



# North West Women's Technical Committee



# Competition Handbook 2018

REVISION 0 – 6<sup>TH</sup> JAN 2018

Welcome to the 2018 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 2018 NW WTC Committee is as follows:

Chairperson	Mike Healy
Secretary	June Deeley
Treasurer	Zoe Gardner
Competition Secretary/Organiser	Chris McLaughlin
Performance Development	Sophie Whelan
Judging Organiser/Convenor	Chris McLaughlin
Affiliated Organisations Rep	Amanda Coombes
Cheshire & Merseyside County Rep	Sarah Muddimer
Greater Manchester County Rep	Alison Humphries
Lancashire County Rep	Mandy Thompson/Simon Grimwood
Disabilities Rep	Ema Doherty
Co-opted	Brendene Hardy

#### Useful Websites

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

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

#### Revision History

Revision 0      6<sup>th</sup> Jan 2018      Issued for 2018 Competitions



**Performance Gymnastics Clothing**



**Proud sponsors of  
North West Gymnastics**

**the-zone.co.uk**

**Tel: 01706 368819 // Email: enquiries@the-zone.co.uk**

## Calendar 2018

Date	Competition	Venue	Closing Dates
4 <sup>th</sup> Feb	National Compulsory 1	Lilleshall	10 <sup>th</sup> Nov 17
9 <sup>th</sup> - 11 <sup>th</sup> Feb	English Championships	Redbridge	18 <sup>th</sup> Dec 17
10 <sup>th</sup> /11 <sup>th</sup> Feb	Cheshire & Merseyside Grades	Robin Park Sports Centre	12 <sup>th</sup> Jan
17 <sup>th</sup> /18 <sup>th</sup> Feb	Greater Manchester Grades	Robin Park Sports Centre	19 <sup>th</sup> Jan
3 <sup>rd</sup> /4 <sup>th</sup> March	Lancashire Grades	Garstang	2 <sup>nd</sup> Feb
8 <sup>th</sup> -11 <sup>th</sup> Mar	British Championships Junior/Senior/Espoir and Apparatus Finals	Liverpool Echo Arena	26 <sup>th</sup> Jan
18 <sup>th</sup> Mar	NW Grades Finals for County Teams	Robin Park Sports Centre	N/A
21 <sup>st</sup> /22 <sup>nd</sup> Apr	NW Grades - Compulsory 5, 4 and 3 (Compulsory 2 Pre-Comp) NW Grades - National Grades	Robin Park Sports Centre	23 <sup>rd</sup> Mar
5 <sup>th</sup> /6 <sup>th</sup> May	Greater Manchester Floor & Vault Championships	Robin Park Sports Centre	6 <sup>th</sup> Apr
12 <sup>th</sup> /13 <sup>th</sup> May	National Compulsory Level 4, 3 & 2	Fenton Manor, Stoke	Gymnasts 30 <sup>th</sup> Apr
19 <sup>th</sup> /20 <sup>th</sup> May	Cheshire & Merseyside Floor & Vault Championships	Robin Park Sports Centre	20 <sup>th</sup> Apr
26 <sup>th</sup> /27 <sup>th</sup> May	National Development Plan 4, 3, 2 & 1	Fenton Manor Stoke	Gymnasts 30 <sup>th</sup> Apr
16 <sup>th</sup> /17 <sup>th</sup> Jun	NW Open	Robin Park Sports Centre	18 <sup>th</sup> May
23 <sup>rd</sup> /24 <sup>th</sup> Jun	NW Floor and Vault Championships	Robin Park Sports Centre	25 <sup>th</sup> May
7 <sup>th</sup> /8 <sup>th</sup> July	Lancashire Floor and Vault Championships	Garstang	8 <sup>th</sup> June
8 <sup>th</sup> /9 <sup>th</sup> Sept	Paul Reay Team Challenge	Robin Park Sports Centre	10 <sup>th</sup> Aug
15 <sup>th</sup> /16 <sup>th</sup> Sept	Adrian Stan Team Championships	Surrey Sports Park, Guildford	3 <sup>rd</sup> Aug
30 <sup>th</sup> Sept	NW Age Groups and FIG Challenge Cup Qualifiers Bill McLoughlin Team Trials	Robin Park Sports Centre	31 <sup>st</sup> Aug
6 <sup>th</sup> Oct	Compulsory Level 2 & 1 Qualifier	Lilleshall	24 <sup>th</sup> Aug
7 <sup>th</sup> Oct	Disability Artistic British Championships	Lilleshall	24 <sup>th</sup> Aug
27 <sup>th</sup> /28 <sup>th</sup> Oct	North West Individual & Apparatus Championships Out of Age	Robin Park Sports Centre	28 <sup>th</sup> Sept
3 <sup>rd</sup> /4 <sup>th</sup> Nov	Voluntary Age Group Championships Level 4, 3 & 2.	Spectrum, Guildford	Gymnasts 22 <sup>nd</sup> Oct
3 <sup>rd</sup> /4 <sup>th</sup> Nov	Greater Manchester 4 Piece	Robin Park Sports Centre	5 <sup>th</sup> Oct
9 <sup>th</sup> -11 <sup>th</sup> Nov	Espoir, Junior & Senior Challenge Cups	Surrey Sports Park, Guildford	5 <sup>th</sup> Oct
9 <sup>th</sup> -11 <sup>th</sup> Nov	Bill McLoughlin National Apparatus Team Championships	Surrey Sports Park, Guildford	5 <sup>th</sup> Oct
17 <sup>th</sup> /18 <sup>th</sup> Nov	Lancashire Red Rose	Garstang	19 <sup>th</sup> Oct
17 <sup>th</sup> /18 <sup>th</sup> Nov	Cheshire & Merseyside 4 Piece	Robin Park Sports Centre	19 <sup>th</sup> Oct
9 <sup>th</sup> Dec	Inter-County teams	Robin Park Sports Centre	N/A

