



Gymnastics

2014 RULES

(2 pages plus key steps attached)

V1 27/04/2014

Team Requirements

- There will be one age group: School Years 3 & 4 (minimum age 8)
- Each team shall consist of 5 gymnasts: minimum of 2 boys and 2 girls. Points will be deducted to teams who field incomplete teams on the day.
- Each team member must wear the supplied Devon Games to Inspire T-shirt and a pair of shorts when competing. (No leotards).

Team Eligibility

- A gymnast is not eligible if they have represented a club at a NOVICE LEVEL or HIGHER competition since 10/07/13 OR who is currently registered as a COMPETITIVE ASSOCIATE MEMBER (silver club competitive) of British Gymnastics.
- Names of selected gymnasts to be submitted to Event Coordinator by noon on **Friday 6th June 2014**, for eligibility check against British Gymnastics database.
- The Local Authority must run an open trial to choose their team.

Competition Format

- There will be 3 rotations with three or four teams in each rotation (depending on entries).
- There will be a warm up on each specific discipline before they compete.
- One team will perform at a time on each discipline.
- The disciplines are as follows:

Body Management	Step 2 lower key stage 2
Floor Exercise	Step 2 lower key stage 2
Vault	Step 2 lower key stage 2
- **No spring boards allowed, use Key Steps.**
- Gymnastics will hold a Team Spirit award as part of the overall Fair Play Trophy. Teams will be judged on their support for their team and others.

Sports Rules

- The competition will be held in the spirit of British Gymnastics rules.
- Body Management will be performed on a matted area 4 x 1m, 25mm thick.
- Participants may bring their own skipping rope or use the one provided.
- Floor Exercise will be performed on a matted area 6 x 1m, 25mm thick.
- Vault will be performed over a box (without a springboard) 800mm high.
- There are five gymnasts in each team but only the top four scores will count in each discipline towards the team medals.

- Judges will score each performance, and they will judge in accordance to the Key Step Gymnastics manual.
- **Attached are the Key Step 2 movements** for Body Management, Floor Exercise and Vault.
- **The Key Step Resource Pack** for further guidance/teaching aid is available from British Gymnastics Tel: 0845 1297129 Ext: 2355

Official's Decision

- In all matters relating to the competition the Event Co-ordinators decision shall be final and binding.
- The judging for each discipline will be by British Gymnastics qualified young leaders from local clubs.