

Cheam Gymnastics Club
Recreational Floor & Vault Competition
Sunday 12th March 2023
COMPETITION FORMAT SHEET

CLASS 5 PERMITTED MOVES		
Acrobatic Moves	Strength (S) , Balance (B) and Flexibility (F)	Jumps, leaps and spins
Backward roll tucked	Handstand 1/2 turn (S)	Catleap 1/2
Backward roll to front support (held)	Y balance (B)	Split or side leap (180° separation)
Backward roll to straddle stand with flat back (held)	Japana, flat back, chest to floor, legs at max of 90° (F)	Straight jump 1/1 turn
Valdez	Pike lever (B) (S)	Tuck jump 1/2
Forward roll tucked to stand	V sit without hand support (B) (S)	Straddle jump (feet hip height)
Forward or backward roll straddled to stand	Straddle half lever (B) (S)	Full spin on Toes
Cartwheel (side to side)	Swedish Fall with one leg raised (S)	Scissor kick (both legs above horizontal)
One handed cartwheel (arm optional)	Handstand pirouette (1/1 turn) (S)	Catleap 1/1
Cartwheel two hands	Handstand (B) (S)	1½ spin on Toes
Dive forward roll (must show flight)(FA)	Arabesque (B)	Tuck jump 1/1
Handstand forward roll	Back support turn to front support (S)	Split leap change
Circle or Teddy bear roll -360°	Frog balance (B)	Tuck jump
Back flic (FA)	Front or back support lower push up (press up or tricep dip) (S)	Star jump
Free cartwheel (FA)	Shoulder stand with arm support (B)	Cat leap
Backward walkover (F)	V sit with hand support (S)	Straight jump 1/2 turn
Forward walkover (F)	Bridge (F)	Spin 1/2 turn on 1 leg
Handspring to two (FA)	Show splits side or box (F) (without hand support)	
Backward roll handstand (S)	Headstand - from crouch to crouch - return to feet (B)	
Round off (FA)	Dead Man - drop to front support (S)	
2 Cartwheels joined		
2 Back flics (FA)		

Amended March 2023 Cheam Rules

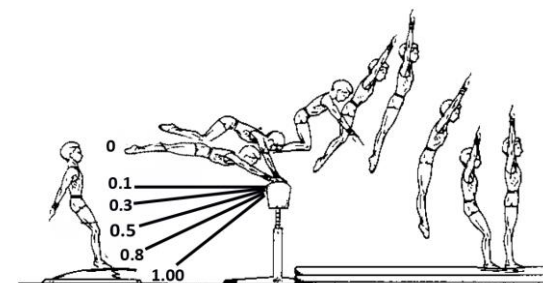
CRs: 2 leaps (linked) or; 2 jumps (linked) or; 1 leap plus 1 jump (linked)
 1 acro move plus 1 jump or leap (joined)
 Strength or flexibility move or element
 Flighted acro move
 Balance

Execution: All moves will be counted once only. Duplicate moves will be judged as links, and still attract execution marks. Deductions will be 0.1, 0.3, or 0.5 depending on severity. Lack of links, poor use of floor, and excessive use of jumps, turns and leaps will also incur "artistry" execution marks of 0.1, 0.3 or 0.5. Lack of dynamics will incur up to 1.00. All falls will be deducted 1.00.

Vault: Vault height:
 Under 11: 110cms.
 Over 11: 120cms.

Permitted vaults: Squat/Straddle over: 11.5 (Class 5)
 Handspring: 12.4 (Class 5)
 Handspring on ½ off 12.6 (Class 5)

Execution: Any steps on landing; balance correction movements or deviation, will each incur 0.1, 0.3, or 0.5 depending on severity. All falls will be deducted 1.00.



Squat and straddle vaults must have layout to achieve full tariff. The diagram above shows deductions to be made for degrees of layout.