

North West Women’s Technical Committee



Competition Handbook 2020

Welcome to the 2020 Competition Handbook for the North West. The handbook details the rules for all competitions held in the North West for the coming year. The rules are based on the FIG Code of Points with the NW modifications for Out of Age Gymnasts. The rules and all updates for Grades/Compulsories /Age Groups can be found on the BG website.

This handbook refers to the National WTC handbook, which details the nationally run competitions in the UK. Copies are available on the BG website.

The 2020 NW WTC Committee is as follows:

Chair Karen Whelan

Secretary June Deeley

Treasurer Zoe Gardner

Competition Organiser Chris McLaughlin

Performance Development Sophie Whelan

Judging Convenor Chris McLaughlin

Assistant Judging Convenor Megan Palmer

Affiliated Organisations Rep Amanda Coombes

Cheshire & Merseyside County Rep Sarah Muddimer

Greater Manchester County Rep Jessica Walsh

Lancashire County Rep Katharine Woods

Disabilities Rep Ema Doherty

Welfare (co-opted) Alison Humphries

Co-opted Brendene Hardy

Useful Websites

British Gymnastics <http://www.british-gymnastics.org/>

North West Gymnastics <http://www.nwga.org.uk/>

Revision History

Preliminary 29th October 2019

Final Cut 17th November 2019

Released

**COMPETITIONS**

**Calendar 2020**

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Competition | Venue | Closing Dates |
| 25th/26th Jan | Club Grades 5 & 6 - All Counties | Robin Park Sports Centre | 20th Dec 19 |
| 1st/2nd Feb | Regional Grades 1 to 4 - All Counties | Robin Park Sports Centre | 20th Dec 19 |
| 8th Feb | National Compulsory 1 | Lilleshall | 18th Dec 19 |
| 3rd - 5th April | English Championships | Redbridge Sports Arena | 10th Feb |
| 16th - 19th April | British Championships Disability/Junior/Senior/Espoir and Apparatus Finals | Liverpool Echo Arena | 6th Mar |
| 25th/26th Apr | NW Grades - Compulsory 5, 4 and 3  (Compulsory 2 Pre-Comp)  NW Grades - National Grades  NW National 5 | Robin Park Sports Centre | 22nd Mar |
| 2nd/ 3rd May | Counties Floor & Vault Championships - All Counties | Robin Park Sports Centre | 3rd Apr |
| 9th/10th May | National Compulsories Finals Levels 4 & 3  National Compulsory 2 | Fenton Manor, Stoke | Gymnasts 27th Apr |
| 23rd/24th May | National Grades Finals  4, 3, 2 & 1 | Fenton Manor Stoke | Gymnasts 27th Apr |
| 6th/7th Jun | NW Floor and Vault Championships | Robin Park Sports Centre | 1st May |
| 13th/14th Jun | NW Open/Challenge Cup Qualifier for NW gymnasts | Robin Park Sports Centre | 8th May |
| 19th/20th Sept | Paul Reay Team Challenge | Robin Park Sports Centre | 7th Aug |
| 26th/27th Sept | Lancashire 4 Piece | Robin Park Sports Centre | 21st Aug |
| 26th/27th Sept | NW Age Groups/Compulsory 3 re-take | Robin Park Sports Centre | 21st Aug |
| 26th/27th Sept | NW FIG/Challenge Cup Qualifiers/Bill McLoughlin Team Trial | Robin Park Sports Centre | 21st Aug |
| 3rd Oct | National Compulsory Level 2 & 1 Qualifier | New College, Leicester | 21st Aug |
| 17th/18th Oct | Adrian Stan Team Championships | Surrey Sports Park, Guildford | 4th Sept |
| 17th/18th Oct | Cheshire & Merseyside 4 Piece | Robin Park Sports Centre | 18th Sept |
| 24th/25th Oct | Greater Manchester 4 Piece | Robin Park Sports Centre | 25th Sept |
| 31st Oct/1st Nov | North West 4 Piece Championships | Robin Park Sports Centre | 2nd Oct |
| 14th/15th Nov | Voluntary Age Group Championships Level 4, 3 & 2 | Guildford Spectrum | Gymnasts 2nd Nov |
| TBA | English Gold, Silver and Bronze | TBA | TBA |
| 20th – 22nd Nov | Espoir, Junior & Senior Challenge Cups | Surrey Sports Park, Guildford | 9th Oct |
| 20th – 22nd Nov | Bill McLoughlin National Apparatus Team Championships | Surrey Sports Park, Guildford | 9th Oct |

**Please check the British Gymnastics website for the most up to date version of the WAG National Calendar. This information is correct at the time of issue.**

**COMPETITIONS (cont.)**

**Competition fees**

The fees for competition entry are on the Competition Overview pages 15-20 and summarised below:

* NW Open: £30 per gymnast
* All other 4 & 5-piece competitions: £25 per gymnast
* All Floor & Vault competitions: £20 per gymnast
* Paul Reay teams: £90 per team (Reg 6,5,4)

£40 per team (Reg 3)

**NB. All competition/trial entry fees are non-returnable after the closing date, irrespective of the reason for withdrawal.**

**Spectator entrance to 2020 NW/County competitions**

* Adults: £6.00
* Concessions: £3.00
* Programmes: £1.00

**Scoring system**

* Scoring for 2020 competitions will be provided by Kscore
* A spare screen will be available for coaches to check scores
* The scores may be subject to alteration following appropriate checks to correct substantiated genuine errors
* Results will be emailed to the competing clubs and published on the North West website following the event

**Judging Fee**

* There is no judging fee for NW/County competitions
* The exception to this is the NW Open – out of region clubs only – judge fee = £100/day

**Judges for competitions**

* The entry to 2020 competitions will be dependent on each club putting forward the correct number of judges/officials in accordance with the number of gymnasts entered
* It is the responsibility of the club and not the Judging Convenor to provide these judges
* If the club is unable to provide sufficient judges/officials, then gymnasts entered will need to be reduced accordingly (see page 13)

**COACHES AT COMPETITIONS**

**Coaches briefing**

* A coaches briefing will take place before each round of the competition
* Attendance is mandatory by all coaches on the floor
* A coach only needs to attend the meeting on joining the competition, not for each round, but must attend both days if coaching both days
* Each coach must sign the coach’s declaration confirming that they hold the appropriate BG qualification and are competent to coach the level of skills being performed by their gymnasts

**Coaches at apparatus**

## Only one coach per gymnast is permitted at the apparatus for individual competitions

## For the Paul Reay Team Challenge, 2 coaches per team are permitted. These may both be male.

* It is strongly recommended that the coach should remain near the apparatus on vault, (at the end of the) beam for dismounts, and between the bars. This is mandatory for certain competitions (see individual rules).
* Coaches may not stand on the landing area (mat) of the vault or next to the springboard
* Any breach of these rules will incur a 0.5 neutral penalty (as FIG CoP)
* The coach’s presence on or very close to the matting during the beam exercise, other than for the dismount, will incur a 0.5 penalty (as FIG CoP). The onus is on the coach to be present only at the dismount and not during the routine.

**General competition etiquette – coaches:**

* Must not approach any E panel judges for scores or other information at any point during the competition
* Must not bring hot drinks onto the competition floor
* Chewing gum is not permitted
* Must remove all jewellery/watches for NW/County competitions. Wedding rings may be taped up.

**Mobile phones/cameras/tablets/video equipment:**

* Coaches/judges/officials/gymnasts may not use mobile phones or photographic equipment at any time during the competition
* Coaches – please use coaches’ computer for checking score

**Coaches Attire**

* All coaches must wear a tracksuit or tracksuit bottoms and T-shirt/polo shirt with trainers
* Club branded/sports leggings are permitted which may be full or ¾ length
* The following are not permitted:
* Boots or ‘hi-top’ baseball boots
* Sandals or sliders
* Gym slippers or bare feet
* Sleeveless/vest tops or strappy tops
* Shorts
* Coaches attending National Finals must wear the prescribed NW kit provided

**COACH QUALIFICATIONS**

**Coaches for all competitions must hold the following coaching qualifications to accompany gymnasts onto the competition floor:**

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| **4 & 5-piece competitions** |
| * WA Level 2 coach (Coach) * WA Level 3 coach (Club Coach) * WA Level 4 coach (Senior Club Coach) * WA HPC/IPC   Additional modules signed off by mentors – evidence to be brought to the competition and shown to the Floor Manager   * MA Level 2 coach (Coach) * MA Level 3 coach (Club Coach) * MA Level 4 coach (Senior Club coach) * MA HPC/IPC   **NOTE: Men’s Artistic coaches are not qualified to coach beam** |

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| **Floor & Vault competitions** |
| * WA Level 1 coach (only under the supervision of a Level 2 or higher coach) * WA Level 2 coach (Coach) * WA Level 3 coach (Club Coach) * WA Level 4 coach (Senior Club Coach) * WA HPC/IPC   Additional modules signed off by mentors – evidence to be brought to the competition and shown to the Floor Manager   * MA Level 1 coach (only under the supervision of a Level 2 or higher coach) * MA Level 2 coach (Coach) * MA Level 3 coach (Club Coach) * MA Level 4 coach (Senior Club coach) * MA HPC/IPC * GG & Team Gym Level 2 coach (Coach) * GG & Team Gym Level 3 coach (Club Coach) |

* For all Level 2 coaches and above, coach registration is mandatory for all competitions. This is done via the BG entry system before the entry can be submitted.
* Should it be necessary to add additional Level 2+ coaches after the closing date, an email must be sent to the Competition Organiser as soon as possible. Proof of coaching qualification, current membership, DBS and Safeguarding must be provided. A screenshot of the appropriate BG pages will suffice. Requests after 6pm on the Friday prior to the event may be refused.

