

# SAADI

## RECREATIONAL GYMNASTICS COMPETITION RULES



Calling all Recreational gymnastics members. This competition is designed to be fun and exciting, with the focus on the gymnasts enjoying their early experiences of a competition. The competition uses a positive scoring system. There are also special prizes and awards, as well as certificates for all who compete.



The competition routine videos have been uploaded on the website for each different colour level, simply follow the links provided. Gymnasts can pick the option that is correct for them, learn their routines and then perform them in front of an audience and scorers.

We want this day to be as much fun for the gymnasts as possible. We would strongly advise gymnasts to perform the routines that have skills firmly within their capability so that they can enjoy their competition and perform to the best of their ability.



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# SAADI RECREATIONAL GYMNASTICS COMPETITION RULES

## *We're interested...what do we need to do?*

1. Firstly have a look at the different competition options available by following the links provided.
2. Choose which one would suit your gymnast the best.
3. Once you have decided which option you would like to enter, fill in our entry form and send it to us.
4. Then get practicing (ensuring that you are supervised in a safe space).

## RULES

### **Some rules to consider when choosing your routine options:**

1. You **MUST** compete the same level on both Floor and Vault e.g. if you compete Teal on Floor you must also compete Teal on Vault.
2. The gymnasts will **NOT** be learning their routines in their weekly lessons, due to this being an optional competition. It is therefore important that they practice the routines at home using the videos provided.
3. The gymnasts **MUST** be able to perform all the moves in their routine



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## What to expect on the day

1. The gymnasts will go into the gym with the coaches whilst the audience are seated.
2. The gymnasts will then warm up and get into groups which they rotate round the apparatus with. They will line up and be announced to the audience.
3. They will compete on their apparatus one at a time. When everyone has competed on both apparatuses they will move round onto the next apparatus.
4. Once everyone has completed all of their routines, the competition will end. The gymnasts will remain on the floor with their coaches whilst the results are finalised.
5. The results will then be announced and the gymnasts will then be released back to the parents or carers at the front entrance as they would in a normal gymnastics session.

Please Note:

On the day of the competition the gymnasts will perform their routines by themselves in front of a scorer and audience. There will be a coach there to help out if they forget what to do next.



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# SAADI RECREATIONAL GYMNASTICS

## COMPETITION RULES

Have  
FUN

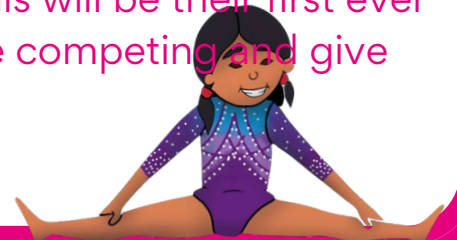
### How will the results be decided?

- We will be using a positive score system that awards points to the gymnasts rather than deducts. We will also be awarding medals based upon achieving a certain benchmark rather than competing against the other competitors. This will mean that more than one gymnast could be awarded a gold, silver or bronze medal.

### Audience Rules

- Please be encouraging to all gymnasts
- Please stay in your seats whilst routines are being performed
- Please do not call your gymnast's over during the competition they need to stay with their coaches during the competition for safeguarding reasons
- Please do not use flash photography as it can distract gymnasts and judges
- Please do not put any photos of the competition on websites or social media if it contains any other gymnasts or people except your own gymnast.
- Please respect others and follow the Club's Values: Have fun, Work hard, be inspired, be respectful, be open, be punctual, be kind and give encouragement
- Please remember that for most of the gymnast's this will be their first ever competition so please be respectful whilst they are competing and give encouragement.

RULES



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## RECREATIONAL GYMNASTICS COMPETITION LEVELS



"This is a fun and friendly competition with a positive scoring system designed for recreational gymnasts to showcase their skills on floor and vault in front of an audience. There are 4 different levels of difficulty, Ruby, Pink, Teal and Indigo. Please select the colour level appropriate to your child's ability."

### RUBY

#### FLOOR

1. Forward Roll
2. Star Jump
3. Bunny Hop
4. Half turn jump
5. Arabesque

#### VAULT

1. Squat onto block from a springboard, walk along, jump off to land (block- 60cm)



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# SAADI RECREATIONAL GYMNASTICS COMPETITION LEVELS

## PINK

### FLOOR

1. Forward Roll
2. Star Jump
3. Bunny Hop
4. Half turn jump
5. Arabesque
6. Cartwheel
7. Stretch Jump

### VAULT

1. Straddle onto block from a springboard, walk along, jump off to land (block-60cm)



## TEAL

### FLOOR

1. Handstand Forward Roll
2. Tuck Jump
3. Full turn jump
4. Arabesque
5. Round Off
6. Cat leap
7. Backward Roll

### VAULT

1. Jump onto block, kick to handstand on mats- (block and mats- 60cm height).



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# SAADI RECREATIONAL GYMNASTICS COMPETITION LEVELS

## INDIGO

### FLOOR

1. Handstand Forward Roll
2. Half turning tuck jump
3. Full Turn jump
4. Arabesque OR V-sit OR Y-balance
5. Round off, Backward Roll
6. Split jump
7. Backward Walkover

### VAULT

1. Handstand Flatback onto 90cm crash mats.
- OR
2. Half onto a 90cm crash mats



TOP  
TIPS

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