

GYMNASTICS – FLOOR



Quick introduction

This floor competition gives young people a chance to perform and be judged in a very similar way to an Olympic or Paralympic competition. Six skills must be performed with one roll, one jump and one balance.

Getting started

- Estimate approximate number of entries.
- Decide whether to run as a festival or a judged competition.
- Decide the number of children in a team.
- Check the venue and available space.
- When you have agreed the above, produce a draft schedule.
- For examples please see:

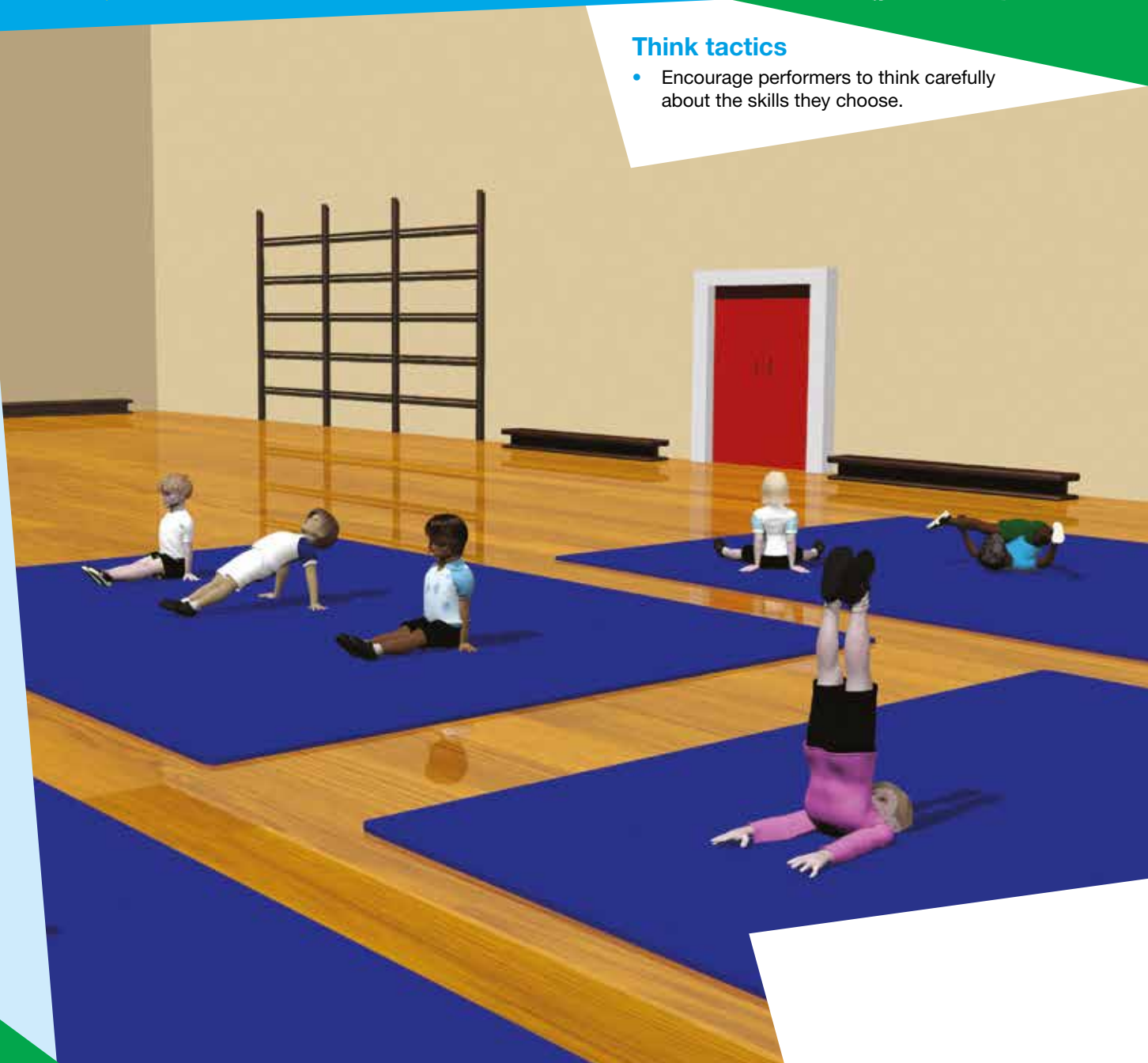
<http://www.gymnasticsengland>. **NEW LINK REQUIRED**

