



## Primary: Year 5/6 Gymnastics - Competition Rules & Guidelines

**Squad details:** Minimum: 4 (2M & 2F). Maximum: 6 (3M&3F)

**Eligibility criteria:** It should be noted that this competition is aimed at young people at key stage 2 level as an introduction to the sport and as such will provide little challenge to more advanced gymnasts. Competitors who are bronze members or non-members of any British Gymnastics affiliated clubs are eligible to compete providing they have not competed in any competitions higher than Key Steps. It is the responsibility of the teachers and coaches involved to select appropriate young people to take part in the competition.

### **Disciplines:**

1) There are 3 gymnastic areas, known as 'disciplines' in Key Steps. These are floor, vault and body management.

i) Floor: Sequences of gymnastic skills performed on a small matted area. Routines include balancing, jumping, rolling and flexibility skills. Music is optional for this discipline.

ii) Vault: Skills are performed travelling on and off a bench (level 1) or box top (levels 2 & 3), at levels 2 & 3 vault can be taught with or without springboard

iii) Body Management: Routines designed to prepare the body for gymnastics. Performed on a small matted area, routines include strength, flexibility, balance and co-ordination skills

### **Floor (Level 3):** Music optional

1) Round off

2) Side scale towards Y balance

3) Backwards roll straddle

(include each of these elements in any order in your sequence)

4, 5) Full or half turn jump (choose one between these 2 elements)

6, 7) Two cartwheels consecutively or handstand forward roll (choose one)

8, 9, 10) Bridge or splits or half leaver (choose one between these 3 elements)

### **Vault (Level 3):**

1) Perform 2 vaults. The same vault can be performed twice or one of each:

2) A few short running steps to take off floor and jump into a squat position on apparatus.

Immediate take off into a straight jump to land with control on the floor mats.

3) A few short running steps to take off floor and jump 'through vault', landing on the floor mats.

### **Body Management Routines (Level 3):**

1) 10 x single bounce skips with ropes

2) Dish

3) Roll to arch and back to dish

4) Towards half leaver

5) Japana

6) Press Up x 1

7) Left splits, box splits, right splits

8) Bridge

9) Broad jump

**THE WINNING SCHOOL WILL REPRESENT SOUTHWARK IN THE LONDON YOUTH GAMES/ SCHOOL GAMES FINALS AT CRYSTAL PALACE ON THURSDAY 6<sup>TH</sup> JULY.**

# Step 3 - Floor Exercise (Upper Key Stage 2 - Years 5 & 6)

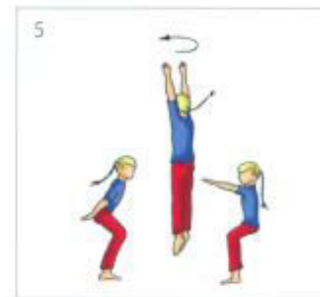
(Sequence performed on a rectangle of mats approximately 8 x 6 metres if possible) - PERFORM 6 SKILLS ONLY IN ANY ORDER



1. Round off  
2. Side scale towards Y balance  
3. Backward roll straddle  
(include each of these elements in any order in your sequence)



OR



4,5. Full or 1/2 turn jump (choose one between these 2 elements)



OR



6. Two cartwheels consecutively or  
7. Handstand forward roll



OR



OR



8,9,10. Bridge or splits or 1/2 lever  
(choose one between these 3 elements)

STEP THREE

## Step 3 - Vault (Upper Key Stage 2 - Years 5 & 6)

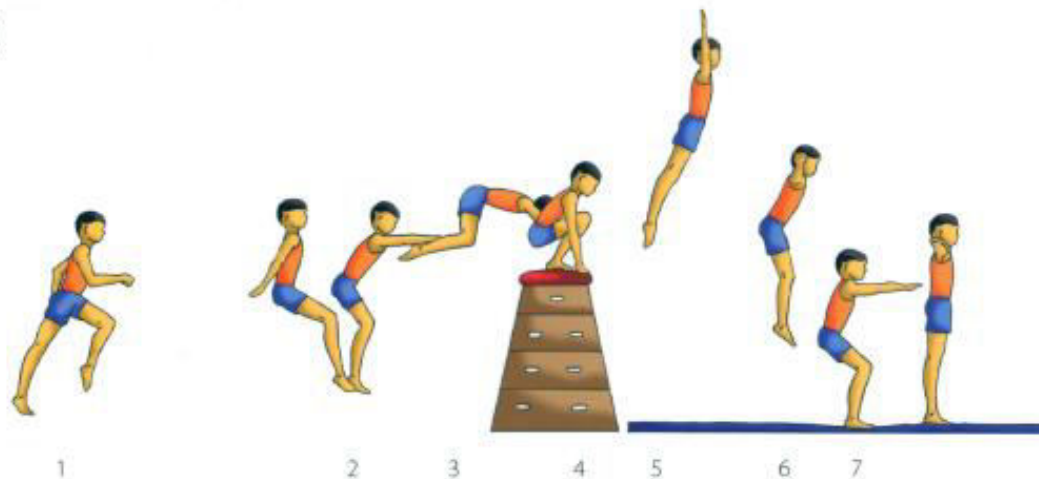
Performer allowed 2 attempts at either (A) or (B) or one of each - Best score to count. It is possible to complete Option A without a springboard and using a low movement table. However, the teacher must be satisfied that (i) the base of support provided by the table is sufficient to ensure stability and (ii), the top of the table provides a surface area large enough for a pupil to land comfortably in a crouch position.

(A) A few short running steps to take off floor and jump into a squat position on apparatus (height optional to suit performer) followed by an immediate take off into a straight jump to land with control on floor mats. (Mark out of 9.0)

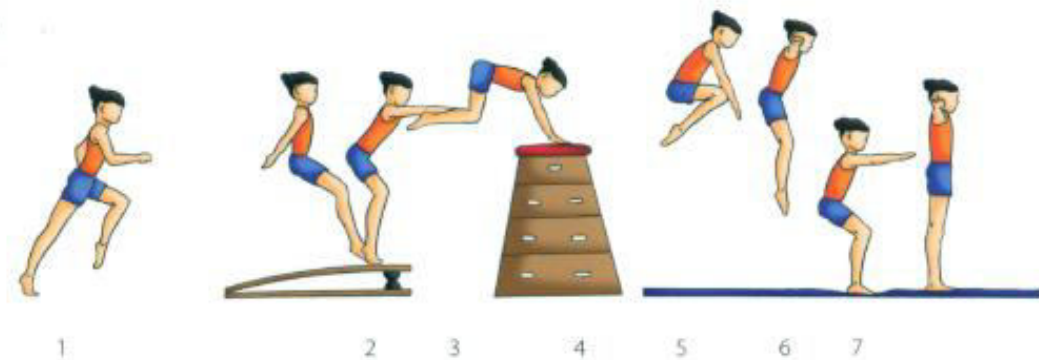
(B) Through vault. (Mark out of 10)

(A)

1. Approach
2. Take off
3. Flight onto apparatus
- 4,5. Rebound and flight off
- 6,7. Landing



(B)



# Step 3 - Body Management (Upper Key Stage 2 - Years 5 & 6)



1  
Single bounce skips  
with ropes x 10



2  
Dish



3  
Roll to arch and back  
to dish



4  
Towards half lever



5  
Japana



6  
Press up



7  
Left splits

7  
Box splits

7  
Right splits



8  
Bridge



9  
Broad jump

STEP THREE