



# North West Women's Technical Committee



# Competition Handbook 2021

Welcome to the 2021 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 2021 NW WTC Committee is as follows:

Chair	Karen Whelan
Secretary	June Deeley
Treasurer	Zoe Gardner
Competition Organiser	Sarah Muddimer
Assistant Competition Organiser	Jessica Walsh & Ema Doherty
Performance Development	Sophie Whelan
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
Welfare (co-opted)	Alison Humphries
Co-opted	Brendene Hardy

#### Useful Websites

British Gymnastics	<a href="http://www.british-gymnastics.org/">http://www.british-gymnastics.org/</a>
North West Gymnastics	<a href="http://www.nwga.org.uk/">http://www.nwga.org.uk/</a>

#### Revision History

Preliminary	20 <sup>th</sup> January 2021
Final Cut	17 <sup>th</sup> March 2021
Released	18 <sup>th</sup> March 2021
Revised	23 <sup>rd</sup> March 2021

## COMPETITIONS

### Calendar 2021

Date	Competition	Venue	Closing Dates
18 <sup>th</sup> /19 <sup>th</sup> Sept	NW FIG/Challenge Qualifiers/Bill McLoughlin Team Trial	Robin Park Sports Centre	20 <sup>th</sup> Aug
25 <sup>th</sup> /26 <sup>th</sup> Sept	National grades 5-1/Compulsory 5-3	Robin Park Sports Centre	27 <sup>st</sup> Aug
16 <sup>th</sup> /17 <sup>th</sup> Oct	NW Regional Level 6	Robin Park Sports Centre	18 <sup>th</sup> Sept
23 <sup>th</sup> /24 <sup>th</sup> Oct	NW Regional Level 5	Robin Park Sports Centre	25 <sup>th</sup> Sept
6 <sup>th</sup> /7 <sup>th</sup> Nov	North West Floor & Vault	Robin Park Sports Centre	9 <sup>th</sup> Oct
5 <sup>th</sup> -7 <sup>th</sup> Nov	Challenge (FIG & Classic)/Bill McLoughlin Teams	Surrey Sports Park	27 <sup>th</sup> Sept TBC
20 <sup>th</sup> /21 <sup>st</sup> Nov	NW Regional Level 4, 3, 2	Robin Park Sports Centre	22 <sup>nd</sup> Oct

**Please check the British Gymnastics website for WAG National Events as they are not all included in this calendar.**

**Please note that due to COVID-19 we have combined NW and County competitions according to regional levels. Medals/trophies will be awarded at both regional and county level.**

## COMPETITIONS (cont.)

### **Competition fees**

The fees for competition entry are on the Competition Overview pages 13-16 and summarised below:

- All other 4 & 5-piece competitions: £25 per gymnast
- All Floor & Vault competitions: £20 per gymnast

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

**In the event of a national lockdown due to COVID-19 or tier restrictions leading to club/centre closures, all competition fees will be refunded. Other reasons due to COVID-19 will be considered on an individual basis.**

### **Spectator entrance to 2021 NW/County competitions**

- Adults: **£5.00**
- Concessions: £3.00
- Programmes: £1.00

**N.B Spectators may be permitted in smaller numbers dependant on the COVID-19 competition guidance (not yet published).**

### **Scoring system**

- Scoring for 2021 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.

### **Judges for competitions**

- The entry to 2021 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 12)

## 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 club group per apparatus is permitted in the arena for competitions in 2021. This is to minimise the numbers of individuals in the area at any one time due to COVID-19 restrictions.
- 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:**

### **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**

### **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 (This will be reviewed later based on COVID-19 guidelines)**

- 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**



### **Trophies (Not applicable in 2021)**

- Trophies are awarded to overall champions and are for the gymnast 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.
- 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

**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

- These move-up rules will only be applicable for 2022, there are no requirements to move-up for 2021 competitions
- 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

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.)

