



**DRIVING PARTICIPATION
IN GYMNASTICS**

GymSTART Floor and Vault TEAM Competition 2025/2026

GymSTART Floor & Vault **TEAM** Competition **(Pilot)** 2025/2026 Guidelines

This is a national competitive **TEAM**-based pilot event, which aims to provide our Recreational Members and Competitive members (rules apply) with an opportunity to experience a team competition within a fun and relaxed environment, while celebrating personal achievement.

Unless stated otherwise, Gymnastics Ireland Events Policy will apply.

Please find all the information below that clubs require for taking part in this recreational-based competitive **TEAM** event, especially in relation to how the teams are put together.

Important: All the floor routines and vaults are the same as the main GymSTART Floor and Vault Competition, with the exception of;

Girls:

- Level 7 & 8 are combined into one level with a new routine (for this event)
- Level 9, 10 & Gold are combined into one level with a new routine (for this event)

Boys:

- Levels 5 & 6 are combined into one level with a new routine (for this event)

MAIN POINTS OF CONTACT FOR THIS EVENT:

- ❖ sarah@gymnasticsireland.com Events Executive
- ❖ chloehegarty@hotmail.com Head of Judging for GymSTART events **all judging queries to be sent to Chloe*
- ❖ sam@gymnasticsireland.com GymABLE Competition Lead

PLEASE NOTE: This is a pilot event for 2025/2026

GENERAL INFORMATION	
WHO CAN ENTER	It is aimed specifically at our all our Recreational members; however, it is also open to all membership types (see restrictions below)
(Disciplines & Membership Type)	- Gymnasts with a men's artistic or women's artistic competitive membership may enter Level 5 and higher, 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.
EVENT ENTRIES	
ENTRY REQUIREMENTS	- Age limit: Must turn 6 years in year of competition KEY INFORMATION FOR THIS EVENT: - Clubs may enter as many teams per level as they wish - Each team will consist of a minimum 3 gymnasts, and a maximum 5 gymnasts - Gymnasts can compete up to two years above their age group – for example an u10 gymnast may compete in the u11 or u12 competition to fulfil team requirements

SPECIFIC RULES & REGULATIONS	
APPARATUS	- Floor - 12m x 2m Floor Strip (flat): Level 1 – 6 (girls) and Level 1-4 (boys) - Floor – 12m x 2m Air Track: Girls Level 7-8 and 9-10-Gold and Boys Level 5-6. Routine must be performed in its entirety on the air track. Safety mats will be provided at both ends - Vault: as per description
LEVELS	❖ Girls: Floor & Vault - Level 1, 2, 3, 4, 5, 6 - Level 7 & 8 (grouped together using a new combined routine) <i>*ROUTINE/VAULT DETAILS BELOW</i> - Level 9, 10 & Gold (grouped together using a new combined routine) <i>*ROUTINE/VAULT DETAILS BELOW</i> ❖ Boys: Floor & Vault - Level 1, 2, 3, 4 - Levels 5 & 6 (grouped together using a new combined routine) <i>*ROUTINE/VAULT DETAILS BELOW</i>
AGE GROUPS <i>Age is based on 1st January</i>	GIRLS: - LEVEL 1 & 2 - u7, u9, o9 - LEVEL 3 (gymnasts with a competitive licence in another discipline can enter) - u8, u9, u10, o10 - LEVEL 4 (gymnasts with a competitive licence in another discipline can enter) - u9, u10, u11, o11 - LEVEL 5 (all membership types) - u9, u10, u11, o11 - LEVEL 6 (all membership types) - u10, u12, o12 - LEVEL 7 & 8 (all membership types)- u11, u13, o13 (new combined routine) - LEVEL 9, 10 & GOLD (all membership types) - u12, o12 (new combined routine) BOYS: - LEVEL 1, 2, 3, 4, 5 & 6 (new combined routine for level 5 & 6) - Open Age

ROUTINES & VAULTS	Updated GymSTART Floor & Vault Routines (2025/2026 season) 1. Girls Level 1 - 6 2. Boys Level 1 - 4 New Combined Level Floor & Vault Routines (brand new for team event, 2025/2026 season) 3. Girls Level 7 & 8, Level 9, 10 & Gold will be new combined routines 4. Boys Level 5 & 6 will be new combined routines DETAILS OF THESE NEW COMBINED ROUTINES BELOW
AWARDS	- Top 3 floor scores and top 3 vault scores will be combined to get the TEAM TOTAL - All gymnasts taking part in the event will receive a bespoke GymSTART Participation medal - There will be TEAM medals for 1st, 2nd, and 3rd at each level and age group - Ties will be awarded Please note: There will be no individual medals at this event
JUDGING	Refer to the GI National 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. All judging criteria/ deductions as per GymSTART Floor & Vault Competition
ATTIRE	Refer to the GI National Events Policy.