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.



## NORTH WEST WTC COMPETITION FEES

From 1<sup>st</sup> January 2018, NW competitions will be charged as follows:

### **Competition Entry Fees:**

The fees for competition entry are on the Competition Overview pages 15 to 21

The structure is as follows:

All competitions where we use Gymdata will cost £30 per gymnast

All other 4 and 5-piece competitions will cost £25 per gymnast.

All Floor and Vault competitions will cost £20 per gymnast at all venues

Regional Level 6, 5 and 4 (Teams of 5)	£90 per team
Regional Level 3 (Teams of 2)	£40 per team

NW Regional Club Grades finals (Teams of 4)	n/a
Inter County Teams (4 piece)	n/a

**Clarification: Competition/trial entry fees are non-returnable after the closing date.**

### **Judging Fee:**

There is no judging fee for 2018 competitions.

The entry to 2018 competitions will be dependent on each club putting forward the correct number of judges in accordance with the number of gymnasts entered. It is the responsibility of the club and not the Judging Convenor(s) to provide these judges. If the club is unable to provide sufficient judges or officials, then gymnasts entered will need to be reduced accordingly. Please refer to page 14.

### **Spectator Entrance to Competitions:**

County and Regional Competitions	Adults £6.00
	Concessions £3.00
	Programmes £1.00

## COACHING RULES AND REQUIREMENTS

**For all 4 and 5 piece competitions coaches must hold the following coaching qualifications to accompany gymnasts onto the competition floor:**

### **Women's Artistic**

Level 2 coach (Coach)  
Level 3 coach (Club Coach)  
Level 4 coach (Senior Club Coach)  
HPC  
IPC  
Additional modules signed off by mentors

### **Men's Artistic**

**(not permitted to coach beam)**

Level 2 coach (Coach)  
Level 3 coach (Club Coach)  
Level 4 coach (Senior Club coach)  
HPC  
IPC

**For all the Floor and Vault competition coaches must hold the following coaching qualifications to accompany gymnasts onto the competition floor:**

### **Women's Artistic**

Level 1 coach (only under the supervision of a level 2 or higher coach).  
Level 2 coach (Coach)  
Level 3 coach (Club Coach)  
Level 4 coach (Senior Club coach)  
HPC  
IPC  
Additional modules signed off by mentors

