



### **HOSTING A GAP MEET:**

ALL LEVELS ARE WELCOME INCLUDING BOTH  
USAG & USAIGC COMPETITORS AS WELL AS  
RECREATIONAL CLASS GYMNASTS AND FIRST  
TIME COMPETITORS

### **COST TO COMPETE**

GAP Yearly Club Registration Fee:	\$150.00
Event In-House Fee:	\$60.00 (suggested minimum fee)
Event Outside Venue Fee:	\$70.00 (suggested minimum fee)
At the door In-House Fee:	\$15.00 (suggested minimum fee)

Our judges fee of \$70.00 per session  
will be waived if you bring your own judge.

JUDGES SHOULD HAVE GOOD KNOWLEDGE OF GYMNASTICS BUT DOES NOT NEED TO BE A  
USAG OR USAIGC SANCTIONED JUDGE

### **SCORING SYSTEM:**

EVERY PARTICIPANT RECEIVES A TROPHY OR MEDAL

GYMNASTS PLACES ARE BASED SOLEY ON THEIR ALL AROUND SCORE  
THEY DO NOT RECEIVE AWARDS FOR INDIVIDUAL EVENT SCORES

PLEASE REMEMBER THEY ARE NOT COMPETEING AGAINST EACHOTHER, ONLY AGAINST  
THEMSELVES TO RECEIVE THE HIGHEST SCORE THEY CAN!

ANY GYMNAST EARNING A **36-40** ALL AROUND SCORE WILL RECEIVE A **FIRST PLACE** ANY  
GYMNAST EARNING A **34-35.9** ALL AROUND SCORE WILL RECIVE A **SECOND PLACE** ANY  
GYMNAST EARNING A **32-33.9** ALL AROUND SCORE WILL RECEIVE A **THIRD PLACE** ANY  
GYMNAST EARNING A **30-31.9** ALL AROUND SCORE WILL RECEIVE A **FOURTH PLACE** ANY  
GYMNAST EARNING A **28-29.9** ALL AROUND SCORE WILL RECEIVE A **FIFTH PLACE** ANY  
GYMNAST EARNING A **26-27.9** ALL AROUND SCORE WILL RECEIVE A **SIXTH PLACE**

ALL GYMNASTS EARNING THE SAME PLACE WILL BE CALLED UP TOGETHER

FOR EXAMPLE: IF SALLY, KATIE, AND SUZIE ALL EARNED AN ALL AROUND SCORE BETWEEN 34  
AND 35.9 YOU WOULD CALL THEM ALL UP AT THE SAME TIME SAYING:

"THE FOLLOWING GYMNASTS EARN A SECOND PLACE SCORE BETWEEN A 34 AND A 35.9,  
SALLY, KATIE, AND SUZIE"

AT THAT TIME THOSE GYMNASTS WOULD RECIVE THEIR TROPHY OR MEDAL.



## **SKILL REQUIREMENTS**

### **VAULT**

- PRESENT BEFORE AND AFTER ROUTINE
- RUN, ARM CIRCLE, HURDLE
- CHOICE OF VAULT
- NO SCORE LOWER THAN 7.0
- HEAVY SPOTTING - SCORES IN THE 7s
- AVERAGE FORM/TECHNIQUE – SCORES IN THE 8s
- EXCELLENT FORM/TECHNIQUE – SCORES IN THE 9s

### **BARS**

- PRESENT BEFORE AND AFTER ROUTINE
- MINIMUM OF 3 SKILLS
- .5 DEDUCTION FOR BENT ARMS
- .5 DEDUCTION FOR EXTRA SWINGS
- NO SCORE LOWER THAN 7.0
- HEAVY SPOTTING - SCORES IN THE 7s
- AVERAGE FORM/TECHNIQUE – SCORES IN THE 8s
- EXCELLENT FORM/TECHNIQUE – SCORES IN THE 9s

### **BEAM**

- PRESENT BEFORE AND AFTER ROUTINE
- MOUNT
- JUMP
- LEAP
- TURN(S)
- BALANCE
- SKILL (CARTWHEEL, HANDSTAND, HORSEY HOP)
- DISMOUNT
- NO SCORE LOWER THAN A 6.5
- .4 DEDUCTION FOR MISSING A REQUIREMENT

### **FLOOR**

- PRESENT BEFORE AND AFTER ROUTINE
- JUMP
- LEAP
- TURN
- HANDSTAND/SEESAW
- SKILL #1 (CARTWHEEL, FORWARD ROLL, BACKWARD ROLL)
- SKILL #2
- NO SCORE LOWER THAN A 6.5
- .4 DEDUCTION FOR MISSING A REQUIREMENT



ANY QUESTIONS REGARDING G.A.P.

PLEASE CONTACT:  
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## **JUDGING CRITERIA**

### **GENERAL DEDUCTIONS**

LACK OF PRESENTATION – FOR START AND OR FINISH - **.1 DEDUCTION**

SPOTTING THROUGHOUT ENTIRE ROUTINE - **.5 DEDUCTION**

SPOTTING 1-3 SKILLS - **.2 DEDUCTION**

FALL(S) – 1 DEDUCTION REGARDLESS OF NUMBER OF FALLS - **.5 DEDUCTION**

EXECUTION – FAILING TO BEGIN AND COMPLETE THE SKILL - **.5 DEDUCTION**

PERFORMANCE – DEPENDING ON AMOUNT OF ASSISTANCE FROM COACH - **.2-.5 DEDUCTION**

QUALITY OF SKILL – IS THE SKILL RECOGNIZABLE - **.1 DEDUCTION**

COMPOSITION – EVENLY SPREAD-OUT SKILLS THROUGH ROUTINE - **.1 DEDUCTION**