

**Meini prawf Cystadleuaeth Gymnasteg (Cyfnod Allweddol 3 a 4)**  
**Urdd Gymnastics Competition (Key Stage 3 & 4)**

<b>Age</b>	Key Stage 3 (Yrs. 7-9) & 4 (Yrs. 10-11) (Same rules but 3 + 4 will be different events.)
<b>Categories (5 events)</b>	<ul style="list-style-type: none"> <li>• Individual Girls</li> <li>• Individual Boys</li> <li>• Pairs (Either Mix or same sex)</li> <li>• Trios (Either Mix or same sex)</li> <li>• Group 6 - 8 pupils (Either Mixed or same sex)</li> </ul>
<b>Time limit</b>	Individual = 1:10 – 1:20 Pair/Trio's = 1:45 – 2:00 Group = 2:15 – 2:30 Timing begins when music starts (if performing with music or first movement if performing without music). There will be a 0.3 penalty for gymnasts finishing over/under the stated time.
<b>Music</b>	Optional but must be instrumental or Welsh Language
<b>Equipment</b>	10 x 8 Apparatus matting area 1 trampette, 1 box, landing area (Apparatus layout enclosed and to be used by all competing schools)

**Calculation of scores - Scores will be composed as follows;**

All gymnasts/pairs/groups will begin with a base score of: 10.00.

Gymnasts will be able to increase their starting value by up to 2.50 marks, by including the below requirements, worth 0.5 marks each.

<b>Requirement</b>	<b>Value</b>
Balance	0.5
Turn/Spin	0.5
Roll	0.5
Jump	0.5
Forward + backwards movement	0.5

The difficulty score (tariff) will also be added to the base score (10.00). Gymnasts are able to add a maximum of 3.0 marks to their score.

- The table (below) has been written as a guide for gymnasts and coaches. Gymnasts are not limited to performing skills solely from the table. Any skills performed which are not listed will be classified upon the judge's discretion.
- A skill may be repeated but will only count twice towards the tariff (difficulty) total.
- The highest tarified 10 skills will be calculated to generate the difficulty total.

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	0.1	0.2	0.3
Balance	Stork balance Front support Back support Arabesque V – sit	Headstand Handstand Frog balance Splits Straddle/ pike lever hold	Russian lever Planche Straddle lever to handstand
Turn/Spin	½ spin on one leg Jump ½ turn	Full spin on 1 leg Handstand ½ pirouette Stretch jump full turn Tuck/ straddle/ 'w' or wolf jump ½ turn	Handstand full pirouette Double spin on 1 leg Tuck/straddle/ 'w' or wolf jump full turn Catleap full
Roll	Log roll Teddy bear roll Side roll Cat roll Fwd/ bwd roll (tucked) Fwd/ bwd roll to shape stand	Dive forward roll Handstand forward roll Piked bwd roll (straight arms and legs) Bwd roll to front support	Backward roll to handstand
Jump/Leap	Stretch jump Tuck jump Star jump Catleap Chasee	Straddle jump Pike jump Wolf jump Split leap Stag leap Stretch jump full turn Scissor kick Tuck/ straddle/ 'w' or wolf jump ½ turn	Change leg leap Tuck/ straddle/'w' or wolf jump full turn Catleap full turn
Acrobatic fwd/swd/bwd	Fwd/ bwd roll (tucked) Fwd/ bwd rol to shape stand Bunny hop	Cartwheel (1 or 2 hands) Round off Fwd/ bwd walkover Handstand fwd roll Valdez Tinsica	Flic to 1 or 2 Somersault (Fwd/bwd) Handspring ( to 1 or 2) Free cartwheel Free walkover Backward roll to handstand

*Please note:*

- In the pairs, trios and groups all members must complete 10 skills each. They can either be performed in synchronisation or at separate times, either the same or different elements.
- In the groups, at several points during the sequence the group should work together and not just as several pairs or trios performing their own sequence.
- All of the above can be performed either on the floor, onto, on, or off any apparatus from the enclosed layout.

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Deductions will be taken for the following;

<b>Individuals/ pairs/ groups</b>	<b>Maximum Deductions</b>
Artistry	0.5
Link to music – interpretation	0.5
Use of levels	0.5
Use of Apparatus	0.5
Length of routine/music	0.3
General deductions (execution) –	
Small	0.1
Medium	0.2
Large	0.3
Fall	0.5
<b>Pairs/groups only</b>	
Synchronisation	0.5
Whole group involvement	0.5

Scores will be determined by;

- + Base Score – 10.00
- + Requirements – up to 2.50
- + Difficulty Score – up to 3.00

**Total Composition Score = Up to a maximum of 15.50**

-Deductions

**= Total Score**

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**Floor and Apparatus Layout**

**Dimensions:**

Equipment	Width	Length	Height
Floor Area	10m	8m	
1. Trampette	1m 10cms	1m 10cms	
2. Box	44cms	1m 37cms	1m
3. Landing Mat	1m 20cms	2m 40cms	20cms

