

2018 BOYS CLUB COMPETITION CRITERIA (in rotation order)

FLOOR		
NOVICE (ages 4-6 yrs)	INTERMEDIATE (ages 7-9 yrs)	ADVANCED (ages 10+)
<p>Forward roll to straddle swim through; Roll over to held dish 2 seconds to lie flat; Bridge held for 3 seconds; Lower down into tuck and roll over to side into D-roll; X3 bunny hops; Shoulder stand – roll out to stand; Arabesque held for 3 seconds into cartwheel; Bonus of 0.5 round off instead of cartwheel; Bonus of 0.5 if stretched throughout routine.</p>	<p>Forward roll to stand; Jump full turn; Backward roll to straddle; Step into handstand forward roll; Drop into front support (3 seconds); rotate over into held back support (3 seconds); Lower to lay flat into bridge (held for 3 seconds); Lower into shoulder stand – roll out to stand; Arabesque held for 3 seconds into round off; Bonus of 0.5 if stretched throughout routine.</p>	<p>Round off backward roll (0.5 bonus for round off flic); Handstand forward roll to stand; Jump full turn; Piked backward roll to stand; Lower into Swedish fall (0.5 bonus if Swedish fall goes into splits); Bridge held for 3 seconds; Arabesque into optional round off back somi, or 2-3 steps into front somi for 1.0 bonus; Bonus of 0.5 if stretched throughout the routine;</p>
All routines to be marked out of 10.0 unless there are bonus marks to be added.		

RINGS		
NOVICE (ages 4-6 yrs)	INTERMEDIATE (ages 7-9 yrs)	ADVANCED (ages 10+)
<p>Pull up for 3 seconds hold; Lower into hang to go into German hang held for 3 seconds; Rotate back into upside down pike fold; Cast into X3 swings; Drop dismount to held landing for 3 seconds;</p>	<p>Pull up for 3 seconds hold; Lower down to hang; Held pike for 3 seconds; Inverted hang for 3 seconds into - German hang for 3 seconds into - Rotate back into upside down pike hold; Cast into X3 swings; Bonus mark of 0.5 for back somi dismount to held landing 3 seconds.</p>	<p>Pull up from hang held for 3 seconds (Bonus mark of 1.0 for muscle up); L-sit held for 3 seconds; Inverted hang 3 seconds; Lower to pike fold to cast into - X3 swings to straight back dismount; Bonus mark of 0.5 for back somi dismount to held landing 3 seconds.</p>
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VAULT		
NOVICE (ages 4-6 yrs)	INTERMEDIATE (ages 7-9 yrs)	ADVANCED (ages 10+)
<p>Run and jump on springboard to straight jump onto to block – to immediate straight jump to land on landing mat; Landing to be held for 3 seconds.</p>	<p>Run and jump on springboard - to squat through or straddle over the vault box – to land. Landing to be held for 3 seconds.</p> <p>Vault box can be set to level 3-4 depending on height/ability of gymnast.</p>	<p>Vault table set at lowest height; Run and jump on springboard to one of the following:</p> <ul style="list-style-type: none"> • Squat on handstand flat (mats level to vault table) • Handspring flat (mats level to vault table 1.0 mark bonus) • Handspring to land on feet (1.5 bonus) <p>All landings to be held for 3 seconds.</p>
All routines to be marked out of 10.0 unless there are bonus marks to be added.		

P-BARS		
NOVICE (ages 4-6 yrs)	INTERMEDIATE (ages 7-9 yrs)	ADVANCED (ages 10+)
<p>Jump up to front support; Bent arm dip; Held pike lever (3 seconds); X3 swings to drop dismount between P-bars; Landing to be held for 3 seconds.</p>	<p>Jump to front support; Bent arm dip; X4 steps forwards and backwards; Held straddle lever (3 seconds) cast into - X3 swings into - Front vault dismount for 0.5 bonus.</p> <p>Landing held for 3 seconds</p>	<p>Upstart into - Bent arm dip; Held Russian lever cast into - X3 swings to flank dismount, or X3 swings to held handstand to – X3 swings to flank dismount for 1.0 bonus mark.</p> <p>Landing held for 3 seconds.</p>
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BARS		
NOVICE (ages 4-6 yrs)	INTERMEDIATE (ages 7-9 yrs)	ADVANCED (ages 10+)
<p>Pull up to chin over bar (held for 3 seconds); Lower down slowly to hang; Held tuck shape 3 seconds; Held Pike shape 3 seconds; X3 swings to drop dismount.</p> <p>Landing to be held for 3 seconds</p>	<p>Upwards circle; Forwards circle with chin above bar; Trolley swing into X3 swings to drop dismount on back swing.</p> <p>Landing to be held for 3 seconds</p>	<p>Trolley swing into X3 swings; Upwards circle to - Layaway to back hip circle to - Layaway to straddle undershoot.</p> <p>Landing to be held for 3 seconds.</p> <p>0.5 bonus for upstart</p>
<p>All routines to be marked out of 10.0 unless there are bonus marks to be added.</p>		