**COACH QUALIFICATIONS (cont.)**

**Coach Qualifications**

* Only coaches who hold the appropriate qualifications (see page 6) will be permitted to take an active coaching role at NW competitions
* The minimum qualification required for a WTC event is WA Level 2
* Coaches must hold the appropriate qualification for the skills being competed by their gymnasts
* It is the responsibility of the club and the coach to ensure the appropriate training and qualification has been successfully completed by the nominated coach
* Coaches have a responsibility in relation to the safety of their gymnasts in the competition environment. This specifically includes ensuring the gymnasts are adequately prepared (physically and psychologically) for performing their routines in a competition situation.
* The criteria for a coach at a Regional Qualifier should be the same as required for the National final
* A Men’s Artistic Coach may take gymnasts on Vault, Bars and Floor if their training and qualifications cover the skills being performed
* All coaches accompanying gymnasts at NW events must hold a full/joint/life BG membership for the current year, along with up-to-date Safeguarding and DBS.

**Pastoral coaches**

* Clubs may request that WA Level 1/GG Level 2+ coaches accompany groups of gymnasts at competitions for pastoral care
* Requests for pastoral coaches must be submitted in writing (email) to the Competition Organiser at least 1 week before the event
* Proof of coaching qualification, current BG membership (full/joint/life), up-to-date DBS and Safeguarding must be provided. A screenshot of the appropriate BG pages will suffice.
* With the exception of Floor & Vault competitions (see page 6), pastoral coaches may not assist with coaching gymnasts at the apparatus but may be present solely to ensure the wellbeing of gymnasts when there are insufficient Level 2+ coaches. They may move springboards and hold gymnasts’ numbers up.

**INQUIRIES**

* If there is a query on a score, a coach may make a verbal inquiry to the Judge in Charge or Competition Organiser (at end of the rotation) who will query the score with the appropriate judges
* Beyond this, judges will not review or discuss that score, or reasons for their decisions unless correct procedure is followed i.e. a formal written inquiry (with fee) is made via the Competition Organiser or the Floor Manager
* Inquiries can only be made against the D score for the coach’s own gymnast
* Comparative scores of other gymnasts will not be considered
* Video footage cannot be considered and will not be used in the settlement of inquiries as per the National Competition Handbook
* The score will be reviewed by the apparatus panel who may seek advice from other senior judges if needed
* Coaches will not be permitted to be present while the review takes place and must move completely away from the judges at this time
* Written notification of the result of the review will be provided by the apparatus panel via the Head Judge

**Inquiry Fee:** £20.00 (per inquiry)

**NB. Once a verbal inquiry has been made, a written inquiry CANNOT follow up and will not be accepted**

**GENERAL COMPETITION INFORMATION**

## **Trophies**

* Trophies are awarded to overall champions/teams and are for the gymnast/club to keep
* Clubs are responsible for any **returnable** NW trophies once presented, and for the safe return to the Competition Organiser before or at the following year’s competition
* The following individual trophies are classed as **returnable**:
  + NW Combined Compulsory/Voluntary Level 5
  + NW Combined Compulsory/Voluntary Level 4
  + NW Combined Compulsory/Voluntary Level 3
* They should be cleaned and polished and ready to present to the current year’s winners
* The gymnast is responsible for the engraving of the trophy and if gymnast leaves the club, all returnable trophies must be recovered by the club and returned to the NW in time for the competition

**Photography**

* Official photographers will be present at NW WTC events & images may be published by the NW WTC
* By entering NW events there is an acceptance that the participants may be photographed
* It is the responsibility of the club to ensure that all parents/guardians are aware of this policy before entering the competitions
* The NW official photographer is the only person permitted onto the competition floor during presentations
* Photographs taken during the competition should be from the seating area and not directly in front of the barriers
* Images will be published in line with the guidance contained in the BG Health, Safety and Welfare Policy

**NB. Flash photography is not permitted at any time during the competition warm-up or event**

**Filming gymnasts from other clubs**

* Current BG policy does not prohibit the filming of gymnasts by coaches and parents/gymnasts from other clubs unless the film is to be published
* The WTC have had instances where filming has occurred, and it is an uncomfortable feeling for the parents and not in the spirit of the way we operate in our region
* We would advise that best practice is always to ask permission first and if it is not given, the filming should not take place
* A photography notice will be displayed at each competition stating:

“Photographs at this event may only be taken of your own children or those connected to your club, with the permission of their parents. The NW WTC reserve the right to refuse entry to anyone who is believed to be taking photographs for any other reason. Images may not be used for entry into photographic competitions.”

**Safeguarding Gymnasts:**

* Gymnasts are not permitted to leave the competition arena during the competition for any reason except to go to the toilet. They do not need permission from the judges. The competition must not be delayed due to their absence.
* Gymnasts are not permitted to go into the audience at any point during active competition

**GENERAL COMPETITION INFORMATION (cont.)**

**Competition entry**

* All NW/County competitions will use the BG online competition entry system
* The system checks:
  + coach qualification, Safeguarding and DBS status
  + gymnast/coach/judge BG membership status. If the status does not meet the competition requirements as set out in this handbook, entry is not possible until the status is corrected with BG.
* All gymnasts entering NW/County competitions must have current NW affiliation which will be checked separately before the competition
* NW affiliation will not be required by gymnasts from outside the region entering the NW Open
* The closing date for all NW WTC events will be midnight on the advertised day
* Late entries will not be accepted after the closing date
* For Paul Reay teams – substitutions will not be permitted unless accepted by the Competition Organiser before the day of the competition. Requests to substitute a gymnast must be accompanied by the gymnast’s BG number and proof of current NW affiliation.

**NB. The Competition Organiser will not answer individual correspondence from parents. Any such emails will be directed back to the gymnast’s club.**

**Floor music**

* Music must be uploaded to the BG system before the music closing date which will be the same day as the entry closing date
* Spare copies of floor music must be brought to the competition on a coach’s pen drive
* CD’s, Ipods, mobile phones and YouTube may not be used to play floor music during the competition

**Competition move-up rules**

* Gymnasts who finish in the positions as indicated in the table below in NW competitions must move up a level (or more) at all NW Regional and County competitions in the next calendar year of competition
* This applies to Floor & Vault competitions, 4-piece competitions and the NW Open

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| --- | --- |
| Number of Gymnasts in the Competition | Placings that need to move up |
| Up to 2 | No moving up required |
| 3 to 5 gymnasts | First Overall |
| 6 to 9 gymnasts | Top two Overall |
| 10 to 13 gymnasts | Top three Overall |
| 14 to 17 gymnasts | Top four Overall |
| 18 to 21 gymnasts | Top five Overall |
| 22 and more gymnasts | Top six Overall |

* The WTC reserves the right to adapt this rule dependent on competition numbers
* It is also possible that the WTC may override the rule based on gymnast’s scores

**GENERAL COMPETITION INFORMATION (cont.)**

**Gymnasts dropping back a level (4-piece competitions)**

* Gymnasts are not permitted to drop back a level once they have competed at a higher level. However, it is recognised that in a very small number of cases there may be valid reasons for requesting that a gymnast move back. Where such circumstances exist then a case must be submitted to the Chair of the WTC for consideration at a WTC meeting.
* A drop back request should be accompanied by scores from the latest competitions (including friendly competitions) and a detailed statement from the coach giving specific reasons for the request. This includes County as well as Regional Competitions.
* Examples that may be successful with the WTC:
* Coming back from long term injury
* Examples that will not be successful with the WTC:
* Gymnast has not got all the CR’s for the new level
* Gymnast has developed a fear of going backwards

**Gymnasts dropping back from 4-piece to Floor & Vault**

* Gymnasts who have competed in 4-piece competitions and wish to drop back to Floor & Vault competitions must request permission in writing from the WTC via the Competition Organiser.

**Gymnasts selected for Regional teams**

* Gymnasts selected for the Regional team should be available for the finals
* If it is known on the day of the selection competition that the gymnast is unavailable for the final, they must inform the Team Manager on the day of the selection competition
* Should a gymnast withdraw for any reason other than injury after committing to competing for the Regional team, their club will be subject to a participation fee of £20 (per gymnast). This applies to team members and reserves. This participation fee will be refunded on provision of a medical note (as BG) which must be provided at or just following the time of withdrawal.

**Apparatus at competitions**

* The equipment at WTC competitions will be provided by Gymnova to FIG specifications
* Only apparatus supplied at the request of the NW WTC may be used at County/Regional events
* The WTC will provide short paralettes for the NDP Grades/Compulsories competitions

**Car Parking**

Robin Park Leisure Centre has a car parking charge. All officials, coaches and judges can apply for an annual pass, which allows free parking. To apply for the pass, which runs from April to April, submit your name and car registration number to June Deeley (NW WTC Secretary) a minimum of 7 days before the competition. The pass can be collected from the desk at the entrance to the competition on the day.

**GENERAL COMPETITION INFORMATION (cont.)**

**Team Managers**

For all Regional team finals, a Team Manager will be appointed. The main duties of the team manager are listed below:

1. Regional Teams – ensure that the National Competition entry has been sent to BG (by the Competition Organiser) before the closing date and that the entry fee has been paid
2. Co-ordinate and lead team training events (or work alongside an appointed team coach to oversee the training events)
3. Collect training fees (if applicable) from gymnasts at each training event
4. Keep a register of gymnasts at team training
5. Complete and submit the working order for the finals (as follows):

Gymnasts to compete in reverse order, on each apparatus, as placed in the qualifying competition:

4th placed gymnast competes 1st

3rd placed competes 2nd

2ndplaced competes 3rd

1st placed competes last

1. Distribute information about the finals to all gymnasts and coaches
2. Distribute information about team training events to all gymnasts and coaches
3. Ensure gymnasts and coaches all receive the team clothing (preferably ahead of the finals)
4. Register gymnasts at the finals
5. Ensure that there is a nominated person on each competition day to collect all kit from gymnasts and coaches who will return it to the official kit organiser. This may be the Team Manager, a coach or one of the parents. If the kit is not returned on the day of the competition to the nominated person, it is the responsibility of the coach/parent to return that kit within one week of the competition to the official kit organiser.
6. All returnable kit will be numbered and signed for (gymnasts and coaches). In the event of non-return, the club/individual will be charged for the replacement of the missing item(s).

