

Secondary Gymnastics Competition

Years	Year 7 to 11
Team Size	Maximum of 5 in each category
Gender	Girls and Boy's
Format	Pupils will be entered into 1 of the 3 categories only. Beth Tweddle, Max Whitlock or Rebecca Downie Vault - Pupils perform 2 vaults from the same category. Floor - Routines must be no more than 90 seconds long.
Duration	1.5 – 2 hours (depending on entries)
Scoring	Vault – Pupils will be marked out of 10. It will be judged against 5 Criteria: first flight, support phase, second flight, landing and shape of the technical performance. Pupils have 2 attempts at the vault with highest score to count Floor – Routines will be marked out of 10. Each skill has a value off 1 mark. If a pupil misses a skill, they will automatically lose 1 point. The remaining marks will be awarded for technical composition, posture and tidiness. Penalty points: A small mistake - 0.1 penalty. Large mistake 5.0
Equipment	Vaults and mats provided by facility Pupils to wear a leotard or PE kit (tucked in) Hair must be tidied back, and no jewellery
Awards	Medals for top 3 in each category and overall

Competition Categories

Beth Tweddle Competition

Floor:

Routines MUST BE performed in the order. (no music)

- Chassez chasses cat leap Chassez Chassez.
- Star jump, half turn, tuck jump.
- 5 traveling steps (on toes)
- Forward roll to straddle sit
- Dish to arch
- Front support
- Cartwheel or teddy bear roll
- One footed balance

Vault:

Pupils can choose one of the following vaults and MUST be performed twice.

- Tuck on, straddle jump off.
- Straddle over
- Tuck through

Max Whitlock Competition

Floor:

Pupils MUST use all the moves below in whatever order they like. (Music allowed)

- Round off half turn, forward roll star jump.
- Chassez chasses cat leap scissor kick Chassez Chassez
- Straddle jump
- Pike jump
- Handstand hold forward roll.
- Backward walk over/Bridge kick over.
- Forward roll to straddle stand.
- Backward roll to front support

Vault:

Pupils can choose one of the following vaults and must be performed twice.

- Handspring
- Handspring Flatback

Rebecca Downie Competition

Floor:

Pupils' criteria – 2 tumbles, 1 leap sequence, 2 moves, 2 jumps, 2 balances (Music allowed)

Tumble options, choose 2.

- Round off, back flick, tuck back.
- Handspring, tuck jump, dive forward roll.
- Round off, back flick, back layout/straight back.
- Handspring, round off, straddle jump.
- Round off, flick, straight jump.

Leap options, choose 1.

- Chassez change leg, split leap.
- Chassez change leg ring leap.
- Chassez split leap, side leap (hit split and box split for side leaps)

Move options, choose 2.

- Front handspring
- Forward / backward walkover
- Straddle up to handstand
- Backward roll to handstand
- Free Cartwheel

Jump options, choose 2.

- Tuck jump full turn.
- W jump half turn
- Straddle jump
- Pike jump

Balance options, choose 2.

- Bridge
- Splits 3 ways left right and box.
- Arabesque
- Handstand
- Y Stand

Vault

Pupils can choose one of the following vaults and MUST be performed twice.

- Handspring full off
- Half on half off

- Half on full off.