

# — Flipping Fit

## Move Like A Gymnast

### EVENT INFORMATION

#### DATE

Sunday 7<sup>th</sup> July, 2024

#### TIME

2pm-5pm

#### VENUE

State Gymnastics Centre (WAG Gym – upstairs)  
41 Green St, Windsor  
MELBOURNE

#### COST

\$80 (Inc. \$10 donation going to [Walking With Ava Foundation](#))

#### TO ENTER

Complete entry form via link [HERE](#)

**ENTRIES CLOSE ~ SUNDAY 16th June**

#### PAYMENT

Make payment via direct deposit using the details below.

Account: Flipping Fit

BSB: 013 271

Account# 641937223

Reference: your name

## WARM-UPS

### General Warm Up

30 minutes

### Apparatus Warm Up

Floor – 5 minutes

Vault & Mini-Tramp – 2 attempts

All other apparatus – Canadian Style

## AWARDS

<b>Individual All-Around</b>	Trophy	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>	Top 4 apparatus scores added	Age Group	Novice Veteran
<b>Club of the Day</b>	Medal	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>	Average of AA scores	NA	NA
<b>Apparatus</b>	Ribbon	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>	Each apparatus	Age Group	Novice Veteran
<b>Participation</b>	Medal	NA	Participation	NA	NA

# EVENT REGULATIONS

## 1. ELIGIBILITY

Athletes must be affiliated with a Gymnastics Club and have an accredited coach with or on the team. If you are attending as an individual from a club please get in touch.

## 2. DIVISION

### Age Group

18 - 29 years

30 - 39 years

40 – 49 years

50+ years

Ages will be taken as of July 1. Age groups may be adjusted depending on number of entries.

### Category

#### I. Novice

Gymnasts that have not competed at State or National level or has not competed for 10 years or more.

#### II. Veteran

Ex-competitive State and National gymnasts level 5 & above.

#### III. Participation

Routines will be judged and a single medal will be awarded for participation only

### 3. APPARATUS

Gymnasts must compete on a **minimum of 4** of the following 9 apparatus:  
Floor, Pommel, Rings, Vault, P-Bar, H-Bar, Mini Tramp, Uneven bar, Beam

### 4. ROUTINE REQUIREMENTS

Minimum of 6 different elements (including dismount) = 15.00 SV

#### **Bonus points for difficulty:**

'B' elements 0.2

'C' elements 0.3

'D and above' elements 0.4

#### **Deductions:**

Small 0.1

Medium 0.3

Large 0.5/0.8

Landing on crash mat in foam pit or use of mini-tramp instead of beat board 0.5

Fall or missing element or landing in foam pit 1.0

Minimum score on any apparatus is 9

### 5. EXTRA BONUS POINTS

Judges may reward bonus points at any time for the following

- Creativity
- Costume
- Original or unique movements
- Courage
- Expressions of enjoyment
- Effort or anything else they deem rewarding

## APPARATUS SPECIFICATIONS

### Matting for dismounts

One crash mat is allowed for any apparatus dismount with no deductions.

### FLOOR

- Music is optional
- Music length must be 60-90 seconds
- Lyrics are permitted in floor music for this event (No offensive lyrics or innuendo).

### VAULT

2 Vaults – Best score to count.

Bonus - 0.2 for each  $\frac{1}{2}$  twist.

Deductions - 0.5 Landing on crash mat in foam pit, 1.0 Landing in foam, 0.5 Use of mini-tramp instead of beat board.

- Dive Roll to 1 or 2 crash mats (wedge optional) - 11.00
- Handstand Flat Back (onto 1 crash mat) – 12.00
- Handspring Flat Back (onto 3 crash mats) – 13.50
- Handspring Flat Back (over vault) – 14.00
- Handspring – 15.00
- Handspring Full Twist – 15.40
- $\frac{1}{2}$  on  $\frac{1}{2}$  off – 15.40
- $\frac{1}{2}$  on full off – 15.60
- (T) Tsuk – 16.00
- (P) Tsuk – 16.20
- (L) Tsuk – 16.40
- (T) Handspring Front – 16.40
- (P) Handspring Front – 16.60



## Mini Tramp

2 Attempts – Best score to count.

Bonus - 0.2 for each  $\frac{1}{2}$  turn.

- Non inverted jumps – 10.00
- Dive Roll – 12.00
- (T) Front sault – 14.00
- (P) Front sault – 14.20
- (L) Front sault – 14.40
- Front sault  $\frac{1}{2}$  (Barani) – 14.60
- Front sault full twist – 14.80
- Front sault 1  $\frac{1}{2}$  twist – 15.00
- Double front – 16.00
- Half in back out (T) – 16.20

## **NOVICE – EXAMPLE ROUTINES**

### **Bars**

- Mount - Jump to support
- Cast to 45 degrees
- Cast back to land on floor
- Tuck or L hang
- Jump from box to high bar long swing
- Dismount - Drop to motor bike

### **Beam**

- Mount - Jump to support, swing leg over beam to sit, move to stand
- Arabesque or Y-Scale
- Step kick x2 or Attitude step x2
- Straight Jump
- Half turn on 2 feet or 1 foot
- Dismount – Straight jump off end or side of beam

Optional – Acro Skill eg. Tuck HS/Bunny hop HS, L-Handstand, close to beam element

### **Floor**

- Arabesque, Y-Scale or headstand
- Forward Roll or Backward Roll
- Tuck jump/star jump
- Handstand or Handstand Forward Roll
- Cartwheel or CW x2
- Half turn on 1 foot or full turn on 1 foot

Optional – Acro with flight eg. Round off, Handspring, Dive Roll. Leap or leap series.

### **Rings**

- Mount - Tuck Hold or pull to chin up hold
- Star Hold or L Hold
- Swing x2
- Basket
- Candle or dorsal hang
- Dismount - Swing to drop or back roll to drop

### **Parallel Bars**

- Mount – Jump to support
- Penguin Walk
- Tuck hold
- Swing x2
- Lift legs to straddle or straddle travel
- Dismount – Swing to drop between bars or to side



## High Bar

### Example 1

- Mount - Tuck Hold
- Star Hold
- L Hold
- Beat Swing
- Swing x2
- Dismount - Swing to drop

### Example 2

- Mount - Tuck Hold
- Chin Up Pullover (with assistance if needed)
- Cast or Back Hip Circle
- Underswing
- Swing x2
- Dismount - Swing to drop

### Example 3

- Mount - Tuck Hold
- Star or L Hold
- Swing
- Long Swing Pullover
- Cast or Back Hip Circle
- Dismount - Toe Shoot dismount

## Pommel

- Mount – Jump to support
- Swing to left and right x3
- Swing left leg over left handle to stride support swing
- Swing left leg back to front support
- Swing right leg over right handle to stride support swing
- Swing right leg back to front support
- Dismount – Swing left leg over left handle with  $\frac{1}{4}$  turn

We promise to make this a super fun event and can't wait to see you there.

Keep Moving!

Ally & Team  
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