**JUDGES INFORMATION**

**Uniform**

All judges **must** wear the official FIG judging uniform at all levels of competition:

**Female judges**

* Navy blue suit (with skirt or trousers), white shirt/blouse/top, suitable shoes. No jeans, strappy or inappropriate tops.

**Male judges**

* Dark blazer/jacket, grey/dark trousers, white shirt with tie.

**Judges for competitions**

* Judges names must be sent to the Judging Convenor as soon as the competition plan has been published as it will be clear on which days the gymnasts are competing and how many judges are required on each day
* Clubs must ensure that their nominated judges are available for the duration of the competition day and that they have agreed to their nomination to judge
* The judging rota and judging information will be sent to all clubs. **It is the club’s responsibility to circulate this information to their judges.**
* The rota may also be sent to individual judges when the Judging Convenor knows the judge’s email addresses
* Information to Independent judges will be circulated by the Judging Convenor(s)
* Substitute judges must only be used with prior consultation and agreement with the Judging Convenor

**Responsibilities**

* Judges should arrive in plenty of time for the advertised judges’ meeting
* Judges must possess and have studied the current rules for the competitions they will be judging and have suitable recording materials
* During the competition phase, judges should not have contact with coaches, gymnasts or members of the audience, or talk inappropriately to the panel’s judges as this can be misinterpreted by spectators and other coaches
* Judges should not leave the competition arena without informing the D Judge as this could delay the competition
* Judges should always behave in a professional manner and judge impartially without bias

NB. In view of our online scoring system (Kscore), the use of phones by judges whilst at the judging table, is not permitted except in extenuating circumstances.

**Judging Requirements per Competition Day**

The entry to competitions will be dependent on each club putting forward the correct number of judges in accordance with the number of gymnasts entered as per the table below:

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| Competition | Number of Gymnasts | Number of Judges (per day) |
| 4 or 5-piece | 1-2 | No judge required |
| 3-10 | 1 |
| 11-20 | 2 |
| 21+ | 3 |
| Floor and Vault | 1-2 | No judge required |
| 3-20 | 1 |
| 21+ | 2 |

**Competitions Overview:**

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| **NW CLUB & REGIONAL GRADES** | **FORMAT** | **MEDALS** | **MUSIC** | **JUDGES** | **MEMBERSHIP REQUIRED** | **ENTRY FEE** |
| NDP Club Grades 6 & 5  (in-age and out-of-age)  NDP Regional Grades 4,3,2,1 | Individual Championships over 2 weekends | Trophy to County winners and Overall NW Champions  Overall medals to top 3 in each competition | Music to be uploaded prior to competition  Bring spare copy of music on PEN DRIVE  No ‘Disney’, ‘Andrew Lloyd Webber’ or ‘Cirque Du Soleil’ allowed | See Page 13 | NW membership and  BG Silver membership | £25 |

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| **NW & COUNTY FLOOR AND VAULT CHAMPIONSHIPS** | **FORMAT** | **MEDALS** | **MUSIC** | **JUDGES** | **MEMBERSHIP REQUIRED** | **ENTRY FEE** |
| Pre-novice  Novice  Intermediate | Overall and Individual Apparatus Championships | Overall and apparatus medals to top 3 in each competition and trophy to winners | Music to be uploaded prior to competition  Bring spare copy of music on PEN DRIVE  No ‘Disney’, ‘Andrew Lloyd Webber’ or ‘Cirque Du Soleil’ allowed | See Page 13 | NW membership and  BG Bronze membership | £20 |

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| **NW NATIONAL 5**  **NW COMPULSORY 5**  **NW COMPULSORIES**  **& NATIONAL GRADES QUALIFIER** | **FORMAT** | **MEDALS** | **MUSIC** | **JUDGES** | **MEMBERSHIP REQUIRED** | **ENTRY FEE** |
| NW National 5 | Individual Championships | Overall medals to top 3 and trophy to winner | Music to be uploaded prior to competition  Bring spare copy of music on PEN DRIVE  No ‘Disney’, ‘Andrew Lloyd Webber’ or ‘Cirque Du Soleil’ allowed | See Page 13 | NW membership and  BG Bronze membership | £25 |
| NW Compulsory 5 | Individual Championships | Overall medals to top 3 and trophy to winner |
| NDP National Grades 4,3,2,1 | Individual Championships and  Team Selection for National Finals - top 4 + 5th place (reserve) | Overall medals to top 3 in each competition and trophy to winner  4th and 5th place rosettes | NW membership and  BG Silver membership |
| Compulsory Level 4 | Individual Championships and  Team Selection for National Finals - top 4 + 5th place (reserve) | Overall medals to top 3 in each competition (in age) and trophy to winners  4th and 5th place rosettes |
| Compulsory Level 3  (in & out-of-age)  No eligibility for National Finals if out-of-age |
| Compulsory Level 2 | Control Competition before National Competition | Overall medals to top 3 and trophy to winner |

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| **NW OPEN**  **(Qualifier for the Challenge Cup for NW Gymnasts)** | **FORMAT** | **MEDALS** | **MUSIC** | **JUDGES** | **MEMBERSHIP REQUIRED** | **ENTRY FEE** |
| NW Voluntary 5 (Age 8 only) | Overall and Individual Apparatus Championships | Overall and apparatus medals to top 3 in each competition and trophy to winners | Music to be uploaded prior to competition  Bring spare copy of music on PEN DRIVE  No ‘Disney’, ‘Andrew Lloyd Webber’ or ‘Cirque Du Soleil’ allowed | See Page 13 | NW membership (for NW gymnasts\*) and BG Bronze membership | £30 |
| FIG  (Espoir, Junior & Senior) |
| Regional Level 5  (Age 9 & Age 10) |
| Regional Level 4  (Junior & Senior) |
| Regional Level 3  (Junior & Senior) |
| Regional Level 2  (Espoir, Junior/Senior) |

**\*Gymnasts entering the NW Open from outside the NW Region do not need to be NW members**

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| **THE PAUL REAY TEAM CHALLENGE** | **FORMAT** | **MEDALS** | **MUSIC** | **JUDGES** | **MEMBERSHIP REQUIRED** | **ENTRY FEE** |
| Regional Level 6 | 5 in a team, 4 to compete on each piece,  3 scores to count towards the team total | Trophies (non-returnable) to winning teams  Overall awards for top 3 teams in each Level | Music to be uploaded prior to competition  Bring spare copy of music on PEN DRIVE  No ‘Disney’, ‘Andrew Lloyd Webber’ or ‘Cirque Du Soleil’ allowed | See Page 13 | NW membership and  BG Bronze membership | £90 |
| Regional Level 5 | £90 |
| Regional Level 4 | £90 |
| Regional Level 3 | 2 gymnasts in a team  competing 2 pieces each. All 4 pieces must be competed | £40 |
| **RULES – see Regional rules Pages 25 to 31**  **Minimum ages as stated for each Level**  **HIGHER LEVEL REGIONAL RULES APPLY**  **Vault**  **All teams’ members must vault at same height – exception – L6 teams with 8/9-year olds who may use mixed flatback and table**  **Level 6 – max D score 2.4**  **Level 5 – max D score 3.0**  **Level 4 – max D score 3.7**  **Bars**  **8/9-year olds must have coach in between bars**  **Floor**  **Level 6 - 8/9 years - may do front saltos/aerials**  Gymnasts must compete (as a minimum) at the Level they will compete in 2020 County/Regional Individual competitions. ‘Move-up’ rules do not apply after this competition i.e. gymnasts finishing according to table on P11 do not need to move up next year. As this is a CLUB competition, all team members must be from the same club. | |  |

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| **NW VOLUNTARY AGE GROUPS/FIG CHAMPIONSHIPS (Selection for Bill McLoughlin and Qualifier for the Challenge Cup)** | **FORMAT** | **MEDALS** | **MUSIC** | **JUDGES** | **MEMBERSHIP REQUIRED** | **ENTRY FEE** |
| NW Voluntary 5 | NW Voluntary Champion declared  Combined NW Champion declared | Overall and apparatus medals to top 3 in each competition and trophy to winners  4th and 5th place rosettes for L4 & L3  Combined Champions declared with returnable trophies | Music to be uploaded prior to competition  Bring spare copy of music on PEN DRIVE  No ‘Disney’, ‘Andrew Lloyd Webber’ or ‘Cirque Du Soleil’ allowed | See Page 13 | NW membership and  BG Bronze membership | £25 |
| Voluntary Age Group Level 4 | NW Voluntary Champion declared  Combined NW Champion declared  Team selection for National finals – top 4 plus 5th place (reserve) | NW membership and  BG Silver membership |
| Voluntary Age Group Level 3 |
| FIG  Espoir, Junior & Senior | Individual Apparatus Championships | Overall and apparatus medals to top 3 in each competition and trophy to winners |
| NW membership and  BG Bronze membership |

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| **C&M/GM/LANCS**  **4-PIECE REGIONAL**  **CHAMPIONSHIPS LEVELS**  **6, 5, 4, 3 & 2** | **FORMAT** | **MEDALS** | **MUSIC** | **JUDGES** | **MEMBERSHIP REQUIRED** | **ENTRY FEE** |
| Regional Level 6 (8-12+) | Overall and Individual Apparatus Championships | Overall and apparatus medals to top 3 in each competition and trophy to winners | Music to be uploaded prior to competition  Bring spare copy of music on PEN DRIVE  No ‘Disney’, ‘Andrew Lloyd Webber’ or ‘Cirque Du Soleil’ allowed | See Page 13 | NW membership and  BG Bronze membership | £25 |
| Regional Level 5 (9-13+) |
| Regional Level 4 (Jun & Sen) |
| Regional Level 3 (Jun & Sen) |
| Regional Level 2 (Esp. & Jun/Sen) |

