Oxfordshire Recreational Floor and Vault Competition 2024

19th May 2024 – Carterton Gymnastics Club

All gymnasts **must not** train more than **3 hours a week** and **must not** have competed at a higher-level county competition in the previous year.  Gymnasts cannot enter the Oxon 2 piece (30 Jun) or All around (20 Oct) if they choose to compete at the recreational Floor & Vault competition. All gymnasts need a minimum Bronze BG membership. Gymnasts can compete on floor and/or vault. No combined score placings will be awarded. All gymnasts will receive ribbons for their performances.

Gymnast age as of 31st December 2024 will be used on entries: Age bands will depend on entry number. All gymnasts must be 8 in the year of the competition or older to compete.

There are no clothing requirements- gymnasts can wear leotards with leggings or shorts or tight- fitting top and leggings/shorts. We ask that no gymnasts wear loose or baggy clothing for safety and so judges can evaluate effectively. No jewellery is allowed.

Coaches are asked to wear suitable clothing and no jewellery but there are no specific regulations or restrictions.

This is a friendly competition. There is no protest system in place. We hope that all gymnasts, coaches, judges and parents will have a great and relaxed experience.

Entries will determine age groups but we anticipate each age group will be gender neutral (open to all) and will involve medals for vault set up 1, set up 2 and set up 3 and medals for floor A, floor B and floor C. Participation ribbons for all gymnasts.

Closing Date: Friday 26th April 5pm

Cost: £5 per apparatus and £2 per spectator (fee paid with entry) (max 2 adults- children free)

**FLOOR:**

Set skills to be performed in any order on half of a full-sized floor. Moves will be credited if an attempt is made at completing them and judges will always go in favour of the gymnast.

If all elements are performed the routine is marked out of 9.0. For every element that is missing 0.50 is deducted from the start value. Skill and Performance Bonus marks are added to the start value (giving a maximum SV of 10.00). Execution deductions are subtracted from the start value.

**Performance bonus:** Up to 0.50 bonus for presentation and performance

**Skill bonus:** 0.5 can be awarded once if one of the bonus skills is performed

Routine A:

* A static move from the list\*
* Forward roll
* Cartwheel
* Bridge kickover OR backward roll to straddle stand
* ½ spin OR jump ½ turn
* 2 of the following (don’t need to be connected) tuck jump / cat leap / star jump
* 0.5 bonus – round off OR One-handed cartwheel (awarded once)

Routine B:

* A static move from the list\*
* Handstand forward roll OR dive forward roll
* Round off
* Backwards walkover OR backward roll to front support
* Full spin OR jump full turn
* 2 of the following (don’t need to be connected) tuck jump / split (135°) leap / straddle jump
* 0.5 bonus – Back flick OR Handspring (awarded once)

Routine C:

* A static move from the list\*
* One handed cartwheel OR dive cartwheel
* Handspring OR forward walkover
* Back flick (can be connected to round off) OR backward roll to handstand OR Backwards walkover
* 1 1/2 spin OR jump 1 1/2
* 2 of the following (don’t need to be connected) pike jump / split (135) leap / straddle jump
* 0.5 bonus – front or back somersault OR free cartwheel (awarded once)

**\*Static move list:** Japana, Splits (forward or middle), Arabesque, Y balance, Straddle lever, Half lever, Perch (tucked hand balance)

**Vault:**

**Set up 1:** Spring board with longwise 60cm blocks (x2 end to end) and soft topping mat

Dive roll to stand – 8.0

Handstand flatback – 8.5

**Set up 2:** Spring board with width wise 60 cm block and landing mats behind

Handspring over- 9.0

Half on over- 9.0

**Set up 3:** Trampette and table vault (table height optional)

Handspring – 9.5

½ on – 9.5

½ on ½ off – 10.0

Each gymnast has two vaults. These can be on different set ups and their highest score is recorded.