

Acrobatics Pairs

(1)	(2)	(3)
(4)	(5)	(6)
Forward roll	Forward roll to straddle sit	Forward roll straight Jump
Backward Roll to stand	Backward roll straight jump	Cartwheel

Making up the sequence

(Total value 16.0 marks for each pair of gymnasts)

◆ **Content:** Include **2 balances from green**, **2 tempo moves from red** and **3 individual moves from blue** as shown in the chart above **(Worth 3.5 marks)**

◆ **Composition:** Put together sequence with choreography to show:

- * good use of floor with changes in direction and levels (0.5)
- * variety of linking ideas, (leaps, spins, dance) (0.5)
- * artistry & presentation including use of music (0.5)
- * synchronisation (1.0)

(Worth up to 2.5 marks)

◆ **Execution** faults deducted **(Worth up to 10.0 marks)**

◆ Can be performed with or without instrumental music. (no words) and to last no longer than 1min 30 secs.

◆ Each pairs balance is held for 3 seconds and any individual balance for 2 seconds

Guidelines for Acrobatics Routine

(Boxes below align with routine drawings)

(1) Position of Bases arms off the floor. Top shows strong front support position	(2) Base sitting on knees with both ankles together. Top in bent leg headstand in tuck position and toes pointed. Base provides minimal support, arms of base straight.	(3) Top in balanced handstand with the base provides minimal support. A straight handstand is required from the top showing extension & good body tension.
(4) Base legs should be straight. The Top should be in chair position supported by the Base in the lower back.	(5) Feet of B placed above knees of A. Arms of the base bent or straight when top is in balance. Base is kneeling with seat resting on heels.	(6) The top forms an extended flat bodyline, with the hands and shoulders over the knees of the base. Both base and top should have straight arms
(7) The arms of the base should be straight. The support on hands can face either direction but should show an extended bodyline.	(8) Arms of the base and top when in balance straight. Base should be sat in straddle, legs straight toes pointed.	(9) Top shows strong front support position. Base supports below the knee, arms straight.
Gymnasts back to back at the start, each completes a full circle. Finishing where they started	A is in arch; head, arms, shoulders and ankles are clear from the floor. B forward rolls over	A in dish, head, arms, shoulders and ankles are clear from the floor. B: Cartwheels over the waist with one arm either side.
Roll of A should be smooth. Hands of B assist stand. Additional steps not permitted	Cartwheel supported throughout.	The legs of the base must be straight. There must be a flight phase from the top after contact with base.

How to enter your team (s):

Please forward **ALL** of the following information in an email to president@bsga.org

Name of County Partnership (CSP) or School

Age Group (s) entered:

Name of Partnership official or teacher/coach:

Email address of Partnership Official or teacher/coach:

Mobile contact number for Partnership Official or teacher/coach

BSGA Affiliation Number for 2023-2024 (Schools Only)

Name of County Sports Partnership (CSP) You can find your local

CSP name at www.cspnetwork.org/your-csp

Window for entries from county partnerships will OPEN on Monday 15 April 09:00hrs and for individual schools Monday 22 April 09:00hrs and CLOSE Friday 10 May 24:00 - CHECK BEFORE ENTRY THAT THE COMPETITION

DATE IS FREE FOR THE SCHOOL TO ATTEND.

and please remember, ~ 'First come first served'



English
Schools
Gymnastics
Association



**NOVICE COMPETITION
FOR SCHOOLS**

2023-24

[academic year]

**FLOOR, VAULT &
ACROBATIC PAIRS**

Personal information will be handled in accordance with
BSGA Privacy Notice: www.bsga.org/privacy-policy/

Competition Details

Age Groups: Under 9, Under 10, Under 11 & Under 14 (1st September in current academic year - Only one competition per gymnast)

Date: Thursday 20th June 2024

Venue: Fenton Manor SC Stoke-on-Trent

Team Numbers and Make Up : 4 Pupils per team from same school.. All male, all female or any mixed gender combination.

