



# RISA Competition

GYMNASTICS

ONLY WITH  
British  
Gymnastics

# Additional Competition Guidance

## Competition Structure

Teams of 4 – best 3 scores will count

Teams will perform 3 disciplines:

- i) Core Skills
- ii) Vault
- iii) Ball or Ribbon

4 Levels of Competition – Level 1, Level 2, Level 3 and Level 4

Managers to decide in advance if whole team are performing Ball or Ribbon

Whole team will perform the same routines.

Whole team will perform the same level routine in all 3 disciplines.

Managers will decide the make up of each routine from the choices provided in the routines document

Managers will need to declare each gymnasts routine skills on their respective score-sheet that is presented to the judges

Additional moves/skills over and above those detailed in the routines document can be performed, however no additional marks will be awarded for these skills.

## Vault Specifications

**Level 1** – Performed on a Gym Box/Vault – 60cm height

No Springboard permitted

A short pause between the Flight on and Flight off phase will be permitted

**Level 2** - Performed on a Gym Box/Vault – 90cm height

No Springboard permitted

A short pause between the Flight on and Flight off phase will be permitted

**Level 3** - Performed on a Gym Box/Vault – 100cm height

Springboard will be permitted

No pause should be seen between the Flight on and Flight off phase. The Vault should be a continuous flow from start to finish.

**Level 4** - Performed on a Gym Box/Vault – 100cm height

Springboard will be permitted

No pause should be seen between the Flight on and Flight off phase. The Vault should be a continuous flow from start to finish.

## Small Apparatus Specifications

### Ball Routine

Ball can be any ball you wish to use, however we would recommend using a 6" Dodgeball/size 4 football or Netball. You may wish to use something equivalent in size or any ball of your choosing.

Shoulder Stand – This can be performed with or without hand support.

Y-Balance – RISE Specification is that the non-supporting leg should be held, however Judges will accept seeing the non-supporting leg at 90° or higher (foot will need to be higher than the hip)

### Ribbon Routine

Length of ribbon is choice of each competing team/school. We would recommend a length of between 1m – 2m max though.