Hints and tips

- Run through a practice competition at least once. The gymnasts should practice performing on their own, or in small groups in front of others before the event to make the competition less daunting.
- Make sure you have copies of the competition routines and moves at least six weeks in advance so gymnasts can practice. On the day they will be nervous and will have to remember how to do the skills as well as the order in which to do them. Most competitions will not allow the coach to call out the order of the moves.

Think tactics

- Encourage performers to think carefully about the skills they choose.



Equipment

- Mats

Leading and volunteering

- Roles available could be:
 - > team attaché
 - > marketing and communication – reporters and photographers
- runners and scorers.

Officiating

- The sequence is marked out of 10 marks.
- Each skill has a value of one mark. If a gymnast misses out a skill then they will automatically lose one full mark.
- The remaining marks will be allocated towards technical composition of the sequence, posture and tidiness of the performance. Participants will lose marks if they do not perform the skills in the correct technical manner.
- A small mistake may mean a 0.1 penalty whereas a large mistake may mean a 0.5 penalty.
- Formal judging courses are available for children aged from 14 years. The BG Introductory Judging Course can be booked through the British Gymnastics Coach Education department.

Think inclusively STEP

- Space:**
- Ensure the space is large enough.
 - Some performers may need marks to help with orientation.
- Task:**
- Use inclusive adaptations for each individual skill (see online key step inclusion).
- Equipment:**
- Practise balances on narrower equipment.
- People:**
- Perform the skills together as a group rather than as an individual.
 - Mirror the routine with a partner.

Quick rules

- Performers perform a sequence using the skills shown.
- There must be six of the specified skills in the sequence and at least one roll, one jump and one balance.
- The skills chosen are based on the participant's ability.
- The sequence will be judged and marked out of 10 based on key judging criteria.
- The judge will then award a score for the participant.

Health and safety

- Ensure the participants are able to perform the skills safely before taking part in the competition.
- Ensure no jewellery is worn and the participants are appropriately dressed.
- Warm up skills before practising and performing.

Skill needed

Roll	Balance	Jump	Additional skills
Teddy bear roll	Back support	Stretch jump	Cartwheel
Forward roll	One foot stand	Half turn	Bridge
Backward roll to straddle	Shoulder stand	Full turn	Splits



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Excellence through competition



Self-belief: If you found the challenge hard at first did you persevere and improve on your skills?

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GYMNASTICS – VAULT



Getting started

- Estimate approximate number of entries.
- Decide whether to run as a festival or a judged competition.
- Decide the number of children in a team.
- Check the venue and available space.
- When you have agreed the above, produce a draft schedule. The draft schedule should include three stations (bench, table and box)
- For examples please see:
<http://www.gymnasticsengland.org> **NEW LINK REQUIRED**

Hints and tips

- Run through a practice competition at least once. The gymnasts should practice performing on their own, or in small groups in front of others before the event to make the competition less daunting.
- Make sure you have copies of the competition skills at least six weeks in advance so gymnasts can learn and practice. On the day they will be nervous and will have to remember how to do the skills as well as the order in which to do them. Most competitions will not allow the coach to call out the order of the order of skills.

Health and safety

- Ensure the participants are able to perform the skills safely before taking part in the competition.
- Ensure no jewellery is worn and the participants are appropriately dressed.
- Warm up skills before practising and performing.

Equipment

- Floor mats.
- Bench.
- Box vault or agility table.

Think tactics

- There are four parts to this vault: first flight; support; second flight; landing. Can you try to make each part as good as the others?



