



BRISPA GYMNASTICS Competition

**COMPETITION ORGANISER
DELIVERY GUIDE**

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Gymnastics

To access the Rise Gymnastics Programme and Award Scheme and enhance their competition experience, schools can register as a Partner School by visiting the below.

Partner School Programme website

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1. Gymnast experience

Rise Gymnastics gives every child the opportunity to shine, and at British Gymnastics, we believe competitions should also reflect this. They should be safe, full of fun and positivity, providing the opportunity for every gymnast to amaze themselves.

Rise Gymnastics competitions will:

- Celebrate gymnasts' holistic development alongside skill development.
- Give gymnasts the opportunity to showcase what they have learnt in a low pressure, fun environment.
- Be inclusive of all gymnasts.
- Empower gymnasts by rewarding points for what they achieve, rather than deducting for their mistakes.

Create a positive environment

All Rise Gymnastics competitions should be held in a friendly, open and interactive environment. To give gymnasts the most positive experience, consider the following:

Judging

- Remove the judging table to enable judges to move around the space and positively interact with gymnasts. Provide clipboards so judges can score from anywhere.
- Remove the formality of uniforms and encourage judges to wear more casual attire.
- Consider removing the need for each gymnast to present and substitute this for a less formal signal, such as a wave at the start and a high five at the end of their routine.

Atmosphere

- Utilise Rise Gymnastics marketing materials to create an exciting space for the gymnasts, teachers, and spectators.
- Enhance downtime between routines by creating an area where gymnasts can get involved with gymnastics challenges, colouring activities or pairs games.
- Include spectators as much as possible. On the day distribute a programme with all the competition information included. Appoint a competition host to keep the crowd engaged by playing games, setting challenges and playing music with dance moves to join in with.

Confidence

- Enable gymnasts from the same school/class to be grouped together, regardless of their age or the level they have entered. Their coach/teacher can then stay with them throughout the competition to build their confidence and provide encouragement and feedback.
- Encourage gymnasts to cheer loud and proud for everyone taking part.

2. Competition format

ABILITY	STRAND								
	CORE SKILLS	SMALL APPARATUS				WORKING TOGETHER	LARGE APPARATUS		
EXPLORE LEVEL 1-4		BALL	HOOP	RIBBON	ROPE		BENCH	BARS	VAULT



3. Competition equipment and logistics

The format of the competition is split into ability levels and strands that align with the Rise Gymnastics Explore Award Scheme.

As a competition organiser, you should select which strands you will offer within your competition and communicate this with teachers and coaches beforehand. This could be based on the equipment and space you have available.

Gymnasts are not required to participate in all strands offered at a competition – they should be able to select which they would like to enter.

Age/ability level

Gymnasts should participate at the level that most appropriately reflects their progress through the skills within the Rise Gymnastics Award Schemes. Alternatively, gymnasts that are not working within the Rise Gymnastics Award Scheme should be entered at the level that best suits their gymnastics ability. Teachers and coaches should select the level considered most appropriate based on the gymnast's physical, social and emotional development.

Rise Gymnastics competitions are for any gymnast of primary-school age upwards, to align with the Rise Gymnastics Award Schemes.

Gymnasts can compete in any strand regardless of gender.

All routines can be adapted where necessary for those with additional needs. For more information about how to adapt your sessions, routines or the competition, please visit our [Inclusive Gymnastics](#) page.

Amend first sentence to: To access the Rise Gymnastics Programme and Award Scheme and enhance the whole competition experience, a school can register to become a Partner School at www.british-gymnastics.org/schools.

A school does not have to be a Partner School to participate in a Rise Gymnastics competition, however working towards the routines and skills in the award scheme to prepare for the competition will provide the best experience for the gymnasts, teachers and coaches.



Each strand is designed to require minimal equipment. The table below gives equipment recommendations to deliver a competition based on each strand.



CORE SKILLS

Area of matted floor (maximum 2m x 12m). This can be sprung or non-sprung

Optional music for levels 3 & 4

LARGE APPARATUS

Vault: springboard, trampette, raised surface/vault (60cm, 80cm & 100cm), safety landing mats

Bench: two benches (length maximum 2.67 metre) with appropriate safety matting

Bars: any bar where a gymnast can hang with full extension of legs

SMALL APPARATUS

Area of matted floor (maximum 8m x 8m)
This can be sprung or non-sprung

Hoop, rope, ball and/or ribbon – these should be provided by the competition organiser or venue. Gymnasts can choose to bring their own

Optional music for levels 3 & 4

WORKING TOGETHER

Area of matted floor (maximum 8m x 8m)
This can be sprung or non-sprung

Optional music for levels 3 & 4

4. Competition rules

We have provided a pre-determined or 'set' routine for each level of each strand.

Click on the links to see the routines for each level.



