

Key Steps Gymnastics Competition

- 'The Key step Competition is for school, school club performers and those who do not represent their school regularly, who may take part in gymnastics outside of school, but no more than 2 hours per week, rather than an opportunity for performers already receiving coaching and in a competitive structure outside the school'.
- Children will perform routines on both floor and vault as per the 'English Gymnastics Key Step Gymnastics Resource Pack'. (You can view routines on the SASP website www.sasp.co.uk under *Schools* and then *School Games*)
- Competition will be Floor and Vault sections.
- Teams should contain a minimum of 4 and a maximum of 6 competitors. Teams may be entered in 3 age groups Key Step 1 (Yrs 1 & 2), Key Step 2 (Yrs. 3 & 4) and Key Step 3 (Yrs. 5 & 6). The top 4 scores on each piece of apparatus will count towards the overall team score.
- Each Floor routine and vault will be judged out of a maximum score of 10.00 points.
- Every team entered must be accompanied by a teacher or coach.
- Gymnasts must wear shorts, school t shirt and bare feet. School leotards may also be worn.

Judging

Floor sequence

- Each sequence will be judged from 10.00 marks.
- The floor sequence is a 'set' sequence and this means that the gymnasts must perform the movements exactly as the sequence has been written down. No additional skills or movements should be included.
- Each skill in the sequence has a value of 1.0 mark. If a gymnast misses out a skill they will automatically lose 1.0 full mark.

- Marks will be deducted based on the size of the mistake i.e. a small mistake could result in a 0.1 - 0.2 mark penalty, a large mistake could result in up to 0.5 marks being deducted.

Vault

- Vaults will be judged from 10.00 Marks.
- Gymnasts will perform the Vault as laid out in the Step 2 and Step 3 Vault Card.
- Gymnasts may have 2 attempts. The best mark will count.
- Marks will be deducted based on the size of the mistake i.e. a small mistake could result in a 0.1 - 0.2 mark penalty, a large mistake could result in up to 0.5 marks being deducted.

Health & Safety

Before any competition takes place, the following **MUST** be read and adhered to:

- Long hair must be tied back
- No jewellery should be worn
- All loose clothing must be tucked in.
- No chewing gum/sweets allowed.
- All gymnasts should have warmed up appropriately before each routine.
- First aiders will be on site, however please ensure your pupils bring with them any medical supplies they may need i.e. asthma inhalers.
- All team teachers must ensure their pupils are under adult supervision at all times, even when performing.
- Please ensure that your pupils have been thoroughly briefed with regards to health and safety

Fair Play

The ideals of good sportsmanship and respect should permeate throughout all competitive and recreational sport. They are displayed by someone who abides by the rules of a contest, respects their opponents and accepts victory or defeat graciously.