**Due to the fact there are no requirements to move-up for 2021 competitions, COVID-19 will not be acceptable as a valid reason for dropping back. However, drop back requests for other reasons will be considered on an individual basis as stated below:**

### **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:

4<sup>th</sup> placed gymnast competes 1<sup>st</sup>

3<sup>rd</sup> placed competes 2<sup>nd</sup>

2<sup>nd</sup> placed competes 3<sup>rd</sup>

1<sup>st</sup> placed competes last

6. Distribute information about the finals to all gymnasts and coaches
7. Distribute information about team training events to all gymnasts and coaches
8. Ensure gymnasts and coaches all receive the team clothing (preferably ahead of the finals)
9. Register gymnasts at the finals
10. 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.
11. 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:

(These numbers may be revised due to COVID-19 regulations)

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:

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	Grading in individual clubs	Certificates on request from British Gymnastics		Minimum 2 qualified WAG judges	NW membership and BG Silver membership	

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 in each county and NW overall	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

COMPULOSRY & NATIONAL GRADES	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	Overall medals to top 3 in each competition and trophy to winner  4th and 5th place rosettes				
Compulsory Level 4	Individual Championships	Overall medals to top 3 in each competition (in age) and trophy to winners  4 <sup>th</sup> and 5 <sup>th</sup> place rosettes				
Compulsory Level 3 (in & out-of-age) No eligibility for National Finals if out-of-age						
Compulsory Level 2 (Dependant on numbers)		Control Competition before National Competition			Overall medals to top 3 and trophy to winner	

<b>FIG CHAMPIONSHIPS (Bill McLoughlin trial and Qualifier for the Challenge Cups)</b>	<b>FORMAT</b>	<b>MEDALS</b>	<b>MUSIC</b>	<b>JUDGES</b>	<b>MEMBERSHIP REQUIRED</b>	<b>ENTRY FEE</b>
FIG Espoir, Junior & Senior	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



<b>NORTH WEST 4-PIECE REGIONAL CHAMPIONSHIPS LEVELS 6, 5, 4, 3 &amp; 2</b>	<b>FORMAT</b>	<b>MEDALS</b>	<b>MUSIC</b>	<b>JUDGES</b>	<b>MEMBERSHIP REQUIRED</b>	<b>ENTRY FEE</b>
Regional Level 6 (8-12+)	Overall and Individual Apparatus Championships in each county and NW overall	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)						

## NW and COUNTY Floor and Vault Competition Rules 2021

	Pre-Novice	Novice	Intermediate
<b>ELIGIBILITY</b>	See eligibility table on Page 20	See eligibility table on Page 20	See eligibility table on Page 20
<b>AGES</b>	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
<b>MOVING UP</b>	As per moving up rules on Page 11	As per moving up rules on Page 11	As per moving up rules on Page 11
<b>VAULT REQUIREMENTS</b>	<p>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 &amp; 12 1.10m table  Ages 13 &amp; over 1.20m table</p> <p>Handspring flat back D score 1.0  Ages 8 &amp; 9 Max D score 1.0  Ages 10 &amp; over Max D score 2.0</p> <p>2 vaults, best score to count</p>	<p>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 &amp;) 11 1.10m table  Ages 12 &amp; over 1.20m table</p> <p>Handspring flat back D Score 1.0  Ages 8 &amp; 9 Max D score 1.0  Ages 10 &amp; 11 Max D score 2.8  Ages 12 &amp; over Max D score 3.0</p> <p>2 vaults, best score to count</p>	<p>Ages 9, 10 &amp; 11 1.10m table  Ages 12 &amp; over 1.20m table</p> <p>Ages 9, 10 &amp; 11 Max D score 3.0  Ages 12 &amp; over Max D score 3.2</p> <p>2 vaults, best score to count</p>
<b>FLOOR REQUIREMENTS</b> All levels must have (min) <b>TWO</b> acro lines to count dismount DV (see below for acro line specifications for each category)	<p><b>CR's x 4 (0.5 each)</b></p> <ol style="list-style-type: none"> <li>1. A dance passage of 2 different leaps or hops</li> <li>2. A spin (min 360°)</li> <li>3. An acro element</li> <li>4. An acro dismount (FIG or NW)</li> </ol> <p><b>Max D score 2.9</b></p>	<p><b>CR's x 4 (0.5 each)</b></p> <ol style="list-style-type: none"> <li>1. A dance passage of 2 different leaps or hops, 1 with 180° split or straddle</li> <li>2. A spin (min 360°)</li> <li>3. Fwd/swd &amp; bwd acrobatic elements</li> <li>4. An acro line (min one element, must be flighted)</li> </ol> <p><b>Max D score 3.1</b></p>	<p><b>CR's x 4 (0.5 each)</b></p> <ol style="list-style-type: none"> <li>1. A dance passage of 2 different leaps or hops, 1 with 180° split or straddle</li> <li>2. A spin (min 360°)</li> <li>3. Fwd/swd &amp; bwd flighted acrobatic elements</li> <li>4. An acro line with a salto</li> </ol>
<b>ACRO LINES</b>	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 <b>ONE</b> FLIGHTED element or a FLIGHTED acro element performed on its own	An acro line will be any acro series with minimum <b>TWO</b> FLIGHTED elements or a front salto (not aerial) performed on its own
<b>ELEMENTS &amp; NW JUNIOR CODE</b>	<p><b>Max 8 elements (including dismount)</b></p> <p>Max 1B dance element allowed</p> <p>NW Junior Code elements will be recognised and will be counted towards number of required moves but not credited DV</p>	<p><b>Maximum 8 elements (including dismount)</b></p> <p>Max 3B dance elements allowed</p> <p>NW Junior Code elements will be recognised and will be counted towards number of required moves but not credited DV</p>	<p><b>Maximum 8 elements (including dismount)</b></p> <p>NW Junior Code elements will be recognised and will be counted towards number of required moves but not credited DV</p>
<b>BARRED ELEMENTS</b>	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.
<b>SHORT ROUTINES</b>	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 2021

