



Hinckley Gymnastics Club GfA Rules for 1hour classes Club Competition

4 & 5 years old

Girls & Boys

BEGINNERS

VAULT

Walk along a bench, jump onto a Springboard and rebound jump to land onto a mat. Show landing and finishing positions.

BAR

LOW BAR only

Jump to hang on the bar, Tuck hold 2 secs, Pike hold 2 secs, lower to show straight hanging position. Traverse 2 hand changes across the bar in over grasp, release bar and show controlled landing.

BEAM - Bench to be used

Squat on, two side-steps with arms to the side, releve and ¼ turn, 3 steps forward, lift leg forward to 45 degrees and hold 3 secs, squat down, bunny hop, walk to the end of the bench on tip toes and Stretch jump dismount to controlled landing.

PARALLEL BARS- Floor PBar to be used.

From support swing legs forward to Straddle sit hold 2secs, join legs together Tuck hold 2 secs, Pike hold 2 secs, jump off backwards.

FLOOR

- Walk 4 steps stretched on toes and arms by ears
- Balance on 1 leg (in Star shape) for 3 secs
- Squat down
- Tuck roll backwards to shoulders and forward to finish on feet in the squat position
- Roll out to lie flat on back with hands on top of thighs

- Show dish shape for 2 secs
- Lower to the floor
- Extend arms by ears and log roll onto tummy, lift to arch for 2 secs
- Lower to the floor

- Circle arms outwards to finish under shoulders, push to kneeling for 3 secs
- Jump feet forward to squat
- 2 traveling bunny hops
- Stretch Jump up to stand



Hinckley Gymnastics Club GfA Rules for 1hour classes Club Competition

6 years old

Girls & Boys

BEGINNERS

VAULT

Springboard Only

Run and Hurdle Step onto a Springboard, Immediate Stretch Jump onto a Safety Mat.

BAR

LOW BAR only

Jump to hang on the bar, Tuck hold 2 secs, Pike hold 2 secs, Dish hold 2 secs, Arch hold 2 secs
Traverse 4 hand changes across the bar in over grasp, release bar and show controlled landing.

BEAM - Low Beam to be used

Squat on, two side-steps with arms to the side, releve and $\frac{1}{4}$ turn 3 steps forward, lift leg forward to 45 degrees and hold 3 secs, repeat with other leg, squat down, bunny hop, walk to the end of the beam on tip toes and Star jump dismount to controlled landing.

PARALLEL BARS – Block/crash mat (60cm) to be used under the bar.

Jump to support, Tuck hold 2 secs, Pike hold 2 secs, Straddle sit, join legs together and dismount onto a block mat.

FLOOR

- Walk 4 steps stretched on toes and arms by ears
- Squat down
- Tuck roll backwards to shoulders and forward to stand
- Stretch jump to squat down
- Roll out to lie flat on back with hands on top of thighs
- Show dish shape for 3 secs
- Lower to the floor

- Extend arms by ears and log roll onto tummy, lift to arch for 3 secs
- Lower to the floor
- Circle arms outwards to finish under shoulders, push to front support hold for 3 secs
- Jump feet forward to squat
- Jump to stand

- Balance on 1 leg to the side 45 degrees and hold for 3 secs
- Return to stand perform 2 chasse steps on the same leg
- From 2 feet star jump to finish-



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7 years old

Girls & Boys

BEGINNERS

VAULT

Run and Squat on onto a Block mat (60cm), walk on tip toes to the end with arms to the side and Stretch Jump onto a Safety Mat.

BAR

LOW BAR

Jump to front support from block mat, roll forwards to show tuck hold 2 secs.

HIGH BAR - Coach assisted jump to high bar

Traverse across the bar in over grasp (full length) and return in opposite direction (half-length to middle of bar), release bar and show controlled landing.

HIGH BAR - Coach assisted jump to the high bar

Jump to long hang on the bar, dish hold 2 secs, arch hold 2 secs.