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| **NORTH WEST**  **4-PIECE REGIONAL CHAMPIONSHIPS LEVELS**  **6, 5, 4, 3 & 2** | **FORMAT** | **MEDALS** | **MUSIC** | **JUDGES** | **MEMBERSHIP REQUIRED** | **ENTRY FEE** |
| Regional Level 6 (8-11; **no age 12+)** | Overall and Individual Apparatus Championships | Overall and apparatus medals to top 3 in each competition and trophy to winners | Music to be uploaded prior to competition  Bring spare copy of music on PEN DRIVE  No ‘Disney’, ‘Andrew Lloyd Webber’ or ‘Cirque Du Soleil’ allowed | See Page 13 | NW membership and  BG Bronze membership | £25 |
| Regional Level 5 (9-12; **no age 13+)** |
| Regional Level 4 (Jun & Sen) |
| Regional Level 3 (Jun & Sen) |
| Regional Level 2 (Esp. & Jun/Sen) |

**NW and COUNTY Floor and Vault Competition Rules 2020**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Pre-Novice** | **Novice** | **Intermediate** |
| **ELIGIBILITY** | See eligibility table on Page 22 | See eligibility table on Page 22 | See eligibility table on Page 22 |
| **AGES** | 8, 9, 10, 11, 12 & 13+  Age groups may be merged if insufficient numbers | 8, 9, 10, 11, 12 & 13+  Age groups may be merged if insufficient numbers | 9, 10, 11, 12 & 13+  Age groups may be merged if insufficient numbers |
| **MOVING UP** | As per moving up rules on Page 11 | As per moving up rules on Page 11 | As per moving up rules on Page 11 |
| **VAULT REQUIREMENTS** | Age 8 Flat back to 0.80m crash mats  Age 9 Flat back to 0.90m crash mats  Age 10 Flat back to 1.00m crash mats OR 110 table  Ages (10,) 11 & 12 1.10m table  Ages 13 & over 1.20m table  Handspring flat back D score 1.0  Ages 8 & 9 Max D score 1.0  Ages 10 & over Max D score 2.0  2 vaults, best score to count | Age 8 Flat back to 0.90m crash mats  Age 9 Flat back to 1.00m crash mats  Age 10 Flat back to 1.10m crash mats OR 110 table  Ages (10 &) 11 1.10m table  Ages 12 & over 1.20m table  Handspring flat back D Score 1.0  Ages 8 & 9 Max D score 1.0  Ages 10 &11 Max D score 2.8  Ages 12 & over Max D score 3.0  2 vaults, best score to count | Ages 9, 10 & 11 1.10m table  Ages 12 & over 1.20m table  Ages 9, 10 & 11 Max D score 3.0  Ages 12 & over Max D score 3.2  2 vaults, best score to count |
| **FLOOR REQUIREMENTS**  **All levels must have (min) TWO acro lines to count dismount DV (see below for acro line specifications for each category)** | **CR’s x 4 (0.5 each)**  1. A dance passage of 2 different leaps or hops  2. A spin (min 360ᵒ)  3. An acro element  4. An acro dismount (FIG or NW)  **Max D score 2.9** | **CR’s x 4 (0.5 each)**  1. A dance passage of 2 different leaps or hops, 1 with 180ᵒ split or straddle  2. A spin (min 360ᵒ)  3. Fwd/swd & bwd acrobatic elements  4. An acro line (min one element, must be flighted)  **Max D score 3.1** | **CR’s x 4 (0.5 each)**  1. A dance passage of 2 different leaps or hops, 1 with 180ᵒ split or straddle  2. A spin (min 360ᵒ)  3. Fwd/swd & bwd flighted acrobatic elements  4. An acro line with a salto |
| **ACR0 LINES** | An acro line will be any acro series or an acro element performed on its own | An acro line will be any acro series with minimum **ONE** FLIGHTED element or a FLIGHTED acro element performed on its own | An acro line will be any acro series with minimum **TWO** FLIGHTED elements or a front salto (not aerial) performed on its own |
| **ELEMENTS & NW JUNIOR CODE** | **Max 8 elements (including dismount)**  Max 1B dance element allowed  NW Junior Code elements will be recognised  and will be counted towards number of required moves but not credited DV | **Maximum 8 elements (including dismount)**  Max 3B dance elements allowed  NW Junior Code elements will be recognised  and will be counted towards number of required moves but not credited DV | **Maximum 8 elements (including dismount)**  NW Junior Code elements will be recognised  and will be counted towards number of required moves but not credited DV |
| **BARRED ELEMENTS** | All saltos and aerials. No B acro elements - no DV, no CR and would not count for number of elements in routines | No B acro elements  Any elements above a B - no DV, no CR and would not count for number of elements in routines | Any elements above a B - no DV, no CR and do not count for number of elements in routines. |
| **SHORT ROUTINES** | A routine with less than 5 elements in total – deduct 1 mark for each missing element | A routine with less than 6 elements in total – deduct 1 mark for each missing element | A routine with less than 7 elements in total – deduct 1 mark for each missing element |

**NWGA Competition eligibility for 2020 based on age & previous competitions**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Competition | Ages | 4-piece competitions 2020 | | | | | | | | | | | | | | Floor & Vault competitions 2020 | | |
| Vol 5 | Vol 4 | Vol 3 | |  | | Reg L6 | | Reg L5 | Reg L4 | | Reg L3 | Reg L2 | | Pre-Novice | Novice | Intermediate |
| Grades  (Pass in 2020 or earlier) | Club G6 | Min 8 | Y | X | X | | Y | | X | X | | X | X | | X | Y | Y |
| Club G5 | Min 9 | X | Y | X | | Y | | Y | X | | X | X | | X | X | Y |
| Regional G4 | Min 10 | X | X | Y | | Y | | Y | Y | | X | X | | X | X | Y |
| Regional G3 | Min 11 | X | X | Y | | X | | Y | Y | | Y | X | | X | X | X |
| Regional G2 | Min 12 | X | X | Y | | X | | Y | Y | | Y | X | | X | X | X |
| Regional G1 | Min 13 | X | X | Y | | X | | X | Y | | Y | Y | | X | X | X |
| Grades/compulsories  (Pass in 2019-2020) | NW National G5 | 9 only | X | Y | X | | Y | | Y | Y | | X | X | | X | X | X |
| National G4 | Min 10 | X | X | Y | | X | | Y | Y | | Y | Y | | X | X | X |
| National G3 | Min 11 | X | X | Y | | X | | X | Y | | Y | Y | | X | X | X |
| National G2 | Min 12 | X | X | Y | | X | | X | X | | Y | Y | | X | X | X |
| National G1 | Min 13 | X | X | Y | | X | | X | X | | X | Y | | X | X | X |
| NW Compulsory 5 | 8 only | Y | X | X | | X | | Y | X | | X | X | | X | X | X |
| Compulsory 4 | 9 only | X | Y | X | | X | | X | Y | | X | X | | X | X | X |
| Compulsory 3 | Min 10 | X | X | Y | | X | | X | X | | Y | X | | X | X | X |
| Compulsory 2 | Min 11 | X | X | X | | X | | X | X | | X | Y | | X | X | X |
| Compulsory 4, 3 and 2 Level gymnasts are not eligible to compete in Regional Levels in the same year as their elite competition | | | | | | | | | | | | | | | | | | |
| Floor & Vault 2020 | Pre- Novice | Min 8 | X | X | X | |  | | X | | X | X | | X | X | | Y | X | X |
| Novice | Min 8 | X | X | X | |  | | X | | X | X | | X | X | | X | Y | Y |
| Intermediate | Min 9 | X | X | X | |  | | X | | X | X | | X | X | | X | X | Y |
| Floor & Vault gymnasts are not eligible to compete in 4-piece County/Regional competitions in the same year, but may compete 1 or 2 pieces in the Paul Reay Team Challenge | | | | | | | | | | | | | | | | | | |
| Regional  (2018-2019) | Voluntary 5 | 8 only | X | X | X | |  | | X | | Y | Y | | X | X | | X | X | X |
| Regional Level 6 | Min 8 | X | X | X | | Y | | Y | Y | | Y | Y | | X | X | X |
| Regional Level 5 | Min 9 | X | X | X | | X | | Y | Y | | Y | Y | | X | X | X |
| Regional Level 4 | Min 10 | X | X | X | | X | | X | Y | | Y | Y | | X | X | X |
| Regional Level 3 | Min 11 | X | X | X | | X | | X | X | | Y | Y | | X | X | X |
| Regional Level 2 | Min 12 | X | X | X | | X | | X | X | | X | Y | | X | X | X |
| Challenge Cup Qual | Min 12 | X | X | X | |  | | X | | X | X | | X | Y if failed to qualify | | X | X | X |
| 4-piece gymnasts must compete at the same or a higher level throughout the same year | | | | | | | | | | | | | | | | | | |
| National  (2018-2020) | Voluntary 4 | 9 only | X | X | X | |  | | X | | X | Y | | Y | X | | X | X | X |
| Voluntary 3 | 10 only | X | X | X | | X | | X | X | | Y | Y | | X | X | X |
| Voluntary 2 | 11 only | X | X | X | | X | | X | X | | X | Y | | X | X | X |
| Voluntary 4, 3 and 2 Level gymnasts are not eligible to compete in Regional Levels in the same year as their elite competition | | | | | | | | | | | | | | | | | | |
| English Champs | Min 12 | | | | X | |  | | X | X | | X | X | | Y | X | X | X |
| NB. English Championships gymnasts are still eligible to compete Regional Level 2 if they only competed on 1 or 2 pieces in The English | | | | | | | | | | | | | | | | | | |
| Challenge Cup | Min 12 | | | | X | |  | | X | X | | X | X | | X | X | X | X |

**NWGA Competition Rules (January 2020) – 4-piece Regional Rules**

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Voluntary 5** | **Regional Level 6** | **Regional Level 5** | **Regional Level 4** | **Regional Level 3** | **Regional Level 2** |
| **Eligibility** | See table on page 22 | See table on page 22 | See table on page 22 | See table on page 22 | See table on page 22 | See table on page 22 |
| **Ages** | 8 only | 8,9,10,11 and 12+ | 9, 10, 11, 12 and 13+ | Junior 10 and 11  Senior 12+ | Junior 11 and 12  Senior 13+ | Espoir 12 & 13  Junior/Senior 14+ |
| **Moving Up** | Not applicable | Refer to Page 11 | Refer to Page 11 | Refer to Page 11 | Refer to Page 11 | No requirement to move to FIG in 2021 if the gymnast is placed in top 3 |