### **Men's Artistic**

Level 1 coach (only under the supervision of a level 2 or higher coach).  
Level 2 coach (Coach)  
Level 3 coach (Club Coach)  
Level 4 coach (Senior Club coach)  
HPC  
IPC

### **General Gymnastics and Team Gym**

Level 2 coach (Coach) Regional Level 6 competition only  
Level 3 coach (Club Coach)

## **Pastoral Care:**

Clubs may request additional coaches (including level 1 coaches) to accompany groups of gymnasts at competitions for pastoral care. Requests must be submitted in writing to the competition organiser at least 3 weeks before the event giving clear reasons for the request. This may not exceed the permitted number of coaches in attendance. There will be a limit at each competition on the number of pastoral coaches permitted.

Only coaches who hold the appropriate qualifications will be permitted to take an active coaching role at NW competitions.

Pastoral coaches at Level 1 or with General Gymnastics qualifications may provide pastoral care and assist with moving springboards.

All coaches attending WTC events must be aware of the following:

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.

All coaches in attendance at a NW WTC event must hold appropriate qualifications 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. The minimum qualification required for a WTC event is Level 2.

Coaches who intend their gymnasts to compete elements above their level of qualification must submit written notification by the entry deadline for the competition, of the skills being performed together with evidence of the appropriate module signed off by their mentor.

The criteria for coaches at a regional qualifier are the same as stated on the entry form 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.

Coaches taking gymnasts round at NW competitions must hold a full or joint BG membership for the current year (or a life membership).

## **Coaching Attire:**

Coaches must wear a tracksuit or tracksuit bottoms and T-shirt / polo shirt with suitable footwear.

- Boots, 'hi-top' baseball boots or sandals are not permitted.
- Sleeveless tops / vest tops / strappy tops are not permitted
- Shorts are not permitted.
- Club branded leggings are permitted. They must be full or  $\frac{3}{4}$  length.

Coaches attending National Finals must wear the prescribed NW kit (tracksuit bottoms, polo shirt and jackets provided).

### **Coaches at Apparatus:**

Only one coach per gymnast is permitted at the apparatus for individual competitions. For CLUB team competitions, 2 coaches per team are permitted. For COUNTY team competitions. Each gymnast is permitted their own personal coach. A County Team Manager is allowed in addition to the coaches.

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 for younger Regional Level 5 and 6 gymnasts. Coaches may not stand on the landing area (mat) of the vault. Any breach of this rule will incur a 0.5 penalty (see FIG CoP). The coach's presence on the matting during the beam exercise, other than the dismount, will incur a 0.5 penalty (see FIG CoP). The onus is on the coach to be present only at the dismount and not during the whole routine.

In team competitions 2 male coaches are allowed.

### **General Competition Etiquette:**

Coaches must not approach any panel judges or adult helpers for scores or other information at any point in the competition. Coaches must not approach the master scorer for details of their gymnasts' or any other gymnasts' scores at any point during the day or stand behind the master scorer's desk at any point during the competition. Printed scores will be issued to clubs and judges at the end of each presentation. The scores are subject to alteration following appropriate checks to correct substantiated genuine errors. Results will be published on the North West website.

When Gymdata are providing the scoring system, the results are available as soon as the gymnast has been judged and can be viewed on the display screens and online at [www.gymdata.co.uk](http://www.gymdata.co.uk)

### **Technical Briefing Meeting:**

Before the start of the competition or rounds of a competition (as notified by the Competition Organiser) a Technical Briefing may take place. Attendance is compulsory by all coaches on the floor.

### **Jewellery (coaches):**

All jewellery must be removed whilst supporting/lifting gymnasts at any NW competition.

### **Mobile Phones/ Cameras / iPads /Video Equipment:**

Coaches/Judges/Officials/Adult Helpers/Gymnasts may not use mobile phones or photographic equipment at any time during the competition.

### **Drinks:**

Coaches must not bring hot drinks onto the competition floor.

### **Gum:**

Chewing gum is not permitted.



## Inquiry

If there is a query on a score, coaches may make a verbal inquiry to the competition organiser/judge in charge (at end of 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 is made via the competition organiser. Inquiries may be made against the difficulty score (D score) for the coach's own gymnast. Comparative scores of other gymnasts may not be considered. Video footage cannot be considered and will not be used in the settlement of inquiries.