Key

B = BALANCE

L = LOCOMOTION

R = ROTATION

S = SPRING

CORE SKILLS

A 'Core Skills' routine consists of at least five skills at each level. Where more than one skill appears, the gymnast and teacher/coach should select the most appropriate skill to suit. We encourage gymnasts to add travel or choreography into and out of skills and use creative start/finish positions.



CORE SKILLS

Level 1

Level 2

Level 3

Level 4

WORKING TOGETHER

Level 1

Level 2

Level 3

Level 4

LARGE APPARATUS

Bars

Bench

Vault

SMALL APPARATUS

Ball

Hoop

Ribbon

Rope

LEVEL ONE

Creative starting position

Skill 1	Straight jump (S)
	Star jump (S)
	Tuck jump (S)
Skill 2	One-foot balance (B)
Skill 3	Tuck bunny jump (S)
	Straddle bunny jump (S)
Skill 4	Egg roll (R)
	Dish to arch roll (R)
Skill 5	Straddle sit (B)
	Pike sit (B)
	Tuck sit (B)
	Star lie (B)

Creative finishing position



LEVEL TWO

Creative starting position	
Skill 1	Cat leap (S)
	Chassé step forwards, once on each leg (S)
Skill 2	Arabesque (B)
	Shoulder stand (B)
Skill 3	Straight jump (S)
	Tuck jump (S)
	Star jump (S)
Skill 4	Teddy bear roll (R)
	Forward roll (R)
Skill 5	Straight jump with half turn (S, R)
	Half turn on one foot (R)
Skill 6	Dish (B)
	Arch (B)
Creative finishing position	

For level three, choreography and music are optional, however, they will not be judged.

LEVEL THREE

Creative starting position	
Skill 1	Cartwheel (R)
	Handstand (B – not held)
	Headstand (B)
Skill 2	Backward roll (R)
	Forward roll (R)
	Teddy bear roll (R)
Skill 3	Straight jump with full turn (S, R)
	Tuck jump with half turn (S, R)
	Full turn on one foot (R)
Skill 4	Frog balance (B)
	Straddle lever with one foot supported (B)
	Pike lever with one foot supported (B)
Skill 5	Shoulder stand (B)
	Dish (B)
	Arch (B)
Skill 6	Y balance (B)
	Arabesque (B)
	One-foot balance (B)
Skill 7	Chassé step forwards (S)
	Chassé step sideways (S)
	Cat leap (S)
	Scissor leap (S)
Creative finishing position	

For level four, choreography and music are optional, however, they will not be judged.

LEVEL FOUR

Creative starting position

Skill 1&2 connected

- Cartwheel to backward roll (R, R)
- Forward roll to side to side cartwheel (R, S)
- Cat leap to chassé step sideways (S, S)

Skill 3

- Straight jump with full turn (S, R)
- Tuck jump with half turn (S, R)
- Full turn on one foot (R)

Skill 4

- Handstand forward roll (R)
- One-handed cartwheel (R)

Skill 5

- Bridge (B)
- Front splits (B)
- Box splits (B)
- Frog balance (B)
- Straddle lever with one foot supported (B)
- Pike lever with one foot supported (B)
- Headstand (B)

Skill 6

- Straddle jump (S)
- Pike jump (S)
- Wolf jump/hop (S)
- Split jump (S)
- Sissone (S)
- Split leap (S)
- Cat leap with half turn (S, R)
- Scissor leap with half turn (S, R)
- Fouetté hop (S, R)
- Straight jump with full turn (S, R)
- Tuck jump with half turn (S, R)

Skill 7

- Y balance (B)
- Arabesque (B)
- One-foot balance (B)

Skill 8

- Shoulder stand (B)
- Pike fold (B)
- Japan (B)

Creative finishing position

WORKING TOGETHER



A 'Working Together' routine consists of at least five skills within a routine. Skills can be adapted to suit a pair, trio or group.

All gymnasts must be involved in the main skill either by:

1. Being supported by another teammate
2. Supporting another teammate
3. Performing a skill in contact with the main skill, e.g. a pair skill 'stand on thighs with the base on knees', where an additional gymnast is performing a handstand and the top is supporting them, whilst they are stood on the base's thighs.

We encourage gymnasts to add travel or choreography into and out of skills and use creative start/finish positions.

Where more than one skill appears, the gymnast and/or coach/teacher should select the most appropriate skill to suit the gymnast.



LEVEL THREE

Creative starting position

Skill 1	Assisted creative handstand (B)
Skill 2	Cartwheel over dish (R)
	Cartwheel over arch (R)
Skill 3	Chassé step sideways mirrored (S)
Skill 4	Stand on thighs with the base on knees (B)
Skill 5	Assisted tuck jump (S)
	Assisted star jump (S)
Skill 6	Counterbalance using one-foot balance (B)

Creative finishing position

- + For levels three and four, choreography and music are optional, however, they will not be judged.

