




Secondary Schools Floor & Vault Gymnastics Competition

for years 7 to 10

Monday 27 March 2017

3pm – 5pm

at The Folkestone Academy



Free entry

Entry pack

Version 2.0

17 January 2017



The Folkestone
academy



DOVER
GYMNASTICS
CLUB



Competition organisers: Jon Green, Director & Vice Chair, Dover Gymnastics Club

Email: jon@jongreen2000.freeserve.co.uk Tel: 07791 532725.

Lilly McLaughlin, PE Department, The Folkestone Academy, Email: lilly.mclaughlin@folkestoneacademy.com Tel: 01303 842400.

Date: Monday 27 March 2017. **Registration:** 2.45pm **competition starts:** 3pm - ends: approximately 5pm.

Location: The Folkestone Academy, Academy Lane, Folkestone, CT19 5FP.

Open to: Male and female pupils in years 7 to 10 (aged 11 to 15) from ANY secondary school, Academy, Grammar and/or private school. ****FREE ENTRY**** – deadline for entry forms: **Monday 27 February 2017.**

Competition format: Teams competition – max 4 in team, min 3. Top 3 scores will count. Schools can enter as many teams as they wish. Teams can be made up of either all one year group (Y7, Y8, Y9, Y10), or mixed with an adjoining year as follows (Y7 & Y8 or Y8 & Y9 or Y9 & Y10). All gymnasts in the team must complete a vault and a floor routine.

Participants will compete as a team, consisting of a mixture of boys and girls. (N.B. single sex teams are also allowed, however mixed teams are preferred).

Eligibility: There are two levels of competition depending on experience. Participants who have no previous experience in gymnastics competitions other than at schools or 'key step' level can enter as **NOVICE**. Gymnasts who participate in more than 2 hours a week of extra-curricular gymnastics and have competed at regional, county or inter-club gymnastics competitions can enter as **ADVANCED**. Please indicate the correct level for each participant and team on the entry form. NB An **Advanced team** can contain students from all the Year Groups (e.g can contain a Y7, Y8, Y9, Y10, or any combination).



Individual competition – Special Needs - There will be an inclusion competition aimed at children who require additional support. This competition will be open to boys and girls and will use the Key Step Stage 1 criteria. **Please contact Jon Green if you require the Key Step 1 criteria and special needs entry form.**

Criteria: Key Step 3 Floor & Vault only (no body management). Please see step by step guides and coaching tips later in this document. If you have any queries or need advice please do not hesitate to contact Jon Green (contact details above).

Dress/PE kit: Each pupil must arrive suitably dressed to perform –a leotard, or PE top/T shirt and close fitting PE Shorts/Skort or leggings. Long hair must be tied back. No Jewellery or watches permitted. Gymnasts will work in bare feet.

Teacher requirement: Ideally one teacher per team. Minimum of two teachers per school if more than one team entered. **Sports Leaders** from your school can be used to assist teachers (but must not be responsible for coaching pupils while they compete). It would be helpful, but not essential, if they have attended the British Gymnastics Helpers Award. More details available on the BG website: <https://www.british-gymnastics.org/who-we-are/365-coachesteachersvolunteers/volunteers/2675-leadershipcourses>

Vault:

Choice of A: Squat on, jump off, judged out of max 9 points;

OR B: Through vault judged out of max 10 points.

Please see pages 8-9 below for further information and step-by-step guide.



Floor routine – judged out of max 10 points (see pages 6-7 below)

Students will work on a strip of mats and must perform a sequence of SIX floor skills out of a choice of 10 shown in the table below. They may use different steps and body movements, additional jumps or leaps, spins and turns as linking movements.

Compulsory skills	Jump/leap/turn skills	Acrobatic skills	Strength & Flexibility skills
<p>These three skills MUST be included in the routine (in any order):</p> <ul style="list-style-type: none"> • Round off • Side scale towards 'Y' balance • Backward roll straddle 	<p>The routine must include ONE of the following:</p> <ul style="list-style-type: none"> • Full turn Or • ½ turn 	<p>The routine must include ONE of the following:</p> <ul style="list-style-type: none"> • Two consecutive cartwheels Or • Handstand forward roll 	<p>The routine must include ONE of the following:</p> <ul style="list-style-type: none"> • Bridge Or • Splits Or • ½ Lever

A good floor routine will show:

- Great flair, artistry, style and accuracy
- Good pace, tempo, flow and control
- Excellent 'amplitude' (really stretching in every movement)
- Good posture throughout the exercise
- Virtuosity – working with technical excellence



Competition format: General warm up 10 mins (all gymnasts on main floor).

