

HERTFORDSHIRE GYMNASTIC ASSOCIATION



Hertfordshire Grades 1, 2, 3, 4 & 5 for Boys Rules 2022

1. Grading to be organised by the HGA Artistic Competition Organiser.
2. At least two judges per piece of apparatus, the qualifications of these are at the discretion of the Judging Convenor.
3. Gymnasts who achieve an overall score of **31.50** for grades 1 and 2 and **42.00** for grades 3-5 have deemed to have passed the Grade.
4. The HGA Artistic Competition Organiser will maintain a record of all passes and will issue certificates to each successful gymnast.
5. Badges may be purchased at a cost of which is determined by the HGA Executive Committee.
6. The entry fee to the grading will be determined by the HGA Executive Committee.
7. These grades are aimed at lower level recreational /artistic development gymnasts.
HGA Grades 1, 2, 3 – Boys who have not competed in the club NDP or Regional Voluntary Championships may enter.
HGA Grades 4, 5 – Boys who take part in club NDP may enter
8. The gymnast may enter the grades at any level; upward progression will be at her coach's discretion.
9. Gymnasts must be 6 years or over in the year of competition to enter these grades.

GENERAL INFORMATION

Judging Specific deductions are shown for each routine/vault that make up a HGA Grade. All other deductions will be taken from the general penalties in the current Code of Points. Protests are not allowed. If, at the end of a grading, the gymnasts overall score is 0.20 less than the required pass mark; it can be raised, at the discretion of the Judging Convenor.

Head Judge Deductions

Coaching/signalling/shouting during performance of an exercise by ANYONE (including members of the audience)	5.00.
Coach touching a gymnast during performance (unless required to do so, by the exercise)	2.00
Omission of an element	VM + 2.00
Attempt but not completing an element	VM

Responsibilities of Coaches

The senior coach from each club in attendance on the day of the grading is held responsible for the actions of coaches and gymnasts in their charge.

Should the Judging Convenor or Artistic Competition Organiser approach your coach because of concern about the safety or behaviour of either coach or gymnast you **MUST** take the required action.

HGA Grading may be the first competition a gymnast is entered for and Club Leaders are advised to discuss with parents and gymnasts their expected behaviour on the day. British Gymnastics policy of photography should be explained to parents/spectators of your gymnasts.

Male gymnasts are expected to wear well-fitting leotard and shorts (longs maybe worn for P Bars) and be neat and tidy.

Coaches should wear a polo or T-shirt with tracksuit bottoms and trainers.

Jewellery – British Gymnastics have a ZERO tolerance of the wearing of jewellery. This applies to coaches as well as gymnasts. The wearing of any kind of jewellery is forbidden when at competitions or whilst training. The only exception to this rule is where wedding bands cannot be removed from the finger, in this case the wedding ring must be covered by tape to ensure safety.

FLOOR

HGA FLOOR GRADE 1 FOR BOYS – Start Value 3.50

Floor Strip 12m x 2m

1. Forward roll
2. Star Jump
3. ¼ turn Cartwheel sideways ¼ turn
4. Drop to bent arm support, 2 press ups
5. Turn and show back support, sit and show pike fold
6. Push to bridge and then lie flat on back – optional exit
7. Half turn straight jump

Note: Arm positions optional

Elements all valued at 0.50

Movements in and out of elements should look pleasing

Elements not attempted VM + 2.00

Specific deductions:

Cartwheel	Slow leg swing	0.10
	Insufficient split of legs	>0.30
	Legs not passing through vertical	>0.30
	Bent legs	>0.50
Press Up	Poor shape	>0.30
	Hips touching floor	0.50
Bridge	Shoulder angle <30°	>0.30
	Bent legs	>0.50
Jumps	Lack of height	>0.30
	Poor body shape	>0.30
Lack of flexibility during gymnastic or static elements		>0.30

HGA FLOOR GRADE 2 FOR BOYS – Start Value 3.50

Floor Strip 12m x 2m

1. Handstand forward roll to stand
2. ¼ turn, side cartwheel, side cartwheel, ¼ turn
3. Drop to bent arm support, 3 press ups
4. Turn and show back support
5. Japana
6. Push to bridge and then lie flat on back – optional exit
7. Full turn straight jump

