

Meini prawf Cystadleuaeth Gymnasteg (Cyfnod Allweddol 2)
Gymnastics Competition Criteria (Key Stage 2)

Age	Key Stage 2 (Year 3 – 6)
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 - 10 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 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	10m x 8m total matting area

All routines must consist of the following skills:

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 of 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.

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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 Piked 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 Catleap	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 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 Handspring (to 1 or 2) Backward roll to handstand

**** No Somersaults are permitted**

Note: The National competition will be held on mats and not a sprung floor.

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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
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)
- + Value of the 6 required skills (maximum 1.80)
- + Value of the 4 additional skills (maximum 1.20)
- Total Composition Score = Up to a maximum of 16.00
- minus deductions
- **= Total Score**