

NatWest Island Games - Bermuda 2013
Gymnastics Rules
Competition 2 Women's Set

Vault

Vault	DESCRIPTION	VALUE
1.	Handspring	2.40
2.	Yamashita	2.60
3.	Half On Half off	3.00
4.	Yamashita with ½ turn off	3.00
5.	Handspring 1/1 turn off	3.20
6	Half on Full Off	3.40

Bars

MOVE	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1.	Mount: Float upstart (legs together or straddled)	0.50	Failure to complete upstart (fall) Using strength to complete upstart Poor body shape in any phase	0.50 0.10 – 0.30 0.10 – 0.30
2.	Cast Clear hip circle (legs at 45 or above)	0.50	Cast penalties Hips touching bars Legs touching bar Legs below 45 Poor body shape in any phase	0.10 – 0.30 0.10 – 0.30 0.10 – 0.30 0.10 – 0.30 0.10 – 0.30
3.	Float upstart (legs together or straddled)	0.50	Failure to complete upstart (fall) Using strength to complete upstart Poor body shape in any phase	0.50 0.10 – 0.30 0.10 – 0.30
4.	Cast and squat onto low bar to catch high bar	0.50	Failure of feet to touch the bar Squat on with one foot only	0.10 – 0.30 0.10 – 0.30
5.	Long upstart	0.50	Failure to complete upstart (fall) Using strength to complete upstart Poor body shape in any phase	0.50 0.10 – 0.30 0.10 – 0.30
6.	Cast towards handstand (straight body with legs together or straddled)	0.50	Horizontal to 45 degrees from vertical Below horizontal	0.10 – 0.30 0.50
7.	Dismount: Choice of Cast straddle on undershoot with ½ turn or Straight Somersault	0.30 0.50	No dismount attempt Failure of feet to touch the bar Tuck or pike in salto	1.00 0.30 0.10 – 0.30

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Beam

MOVE	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1.	Mount: Jump from two feet to land on one foot (free leg held behind) Hold for 2 secs (End of Beam)	0.50	Landing on two feet Not held for 2 seconds	0.10 – 0.30 0.10 – 0.30
2.	Back Walkover or Forward Walkover	0.50	Feet failing to touch beam Lack of split	0.10 – 0.30 0.10 – 0.30
3.	1/1 (360) Spin (arms and leg position optional)	0.50	Spin not complete	0.10 – 0.30
4.	Tuck jump with ½ (180) turn Optional cross or side position on beam	0.50	Insufficient height Incomplete turn Insufficient tuck position	0.10 – 0.30 0.10 – 0.30 0.10 – 0.30
5.	Split leap immediate Scissone	0.50	Insufficient split Insufficient height Pause between elements	0.10 – 0.30 0.10 – 0.30 0.10 – 0.30
6.	Back Flip to one or two foot/feet OR Handspring to one or two feet	0.50	Insufficient flight Feet not landing on the beam	0.10 – 0.30 0.30
7.	Dismount: Cartwheel to immediate Tuck salto backwards	0.50	One footed take off Insufficient height Insufficient tuck position	0.10 – 0.30 0.10 – 0.30 0.10 – 0.30

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Floor

MOVE	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1.	From 2 feet jump step Round Off 2flic flacs tucked salto backwards	0.50	Pause between any element Insufficient height Insufficient tuck	0.10 each 0.10 – 0.30 0.10 – 0.30
2.	Tucked front salto step out into front handspring to two feet or Front handspring to two feet tucked front salto	0.50	Pause between any elements No step out Insufficient tuck Front handspring not landing on two feet	0.10 each 0.10 0.10 – 0.30 0.10 – 0.30
3.	Round off flic flac straight salto backwards	0.50	Pause between any elements tuck or pike in straight salto Insufficient height	0.10 – 0.30 0.10 – 0.30
4.	Dance passage of Change leg split leap, Split leap (Steps allowed between leaps)	0.50	Insufficient split Insufficient height	0.10 – 0.30 0.10 – 0.30
5.	1/1 (360) spin Leg and arms position optional	0.50	Spin incomplete	0.10 – 0.30
6.	Handstand 1/1 (360) pirouette (optional leg positions) Maximum 4 hand changes	0.50	Incomplete turn More than 4 hand changes each hand change	0.10 – 0.30 0.10
7.	Flic flac from standing two feet to two feet immediate straddle jump	0.50	Insufficient height Insufficient straddle position Pause between elements	0.10 – 0.30 0.10 – 0.30 0.10 – 0.30