

Key Step 2 Rules



- 3 piece competition, floor, vault and body management - all scored out of 10.00
- 1.00 deduction for each missing move
- 0.5 deduction for prompt from coach
- 1.5 deduction for prompting throughout the routine.

British
Gymnastics
More than a sport

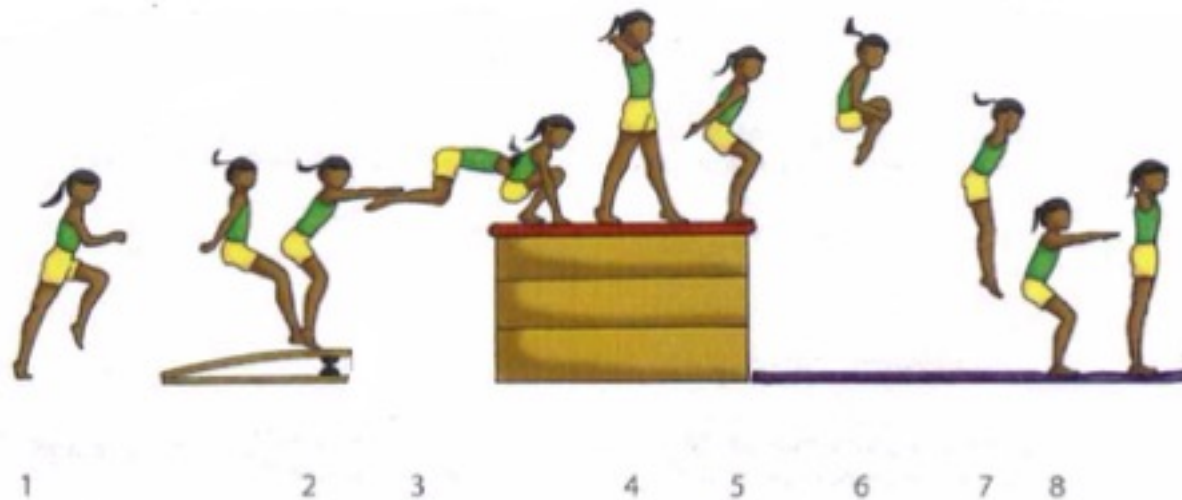
Key Step Gymnastics 2

Step 2 - Vault

Performer allowed 2 attempts :

(A) A few short running steps to take off springboard and jump to squat on box placed lengthways. Stand, walk to end of apparatus and perform straight or tucked jump to land on floor mats.

1. Approach to vault
2. Take off (1)
3. Flight onto apparatus
4. Travel on apparatus
5. Take off (2)
6. tucked shape in air
- 7,8. Landing



STEP TWO

Step 2 - Floor Exercise

(Sequence performed on a strip of mats)





1
Single bounce skips with rope x 5



2
Dish with one leg out at a time

3
Towards half lever

4
Towards japana



5
Arch

6
Front support lower to floor



7
Right splits

7
Box splits

7
Left splits



8
Shoulder flexibility

9
Broad jump