**JUDGING CLARIFICATIONS ON BARS FOR ANGLE OF COMPLETION PENALTIES FOR ALL REGIONAL VOLUNTARY LEVELS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Voluntary 5 | Regional Level 6 | Regional Level 5 | Regional Level 4 | Regional Level 3 | Regional Level 2 |
| Cast penalties |  |  |  |  | AS COP | AS COP |
| Close bar elements | As Compulsory/Voluntary Level 4 |  |  |  |  |  |

Judging Clarification for Voluntary 5

Cast to HS over the top = fall incurring a 1.00 deduction A forward giant from a swing will incur 0.5 intermediate swing penalty

**NORTH WEST REGIONAL AND COUNTY 4-PIECE CHAMPIONSHIPS - 2020**

**VOLUNTARY 5 - 2020**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Age - 8**  **in the year of competition** | **Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points and NW Junior Code (0.1) Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied.**  **BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 optional elements** | | | |
| ***Short Exercises*** | **An exercise with less than 7 elements on Beam/Floor or less than 4 elements on Bars will be deducted 1.00 for each missing element** | | | |
|  | ***Vault*** | ***Bars*** | ***Beam*** | ***Floor*** |
| ***Apparatus*** | **Both vaults – 60cm block (2 long) with 20/30cm additional crash mat to fall onto**  **Thick hand placement mat for Yurchenko** | **Polished Bar with gloves and straps** | **FIG Beam Regulations** | **FIG Floor Regulations** |
| ***Requirements*** | **Either – Tucked front somersault to stand – fall to front**  **D Score = 3.5**  **Or - Yurchenko prep (round off flic onto feet on block – fall to back)**  **D Score = 3.5**  **2 vaults - best score to count (vaults can be same or different)** | **• Upstart**  **• Backward Giant (may be repeated once for DV)**  **Only 2 CRs are required worth 0.5 each.**    **The gymnast will receive an extra 1.0 for CRs provided she performs the upstart mount CR** | **• A connection of at least 2 different dance elements, one with 180⁰ split/straddle**  **• ½ turn (min) on 1 foot**  **• Acro elements (performed on the beam) in different directions (fwd/swd and bwd)**  **• Additional leap/jump with 180° split/straddle** | **• A dance passage of at least 2 different leaps or hops including one with 180° split/straddle**  **• Round off flic flic OR Round off flic tuck**  **• Spin (min 360°)**  **• Forward salto (on its own or connected to a handspring or flyspring)** |
| ***Barred Elements*** |  | **Forward giant** | **All elements above B** | **All elements above B**  **All B valued saltos** |
| ***Bonus*** | **Yurchenko 0.5 if total deduction for this vault is LESS than 1.0** | **Close bar circle above 45⁰ 0.3 (awarded once only)** | **Flic 0.3 (awarded once only and only if no fall)** | **Backward salto in an acro line of min 2 elements 0.3 (awarded once only and only if no fall)** |
| ***Additional Elements*** |  | **Additional NW elements = 0.1**  **Upward circle as a mount**  **Swing bwd above 45⁰ Swing fwd above 45⁰**  **Cast (legs together) above 45⁰** | **NW Junior Code (NWA’s) = 0.1** | **NW Junior Code (NWA’s) = 0.1** |
| ***Notes*** | **All other vaults = VOID VAULT**  **Yurchenko surround MUST be used for both vaults.**  **For judging - see National Compulsory and Voluntary 4** | **Coach to assist gymnast to stop at the end of the routine if required** | **Rolls may be used to fulfil the acro CR** | **ACRO LINE = either an acro series (min 2 flight elements), or a forward salto (not aerial) performed on its own, or as Code of Points** |

**REGIONAL LEVEL 6 – 2020**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Min Age - 8**  **in the year of competition** | **Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points and NW Junior Code**  **Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise.**  **FIG Execution, Artistry and Choreography penalties will be applied.**  **BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 optional elements** | | | |
| ***Short Exercises*** | **An exercise with less than 7 elements on Beam/Floor or less than 4 elements on Bars will be deducted 1.00 for each missing element** | | | |
|  | ***Vault*** | ***Bars*** | ***Beam*** | ***Floor*** |
| ***Apparatus*** | **8 – handspring flatback only**  **~ 90cm soft matting**  **9 – handspring flatback only**  **~110cm soft matting**  **10, 11 – 110 table**  **12 & over 120 table** | **FIG Bars Regulations** | **FIG Beam Regulations** | **FIG Floor Regulations** |
| ***Requirements*** | **Highest score of 2 vaults performed** | **• Mount NW/FIG A**  **• Bar change (flight not nec)**  **• Element started and finished on the LB (not MT)**  **• Close bar element (NW/FIG)** | **• A connection of at least 2 different dance elements**  **• ½ turn (min) on one foot**  **• One acro element started and finished on the beam**  **• A 2nd acro element started and finished on the beam** | **• A dance passage with 2 different leaps or hops**  **• Acro line of 2 (min) different flight elements**  **• Acro elements in different directions (fwd/swd and bwd)**  **• Spin (min 360°)** |
| ***Barred Elements*** | **Max D score = 2.00** | **All elements above A**  **Backaway (penalty 0.3)** | **Acro elements above A**  **Dance elements above B** | **Acro elements above A**  **Dance elements above B**  **All backward saltos (all ages)**  **All forward saltos (including aerials) for gymnasts aged 8 and 9** |
| ***Additional Elements*** |  | **NW Junior Code (NWA’s)** | **NW Junior Code (NWA’s)** | **NW Junior Code (NWA’s)** |
| ***Notes*** | **Vault > Max D Score: VOID VAULT (0.00)**  **D Score for handspring flatback 1.0** | **Coach must stand in between the bars for gymnasts aged 8 and 9. Penalty for non-compliance -0.5** | **A handstand may be used to fulfil the acro CR (FIG A or NWA)**  **Rolls may be used to fulfil the acro CR** | **ACRO LINE= an acro element with flight on its own or in a series.** |

**NB Gymnasts aged 12+ are only eligible to compete in the County Competitions**

**REGIONAL LEVEL 5 - 2020**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Min Age -9**  **in the year of competition** | **Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points and NW Junior Code**  **Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise.**  **FIG Execution, Artistry and Choreography penalties will be applied.**  **BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 optional elements** | | | |
| ***Short Exercises*** | **An exercise with less than 7 elements on Beam/Floor or less than 5 elements on Bars will be deducted 1.00 for each missing element** | | | |
|  | ***Vault*** | ***Bars*** | ***Beam*** | ***Floor*** |
| ***Apparatus*** | **9, 10 - 110 table**  **11, 12, 13 & over - 120 table** | **FIG Bars Regulations** | **FIG Beam Regulations** | **FIG Floor Regulations** |
| ***Requirements*** | **Highest score 2 vaults performed** | **• FIG Mount**  **• Bar change (flight not nec)**  **• Cast above horizontal (of the shoulders) – legs together or straddled**  **• Close bar element – min FIG A** | **• A connection of at least 2 different dance elements**  **• Turn (from Group 3)**  **• Leap or jump with 180° split/straddle**  **• Acro elements (performed on the beam) in different directions (fwd/swd and bwd** | **• A dance passage of at least 2different leaps or hops including 180° split/straddle**  **• Acro line of 2 (min) different flight elements, one being a salto backwards**  **• Forward salto (not aerial)**  **• Spin (min 360°)** |
| ***Barred Elements*** | **Max D score = 3.00** | **All elements above B**  **Giants (backwards or forwards)**  **Mo Shoot** | **Acro elements above B**  **Dance elements above C** | **All elements above B**  **All B valued saltos** |
| ***Additional Elements*** |  | **NW Junior Code (NWA’s)** | **NW Junior Code (NWA’s)** | **NW Junior Code (NWA’s)** |
| ***Notes*** | **Vault > Max D Score =: VOID VAULT (0.00)** | **Coaches must stand in between the bars for gymnasts aged 9. Penalty for non-compliance -0.5** | **Rolls may be used to fulfil the acro CR** | **ACRO LINE = either an acro series (min 2 flight elements), or a forward salto (not aerial) performed on its own, or as Code of Points** |

**NB Gymnasts aged 13+ are only eligible to compete in the County Competitions**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Min Age -10**  **in the year of competition** | **Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points**  **Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise.**  **FIG Execution, Artistry and Choreography penalties will be applied.**  **BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 optional elements** | | | |
| ***Short Exercises*** | **FIG rules apply for Beam and Floor. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element** | | | |
|  | ***Vault*** | ***Bars*** | ***Beam*** | ***Floor*** |
| ***Apparatus*** | **Juniors 120 table + mats behind**  **Seniors 125 table** | **FIG Bars Regulations** | **FIG Beam Regulations** | **FIG Floor Regulations** |
| ***Requirements*** | **Junior vaults – choice of only:**  **Tsukahara prep to feet-fall to back**  **D Score = 2.50**  **Yurchenko prep to feet-fall to back**  **D Score = 3.00**  **Handspring to feet-fall to front**  **D Score = 2.50**  **Mats behind vault to height of vault**  **Highest score 2 vaults performed**  **Junior & Seniors** | **• Bar change (flight not nec)**  **• Cast above 45° - legs together or straddled**  **• B (min) element (not MT or DMT) – either bar**  **• Close bar element (non-flighted) - min FIG A** | **• A connection of at least 2 different dance elements one with 180° split/straddle**  **• Turn (from Group 3)**  **• Acro elements (performed on the beam) in different directions (fwd/swd and bwd)**  **• Acro series performed on the beam (not mount or dismount) – 2 elements: at least 1 with flight** | **• A dance passage of at least 2 different leaps/hops one with 180° split/straddle**  **• B (min) dance**  **• Saltos in different directions (fwd and bwd) (not aerial)**  **• Salto in the straight position (fwd or bwd – may be twisting but not whip salto)** |
| ***Barred Elements*** | **Max D Score (seniors) = 3.70** | **All elements above C**  **Any double salto dismount** | **All elements above C**  **All saltos/aerials** | **All elements above C** |
| ***Additional Elements*** |  | **Squat on to catch HB and Cast above 45° (count as elements and for CR, but do not count for DV) Straddle/stoop/clear undershoot dismount. (Counts as an element but not for DV)** | **None** | **None** |
| ***Notes*** | **Vault > Max D Score =: VOID VAULT (0.00)** | **Backward Giant can receive Difficulty Value twice** |  | **DISMOUNT = Salto within an acro line - as Code of Points**  **CR 3,and 4 must be in acro lines.**  **DO NOT PERFORM AERIAL AFTER LAST ACRO LINE** |

