

Summer Sizzler & Halloween Spooktacular Apparatus Rules 2018

Gymnasts Training 1-2 hours per week (all execution from 10.00)

VAULT

From run and jump from springboard, stretch jump to land onto 30cm 1.50 DV

From run and jump from springboard, stretch jump to land onto 60cm 1.80 DV

Any two vaults may be performed, the best score will count

BARS

Low Single Bar at 165cm – Choose from Set Routine 1 or Routine 2

Set Routine 1 – 4 elements @ 0.4 each 1.60 DV

1. Standing with the bar at chest height or above, jump to front support (1 or 2 spring boards or a block may be used)
2. Hold front support position for 2 sec
3. Cast towards horizontal
4. Forward circle dismount to hang under the bar with straight or bent arms and lower straight legs through pike with control to the floor or hang

Set Routine 2 – 4 elements @ 0.5 each 2.00 DV

1. Circle up from one or two feet, (1 or 2 spring boards may be used)
2. Cast and return to bar
3. Cast and return to bar
4. Cast to push backwards dismount to stand

BEAM

Low Beam at 100cm / 1 length minimum / 70 seconds maximum

Routine – 6 elements from the list below @ 0.50 each 3.00 DV

Mount (choose 1): Squat on, Straddle on, Jump on, or Jump to front support swing leg over to cross sit

Balance (choose 1): Arabesque to 45° (fwd, bwd or swd), V-sit with hand support

Leap/Jump (choose 1): Straight Jump, Tuck Jump, Cat Leap or Scissor Leap

Turn (choose 1): Half Turn on 2 feet in Stretched or Crouch position

Acrobatic (choose 1): Kick toward handstand to land in lunge, Forward Roll or Forward Roll prep (sitting on the beam in tuck shape, roll back and forward to stand without the use of hands)

Dismount (choose 1): Straight, Tuck or Star Jump off the end

Up to 0.50 Artistry Bonus

FLOOR

Floor Strips x 2 / No Music / 1 length minimum

Routine – 6 elements from the list below @ 0.50 each 3.00 DV

Acro (choose 2): Cartwheel, Handstand, Forward Roll, Backward Roll, 180° Teddy Bear Roll

Dance (choose 2): Straight Jump, Tuck Jump, Cat Leap, Scissor Leap, Straight Jump ½ turn or Star Jump

Balance (choose 1): Arabesque to 45° (fwd, bwd or swd), V-sit (with hands), Bridge, Splits, Frog Balance

Turn (choose 1): Half Turn on 1 or 2 feet

Up to 0.50 Artistry Bonus

Gymnasts Training 3-4 hours per week (all execution from 10.00)

VAULT

From run and jump from springboard, handspring flat back onto 60cm 1.50 DV

From run and jump from springboard, handspring flat back onto 90cm 1.80 DV

From run and jump from springboard, handspring flat back onto 110cm 2.00 DV

Any two vaults may be performed, the best score will count

BARS

Low Single Bar at 165cm

Set Routine – 4 elements @ 0.5 each 2.00 DV

1. Circle up from one or two feet, (1 or 2 spring boards may be used)
2. Cast and return to bar
3. Cast into back--hip circle
4. Cast to choice of dismount: push backwards dismount to land, squat on and jump forwards, straddle undershoot

BEAM

Beam at 125cm with Safety Mattresses underneath / 2 lengths minimum / 70 seconds maximum

Routine – 6 elements from the list below @ 0.50 each 3.00 DV

Mount (choose 1): Squat on, Straddle on, Jump to front support swing leg over to cross sit

Balance (choose 1): Arabesque to 45° (fwd, bwd or swd), V-sit without hand support, Y-balance

Leap/Jump (choose 1): Straight Jump (switch feet), Tuck Jump, Cat Leap or Scissor Leap

Turn (choose 1): Half Turn on 1 foot

Acrobatic (choose 1): Handstand to vertical, Forward Roll (with or without hands), Cartwheel or push to Bridge and kick-over to stand.

