

## BOYS UNDER 8

Boys must be under 8 on 1st January in the year of the Competition.

### FLOOR

Serial	Under 8 - Floor square.	Value
1	Standing raise arms Sideways & Across & Down & Up Sideways. Lower forward & touch toes and hold for 2 secs.	0.50pts
2	Stand & bend to crouch position, Forward Roll to lying on back, push to Bridge hold for 2 secs.	0.50pts
3	Lie down, roll over, circle the arms to near shoulders and push to Front Support, jump to Crouch and place hands on floor and lift to Headstand with Bent Legs hold for 2secs.	0.50pts
4	Lower feet to floor, stand and Balance on one leg for 2secs. Lower leg and with arms stretched above the head, circle one arm & lift one leg with quarter turn to side straddle stand, circle the other arm & quarter turn and bring the back foot into stand.	0.50pts
5	Lower the arms to in line with the shoulders, take 3 steps and on the 3rd lower to kneeling on one knee, half-turn & lie on back and lift to Shoulder Balance, hold for 2secs.	0.50pts
6	Roll forward to stand then Upward Jump with half-turn.	0.50pts
7	Continue with 3 or more voluntary moves plus linkings to finish.	1.50pts
		Start Value 4.50pts
		Execution 10.00pts
		Exercise Value <b>14.50pts</b>

### PARALLEL BARS

Serial	Under 8 - 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	Lift legs to Half-Lever hold for 2secs.	0.50pts
4	Swing legs backward & 2 x Shaper Swings	1.00pt
5	On the last forward swing straddle legs to high Back Support hold for 2secs.	0.50pts
6	Lower to sitting and reach forward, grasp and swing forward to straddle back support	0.50pts
7	Lift one leg and arm to flank Dismount	1.00pt
		Start Value 4.50pts
		Execution 10.00pts
		Exercise Value <b>14.50pts</b>

### VAULT

Serial	Under 8 - Vaulting Table lowest height	Value
1	Squat On - Stretch Jump Off - 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 8	Value
1	5 x Sit Ups	0.50pts
2	5 x Press Ups	0.50pts
3	2 x Chins	0.50pts
4	5 x Burpees	0.50pts
5	1 second Lever Hold	0.50pts
		Start Value 2.50pts
		Execution 10.00pts
		Exercise Value <b>12.50pts</b>

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