Note: Arm positions optional

Elements all valued at 0.50

Movements in and out of elements should look pleasing

Elements not attempted VM + 2.00

Specific deductions:

Handstand	Legs apart	>0.30
	Body not straight	>0.30
Cartwheel each	Slow leg swing	0.10
	Insufficient split of legs	>0.30
	Legs not passing through vertical	>0.30
	Cartwheels not joined	0.30 (once)
Press Up	Bent legs	>0.50
	Poor shape	>0.30
	Hips touching floor	0.50
Japana	Less than 120°	>0.50
Bridge	Shoulder angle <30°	>0.30
	Bent legs	>0.50
Jumps	Lack of height	>0.30
	Poor body shape	>0.30
Lack of flexibility during gymnastic or static elements		>0.30

HGA FLOOR GRADE 3 FOR BOYS – Start Value 3.50

Floor Strip 12m x 2m

1. Handstand (2 second hold) forward roll to stand
2. Arabesque and hold for 2 seconds
3. Step to straddle and lower to box splits
4. Lever to headstand with straight legs
5. Backward roll to front support
6. Squat feet in to stand, full turn straight jump
7. Roundoff

Note: Arm positions optional

Elements all valued at 0.50

Movements in and out of elements should look pleasing

Elements not attempted VM + 2.00

Specific deductions:

Handstand	Not held for 2 seconds	>0.30
	Legs apart	>0.30
	Body not straight	>0.30
Headstand	Not held for 2 seconds	>0.30
	Bent legs	>0.50
	Legs apart	>0.30
Arabesque	Not held for 2 seconds	>0.30
	Chest not lifted	>0.30
	Low leg	>0.30
Box Splits	Incomplete split position	>0.50
Jump	Lack of height	>0.30
	Poor body shape	>0.30
Round off	Bent legs in round off	>0.30
	Legs apart in round off	>0.30
Lack of flexibility during gymnastic or static elements		>0.30

HGA FLOOR GRADE 4 FOR BOYS – Start Value 3.50

Floor Strip 12m x 2m

1. Handspring (legs together)
2. Kick to Handstand (2 secs) and Forward roll with straight legs
3. Full turn jump
4. Backward roll to handstand
5. Any splits optional exit to stand
6. Arabesque
7. Roundoff

Note: Arm positions optional

Elements all valued at 0.50

Movements in and out of elements should look pleasing

Elements not attempted VM + 2.00

Specific deductions:

Handspring	Lack of shoulder lift	>0.30
	Bent legs	>0.50
H/stand forward roll	Roll with bent legs	>0.50
	Bending arms	>0.30
½ turn jump	Lack of height in jump	>0.30
B/roll to Handstand	No momentary handstand	>0.50
Splits	Incomplete split position	>0.50
Arabesque	Not held for 2 seconds	>0.30
	Chest not lifted	>0.30
	Low leg	>0.30
Round off	Bent legs in round off	>0.30
	Legs apart in round off	>0.30
Lack of flexibility during gymnastic or static elements		>0.30

HGA FLOOR GRADE 5 FOR BOYS – Start Value 3.50

Floor Strip 12m x 2m

1. Round off backward flic
2. Backward roll on straight arms to handstand and down to front support
3. Swedish fall through to splits, optional exit to stand
4. Handspring (legs together)
5. Y balance
6. From straddle stand, press to handstand (hold 2 secs), optional exit
7. Front tucked somersault

Note: Arm positions optional

Elements all valued at 0.50

Movements in and out of elements should look pleasing

Elements not attempted VM + 2.00

Specific deductions:

Round off	Bent legs in round off	>0.30
	Legs apart in round off	>0.30
Backward flic	Flic with bent lgs	>0.50
	Stop after round off	>0.50
B/roll to Handstand	Not held for 2 seconds	>0.30
	Bent arms	>0.50
Y Balance	Not held for 2 seconds	>0.30
	Incomplete split position	>0.50
	Bent legs	>0.50
	Lack of split	>0.30
Press to Handstand	Handstand not held for 2 secs	>0.30
Front somersault	Lack of height	>0.30
	Poor tuck position	>0.30
Lack of flexibility during gymnastic or static elements		>0.30

