

Gymnastics

Section 1: Agilities

Candidates should perform as many of the following agilities as they are able. These agilities are to be demonstrated as individual movements and not linked into a routine.

Basic agilities

Rolls: forward; backward; sideways; circle straddle roll; dive forward.

Balances: shoulder; knee and elbow; headstand; handstand.

Cartwheel; arab spring.

Advanced Agilities

Handspring.

Headspring.

Somersaults: front/back.

Flic flac.

Backward roll to handstand.

Walkover forward/backward.

Any other agility the gymnast can perform.

Section 2: Vaulting

Use of the box (minimum 110 cm height) and reuter/spring board or trampette to perform any two of the following vaults:

Basic vaults

Squat vault: long and/or cross box.

Straddle vault: long and/or cross box.

Advanced vaults

Headspring.

Long arm overswing.

Handspring with half turn.

Long arm with full twist.

Any vault from F.I.G. code of points (the vault must be explained prior to execution).

Candidates will be allowed two attempts at each vault, the better in each case being assessed.

Section 3: Routine

Candidates will select one of the following and produce a routine:

Floor Routine

Boys: a sequence lasting up to 60 seconds and comprising any number/combination of the agilities listed in Section 1, with linking movements.

Girls: a sequence to music lasting 60 to 90 seconds and comprising any number of agilities listed in Section I.

Note: Floorwork (girls) performed to music (non-vocal) should be joined together by dance movements, jumps, hops and step patterns.

Pommel horse (Boys)

A short sequence showing various leg swings.

Beam routine (Girls)

A sequence to last 70 to 90 seconds using the whole beam and including a mount, running and walking steps, turns springs and hops, rolls and held position dismount.

Educational gymnastics

Candidates will be required to perform a sequence of at least one minute's duration chosen from the following awareness components and highlighting one or more basic themes:

Body awareness

- awareness of individual parts and combinations of parts
- parts touching and separating
- transference of weight
- curling and stretching
- simultaneous and successive movements
- angles, curves and twists
- symmetry and asymmetry
- flight.

Time awareness

- moving and stopping
- rhythms in movement
- control of time
- acceleration and deceleration
- accents in movement.

Space awareness

- where the body can move
- direction, including changing direction
- ways of facing; different levels
- flight (where body is going through space assisted/unassisted)
- ball, pin and wall shapes (shapes of the body in space).

Weight awareness

- awareness of strength and lightness in movement.

Rhythmic gymnastics

Candidates should perform a routine using one of clubs/ball/rope/ribbon/hoop.

The clubs

A short sequence lasting 60 to 90 seconds to include small circles, mill circles, large swings, throws, tapping/beating, asymmetric movements.

The ball

A short sequence lasting 60 to 90 seconds to include throws, free rolls over the body or the floor, bouncing, circles, figures of eight and balancing the ball on part of the body.

The rope

A short sequence lasting 60 to 90 seconds to include skipping, swings, circles, rotations, figures of eight and throws.

The ribbon

A short sequence lasting 60 to 90 seconds to include swings, circles, snakes, coils, figures of eight and throws.

The hoop

A short sequence lasting 60 to 90 seconds to include rolling, rotation around the hand or part of the body, swing curls, figures of eight, turning over, passing through and over and throws.

Candidates will be required to submit a written outline of the sequence to be performed.

Gymnastics: Skills List

<p>Agilities</p>	<p>Basic Agilities:</p> <ul style="list-style-type: none"> • Rolls: forward; backward; sideways; circle straddle roll; dive forward • Balances; shoulder; knee and elbow; headstand; handstand • Cartwheel; arab spring 	<p>Advanced Agilities:</p> <ul style="list-style-type: none"> • Handspring • Headspring • Somersaults: front/back • Flic flac • Backward roll to handstand • Walkover forward/backward • Any other agility the gymnast can perform
<p>Vault</p> <p>Use of box (min. 110cm Height) and reuter/spring board or trampette to perform any two of the following vaults:</p>	<p>Basic Vaults:</p> <ul style="list-style-type: none"> • Squat vault: long and/or cross box • Straddle vault: long and/or cross box 	<p>Advanced Vaults:</p> <ul style="list-style-type: none"> • Headspring • Longarm overswing • Handspring with half turn • Longarm with full twist • Any vault from the F.I.G. code of points • (the vault must be explained prior to execution)
<p>Routine</p> <p>Candidates will select one of the following and produce a routine</p>	<p>Floor</p> <p>Parallel Bars/Rings/Pommel Horse/High Bar</p> <p>Educational Gymnastics</p> <p>Rhythmic Gymnastics</p>	

