

National Prep 5 – Rules & Judging Guidelines

ELIGIBILITY & ENTRY RESTRICTIONS

9 & 10 YEARS ONLY – **MEDALS AWARDED IN 9 YEARS AND 10 YEARS AGE GROUPS**

RESTRICTIONS – Pass at Compulsory 4 or above, Pass at any National or Regional NDP grade 4-1

GENERAL JUDGING

Omission of an element = VM +2.00

Specific deductions are listed on each apparatus.

All other deductions taken from Table of General Faults in COP 2017-2020

On Beam and Floor elements may be performed in any order.

VAULT – Vault Table with 5 cm roller mat 105cm - Handspring to flat back

D Score 4.0

PHASE	EXECUTION FAULTS	PENALTIES		
TAKE OFF BOARD	Poor co-ordination of arm swing	0.1		
	Arms already up on jump onto board		0.3	
FIRST FLIGHT	Hip angle	0.1	0.3	
	Arch	0.1	0.3	
	Bent legs	0.1	0.3	0.5
	Legs Apart	0.1	0.3	
REPULSION	Shoulder angle on contact with vault	0.1	0.3	
	Bent arms	0.1	0.3	
		0.5		
SECOND FLIGHT	Bent legs	0.1	0.3	0.5
	Failure to maintain straight body	0.1	0.3	
	Insufficient height	0.1	0.3	0.5
	Insufficient length	0.1	0.3	
	Legs apart	0.1	0.3	
LANDING	Landing on mats with legs apart	0.1		
	Failure to land on flat back (landing in dish)		0.3	
	Hands/arms/body in contact with vault			0.5
GENERAL	Body alignment at any phase (taken once)	0.1		
	Dynamics	0.1	0.3	

BARS - D Score 4.0

CLARIFICATION – THE BAR ROUTINE IS TO CONSIST OF 3 SEPARATE SWINGS TOWARDS HANDSTAND FOLLOWED BY A BACKWARD GIANT. 3 SWINGS MUST BE SHOWN TO BE CREDITED WITH DV.

Element	VM	Faults	Deductions
From hang, trolley swing long upstart	0.5		
Cast to 45°	0.5	Body alignment in cast Height in cast >45° Height in cast: between 45° and 90° Cast below horizontal	0.1/0.3 No deduction 0.1/0.3 VM
1 st Swing	0.5	Lack of dish - back and fwd swing Insufficient 'open' position under bar Gymnast swings over the top of the bar (Backward OR Forward Giant)	0.1/ 0.3 0.1 0.5 ea
2 nd Swing	0.5	As 1 st Swing	
3 rd Swing	0.5	As 1 st Swing	
Back Giant	0.5	As 1 st Swing Failure to complete giant (over bar)	VM + 1.00 (fall)

BEAM – D Score 4.0

Element	VM	Faults	Deductions
Jump to clear straddle hold (2 seconds)	0.5	Brushing beam with feet Not held for 2 secs	0.3 0.3
Dance series: Split Jump	0.5	Deductions as per FIG- dance elements Series Break	0.1/0.3/0.5 0.3
Tuck Jump	0.5		
Sissone	0.5	Deductions as per FIG- dance elements	0.1/0.3/0.5
Split Handstand (2 Sec) Optional finish	0.5	Not held for 2 secs	0.3
Cartwheel	0.5		
½ spin	0.5		
½ turn on toes, stretch jump	0.5	Series break	0.3
Run, stretched jump dismount (2 foot take off)	0.5	Take off 1 foot	VM

FLOOR – D Score 4.0

Element	VM	Faults	Deductions
Back roll to front support (straight arms)	0.5	Failure to finish in front support	VM
Hurdle step from 2 feet: Round-off 2 flics	0.5 0.5 0.5	Running steps into tumble Stop in acro line (tumble not continuous)	0.3 1.0
Handspring to two	0.5		
Full spin	0.5	As per FIG – dance elements	0.1/0.3/0.5
Stretch jump with full turn	0.5	As per FIG – dance elements	0.1/0.3/0.5
Split leap chasse split leap	0.5 0.5	As per FIG - dance elements Series Break	0.1/0.3/0.5 0.3

RANGE and CONDITIONING – D Score 4.0 Missing any hold (2 seconds) – 0.3 each

Element	VM	Faults	Deductions
Kick to Handstand HOLD	0.5	Hand movements during handstand	0.1 ea (max 0.5)
Lower to pike fold HOLD	0.5	Insufficient pike <i>NB should the gymnast fall BEFORE the pike fold gymnast MUST return to handstand and complete the lower to pike fold</i>	0.1/ 0.3
Forward roll to straddle lever (feet above hips) HOLD	0.5	Feet below hips Resting legs on arms	0.1 0.3
Lower to sit, stretch up and lower chest to floor (JAPANA) HOLD	0.5	Chest not close to floor	0.1/ 0.3
Swim legs through to lie flat, push up to front support HOLD	0.5	Lack of dish shape in hold	0.1/0.3
Swing 1 leg to splits (optional leg) HOLD	0.5	Touching floor with hands in splits	0.3
Turn to other leg splits (hand placement allowed in transition) HOLD	0.5	Touching floor with hands in splits	0.3
Bring leg round, stretch up to pike fold flat HOLD	0.5	Insufficient pike	0.1/ 0.3
Return to lie flat, push to bridge HOLD	0.5	Insufficient shoulder extension	0.1/ 0.3
Lift one leg, kick through split handstand to stand	0.5	Failure to kick over to stand	1.00 (fall)