LEVEL FOUR

Creative starting position

Skill 1	Leapfrog (S)
Skill 2	Stand on shoulders with the base on knees (B)
	Stand on thighs with the base on feet (B)
Skill 3	Cartwheel in canon (R)
Skill 4	Straddle lever with one foot supported mirrored (B)
	Pike lever with one foot supported mirrored (B)
Skill 5	Forward roll over arch (R)
	Forward roll over back support (R)
Skill 6	Stand on knee with the base on knee (B)

Creative finishing position

LEVEL ONE

Creative starting position

Skill 1	Face to face counterbalance (B)
	Back to back counterbalance (B)
Skill 2	Star jump in unison (S)
	Tuck jump in unison (S)
Skill 3	Dish to arch roll in contact (R)
	Egg roll in contact (R)
Skill 4	Tuck jump over arch (S)
	Star jump over back support (S)
	Star jump over tuck sit (S)
Skill 5	Supported front support (B)

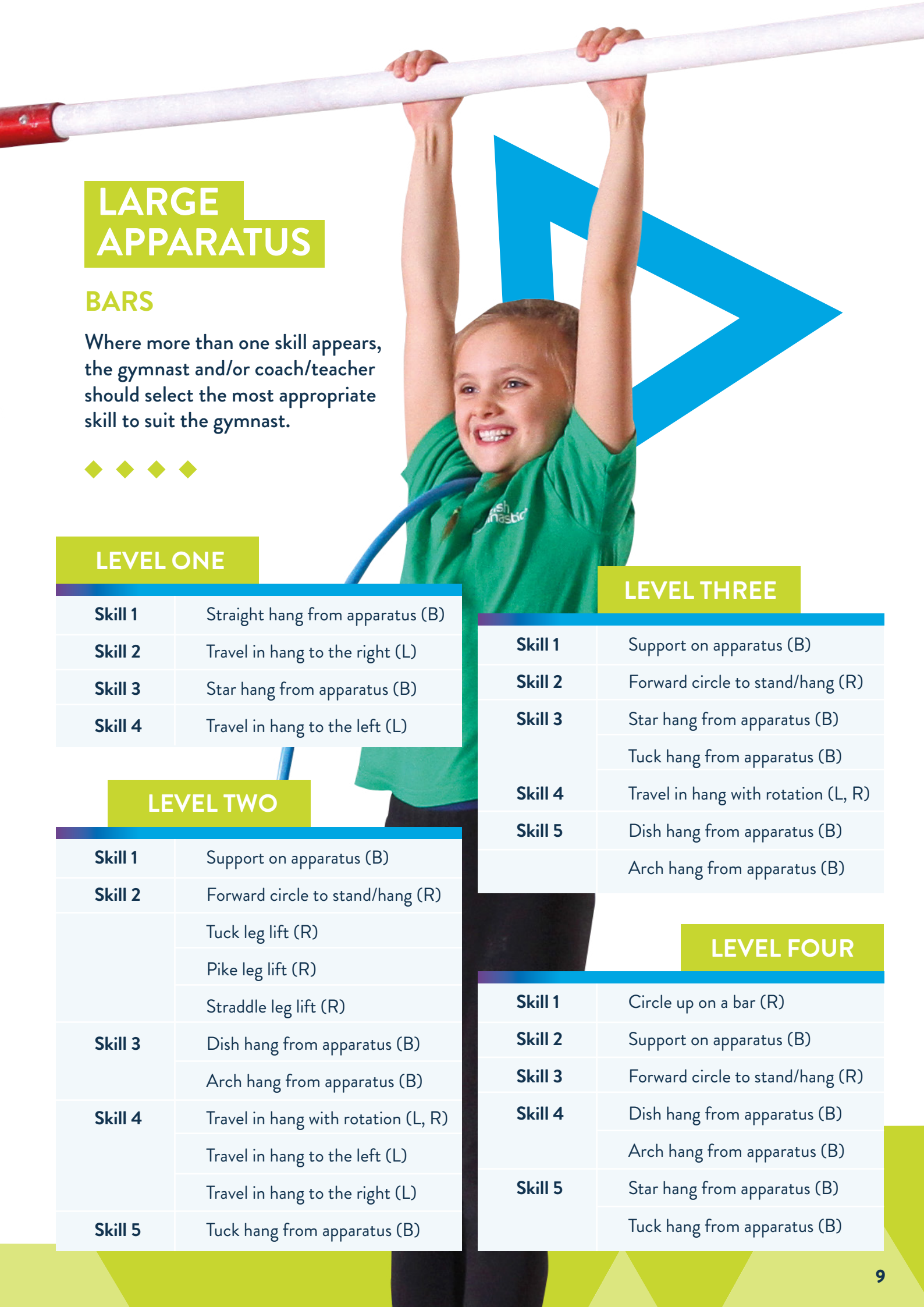
Creative finishing position

LEVEL TWO

Creative starting position

Skill 1	Bunkbeds with the base's legs straight (B)
Skill 2	Teddy bear back to back with a teammate (R)
Skill 3	Forward roll over dish (R)
	Forward roll over front support (R)
Skill 4	Cat leap in contact (S)
	Chassé step forwards in contact (S)
Skill 5	Forward roll in canon (R)

