

# **BURY SPECTRUM GYMASTICS CLUB**

## **FLOOR AND VAULT RULES 2013**

### **AGE GROUPS**

U8, U10, U12, U14, O14 in the year of the competition. Minimum age 7 in the year of the competition.  
Advanced For gymnast training more than 6 hours a week  
Age groups may be split depending on numbers

### **ELIGIBILITY**

Open to girls who have not previously competed in a 4 piece County or above competition and who will not be entering such a competition that year, including British Club Grades.  
Girls competing in Friendly competitions & 'Suffolk' Grades are eligible.  
Open to boys who have not previously competed in a 6 piece competition or Regional Grades and who will not be entering such a competitions that year Boys competing in Friendly competitions are eligible

### **EQUIPMENT:-**

Full floor area 12 m x 12 m  
Vault to firm mats 60 / 90 110 cm high 1 springboard

## **VAULT:**

Choice of heights to mats only

1) Handspring to flat back	60 cm	S.V. - 1.00
2) Handspring to flat back	90 cm	S V - 1.40
3) Handspring to flat back	110 cm	S V - 1.90

## **VAULT JUDGING GUIDE**

### **FIRST FLIGHT**

Poor technique - hip angle / arch 0.10 0.30 0.50

### **REPULSION PHASE**

Poor technique - shoulder angle on contact with mat 0.10 0.30 0.50

Lack of repulsion 0.10 0.30 0.50

Bent arms 0.10 0.30 0.50

### **SECOND FLIGHT**

Failure to maintain straight body position 0.10 0.30 0.50

### **LANDING**

Failure to land in tension on flat back or slight dish 0.10 0.30 0.50

### **GENERAL**

Insufficient dynamics 0.10 0.30 0.50

Lack of body tension in any phase 0.10 0.30

Legs separate 0.10 0.30

Knees bent 0.10 0.30

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## FLOOR AND VAULT RULES 2013

### FLOOR:

- 1) **Music:** Girls, choice of music,( no vocals.)  
Boys, No musical accompaniment
  - 2) **Time:** 60 - 90 seconds
  - 3) **Content:** 6 elements from the attached list
  - 4) **Composition:**
    - 2 Elements from list 1 (Dance Elements)
    - 2 Elements from list 2 (Gymnastic Elements)
    - Any 2 other elements (either list)
    - Elements only count once in chronological order
- Elements should be linked with dance steps, poses, etc.

### **Judging**

- Marked out of 13.00.
- > 0.50 Bonus for exceptional performance/presentation & amplitude
- If less than 6 elements performed (Non attempt) = 1.00 penalty each move missing

### **Penalties: As per general table of faults**

Elements not from the 2 groups	1.00
Absence of series of 2 elements	1.00
Poor linkage of series	0.10 0.30 0.50
Insufficient use of floor area	0.10 0.30
Under / Over time	0.30
Lack of element touching floor	0.10
No penalty for extra moves	

### List 1 Dance Elements

Split or stag leap/ jump  
Cat leap / Cat Leap 1/2 /, 1/1/ or 1 1/2  
Scissors leap  
Stretched jump /Stretch jump 1/2 1/1/ or 1 1/2  
Tucked jump / Tucked jump 1/2 , 1/1 / or 1 1/2  
Tuck jump one leg extended (W jump)  
Sissone  
Straddle jump  
1/1 spin on one foot  
Arabesque- 90% or Y balance (2 seconds)  
Straddle lever or 1/2 lever (2 seconds)

### List 2 Gymnastic Elements

Handstand or 1/2 or 1/1  
Handstand or 1/2 or 1/1  
Handstand Forward Roll  
Headstand (optional leg position)  
Forward roll to stand  
Backward roll or to handstand  
Cartwheel (any kind)  
Back walkover  
Forward Walkover  
Round off  
Back flip  
Handspring  
Splits  
Bridge  
**Tic toc**