Traverse across the bar in over grasp (full length), chin up, leg lift, and return in opposite direction (half-length to middle of bar), release bar and show controlled landing.

BEAM - Low Beam to be used

Straddle on, Side balance (in Star shape) two side-steps with arms to the side, releve and $\frac{1}{4}$ turn 2 steps backwards, releve and $\frac{1}{2}$ turn 2 steps forwards with kicks at 90 degrees, squat down, bunny hop, walk to the end of the beam on tip toes and tuck jump dismount to controlled landing.

PARALLEL BARS – **Block/crash mat (60cm) to be used under the bar.**

Jump to support, Pike hold 2 secs, 2 single hand walks forwards, Straddle sit, Swing arms forwards trough star shape to regrip in front of the legs, swing to join legs together at the back and dismount to the back on a block mat.

FLOOR

- Walk 4 steps stretched on toes and arms by ears
- Arabesque leg over 45 degrees hold for 3 secs
- Return to stand
- Squat down forwards roll to finish in straddle sit
- Show V-sit for 3 secs

- Lower to the floor then push up to show bridge
- Lower to the floor and push to back support hold 2 secs
- Turn through side support to front support hold 2 secs
- Jump feet forward to squat head stand hold 2 secs and return to squat

- Stretch Jump to stand
- 2 forwards chasse steps with change leg Cat leap
- From 2 feet stretch jump with $\frac{1}{2}$ turn to finish.



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8 years old

Girls & Boys

Entry 2

VAULT - 1m Block mat

Run and Squat on onto a Block mat (1m) and Stretch Jump onto a Safety Mat.

BAR

LOW BAR

Jump to front support from block mat, cast and return to the bar, roll forwards to show pike hold 2 secs.

HIGH BAR - Coach assisted jump to high bar

Jump to under grasp, traverse 2 hand changes under grasp, ½ turn to over grasp, traverse 2 hand changes over grasp, Dish hold 2 secs, Arch hold 2 secs, release and land.

HIGH BAR - Coach assisted jump to high bar

Jump to long hang on the bar, dish hold 2 secs, arch hold 2 secs, traverse 4 hand changes across the bar in over grasp, chin up, leg lift, 3x fish swings to finish in dish, release bar and show controlled landing

BEAM - High Beam with block/crash mats (60cm) underneath

Jump to front support leg over the beam to show star shape, swing legs backward to knee balance hold 2 secs, caterpillar walk, hop, releve and ½ turn, 1 step backwards, releve and ½ turn, step forwards with ¼ turn to two side steps ¼ turn, 3 bounces forwards and tuck jump dismount to show controlled landing.

PARALLEL BARS - Crash mat (30cm) to be used under the bar and 2 springboards for the mount.

Height to be set up no lower than shoulder height of gymnast.

Jump to support, 2 single hand walks forwards, tuck hold 2 secs, ½ lever hold 2 secs, straddle sit, swing arms forwards trough star shape to regrip in front of the legs, swing to join legs together at the back, 1 swing and dismount on back swing onto a crash mat.

FLOOR

- Walk 4 steps stretched on toes and arms by ears
- Squat down, forward roll to squat
- Tuck roll backwards to shoulder stand hold 3 secs
- Roll out to lie flat on back push to bridge hold 3 secs
- Show dish shape for 3 secs

- Back support with one leg up 2 secs hold and repeated with other leg
- Turn to front support, press up, squat in and stretch jump up
- Chasse cat leap chasse scissor kick
- Arabesque over 45 degrees hold 3 secs

- Kick to handstand finish in lunge, then bring feet together
- Jump ¼ turn to change direction
- Star jump
- Side to side cartwheel to finish in star shape
- Bring legs together stretch jump full turn to finish.



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9 years old

Girls & Boys

Entry 2

VAULT - 1m Block mat

Run and Straddle on onto Block mat (1m) and Star Jump off.

