



**INCLUSIVE GYMNASTICS FOR
PEOPLE WITH DISABILITIES**

GymABLE Introductory Levels A, B, C

Boys & Girls

2025/26

2025/2026 Guidelines

(Updated August 2025)

This is a national competitive event based on our GymSTART Awards. The event aims to provide our Recreational Members and Competitive members (rules apply) with an opportunity to experience competition within a fun and relaxed environment while celebrating personal achievement.

GymABLE members can either present the GymABLE Introductory Levels (A, B, C), adapted GymSTART WAG & MAG levels (parallel), or GymSTART WAG & MAG levels as per the written text (integrated).

This document provides the information that clubs require for taking part in this recreational-based competitive event. Should you require additional information, please contact

- Event Logistics/Entries/Schedule: sarah@gymnasticsireland.com
- GymSTART Routines/Judging: chloehegarty@hotmail.com
- GymABLE: sam@gymnasticsireland.com

PLEASE NOTE: Unless stated otherwise, Gymnastics Ireland Events Policy will apply.

2025/2026 UPDATES

PLEASE NOTE: ANY UPDATES TO THE ROUTINES OR GUIDELINES FOR 2025/2026 ARE IN RED.

PLEASE NOTE: GYMABLE UPDATES ARE IN GREEN

GYMABLE GYMSTART

Options for gymnasts
with a disability

**GymSTART
Floor & Vault
Integrated
Levels**

Gymnasts will compete
with/against gymnasts without
a disability

*A video and written request must be
submitted in advance of the event if any
aids are being used to the GymABLE
Competition Lead*

**GymABLE
Introductory
Levels A, B, C
Routines**

Gymnasts will compete with/
against gymnasts presenting
GymABLE-specific routines.
Girls & Boys compete the same
skills in different categories
based on age & type of
disability.

**GymSTART
Floor & Vault
ADAPTED
Levels**

Gymnasts will compete with/
against gymnasts presenting
adapted routines in a
GymABLE Only Category
based on age & type of
disability.

GENERAL INFORMATION 2025/26	
Disciplines & Membership Type	GymSTART is aimed primarily at our Recreational members; however, it is open to all membership types (rules apply). Please note - Gymnasts with a men's artistic or women's artistic competitive membership may enter Level 5 and over for girls and boys. Gymnasts with a competitive membership in another discipline (TRA, TUM, ACRO, RG) may enter Level 3 and higher for girls and boys.
GymABLE	There are three options at GymSTART for members with disabilities. • Introductory Levels (A, B, C) and Adapted Levels (WAG 1-10 & MAG 1-6) compete in GymABLE Only Categories. • Integrated Levels (WAG 1-10 & MAG 1-6) compete in categories with gymnasts who do not have a disability, and routines are judged as per the written text. Introductory routines are currently being piloted at our national events. Only GymABLE gymnasts can enter these GymABLE Introductory Levels. Any club who is entering gymnasts with a disability in this event must fill out the entry form with as much detail as possible and contact GI in relation to any supports required, and/ or any adaptations or additional equipment that the gymnast(s) may be using. Gymnasts who require adaptation to the equipment competing in Integrated Levels need to submit a written request in advance of the competition for approval or else a deduction may be applied. Requests should be made to the GymABLE Competition Lead (sam@gymnasticsireland.com)
Medical Information	Clubs should ensure that they have received all medical information in relation to any participant, with or without a disability, to ensure that they are well enough physically, intellectually, and emotionally to take part in this event.
GymABLE	All GymABLE gymnasts must disclose medical information on the entry form regardless of the level the gymnasts are entering. Clubs are responsible for ensuring medical forms are up to date for gymnasts who require AAI screening.

EVENT ENTRIES	
Entries Requirements	As per GymSTART Floor and Vault Guidelines
GymABLE	- GymABLE gymnasts can remain at the same level until it is safe to progress to the next level. - All gymnasts who previously entered can join at any stage along the GymABLE pathway during their first year of competition. - If a gymnast needs to move back a level for medical reasons, please contact the GymABLE Competition lead (Sam@gymnasticsireland.com)

SPECIFIC RULES AND REGULATIONS	
Coaches	There must be at least one coach from each club present at the event – and at least one coach with a <u>level 2</u> qualification. All coaches must be members of Gymnastics Ireland. <u>Coach:Gymnast ratio:</u> The club and head coach in charge must always assess each situation and must determine the ratio of participant to coach(es) that is reasonable, safe, and effective. GymABLE participants are recommended to have a 8:2 ratio with a minimum of 1 coach that can be assisted by chaperones. Chaperones must have clearance to be on the FOP as per the Gi Event Policy. PLEASE NOTE: In line with our Code of Ethics and Good Practice for Youth Sport, and to ensure that a safe and effective coaching situation is maintained, Gymnastics Ireland recommends the following reasonable ration of participants to coach 16:2. This is with a view to both safety and organisation.
Registration	Only coaches are permitted to register gymnasts. Gymnasts cannot warm up until they have been registered.