**REGIONAL LEVEL 4 - 2020**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Min Age -11**  **in the year of competition** | **Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points**  **Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise.**  **FIG Execution, Artistry and Choreography penalties will be applied.**  **BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 optional elements** | | | |
| ***Short Exercises*** | **FIG rules apply for Beam and Floor. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element** | | | |
|  | ***Vault*** | ***Bars*** | ***Beam*** | ***Floor*** |
| ***Apparatus*** | **125 table** | **FIG Bars Regulations** | **FIG Beam Regulations** | **FIG Floor Regulations** |
| ***Requirements*** | **One vault** | **• High bar element (min B)**  **• Cast to handstand (without turn) maybe straddled or straight**  **• Close bar circle (min B)**  **• Giant Circle** | **• A connection of at least 2 different dance elements one with 180° split/straddle**  **• Turn (from Group 3)**  **• Acro elements (performed on the beam) in different directions (fwd/swd and bwd)**  **• Acro series performed on the beam (not mount or dismount) – 2 elements: both with flight** | **• A dance passage of at least 2 different leaps/hops one with 180° split/straddle**  **• B (min) dance**  **• Saltos in different directions (fwd and bwd) (not aerial)**  **• Salto with LA turn (min 180°)** |
| ***Barred Elements*** | **Max D score = 3.70** | **All elements above D** | **All elements above D** | **All elements above D** |
| ***Additional Elements*** |  | **None** | **None** | **None** |
| ***Notes*** | **Vault > Max D Score =: VOID VAULT (0.00)** | **Giant circles can receive Difficulty Value twice** |  | **DISMOUNT = Salto within an acro line - as Code of Points**  **CR 3 and 4 must be in acro lines.** |

**REGIONAL LEVEL 3 - 2020**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Min Age -12**  **in the year of competition** | **Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points**  **Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise.**  **FIG Execution, Artistry and Choreography penalties will be applied.**  **BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 optional elements** | | | |
| ***Short Exercises*** | **FIG rules apply for Beam and Floor. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element** | | | |
|  | ***Vault*** | ***Bars*** | ***Beam*** | ***Floor*** |
| ***Apparatus*** | **125 table** | **FIG Bars Regulations** | **FIG Beam Regulations** | **FIG Floor Regulations** |
| ***Requirements*** | **One vault** | **• Flight element LB to HB**  **• Close bar circle (min B)**  **• Cast to handstand, with or without turn**  **• 2 different grips or element with ½ turn (not mount/dismount)** | **•A connection of at least 2 different dance elements one with 180° split/straddle**  **• Turn (from Group 3)**  **• Acro elements (performed on the beam) in different directions (fwd/swd and bwd)**  **• Acro series performed on the beam (not mount or dismount) – 2 flighted elements: 1 being a salto** | **• A dance passage of at least 2 different leaps/hops one with 180° split/straddle**  **• C dance element**  **• Saltos in different directions (fwd and bwd) (not aerial)**  **• Salto with LA turn (min 360°)** |
| ***Barred Elements*** | **Max D score = 4.00** | **All elements above D** | **All elements above D** | **All elements above D** |
| ***Additional Elements*** |  | **None** | **None** | **None** |
| ***Notes*** | **Vault > Max D Score =: VOID VAULT (0.00)** |  |  | **DISMOUNT = Salto within an acro line - as Code of Points**  **CR 3 and 4 must be in acro lines.** |

**REGIONAL LEVEL 2 - 2020**

Floor Dismount Rules with some examples

Although dismounts are no longer included as CRs, all floor exercises must have a minimum of 2 acro lines.

* + If only one acro line performed, credit 7 elements.
  + 0.5 will be deducted by the D panel (as a Neutral Penalty) for no dismount
  + For definition of acro lines at each level, see specific rules.

**DISMOUNT RULE (ACRO LINES): at all levels, the dismount will be an acrobatic line as stated above, but it must not be the opening (or only) acrobatic line. Dance elements or elements not fulfilling the dismount criteria, may be performed after the dismount acrobatic line for the dismount to be still credited, however at levels 2, 3 and 4 where FIG Code of Points rules are used, any acrobatic element performed after the last acro line will not receive DV or CR. Some examples below:**

Example 1 **Regional Level 6** – 1st acrobatic line = round off flic; 2nd acrobatic line = handspring. As CoP rules are not followed at this level, any acro elements without flight performed after the last acro line, will still count.

Example 2 **Regional Level 5** – 1st acrobatic line = round off flic tuck; 2nd acrobatic line = front somi. A handspring performed after this is OK as it is not an acrobatic series and does not fulfil the criteria for acro line - ‘acro series with flight’. As CoP rules are not followed at this level, the handspring will still count as an ‘A’ element.

Example 3 **Voluntary 5** – 1st acrobatic line = round off 2 flics or round off flic tuck; 2nd acrobatic line = front somi or handspring front somi. A dance series performed after this is OK as it does not fulfil the criteria for acro line.

Example 4 **Regional Level 2, 3 and 4** – 1st acrobatic line = round off flic full twist; 2nd acrobatic line = handspring straight front. A free cartwheel or tucked front salto performed on its own after this will not fulfil the criteria for an acro line. In addition, as it has been performed after the last acro line it will not be recognised for DV or CR

**NWGA WTC Junior Code - 2020**

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| --- | --- | --- |
| **BARS** | **BEAM** | **FLOOR** |
| Upward hip circle (mount) | Handstand (not held for 2 seconds) | Cartwheel |
| Cast to 45° from HS | Stretch jump | Backward roll to handstand |
| Squat onto LB - jump to HB (must catch) | Stretch jump with ½ turn | Backward walkover |
| Tucked sole circle - jump to HB (must catch) | Forward roll | Forward walkover |
| ¾ giant from LB to HB | Backward roll | Valdez |
| ¾ giant from HB to HB | Arabesque above horizontal and < 180⁰ split | Headspring |
| Straddle/stoop/clear hip undershoot (dismount) | Tuck jump | Tic toc |
|  | ½ spin on 1 foot | Scissor leap |
|  | Squat on mount | Stag leap |
|  | Handspring (dismount) | Forward roll to feet |
|  | Round off (dismount) | Backward roll to feet |
|  |  | Tuck Jump |
|  |  | Dive cartwheel |
|  |  | Dive forward roll |
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**North West National 5**

* Eligibility: for 2020 competition, gymnasts must be born in 2011 (age 9 in 2020)
* Each piece is marked out of a maximum of **14.00** – D score (4.00 maximum) + E score (10.00)
* Pass mark: 50.00

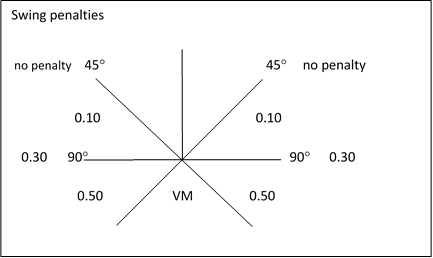
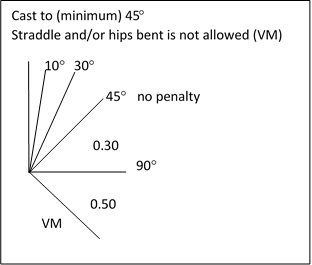
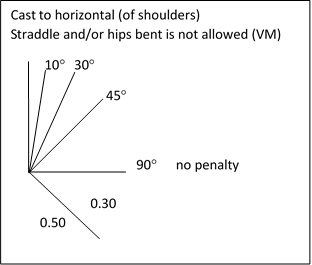
BARS PENALTIES

All body parts must reach the required angle.