Run and Straddle over a Block mat (1m) and show Landing position onto a Safety Mat (**Bonus 0.5**)

BAR

LOW BAR

Jump to front support from Block mat (**if Upward circle 0.5 bonus**), cast and return to the bar cast to dismount
bwds

HIGH BAR - Coach assisted jump to high bar

Traverse 2 hand changes over grasp, ½ turn to under grasp, traverse 2 hand changes under grasp, ½ turn to over grasp, 3x Fish swings to finish in dish, release and land.

HIGH BAR - Block mat to be used under the bar on one side

Jump to upward circle (**If no coach assistance 0.5 bonus**), cast and return to the bar, forwards circle lowering through pike to long hang, traverse 2 hand changes over grasp, ½ turn, traverse 2 hand changes under grasp, ½ turn, chin up, leg lift at 90 degrees and hold 2 secs stretch down release bar and show controlled landing.

BEAM - High Beam with block/crash mats(60cm) underneath

From spring board jump to front support leg over the beam to show star shape, swing legs backward to squat position ½ turn in squat to stand faced to landing area, arabesque, cat leap, ¼ turn and two side steps ¼ turn, straight jump, walk forwards and straight jump with ½ turn dismount to show controlled landing.

PARALLEL BARS - Crash mat (30cm) to be used under the bar and springboard for the mount.

Height to be set up no lower than shoulder height of gymnast.

Jump to support, ½ lever hold 2 secs, 4 single hand walks forwards, 2 swings, Straddle sit, Swing arms forwards trough star shape to regrip in front of legs, swing to join legs together at the back and dismount at the back in between the bars on a crash mat.

FLOOR

- Walk 4 steps stretched on toes and arms by ears
- Handstand forwards roll
- Chasse scissor leap chasse straight jump with ½ turn
- Arabesque over 45 degrees hold 3 secs (**if Y balance 0.5 bonus**)

- ½ spin ½ turn
- Forward roll to straddle sit
- Split hold 2 secs(any), back to straddle sit and swing through to front support
- Walk feet into the hands and show pike fold shape (**if hands behind feet 0.5 bonus**)
- Backward roll to straddle stand

- Jump ¼ turn
- 2 consecutive cartwheels side to side
- ¼ turn
- Stretch Jump Star Jump connected



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10 years old

Girls & Boys

Entry 1

VAULT- 1m Vault table

Run and Squat on onto a Vault table and immediate Stretch Jump onto a Safety Mat.
Run and Squad through over the Vault table (0.5 Bonus).

BAR

LOW BAR -Block mat or Yurchenko pad can be used

Upward circle, cast, cast into dismount backwards.

HIGH BAR - Coach assisted jump to high bar

Under grasp Chin up, traverse 2 hand changes, ½ turn to over grasp, leg lift at 90 degrees (if toes to the bar 0.5 bonus), 4x Fish swings to finish in dish, release and land.

HIGH BAR - Coach assisted jump to high bar

Chin up, traverse 2 single hand changes, full turn, dish hold 2 secs, arch hold 2 secs, upward circle (If no coach assistant 0.5 bonus), cast return to the bar, forward circle lowering through pike to long hang, 3x fish swings to finish in dish release bar and show controlled landing.

BEAM - High Beam with crash mats (30cm) underneath – To start from the landing side

Squat on from Block mat(if from Spring board 0.5 bonus), two side-steps with arms to the side, releve and ¼ turn
Cat leap Stretch Jump, 3 steps forward, squat down and ½ turn, Arabesque hold 3 secs, (if forward roll to straddle sit swing legs backward to squat position and stand bonus 0.5), walk to the end of the beam on tip toes , Tuck jump ½ turn dismount to controlled landing(if round off 0.5 bonus).

PARALLEL BARS - Crash mat (30cm) to be used under the bar and springboard for the mount.

Height to be set up no lower than shoulder height of gymnast.