The score will be reviewed by the apparatus panel who may seek advice from other senior judges if needed. Coaches, parent helpers or any other interested party 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 Fees:** £10.00 (per inquiry)

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

## General Competition Information

### **The NW WTC Competition Year**

This will be 1<sup>st</sup> January to 31<sup>st</sup> December. Gymnasts' ages will be the age reached in the year of the competition. Therefore, a gymnast aged 9 on 31<sup>st</sup> December will compete in the Age 9 category.

### **Trophies**

Trophies awarded to overall champions in general are for the gymnast to keep. In addition, there are trophies that are returnable and the gymnast's club assumes total responsibility for any returnable individual NW WTC trophy once presented, and for its safe return to the competition organiser before next year's championships. This also applies to the club winners of the teams and to the County winners of the Grades Team Championships. They must be cleaned and polished and ready to present to this year's winners. The club is also responsible for the engraving of the trophy and if gymnasts leave the club all returnable trophies must be recovered by the club and returned to the NW in time for the competition.

The following trophies are classed as returnable:

#### Team Competitions

NW Regional Grades Teams

Paul Reay NW Club Teams

Inter-County Teams

#### Individual Competitions

NW Combined Compulsories/Voluntaries

### **Adult Helpers**

All Clubs entering NW WTC competitions must provide an adult helper if requested in the competition information sent to clubs. The adult helper would be expected to run the door, play the floor music or assist with scoring (either on the judge's tables or on the control table). The adult helper should be over 16.

### **Photography**

Official photographers will be present at North West Region WTC events & images may be published by North-West Region WTC. By entering for NW events, there is an acceptance that the participants may be photographed. It is the responsibility of the club to ensure that all parents or guardians are aware of this policy before returning the entry forms

No person other than the NW official photographer will be permitted onto the competition floor during presentations and must remain behind the barriers to take photographs. Photographs taken during the competition should be from the seating area, 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. 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 co-operate in our region. We would advise that best practice is always to ask permission first and if not given then the filming should not take place.

## Safeguarding Gymnasts:

Gymnasts are not permitted to leave the competition floor during the competition for any reason except to go to the toilet, without the permission of the judges at their apparatus. Gymnasts are not permitted to go into the audience at any point during active competition.

## Competition Entry:

All NW Competitions will use the BG Online Competition Entry System. The system checks coach qualifications, safeguarding and DBS status. It also checks gymnast/coach 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 must have NW membership, which will be checked separately. NW membership is not required by gymnasts from outside the Region entering the NW Open.

Music must be uploaded to the BG system as the NW cannot guarantee that music brought to the competition can be played.

The Closing Date for all NW WTC events will be midnight on the advertised day. There is no late entry for any NW Competitions in 2018.

Coaches will be required to register at the event. Coaches not entered online on the BG system will not be permitted to accompany gymnasts 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 and Vault and 4 Piece Competitions.

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.

### **Gymnasts dropping back levels:**

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 moves back a level. Where such circumstances exist then a case must be submitted to the Chair of the WTC for consideration at a WTC meeting. It should be accompanied by scores from all 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 will 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 CRs for the new level or has developed fear of going backwards

### **Gymnasts dropping back from 4 Piece to Floor and Vault**

Gymnasts who have competed in 4-piece competitions are permitted to compete in Floor and Vault competitions subject to meeting the eligibility criteria on page 23.

### **North West Open**

Gymnasts who are subject to the moving up rule must move up for the NW Open.

### **Gymnasts selected for County/Regional teams:**

Gymnasts selected for County/Regional teams must be available for the finals. If it is known on the day of the selection competition that the gymnast is not available for the final, they must inform the Team Manager on the day of the competition. Should a gymnast withdraw for any reason other than injury after committing to competing for the County/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:**

The equipment at WTC competitions will be to current FIG specifications: Only apparatus supplied at the request of the NW WTC may be used at County and Regional events. The WTC will provide short paralettes for the NDP Grades 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.

## Team Managers

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

1. County Teams – ensure that the NW Competition Organiser has received the team entry as soon as possible after the County Qualifier.  
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 qualifiers

Working order for NW teams:

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 coaches and gymnasts
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.