- If there is a pike in the body, the line is from the hands to the feet or lowest body part

- If there is excessive arch that puts the feet in the higher sector, the line is through the centre of mass

VM on cast to horizontal will be taken if gymnast’s hips do not leave the bar



Straddle or straight body allowed

**VAULT**

Handspring flatback on Vault- to land on level safety mats behind vault

Height of vault table- 105cm with 5cm mat on top of vault

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| --- | --- | --- | --- | --- |
| ***PHASE*** | ***EXECUTION FAULTS*** | ***PENALTIES*** | | |
| TAKE OFF BOARD | Poor co-ordination of arm swing  Arms already up on jump onto board | 0.10 | 0.30 |  |
| FIRST FLIGHT | Hip angle  Arch  Bent legs  Legs apart | 0.10  0.10  0.10  0.10 | 0.30  0.30  0.30  0.30 | 0.50 |
| REPULSION | Shoulder angle on contact with vault  Bent arms  Walking on hands | 0.10  0.10  0.10 per step | 0.30  0.30 | 0.50 |
| SECOND FLIGHT and LANDING | Bent legs  Failure to maintain straight body position  Insufficient height  Insufficient length  Landing with hands still touching the vault  Legs apart  Failure to land on flat back (landing in dish) | 0.10  0.10  0.10  0.10  0.10  0.10 | 0.30  0.30  0.30  0.30  0.30  0.30 | 0.50  0.50  0.50 |
| GENERAL | Body alignment at any phase (taken only once)  Dynamics | 0.10  0.10 | 0.30 |  |

**BARS**

Uneven bars with high bar as strap bar and low bar as wooden bar

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| --- | --- | --- | --- |
| ***DESCRIPTION*** | ***VALUE*** | ***EXECUTION FAULTS*** | ***PENALTIES*** |
| Trolley swing | **0.0** | Bent legs at any point  Legs apart at any point | 0.10 0.30 0.50  0.10 0.30 |
| Long upstart | **0.5** |  | As CoP |
| Cast to (minimum) horizontal (of the shoulders) with legs together | **0.5** | Poor shape in any phase  Bent arms  Cast penalties | 0.10 0.30 0.50  0.10 0.30 0.50  See NW Compulsory 5 diagrams |
| Back hip circle | **0.5** |  | As CoP (0.50 intermediate pump swing penalty will NOT be applied) |
| Cast to (minimum) 45, straight body position from time hips leave the bar (legs together or straddled) | **0.5** | Poor shape in any phase  Bent arms  Cast penalties | 0.10 0.30 0.50  0.10 0.30 0.50  See NW Compulsory 5 diagrams |
| Swing forwards and backwards x 3 (above horizontal) | **0.5** | Poor rhythm in swings  Swing penalties  Poor body shape in any phase  Deduction for going over the bar (giant) | 0.10 0.30  0.10 0.30 0.50  (see NW Compulsory 5 diagrams)  0.10 0.30  0.50 |
| Coach to stop the last swing and bring the gymnast to hang |  |  |  |

**BEAM**

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| ***DESCRIPTION*** | ***VALUE*** | ***EXECUTION FAULTS*** | ***PENALTIES*** |
| ***Mount-*** jump to clear straddle support and **HOLD for 2 seconds** | **0.5** | Not held for 2 seconds  Feet held below horizontal but above level of beam  Feet held below level of beam | VM  0.1  0.30 |
| ***Dance series-***  Split jump  Stretch jump | **0.5** | Element penalties  Series break (elements not connected)  Elements performed in incorrect order  Element missing (includes following a fall) | As CoP  0.50  0.30  Non-attempt of (2nd) element |
| **0.5** |
| Cartwheel | **0.5** | Element penalties | As CoP |
| Sissone | **0.5** | Element penalties | As CoP |
| ½ spin to finish on toes, immediate half turn to finish on toes (continuing in same direction) | **0.5** | Not finishing on toes  Series break | 0.30  0.30 |
| Kick to split handstand **HOLD for 2 seconds** | **0.5** | Legs joining in any phase of handstand  Not held for 2 secs  Failure to show split handstand  Lack of split in handstand | 0.30  VM  VM  0.10 0.30 |
| ***Dismount-*** run and hurdle step to take off from two feet into stretch jump dismount – ARMS BY EARS (prep for front somi) | **0.5** | Take off from one foot  Insufficient height in jump  Body alignment in jump  Arms not by ears on take-off | VM  0.10 0.30  0.10  0.30 |

**FLOOR**

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| ***DESCRIPTION*** | ***VALUE*** | ***EXECUTION FAULTS*** | ***PENALTIES*** |
| ***Acro line-***  Round off  2 flics | **0.5** | Element penalties  Series break  Missing one flic in series | As CoP  0.50  0.50 |
| **0.5** |
| Backward roll to front support with straight arms | **0.5** | Bent arms in roll  Body alignment in front support | 0.10 0.30 0.50  0.10 |
| ***Dance passage-***  Split leap  Cat leap  *Can be performed in any order* | **0.5** | Element penalties  Break in the dance passage | As CoP  0.50 |
| **0.5** |
| ***Tumble-***  Handspring to two feet | **0.5** | Element penalties  Landing on one foot | As CoP  0.30 |
| Full spin | **0.5** | Element penalties | As CoP |
| Straddle jump (must not be connected to another element) | **0.5** | Element penalties | As CoP |

**RANGE & CONDITIONING**

**Strip of firm matting, or no matting** (as per NDP grades)

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| --- | --- | --- | --- |
| ***DESCRIPTION*** | ***VALUE*** | ***EXECUTION FAULTS*** | ***PENALTIES*** |
| Start in straddle stand. Place hands on floor and straddle press to handstand. **HOLD handstand for 2 seconds**. Step down from handstand (as walkover down). | **0.5** | Handstand not held for 2 seconds  Jump to handstand instead of lever up  Bent legs at any point  Bent arms at any point | VM  VM  0.10 0.30 0.50  0.10 0.30 0.50 |
| Join feet together and starting in crouch position, forward roll (bent or straight arms - pause in shoulder stand not necessary) to straddle ½ lever hold with feet higher than hips. **HOLD for 2 seconds.**  Lower to straddle sit position. | **0.5** | Straddle ½ lever position not held for 2 seconds  Legs held at horizontal  Legs held below horizontal  Legs bent in hold | VM  0.10  0.30  0.10 0.30 0.50 |
| Without changing leg position, lift arms above head and keeping back straight, lean forwards to Japana position. **HOLD for 2 seconds.** | **0.5** | Japana position not held for 2 seconds  Back not straight during lean forwards  Widening legs before Japana fold  Torso not close to floor in held position | VM  0.10  0.10 0.30  0.10 0.30 |
| Take legs backwards (may use hands in transition phase) and passing through box splits, join legs together with arms by ears. Push to press up position with toes pointed. | **0.0** | Lack of flexibility in box splits  Bent legs  Flexing foot/feet during transition phase | 0.10 0.30  0.10 0.30  0.10 |
| Swing one leg round to sit in (forwards) splits. Take hands off floor and **HOLD for 2 seconds** with arms sideways at horizontal. | **0.5** | Splits not held for 2 seconds  Lack of flexibility in splits  Hands touching floor in held position | VM  0.10 0.30  0.30 |
| ½ turn to splits on the other leg (may use hands without penalty). **HOLD for 2 seconds** with hands off floor with arms sideways at horizontal. | **0.5** | Splits not held for 2 seconds  Lack of flexibility in splits  Hands touching floor in held position | VM  0.10 0.30  0.30 |

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| Bring back leg forwards to long sit with legs together. Lift arms to ears and pike fold placing hands flat on the floor at the sides of feet. **HOLD position for 2 seconds.** | **0.5** | Pike fold position not held for 2 seconds  Insufficient pike position  Hands not in prescribed position in pike fold  Legs bent in pike fold | VM  0.10 0.30  0.10  0.10 0.30 |
| Lie on back and push to bridge with feet together. Straighten legs and **HOLD position for 2 seconds.** | **0.5** | Bridge not held for 2 seconds  Insufficient shoulder extension  Knees bent in held position  Feet apart at any point | VM  0.10 0.30  0.10 0.30 0.50  0.10 |
| Lift one leg straight to vertical (may move support leg) and **HOLD position for 2 seconds.**  Kick over through split handstand to stand. | **0.5** | Position not held or 2 seconds  Failure to kick over to stand  Lack of split  Bent legs | VM  1.00(fall)  0.10 0.30  0.10 0.30 0.50 |
|  |  | Lack of fluency/pace throughout exercise (going too slow throughout/holding the holds for too long) | 0.10 0.30 |

**NW Compulsory 5**

Eligibility: For NW gymnasts aged 8 years in the year of competition

(This is an ‘In-Age’ competition only. For the 2020 competition, gymnasts’ year of birth must be 2012)

This competition is designed for NW gymnasts with the potential and desire to follow the Elite Compulsory route. They may not compete in Club Grade 6 in the same year but may revert back to Club Grades the following year if they wish.

This competition will run alongside the Compulsory 4 & 3 and National Club Grades qualifying competitions and the Compulsory 2 control competition.

Gymnasts will also have the opportunity to enter a Voluntary Level 5 alongside the Voluntary Levels 4, 3 and 2 and there will be a presentation for the combined NW Compulsory and Voluntary Champion and runners up as with Levels 4 and 3.

Pass Mark: 50.00

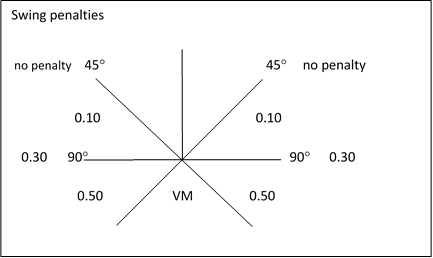
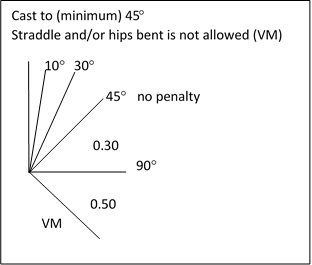
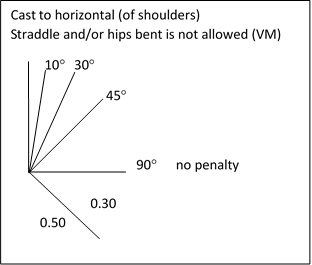
BARS PENALTIES

All body parts must reach the required angle.

- If there is a pike in the body, the line is from the hands to the feet or lowest body part

- If there is excessive arch that puts the feet in the higher sector, the line is through the centre of mass

VM on cast to horizontal will be taken if gymnast’s hips do not leave the bar.



VAULT

**D Score 4.00** Handspring to feet, fall to front. Vault will be onto mats/platform at 80cm with extra safety mat for fall to front.

NB: Safety collar MUST be used – Penalty -score 0. 2 vaults to be performed with the best score to count.

