

**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 Mixed or same sex)</li> <li>• Trios (Either Mixed 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/Trios = 1:45 – 2:00 Group = 2:15 – 2:30
<b>Music</b>	Optional but must be instrumental or be through the medium of Welsh
<b>Theme</b>	Flight
<b>Equipment</b>	10 x 8 Apparatus matting area Trampoline, Box, Landing Mat (Apparatus layout enclosed and to be used by all competing schools)

**Flight**

All sections: A routine that demonstrates 10 elements which show flight with varied shapes within a routine; in addition use elements which incorporates turning, spinning, balancing & travelling.

**Criteria evaluation. Marked from 10.00**

Key areas	Values	Notes	
<b>Each flight element</b>	0.50  (Total 5.00)	<ul style="list-style-type: none"> <li>• Technical deductions will be taken off each incorrectly performed shape.</li> <li>• Missing an element = 0.50 deduction.</li> </ul> Elements in this section will be tarified according to difficulty (please see explanation on following page)	
<b>Construction of sequence</b>	1.00 1.00 1.00 (Total 3.00)	<ul style="list-style-type: none"> <li>• Turning &amp; spinning</li> <li>• Balancing</li> <li>• Travel</li> </ul> <i>If these are not demonstrated 1.00 for each will be deducted.</i>	
<b>Artistry / Presentation</b>	0.50	Individuals	Pairs/Trios/Groups
	0.50	<ul style="list-style-type: none"> <li>• Variety of actions</li> <li>• Use of speed / direction/levels</li> </ul>	<ul style="list-style-type: none"> <li>• Variety of actions/speed/ direction/levels</li> </ul>
	0.50	<ul style="list-style-type: none"> <li>• Use of links &amp; flow</li> </ul>	<ul style="list-style-type: none"> <li>• Use of apparatus</li> </ul>
	0.50 (Total 2.00)	<ul style="list-style-type: none"> <li>• Use of apparatus</li> </ul> <i>Insufficient demonstration of these will result in relevant deduction.</i>	<ul style="list-style-type: none"> <li>• Use of links &amp; flow</li> <li>• Synchronisation</li> </ul>
<b>Execution</b>		Execution faults during the sequence will be deducted from the overall mark.	
	0.50 deduction	Under or over time	

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**Examples of Elements that will count as Flight**

- All types of jumps
- Dive rolls
- Round off
- Elements from the cartwheel family
- Elements from the handspring family
- Elements from the back flip family
- Somersaults

All of the above can be performed either entirely on the floor, or onto, on, or off any apparatus from the enclosed layout.

*Please note:*

In the pairs, trios or groups all members must do 10 elements of flight each. They can either be performed in synchronisation or at separate times, either the same or different elements.

Flight elements that do not show any upward movements will not be considered as flight, e.g. if a gymnast performs a round off from the end of the box, but just drops off, it is not considered as flight and therefore will not be counted as one of the elements required.

**Tariff Scoring**

Each of the 10 elements of flight will be given a tariff:

- 0.1 for elements that do not invert, i.e jumps
- 0.3 for elements that invert and show part flight, i.e. dive into an element, flight out of an element, e.g round off, handspring
- 0.5 for elements that invert, show full flight throughout element, i.e somersaults, or show two part flight travelling backwards, e.g back flips.

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**Urdd Gymnastics Floor and Apparatus Layout**  
**Key Stage 3 and 4**

**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

