



Hinckley Gymnastics Club GfA Rules for **1hour** classes Club Competition

4 & 5 years old

GIRLS

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 $\frac{1}{4}$ 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.

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

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.

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.



Hinckley Gymnastics Club GfA Rules for 1hour classes Club Competition

7 years old

GIRLS

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.

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.

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

Entry 2

VAULT – 1m

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.

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.

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

Entry 2

VAULT - 1m

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.

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.

FLOOR

- Walk 4 steps stretched on toes and arms by ears
- Handstand forwards roll
- Chasse cat leap chasse Cat leap 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

Entry 1

VAULT-1m

Run and Squat on onto a Vault table and immediate Stretch Jump onto a Safety Mat.

Run and Squat through over the Vault table (**bonus 0.5**)

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 with ½ turn, leg lift at 90 degrees (**if toes to the bar 0.5 bonus**), 4x Fish swings to finish in dish, release and land.

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, Arabesque hold 3 secs, squat down and ½ turn, forward roll to straddle sit (**if finishing in straddle half lever hold 2 secs bonus 0.5**), swing legs backward to squat position, stand and walk to the end of the beam on tip toes, Tuck jump ½ turn dismount to controlled landing(**if round off 0.5 bonus**).

FLOOR

- Walk 4 steps stretched on toes and arms by ears
- Handstand bridge and kick over
- 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
- 2 consecutive cartwheels, second with ¼ turn inwards (**if second one is onehanded 0.5 bonus**)



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11+ years old

GIRLS

Entry 1

VAULT - Handstand flat back (**0.5 bonus**) minimum height set up 90cm.

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, Cast to Bwds Dmt

HIGH BAR - Coach assisted jump to high bar

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

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.

FLOOR

- Walk 4 steps stretched on toes and arms by ears
- Handstand hold 2 secs back to stand
- Chasse Split leap chasse Cat leap
- Backward Walkover or Tick-Tock
- Full spin ½ turn
- 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