Then groups will be split – those who will compete on Vault first and those who will compete on Floor.

Apparatus warm up – Vault – 3 goes then sit down and compete – 2 vaults, best score to count.

Floor – 6 mins to go through routines then sit down and wait until turn.

When all gymnasts have completed their first apparatus, they will then march to their next piece, complete the apparatus warm up for that piece and compete.

Depending on numbers, the competition may be divided by rounds. Approx 30 – 40 gymnasts in each round. Gymnasts not competing in a particular round will be instructed to sit on the side line to spectate and support their teammates.

Photography: Publicity photos may be taken during the competition and medal presentation. Please indicate on the entry form if any pupil does not have consent from their parent/guardian to be photographed.

Presentation: When every gymnast has finished competing there will be a medal presentation ceremony. See the table below for categories.

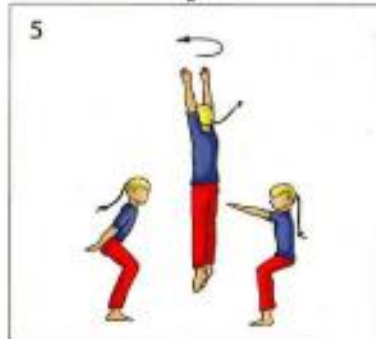
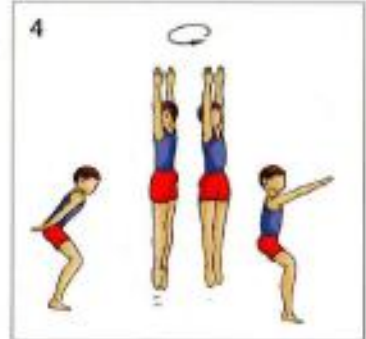
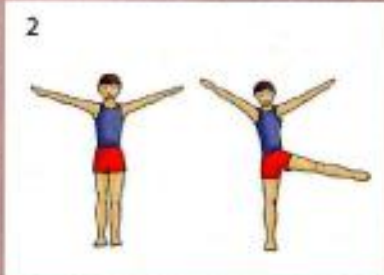
Individuals - NOVICE	Team medals for schools - NOVICE	Trophy for school with highest (Novice) team scores overall
<p>Novice level gymnasts who achieve 1st, 2nd and 3rd place in each single year group will each be presented with medals.</p> <p>Categories:</p> <ul style="list-style-type: none"> • Year 7 pupils • Year 8 pupils • Year 9 pupils • Year 10 pupils • Special Needs 	<p>Teams who achieve 1st, 2nd and 3rd place will each be presented with medals.</p> <p>Categories:</p> <ul style="list-style-type: none"> • Year 7 Teams • Year 7/8 Teams • Year 8 Teams • Year 8/9 Teams • Year 9 Teams • Year 9/10 Teams • Year 10 Teams 	<p>One trophy will be presented to the school with the overall highest single team score.</p> <p>The winning school will arrange for it to be engraved and returned the following year for subsequent competitions.</p>
ADVANCED LEVEL		
<p>As Advanced teams can be made up of pupils from any or all of the four year groups, there will be one presentation of medals in this category for the teams that come first, second and third.</p>		

Step 3 - Floor Exercise

(Sequence performed on a rectangle of mats approximately 8 x 6 metres if possible) - PERFORM 6 SKILLS ONLY IN ANY ORDER



1. Round off
2. Side scale towards Y balance
3. Backward roll straddle
(include each of these elements in any order in your sequence)



OR

4,5. Full or 1/2 turn jump (choose one between these 2 elements)



OR

6. Two cartwheels consecutively or
7. Handstand forward roll



OR



OR



8,9,10. Bridge or splits or 1/2 lever
(choose one between these 3 elements)

