WHGC INVITATIONAL GFA GIRLS 2023



Novice – Born 2017, 2016, 2015, 2014

	Gymnastics For All				
	Gymnasts must not train more than 4 hours a week for this competition				
	Routines are set and from 10.00				
	See East Midlands GFA rules for full deductions.				
	Vault	Bars	Beam	Floor	Trampette
Apparatus	Vault Table (Optional Height)	Single High Bar	Beam 60cm	Tumble Track or Single Floor Lane	Trampette with raised level run up
Requirements	Squat on into immediate	Set Routine	Routine to include the	Set Routine	Set Routine
·	stretch Jump off	1. Coach lift to bar into	following:	1. Forward Roll, Star Jump	1. Run and stretch Jump
		immediate chin up, hold	1. Jump to front support	2. Chasse step cat leap	2. Run and tuck Jump
		2 secs, and lower down	mount	3. Arabesque	3. Run and star Jump
		with control	2. 2 x leaps or jumps (not	4. Stretch jumps ½ turn	
		2. Leg Lift x 1 to min 45°	linked)	5. Handstand	10.00
	10.00	from the bar	3. Single leg balance	6. Side to side cartwheel	
		3. Pike Hold 2 secs	4. ½ turn on toes	7. Squat down to then lie flat on back, Dish	
		4. Dish Hold 2 secs	5. Dismount either stretch	shape 3 secs hold (arms by ears or on	
		5. Arch Hold 2 secs	jump, star jump or tuck	thighs),	
		6. Fish Swing x 3	jump.	8. Roll to lie on front	
		7. Drop to good Landing		9. Arch shape with arms by ears held 3 secs	
			10.00	10. Push to front support	
				11. Jump feet to hands to squat.	
		10.00		12. stretch jump from squat to finish.	
				10.00	
Uncoded /	No other vault permitted	No other elements	Leaps Jumps & Balances	No other elements permitted	No other elements permitted
	No other vault permitted	permitted	Stretch Jump, Tuck Jump	No other elements permitted	No other elements permitted
Permitted		permitted	W jump, Cat leap,		
Elements			Split leap, Split Jump,		
			Arabesque, Y Balance		
Notes	2 attempts best score to	1.0 deduction for each	1.0 deduction for each	1.0 deduction for each missing element	
110103	count	missing element	missing element		
		1.0 deduction for coach	g erement		
		assistance			
Bonus					