



4 Piece Apparatus Competition Handbook

New season amendments highlighted in purple

General Information

1. Governing Body regulations will apply at all Rec Gym Competitions – unless otherwise stated.
2. General Information contained in the Over All Competition Handbook.
3. All Recreational Gymnastics Events in the Give it a Go Competitions are for recreational general gymnasts. A recreational gymnast for the “Give It A Go” competitions is deemed a recreational gymnast if they train (4) four hours or less per week combined across any gymnastics discipline.

Information Relating To Event

As a condition of entry all clubs who enter gymnasts to an event agree to provide at least one volunteer or young leader to assist with the smooth running of the event.

The Give It A Go apparatus competitions are 4 piece events.

- A. **Eligibility** – All competitions in the “Give It A Go” Competition Programme are intended for **General Recreational Gymnasts**. A Gymnast is deemed a General Recreational Gymnast if they train FOUR (4) hours or less a week.
- B. **Gymnasts** –coaches should enter gymnasts at a level which reflects the gymnasts current ability and at a level that will provide equitable competition with other gymnasts.
- C. **Team of Four** – Any changes to the team of four should be finalised at gymnast registration.
- D. **Judges** – If clubs do not provide a Judge they CAN NOT enter. Clubs entering upto 15 gymnasts should provide 1 judge minimum. If clubs are entering 16+ gymnasts they must provide minimum 2 Judges. NO JUDGES – NO ENTRY !!!
- E. **Late entries** – ONLY IF THE COMPETITION CAPACITY CAN ACCOMMODATE. Late entries must be made direct to the Competition Secretary. Late entries will only be accepted within 7 days of the event closing date and only if there is space on the programme to accommodate the gymnasts. The fee for late entry will be £30 per gymnast.
- F. **Spectator Entry** – Entry to spectators will be £5 per adult, £2 per child and £12.00 per family above 3 individuals.

Level 1 Individual Apparatus Competition for Males and Females

There are four pieces of apparatus – gymnasts should present on all pieces

Age groups : 6-8yrs, under 10 yrs, under 12yrs, under 14yrs, under 16yrs, under18yrs, OOA.

Vault : Landing mat to a height of upto 30cm

From run and jump from springboard stretch jump to land

D.V. 1.20

Two vaults may be performed the best score will count.

Low Single Bar: Bar height 165cm minimum, may be raised as appropriate for taller gymnasts.

Set Routine, 4 elements valued at 0.5each

D.V. 2.00

Jump to front support (1 or 2 springboards or a block mat may be used)

Hold front support position for 2 sec

Cast towards horizontal

Forward circle dismount to hang under the bar with straight or bent arms and lower straight legs through pike with control to the floor and hang.

Bench: Using 2 gymnastics benches joined end to end.

D.V. 2.50

5 elements from the list below, value 0.50 each

Minimum one length of the bench, 70 seconds maximum.

Artistry bonus of upto 0.5 (girls only)

CR: performed in any order, worth 0.5 each:

Bench Routine:

Mount

A balance element

Half a turn on two feet

A leap or a jump

Straight Jump dismount from the end or the side.

List of bench permitted skills:

Mount: Squat on, Straddle on

Balance: Arabesque (chest lifted and leg to 45 degree minimum), Y- Balance, V- sit with hand support, 1 leg stand with free leg in attitude.

Leap / Jump: Straight jump, tuck jump, star jump, cat leap, scissors leap.

Turn: Stretched or crouched

Dismount: Straight jump

Floor: 6 elements from the list below, value 0.50 each

D.V. 3.00

CR: performed in any order, worth 0.5 each

Artistry bonus of upto 0.50. (girls only)

Floor Routine:

An acrobatic element without flight

A balance or strength element

A leap or a jump

Half turn spin on one foot or half turn jump.

List of floor permitted skills:

Acrobatic : Cartwheel, teddy bear roll 180°, kick towards handstand, fwd or bwd roll to stand or straddle stand.

