

GENERAL INFORMATION...

HOW TO ENTER

Entry is via the [Club Store on JoinIn](#) (Club Events). *You will need to be signed in to do this.*
Closing date for entries: [SEE EMAIL / WEBSITE MAIN EVENT PAGE](#).
Age categories will apply at each Stage where necessary.
Exact timings for each Stage will be published after the closing date.

GENERAL RULES

Minimum age: 5 years on 1st January
Club Uniform must be worn
Hair must be tied back securely
All jewellery must be removed
All general club rules apply to events
Gymnasts must arrive on time to warm up and practice.

Please also see the [Terms and Conditions for DISPLAYS & COMPETITIONS which are available on the club website HERE](#)

Routines need to be learned / memorised at home and there will be an opportunity to practice the skills within class.

SPECTATORS:

Each participant receives one free spectator pass for the competition day with their entry.
Additional spectators are encouraged and charged at £2 per person with these funds going directly to our Leadership Academy to go toward the training and development costs for our Young Leaders and Coaches.

Additional Practice Session (where applicable)

If an additional practice session is available, gymnasts will be added to this as part of their sign-up to the Event however this part is not compulsory. If you do not wish to attend the practice session, please let us know by email.

Our GfA Competitions are intended to be fun and friendly events, and this the atmosphere will be relaxed with an emphasis on taking part and each child doing their best.

SCORING

STAGE 1 & STAGE 2

Gymnasts will get 1.00 for each element included (so this is a starting score of 12 if all are included)

Maximum deduction on each individual element performed: 0.6

Therefore there is a minimum score of 4.8 if all elements are attempted

STAGE 3 & STAGE 4

Gymnasts will get 1.00 for each element included (so this is a starting score of 16 if all are included)

Maximum deduction on each element performed: 0.6

Therefore there is a minimum score of 6.4 if all elements are attempted

EXAMPLES OF DEDUCTIONS:

Element not attempted: 1.00

Legs or arms bend when they should be straight: 0.1 to 0.3

Balance or hold not held for 3 seconds: 0.3

Shape not shown correctly: 0.1 to 0.3




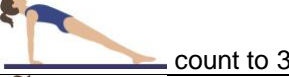







Action not completed correctly: 0.1 to 0.3

Fall, touching floor with hands or bottom when not supposed to: 0.3

Wobbles: 0.1 – 0.3

GFA COMPETITION - STAGE 1











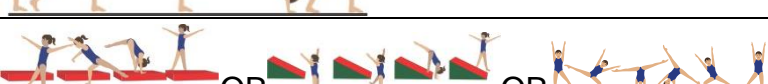
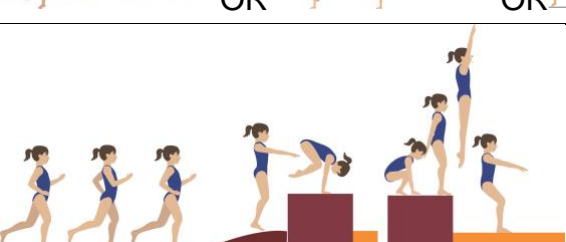
The routine should be performed in the order shown below...

1	Forward roll to tuck sit		
2	Pike sit		
3	Pike rock		
4	Back support		
5	Turn to front support		
6	Jump feet in to crouch		
7	Jump up and forwards to Safe landing		
8	Balance on one leg (knee bent in front)		
9	Bunny hop		
10	Bunny hop		
11	Cartwheel preparation 1, 2 or 3		
12	Springboard & Block: Tuck on, straight jump off		

Stage 1 Demonstration VIDEO: <https://youtu.be/PLNZIXYxufc?si=QO4jGqI8adBjE0bA>

GFA COMPETITION - STAGE 2












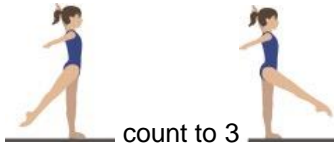
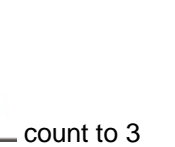



The routine should be performed in the order shown below...

1	Forward roll to stand	
2	Forward roll to Pike sit	
3	Straddle sit	 <p style="text-align: center;">count to 3</p>
4	Straddle rock	
5	Back support	 <p style="text-align: center;">count to 3</p>
6	Turn to front support	 <p style="text-align: center;">count to 3</p>
7	Push up	
8	Burpee with straight jump	
9	Balance on one leg (knee bent in front)	 <p style="text-align: center;">count to 3</p>
10	Step to Lunge, mini handstand, finish in lunge	
11	Cartwheel prep 3 / 4 or Cartwheel sideways	
12	Springboard & Block: Run, Jump, Tuck on, straight jump off	

Stage 2 Demonstration VIDEO: https://youtu.be/d2CUdrGUqPA?si=cAPwHp16_iWqaWpS

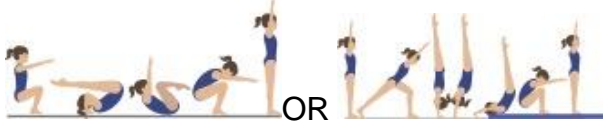
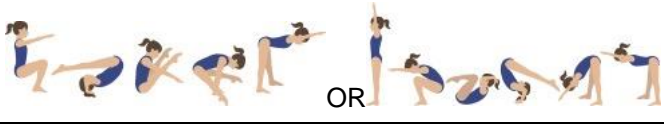


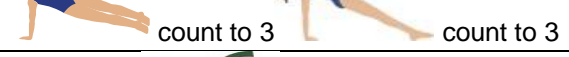


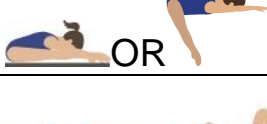






GFA COMPETITION - STAGE 3

The routine should be performed in the order shown below...

1	Forward roll to stand			
2	Forward roll to pike sit			
3	Straddle Sit			
4	Straddle rock with hip lift			
5	Lay flat then push to bridge			
6	Lay flat then Shoulder stand			
7	Back Support			
8	Turn to side support			
9	Turn to Front Support,			
10	Push up			
11	Burpee with straight jump			
12	Balance on one leg (free leg straight behind)			
13	Balance on one leg (free leg straight in front)			
14	Step to Lunge, toward handstand, finish in lunge			
15	Cartwheel			
16	Trampette : Run, straight jump, land			

GFA COMPETITION - STAGE 4

The routine should be performed in the order shown below...

1	Forward roll to stand OR Handstand forward roll to stand	
2	Forward roll to straddle stand OR Backward roll to straddle stand	
3	Place hands back on floor and jump legs together in Front support	
4	Push up	
5	Turn to Side support	
6	Turn to Back support	
7	Dish, roll to arch, roll to dish then tuck sit	
8	Pike or straddle sit	
9	Pike fold OR Japana	
10	Lay flat then push to bridge	
11	Kick over to stand OR lay flat then Shoulderstand, roll to stand	
12	Arabesque (free leg 45o or higher) move leg to in front and hold (free leg 45o or higher)	
13	Step to Lunge, handstand, finish in lunge	
14	Cat leap, Cartwheel 1/4 turn to lunge stand	
15	Cartwheel 1/4 turn to finish in dish stand	
16	Trampette & Block: Run, jump and forward roll onto block to finish in dish or tucked dish	