Scoring: Any 3 from a team perform on floor & vault & all 4, (2 pairs) complete acro routines. All scores count to provide overall team score

Entry Regulations: For school teams only. All participating teams must also be affiliated to BSGA - Affiliate online at (www.bsga.org). Participants must never have taken part in any:

- ◆ (1) BG regional, national and compulsory grades programme
 - ◆ (2) Alternative grades programme created within BG regions
 - ◆ (3) BG talent development programme
 - ◆ (4) English Championships
 - ◆ (5) British Schools (BSGA) national final
 - ◆ (6) Gold medal winning team, (any age group), in this competition in previous years
- ◆ Up to 15 teams in each age group. Priority will be given to schools qualifying through a regional/county competition, providing the county sports partnership (CSP) name is entered in the week that their window opens). - **Monday April 15th 2024**. Individual school entries will be allocated on a '**first come first served**' basis when their window opens on **Monday 22nd April 2024** with the aim of obtaining a geographical spread across the 43 CSP's. Any additional applications will be placed on a reserve list and used to make up the final quota, if spaces remain.

Music: (if used.) - instrumental only, no Disney, Andrew Lloyd Webber or any derivative. **Music must be emailed**, (with number of gymnast first, then name and finally school. (Participant numbers for successful schools, together with email address and closing date for music will be posted on BSGA website in mid May), **A back-up copy of music MUST be brought on competition day.** (USB stick or mobile phone preferred please)

Entry Fee £35.00 per team Payable by invoice, emailed to school when notified of a successful entry.

Dress: Boys - leotard and shorts or vest and shorts Girls - leotards. Dress to be uniform. No jewellery permitted

Floor Sequence

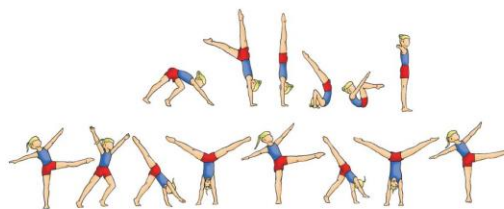
Key Step 3 Moves - 1, 2 and 3 below are **compulsory**



Round-off (1) (2) Backward roll straddle (3) Side-scale



(4) Choose **either** a full OR 1/2 jump turn



(5) Choose **either** a handstand roll OR two cartwheels



Choose **ONE** from bridge, OR splits (any), OR half-lever (6)

Making up the sequence: (Total value up to 16.0 marks)

Include only the 6 moves from above. Numbers 1,2 and 3 green are compulsory then choose **one from 4, (red), one from 5 (blue) and one from 6 (purple)** (Worth 3.0 marks)

- ◆ Put sequence together with choreography to show:
 - *use of the floor space, (0.5)
 - *changes in direction and levels (0.5)
 - *variety of linking ideas, (leaps, spins, dance) (0.5)
 - *musical interpretation and/or rhythm/temp (0.5)
 - *variety and originality (0.5)
 - *artistry and presentation throughout (0.5)
 (to include not finishing with the music) (Worth up to 3.0 marks)
- ◆ Execution faults deducted (Worth up to 10.0 marks)
- ◆ Can be performed with or without instrumental music. (no words) and to last no longer than 1 minute

Vault

Choose one of the following:



1) Squat on, tucked or straight jump off box - (cross ways) (Worth 4 marks)



2) Squat through or straddle box - (long ways or cross ways) (Worth 6 marks)

- ◆ Execution faults deducted (Worth up to 10.0 marks)
Total value up to 14 or 16 marks for each gymnast
- ◆ You have two attempts (the same or different vaults). The highest score counts
- ◆ The British Schools Gymnastics Association (BSGA) handbook provides additional judging information and the 2nd Edition of the Key Step resource pack provides advice and support on teaching the required skills

Apparatus: Floor 12m x 12m. Vault long or cross box with springboard - height adjustable to suit individual gymnasts

Awards: Trophy to winning team in each age group plus medals. For 1, 2 and 3 positions. If a tie highest combined acro score counts. If still a tie highest team vault score counts. Certificates for all participants

- ◆ For any further information or support please contact: president@bsga.org

English Schools Gymnastics Association

