

East Midlands Gymnastics For All - Rules and Information 2023

Boys Four Piece Competition Advanced and Platinum Levels

Requirements – Floor

	Advanced	Platinum
Specific Information:	<ul style="list-style-type: none"> • Music isn't required • Set elements. • Elements can be performed in order of choice. • Additional steps can be added for routine creation. • Whole floor to be used (12m x 12m) • Max routine length = 1min 30sec 	
Scoring:	<ul style="list-style-type: none"> • Execution deductions will be taken from a start value of 10.0 • Specific apparatus deduction can be found in the Deductions table below • Bonus values (if any) will be added to the total score 	

Skills – Floor

Category:	Advanced	Platinum
Routine:	<ul style="list-style-type: none"> • Backward roll to handstand (arm bend is optional), • Handstand forward roll to pike sit, lift to pike lever 3secs hold, • X2 (min) skills acro series – Backwards or sideways (One skill must be flighted), e.g., Round off, flic, (cartwheel is accepted) • Handspring. • Jump series – X2 different jumps linked together, • Y balance or arabesque 3 secs hold, • Choice of either Splits/Pike Fold/Japana (held for 3 secs) 	<ul style="list-style-type: none"> • Backward roll to handstand, ½ turn forward roll * • Straddle elephant lift to handstand * • Either: <ul style="list-style-type: none"> ○ Round off flic * ○ Round off backwards somersault – Tucked * • Handspring, • Forwards Somersault – Tucked * • Splits (any direction), • Y balance, or any balance • Stretch jump full turn.
Bonus:	<ul style="list-style-type: none"> • If both skills in the acro series are flighted e.g., Round off flic = 0.5 	

Note: Skills marked with a * can't be supervised by a [Level 2 General Gymnastics Coach](#).

Deductions – Floor

		0.1	0.3	0.5	1.0
Artistry deduction throughout:	Insufficient flow/ dynamics of routine	X	X	X	
Specific floor deductions:	Touch of hair/ leotard/ clothing	X			
Execution deductions: (Each time)	Bent arms or bent knees	X	X	X	
	Balance/ flexibility not held for time required	X	X		
	Leg or knee separation	X	X		
	Insufficient height of element	X	X		
	Insufficient tuck, pike or stretch	X	X		
	Feet not pointed/ loose/ body alignment	X			
Landing deductions: (Each time)	Landing from tumbles (step)	X	X		
	Trunk movement to maintain balance	X	X		
	Extra steps up to 0.5	X			
	Very large step or jump		X		
	Deep squat			X	
Falls: (Each skill)	Falls				X
	Skill not attempted				X
	Support from coach				X

Requirements – Vault

	Advanced	Platinum
Specific Information:	<ul style="list-style-type: none"> Warm up vault to suit the group, discussed on the day. Two attempts permitted on vault, best score to count 	
Scoring:	<ul style="list-style-type: none"> Execution deductions will be taken from a start value of 10.0 Specific apparatus deductions can be found in the Deductions table below 	

Skills – Vault

Element:	Equipment:	Advanced	Platinum
1 Handstand flatback over Table Vault (height optional)	Table vault and level mat/block stack behind	10.0	
2 Handspring	Table vault (height optional)		10.0

Deductions – Vault

		0.1	0.3	0.5	1.0
First flight:	Incomplete turn	X	X	X	
	Hip angle	X	X		
	Bend knees	X	X	X	
	Leg separation	X	X		
	Arch	X	X		
	Insufficient layout in squat on	X	X	X	
Repulsion:	Staggered altered hand placement	X	X		
	Bent arms	X	X	X	
	Shoulder angle	X	X		
	Touch with one hand				X
	Failure to pass through vertical (if applicable)		X		

Second flight:	Lack of height	X	X	X	X
	Incomplete turn	X	X		
	Insufficient length	X	X	X	
	Bent knees	X	X	X	
	Leg separation	X	X		
Landing:	Extra steps (each)	X			
	Large steps (over shoulder width)		X		
	Extra arm swing	X			
	Additional trunk movement	X	X		
	Body posture faults	X			
	Deep Squat			X	
	Deviation from center	X			
	Brush on apparatus			X	
	Fall				X
Additional:	Support from coach				X

Requirements – High Bar

	Advanced	Platinum
Specific Information:	<ul style="list-style-type: none"> Set routine Performed on a single high bar or A-bars with the low bar removed 	
Scoring	<ul style="list-style-type: none"> Execution deductions will be taken from a start value of 10.0 Specific apparatus deductions can be found in the Deductions table below Bonus values (if any) will be added to the total score 	

Skills – High Bar

Category:	Advanced	Platinum
Routine:	<ul style="list-style-type: none"> Jump to straight arm hang (can be lifted by coach), Circle up to front support, Cast back hip circle, Cast out into X2 swings, into $\frac{3}{4}$ giant to front support * Cast straddle undershoot dismount. 	<ul style="list-style-type: none"> Jump to straight arm hang (can be lifted by coach), Circle up to front support, Cast back hip circle, Cast $\frac{3}{4}$ giant to front support *, Cast straddle $\frac{1}{2}$ undershoot dismount *.
Bonus:		If X1 cast reaches 45° or above = 0.5

Note: Skills marked with a * can't be supervised by a [Level 2 General Gymnastics Coach](#).

Deductions – High Bar

		0.1	0.3	0.5	1.0
General:	Legs apart	X	X		
	Empty Swing or Pause			X	
	Low amplitude on swings/casts	X	X	X	
	Incorrect body shape on holds/swings/casts	X	X	X	
	Bent arms (each time)	X	X		
	Bent legs (each time)	X	X		
	Body alignment	X	X		
	Steps on landing	X	X		
	Fall				X
	Skill not attempted at all				X
	Support from coach				X

Requirements – Trampoline

	Advanced	Platinum
Specific Information:	<ul style="list-style-type: none"> The gymnast will perform each of the 3 set jumps. 	
Score:	<ul style="list-style-type: none"> Execution deductions will be taken from a start value of 10.0 Deductions will be taken from each jump and all 3 totaled to give final deductions Specific apparatus deductions can be found in the Deductions table below 	

Skills – Trampoline

Category:	Advanced	Platinum
Routine:	<ul style="list-style-type: none"> Run and Pike jump, Run and 1/1 turn jump, Run and Forwards somersault – Tucked * 	<ul style="list-style-type: none"> Run and Forwards somersault – Tucked *, Run and Forwards somersault – Piked *, Run and Forwards somersault – Straight *

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Deductions – Trampoline

		0.1	0.3	0.5	1.0
Unclear body shapes:	Hip and knee angle faults	X	X	X	
	Split, crossed legs, head, or feet faults	X			
	Arms are not close to body/ rotation axis	X			
	Under/over rotation		X	X	
Lift off the trampoline:	Lack of lift		X		
	No visible lift			X	
Distance in element:	Too low		X		
	Too long	X			
Body position before landing:	Late opening	X			
	No opening		X		
Landing deductions: (Per skill)	Leaning position	X	X	X	
	Hips/knees bending	X	X	X	
	Loss of control	X	X	X	
	Light touch with one hand/knee	X			
	Light touch with two hands/knees		X		
	Falling (sitting, rolling, etc.)				X
	Not landing feet first				X
Coaches' actions:	Not landing along the center line	X	X		
	Supporting				X