

WHGC INVITATIONAL GFA BOYS 2022



Advanced –2014 and older

Gymnastics For All Gymnasts must not train more than 6 hours a week for this competition Routines are set and from 10.00 See East Midlands GFA rules for full deductions.					
	Vault	Bars	P-Bars	Floor	Trampoline
Apparatus	Vaulting table optional height 1meter + or 1meter flat back set up	High wood bar	Set 130cm from landing mat	Music is NOT required max 1.30 min Full Floor	Trampoline with raised run up
Requirements	Choice of Vault Handspring Flatback 9.20 Handspring 10.00 Handspring ½ on ½ off 10.60	Set Routine 1. Coach assisted Jump to hang 2. Circle up to front support 3. Cast Back hip circle 4. Cast into 2 swings, 5. Dismount swing forward and release at back of 3 rd swing. 10.00 or 5. into ¾ giant to front support 6. Straddle undershoot dismount 11.00	Set Routine 1. Jump to front support, 2. Pike Lever hold 2 secs 3. 2 x dip 4. 5 swings 5. Face vault dismount 10.00	1. Set moves, make into a routine Backward roll to handstand 2. Handstand forward roll to pike sit 3. Lift to pike lever, 3 secs 4. Acro series min 2 moves 5. Jump series x2 linked different jumps 6. Y balance or arabesque, 3 secs 7. Splits any direction 8. Dive roll 10.00	Pick 1 from each A, B & C Perform in that order A Straddle Jump A Pike Jump +0.2 B ½ Turn Stretch Jump B Jump Full Turn +.03 C Dive Roll C Front Somersault +.05 10.00
Notes	No other vault permitted	No other elements permitted			No other elements permitted
	2 attempts best score to count, can perform same or different vaults.	0.5 deduction for each missing element 1.0 deduction for coach assistance	0.5 deduction for each missing element 1.0 deduction for coach assistance		
Bonus Only awarded without a fall		0.5 if cast reaches 45° or above (only given once)	0.5 Bonus – Flank Dismount	0.5 Front Salto 0.5 tuck back (in acro series)	