Step 3 - How to improve the Floor Exercise

Numbers	Skill	Coaching Points
	Start/End	Select positions that are imaginative and that will appeal to the judge and lead easily into the first move
	Content	Ensure to include only the six required moves. Where there is a choice, select the activities to show the best strength, flexibility and skills
	Linking	The sequence should cover as much of the floor area as possible. Perform the moves exactly as shown. Include the moves in any order and link them together in interesting ways using travelling, spins and leaps. Perform activities using different speeds and move around in different directions
1	Round off	The round off is useful to start backwards movements. Stretch the arms forwards and low going into the round off, turn the shoulders and then the hips and bring the legs together as quickly as possible. Aim to show flight from the hands and snap down of legs as confidence grows
2	Side scale towards Y balance	Stand in a straight body position. Keep the standing leg straight and lift the other leg to the side as high as possible, transferring weight over the supporting leg. Keep the hips square and arms out to the side. Keep both legs equally turned out. Hold for 2 seconds
3	Backward roll straddle	Roll backwards, pushing on the floor with the hands and then straighten the arms. Open the legs from a tucked position to a straddle position half way through the roll. Finish in straddle stand
4,5	Full or 1/2 turn jump	Swing the arms down and back with a slight bend of the legs before take-off, then swing the arms forwards and upwards, without throwing the shoulder backwards, and keeping the body straight and with good posture. Fix the eyes on a static object and try to return the eyes to this object quickly when performing a full turn. Turn the shoulders as the feet leave the floor
6,7	Two cartwheels consecutively or handstand roll	Perform a lunge and a long, smooth cartwheel. Finish on one leg and continue straight into a second cartwheel. Show a deep lunge between cartwheels to ensure a smooth sequence. Keep the body straight when inverted, without arching, so that both cartwheels are in a straight line. For Handstand forward roll, ensure the body tilts off balance in a straight position before tucking to roll out. Keep the arms straight and the chin on the chest
8,9,10	Bridge or splits or 1/2 lever	Show a still position for 2 seconds. The bridge should start and return to the floor. Forward splits or side (box) splits may be performed. Ensure the legs are in line with the hips and the knees are on top in side splits. When performing right or left leg splits, ensure the heel of the front leg and knee of the back leg are on the mat. Legs in the half lever should be at least parallel to the floor

Step 3 - Vault

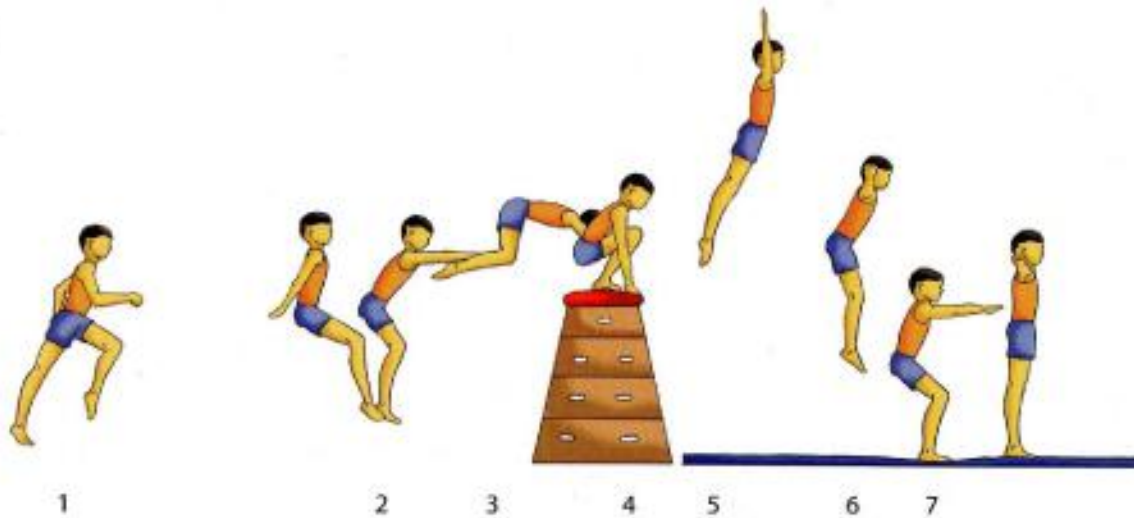
The gymnast is allowed 2 attempts at either (A) or (B) or one of each. Highest score to count. It is possible to complete Option A without a springboard and using a low movement table. However, the teacher must be satisfied that (i) the base of support provided by the table is sufficient to ensure stability and (ii), the top of the table provides a surface area large enough for a gymnast to land comfortably in a crouch position

(A) A few short running steps to take off from the floor and jump into a squat position on apparatus (height optional to suit gymnast), followed by an immediate take off into a straight jump to land with control on floor mats. (Mark out of 9.0)

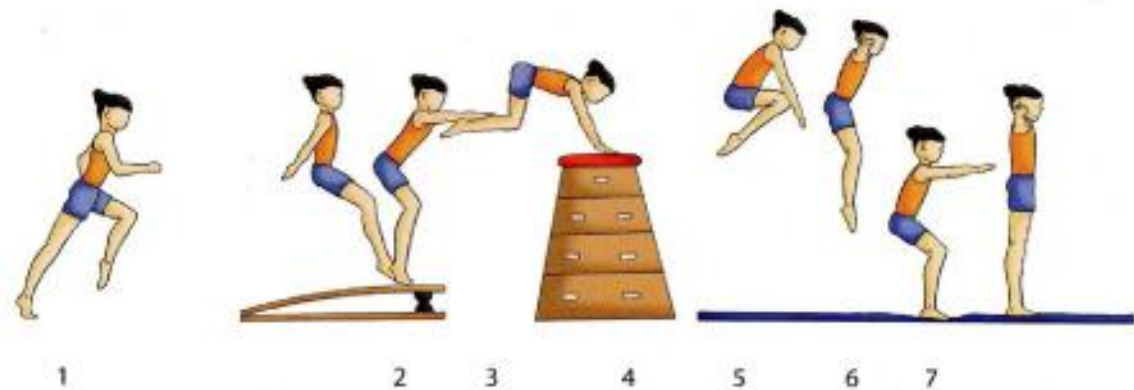
(B) Through vault. (Mark out of 10)

