

Gymnastics Competition Rules NatWest Island Games Aland 2009

Women's Competition 3: Set 4 Piece

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 time 1:10 maximum 1:30)

Elements:

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

BEAM

Start Value – 13.50

BG Grade 2

(Minimum time 1.10, maximum 1.30)

Elements:

Mount: Jump from two feet to land on one foot, free leg held behind, hold 2 secs 0.50

Tuck jump with ½ turn 0.50

Split leap/Sissone 0.50

Full turn 0.50

Backward walkover 0.50

Cat leap, cartwheel 0.50

Dismount: Cartwheel ¼ turn to feet together, tuck salto kick out. 0.50

Total Omission of element: - 1.00 + VM

Deduction for pause or fall in series plus omission of 2nd element:

-1.00 + VM;

Deduction for incomplete attempt of element: VM + fall and/ or execution faults

Series break on dismount 0.30

ASYMMETRIC BARS

Start Value - 13.50

BG Grade 2

Elements:

Float upstart 0.50

Cast/clear hip circle (to legs at horizontal or above) 0.50

Float upstart (legs together or straddled) 0.50

Cast pike on, sole circle catch HB 0.50

Long upstart 0.50

Cast, straight backaway dismount 0.50 OR tuck back salto (with 0.3 deduction)