**Key Steps Gymnastics Rules**

School Years: 3 and 4

Team made up of: 2 boys 2 Girls and one more of either

**Key Step Floor Routine**

See Key Steps Pack

**Key Steps Vault Routine**

See Key Steps Pack

**Both the Floor and Vault will be judged in the usual way. We will NOT be doing body management.**

**Group Performance**

Up to 1 min 30 seconds

Must include the following:

1. Roll
2. Jump/Leap
3. Travel

Music: Music can be used but you must submit your music to the school Games Organiser at level 2 before the deadline given.

All 5 gymnasts must take part in the group performance.

**This is a celebrate element of the festival and schools will be awarded a school games value award for this discipline.**

Determination

Honesty

Self-Belief

Teamwork

Respect

Passion

**Other rules**

Gymnasts must not be affiliated to either NGB (British Gymnastics or UK gym) this year, this includes recreational gymnast within a club.

Gymnasts must wear school PE kit or shorts and t-shirt.

No Jewellery to be worn.