



## Cheshire & Warrington School Games Festival Gymnastics Yr 5&6 (Individual)

KEY INFORMATION	
<b>Age</b>	Year 5&6
<b>Squad size</b>	Maximum of 3 Gymnasts per SSP.
<b>Gender</b>	There is no gender split
<b>Eligibility</b>	This competition is for any gymnast. There is no limitation on experience, although it needs to be highlighted it is the top three gymnasts that have entered the Level 2 SSP competition who should be put forward to the Level 3 competition
<b>Basic Rules</b>	<p>This is a foundation level competition and as such gymnasts should wear t-shirt and shorts – Leotards should <b>not</b> be worn.</p> <p>During the competition each gymnast will be required to perform the 3 disciplines as performed in the Level 2 event (See section 2 of the Key Step Competition Pack)</p> <p><b>Step 2 – Floor Exercise (Key Stage 2 – Years 5&amp;6)</b>  <b>Step 2 – Body Management (Key Stage 2 – Years 5&amp;6)</b>  <b>Step 2 – Vault (Key Stage 2 – Years 5&amp;6)</b> - Option (A) or (B) can be adopted.            Gymnasts will therefore have the option to perform with or without a springboard.</p> <p>Each gymnast's performance is marked out of 10 for each routine. Having completed the Floor, Vault and Body Management an overall mark out of 30 will be given.</p> <p>The Individual with the highest score of all 3 disciplines added together will be the County Champion</p> <p><b>Judging</b></p> <p>Floor sequence &amp; Body Management sequence</p> <p>Each sequence will be judged from 10.00 marks.            The floor sequence is a 'set' sequence and this means that the gymnasts must perform the movements exactly as the sequence has been written down. No additional skills or movements should be included.            Each Skill in the sequence has a value of 1.0 mark. If a gymnast misses out a skill they will automatically lose 1.0 full mark.            Marks will be deducted based on the size of the mistake i.e. a small mistake could result in a 0.1 – 0.2 mark penalty, a large mistake could result in up to 0.5 marks being deducted.</p>





### Vault

Vaults will be judged from 10.00 Marks

Gymnasts will perform the Vault as laid out in the Step 1 Vault Card.

Gymnasts may have 2 attempts. The best mark will count.

Marks will be deducted based on the size of the mistake i.e. a small mistake could result in a 0.1 – 0.2 mark penalty, a large mistake could result in up to 0.5 marks being deducted.

For further information on any of the above, see section 4 of the Key Steps Competition Pack.

### Health & Safety

Before any competition takes place, the following MUST be read and adhered to:

Long hair must be tied back.

No jewellery should be worn.

All loose clothing must be tucked in.

No chewing gum/sweets allowed.

All gymnasts should have warmed up appropriately before each routine.

First aider will be on site, however please ensure pupils bring with them any medical supplies they may need i.e. asthma inhalers.

All teachers must ensure their pupils are under adult supervision at all times, even when performing.

Please ensure your pupils have been thoroughly briefed with regards to health and safety.

The Key Step Gymnastics competition resource has been put together by Gymnastics England in response to numerous requests for a competition framework for 'grass-roots' development in Primary schools. Key Steps resource packs are available from British Gymnastics.

COMPETITION DELIVERY DETAILS	
Name	Lauren Ault
Role	Competition Organiser
Organisation	Macclesfield Gymnastics Club