**Penalties:**

|  |  |
| --- | --- |
| **EXECUTION FAULTS** | **PENALTIES** |
| **First flight** |  |
| Pike in hips | 0.10 0.30 0.50 |
| Bent legs | 0.10 0.30 0.50 |
| Legs separated | 0.10 0.30 |
| **Repulsion phase** |  |
| Bent arms | 0.10 0.30 0.50 |
| Shoulder angle | 0.10 0.30 |
| Bent legs | 0.10 0.30 0.50 |
| **Second flight** |  |
| Bent legs | 0.10 0.30 0.50 |
| Legs separated | 0.10 0.30 |
| Lack of height | 0.10 0.30 0.50 |
| Lack of length | 0.10 0.30 0.50 |
| Failure to maintain a straight body | 0.10 0.30 0.50 |
| **Landing penalties** |  |
| Excessive arch on landing (first feet contact) | 0.10 0.30 0.50 |
| Under rotation of handspring: |  |
| Without falling backwards  With fall backwards | 0.10  0.30 |
| Steps each (max 0.8) | 0.10 0.30 |
| Fall | 1.00 |
| Jump after landing (moving the centre of mass in opposite direction) | 0.10 0.30 0.50 |
| Deviation from straight direction on landing (on first contact) | 0.10 0.30 |
| Legs apart on landing | 0.10 |
| Lack of dynamics throughout | 0.10 0.30 0.50 |
| Failure to land feet first – invalid vault | Score 0.00 |

**In addition to the above, apply all other FIG general penalties**.

BARS

**D Score 4.00**

Routine on single polished bar Height 240cm – gloves and loops. (Gloves and loops will not be provided)

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| **DESCRIPTION** | **VALUE** | **EXECUTION FAULTS** | **PENALTIES** |
| In regular grip Show hang position. | 0.0 | Lack of body extension in hang  Pike at hips | * 1. 0.30   0.10 0.30 (>135°) |
| Trolley swing | 0.0 | Bent legs at any point  Legs apart at any point | 0.10 0.30 0.50  0.10 0.30 |
| Long upstart | 0.5 | As COP |  |
| Cast to (minimum) horizontal (of the shoulders) legs together | 0.5 | Poor shape in any phase  Bent arms  Cast penalties (See diagrams) | 0.10 0.30 0.50  0.10 0.30 0.50 |
| Back hip circle | 0.5 | As COP (No intermediate pump swing penalty) |  |
| Cast to (minimum) 45, straight body position from time hips leave the bar legs together | 0.5 | Poor shape in any phase  Bent arms  Cast penalties (See diagrams) | 0.10 0.30 0.50  0.10 0.30 0.50 |
| Swing forwards and backwards x 1 (above 45°) | 0.5 | Poor rhythm in swings  Swing penalties (See diagrams)  Poor body shape in any phase | 0.10 0.30  0.10 0.30 0.50  0.10 0.30 |
| Backward giant through handstand x 2 | 0.5 each | Excessive arch in last ¼ of giant circle  Poor body shape in any phase | 0.10 0.30  0.10 0.30 |
| Coach to stop the swing after the 2nd giant and bring the gymnast to hang. |  |  |  |

Gymnasts may not drop down from the bar to the floor unaided at the end of the routine. The coach must be present to release and support her to the floor.

**In addition to the above, apply all other FIG General Penalties. Omission/non-attempt of an element - 2.00 plus VM. Spotting - 2.00 plus VM.**

**Judging clarifications** If cast goes over bar deduct 1.00 (i.e. fall) If 1st attempt at giant circle fails deduct 0.50 (empty swing). If 2nd attempt at giant fails deduct (another) 0.50. If 3rd attempt fails gymnast must stop and coach can assist to front support. Gymnast must then cast and has final attempt to do the 2 giants. A further 0.50 will be deducted for intermediate pump swing needed to cast. Failure to achieve giant after this will be considered the end of the exercise. If the first swing goes over the bar (giant) deduct 0.50 (intermediate swing). Gymnast must then complete swing forward and backward, followed by 2 further backward giants as stated in text.

BEAM

**D Score 4.00** Optional dance – Elements may be performed in any order except series. An additional 30cm landing mat must be used for the dismount. Coach MUST be present for dismount or 0.50 penalty.

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| --- | --- | --- | --- |
| **ELEMENT** | **VALUE** | **EXECUTION FAULTS** | **PENALTY** |
| Jump to Japana mount | 0.5 | Feet below hips in Japana position | 0.10 |
| Kick to split handstand [hold for 2 seconds] | 0.5 | Legs joining in any phase of handstand  Not held for 2 secs  Failure to show split handstand  Lack of split | 0.30  VM  VM  0.10 0.30 |
| Backward walkover | 0.5 | As COP |  |
| Split jump | 0.5 | As COP |  |
| Straight jump immediate straight jump | 0.5 | Series break  Insufficient height in jumps (each time)  Body position in jumps (each time) | 0.30  0.10 0.30  0.10 0.30 |
| ½ spin (toe to calf) to finish on toes, immediate half turn to finish on toes (continuing in same direction) | 0.5 | Not finishing on toes  Toe not to calf  Series break | 0.30  0.10  0.30 |
| Dismount - cartwheel straight jump backwards  (coach must stand at side of beam for dismount) | 0.5  0.5 | Failure of feet to touch the beam  Failure to pass through vertical  Lack of stretch in jump  Insufficient height | VM  0.10 0.30  0.10 0.30  0.10 0.30 |

**In addition to the above, apply all other FIG General Penalties. Omission/non-attempt of an element - 2.00 plus VM. Spotting - 2.00 plus VM.**

FLOOR

**D Score 4.00** Music 90 seconds max. Elements may be performed in any order except acrobatic series.

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| --- | --- | --- | --- |
| **DESCRIPTION** | **VALUE** | **EXECUTION** | **PENALTY** |
| From two feet:  Hurdle step into round off 2 flics extended straight jump performed on line (as per Compulsory 4) | 0.5 | Extra steps into round off Pause between elements  Missing one flic in series  Lack of control on landing  BOTH hands (in roundoff only) clearly off line  BOTH feet in flics | 0.10 each step  0.50  0.50  0.10 0.30  0.3 each time  0.3 each time |
| Handspring to one foot  handspring to two feet | 0.5  0.5 | Series break  Landing in deep squat  Lack of flight (each handspring) | 0.50  0.50  0.10 0.30 |
| Straddle jump (performed on its own) | 0.5 | Legs below horizontal in straddle  Lack of height in jumps | 0.30  0.10 0.30 |
| Full spin | 0.5 | As COP |  |
| Dance passage to include:  Split leaps x 2 (directly connected - only 1 step permitted between split leaps)  Cat leap  (cat leap can be performed before or after split leaps) | 0.5  each leap  (1.5 total) | As COP |  |
| Forward walkover | 0.5 | Lack of split | 0.10 0.30  <135⁰ VM |

**In addition to the above, apply all other FIG General Penalties. Omission/non-attempt of an element - 2.00 plus VM. Spotting - 2.00 plus VM.**

RANGE & CONDITIONING

**D Score 4.00 Strip of firm matting, or no matting** Holds 2 seconds - No hold penalty -0.30

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| **DESCRIPTION** | **VALUE** | **EXECUTION** | **PENALTY** |
| Standing forward leg lift on first leg, show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position. Return to stand | 0.5 | Leg lift penalties, see Compulsory 4 diagrams. |  |
| Standing forward leg lift on second leg, repeat above and return to stand. | 0.5 |
| Pike fold with hands FLAT on floor (fingers facing backwards) **HOLD for 2 seconds** | 0.5 | Position not held | 0.30 |
| Bend legs and push backwards into backward roll through to front support, straight arms  (no deduction if straight legs into backward roll) | 0.5 | Bent Arms  Failure to keep tight shape (flat back) in front support | 0.10 0.30 0.50  0.10 0.30 |
| Swing one leg round to sit in (forwards) splits. Take hands off floor and **HOLD for 2 seconds** with arms sideways at horizontal | 0.5 | Splits not held for 2 seconds  Lack of flexibility in splits  Hips out of alignment in splits (knees facing sideways)  Hands touching floor in held position | VM  0.10 0.30  0.10 0.30  0.30 |
| ½ turn to splits on the other leg (may use hands without penalty). **HOLD** **for 2 seconds** with hands off floor with arms sideways at horizontal | 0.5 | Splits not held for 2 seconds  Lack of flexibility in splits  Hips out of alignment in splits (knees facing sideways)  Hands touching floor in held position | VM  0.10 0.30  0.10 0.30  0.30 |
| Bring back leg forwards to long sit with legs together. Lift arms to ears and pike fold placing hands flat on the floor at the sides of feet. **HOLD position for 2 seconds.** | 0.5 | Pike fold position not held for 2 seconds  Insufficient pike position  Hands not in prescribed position in pike fold  Legs bent in pike fold | VM  0.10 0.30  0.10  0.10 0.30 |
| Sit up with straight back and move legs to straddle position with heels off the floor. | 0.0 | Heels not lifted clear off floor  Leaning back to create heel lift | 0.10 0.30  0.10 |
| Press to straddle lever **HOLD 2 seconds**,  lift to handstand **HOLD 2 seconds,** controlled step down | 0.5  0.5 | Straddle lever not held  Feet not above level of hips in straddle lever  Legs resting on arms in straddle lever  Feet brushing floor in transition for handstand  Feet hitting floor in transition to handstand  Handstand not held  Bent legs at any point  Bent arms at any point | 0.30  0.10 0.30  0.30  0.30  0.50  0.30  0.10 0.30 0.50  0.10 0.30 0.50 |

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| --- | --- | --- | --- |
| Kick to handstand (show handstand) lower to bridge **HOLD** | 0.5 | Lack of control  Failure to complete handstand into bridge  Feet not together in bridge  Shoulders not over hands in bridge | 0.10 0.30  VM  0.10 0.30  0.10 0.30 |
| Lift one straight leg to split bridge (hold not necessary), pull back through split handstand to stand. | 0.5 | Lack of split in bridge  Excessive push from supporting leg (kick)  Not passing through splits in handstand  Hips out of alignment in split handstand | 0.10 0.30  0.10 0.30  0.10 0.30  0.10 0.30 |
| Split Jump | 0.3 | As COP |  |
| Split jump on opposite leg | 0.3 | As COP |  |
| Stretch jump ½ turn | 0.3 | As COP |  |

**In addition to the above, apply all other FIG General Penalties. Omission/non-attempt of an element - 2.00 plus VM. Spotting - 2.00 plus VM.**

