



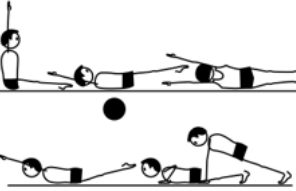
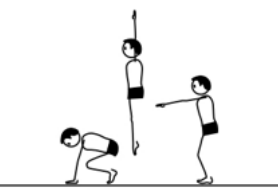
SS 亞洲體操俱樂部邀請賽
SS Asian Gymnastics Club Tournament

男子幼稚園 MAG Pre-Level 1

動作內容 Routine

(規定套路 compulsory routine)

自由體操 Floor Exercise

Item	Skill 1	Skill 2	Skill 3	Skill 4
Skill Value	2.5	2.5	2.5	2.5
Required Skill	Forward Roll	Forward Roll, Pike Stretch (2 Sec)	Dish (2 Sec), Arch (2 Sec), Front Support	Straight Jump
				
Technical Description	Stand inside the floor area, lift arms to a presentation position and begin the routine. Squat down and forward roll to immediate 2-footed jump into momentary handstand. Lower back down to squat position.	Forward roll with straight legs to seated L-sit with arms above the head. Reach forwards towards toes into pike stretch (hold 2 seconds).	Lift arms above the head and lie down backwards. Lift to dish position (hold 2 seconds). Roll sideways to arch position (hold 2 seconds) and lie face down. Circle arms around and push up to momentary front support.	Jump to momentary squat stand with immediate straight jump to stand.
Typical Deductions	Lack of rhythm 0.1 - 0.3 Push with hands to squat 0.3 Tuck handstand not shown 0.3 Tuck handstand not vertical (1°-15°/16°-30°/>30°) 0.1 - 0.5 Bent arms in handstand 0.1 - 0.5 Legs apart 0.1 - 0.5 Feet not pointed 0.1	Bent knees 0.1 - 0.5 Lack of rhythm 0.1 - 0.5 Lack of flexibility 0.1 - 0.3 Hold < 2 seconds 0.3 No hold 0.5 Feet not pointed 0.1	Poor dish shape 0.1 - 0.5 Poor arch shape 0.1 - 0.5 Hold < 2 seconds (each time) 0.3 No hold (each time) 0.5 Lack of rhythm 0.1 - 0.3 Body not straight in push-up 0.1 - 0.5 Poor body shape in support 0.1 - 0.5 Front support not shown 0.3	Squat not shown 0.3 Jump not dynamic 0.3 Body not stretched in jump 0.1 - 0.5

槓 Bar

1. 跳上正握懸垂 2. 團身收腿 3 次 3. 停 3 秒跳下	1. Jump and hang on the bar 2. tuck hang 3 times 3. hold 3 seconds and land
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動作內容 Routine

跳箱 Vault

Item	Vault		
Skill Value	10.0		
Required Skill	Stretched Jump		
Technical Description	<p>From a standing position on a 30cm hard box, step one foot forward over the front edge and pause. Jump forwards onto a spring board, landing with 2-feet together, and rebound into stretched jump onto 30cm matting*.</p> <p>* 30cm Matting = 20cm landing mat + 1x 10cm landing mat OR 1x 30cm landing mat</p>		
Typical Deductions	<p>No under-arm swing on take-off 0.3</p> <p>2-foot jump from box 0.5</p> <p>Feet not contacting board simultaneously 0.1-0.3</p> <p>Feet not leaving board simultaneously 0.1-0.3</p> <p>Lack of rhythm / no rebound action 0.1-0.3</p> <p>Lack of height (feet below knees) 0.3</p>	<p>Body not straight / stretched 0.1-0.5</p> <p>Bent knees 0.1-0.5</p> <p>Legs apart 0.1-0.5</p> <p>Feet not pointed 0.1</p> <p>Steps / uncontrolled landing 0.1-0.3</p> <p>Fall 1.0</p>	

彈床 Trampoline

1. 身體垂直直跳四次

1. 4 Straight jumps