**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. |
| **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  |  | | --- | | **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) | | **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) | | **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) | | **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) |     **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)  |  | | --- | | **Compulsory Floor Elements (3 elements):**   * Round off * Side scale towards Y balance * Backward roll straddle | | **Optional Floor Elements:**  **+ choose 1 from this group**   * Full turn jump * Half turn jump | | **+ choose 1 from this group**   * Two cartwheels consecutively * Handstand forward roll | | **+ choose 1 from this group**   * Bridge * Splits * ½ Lever |  * 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) |