



FOUNDATION STAGE

Foundation Stage - Floor Routine

This stage is performed on a strip of mats. The direction and order of moves must be EXACTLY as below. Each move must be performed separately with a clear start & finish and not linked to any other moves. Start facing the judges at the end of the mat, furthest away from the judge.

1. Forward roll to straddle sit
2. Pike sit (min 3-second hold)
3. Tuck rock and roll hands by the shoulders to the floor to tuck sit
4. Front Support (min 3-second hold)
5. Swing arms up, pivot turn
6. Straight Jump
7. One-leg balance (min 3-second hold)
8. Hands to floor, Bunny Hop

Foundation Stage - Floor Judging

There are 8 moves, with each move judged separately. The judges will deduct from each move.

Perfect = Zero / Small Error = 0.10 / Medium Error = 0.30 / Large Error = 0.50

The judges will total up the deductions and then deduct from 10.0 to give the final score. They award a sticker (placed on the child's certificate) based on the final score. The actual score is not given out as it is a grading.

GOLD STICKER = 9.10 - 10.0. SILVER STICKER = 8.30 - 9.0. BRONZE STICKER = 8.20 or below.

Foundation Stage - Vault

Performed on 30cm mat with Red Gymnova 2150 Springboard and a bench.

Gymnast performs two vaults & the highest score counts towards final score

- Run on bench, jump on board, straight jump, land.

Foundation Stage - Vault Judging

The difficulty (D SCORE) is zero for foundation stage and then judges deduct from 10.0 Execution (E SCORE) according to how well it was performed, creating the final score. The gymnasts are then awarded a sticker based on their score. Again the actual score is not shared.

GOLD STICKER = 9.10 - 10.0. SILVER STICKER = 8.30 - 9.0. BRONZE STICKER = 8.20 or below.