

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

Age	Key Stage 3 (Yrs. 7-9) Key Stage 4 (Yrs. 10-11)
Categories	<ol style="list-style-type: none"> 1. Individual Girls 2. Individual Boys 3. Pairs (Either Mix or same sex) 4. Trios (Either Mix or same sex) 5. Group (Either Mixed or same sex which consists of 6 - 8 pupils)
Time limit	<ul style="list-style-type: none"> • Individual = 01:30 maximum • Pair/Trio's = 01:30 maximum • Group = 02:00 maximum <p>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.</p>
Music	Optional but must be instrumental or Welsh Language in a form of a CD or phone. Teachers must ensure they have a spare copy with them.
Equipment	<p>10 x 8 Apparatus matting area 1 Springboard, 1 box, landing mat Apparatus layout enclosed and to be used by all competing schools – apparatus is to be used exactly as shown in the diagram.</p>

Requirement	Value
Balance	0.5
Turn/Spin	0.5
Roll	0.5
Jump	0.5
Forward or sideways acrobatic skill	0.5
Backwards acrobatic skill	0.5

- The following table (below) has been written as a guide for gymnasts and coaches to identify skills to be added to the routine. Gymnasts are not limited to performing only the skills on the table.
- No skills can be repeated within any the routines
- Gymnasts can compete a maximum of 4 other skills from the list below.
- Pairs, trios and groups must finish on a balance where all pupils work together.
- In pairs, trios and groups routines all gymnasts must fully use the apparatus.

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Skills Values	0.1	0.2	0.3
Balance (all balances must be held for 3 seconds to count as completed)	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 Pike bwd roll (straight arms and legs) Bwd roll to front support (straight arms)	Backward roll to handstand (straight arms)
Jump/Leap	Stretch jump Tuck jump Star jump Cat leap	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 Cat leap full turn
Acrobatic fwd/swd/bwd	Fwd/ bwd roll (tucked) Fwd/ bwd roll to shape stand Bunny hop	Cartwheel (1 or 2 hands) Round off Fwd/ bwd walkover Handstand fwd roll Valdez	Flic to 1 or 2 Somersault (Fwd/bwd) (tucked only) Handspring (to 1 or 2) Free cartwheel Free walkover Backward roll to handstand

Safety Notice: Vaulting skills must be performed so landings are done on the safety mat and not the floor area.

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Note:

- Each pupil in the pairs, trios and groups must complete 10 skills each (this includes the 6 from the requirement table). 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.

Judging Advice:

- Teachers will be required to submit a tariff sheet to the competition organiser prior to the competition which will be used by the judges. This will include a list of skills included in the routine and its value

Deductions will be taken for the following:

Individuals/pairs/trios/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 of individual skills (execution) –	
Small	0.1
Medium	0.3
Large	0.5
Fall	1.0
Pairs/trios/groups only	
Synchronisation	0.5
Whole group involvement	0.5

Scores will be determined by:

- All routines beginning with a base score of 13.00
(Base Score 10.00 + 6 Requirements at 0.5 each = 13:00)
- + 4 additional skills (maximum 1.20)
- Total Composition Score = Up to a maximum of 14.2
- minus deductions
- **= Total Score**

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Floor and Apparatus Layout

Dimensions:

Equipment	Width	Length	Height
Floor Area	10m	8m	
1. Springboard	1m 10cms	1m 10cms	
2. Box	44cms	1m 37cms	1m
3. Landing Mat	1m 20cms	2m 40cms	20/30cms