Creative finishing position



LARGE APPARATUS

BARS

Where more than one skill appears, the gymnast and/or coach/teacher should select the most appropriate skill to suit the gymnast.



LEVEL ONE

Skill 1	Straight hang from apparatus (B)
Skill 2	Travel in hang to the right (L)
Skill 3	Star hang from apparatus (B)
Skill 4	Travel in hang to the left (L)

LEVEL TWO

Skill 1	Support on apparatus (B)
Skill 2	Forward circle to stand/hang (R)
	Tuck leg lift (R)
	Pike leg lift (R)
	Straddle leg lift (R)
Skill 3	Dish hang from apparatus (B)
	Arch hang from apparatus (B)
Skill 4	Travel in hang with rotation (L, R)
	Travel in hang to the left (L)
	Travel in hang to the right (L)
Skill 5	Tuck hang from apparatus (B)

LEVEL THREE

Skill 1	Support on apparatus (B)
Skill 2	Forward circle to stand/hang (R)
Skill 3	Star hang from apparatus (B)
	Tuck hang from apparatus (B)
Skill 4	Travel in hang with rotation (L, R)
Skill 5	Dish hang from apparatus (B)
	Arch hang from apparatus (B)

LEVEL FOUR

Skill 1	Circle up on a bar (R)
Skill 2	Support on apparatus (B)
Skill 3	Forward circle to stand/hang (R)
Skill 4	Dish hang from apparatus (B)
	Arch hang from apparatus (B)
Skill 5	Star hang from apparatus (B)
	Tuck hang from apparatus (B)

LEVEL ONE

Creative starting position

Mount Choose any creative way to get onto the bench

Skill 1 Straight stand on a bench (B)

Straight lie on a bench (B)

Tuck sit on a bench (B)

Tuck lie on a bench (B)

Star stand on a bench (B)

Straddle stand on a bench (B)

Pike sit on a bench (B)

Pike stand on a bench (B)

Skill 2 One-foot balance on a bench (B)

Skill 3 Straight jump on a bench (S)

Tuck jump on a bench (S)

Skill 4 Tuck jump from a raised surface (S)

Star jump from a raised surface (S)

Creative finishing position

LEVEL TWO

Creative starting position

Skill 1 Squat onto a bench (S)

Straddle onto a bench (S)

Skill 2 Cat leap on a bench (S)

Scissor leap on a bench (S)

Tuck jump on a bench (S)

Skill 3 Arabesque on a bench (B)

Shoulder stand on a bench (B)

Skill 4 Dish on a bench (B)

Arch on a bench (B)

Skill 5 Straight jump with half turn dismount (S, R)

Creative finishing position



BENCH

Where more than one skill appears, the gymnast and/or coach/teacher should select the most appropriate skill to suit the gymnast.



For levels three and four, choreography and music are optional, however, they will not be judged.

LEVEL THREE

Creative starting position

Skill 1 Front splits on a bench (B)

Box splits on a bench (B)

Bridge using a bench (B)

Frog balance on a bench (B)

Y balance on a bench (B)

Tuck lever using apparatus (B)

Skill 2 Cat leap on a bench (S)

Scissor leap on a bench (S)

Tuck jump on a bench (S)

Skill 3 Cartwheel on or over a bench (R)

Forward roll on or over a bench (R)

Kick towards handstand on a bench (B – not held)

Skill 4 Arabesque on a bench (B)

Shoulder stand on a bench (B)

Skill 5 Straight jump with half turn dismount (S, R)

Tuck jump with half turn dismount (S, R)

Creative finishing position

LEVEL FOUR

Creative starting position	
Skill 1	Pike lever using apparatus (B)
	Straddle lever using apparatus (B)
	Y balance on a bench (B)
	Arabesque on a bench (B)
Skill 2	Forward roll on or over a bench (R)
Skill 3	Straddle jump on a bench (S)
	Pike jump on a bench (S)
	Wolf jump/hop on a bench (S)
	Split jump on a bench (S)
	Sissone on a bench (S)
	Split leap on a bench (S)
Skill 4	Cartwheel using a bench (R)
	One-handed cartwheel using a bench (R)
	Handstand on a bench (B – not held)
	Kick towards handstand on a bench (B - not held)
	Pike fold on a bench (B)
	Arabesque on a bench (B)
	Press up on a bench (B – not held)
Skill 6	Straddle jump dismount (S)
	Pike jump dismount (S)
	Wolf jump dismount (S)
	Split jump dismount (S)
Creative finishing position	

VAULT

Gymnasts perform two vaults. They may perform the same option twice or perform two different options.



