

East Midlands Compulsory Grade 5

For gymnasts aged 8 years old in the year of competition

Vault **Handspring to flat back at 100cm** **S.V. 13.50**

2 vaults highest score to count

Penalties:

First Flight

Pike in hips	0.10	0.30	0.50
Bent legs	0.10	0.30	0.50
Legs apart	0.10	0.30	

Support Phase

Bent arms	0.10	0.30	0.50
Shoulder angle		0.10	0.30
Bent legs	0.10	0.30	0.50

Second Flight

Bent legs	0.10	0.30	0.50	
Legs apart	0.10	0.30		
Lack of height		0.10	0.30	0.50
Lack of extension of body on landing		0.10	0.30	0.50
Lack of dynamics	0.10	0.30	0.50	
Lack of length		0.10	0.30	0.50

All other general penalties apply

Bars S.V. 13.50

Routine on single polished bar – gloves and loops

From hang, one leg lift, one chin to circle over cast into 3 swings .

Leg Lift	0.50
Chin Up	0.50
3 x swings	0.50 each

Swing – forward and back

Swings

Above 90°	No deduction
90°	0.10
45°	0.30
30°	0.50

Omissions of an element	1.00			
Bent arms or legs	0.10	0.30	0.50	each time
Legs apart	0.10	0.30	0.50	each time
Lack of cast before swing	0.10	0.30	0.50	
Lack of dish shape	0.10	0.30	0.50	each time
Lack of kick under bar	0.10	0.30	0.50	each time

All other general penalties apply

Beam (height 1.10)**S.V. 13.50**

Optional dance

Element	Value		Penalty
Japana mount	0.50	Feet below hips in straddle	0.10
Split handstand	0.50	Not held for 2 secs	0.10
		Failure to show split handstand	0.30
		Lack of split	0.30
½ spin to finish on toes	0.50	Not finishing on toes	0.30
		Toe not to knee	0.30
Sissone or Spilt jump	0.50	Insufficient split	0.10/0.30
		Insufficient amplitude	0.10/0.30
		Insufficient height	0.10/0.30
Straight jump	0.50	Insufficient amplitude	0.10/0.30
		Insufficient height	0.10/0.30
Cartwheel straight jump dismount	0.50	Pause or arm swing between elements	0.50

General penalties apply

Landing Penalties as per Code of Points

Floor

S.V. 13.50

Music 30secs min to 90secs max

Element	Value		Penalty
Round off 1 flic (from 2 feet) legs together throughout flic	0.50	Extra steps Pause between elements Lack of control at the end	0.10 each 0.50 0.30
Handspring to two feet	0.50	Landing in deep squat Lack of flight	0.10/0.30 0.10
Stretch jump immediate rebound into straddle jump (1 hurdle step permitted before straight jump)	0.50	Elements not linked Legs below horizontal in straddle Lack of height in straddle jump	0.50 0.30 0.30
Full spin to finish on toes	0.50	Not finishing on toes Toe not to knee	0.30 0.30
Split leap	0.50	Insufficient height Insufficient split	0.10/0.30 0.10/0.30

Bonus 0.50 for flyspring being linked to flic without a pause

General penalties apply

Range and Conditioning

S.V. 13.50

Element	Value		Penalty
Leg hold at 90° fwd, side, back 3 seconds each	0.50	If legs above 90° with misaligned hips If leg not held	0.30 each time 0.10 each hold
On alternate leg as above	0.50	If legs above 90° with misaligned hips If leg not held	0.30 each time 0.10 each hold
Forward roll to straddle sit	0.50	Heels not lifted	0.30
Transition to forward split	0.50	Use of hands Hips out of alignment	0.10 0.10/0.30
Transition to ½ turn to alternative forward split	0.50	Use of hands Not passing though box splits	0.10 0.10/0.30
Return to straddle sit	xx		
Press to straddle lever, hold for 3 seconds. Press to straddle stand. Immediate lift to handstand	0.50	Straddle lever not held Feet not higher than hips in straddle lever Lift to handstand not immediate Not reaching handstand	0.10 0.30 0.30 0.50
Controlled lower to bridge, lift one leg to pass through split handstand to stand	0.50	Lack of control Shoulders not over hands Not passing through split handstand Hips out of alignment throughout kickover	0.10/0.30 0.10/0.30 0.30 0.10/0.30

General penalties apply