grade 2 Skills

(Music with no words minimum 1:10 maximum 1:30)

Elements: (worth 3.50)

- Round off, back flip, straight back salto 0.50
- Tuck front salto step out 0.50, roundoff, back flip, tuck back salto 0.50
- Free (Aerial) Cartwheel 0.50
- Standing back flip to two feet, straddle jump 0.50
- Split change leap, split leap with $\frac{1}{4}$ turn 0.50
- 1 $\frac{1}{2}$ turn, leg and arm positions optional 0.50

Execution deductions:

Total Omission of element: - 1.00 + Value Mark above

Tuck front step out not connected - 0.30

Any falls in routine -0.80

General deductions between 0.1, 0.3 and 0.5 as per FIG