**Key Steps Gymnastics Rules**

**KS 1 Team Criteria**

Team: 6 Gymnasts – Mixed boys and girls

                                (minimum of 1 boy or 1 girl in the team)

Age: Year 1&2 Combined

**Lower KS 2 Team Criteria**

Team: 6 Gymnasts – Mixed boys and girls

                                (minimum of 1 boy or 1 girl in the team)

Age: Year 3&4 Combined

**Upper KS 2 Team Criteria**

Team: 6 Gymnasts – Mixed boys and girls

                                (minimum of 1 boy or 1 girl in the team)

Age: Year 5&6 Combined

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| **Competition Format*** Children will compete as a team. An overall team score will be collated and highest score will be awarded 1st, 2nd and 3rd place accordingly.
* This competition is designed to encourage children and teachers to become more confident with gymnastics and enjoy performing their skills and routines to the judges.
* Competition Managers decision is final.

**Music*** Music on an ipod, iphone, or CD. (If using CD please bring a backup CD).

**Dress*** Competitors should wear a leotard/leotard and shorts/PE kit (t-shirt to be tucked in), bare feet
* Hair needs to be tied back
* No jewellery should be worn by children and teaching staff. Taped earrings will not be allowed, they must be removed.

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| **Key Stage 1**Team competition: * ***Group floor routine (All 6 gymnasts to be included)***
* ***All 6 Gymnastics to perform Vault (Step 1 Vault – Bench or Springboard option)***

Routine content: * A group floor routine to consist of 10 elements
* The 4 compulsory elements must be included (please see table below)
* A further 6 Optional Elements must also be included (please see table below)
* Every pupil within the team performs each of the same 10 elements. Each element that the pupils perform may be shown either, at the same time, in a cannon, one half of the team and then the other etc.throughout the routine.
* This basic rehearsed routine should be no longer than 90 seconds
* Elements maybe performed in any order
* Additional steps, travelling movement, dance can be added to link elements together
* Different patterns and directions should be included to offer variety to the routine

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| **Compulsory Body Management/ Floor Elements (4 elements):*** Stretch Jump and Landing (Step 1-Floor exercise No.20-22)
* One foot Stand hold for 3seconds (Step 1-Floor exercise No.18-19)
* Rocking on back x 3 to Stand (Step 1-Floor exercise No.12-14)
* Straddle Sit hold for 3 seconds (Step 1-Body Management No.4)
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| **Optional Body Management /Floor Elements (6 elements):****Group A (choose 2 from this group)*** Side to Side Rebound Jumps x 10 (Step 1-Body ManagementNo.1)
* Broad Jump (Step 1-Body Management No.9)
* Step Turn (Step 1-Floor exercise No.15-17)
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| **Group B (+ choose 2 from this group)*** Tucked Dish hold for 3 seconds (Step 1-Body Management No.2)
* Back Support hold for 3 seconds (Step 1-Body Management No.3)
* Arch hold for 3 seconds (Step 1-Body Management No.5)
* Front Support hold for 3 seconds (Step 1-Body Management No.6)
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| **Group C (+ choose 2 from this group)*** Right Splits, Box Splits or Left Splits hold for 3 seconds (Step 1- Body Management No.7)
* Shoulder Flexibility hold for 3 seconds (Step 1-Body Management No.8)
* ¾ Forward Roll (Step 1-Floor exercise No.1-5)
* Teddy Bear Roll (Step 1-Floor exercise No.6-8)
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 **Lower Key Stage 2**Team competition: * 3 x Gymnasts to perform Body Management (Step 2 set routine) – this routine will be performed individually
* 3 x Gymnasts to perform Floor routine (Step 2 set routine) - this routine will be performed individually
* All 6 Gymnastics to perform Vault

Routine content: Please refer to your Keysteps resource folder* Routines to be performed in the order shown on the Keysteps resource card.

**Upper Key Stage 2**Team competition: * 3 x Gymnasts to perform Body Management (Step 3 set routine) – this routine will be performed individually
* 3 x Gymnasts to perform Floor routine (Step 3 set routine) - this routine will be performed individually
* All 6 Gymnastics to perform Vault

Routine content:Please refer to your Keysteps resource folder* An individual floor routine to consist of 6 elements
* The 3 compulsory elements must be included (please see table below)
* A further 6 Optional Elements must also be included (please see table below)

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| **Compulsory Floor Elements (3 elements):*** Round off
* Side scale towards Y balance
* Backward roll straddle
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| **Optional Floor Elements:****+ choose 1 from this group*** Full turn jump
* Half turn jump
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| **+ choose 1 from this group*** Two cartwheels consecutively
* Handstand forward roll
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| **+ choose 1 from this group*** Bridge
* Splits
* ½ Lever
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* Elements maybe performed in any order
* Additional steps, travelling movement, dance can be added to link elements together
* Different patterns and directions should be included to offer variety to the routine
* This basic rehearsed routine should be no longer than 90 seconds
* Sequence to be performed on a rectangle of mats approximately 8X6 metres (if possible)
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