WHGC INVITATIONAL GFA GIRLS 2023

Advanced –2014 and older

Witham Hill GYMNASTICS CLUB

	Gymnastics For All **Gymnasts must not train more than 6 hours a week for this competition** Routines are set and from 10.00 unless stated. See East Midlands GFA rules for full deductions.				
	Vault	**Bars**	**Beam**	**Floor**	**Trampette**
Apparatus	Vaulting table optional height 1 meter +	A Bars - FIG Settings (bars can be moved in)	Beam 125cm	Music is required max 1.30 min Full Floor	Trampette with raised run up
Requirements	Choice of Vault Handspring **10.00** or Handspring ½ on ½ off **10.60**	Set Routine 1. Upward circle 2. Cast from horizontal 3. Back hip circle 4. Squat on 5. Stretch Jump Dismount **10.00** Or continue 6. Jump to Catch High Bar 7. 1 x Trolley swing forwards and backwards into 8. Circle over bar 9. Circle down with control **11.00**	Set moves, make into a routine. 1. Jump to front support, ¼ turn to straddle lever (can't sit) 2. Acro skill x 2 (not linked must be different) 3. Leap series linked 4. ½ Spin ½ turn 5. Handspring dismount **10.00**	Set moves, make into a routine. 1. Either Handstand hop forward roll or Handspring 2. Acro series min 2 skills 3. Full Spin 4. Split Leap 5. Walkover – Forward or Backward **10.00**	Pick 1 from each A, B & C Perform in that order A Straddle Jump A Pike Jump 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	**Leaps Jumps & Balances** Stretch Jump, Tuck Jump W jump, Cat leap, Split leap, Split Jump, Arabesque, Y Balance	**Acro series skills** Forward roll, Backward roll Cartwheel. Walkover (Forward or back) Round off, Flic, Tuck back somersault	No other elements permitted
	2 attempts best score to count, can perform same or different vaults.	1.0 deduction for each missing element 1.0 deduction for coach assistance	**Acro Skills** Forward Roll Handstand Cartwheel Walkover (Forward or backward)		
Bonus Only awarded without a fall on that skill		0.5 if cast reaches 45	0.3 Full Spin 0.5 Front salto dismount	0.5 - Round off flic or 1.0 - Round off tuck back (with or without flic)	