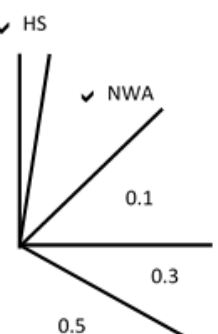
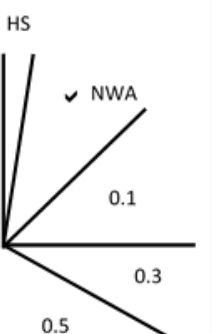
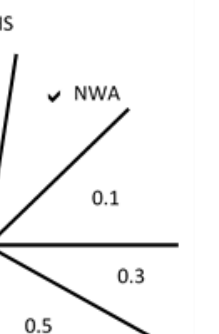
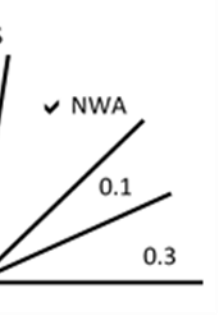
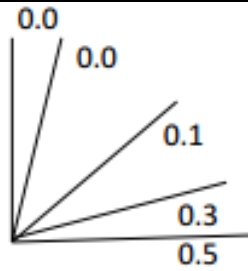
- A regional grade pass from 2020 will apply to eligibility for voluntary rules
- All voluntary competitions can be entered at the same level (or higher) as competed in 2019 but not below
- There is no requirement to move up from regional voluntary competitions from 2019
- A national grade pass from 2019 (or earlier) may not be repeated in 2021. However national grades taken in 2021 may be repeated in 2022 if desired, to attempt to qualify for national finals in 2022
- Gymnasts taking compulsories in 2021 may not compete in NW regional voluntary competitions in 2021 including the Classic Challenge qualifier ( Full rules TBC by National WTC )

	Competition	Age	4-piece competitions 2021					Floor & Vault competitions 2021			
			Reg L6	Reg L5	Reg L4	Reg L3	Reg L2	Pre-Novice	Novice	Intermediate	
Minimum Age for 2021			Min 8	Min 9	Min 10	Min 11	Min 12	Min 8	Min 8	Min 9	
Grades (Pass in 2020 or	Club G6	Min 8	Y	Y	X	X	X	X	Y	Y	
	Club G5	Min 9	Y	Y	Y	X	X	X	X	Y	
	Regional G4	Min 10	Y	Y	Y	Y	X	X	X	Y	
	Regional G3	Min 11	X	Y	Y	Y	X	X	X	X	
	Regional G2	Min 12	X	Y	Y	Y	Y	X	X	X	
	Regional G1	Min 13	X	X	Y	Y	Y	X	X	X	
Grades/compulsories (Pass in 2019)	NW National G5	9 only	Y	Y	Y	Y	X	X	X	X	
	National G4	Min 10	X	Y	Y	Y	Y	X	X	X	
	National G3	Min 11	X	X	Y	Y	Y	X	X	X	
	National G2	Min 12	X	X	X	Y	Y	X	X	X	
	National G1	Min 13	X	X	X	X	Y	X	X	X	
	NW Compulsory 5	8 only	X	Y	Y	X	X	X	X	X	
	Compulsory 4	9 only	X	X	Y	Y	X	X	X	X	
	Compulsory 3	Min 10	X	X	X	Y	Y	X	X	X	
	Compulsory 2	Min 11	X	X	X	X	Y	X	X	X	
	Gymnasts who pass a compulsory level in 2021 are not eligible to compete in regional competitions for 2021										
Floor & Vault <b>2021</b>	Pre- Novice	Min 8	X	X	X	X	X	Y	X	X	
	Novice	Min 8	X	X	X	X	X	X	Y	X	
	Intermediate	Min 9	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										
Regional (2019)	Voluntary 5	8 only	X	Y	Y	X	X	X	X	X	
	Regional Level 6	Min 8	Y	Y	Y	Y	Y	X	X	X	
	Regional Level 5	Min 9	X	Y	Y	Y	Y	X	X	X	
	Regional Level 4	Min 10	X	X	Y	Y	Y	X	X	X	
	Regional Level 3	Min 11	X	X	X	Y	Y	X	X	X	
	Regional Level 2	Min 12	X	X	X	X	Y	X	X	X	
	Challenge Cup Qual	Min 12	X	X	X	X	Y if failed to qualify	X	X	X	
National (2019)	Voluntary 4	9 only	X	X	Y	Y	X	X	X	X	
	Voluntary 3	10 only	X	X	X	Y	Y	X	X	X	
	Voluntary 2	11 only	X	X	X	X	Y	X	X	X	
	English Champs	Min 12	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	

