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

Age	Key Stage 3 (Yrs. 7-9) & 4 (Yrs. 10-11) (Same rules but 3 + 4 will		
	be different events.)		
Categories	Individual Girls		
(5 events)	Individual Boys		
	Pairs (Either Mix or same sex)		
	 Trios (Either Mix or same sex) 		
	 Group 6 - 8 pupils(Either Mixed or same sex) 		
Time limit	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.		
Music	Optional but must be instrumental or Welsh Language		
Equipment	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.

Requirement	Value	
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 tariffed 10 skills will be calculated to generate the difficulty total.

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0,44	Gymnastics Compe		,
	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;

Individuals/ pairs/ groups	Maximum Deductions			
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			
Pairs/groups only				
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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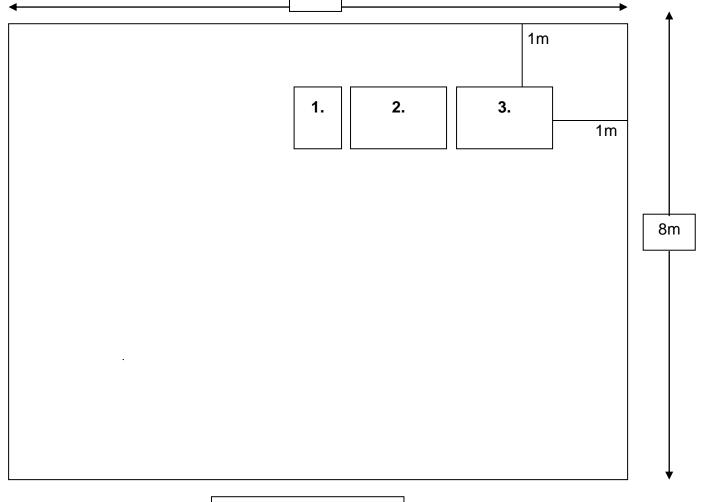
Floor and Apparatus Layout

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



10m



JUDGES' TABLE

SPECTATOR AREA

Chwaraeon yr Urdd/Gymnasteg Cymru 2017-2018