GIRLS

**NEW COMBINED ROUTINES FOR THE TEAM EVENT FOR LEVEL 7 & 8,
and 9, 10 & Gold**

6
(Version 1 - August 2025)

LEVEL 7 & 8 FLOOR – GIRLS TEAM COMPETITION
(NEW COMBINED ROUTINE FOR THIS EVENT)

<u>2 bonus available</u>	Technical Description *TO BE PERFORMED ON THE AIR TRACK
Horizontal leg hold x 2 (3 secs each leg)	This is to be performed on both legs, in any order
Arabesque	- Chest at vertical and leg at horizontal - Arm position optional
- Immediate Handstand roll - Chasse, join legs split jump <i>0.30 bonus – 180 degrees in split jump</i>	- Keep leg raised from arabesque before entering the handstand roll - Arms can be bent in Handstand roll - After Chasse skip, gymnast is to join feet together, bounce and perform a split jump
One arm cartwheel	All entries accepted.
Hurdle skip, roundoff straddle jump	- No run up permitted - Arm position optional in straddle jump
Bridge Kickover or Backward walkover	All entries accepted
Front handspring or Forward walkover	- Handspring must land on two feet - Any amount of steps permitted
<i>BONUS – 0.30 – Performing a front somersault at the end of the routine.</i>	<i>Please note: No bonus will be awarded if there is a fall on the skill</i>

LEVEL 7 & 8 VAULT – GIRLS TEAM COMPETITION

Level 7 & 8 Girls Vault Vault Value 10.00.	Equipment set up 12 m run up (15m where space allows) Springboard Table vault set at 100cm Landing build up 100cm plus 10cm mat on top
Handspring over table vault to back lie landing on mat build up	Technical requirements One jump from springboard Handspring to flat back on mat build up Deductions as per FIG

LEVEL 9, 10 & GOLD FLOOR – GIRLS TEAM COMPETITION
(NEW COMBINED ROUTINE FOR THIS EVENT)

<u>2 bonus available</u>	Technical Description *TO BE PERFORMED ON THE AIR TRACK
Horizontal leg hold 3 seconds each – move each leg back to arabesque hold for 3 seconds	- This is to be performed on both legs, in any order - Leg must not touch the ground on the way to arabesque - Chest at vertical and leg at horizontal - Arm position optional
Forward roll tuck or straddle to handstand into roll	- Tuck or straddle to handstand must come immediately from the roll - Arms must be straight throughout
Chasse split jump immediate straddle jump <i><u>0.30 bonus – 180 degree split performed</u></i>	Chasse skip, join legs, bounce and perform the jumps
Tic Toc OR Forward Walkover	- All entries accepted. - Leg must not drop in between the skill
Backward Walkover	
Roundoff Back handspring (flic) <i>(0.30 Bonus 2 flics performed)</i>	- All entries accepted - Must be connected
Front handspring	- Handspring must land on two feet - Any amount of steps permitted
Front Somersault	All entries accepted

LEVEL 9, 10 & GOLD VAULT - GIRLS TEAM COMPETITION

Vault Value 10.00.	Equipment set up 12 m run up (15m where space allows) Springboard Table vault set at 100cm Landing – 20cm landing mat plus 10cm mat on top.
Full Handspring over table vault to land	Technical requirements One jump from springboard Handspring to feet over 100cm table vault Deductions as per FIG

BOYS

NEW COMBINED ROUTINES FOR THE TEAM EVENT FOR LEVELS 5 & 6.

11
(Version 1 - August 2025)



LEVEL 5 & 6 FLOOR – BOYS TEAM COMPETITION
COMBINED ROUTINE FOR THIS TEAM EVENT

2 bonus available	Technical Description *TO BE PERFORMED ON THE AIR TRACK
▪ Horizontal leg hold x 2 (3 secs each leg)	▪ This is to be performed on both legs, in any order
▪ Handstand roll (straight arms)	▪ Must be performed with straight arms
▪ Cartwheel immediate One arm cartwheel	▪ All entries accepted. ▪ No stops between the two cartwheels
▪ Hurdle skip, roundoff straight jump <i>0.30 Bonus – Performing a back handspring instead of straight jump</i>	▪ No run up permitted ▪ Arm position optional in straddle jump
▪ Forward roll to dish hold (3 seconds), roll to arch (3 seconds) push to front support (3 seconds)	▪ All entries accepted ▪ Roll to be slow and controlled
▪ 1 Press Up	▪ Body to remain straight at all times ▪
▪ Squat in, jump full Turn	▪ Jump must be performed immediately from the squat in
▪ Front handspring	▪ Handspring must land on two feet ▪ Any amount of steps permitted
<i>BONUS – 0.30 – Performing a front somersault at the end of the routine.</i>	<i>Please note : No bonus will be awarded if there is a fall on the skill</i>

LEVEL 5 & 6 VAULT – BOYS TEAM COMPETITION

Vault Value 10.00.	Equipment set up 12 m run up Springboard Table vault set at 100cm Landing build up 100cm plus 10cm mat on top
Handspring over table vault to back lie landing on mat build up	Technical requirements One jump from springboard Handspring to flat back on mat build up Deductions as per FIG



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