

# Schools Gymnastics

## 2026

**Thursday 23<sup>rd</sup> April**

At Border Counties School of Gymnastics  
Gobowen Road, Oswestry, SY11 1HS

**Closing date for entries is 5pm Friday 27<sup>th</sup> March 2026**

Cost; £25.00 per team.

BACS payments to Border Counties School of Gymnastics – 09-06-66 / 41619590 with school name as reference – we are unable to invoice for this competition as we are not providing a 'service' to a school. Cheques payable to Border Counties School of Gymnastics are accepted.

**A valid e-mail address for programme information must accompany all entries.**

We hope to run the junior and senior competitions at the same time this year but the final decision will be made after the closing date and once the programme has been compiled.

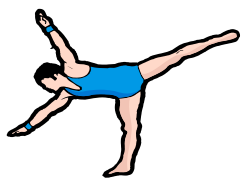
Completed entry forms to be returned via email to;  
[bordercountiessg@aol.com](mailto:bordercountiessg@aol.com)

Videos of the routines are available, see below for the links.

Any questions or queries, please contact us so we can help.

Regards

*The BCSG Team*



# Rules & Entry Requirements



For the team competition at least 4 members of the team must be present on competition day for the entry to be valid.

There can be a maximum of 6 members in a team with the top 4 scores on each apparatus to count towards the team total.

There are two competitions. 1 – Floor routine only  
2 – Floor routine & Vault

Schools may enter teams in either or both of the competitions but the same team cannot enter both competitions.

There are 3 categories of entry. Teams can be boys, girls or mixed (i.e. 4 from one gender 2 from another). In mixed teams of 4 the split must be 2 + 2.

Entries are limited to a **maximum of 4 teams** from any one school. More teams may be requested, but the final decision on their entry will take place after the closing date for entries as it will be dependent upon programme space.

Team medals will be awarded to 1<sup>st</sup> to 6<sup>th</sup> place for the Junior and Senior competition (if entry numbers merit).

Individual medals will be awarded 1<sup>st</sup> to 6<sup>th</sup> place in the Novice, Intermediate & Elite categories.

All participants will receive a well-done medal for taking part.

Categories are defined as;

Novice (N) A gymnast who has never entered a gymnastics competition before and/or who only takes place in low level school gymnastics.

Intermediate (I) A gymnast who does not comply with either the novice or elite categories.

Elite (E) A gymnast who is a current member of a gymnastics club and trains for 2 or more hours per week.

Where a team has a mix of Novice, Intermediate & Elite gymnasts, the team entry category will be decided by the greatest number of entries at a level. Where the team split is even the team will be placed into whichever category is the higher one for the team.

# Entry Form

Competition entry fee is £25 per team.

Closing date for entries is 5pm Friday 27<sup>th</sup> March 2026

Competition date is Thursday 23<sup>rd</sup> April 2026

Name of School \_\_\_\_\_

Name of Member of Staff Responsible for Entry\_\_\_\_\_

E-Mail Address \_\_\_\_\_

## Team 1

**Please indicate whether team is entered in FLOOR competition or FLOOR & VAULT competition – circle the correct category.**

[illegible]

## Team 2

**Please indicate whether team is entered in FLOOR competition or FLOOR & VAULT competition – circle the correct category.**

[illegible]

### Team 3

**Please indicate whether team is entered in FLOOR competition or FLOOR & VAULT competition – circle the correct category.**

[illegible]

## Team 4

**Please indicate whether team is entered in FLOOR competition or FLOOR & VAULT competition – circle the correct category.**

[illegible]

### **VAULT – all categories**

*Squat on Stretch Jump Off	(60cm coaching block)	8.00
*Straddle on' jump feet together, stretch Jump Off	(60cm coaching block)	8.00
*Squat on Stretch Jump with ½ turn Off	(60cm coaching block)	9.00
straddle on, jump feet together,		
*Straddle Jump Off	(60cm coaching block)	9.00
*Handspring to stand	(80cm coaching block)	10.00
*½ on to stand	(80cm coaching block)	10.00

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The floor routine will be performed on a strip of mats 2m × 12m

### **Floor Routine – JUNIORS**

1. Step lift into held handstand
2. Forward roll, immediate star jump
3. Balance on one leg – show and hold 3 secs (leg position optional)
4. Forward roll to straddle stand, free roll to pike sit
5. ×1 Teddy roll / circle roll (180°)
6. Lie down push to bridge and hold
7. Lie down, show and hold dish shape, roll to arch shape, show and hold
8. Press to front support, jump to crouch, jump to stand
9. Chasse cat leap
10. Cartwheel

### **Floor Routine – SENIORS**

1. Full turn jump
2. Double cartwheel – side to side
3. ¼ turn (to face up the line) Backward roll to straddle (down the line)
4. Headstand OR Arabesque – show and hold for 3 secs
5. Handstand forward roll
6. Forward roll to dish – show and hold
7. Push to bridge - show and hold
8. Kick over to stand OR lower to floor, roll over, push to front support, jump to crouch, jump to stand
9. Chasse cat leap, Chasse split leap
10. Jump or run into round off, finish with rebound jump

The senior routine works best if the gymnast starts their routine in the middle of the floor strip.

Videos of the vaults & routines are available here;

Senior routine - option 1.

<https://youtube.com/shorts/B1wQ9qdumQ0>

Senior routine - option 2.

[https://youtube.com/shorts/T\\_8tFD1oNjU?feature=share](https://youtube.com/shorts/T_8tFD1oNjU?feature=share)

The vaults.

<https://youtube.com/shorts/Ab-4CSZuT-w?feature=share>

Junior routine.

<https://youtube.com/shorts/7L5rka5kA-Q?feature=share>