Apparatus	Floor - 12m x 2m Floor Strip (flat) Level 1 – 7; and GymABLE A, B, C Floor – 12m x 2m Air Track - Girls Level 8-10, and Gold; Boys Level 5 & 6. Safety mats will be provided at both ends. Vault - as per routine description
Routines Skills and Vault requirements	- All floor routines (prescribed skills) and vaults, including technical information and judging deduction, are listed below and are available on the GI website in the GymSTART Programme section. - There are separate floor routines & vaults for girls and boys. LEVELS There are 3 GymABLE Introductory Levels (Girls & Boys); 11 levels for girls and 6 levels for boys. ❖ GymABLE: Girls & Boys Floor & Vault – A, B, and C.* ❖ Girls: Level 1-10, plus Level Gold Floor & Vault ❖ Boys: Level 1-6 Floor & Vault *GymABLE Introductory Levels have the same routine for Boys and Girls but compete in separate events for awards. AGE GROUPS GymABLE gymnasts entering Integrated Levels will be categorised as per the GymSTART Floor and Vault Guidelines. GymABLE Introductory and Adapted Levels are Open Age Categories and will be split into subdivisions based on age and type of disability. GymABLE Integrated participants are grouped as per the Age Groups listed below. <u>*Age is based on 1st January</u> **Please ensure DOB are put into the Entry Form as requested**

Awarding	• All gymnasts will receive a bespoke GymSTART Participation medal • There will be medals for 1st, 2nd, and 3rd at each level, in each age group, for <u>overall</u> floor and vault competition • There will also be highly commended for 4th, 5th, and 6th placings • <u>Ties will be awarded</u> • CLUB AWARD – For each session, there will be a Club Champion Award GymABLE participants are included in their overall Club Scores for this award.
Judging	Each club must provide qualified judges, as per GI Events Policy We request that, where possible, clubs provide some experienced judges as well as new and/ or young, inexperienced judges. This will ensure the smooth running of the competition while also encouraging new judges. Ideally a minimum of 1 Judge has completed the GymABLE Judging Add-On Module. Please refer all judging queries to our Head of Judging for this event, Chloe O'Toole chloehegarty@hotmail.com
Attire	As per GI Events Policy
Main point of contact	sarah@gymnasticsireland.com chloehegarty@hotmail.com (Chloe O'Toole – Head of Judging for GymSTART) sam@gymnasticsireland.com (Sam Marciano – GymABLE Competition Lead)

GymABLE: Floor & Vault Routines

Routine Notes:

1. Each floor routine has a start value of 12.00 and each vault has a start value of 10.00
2. Each routine contains bonus skills, each worth 0.3. These will be added to the start value if achieved (SV) Please note - no bonus will be awarded if there is a fall on the element.
3. Deviation from text (i.e., doing the routine in the wrong order/ doing incorrect skills etc.) will incur a deduction of 0.30.
(D-Panel; Neutral Deduction)
NB. Gymnasts who reach the end of the strip and need to do a ½ turn to complete their routine will not be penalised.
4. Non-performance of a skill will incur a deduction of 1.00, *(D-Panel; Neutral Deduction)*
Each routine, and vault, will start and finish with a salute to the judges. Failure to Salute is .10 Deduction Taken once at the end of the routine. *(D-Panel; Neutral Deduction)*
5. No score is to go below 5.00 on vault or 3.00 on Floor. Base scores will apply to all levels and age groups.
6. A second run approach is permitted for vault - any age, any level - without any deduction. A third run approach is not permitted and will receive a base score but please let the gymnast complete his/her routine.
7. Use of Additional Equipment or Aids must be approved prior to the event starting by the GymABLE Competition Lead by written request to Sam (sam@gymnasticsireland.com). Failure to seek approval will incur a deduction of 1.00 at the end of the routine.
(D-Panel; Neutral Deduction)
8. All GymABLE Specific Neutral Deductions are taken at the end of the routine by the D-Panel. (see chart)

