

BOYS OVER 10

Boys must be over 10 on 1st January in the year of the Competition.

FLOOR

Serial	Over 10 - Floor square.	Value
1	Standing raise arms Sideways & Across & Down & Up Sideways. Lift Leg & kick to Handstand Forward Roll.	0.50pts
2	Forward Roll to Lying, arms stretched above head, then 2 x Shaper Rocks	0.50pts
3	Roll over, 2 x Shaper Rocks, circle arms near shoulders and push to Front Support, jump feet into crouch position, place hands on floor & lift to Headstand with straight legs hold for 2secs.	0.50pts
4	Lower feet & Piked Backward Roll to stand, lift arms above head, circle one arm & lift one Leg with quarter turn to side straddle, circle the other arm & quarter turn and bring the back foot into stand.	0.50pts
5	Lift the leg and 2 x Cartwheels.	0.50pts
6	Turn forward into 2 steps to Kneeling on one leg, turn and lie back & lift to Shoulder Balance hold for 2secs.	0.50pts
7	Roll Forward to stand, 2/3 running paces & jump into High Dive Forward roll.	0.50pts
8	Continue with 3 or more voluntary moves plus linkings to finish.	1.50pts
		Start Value 5.00pts
		Execution 10.00pts
		Exercise Value 15.00pts

PARALLEL BARS

Serial	Over 10 - Parallel Bars at a height suitable to height of gymnasts.	Value
1	From standing with bars at shoulder height, Jump to Support Grasp & hold for 2secs.	0.50pts
2	4 x Hand Jump Forward	0.50pts
3	2 x Dips	0.50pts
4	Lift Legs to Half-Lever for 2 secs.	0.50pts
5	Swing legs backward & 3 x Shaper Swings	0.50pts
6	On the last forward swing straddle legs to high Back Support.	0.50pts
7	Reach forward & lift legs out at the back and 2 x swings	1.00pt
8	On the last back swing Dismount over bar with Face Vault.	1.00pt
		Start Value 5.00pts
		Execution 10.00pts
		Exercise Value 15.00pts

VAULT

Serial	Over 10 - Vaulting Table height 110cms or higher if preferred.	Value
1	Through Vault - Table 110cms, spring board.	3.50pts
2	Voluntary Vault - Table 110cms & spring board (NB: if the same as set vault 3.50pts)	4.50pts
		Execution 10.00pts
		NB: Add the two vault scores together and divide by 2 for final score.

PPP

Serial	Over 10	Value
1	10 x Sit Ups	0.50pts
2	10 x Press Ups	0.50pts
3	6 x Chins	0.50pts
4	10 x Burpees	0.50pts
5	3 seconds Lever Hold	0.50pts
		Start Value 2.50pts
		Execution 10.00pts
		Exercise Value 12.50pts

Judging Points - Please use the Judging Sheets for each apparatus.