

BOYS UNDER 10

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

FLOOR

Serial	Under 10 - Floor square.	Value
1	Standing raise arms Sideways & Across & Down & Up Sideways. Lower forward & touch toes hold for 2 secs.	0.50pts
2	Stand then bend to crouch position, Forward Roll to Straddle Sitting & 2 x Side Circle Rolls.	0.50pts
3	Then lie back arms above head, roll over & circle arms to shoulders & push to Front Support jump feet to crouch place hands on floor & Lift to Head Stand with Straight Legs hold for 2secs.	0.50pts
4	Lower feet and Backward Roll to Low Straddle Stand hold for 2secs, hands down & jump to stand. Lift arms above head, circle one arm & lift one leg with quarter turn to side straddle, circle the other other arm & quarter turn and bring the back foot into stand.	0.50pts
5	Lift leg and Cartwheel.	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 and Upward - Jump with Full Turn.	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	Under 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 walks	0.50pts
3	1 x Dip	0.50pts
4	Lift Legs to Half-Lever hold for 2 secs, then Open and Close Legs.	1.00pts
5	Swing legs backward & 2 x Shaper Swings	0.50pts
6	On the last forward swing straddle legs to high Back Support hold 2secs.	0.50pts
7	Lift legs and 2 x swings	1.00pts
8	On the last forward swing Dismount over one bar with a Face vault.	0.50pt
		Start Value 5.00pts
		Execution 10.00pts
		Exercise Value 15.00pts

VAULT

Serial	Under 10 - Vaulting Table height 100cms or higher if preferred.	Value
1	Through Vault - Table 100cms & spring board.	3.50pts
2	Voluntary Vault - Table 100cms & 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	Under 10	Value
1	8 x Sit Ups	0.50pts
2	8 x Press Ups	0.50pts
3	4 x Chins	0.50pts
4	8 x Burpees	0.50pts
5	2 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.