GymABLE: Intro & Adapted Routines – May be Applied to Integrated Routines if Required

GymABLE SPECIFIC NEUTRAL DEDUCTIONS					
	0.10	0.30	0.50	1.00	2.00
Failure to Begin routine within 30sec of Salute		*			
Signals (non-verbal) – each time i.e. ISL	*				
Verbal Assistance (from coach) – each time		*			
Physical Demonstration (from coach) – each time			*		
Physical Assistance/Spotting (Floor) – each time				*	
Deviation from text – once at end of routine (Floor)		*			
Missing an element from floor routine (not attempted)				*	
Physical Assistance (Floor) – each time			*		
Failure to Use Springboard as per requirements (Vault)					*
Physical Assistance (Vault) – once					*
Inappropriate use of Equipment				*	

GymABLE: Introductory, Adapted & Integrated Routines

GENERAL DEDUCTIONS - FLOOR				
	0.10 (small)	0.30 (medium)	0.50 (large)	1.00 (very large)
Legs / Arms bent	*	*	*	
Toes not pointed	*			
Separation of legs	*	*		
Legs crossed	*			
Deviation from a straight direction	*			
Body alignment	*			
Lack of rhythm	*			
Insufficient Height of elements	*	*		
Insufficient exactness of prescribed positions	*	*	*	
Hesitation during performance of elements	*			
Insufficient split in acro elements	*	*		
No salute before and / or after routine		*		
LANDING FAULTS - FLOOR AND VAULT				
Feet apart on landing	*			
Extra arm swing	*			
Lack of balance	*	*		
Extra Steps/ hops	*	*		
Body posture fault	*	*		
Deep Squat			*	
Fall on mat to knees, hands, hips				*
Fall on or against apparatus				*
Failure to land feet first from an element				*

GymSTART SPECIFIC DEDUCTIONS				
	0.10 (small)	0.30 (medium)	0.50 (large)	1.00 (very large)
Deviation from text		*		
Missing an element from floor routine				*
Spotting assistance				*
Skill not held for prescribed time			*	
Skill not performed as prescribed			*	
Skills not connecting as prescribed			*	
Using hands to stand up from floor		*		
Extension is bridge	*	*	*	
Lack of flexibility in splits and folds	*	*	*	
GENERAL DEDUCTIONS - VAULT				
Height	*	*	*	
Distance	*	*		
Dynamics	*	*		
Body alignment (pike / arch)	*	*	*	
Bent knees/ arms	*	*	*	
Leg separations	*	*		
Deviation from a straight direction	*			
Exactness of tuck, straddle etc positions	*	*	*	
Body alignment	*	*		
Incorrect use of springboard				*
Coach assistance				2.00

GYMABLE

Introductory Routines

A, B, C

Boys & Girls

Level A – Floor Routine		
Floor Routine	Technical Description	Judging deductions Skill Specific Execution (Listed Here) Standard Landing Faults GymABLE Specific Neutral Deductions Taken at the End of Routine
1. Salute to judges to start	Optional Style	No salute - 0.30
2. 4 x Locomotive Movements	- Type of Movement based on Ability of Gymnast (for example): - Crawling - Soft Steps - Skipping - Arm position optional	Lack of Rhythm - 0.10 Deviation in Direction - 0.10 Not Connected - 0.50 Steps on Landing / More than 4 Movements - Max Deduction .08
3. Stretch & Show Straight Shape (1 Second) then Lay Flat & Show Straight Shape (1 Second)	- Show Stretch with a 3 second pause (show stability) - Can be standing or seated based on Locomotive Movement	Poor Shape - 0.10/0.30/0.50 Lack of balance - 0.10/0.30 Lack of Rhythm - 0.10 Not Connected - 0.50
4. Pencil (Log) Roll 360°	- Show straight shape throughout the roll - Show smooth consistency in roll with good tension and coordination - Show 1 complete rotation started laying on the back rotating to the belly and returning to the back - The gymnast should maintain a straight direction	Body alignment - 0.10 Hesitation - 0.10 Legs bent - 0.10/0.30/0.50 Legs Crossed - 0.10 Toes not pointed - 0.10 Deviation in Direction - 0.10 Incomplete Roll (not 360) - 0.50
5. From laying on their back: Lift Legs to Show L (90) then Straddle then return to L (90)	- Legs must lift together to 90° - Full stretch of legs, with toes pointed to Straddle. - Arm action optional - Back Remains Flat on Floor	Poor Shape - 0.10/0.30/0.50 Hesitation - 0.10 Legs bent - 0.10/0.30/0.50 Toes not pointed - 0.10 Not Connected - 0.50