Dismount (choose 1): Star Jump, Straddle Jump or Round-off off the end

Up to 0.50 Artistry Bonus

FLOOR

Floor Strips x 2 / No Music / 2 lengths minimum

Routine – 7 elements from the list below @ 0.50 each 3.50 DV

Acro (choose 2 connected): Cartwheel (1 or 2 hands), Handstand Forward Roll, Backward/Forward Roll to Straddle Stand, Forward Walkover, Backward Walkover, Push to Bridge and Kick-over to stand, Tic-toc

Flighted Acro (choose 1): Dive Cartwheel, Round-Off, Free Cartwheel or Handspring to 1 or 2 feet

Dance (choose 2 connected): Tuck Jump with ½ turn, Cat Leap with ½ turn, Scissor Leap, 135° Split leap/jump/sissone, 135° Stag leap/jump/sissone, Wolf jump/hop, Straddle Jump, Pike Jump

Balance (choose 1): Arabesque to 90° (fwd, bwd or swd), Bridge, Headstand with tuck or straight legs, Y-balance, Needle Scale or Splits (fwd or swd)

Turn (choose 1): Full Turn Spin on 1 foot or Full Turn Jump

Up to 0.50 Artistry Bonus

Gymnasts Training 5-6 hours per week (all execution from 10.00)

VAULT

From run and jump from springboard, handspring flat back onto 90cm matting	1.00 DV
From run and jump from springboard, handspring flat back onto 100cm matting	1.30 DV
From run and jump from springboard, handspring flat back onto 110cm matting	1.50 DV
From run and jump from springboard, handspring to stand onto 110cm matting	1.80 DV
From run and jump from springboard, ½ on to stand onto 110cm matting (hands and shoulders must complete a full 180 turn)	2.00 DV

Any two vaults may be performed, the best score will count

BARS

Asymmetric Bars

Option 1 Set Routine – 5 elements @ 0.5 each 2.50 DV

1. Circle up from two feet **Option to float upstart for 0.5 bonus** (1 or 2 spring boards may be used)
2. Cast into back--hip circle
3. Cast to squat on, transfer to the high bar
4. Swing directly into 3/4 giant
5. Straddle on undershoot dismount

Low Single Bar at 165cm

Option 2 Set Routine – 4 elements @ 0.5 each 1.50 DV

1. Circle up from one or two feet, (1 or 2 spring boards may be used)
2. Cast and return to bar
3. Cast into back--hip circle
4. Cast to choice of dismount: push backwards dismount to land, squat on and jump forwards, straddle undershoot

BEAM

Beam at 125cm / 2 lengths minimum / 90 seconds maximum

Routine – 7 elements from the list below @ 0.50 each 3.50 DV

Mount (choose 1): Squat on, Straddle on, Forward Roll on (optional exit) or Jump to Japana

Balance (choose 1): Arabesque to 90° (fwd, bwd or swd), V-sit without hand support, Y-balance, Needle Scale or Splits (fwd or swd)

Leap/Jump (choose 2 connected): Straight Jump with ½ turn, Tuck Jump, Cat Leap, Scissor Leap, 135° split leap/jump/sissone or wolf jump/hop

Turn (choose 1): Full turn on 1 foot or ½ turn on 1 foot immediate ½ turn on 2 feet

Acrobatic (choose 1): Handstand for 2 secs, Forward Roll (with or without hands), Cartwheel, Forward Walkover or Back Walkover

Dismount (choose 1): Round-off, Handspring or Tuck Front Somersault off the end

Up to 0.50 Artistry Bonus

FLOOR

Floor Strips x 2 / No Music / 2 lengths minimum

Routine – 8 elements from the list below @ 0.50 each

3.50 DV

Acro (choose 4, 2 of these must be connected): Cartwheel with 1 hand, Handstand Forward Roll with straight arms, Forward Walkover, Backward Walkover, Push to Bridge and Kick-over to stand, Backward Roll to Handstand, Tic-toc, Dive Cartwheel, Round-Off, Free Cartwheel, Handspring to 1 or 2 feet, Back Flip to 1 or 2 feet, Tuck Front Somersault, Tuck Back Somersault,

Dance (choose 2 connected): Tuck Jump with ½ or full turn, Cat Leap with ½ or full turn, Scissor Leap, 135° Split leap/jump/sissone, 135° Stag leap/jump/sissone, Wolf jump/hop, Straddle Jump, Pike Jump

Balance (choose 1): Arabesque to 90° (fwd, bwd or swd), Pike or Straddle to Headstand with straight legs, Y-balance, Needle Scale or Splits (fwd or swd)

Turn (choose 1): Full Turn Spin on 1 foot, Full Turn Jump or Handstand Full Pirouette

Up to 0.50 Artistry Bonus