Balance: Arabesque (chest up and leg 45 degrees min), Y-balance, V sit with hand support, 1 leg stand with free leg in attitude, frog balance and bridge

Leap / Jump: Straight jump, tuck jump, star jump, cat leap, scissors leap, ½turn jump, ½turn spin.

Strength: Half a pike lever with one leg (held 2 sec), front support and lower to floor with control.

No music. Skills to be linked with dance and connecting steps, utilising different directions.

Level 2 Individual Apparatus Competition for Males and Females

For those who have completed level 1 and ready to move up a level.

There are four pieces of apparatus – gymnasts should present on all pieces

Age groups : 6-8yrs, under 10 yrs, under 12yrs, under 14yrs, under 16yrs, under18yrs, OOA.

Vault : Landing mat / block to a height of 60cm

From run and straight jump from springboard to land on top of block then D.V. 1.40

Kick to handstand landing in flat back dismount, showing an arm swing into the handstand.

Two vaults may be performed the best score will count.

Low Single Bar: Bar height 165cm minimum, may be raised as appropriate for taller gymnasts.

Set Routine, 4 elements valued at 0.5each D.V. 2.00

Circle up from one or two feet, (1 or 2 springboards maybe used)

Cast and return to bar twice

Cast to push backwards dismount to land.

Floor Beam: (Girls Only)

6 elements from the list below, value 0.50 each D.V. 3.00

Minimum one length of the beam, 70 seconds maximum.

Artistry bonus of upto 0.5 (girls only)

CR: performed in any order, worth 0.5 each:

Beam Routine:

Mount

A balance element

An acrobatic element

Half a turn on two feet

A leap or a jump

Star Jump dismount from the end or the side.

List of beam permitted skills:

Mount: Squat on, Straddle on from 2 feet or 2 feet jump

Balance: Arabesque(chest up and leg 45 degrees), Y- Balance, V-sit with hand support, 1 leg stand with free leg in attitude.

Leap / Jump: Straight jump, tuck jump, star jump, cat leap, scissors leap.

Turn: Stretched or crouched

Acrobatic: Kick towards handstand and land in lunge, Fwd roll

.Dismount: Star jump

Floor: 6 elements from the list below, value 0.50 each

D.V. 3.00

CR: performed in any order, worth 0.5 each

Artistry bonus of upto 0.50. (girls and boys)

Floor Routine:

An acrobatic series directly connected in the same direction or line of two elements without flight

A balance or strength element

Two dance elements directly connected

Half turn spin on one foot or half turn jump.

Instrumental music – gymnasts own choice 70 seconds max penalty 1 mark no music

Boys perform with no music. Skills to be linked with dance and connecting steps, utilising different directions.

List of floor permitted skills:

Acrobatic : Cartwheel, handstand, cartwheel with one hand, fwd or bwd
roll to stand or straddle stand. (max of 2 rolls per routine, 1 fwd & 1 bwd)

Balance: Arabesque (chest up and leg 45 degrees) Y-balance, V sit with
hand support, 1 leg stand with free leg in attitude, frog balance and bridge

Leap / Jump: Straight jump, tuck jump, star jump, cat leap, scissors leap,
½turn jump, ½turn spin.

Strength: Press up with control, Half a lever piked or straddled (held 2 sec).

Parallel Bars

Set Routine

D.V. 2.50

Boys Only

From standing between bars, jump to support with straight arms

Lift legs to horizontal and hold Pike Lever for 2 seconds

Lower legs and continue into a swing backwards then swing forwards,

Swing backwards and release the bars to dismount standing between the bars.

Level 3 Individual Apparatus Competition for Males and Females

For those who have completed level 2 and / or competent to enter at this level.

There are four pieces of apparatus – gymnasts should present on all pieces

Age groups : 6-8yrs, under 10 yrs, under 12yrs, under 14yrs, under 16yrs, under 18yrs, OOA.