## Judging

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.

### **Responsibilities:**

Club secretaries/coaches must ensure that the nominated judges are available for the duration of the competition day and that they have agreed to their nomination to judge. Judges names **must** be sent within 2 days of the running order having been published to the Competition Organiser as it will be clear on which days the gymnasts are competing and how many judges are required on each day. In all but exceptional circumstances, judges provided by clubs up to the number required based on the number of gymnasts should always be incorporated onto the panels for the event.

Rotas and judging information will be sent to all clubs with judges in the competition to judges where the email address is known. **The club is responsible to circulate this information to their judges.** Information to Independent judges will be circulated by the Judging Convenor(s)

Substitutions must not be made without prior consultation and agreement with the Judging Convenor.

Arrive in plenty of time for the advertised judges' meeting. Ensure you possess and have studied the current rules for the competitions you will be judging and have suitable recording materials. During the competition phase, do not have contact with coaches or gymnasts or members of the audience, or talk inappropriately to your panel's judges as this can be misinterpreted by spectators and other coaches. Do not leave the competition area without informing your D Judge as this could delay the competition. Always behave in a professional manner and judge impartially without bias.

### **Judging Requirements**

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:

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

### **Regional Grades Team Finals and Inter-County Teams**

The County Judging Convenors will be contacted by the Regional Judging Convenor directly. Due to the nature of the team selection there will be clubs who may have a single gymnast on the team. The number of judges in the table above do not apply and clubs will be expected to provide a judge if asked or they have gymnasts in the team.



## Competitions Overview:

COUNTY GRADES	FORMAT	MEDALS	MUSIC	JUDGES	MEMBERSHIP REQUIRED	ENTRY FEE
<p>NDP Club Grades 6 &amp; 5 (in-age and out-of-age)</p> <p>NDP Regional Grades 4,3,2,1</p>	<p>Individual Championships and Team Selection for Regional Finals (Grade 6 &amp; 5 teams are in-age only)</p>	<p>Trophy to winner</p> <p>Overall medals to top 3 in each competition</p> <p>4<sup>th</sup> place rosette (team member)</p>	<p>Music to be uploaded prior to competition</p> <p>Bring spare copy of music on PEN DRIVE</p> <p>No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed</p>	<p>See Page 14</p>	<p>NW membership and BG Silver membership</p>	<p>GM Grades £30</p> <p>C&amp;M Grades £30</p> <p>Lancs Grades £25</p>

NW REGIONAL GRADES FINAL	FORMAT	MEDALS	MUSIC	JUDGES	MEMBERSHIP REQUIRED	ENTRY FEE
<p>NDP Club Grades 6 &amp; 5 (in-age only)</p> <p>NDP Regional Grades 4,3,2,1</p>	<p>Individual and County Team Finals</p> <p>4 in each County team No reserves</p> <p>All gymnasts to compete all 5 pieces, top 3 scores to count</p>	<p>Overall medals to top 3 individuals in each competition and trophy to winner</p> <p>Returnable Trophy to winning teams, overall medals to all gymnasts</p> <p>Returnable Trophy to winning County</p>	<p>Music to be uploaded prior to competition</p> <p>Bring spare copy of music on PEN DRIVE</p> <p>No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed</p>	<p>See Page 14</p>	<p>NW Membership and BG Silver membership</p>	<p>N/A</p>

NW COMPULSORIES	FORMAT	MEDALS	MUSIC	JUDGES	MEMBERSHIP REQUIRED	ENTRY FEE
Compulsory 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 14	NW membership and BG Bronze membership	£30
Compulsory Level 4	Individual Championships and Team Selection for National Finals - top 4 + 5 <sup>th</sup> place (reserve)	Overall medals to top 3 in each competition (in age) and trophy to winners				
Compulsory Level 3 (in & out-of-age) No eligibility for National Finals if out-of-age		4 <sup>th</sup> and 5 <sup>th</sup> place rosettes				
Compulsory Level 2	Control Competition before National Competition	Overall medals to top 3 and trophy to winner				