## NWGA Competition Rules (January 2021) – 4-piece Regional Rules

	Voluntary 5	Regional Level 6	Regional Level 5	Regional Level 4	Regional Level 3	Regional Level 2
Eligibility	<p style="text-align: center;"><b>See page 20</b></p> <p style="text-align: center; color: red;">Coaches should concentrate their efforts on execution and note that it is not mandatory to fulfil <u>all</u> CRs at any particular level</p>					
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+	Esplor 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 2022 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 - 2021

## REGIONAL LEVEL 6 – 2021

<b>Min Age - 8</b> 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			
<b>Short Exercises</b>	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			
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>Apparatus</b>	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
<b>Requirements</b>	Highest score of 2 vaults performed	<ul style="list-style-type: none"> <li>• Mount NW/FIG A</li> <li>• Bar change (flight not nec)</li> <li>• Element started and finished on the LB (not MT)</li> <li>• Close bar element (NW/FIG)</li> </ul>	<ul style="list-style-type: none"> <li>• A connection of at least 2 different dance elements</li> <li>• ½ turn (min) on one foot</li> <li>• One acro element started and finished on the beam</li> <li>• A 2nd acro element started and finished on the beam</li> </ul>	<ul style="list-style-type: none"> <li>• A dance passage with 2 different leaps or hops</li> <li>• Acro line of 2 (min) different flight elements</li> <li>• Acro elements in different directions (fwd/swd and bwd)</li> <li>• Spin (min 360°)</li> </ul>
<b>Barred Elements</b>	Max D score = <b>2.00</b>	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
<b>Additional Elements</b>		NW Junior Code (NWA's)	NW Junior Code (NWA's)	NW Junior Code (NWA's)
<b>Notes</b>	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 <u>on its own or in a series.</u>

## REGIONAL LEVEL 5 - 2021

<b>Min Age -9 in the year of competition</b>	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			
<b>Short Exercises</b>	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			
	<b><i>Vault</i></b>	<b><i>Bars</i></b>	<b><i>Beam</i></b>	<b><i>Floor</i></b>
<b>Apparatus</b>	9, 10 - 110 table 11, 12, 13 & over - 120 table	FIG Bars Regulations	FIG Beam Regulations	FIG Floor Regulations
<b>Requirements</b>	Highest score 2 vaults performed	<ul style="list-style-type: none"> <li>• FIG Mount</li> <li>• Bar change (flight not nec)</li> <li>• Cast above horizontal (of the shoulders) – legs together or straddled</li> <li>• Close bar element – min FIG A</li> </ul>	<ul style="list-style-type: none"> <li>• A connection of at least 2 different dance elements</li> <li>• Turn (from Group 3)</li> <li>• Leap or jump with 180° split/straddle</li> <li>• Acro elements (performed on the beam) in different directions (fwd/swd and bwd)</li> </ul>	<ul style="list-style-type: none"> <li>• A dance passage of at least 2 different leaps or hops including 180° split/straddle</li> <li>• Acro line of 2 (min) different flight elements, one being a salto backwards</li> <li>• Forward salto (not aerial)</li> <li>• Spin (min 360°)</li> </ul>
<b>Barred Elements</b>	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
<b>Additional Elements</b>		NW Junior Code (NWA's)	NW Junior Code (NWA's)	NW Junior Code (NWA's)
<b>Notes</b>	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), <u>or</u> a forward salto (not aerial) performed on its own, <u>or</u> as Code of Points