6. Tuck Knees and Rock then Roll to Tuck Sit	• Immediate Rock Back requires Hip Lift to Roll Back • Can be connected to the laying L Shape • Legs are to be tucked in final position • Arm position optional & Hand Support is Allowed	Hesitation - 0.10 Separation of Legs - 0.10/0.30 Final tuck position not shown - 0.50
7. Show Straddle Sit & Stretch then fold & Hold (1 seconds)	• Stretch legs into straddle sit - hold final straddle position. • Arms can be on the floor or legs • Does not need to be flat on the floor	Legs bent in straddle sit - 0.10/0.30/0.50 Toes not pointed - 0.10 Not held - 0.50
8. Join Legs to Pike Sit then & Hold (1 second)	• Reach toward knees with straight arms and legs. • Full fold not required	Legs bent - 0.10/0.30/0.50 Not held - 0.50 Toes not pointed - 0.10
9. Ending Pose	• Optional Shape • Can be in a seated position or combined with a movement to stand.	Hesitation - 0.10 Lack of balance - 0.10/0.30 Not Performed - 1.00 (SV)
10. Salute to judges to finish	• Can remain seated. • Arms position optional	No salute - 0.30

Level A – Vault		
Vault	Equipment set up	Judging deductions
Vault Value 10.00.	NO run up Springboard Stack of mats – same height as springboard (Approx 20cm)	Coach physical assistance (spotting) – 2.00 Neutral Deduction Use of Additional Aid or “Props” – 1.00 Neutral Deduction Failure to use Springboard as per Technical Requirements – 2.00 Neutral Deduction Standard Landing Deductions Apply
Stand on Springboard to Salute Jump from Springboard to Mat Show “Stick It” Landing Shape Salute	Technical requirements - Any movement to get onto springboard is OK (i.e. Walk or Run) - Should show good amplitude in transition from Springboard to Mat – ideally 1 x Straight Jump but can also Hop or Step if mobility requires an adaptation - Must show momentary/static landing after ‘jump’ - The walk to the end of the mat will not be judged. - No Dismount required from mat.	Height – 0.10/0.30/0.50 Distance – 0.10/ 0.30 Dynamics – 0.10/0.30 Direction – 0.10

Level B – Floor Routine		
Floor Routine	Technical Description	Judging deductions
2 bonuses available – worth 0.30 each		Skill Specific Execution (Listed Here) Standard Landing Faults GymABLE Specific Neutral Deductions Taken at the End of Routine
1. Salute to Judges to Start facing Sideways	- Optional Style - Can be signalled by the coach (no deduction)	No salute – 0.30
2. Straight jump	Show high straight jump with a momentary pause on landing (show stability)	Poor Shape - 0.10/0.30/0.50 Lack of Height - 0.10/0.30
3. Side Chasse (side gallop skips) x 3 in Both Directions and remain facing sideways <i>.3 Bonus for Full Chasses</i>	- Legs must come together in chasses. - Can be broken down into Side Steps - Full stretch or arms & legs, with toes pointed. - Arm action optional - Finish in Straddle Stand then Bring Legs Together	Lack of height – 0.10/0.30 Hesitation – 0.10 Deviation in Direction – 0.10 No Change of Direction – 0.50
4. Jump ½ Turn	- Start facing sideways from the end of chasse and Jump ½ Turn to remain sideways on strip - Should show Arm Swing and precision in turn - Momentary Pause in Landing Shape	Lack of Height - 0.10/0.30 Leg Separation – 0.01 Legs Crossed – 0.01

