

All divisions include floor line routines or full floor routines, Beam and vault.

Rules/information

Floor rules: Spring Floor December / Dead Mat May

Warmup: Athletes will be split into smaller groups in their divisions and have a total of 5 minutes to warm up their skills/tumble passes with other athletes.

Floor routines are split into two categories

- line (NO music)
- full floor (with music)

There is no time limit on Line Routines and artistry is permitted.

Full floor routines with music must be a minimum of 1 minute long and maximum 1min 30 secs.

All routines are required to have the correct amount of skills per level and can be performed in any order.

Extra acrobatic skills (e.g. handstand/walkover), dance elements (e.g. leap/jump) or tumble pass that is NOT included in the level of the athlete is not permitted, and will be deducted as a skill when judged.

Beam Rules:

Warmup: Athletes will have a total of 30 seconds on the beam to warm up their skills.

Athletes may choose a mount of their choice and artistry is permitted at all levels.

Beam routines for levels 1- 4 must be a maximum of 1 minute long, and levels 5+, 1minute 30 secs.

All routines are required to have the correct amount of skills per level and can be performed in any order.

All beam routines must include at least one acrobatic skill, leap/jump and balance each.

Dismounts are required as per the level at which the athlete is performing.

Vault Rules:

Warmup: Athletes will have X2 "warmup" vaults of their choice.

Springboards may be adjusted by the coach of the athlete where needed.

Athletes will have one competition vault.

General:

Athletes must "present/salute" before and after their competition routines/vault. Failure to do so will result in the gymnast receiving a deduction.

Athletes must wear appropriate attire (leotard) and jewelry is not allowed.

Scoring:

Judges will be scoring athletes through the Gymnastics Ireland judging system. In cases where judges cannot follow GIs scoring, the modified Unite Gymnastics scoring

sheet will be used. Each athlete within a division will be judged using the SAME scoring system agreed upon by the judges.

Deductions will range from 0.1 (minor deduction) to 1.0 marks (fall/major).