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