Vault : Ages 12yrs and under landing mat / block to a height of 60cm

D.V. 2.00

Ages 18yrs and under landing mat / block to a height of 90cm

D.V. 2.00

From run and jump from springboard, handspring flat back.

Two vaults may be performed the best score will count.

Low Single Bar: SET ROUTINE

Bar height 165cm minimum, may be raised as appropriate for taller gymnasts.

Set Routine, 4 elements valued at 0.5 each

D.V. 2.00

Circle up from one or two feet, (1 or 2 springboards maybe used)

Cast and return to bar

Cast and back hip circle

Cast to choice of dismount: push backwards dismount to land, squat on and jump forwards, straddle undershoot.

Squat on and straddle undershoot will attract a bonus of 0.2

Beam height 100cm: (Girls Only)

6 elements from the list below, value 0.50 each

D.V. 3.00

Minimum two length of the beam, 0.2 deduction for one length, 70 seconds maximum.

Artistry bonus of upto 0.5

CR: performed in any order, worth 0.5 each:

Beam Routine:

Mount

A balance element

An acrobatic element

Half turn spin on one foot

A leap or a jump

Straddle Jump dismount from the end of beam

List of beam permitted skills:

Mount: Squat on, Straddle on, jump to front support swing leg over beam to cross sit

Balance: Arabesque(chest lifted, leg 90 degrees), Y- Balance, V-sit with no hand support.

Leap / Jump: Straight jump switch feet, tuck jump, star jump, cat leap, scissors leap, ½ turn spin

Acrobatic: From sitting roll backwards to grasp beam behind the head, feet to touch beam overhead, forward roll to stand, forward roll, cartwheel, Kick towards handstand leading leg to vertical second leg to 90 degrees minimum

Dismount: Straddle jump

Floor: 7 elements from the list below, value 0.50 each

D.V. 3.50

CR: performed in any order, worth 0.5 each

Artistry bonus of upto 0.50. (girls and boys)

Floor Routine:

An acrobatic series **directly** connected in the same direction or line of two elements **one with flight**

A balance or strength element

Two dance elements **directly** connected or a mixed series of one acro and one dance element.

Full spin on one foot or full turn jump.

Instrumental music – gymnasts own choice 70 seconds max, penalty 1 mark no music

Boys perform with no music. Skills to be linked with dance and connecting steps, utilising different directions.

List of floor permitted skills:

Acrobatic : Cartwheel, handstand, cartwheel with one hand, Dive
Cartwheel, handstand forward roll, round off, fwd or bwd roll to stand or
straddle stand, fwd or bwd walkover.

Balance: Arabesque (chest up and leg 90 degrees) Y-balance, V sit without
hand support, bridge, pike or straddle lever.

Leap / Jump: tuck jump, star jump, cat leap, scissors leap, split leap, stag
leap, straddle jump, full turn jump, full turn spin.

Strength: Swedish fall to press up with one leg held up, Half a lever piked
or straddled (held 2 sec).

Parallel Bars

Set Routine

D.V.2.50

Boys Only

From standing between bars, jump to support with straight arms

With straight body single bent arm dip to 90 degree bend

Lift straight legs to horizontal and hold Pike Lever

From pike lever cast forwards, swing backwards, swing forwards, swing backwards, and swing forward

Swing backwards into front vault dismount

Level 4 Individual Apparatus Competition for Males and Females

For those who have completed level 3 and / or competent to enter at this level.

There are four pieces of apparatus – gymnasts should present on all pieces

Age groups : 6-8yrs, under 10 yrs, under 12yrs, under 14yrs, under 16yrs, under 18yrs, OOA.

Vault : Ages 12yrs and under landing mat / block to a height of 90cm

Ages 18yrs and under landing mat / block to a height of 110cm D.V. 2.00

From run and jump from springboard, handspring flat back.

D.V. 2.00

Two vaults must be performed the best score will count.

