**Gymnastics (Primary – Open Competition)**

**Date:** Friday 20th March 2020

**Venue:** The Pink Gym, Spennymoor Leisure Centre

**Age Group:** Year 3, 4, 5 & 6

**Gender:** Mixed

**Team Requirements:** A maximum of 3 pupils in total from either Year 3, 4, 5 and / or 6 can represent their area.

Individual floor with an option to music and Vault “B” only. All gymnasts to complete Step 3 sequence.

**Floor Exercise**

* Pupils from the team will perform individual floor exercises as shown in Key Steps, Step Three, and Floor Exercise.
* Pupils will be judged one at a time.
* The routines need to be learnt and must be performed in the correct order where **no prompting** will beallowed at Level 3 competition.

The routine stage of the competition has to include all of the compulsory moves.

**Vault**

* All gymnasts from the team will individually perform vault taken from Key Steps, Step 3. They will compete **Vault ‘B’ ONLY’**. Pupils will perform 2 attempts at the vault with their best score to count towards the team total.

**All moves are shown on the diagrams enclosed.**

**Clothing & Equipment**

Suitable clothing is required for this competition. Shorts and t shirts are ideal and all the events will take place with bare feet. Leotards can be worn if participants wish to.

**Scoring**

* Pupils are judged as individuals so the best top 4 out of 6 competitors within the team will receive a mark out of a possible total of 40 points based on each performer being judged out of 10 points. This score is based on the performance of their skills e.g. ability to perform the skill, stretch before & after skills, straight legs & pointed toes, height in jumps, how long they hold the skill for etc.
* Each of the 6 team members will receive a score out of a possible 10 points for their vault, where two vaults are competed the best score will count.. The best 4 scores out of 6 competitors will be added to the team total. A maximum of 40 points can be achieved by the team on this apparatus.
* Vaulting is judged in 4 phases: flight on, contact with the apparatus, flight off and landing.
* All the teams’ results from the two events will be added together and each team will be awarded a score out of a possible 80 points.

For further information please visit: [www.yourschoolgames.com](http://www.yourschoolgames.com) or [www.british-gymnastics.org](http://www.british-gymnastics.org)

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