Mark Band	Gymnastics Activity - Gymnastics
9 – 10	<p>Agilities – Able to perform all basic agilities and five advanced agilities. Excellent control and style</p> <p>Vault – Performs a difficult vault involving some degree of rotation. Good speed on approach and secure landing.</p> <p>Floor – Appropriate mixture of movements displaying imaginative use of floor space and ability. Sequence performed with total control. A polished performance.</p> <p>Apparatus – Demonstrates a series of well thought out movements with appropriate linking actions. High level of balance and control in a pleasing routine.</p> <p>Educational – The routine shows thought, imagination and originality. It is fluent, aesthetically pleasing and shows style and poise.</p> <p>Rhythmic – Demonstrates a series of well thought out movements, linked together by an imaginative series of moves. An aesthetically pleasing routine.</p>
7 – 8	<p>Agilities – Able to perform all basic agilities and at least three of the advanced agilities. Good style and control.</p> <p>Vault – Able to perform a more advanced vault. Some evidence of speed on approach. Secure landing.</p> <p>Floor – Higher degree of advanced moves. Appropriate linking actions. Overall effect of the routine shows control, flow and style.</p> <p>Apparatus – Good mount and dismount. Polished performance of basic moves. Some advanced moves offered, but with limited style and control.</p> <p>Educational – Able to perform a routine interpreting the chosen theme with considerable style and control. Evidence of good linking movements.</p> <p>Rhythmic – Routine shows continuity with some original ideas. Thought given to types of movement required by changes in beat of music.</p>
5 – 6	<p>Agilities – Able to attempt all basic agilities with control and style. May attempt an advanced agility.</p> <p>Vault – Performs the two basic vaults with control and style. More advanced vault may need some degree of assistance.</p> <p>Floor – Demonstrates basic agilities to a higher degree of control and performance; limited number of advanced moves, executed poorly.</p> <p>Apparatus – Mount and dismount without assistance. Routine composed mostly of elementary moves with, possibly, one or two more advanced elements. Reasonable style and control.</p> <p>Educational – Demonstrates through performance, a routine/sequence on the chosen theme using good interpretation and starts to show awareness of body/time/weight or space. Linking movements in evidence.</p> <p>Rhythmic – Displays a degree of control and thought. Movements performed with apparatus showing reasonable style and control. Interpretation of music improves the appearance of the routine.</p>
3 – 4	<p>Agilities – Able to attempt all rolls and balances with limited style, but more control.</p> <p>Vault – Performs the two basic vaults with minimal assistance. Limited control and style.</p> <p>Floor – Demonstrates basic agilities and linking movements in a routine. Some degree of control and style.</p> <p>Apparatus – More competent in the mount; encounters problems with the dismount which tends to be simplistic. Basic moves used throughout the routine. Routine will lack continuity.</p> <p>Educational – Performs a short routine/sequence on the chosen theme demonstrating basic agilities and/or vaults. Shows some control and style.</p> <p>Rhythmic – Some continuity of movement with the apparatus. Basic actions displayed with adequate degree of control. Modest interpretation of the music.</p>
1 – 2	<p>Agilities – Able to attempt at least 5 basic agilities, demonstrating some body control.</p> <p>Vault – Experiences some difficulty. Needs assistance with one or both vaults. Poor style.</p> <p>Floor – Able to link together simple movements using limited space. Evidence of some body control. Lacks flow and rhythm.</p> <p>Apparatus – Needs assistance with mount/dismount. Candidate will not attempt a routine.</p> <p>Educational – Performs a short routine/ sequence with a limited understanding of the chosen theme. Lacks flow and little evidence of body control.</p> <p>Rhythmic – May lose control of the apparatus. Lack of momentum/continuity to the routine. Interpretation of the music is incidental.</p>