Asymmetric Bar: (Girls only) **SET ROUTINE**

Set Routine, 5 elements valued at 0.5each

D.V. 2.50

Circle up from one or two feet, (1 or 2 springboards maybe used

Cast into back hip circle

Cast to squat on, jump to catch the high bar.

Swing forward and back

Swing forward and back, dismount to the rear.

Single High Bar: (Boys only) **Set Routine**

Set Routine, 5 elements valued at 0.5each

D.V. 2.50

From long hang, chin up then circle up to front support

Circle down to long hang

Trolley swing into two swings

Immediate swing to half turn (hand placement optional)

Swing forward and back, dismount to the rear.

Beam height 125cm: (Girls Only)

6 elements from the list below, value 0.50 each

D.V. 3.00

Minimum two length of the beam, 0.2 deduction for one length, 90 seconds maximum.

Artistry bonus of upto 0.5

CR: performed in any order, worth 0.5 each:

Beam Routine:

Mount

A balance element

An acrobatic element

Half turn spin on one foot immediate 2 footed

half turn

A leap or a jump

Round off dismount.

List of beam permitted skills:

Mount: Squat on, Straddle on, forward roll on, jump to front support swing leg over beam to cross sit

Balance: Arabesque(chest lifted, leg 90 degrees), Y- Balance, V-sit with no hand support.

Leap / Jump: Changement jump (Straight jump switch feet and return to original position), tuck jump, star jump, cat leap, scissors leap, ½ turn spin on one foot immediate 2 footed ½ turn

Acrobatic: free forward roll, cartwheel, handstand to vertical

Dismount: Round off

Floor: 8 elements from the list below, value 0.50 each

D.V. 4.00

CR: performed in any order, worth 0.5 each

Artistry bonus of upto 0.50. (girls and boys)

Floor Routine:

An acrobatic series **directly** connected in the same direction or line of 2 elements minimum option of **1 with flight**

A balance or strength element

Two dance elements **directly** connected or a mixed series of one acro and one dance element.

Full spin on one foot or full turn jump.

Instrumental music – gymnasts own choice 90 seconds max, penalty 1 mark no music

Boys perform with no music. Skills to be linked with dance and connecting steps, utilising different directions.

List of floor permitted skills:

Acrobatic : Handstand hold for 2 seconds, cartwheel with one hand, Dive Cartwheel, handstand forward roll with straight arms, round off, fwd or bwd roll to stand or straddle stand, fwd or bwd walkover, handspring or back flip

Balance: Arabesque (chest up and leg 90 degrees) Y-balance, V sit without hand support, bridge, pike or straddle lever.

Leap / Jump: tuck jump, star jump, cat leap, scissors leap, split leap, stag leap, straddle jump, full turn jump, full turn spin.

Strength: From straddle stand lift to handstand optional exit, straddle lever to handstand optional exit, press up with a clap to straight arms.

Parallel Bars

Set Routine

D.V. 3.00

Boys Only

From standing between bars, jump to support with straight arms

Four hand walks towards the centre of the bars (right, left, right, left)

¼ turn towards left, moving right hand to arrive in support on the left bar, ¼ turn to the left again moving left hand, continuing the turn to arrive in support between the bars.

Pike Lever hold for 3 seconds

Swing legs backwards then forwards and over the bars to straddle sit (do not release hands)

Swing legs upwards then backwards, then forwards over to the left into vault dismount (1/2 turn to face away from the bars)

Level 5 Individual Apparatus Competition for Males and Females

For those who have completed level 4 and / or competent to enter at this level.

There are four pieces of apparatus – gymnasts should present on all pieces

Age groups : 6-8yrs, under 10 yrs, under 12yrs, under 14yrs, under 16yrs, under18yrs, OOA.

Vault : All ages landing mat / block to a height of 110cm D.V. 2.00

Handspring to stand using **Vault Box only**.

D.V. 2.00

Two vaults must be performed the best score will count.

Asymmetric Bar: (Girls only) **SET ROUTINE**

Set Routine, 6 elements valued at 0.5each

D.V. 3.00

Circle up from two feet,

Option to float upstart for a 0.3 bonus (1 or 2 springboards maybe used)

Cast into back hip circle

Cast to squat on, jump to catch the high bar.

