



SPRINGFIT

Gymnastics and Trampoline Club
Independent member of the Saturn V Association of Clubs



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You are invited to compete in the Springfit invitational **FLOOR AND VAULT GYMNASTICS COMPETITION**

Date: Sunday 16th November 2014.

Venue: **Oakwood Sports Centre**, Balcombe Road, Horley, Surrey. RH6 9AB

Times: Between **2:00pm and 5:00pm** (individual start times will be confirmed via email the week before)

Grade 1-3 competitors are likely to start at 2pm, with grades 4-6 starting around 4pm. This is subject to change dependent on entries received, so please only use this as a guide at this point.

Attire: Girls – Club leotard. Black or jade velour shorts may also be worn if desired.
Boys – Club T-shirt and black or white P.E. shorts.

Entry Fee: £8.00 and you must do **both floor and vault**. This includes a certificate of achievement for taking part and medals for the first three placings. If paying by cheque, please make it payable to **SPRINGFIT**. Please note: Payments are **non refundable**, and the closing date is **9th November 2014**. Spectators will be asked to pay a small fee to contribute towards hosting the event - £2.00 for adults and £1.00 for children.

FLOOR ROUTINE - will consist of 10 elements (15 for grade 6) comprising forward, backward and sideways moves, jumps and balances. You are invited to compete at any one of six different grades. Please speak to your coach for advice about which grade is most suitable to enter at, but as a guide we recommend:

Grade 1 or **Grade 2** for beginners who train up to 1.5 hours per week. Age 6 +

Grade 3 or **Grade 4** for those who train up to 3.5 hours per week

Grade 5 or **Grade 6** for those established in advanced/squad classes or training 3.5hrs + per week.

Click the link above to view the criteria which you can print to help you practice.

TIME LIMIT: 1½ minutes.

FLOOR SIZE: 8m x 10m approx.

MUSIC: optional (no lyrics)

VAULT –

One of the following to be performed on the horse/box broadways:

Squat on straight jump off	Tariff 8.00
Squat through	" 9.00
Straddle over	" 9.00
Handspring	" 10.00
Handspring ½ off	" 11.00
Handspring full off	" 12.00

Vaulting box heights:

Grades 1 to 3 (born 2008 and later) - **3 HIGH (75cm)**

Grades 1 to 3 (born 2007 and earlier) **and**

Grades 4 to 6 (born 2008 and later) - **4 HIGH (100cm)**

Grades 4 to 6 (born 2007 and earlier) - **full 125cm high**

Two attempts are allowed. Gymnasts should not attempt too difficult a vault as the deductions for poor execution will more than outweigh the higher tariff. Please speak to your coach for advice on which vault to perform.

Vault heights can be adjusted but incur a 0.2 point deduction if lowered (not raised).

To enter:

Please visit www.springfit.org/competitions/gymnastics/floor-and-vault to complete the online entry form before the closing date of 9th November 2014.

Individual start times will be confirmed and final programme published prior to the event.

For assistance please email events@springfit.org or call the office on 0203 478 0203.