VAULT

HGA VAULT GRADE 1 FOR BOYS – Start Value 3.50

Vault – 30cm platform - 1 spring board

Short run and hurdle step, 2 footed take off from springboard to land on platform, walk to end and jump off

HGA VAULT GRADE 2 FOR BOYS – Start Value 3.50

Vault – 60cm Safety Mats – 1 spring board – Handspring Flat Back to Safety Mats

HGA VAULT GRADE 3 FOR BOYS – Start Value 3.50

Vault – 90cm Safety Mats – 1 spring board – Handspring Flat Back to Safety Mats

HGA VAULT GRADE 4 FOR BOYS – Start Value 3.50

Vault – 100cm Vault table – 1 spring board – Handspring to stand

HGA VAULT GRADE 5 FOR BOYS – Start Value 3.50

Vault – 110cm Vault table – 1 spring board – Handspring to stand

BAR

HGA LOW BAR GRADE 1 FOR BOYS

Single chalk or metal low bar - Start Value 3.50

From standing using metal or wood low bar

	Value
1. Circle up to front support	1.50
2. Cast and return to bar	1.00
3. Cast and push away dismount	1.00

HGA LOW BAR GRADE 2 FOR BOYS

Single chalk or metal low bar - Start Value 3.50

From standing near bar (shoulder height)

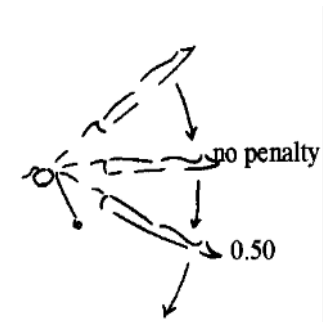
	Value
1. Circle up to front support	1.00
2. Cast and back hip circle	1.50
3. Cast and push away dismount	1.00

HGA LOW BAR GRADE 3 FOR BOYS

Single chalk or metal low bar - Start Value 3.50

From standing near bar (shoulder height)

	Value
1. Circle up to front support	0.50
2. Cast above 45°	1.00
3. Cast and back hip circle	1.50
4. Cast and push away dismount	0.50



HGA LOW BAR GRADE 4 FOR BOYS

Gloves and straps – polished bar $\frac{3}{4}$ height – Start Value 3.50

From hang

	Value
1. 2 Chins	1.00
2. 2 Leg Lifts	1.00
3. 5 fish swings (best 3 to count)	1.50
4. Drop from bar to floor and land	

HGA LOW BAR GRADE 5 FOR BOYS

Gloves and straps – polished bar $\frac{3}{4}$ height – Start Value 3.50

From hang

	Value
1. 1 Leg lift	0.50
2. Trolley swing	0.50
3. 2 prep swings	1.00
4. 2 Swings to horizontal or above	1.50

Specific low bar/Metal bar deductions

Element not attempted	VM + 2.00
Upward circle not smooth	>0.30
Body not dished throughout	>0.30
Bent legs	>0.50
Bent arms	>0.50
Legs apart	>0.30

PARALLEL BARS

HGA P.BAR GRADE 3 FOR BOYS

Parallel Bars shoulder height - springboard – Start Value 3.50

	Value
1. Jump to support using springboard	0.50
2. 2 x dips	1.00
3. 2 swings towards horizontal	1.00
4. Dismount in between bars	1.00

HGA P.BAR GRADE 4 FOR BOYS

Parallel Bars optional height – Start Value 3.50

	Value
1. Jump to support	0.50
2. ½ lever hold	1.00
3. 3 swings	1.00
4. Front vault dismount	1.00

Specific P Bar deductions

Element not attempted	VM + 2.00
Swinging excessive arched/pike	>0.30
Insufficient dips	>0.50
Bent legs	>0.50
Bent arms	>0.50
Legs apart	>0.30

HGA P.BAR GRADE 5 FOR BOYS

Parallel Bars shoulder height - springboard – Start Value 3.50

	Value
1. Jump to upper arm support	0.50
2. 2 swings	0.50
3. Muscle up or uprise	0.50
4. 2 swings towards horizontal	1.00
5. 1 Swing above horizontal	0.50
6. Front vault dismount	0.50