Swing into baby giant

Cast into back hip circle

Straddle on undershoot dismount

Single High Bar: (Boys only) **Set Routine**

Set Routine, 6 elements valued at 0.5each

D.V. 3.00

From long hang, circle up.

Forward circle lowering through pike to long hang

Trolley swing into three swings

Immediate circle up or float upstart for 0.3 bonus

Cast into back hip circle

Straddle on undershoot dismount.

Beam height 125cm: (Girls Only)

7 elements from the list below, value 0.50 each

D.V. 3.50

Minimum two length of the beam, 0.2 deduction for one length, 90 seconds maximum.

Artistry bonus of upto 0.5

CR: performed in any order, worth 0.5 each:

Beam Routine:

Mount

A balance element

An acrobatic element

Full turn spin

Two dance elements directly connected

Round off or handspring dismount.

List of beam permitted skills:

Mount: Squat on, Straddle on, forward roll on,

Balance: Arabesque(chest lifted, leg 90 degrees), Y- Balance, V-sit with no hand support, bridge, splits x 1 in any direction

Leap / Jump: Scissor leap, tuck jump, ½ turn straight, ½ turn tuck, cat leap ½ turn, Split leap or jump, full turn spin

Acrobatic: Cartwheel, handstand held for 2 sec, fwd walkover, bwd walkover, free roll

Dismount: Round off or handspring

Floor: 8 elements from the list below, value 0.50 each

D.V. 4.00

CR: performed in any order, worth 0.5 each

Artistry bonus of upto 0.50. (girls and boys)

Floor Routine:

An acrobatic series **directly** connected in the same direction or line of two elements **both with flight**

A balance or strength element

Two dance elements **directly** connected or a mixed series of one acro and one dance element.

Full turn spin on one foot or full turn jump.

Instrumental music – gymnasts own choice 90 seconds max, penalty 1 mark no music

Boys perform with no music. Skills to be linked with dance and connecting steps, utilising different directions.

List of floor permitted skills:

Acrobatic :Handstand hold for 2 seconds, cartwheel with one hand, Dive Cartwheel, handstand forward roll with straight arms, round off, fwd or bwd walkover, handspring or back flip

Balance: Arabesque (chest up and leg 90 degrees) Y-balance, V sit without hand support, bridge, pike or straddle lever.

Leap / Jump: Straight jump with half a turn, tuck jump with half a turn, cat leap, scissors leap, split leap, stag leap, straddle jump, pike jump, W jump, full turn jump, full turn spin.

Strength: headstand push to handstand (tucked knees permitted), straddle lever to handstand optional exit, handstand lower to piked or straddle lever, endo roll (forward roll to straddle lever and lift to handstand) Russian lever held for 2 sec.

Parallel Bars

Set Routine

D.V.4.00

Boys Only

Standing between bars, jump to support or a float upstart for a bonus of 0.2

2 x two handed hops towards the centre of the bars.

Dip to 90 degree angle

½ pike lever

¼ turn towards left, moving right hand to arrive in support on the left bar, ¼ turn to the left again moving left hand, continuing the turn to arrive in support between the bars.

Swing legs upwards to start backwards swing, then forwards and over the bars to straddle sit (do not release hands)

Swing legs backwards, then forwards and backwards to show momentary handstand or hold handstand for 2 seconds for a 0.3 bonus

Swing forwards over to the left into vault dismount (1/2 turn to face away from the bars)

LEVELS 1-5 CLUB TEAMS – ALL ROUND

Teams to consist of 4 gymnasts
(gymnasts not to be told so as not to put any pressure on their performance)

Must perform on all 4 pieces pf apparatus

The team may be made up of
any age group
be male or female
or a mixed team
a mixture of levels

Maximum entry one team per club.

The Team can not be altered after rotation 1 has commenced.