<b>Min Age -10</b> 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			
<b>Short Exercises</b>	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			
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>Apparatus</b>	Juniors 120 table + mats behind Seniors 125 table	FIG Bars Regulations	FIG Beam Regulations	FIG Floor Regulations
<b>Requirements</b>	<b>Junior vaults – choice of only:</b> <b>Tsukahara prep to feet-fall to back</b> <b>D Score = 2.50</b> <b>Yurchenko prep to feet-fall to back</b> <b>D Score = 3.00</b> <b>Handspring to feet-fall to front</b> <b>D Score = 2.50</b> <b>Mats behind vault to height of vault</b>  Highest score 2 vaults performed Junior & Seniors	<ul style="list-style-type: none"> <li>• Bar change (flight not nec)</li> <li>• Cast above 45° - legs together or straddled</li> <li>• B (min) element (not MT or DMT) – either bar</li> <li>• Close bar element (non-flighted) - min FIG A</li> </ul>	<ul style="list-style-type: none"> <li>• A connection of at least 2 different dance elements one with 180° split/straddle</li> <li>• Turn (from Group 3)</li> <li>• Acro elements (performed on the beam) in different directions (fwd/swd and bwd)</li> <li>• Acro series performed on the beam (not mount or dismount) – 2 elements: at least 1 with flight</li> </ul>	<ul style="list-style-type: none"> <li>• A dance passage of at least 2 different leaps/hops one with 180° split/straddle</li> <li>• <b>B (min) dance</b></li> <li>• Saltos in different directions (fwd and bwd) (not aerial)</li> <li>• Salto in the straight position (fwd or bwd – may be twisting but not whip salto)</li> </ul>
<b>Barred Elements</b>	Max D Score (seniors) = <b>3.70</b>	All elements above C Any double salto dismount	All elements above C All saltos/aerials	All elements above C
<b>Additional Elements</b>		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
<b>Notes</b>	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.





## REGIONAL LEVEL 3 - 2021

<b>Min Age -11 in the year of competition</b>	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			
<b>Short Exercises</b>	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			
	<b><i>Vault</i></b>	<b><i>Bars</i></b>	<b><i>Beam</i></b>	<b><i>Floor</i></b>
<b>Apparatus</b>	125 table	FIG Bars Regulations	FIG Beam Regulations	FIG Floor Regulations
<b>Requirements</b>	One vault	<ul style="list-style-type: none"> <li>• High bar element (min B)</li> <li>• Cast to handstand (without turn) maybe straddled or straight</li> <li>• Close bar circle (min B)</li> <li>• Giant Circle</li> </ul>	<ul style="list-style-type: none"> <li>• A connection of at least 2 different dance elements one with 180° split/straddle</li> <li>• Turn (from Group 3)</li> <li>• Acro elements (performed on the beam) in different directions (fwd/swd and bwd)</li> <li>• Acro series performed on the beam (not mount or dismount) – 2 elements: both with flight</li> </ul>	<ul style="list-style-type: none"> <li>• A dance passage of at least 2 different leaps/hops one with 180° split/straddle</li> <li>• B (min) dance</li> <li>• Saltos in different directions (fwd and bwd) (not aerial)</li> <li>• Salto with LA turn (min 180°)</li> </ul>
<b>Barred Elements</b>	Max D score = 3.70	All elements above D	All elements above D	All elements above D
<b>Additional Elements</b>		None	None	None
<b>Notes</b>	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 2 - 2021

