

5th GYMNASTICS COMPETITION JUNE 2024

NAME:

GROUP:

GYM:

RESULTS			
BAR	VAULT	BEAM	FLOOR
TOTAL SCORE			
PLACE			

BAR			
		GUIDE	SCORE
	Pick and highlight 1 mount, 3 skills and 1 dismount		
	Bar/Beam- 3 extra points for incorporating skills into a routine		
Mounts	Jump to front support	2	
	Kickover	6	
	Pullover	7	
	Glide Kip	10	
Skills	L hold chin hang	4	
	Knee hang	4	
	Stride cut to stride support	4	
	Cast x3	4	
	skin the cat	4	
	Full Front hip circle	9	
	Mill circle	7	
	Mill circle x3	9	
	Back hip circle	7	
	Back hip circle x3	9	
	Sole circle x1	10	
Dismounts	Cast, jump off	3	
	Front rollover	4	
	Cast, underswing dismount	5	
	Cast,squat on, jump off	6	
	Penny Drop	7	
	Cast , squat on, jump onto high bar, swing x1	9	
	Cast, squat on, jump onto high bar, half turn	10	
	Straddle sole circle dismount	9	
	Pike sole circle dismount	10	
	TOTAL SCORE		

VAULT			
		GUIDE	SCORE
	Pick and highlight 1 Skill for Pit and 1 for Vault		
Pit Skills	Run, straight jump off springboard to tuck to stand on pit	2	
	Run, straight jump off springboard to stand on pit	3	
	Run, jump off springboard to dive roll on pit to L shape sit	4	
	Run, jump off springboard to handstand to slam on pit	6	
	Run, jump off springboard to handstand to front roll to L shape sit	8	
	Run, jump off springboard to front handspring on pit	10	
Vault Skills	Run, jump to squat-on on vault to stretch jump-off	4	
	Run, tuck jump with legs on side	5	
	Run, tuck jump with legs through	6	
	Run, straddle jump	6	
	Run, dive jump	8	
	Run, jump to handstand on vault, quarter turn to landing on mats	8	
	Run, jump, dive roll over vault to stand on mats	9	
Run, front handspring over vault	10		
TOTAL SCORE			

BEAM			
	Pick and highlight 1 mount, 3 skills and 1 dismount (medium beam for children age 5-8 High beam for 9+) Bar/Beam- 3 extra points for incorporating skills into a routine	GUIDE	SCORE
Mounts	Front support to straddle sit to tuck	3	
	Front support to knee scale, leg lunge	4	
	Kickover to front support	5	
	Jump to straddle, leg lunge	6	
	Jump to middle split	7	
	Jump legs through, rear support	8	
Skills	Stretch jump	2	
	Straddle support	4	
	1/2 Pivot turn	4	
	Arabesque	5	
	Niedle x2	7	
	Tuck Jump	5	
	Forward or side chasse	5	
	Stride jump	7	
	Wolf turn	10	
	360 pirouette	10	
	Handstand	10	
	Cartwheel on beam	10	
	Front walkover	15	
	Back walkover	15	
Dismounts	Stretch jump to landing on mat	2	
	Jump, half turn dismount	3	
	Cartwheel to side handstand dismount/Cartwheel to far side dismount	7	
	Round-off dismount	7	
	One handed roundoff dismount	9	
	Front handspring dismount	10	
	Front tuck	12	
	Side aerial dismount	12	
	Front aerial dismount	15	
	Back tuck	15	
TOTAL SCORE			

FLOOR			
	Pick and highlight 6 skills	GUIDE	SCORE
Skills	Front Roll	3	
	Dive Front Roll	4	
	Backward tumble	4	
	Bridge	4	
	Seal	4	
	Handstand – hold for 3 secs	5	
	Cartwheel	5	
	Backbend	5	
	Round off	5	
	Split-hold	5	
	Cartwheel – “good and bad leg”	6	
	Cartwheel – one handed	6	
	Front Walkover	7	
	Back Walkover	7	
	Back extension roll to Handstand	7	
	Front Headspring	8	
	Front Handspring	8	
	Side Aerial	9	
	Front Aerial	10	
	Handstand walk - 5m	10	
	Standing Back Handspring	10	
	Front Tuck Salto (Front Flip)	10	
	Standing Back Tuck (Back Flip)	12	
	Back bend to Handstand (3 secs) to Split sit	12	
	Round off to Back Tuck	12	
	Round off to Back Handsprings	12	
	Brani (Front half twist)	12	
	Round off to Back Handsprings to Back Tuck	14	
	Round off to Back Tuck to Back Pike	14	
	Round off to Back Tuck to Back Layout	15	
Round off to Back Handsprings x3	15		
TOTAL SCORE			