LEVEL ONE (60CM)

Option 1	From stand, squat onto raised surface, straight jump off
Option 2	From stand, straddle onto raised surface, star jump off

LEVEL TWO (80-100CM)

Option 1	From run, squat onto raised surface, tuck jump off
Option 2	From run, straddle onto raised surface, star jump off

LEVEL THREE (80-100CM)

Option 1	From run, squat onto raised surface, straight jump with half turn off
Option 2	From run, straddle onto raised surface, tuck jump with half turn off

LEVEL FOUR (90-120CM)

Option 1	Squat through
Option 2	Straddle over
Option 3	From run, straddle onto raised surface, straddle jump off

SMALL APPARATUS

A 'Small Apparatus' routine consists of at least five skills at each level. Where more than one skill appears, the gymnast and teacher/coach should select the most appropriate skill to suit. We encourage gymnasts to add travel or choreography into and out of skills and use creative start/finish positions.

BALL



LEVEL ONE

Creative starting position	
Skill 1	Tuck sit with the ball balanced on the back of the hands (B)
	Straddle sit with the ball balanced on the back of the hands (B)
	Pike sit with the ball balanced on the back of the hands (B)
Skill 2	Bounce the ball with one or two hands x 3
Skill 3	Straight jump with a throw and catch of the ball with two hands (S)
	Star jump with a throw and catch of the ball with two hands (S)
Skill 4	Roll the ball between the hands
Skill 5	Hip roll with roll of the ball on the floor (R)
	Egg roll with roll of the ball on the floor (R)
Creative finishing position	

LEVEL TWO

Creative starting position	
Skill 1	Roll the ball, forward roll alongside and collect (R)
Skill 2	Bounce the ball with one hand x 3
Skill 3	Cat leap with a throw and catch of the ball with one or two hands (S)
	Chassé with a throw and catch of the ball with one or two hands (S)
Skill 4	Shoulder stand with the ball held between the ankles (B)
Skill 5	Standing or sitting, roll the ball between the hands
Creative finishing position	

LEVEL THREE

Creative starting position	
Skill 1	Roll the ball, cartwheel alongside and collect (R)
Skill 2	Arabesque with a throw and catch of the ball with one hand (B)
	Y balance with a throw and catch of the ball with one hand (B)
	Arabesque with 3 x bounces of the ball with one hand (B)
	Y balance with 3 x bounces of the ball with one hand (B)
Skill 3	5 x bounces of the ball with one hand (3 bounces with one hand and two bounces with the other hand)
	Straight jump with half turn with a throw and catch of the ball with one hand (S, R)
Skill 4	Straight jump with half turn with a throw and catch of the ball with one hand (S, R)
Skill 5	Holding the ball with both arms above the head, release the ball and roll the ball down the arms and back to catch at the base of the spine

LEVEL THREE CONT

Skill 6	Headstand holding the ball between the knees or ankles (B)
	Shoulder stand holding the ball between the knees or ankles (B)
Creative finishing position	

For levels three and four, choreography and music are optional, however, they will not be judged.



LEVEL FOUR

Creative starting position	
Skill 1	Backward roll to knees holding the ball between knees (R)
Skill 2	Split leap with a throw and catch of the ball with one hand (S)
	Cat leap with half turn with a throw and catch of the ball with one hand (S, R)
Skill 3	5 x bounces of the ball with one hand (3 bounces with one hand and two bounces with the other hand)
Skill 4	One-foot balance with rotation of the ball between the hands using forward and backward rotation (B)
Skill 5	Roll the ball from one hand, across the chest and down the other arm to catch
Skill 6	3 x chassé step forwards with a bounce of the ball on each (S)
	3 x chassé step sideways with a bounce of the ball on each (S)
Creative finishing position	



LEVEL ONE

Creative starting position	
Skill 1	One-foot balance inside the hoop holding at waist height (B)
Skill 2	3 x skips through the hoop with feet together (S)
Skill 3	Roll the hoop forwards on the floor, travel creatively alongside and collect (L)
Skill 4	3 x rotations of the hoop on the hand
Skill 5	Star jump with a throw of the hoop to land with the hoop travelling over the gymnast to land on the floor around the feet of the gymnast (S)

Creative finishing position

LEVEL TWO

Creative starting position	
Skill 1	Arabesque with the hoop around the neck (B)
Skill 2	Cat leap through the hoop (S)
Skill 3	3 x hula hoops
Skill 4	Boomerang a hoop and straight jump with half turn alongside to catch (S, R)
Skill 5	3 x rotations of the hoop on the hand
Creative finishing position	