Jump to support, 2 single hand walks forwards, ½ lever hold 2 secs, ½ turn, 3 swings, Straddle sit, Swing arms forwards trough star shape to regrip in front of the legs, straddle half lever (0.5 bonus), swing to join legs together at the back and dismount at the back in between the bars on a crash mat. If dismount over the bar to the side 0.5 bonus.

FLOOR

- Walk 4 steps stretched on toes and arms by ears
- Handstand or Handstand bridge and kick over(0.5 bonus)
- Backward roll to stand
- Chasse Cat leap, chasse Scissors kick, chasse Cat leap ½ turn

- Handstand forwards roll to straddle sit, Japana, swing through to front support, bring one leg forward to Split hold 3 secs
- Bring back leg to front to show pike sit, rock backward to shoulder stand with arms by ears hold 2 secs, rock forward to stand
- Arabesque 90 degree or Y balance hold 3 secs

- Stretch jump Tuck jump connected
- Full spin for girls / Jump with full turn for boys
- 2 consecutive cartwheels, second with ¼ turn inwards (if second one is onehanded 0.5 bonus)



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11+ years old

Girls & Boys

Entry 1

VAULT - Handstand flat back (0.5 bonus) minimum height set up 80cm.

Run and hurdle step onto a springboard, immediate stretch jump onto a block mat, step forward and handstand flat back onto a crash mat.

BAR

LOW BAR

Upward circle, Cast to Bwds Hip Circle(0.5 bonus), Cast to Bwds Dmt

HIGH BAR - Coach assisted jump to high bar

In under grasp 1chin up, ½ turn, 1 leg lift, Trolley Swing and 2 Swings, release at the back and land.

HIGH BAR - Coach assist jump to high bar

From long hang circle up, Cast to Bwds Hip Circle(0.5 bonus), circle forwards to chin up position hold 2secs stretch down to long hang, ½ turn, in under grasp 1chin up, ½ turn, 1 leg lift, Trolley Swing and 2 Swings, release the bar at the back and show controlled landing.

BEAM - High Beam with crash mats(30cm) underneath and springboard for mount

Jump with swing leg over to straddle support, lift to show straddle half lever, star sit, V-sit hold 2 secs(if without arms support 0.5 bonus), swing legs backward to stand, ¼ turn two side-steps with arms to the side, releve and ¼ turn, arabesque(if Y-balance 0.5 bonus), stretch jump tuck jump(if linked 0.5 bonus), kick towards Handstand(both feet must leave the beam),walk to the end of the beam on tip toes and straddle jump dismount(if round off 0.5 bonus) to controlled landing.

PARALLEL BARS - Crash mat (30cm) to be used under the bar and springboard for the mount.

Height to be set up no lower than shoulder height of gymnast.

Jump to support, 4 single hand walks forwards, ½ lever hold 2 secs, tuck planch hold 2 secs (0.5 bonus), ½ turn, 2 dips, Straddle sit, Swing arms forwards trough star shape to regrip in front of legs, Straddle half lever (0.5 bonus), swing to join legs together at the back, 3 swings and dismount at the back in between the bars on a crash mat. **If dismount over the bar to the side 0.5 bonus.**

FLOOR

- Walk 4 steps stretched on toes and arms by ears
- Handstand hold 2 secs back to stand
- **Chasse Split leap chasse Cat leap for girls / Chasse scissor leap step, straight jump with full turn for boys**
- Backward Walkover or Tick-Tock or Handstand bridge and kick over (0.5 bonus)

- **Full spin, ½ turn for girls / Jump ½ turn for boys**
- Arabesque 90 degrees or Y balance hold 3 secs (if leg is above 90 degrees on Arabesque 0.5 bonus or if Y balance is without hand support)
- 2 consecutive cartwheels, second with ¼ turn inwards to finish with feet together, backwards roll to front support

- Take one leg to the front to show Split position, hold 3 secs, ½ turn to Split with other leg hold 3 secs
- Bring front leg to the back to front support, slide feet forwards to pike fold hold 2 secs and stretch jump ½ turn
- From 2 feet Hurdle Step Round off stretch jump to finish