Leading and volunteering

- Roles available could be:
 - > team attaché
 - > marketing and communication – reporters and photographers
 - > runners and scorers.

Officiating

- Gymnasts may have two attempts at the vault and the best mark will count.
- During the performance of the skill, it will be judged and marked out of five based on key judging criteria (see above).
- Participants may lose marks if they do not perform the vault in technically the correct manner. A small mistake may mean a 0.1 penalty a large mistake may mean a penalty of 0.5 marks.
- You can request a Key Step Judging Toolkit to train up young leaders, volunteers and staff that will be judging at your competition. Email participation@british-gymnastics.org to request a free toolkit.

Think inclusively STEP

- Space:**
- Think carefully about the space needed for run-ups.
- Task:**
- Inclusive adaptations to each individual skill – see online key step inclusion.
- Equipment:**
- Lower and broader equipment may be more suitable for some performers.
- People:**
- Perform the skills together as a group rather than as an individual.

Quick rules

- Performers perform one of the three skills shown (bench, table, box).
- The skill decided is chosen based on the participant's ability.
- During the performance of the skill, it will be judged and marked out of five based on key judging criteria – first flight, support phase, second flight, landing and shape and technical performance.
- Each participant gets two opportunities to perform the vault skill – both will be judged.
- The highest mark out of the two is the one the judge will give as a score for the participant.



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Respect: Look out for and congratulate the good performance of other performers and the judges.

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GYMNASTICS – RHYTHMIC



Quick introduction

- In this discipline of gymnastics, skills are performed whilst also using hand apparatus. Hand-eye co-ordination and spatial awareness are key to success.

Getting started

- Show/perform sequences; one, two, or three pairs at a time.
- The performance can take place in a hall, gymnasium or dance studio.
- No matting is required.
- A music system will be required if sequences are being performed to music.
- Performers can judge each other, or separate judge can observe and assess each pair.
- A minimum of two judges/observers is required to assess each performance.

Hints and tips

- Ensure apparatus is the correct size.
- Hoop – approximately hip height when stood at the side.
- Ribbon – no longer than 5m.

Health and safety

- Warm up thoroughly before practising skills and performing.
- Ensure there is sufficient space to perform safely.
- Perform in bare feet and arrange hair tidily.
- Do not wear any jewellery.
- Make sure clothing is appropriate (not too tight or too loose).

Equipment

- Hoops.
- Ribbons.

Think tactics

- Try to plan changes of direction and level, and work hard at the exchange to ensure it looks really good.



Leading and volunteering

- Roles available could be:
 - > team attaché
 - > marketing and communication – reporters and photographers
 - > runners and scorers.

Officiating

- Minimum of two judges assess each performance.
- One judge focuses on composition (content):
 - > inclusion of all seven skills
 - > identifiable elements with the apparatus
 - > logical and interesting link moves.
- One judge focuses on execution (performance):
 - > good posture, tension and extension
 - > confident and safe handling of the apparatus
 - > smooth and flowing performance.
- Each judge gives a mark out of 10.
- Scores are added together to give a possible total of 20.

Think inclusively STEP

- Space:**
- Due to the skill being focused on the use of hand apparatus, skills can be performed either standing or seated.
- Task:**
- Choose an interesting start and finish pose with your partner.
 - Perform the sequence to music.
 - Inclusive adaptations can be made to each individual skill
- Equipment:**
- Choose matching or contrasting colours of apparatus with your partner.
- People:**
- Use additional support from a partner and with smaller or larger apparatus.

Quick rules

- Work in pairs.
- Choose hoop or ribbon.
- Construct a sequence using all six skills plus one exchange (swap) of apparatus by passing, tossing/throwing, or rolling (hoop).
- Perform the six skills plus one exchange in any order.
- Link the skills with dance steps, travelling steps, jumps, turns, or balances.
- Perform as a duo with your partner, in synchronisation, and include changes of direction and level.



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Honesty: Be honest about your own performance and accept the decision of the judges. Use their information to help you get better.

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