

— Flipping Fit

Move Like A Gymnast

EVENT INFORMATION

DATE

Sunday 7th 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 ~ Friday 21st 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

| | | | | | |
|------------------------------|--------|---|------------------------------|-----------|-------------------|
| Individual All-Around | Trophy | 1 st , 2 nd , 3 rd | Top 4 apparatus scores added | Age Group | Novice Veteran |
| Club of the Day | Medal | 1 st , 2 nd , 3 rd | Average of AA scores | NA | NA |
| Apparatus | Ribbon | 1 st , 2 nd , 3 rd | Each apparatus | Age Group | Novice Veteran |
| Participation | 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 ¼ 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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