

# Key Step 1 Rules

- 3 piece competition - all scored out of 10.00
- 1.00 deduction for each missing move
- 0.5 deduction for prompt from coach
- 1.5 deduction for prompting throughout the routine.



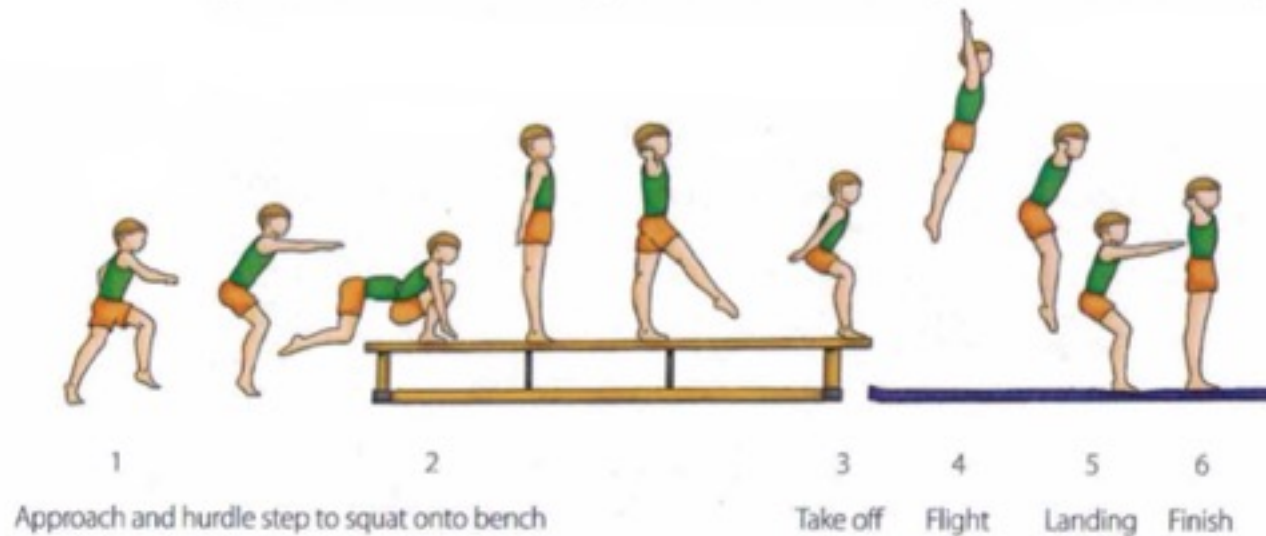
British  
Gymnastics  
More than a sport

## Key Step Gymnastics 1

### Step 1 - Vault

Performer allowed 2 attempts

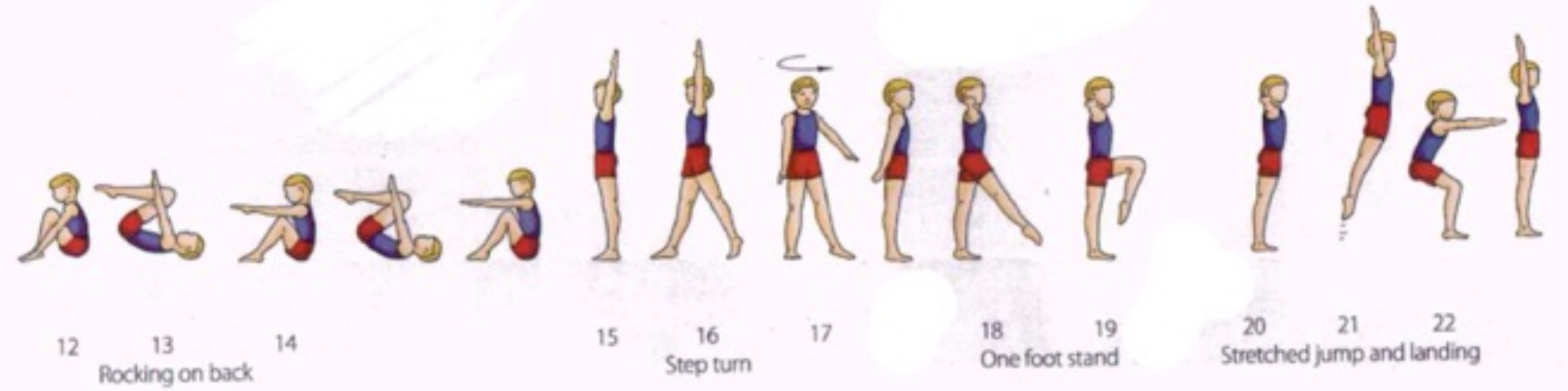
squat onto bench. Walk along bench and with feet together at end of bench perform a straight jump off



STEP ONE

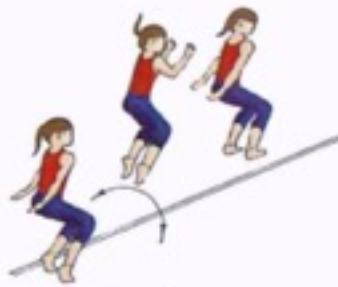
# Step 1 - Floor Exercise

(Sequence performed on a strip of mats)



STEP ONE

# Step 1 - Body Management



1  
Rebound jumps x 10



2  
Tucked dish



3  
Back support



4  
Straddle sit



5  
Arch



6  
Front support



7  
Right splits



7  
Box splits



7  
Left splits



8  
Shoulder flexibility



9  
Broad jump

STEP ONE