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# SHROPSHIRE SCHOOLS' SPORTS & ATHLETICS ASSOCIATION

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President : Liz Nicholson

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## Shropshire Junior Schools Gymnastics

### Under 11 Boys and Girls Sets Competition

Under 11 years 1<sup>st</sup> September 2008 (ie midnight 31 August)

#### Set Floor Sequence

To be performed along a strip of mat approx 2 metres wide. No music.  
The rules are the same for both boys and girls.

Present to the judge

- 1 Forward roll to stand**
- 2 Step and then lift into handstand forward roll to stand**  
(U9 gymnasts may choose to forward roll to straddle stand instead)
- 3 Step, join feet and *tuck jump***
- 4 Backward roll to straddle stand**
- 5 Circle roll**
- 6 Bridge, or *splits for girls*. Bridge, or pike fold for boys**
- 7 Dish (3 seconds), turn to arch (3 seconds)**  
**Lever up to front support (3 seconds) – jump to crouch**
- 8 Tucked headstand (3 seconds) *return to feet***
- 9 Step join feet and 360 high straight jump**
- 10 Step or lift straight into a cartwheel.**

Present to the judge

#### Notes

- Walk on and off the mat with good posture. 'Present' to the judge (with eye contact).
- 1 Stand and show good posture. Then stretch arms above head before showing the squat position with a straight back and arms forward. Roll forwards showing straight legs, before tucking them to stand. Finish stretched with arms in the air.
  - 2 Step forwards with one foot, lift the other leg into handstand. If gymnast comes back down to feet instead of rolling (deduct 0.5) the forward roll must then be performed.  
(U9's forward roll as above but split legs and place hands on mat in front of legs to push and lift bottom off the floor to finish in straddle stand, legs should be kept straight and arms finish out to the side at shoulder height. Jump feet together.
  - 3 Step and then join feet and tuck jump. (swing arms high, knees up towards chest, back straight). Land feet together, finish move with arms high.
  - 4 With legs either tucked or straight, lower to the mat and backward roll to straddle stand, arms finish diagonally high. (If straight legs are used, hands are allowed to touch the mat to aid lowering the body safely without any deductions, before swiftly moving under the shoulders. Hold position, then slide legs apart to straddle sit. Hands should not touch the floor when lowering body from straddle stand to straddle sit.
  - 5 Circle roll – 180 degrees only. (Arms start parallel to legs, hands not holding legs). Afterwards close legs into long sitting if next performing a bridge or pike fold.

Don Gibbons  
Chairman

Paul Sanderson  
Vice Chairman

Peter Haile  
Hon. Treasurer

Alan Penton  
Secretary

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- 6 Boys either lean forwards into pike fold and hold for 3 seconds, or push up into bridge and hold for 3 seconds then lower the back to the mat only, ready for immediate dish shape. Girls either perform a bridge or from straddle sit, use hands to push forwards into box splits or turn into sideways splits, hold for 3secs with arms out to the side. Return to long sit after splits.
- 7 Dish shape, hold 3 seconds with tension, turn over without allowing legs, arms, head etc to touch the mat. Hold the arch shape for 3 seconds with tension. Lower the body to the floor. Lever as straight a body as possible to the front support position (showing strength) and hold 3 seconds with tension. Jump to crouch.
- 8 Balance in the squat position showing a straight back and arms forwards before going into the tucked headstand. The headstand should remain tucked and show a straight back. Return to feet and stand – do not roll over forwards. Deduct 0.5 headstand rolls over instead of returning to feet.
- 9 Step, then join the feet into an immediate 360 high upward straight jump. Arms optional, but should finish high above head.
  
- 10 Facing forwards, step forward with one foot or immediately lift this foot into the cartwheel. Finish facing sideways, arms diagonally high, hold. Join feet, lower arms, turn to judge and present. Walk off the mat with good posture.

Start ----- 1 ----- 2 ----- 3  
6 -----5 ----- 4 -----  
7----- 8----- 9----- 10 finish

If a child feels that the mat strip is not long enough to perform the cartwheel he or she may turn round and perform it back the way they have just come.

Coaches should not prompt their gymnasts. (Deduction 0.5)

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## Vault

The rules are the same for both girls and boys.

Two vaults to be attempted. They may be the same or different. The higher score will count.

A gymnast is allowed one run out only per vault if the springboard or vault has not been touched at the first attempt. The second attempt will be judged.

Coaches may request their gymnast's first score before the second vault is taken

Schools may bring their own springboard if desired, but should be available for other teams to use.

Vault run ups are matted if at all possible.

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## Vault

1.	<b>Squat On – straight or star jump off</b>	<b>7.50</b>
2.	<b>Squat Through</b>	<b>8.00</b>
3.	<b>Straddle Over</b>	<b>8.00</b>
4	<b>Through with layout in first flight</b>	<b>9.50</b>
5	<b>Straddle with layout in first flight</b>	<b>9.50</b>
6.	<b>Handspring</b>	<b>10.00</b>

Minimum vault heights: Under 11 – 1.00metre,  
Under 9 - 0.90cms,

## Teams

There will be three Under 11 sections: **Girls, Boys and Mixed**  
If there is enough interest there will be an **Under 9 Girls section**:  
Gymnast compete on both floor and vault

A team consists of a maximum of **6 girl or 6 boy gymnasts with 4 scores** to count on each discipline.  
A mixed team consists of 5 in a team with 4 scores to count. At least two girls and two boys must compete.  
ie 3 girls and 2 boys, or 3 boys and 2 girls. Four scores will count and at least one of those must be from the opposite sex.

The rules for the under 9 sections will remain the same with the following amendments:

**Set Floor:** There is a choice of either a **forward roll to straddle stand** or handstand forward roll.  
**Vault:** The vault may be at 9.00cms or 1metre

Schools may enter up to 4 teams but only two in the same section. If you wish to enter more teams, indicate this to the organiser, who will advise you after the closing date.

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