5. Squat Down, Jump or Step to Front Support, Controlled Lower to Lay Flat on tummy in straight shape and 360 Pencil (Log) Roll	• Lower to Squat Shape with hands flat, can be on toes • Can modify the Jump to a step into Front Support but should maintain strong core shape • Should show control when lowering and arms by ears in straight shape on stomach • Arms by ears and legs together in 360 rotation • Hips and shoulders rotate together	Lack of Rhythm - 0.10 Body alignment - 0.10 Deviation in Direction - 0.10 Poor Shapes - 0.01 / 0.03 / 0.05
6. Push Up to Kneeling Balance (2 Knees) - Optional Arm Pose into Back Body Wave then ¼ Turn	• Pause on Knees in Stretched Balance • Lean Back with Hips pressing forward into Backwards Arch • On contraction Forward Step up to Stand	Lack of Rhythm - 0.10 Hesitation - 0.10
7. Step Lunge into to T Balance (1 Second Hold)	• From Standing Lift Arms to Ears and Show Straight Shape • Step Forward into Lunge Shape and Kick Back Leg transferring weight onto Front Leg • Momentary T Balance (1second) • Return to Lunge Finish	Lack of Rhythm - 0.10 Body alignment - 0.10 Toes not pointed - 0.10 Not held - 0.50
8. 3 x FWD Chasse (R) then show Relevé Pivot and 3 x FWD Chasses (L) <i>.3 Bonus for Full Chasses</i>	• Order of L/R can be reversed. • Try to Show Weight Transfer in Each Step • Can Perform Full Chasse or Gallop step for Bonus	Lack of height - 0.10/0.30 Hesitation - 0.10 Deviation in Direction - 0.10
9. Relevé and Step to complete 360 turn	• Arm Position Optional • Lift to Relevé • Can connect to Chaîne Turn or Turn on the Spot (2 x Pivot Turn)	Lack of Rhythm - 0.10 Lack of Relevé - 0.10 Incomplete Turn - 0.50
10. Salute to Finish		No salute - 0.30

Level B- Vault		
Vault	Equipment set up	Judging deductions
Vault Value 10.00. NEW: Bonus (0.30) for Connecting Run to Jump Off Springboard (Correct Technique Required)	10 m run up Springboard Stack of mats – same height as springboard (Approx 20cm) Landing – 20cm landing mat	Coach physical assistance (spotting) – 2.00 Neutral Deduction Use of Additional Aid or “Props” – 1.00 Neutral Deduction Failure to use Springboard as per Technical Requirements – 2.00 Neutral Deduction Standard Landing Deductions Apply
Walk or Run to Springboard Stand on Springboard “Jump” or Alternative Locomotive from Springboard to Mat Show “Stick It” Landing Shape Walk to Edge and Straight Jump Dismount Salute	Technical requirements Can Salute before Run or On Board if Stopping Any type of locomotive movement to get onto Springboard is OK <u>MUST show two feet take off from board unless Adaptation Request Approved in Advance</u> One jump from springboard (i.e. not multiple bounces) Should Show Good Height and Straight Legs in Straight Jumps The walk to the end of the mat will not be judged. Must show momentary/static landing after both jumps Bonus is for Connecting the Run Approach to Take Off From Board (No Stop)	Height – 0.10/0.30/0.50 Poor / Unrecognizable Shape – 0.10/0.30/0.50 Distance – 0.10/ 0.30 Dynamics – 0.10/0.30 Direction – 0.10 *NO Deduction for Stop/Pause on Board before Take-Off

Level C – Floor Routine		
Floor Routine	Technical Description	Judging deductions Skill Specific Execution (Listed Here) Standard Landing Faults GymABLE Specific Neutral Deductions Taken at the End of Routine
Salute to Judges to Start		No salute - 0.30
1. Handstand .3 Bonus: If L Handstand Top Leg Reaches Vertical	- Should Show Lunge and Pass-through T Balance Shape - Landing in Lunge Shape for momentary pause - Not Required to Join Legs but top leg should reach vertical. - No bonus if top leg comes down to join second leg before reaching vertical	Hesitation - 0.10 Body alignment - 0.10 Toes not pointed - 0.10
2. Tuck Jump	- Knees must come above Horizontal. - Strong Landing Shape - Arms Action Optional	Lack of height - 0.10/0.30 Separation of Legs - 0.10/0.30 Poor Shape - 0.10/0.30/0.50
3. Star Jump	- Show high star jump, with a momentary pause on landing. - Legs and feet must land together. - Arm shape optional	Lack of Height - 0.10/0.30 Body alignment - 0.10 Poor Shape - 0.10/0.30/0.50
4. Squat Down into Tucked Back Rock to Shoulder Stand (not held) and roll to stand	- Show Control in Squat - Arms/elbows in tight to ears - Hands must touch mat with chin tucked into chest. - Smooth Roll to Stand with Arms Forward	Lack of Rhythm - 0.10 Hesitation - 0.10 Separation of Legs - 0.10/0.30 Legs crossed - 0.10 Failure to Touch Hands in rock - 0.50 Using hands to stand up - 0.30