<b>Min Age -12 in the year of competition</b>	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			
<b>Short Exercises</b>	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			
	<b><i>Vault</i></b>	<b><i>Bars</i></b>	<b><i>Beam</i></b>	<b><i>Floor</i></b>
<b>Apparatus</b>	125 table	FIG Bars Regulations	FIG Beam Regulations	FIG Floor Regulations
<b>Requirements</b>	One vault	<ul style="list-style-type: none"> <li>• Flight element LB to HB</li> <li>• Close bar circle (min B)</li> <li>• Cast to handstand, with or without turn</li> <li>• 2 different grips <u>or</u> element with ½ turn (not mount/dismount)</li> </ul>	<ul style="list-style-type: none"> <li>• A connection of at least 2 different dance elements one with 180° split/straddle</li> <li>• Turn (from Group 3)</li> <li>• Acro elements (performed on the beam) in different directions (fwd/swd and bwd)</li> <li>• Acro series performed on the beam (not mount or dismount) – 2 flighted elements: 1 being a salto</li> </ul>	<ul style="list-style-type: none"> <li>• A dance passage of at least 2 different leaps/hops one with 180° split/straddle</li> <li>• C dance element</li> <li>• Saltos in different directions (fwd and bwd) (not aerial)</li> <li>• Salto with LA turn (min 360°)</li> </ul>
<b>Barred Elements</b>	Max D score = 4.00	All elements above D	All elements above D	All elements above D
<b>Additional Elements</b>		None	None	None
<b>Notes</b>	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.

## 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** – 1<sup>st</sup> acrobatic line = round off flic; 2<sup>nd</sup> 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** – 1<sup>st</sup> acrobatic line = round off flic tuck; 2<sup>nd</sup> 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 **Regional Level 2, 3 and 4** – 1<sup>st</sup> acrobatic line = round off flic full twist; 2<sup>nd</sup> 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 - 2021

## BARS

Upward hip circle (mount)  
Cast to 45° from HS  
Squat onto LB - jump to HB (must catch)  
Tucked sole circle - jump to HB (must catch)  
¾ giant from LB to HB  
¾ giant from HB to HB  
Straddle/stoop/clear hip undershoot (dismount)

## BEAM

Handstand (not held for 2 seconds)  
Stretch jump  
Stretch jump with ½ turn  
Forward roll  
Backward roll  
Arabesque above horizontal and < 180° split  
Tuck jump  
½ spin on 1 foot  
Squat on mount  
Handspring (dismount)  
Round off (dismount)

## FLOOR

Cartwheel  
Backward roll to handstand  
Backward walkover  
Forward walkover  
Valdez  
Headspring  
Tic toc  
Scissor leap  
Stag leap  
Forward roll to feet  
Backward roll to feet  
Tuck Jump  
Dive cartwheel  
Dive forward roll

## North West National 5

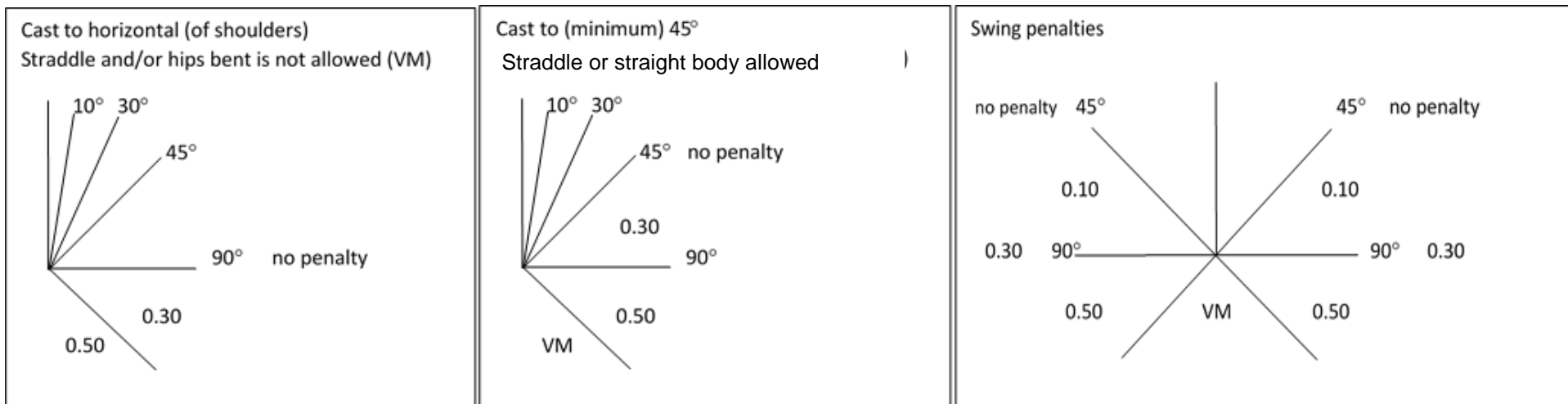
- Eligibility: for 2021 competition, gymnasts must be born in 2012 (age 9 in 2021)
- Each piece is marked out of a maximum of **14.00** – D score (4.00 maximum) + E score (10.00)
- Pass mark: 50.00