(A)

1. Approach
2. Take off
3. Flight onto apparatus
- 4,5. Rebound and flight off
- 6,7. Landing



(B)



Step 3 - How to improve the Vault

Numbers	Skill	Coaching Points
1	Approach	Start slowly and build up the speed, keep the eyes fixed on a target. On the last running stride, hurdle step with a two footed landing. When running, the arms should be bent and move in opposition to the legs. Teach a good running technique before including the springboard and vault. It is important that the arms do a quick semi-circle so they are in position to swing forwards and upwards on take-off
2	Take off	With legs slightly bent, feet under the body, arms back and chest up, head in neutral position, immediately push off and swing arms forwards (quick rebound). Push equally through both feet
3	Flight onto apparatus	Place the hands shoulder-width apart and straight on top of the vault. Aim to stretch the legs back to achieve a 'lay-out' position before bringing the knees in quickly under the body to squat on top or to clear vault for 'through vault'. The position should be practised on the floor (front support jump to crouch). A helper may assist with upper arm support to prevent forwards rotation
4 & 5	Rebound & flight off	Push down and forwards with the arms; feel the feet stretched. Lift the body and the arms up out of tuck and feel push away with the hands from the box
6 & 7	Landing	Straighten the legs before landing and aim to land well clear of the apparatus. 'Stick' the landing – no additional steps to gain control
		Common Mistakes: Shoulders and weight move forwards causing rotation and fall, the arm push is weak, reaction is weak, the legs not stretched backwards on take-off. Head looking down and not forwards

Step 3

Floor Sequence

The sequence should show good use of the available floor area. Mats may be placed on the floor for all or part of the sequence at the discretion of the teacher.

The gymnast must include the SIX required skills. Each Skill in the sequence has a value of 1.0 mark. If a gymnast misses out a skill then they will automatically lose 1.0 mark.

No other skills should be included. Skills should not be repeated. However gymnasts may use different steps and body movements, additional jumps or leaps, spins and turns as linking movements.

Gymnasts will lose marks for Technical Performance if they do not perform the skills and the linking movements in a technically correct manner. i.e. if a gymnast shows poor posture or untidy work at any time during the sequence, or if they fail to complete a skill correctly.

The sequence should show varied and interesting composition. Gymnasts may use music for this sequence at the teacher's discretion. Gymnasts may lose up to 0.4 marks in each section if the composition of the exercise does not meet the requirements shown below:

- Good use of the available Floor area
- Changes in direction – forwards, backwards and sideways
- Changes in levels – high, medium and low
- The skills distributed throughout the exercise
- Changes in Speed, Rhythm and Tempo
- Interesting and varied linking skills

Section Four

A performance with artistry and style

In a good sequence the gymnast will show many of the following abilities:

- Great flair, artistry, style and accuracy
- Good pace, tempo, flow and control
- Excellent 'amplitude' (really stretching in every movement)
- Good posture throughout the exercise
- Virtuosity - working with technical excellence

Vaulting:

The height of the vaulting apparatus at Level 3 should be appropriate to the height of the performer. The 'Squat on jump off' will be judged out of 9.00 marks and the Through Vault will be judged out of 10.0 marks. See the penalties on the enclosed list (See appendix K)

Important notice about Health & Safety and Insurance

Please ensure that your gymnasts are insured (most schools should be covered already). The school head teacher will be required to sign a disclaimer to this effect. Schools which do not provide this disclaimer PRIOR TO the event will not be permitted to compete. Schools should note that this is a school trip and therefore an appropriate adult/child ratio should be followed. We recommend a minimum of 1 adult: 10 children. All schools must provide an insured coach to look after the team and spot their vaults.

Photography

Photos will be taken during the competition and presentations which may be used in publicity and social media. Please indicate on the entry form any pupil who does not have consent from their parent or guardian for their photo to be taken.

Teachers who wish to take photos must complete a photography registration form on arrival.

Participants are not permitted to take photos during the competition.