5. Body Wave	- Start by bending the knees and rounding the back with the arms by the ears - Push the Hips Fwd rolling through the stomach as the arms swing down - Lift arms Bwd through the arch and return to Stand	Lack of Rhythm - 0.10 Lack of amplitude - 0.10/0.30
6. 3 x Running Steps into Hurdle Step Rebound connected to a Straight Jump	- Strong Running steps - Arm Swing into Punch Straight Jump - Long Hurdle encouraged and High Straight Jump - Must be Connected. - Hold Landing Shape (2sec) - Extra steps taken is included in deviation from text neutral deduction	Deviation in Direction - 0.10 Hesitation - 0.10 Body alignment - 0.10 Height in Jump - 0.10/0.30 Unsteady landing 0.10/0.30
7. 4 x Quick Steps in Relevé & 180 Pivot Turn (relevé)	- Arms position Optional - High Relevé should be maintained. - Steps & Pivot Turn Connected - Extra steps taken is included in deviation from text neutral deduction	Hesitation - 0.10 Poor Posture - 0.10 Deviation in Direction - 0.10 Lack of balance - 0.10/0.30 Not connected - 0.50
8. Controlled Leg Lift or Kick FWD to 45° then bring together and small plié then kick BWD to 45° then bring together and small plié and Repeat Sequence on other leg.	- Arms Optional - Lift leg forward (max 45°) pause and show control when returning to stand into Small Plie (feet together) then lift leg behind towards Arabesque (max 45°) and return to stand - momentary plie to simulate landing. - Should show fluid motion in legs and pause in Plie like landing a jump - Leg lift Forward and Backward to a maximum (45°) in order to maintain good posture while showing strong hip mobility.	Lack of balance - 0.10/0.30 Hesitation - 0.10 Poor Posture - 0.10 Toes not pointed - 0.10 Failure to show both legs - 0.50 Bent Legs - 0.10/0.30/0.50

	- Both Legs should be straight, hips square and head in a neutral position. - Can choose which leg to use first (Right then Left or Left then Right)	
9. Passe Balance (Toe to Ankle) (HOLD)	- Arm Position Optional - Toe must come to ankle - Hold for 2sec	Lack of balance - 0.10/0.30 Toe not at ankle - 0.10 Not held for 2 seconds - 0.50
10. Side Bunny Hop or Cartwheel .3 Bonus: Full Cartwheel	(Optional Start & Finish) - Does not need to pass through vertical. - Should demonstrate Hand - Hand - Foot - Foot - Bonus cartwheel	Deviation in Direction - 0.10 Body alignment - 0.10 Toes not pointed - 0.10 Bent legs - 0.10/0.30/0.50
Salute to judges to finish		No salute - 0.30

Level C – Vault		
Vault	Equipment set up	Judging deductions
Vault Value 10.00.	10 m run up Springboard Stack of mats – 40cm landing mats, plus 10cm mat on the top Landing – 20cm landing mat	Coach physical assistance (spotting) – 2.00 Neutral Deduction Use of Additional Aid or “Props” – 1.00 Neutral Deduction Failure to use Springboard as per Technical Requirements – 2.00 Neutral Deduction Standard Landing Deductions Apply
Walk or Run to Springboard Hurdle Step onto Springboard Straight Jump (from the springboard) to land on stack of mats Walk to end of stack of mat Tuck jump off stack off stack of mats to land on landing mats	Technical requirements Any type of locomotive movement to get onto Springboard is OK MUST show two feet take off from board connected to run approach – proper board usage. One jump from springboard (i.e. not multiple bounces) Should Show Good Height and Straight Legs in Straight Jump Knees must be above 90°in tuck jump The walk to the end of the mat will not be judged. Must show momentary/static landing after both jumps	Height – 0.10/0.30/0.50 Poor Straight Shape – 0.10/0.30/0.50 Distance – 0.10/ 0.30 Dynamics – 0.10/0.30 Direction – 0.10 Lack of Tuck Shape – 0.10/0.30/0.50



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PEOPLE WITH DISABILITIES**