### 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



## 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

<i><b>PHASE</b></i>	<i><b>EXECUTION FAULTS</b></i>	<i><b>PENALTIES</b></i>		
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		

## BARS

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

<i>DESCRIPTION</i>	<i>VALUE</i>	<i>EXECUTION FAULTS</i>	<i>PENALTIES</i>
Trolley swing	<b>0.0</b>	Bent legs at any point Legs apart at any point	0.10    0.30    0.50 0.10    0.30
Long upstart	<b>0.5</b>		As CoP
Cast to (minimum) horizontal (of the shoulders) with legs together	<b>0.5</b>	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	<b>0.5</b>		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)	<b>0.5</b>	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)	<b>0.5</b>	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

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
<b>Mount-</b> jump to clear straddle support and <b>HOLD for 2 seconds</b>	<b>0.5</b>	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
<b>Dance series-</b> Split jump Stretch jump	<b>0.5</b>	Element penalties Series break (elements not connected)	As CoP 0.50
	<b>0.5</b>	Elements performed in incorrect order Element missing (includes following a fall)	0.30 Non-attempt of (2 <sup>nd</sup> ) element
Cartwheel	<b>0.5</b>	Element penalties	As CoP
Sissone	<b>0.5</b>	Element penalties	As CoP
½ spin to finish on toes, immediate half turn to finish on toes (continuing in same direction)	<b>0.5</b>	Not finishing on toes Series break	0.30 0.30
Kick to split handstand <b>HOLD for 2 seconds</b>	<b>0.5</b>	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
<b>Dismount-</b> run and hurdle step to take off from two feet into stretch jump dismount – ARMS BY EARS (prep for front somi)	<b>0.5</b>	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

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

## RANGE & CONDITIONING

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

<i>DESCRIPTION</i>	<i>VALUE</i>	<i>EXECUTION FAULTS</i>	<i>PENALTIES</i>		
Start in straddle stand. Place hands on floor and straddle press to handstand. <b>HOLD handstand for 2 seconds.</b> Step down from handstand (as walkover down).	<b>0.5</b>	Handstand not held for 2 seconds Jump to handstand instead of lever up Bent legs at any point Bent arms at any point	0.10 0.10	VM VM 0.30 0.30	0.50 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. <b>HOLD for 2 seconds.</b> Lower to straddle sit position.	<b>0.5</b>	Straddle ½ lever position not held for 2 seconds Legs held at horizontal Legs held below horizontal Legs bent in hold	0.10 0.10	VM 0.30 0.30	0.50
Without changing leg position, lift arms above head and keeping back straight, lean forwards to Japana position. <b>HOLD for 2 seconds.</b>	<b>0.5</b>	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	0.10 0.10 0.10	VM 0.30 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.	<b>0.0</b>	Lack of flexibility in box splits Bent legs Flexing foot/feet during transition phase	0.10 0.10 0.10	0.30 0.30	
Swing one leg round to sit in (forwards) splits. Take hands off floor and <b>HOLD for 2 seconds</b> with arms sideways at horizontal.	<b>0.5</b>	Splits not held for 2 seconds Lack of flexibility in splits Hands touching floor in held position	0.10	VM 0.30 0.30	
½ turn to splits on the other leg (may use hands without penalty). <b>HOLD for 2 seconds</b> with hands off floor with arms sideways at horizontal.	<b>0.5</b>	Splits not held for 2 seconds Lack of flexibility in splits Hands touching floor in held position	0.10	VM 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. <b>HOLD position for 2 seconds.</b>	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	0.10 0.10 0.10	VM 0.30 0.30	
Lie on back and push to bridge with feet together. Straighten legs and <b>HOLD position for 2 seconds.</b>	0.5	Bridge not held for 2 seconds Insufficient shoulder extension Knees bent in held position Feet apart at any point	0.10 0.10 0.10	VM 0.30 0.30	0.50
Lift one leg straight to vertical (may move support leg) and <b>HOLD position for 2 seconds.</b> 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	0.10 0.10	VM 0.30 0.30	1.00(fall) 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 2021 competition, gymnasts' year of birth must be 2013)

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.