LEVEL THREE

Creative starting position	
Skill 1	Straight jump with full turn holding the hoop (S, R)
	Full turn on one foot holding the hoop (R)
Skill 2	Roll the hoop forwards and forward roll alongside to catch (R)
	Roll the hoop backwards and backward roll alongside to catch (R)
Skill 3	Throw and catch the hoop with one hand
Skill 4	Boomerang the hoop and star jump over to catch (S)
Skill 5	Cat leap with 3 x rotations on the hand (S)
Skill 6	3 rotations on the hand with the hoop above the head
Creative finishing position	

For level four, choreography and music are optional, however, they will not be judged.



LEVEL FOUR

Creative starting position	
Skill 1	Front splits with 3 x rotation of the hoop on the hand above the head (B)
	Box splits with 3 x rotations of the hoop on the hand above the head (B)
	Y balance with 3 x rotation of the hoop on the hand to the front of the body (B)

Skill 2 Boomerang the hoop and one-handed cartwheel alongside to catch (R)

Boomerang the hoop and backward roll to straddle stand alongside to catch (R)

Skill 3 Throw and catch the hoop with one hand

Skill 4 Headstand with the hoop balanced on the feet (B)

Shoulder stand with the hoop balanced on the feet (B)

Skill 5 Cat leap with throw and catch of the hoop with one hand (S)

Skill 6 3 x rotations on the hand with the hoop above the head

Creative finishing position

RIBBON



LEVEL ONE

Creative starting position

Skill 1 One-foot balance with ribbon coils (B)

One-foot balance with ribbon snakes (B)

Skill 2 Dish to arch roll holding the stick on one hand and the ribbon in the other (R)

Skill 3 Ribbon coils to the front of the body

Skill 4 Star jump holding the ribbon (S)

Skill 5 Star stand with ribbon snakes from left to right (B)

Creative finishing position

LEVEL TWO

Creative starting position	
Skill 1	Arabesque holding ribbon in one hand (B)
Skill 2	Cat leap with large ribbon circle (S)
Skill 3	Ribbon coils to the side of the body
Skill 4	Straight jump with half turn with ribbon snakes (S, R)
Skill 5	Ribbon snakes from high to low
Creative finishing position	

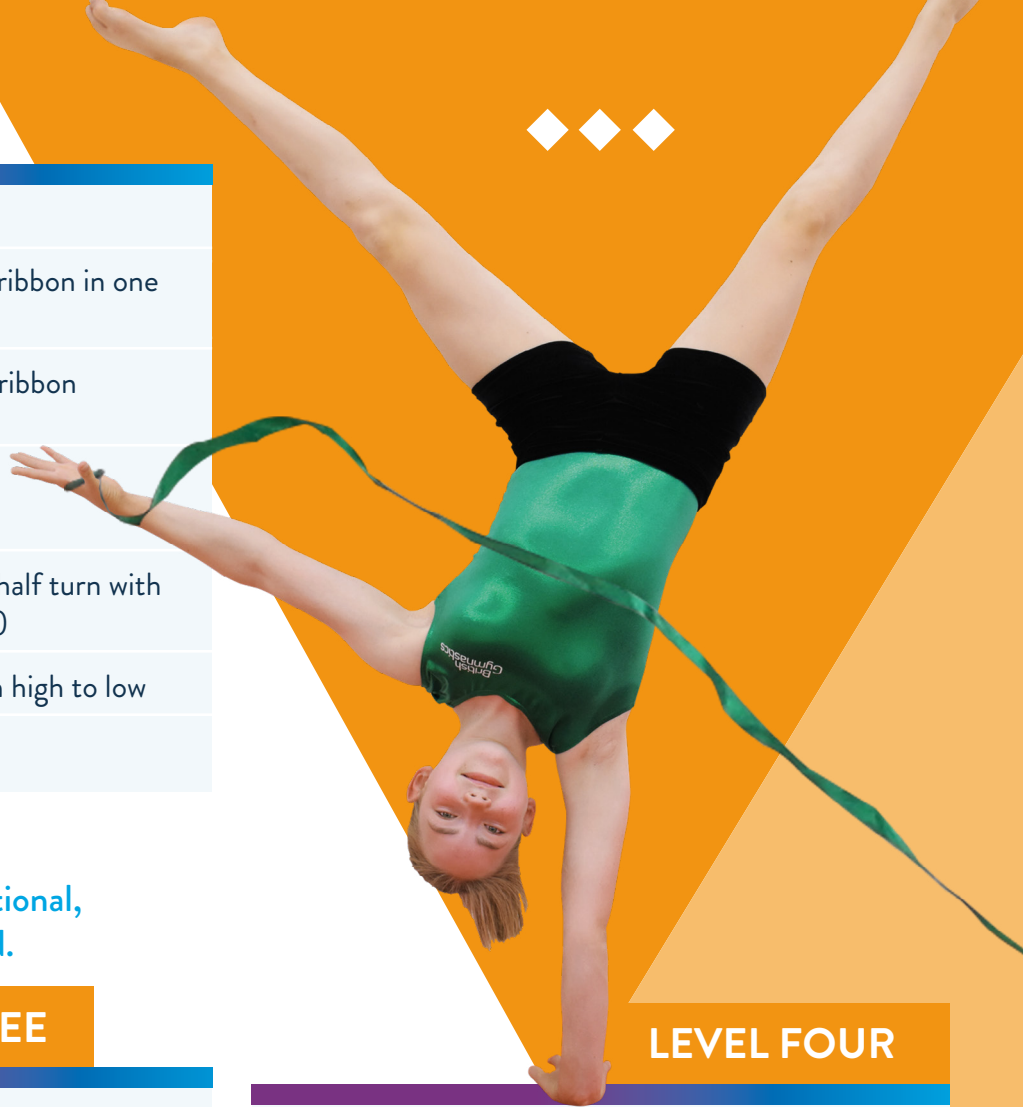
For levels three and four, choreography and music are optional, however, they will not be judged.