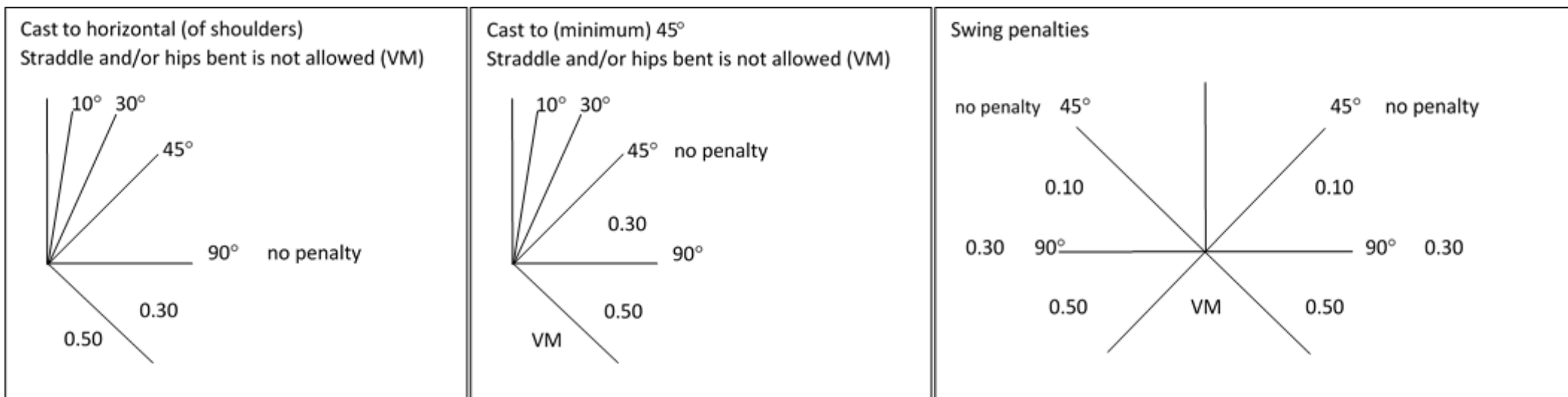
Pass Mark: 50.00

## 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		
<b>First flight</b>			
Pike in hips	0.10	0.30	0.50
Bent legs	0.10	0.30	0.50
Legs separated	0.10	0.30	
<b>Repulsion phase</b>			
Bent arms	0.10	0.30	0.50
Shoulder angle	0.10	0.30	
Bent legs	0.10	0.30	0.50
<b>Second flight</b>			
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
<b>Landing penalties</b>			
Excessive arch on landing (first feet contact)	0.10	0.30	0.50
Under rotation of handspring:			
Without falling backwards	0.10		
With fall backwards		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)

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES		
In regular grip Show hang position.	0.0	Lack of body extension in hang Pike at hips	0.10 0.10	0.30 0.30 (>135°)	
Trolley swing	0.0	Bent legs at any point Legs apart at any point	0.10 0.10	0.30 0.30	0.50
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 0.10	0.30 0.30	0.50 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 0.10	0.30 0.30	0.50 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 0.10 0.10	0.30 0.30 0.30	0.50
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 0.10	0.30 0.30	
Coach to stop the swing after the 2 <sup>nd</sup> 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 1<sup>st</sup> attempt at giant circle fails deduct 0.50 (empty swing). If 2<sup>nd</sup> attempt at giant fails deduct (another) 0.50. If 3<sup>rd</sup> 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.

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 0.10	0.30 0.30 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 0.10 0.10	0.30 0.30 0.30 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.

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 <135° 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

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) <b>HOLD for 2 seconds</b>	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 0.10	0.30 0.30	0.50
Swing one leg round to sit in (forwards) splits. Take hands off floor and <b>HOLD for 2 seconds</b> 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	0.10 0.10	VM 0.30 0.30	
½ turn to splits on the other leg (may use hands without penalty). <b>HOLD for 2 seconds</b> 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	0.10 0.10	VM 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. <b>HOLD position for 2 seconds.</b>	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	0.10 0.10 0.10	VM 0.30 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 0.10	0.30	
Press to straddle lever <b>HOLD 2 seconds,</b>  lift to handstand <b>HOLD 2 seconds,</b> 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	0.10     0.10 0.10	0.30 0.30 0.30 0.30  0.30 0.30 0.30	      0.50 0.50

Kick to handstand (show handstand) lower to bridge <b>HOLD</b>	0.5	Lack of control Failure to complete handstand into bridge Feet not together in bridge Shoulders not over hands in bridge	0.10 VM 0.10 0.10	0.30  0.30 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 0.10 0.10 0.10	0.30 0.30 0.30 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.**



# INDULGENCE

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