LEVEL THREE

Creative starting position	
Skill 1	Full turn on one foot holding the ribbon at horizontal to create a large circle (R)
Skill 2	Front splits with ribbon coils (B)
	Box splits with ribbon coils (B)
	Arabesque with ribbon coils (B)
	Y balance with ribbon coils (B)
Skill 3	3 x large ribbon circles above the head
Skill 4	Cat leap with large ribbon circle (S)
	Scissor leap with large ribbon circle (S)
Skill 5	Ribbon snakes from high to low to high with a switch of hands
Skill 6	Straddle side roll holding the ribbon (R)
Creative finishing position	

LEVEL FOUR

Creative starting position	
Skill 1	One-handed cartwheel holding the ribbon (R)
Skill 2	Split leap with a large ribbon circle (S)
	Cat leap with half turn with a large ribbon circle (S, R)
Skill 3	Ribbon snakes from left to right to left with a switch of hands
Skill 4	Arabesque with ribbon coils to the side of the body (B)
Skill 5	3 x large ribbon circles in a figure of eight
Skill 6	3 x chassé step forwards with large ribbon circle to the side of the body on each (S)
	3 x chassé step sideways with large ribbon circle in front of the body on each (S)
Creative finishing position	



For levels three and four, choreography and music are optional, however, they will not be judged.

LEVEL ONE

Creative starting position

Skill 1	Straight jump with the rope hung over shoulders (S)
	Tuck jump with the rope hung over shoulders (S)
	Star jump with the rope hung over shoulders (S)
Skill 2	Skip through the rope forwards x 5 with feet together (S)
Skill 3	Star stand with 3 rotations of the rope in front of the body (B)
	Straddle sit with 3 rotations of the rope above the head (B)
Skill 4	Figure of eight rotations x 3
Skill 5	One-foot balance with 3 rotations of the rope to the side of the body (B)

Creative finishing position

LEVEL TWO

Creative starting position

Skill 1	Skip through the rope using a cat leap (S)
Skill 2	Skip through the rope backwards x 5 with feet together (S)
Skill 3	Teddy bear roll holding the rope in front of the body (R)
	Forward roll holding the rope behind the knees (R)
Skill 4	Figure of eight rotations x 3
Skill 5	Arabesque with the rope hung around the neck (B)

Creative finishing position

Creative starting position

Skill 1	Straight jump with full turn holding the rope (S, R)
	Full turn on one foot holding the rope (R)
Skill 2	Y balance with a figure of eight rotations (B)
	Arabesque with a figure of eight rotations (B)
Skill 3	Skip through the rope forwards x 5 (S)
Skill 4	Skip through with a double skip (S)
Skill 5	Cat leap with 3 x rotations to the side of the body (S)
Skill 6	Skip through with a crossed skip and a tuck jump (S)

Creative finishing position

LEVEL FOUR

Creative starting position

Skill 1	Chassé step forwards (once on each leg) with rotations to the side of the body (S)
	Chassé step sideways (once on each leg) with rotations to the front of the body (S)
Skill 2	Skip through the rope using a split leap (S)
	Skip through the rope using a cat leap (S)
Skill 3	Skip through the rope x 5 using a double skip and a crossed skip (S)
Skill 4	3 x figure of eight rotations
Skill 5	One-handed cartwheel holding the rope (R)
Skill 6	Straight jump with full turn with a rotation of the rope above the head (S, R)

Creative finishing position

5. Competition judging

Rise Gymnastics competitions will give gymnasts the opportunity to showcase what they have learnt and how they are progressing, whilst having fun. To support this, we have introduced positive scoring with no deductions. This reduces the impact on confidence and self-esteem that can occur with traditional gymnastics judging.

Below is an outline of how to judge and score a Rise Gymnastics Core Skills competition, the same can be applied to the other strands other than vault which appears on the next page. Example blank tariff sheets are available.

Each skill is judged out of five points:

1 = the skill is either incomplete, is not recognisable as the intended skill or doesn't meet the technical requirements, such as not completing the rotation.

2 = the skill has been completed but with a large error, such as a fall, multiple medium errors or a balance not held.

3 = the skill has been completed but with a medium error, such as a lack of height, bent legs/arms or multiple small errors.

4 = the skill has been completed to a good standard but with a small error, such as feet not pointed or poor posture.

5 = the skill has been completed to a fantastic standard with no visible errors.

The judge will tick the box they feel is best suited to the execution of the skill. If a skill is not attempted, the gymnast will not receive any points for that skill.

The coach/teacher will complete this section for each gymnast, so the judge is aware of what they are expecting to see.

The skills expected to be included in the routine. These skills should be in the order of performance so the judge can follow the routine correctly. The gymnast's name/number will be populated by the coach/teacher.

CORE SKILLS 1

Gymnast No:		1	2	3	4	5	
Skill 1	Star jump			✓			
Skill 2	One-foot balance				✓		
Skill 3	Tuck bunny jump			✓			
Skill 4	Dish to arch roll				✓		
Skill 5	Straddle sit					✓	
Overall performance					✓		
						Total	23

LARGE APPARATUS: VAULT 1

Gymnast No:	Skills	Phase	1	2	3	4	5
Vault 1	From stand, squat onto raised surface, straight jump off	Flight on			✓		
		Flight off		✓			
		Landing control					✓
		Overall presentation				✓	
Vault 2	From stand, straddle onto raised surface, star jump off	Flight on					✓
		Flight off			✓		
		Landing control			✓		
		Overall presentation				✓	
						Total	29

6. Competition awards and presentations

Gymnasts will be given a score for each routine they perform.

The scores from all the routines will then be added together and divided by the number of routines they competed in, this total average score will then sit within a gold, silver or bronze score band.

The relevant colour sticker can then be placed on the certificate within the circle, prior to presentations.

The Rise Gymnastics Competition certificates and colour stickers are available to purchase from the [British Gymnastics Official Shop](#).

This method enables all gymnasts to be celebrated for their achievements and creates a positive experience for all. The award the gymnast is given is based on their performance alone, rather than against fellow competitors.



Rewards for placing and position can be awarded at the competition organisers discretion, such as overall top three or six.

Post competition, the competition organiser may choose to distribute the individual scores for each routine to entered schools.

It is recommended that a presentation of rewards is held after every round of competition. To save time, if the venue has space for a second floor area, have the next round of gymnasts arrive and begin their warm up while presentations are happening from the previous round.

7. Planning a competition

Step one

Choose a date and decide on the strands that will be best suited for your venue, equipment available and attending schools. For example, a 'Working Together' or 'Hoop' competition.

Use the **competition information sheet** provided and complete everything that is relevant to your venue and chosen type of competition.

Step two

Advertise your competition amongst your network.

You will need to source judges. They do not need to hold a qualification however it is important to ensure they have the knowledge and understanding of the Rise Gymnastics judging criteria. Schools could be asked to provide a judge as part of the entry requirements. You could link with a local gymnastics club or secondary school leadership programme to source judges. It is recommended to have a minimum of two judges per strand.

Consider the other roles you may need to recruit to deliver the competition, such as a competition host, score inputters and runners to take the scores from the judges to the scorers.

Step three

Use the **organiser spreadsheet** to input all entries into the correct levels and strands.

Create the competition programme including the running order.

Order certificates.

Circulate the competition programme to the attending schools a minimum of two weeks before the competition. Remind schools to provide their completed tariff sheets by a specified date.

Step four

Use the remaining few weeks before the competition to:

- Print the competition programme.
- Ensure helpers understand their delegated roles.
- Prepare and distribute tariff sheets, competition programme and a copy of the rules to all judges.
- Organise the score sheet with gymnast names inputted in the correct strand tab.
- Prepare certificates.
- Create a register for gymnasts as they arrive.
- Remind schools to submit any outstanding tariff sheets.

Thank you for taking part in a Rise Gymnastics Competition. Good luck to all involved.

RISE GYMNASTICS

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To access the Rise Gymnastics Programme and Award Scheme and enhance their competition experience, schools can register as a Partner School by visiting the below.

[Partner School Programme website](#)