<b>NW NATIONAL GRADES</b>	<b>FORMAT</b>	<b>MEDALS</b>	<b>MUSIC</b>	<b>JUDGES</b>	<b>MEMBERSHIP REQUIRED</b>	<b>ENTRY FEE</b>
NDP National Grades 4,3,2,1	Individual Championships and Team Selection for National Finals - top 4 + 5 <sup>th</sup> place (reserve)	Overall medals to top 3 in each competition and trophy to winner  4 <sup>th</sup> and 5 <sup>th</sup> place rosettes	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 14	NW membership and BG Silver membership	£30

<b>FLOOR AND VAULT (NW &amp; COUNTY)</b>	<b>FORMAT</b>	<b>MEDALS</b>	<b>MUSIC</b>	<b>JUDGES</b>	<b>MEMBERSHIP REQUIRED</b>	<b>ENTRY FEE</b>
Pre-novice Novice Intermediate	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 14	NW membership and BG Bronze membership	£20

<b>NW OPEN</b>	<b>FORMAT</b>	<b>MEDALS</b>	<b>MUSIC</b>	<b>JUDGES</b>	<b>MEMBERSHIP REQUIRED</b>	<b>ENTRY FEE</b>
NW Voluntary 5 (Age 8 only)	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 14	NW membership and BG Bronze membership	£30
Voluntary Age Group Level 4					NW membership and BG Silver membership	
Voluntary Age Group Level 3						
Voluntary Age Group Level 2						
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)					NW membership and BG Bronze membership	

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

**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	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 14	NW membership and BG Bronze membership	£25
Voluntary Age Group Level 4	NW Voluntary Champion declared Combined NW Champion declared	4 <sup>th</sup> and 5 <sup>th</sup> place rosettes for L4 & L3			NW membership and BG Silver membership	
Voluntary Age Group Level 3	Team selection for National finals – top 4 plus 5 <sup>th</sup> place (reserve)	Combined Champion declared				
Voluntary Age Group Level 2	NW Voluntary Champion declared Combined NW Champion declared	Overall and apparatus medals to top 3 in each competition and trophy to winners				
FIG Espoir, Junior & Senior	Individual Apparatus Championships				NW membership and BG Bronze membership	

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	Overall team medals for top 3 teams in each competition  Returnable Trophies for winning teams	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 14	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
<p><b>RULES – see Regional rules Pages 24 to 32</b> <b>Minimum ages as stated for each Level</b></p> <p><b>HIGHER LEVEL REGIONAL RULES APPLY</b></p> <p><b><u>Vault</u></b> <b>All teams members must vault at same height – exception – L6 teams with 8/9 year olds who may use mixed flatback and table</b> <b>Level 6 – max D score 2.4</b> <b>Level 5 – max D score 3.0</b> <b>Level 4 – max D score 3.5</b></p> <p><b><u>Bars</u></b> <b>8/9 year olds must have coach in between bars</b></p> <p><b><u>Floor</u></b> <b>Level 6 - 8/9 years - may do front saltos/aerials</b></p> <p>Gymnasts must compete (as a minimum) at the Level they will compete in 2018 County/Regional Individual competitions. 'Move-up' rules do not apply for 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.</p>						

<b>NW INDIVIDUAL CHAMPIONSHIPS REGIONAL 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	Apparatus and Overall Individual 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 14	NW membership and BG Bronze membership	£30
Regional Level 5						
Regional Level 4						
Regional Level 3						
Regional Level 2						

<b>COUNTY INDIVIDUAL CHAMPIONSHIPS REGIONAL 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	Apparatus & Individual Overall Championships  Team selection for NW Inter County Team Championship  5 in each County team No reserves	Overall and apparatus medals to top 3 in each competition and trophy to winners	Music to be uploaded prior to competition (unless stated otherwise)  Bring spare copy of music on CD/PEN DRIVE  No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed	See Page 14	NW membership and BG Bronze membership	£25
Regional Level 5						
Regional Level 4						
Regional Level 3						
Regional Level 2						

**Note that each County can offer FIG competition in addition to the Regional Level competitions.**



<b>NW INTER COUNTY TEAM CHAMPIONSHIPS</b>	<b>FORMAT</b>	<b>MEDALS</b>	<b>MUSIC</b>	<b>JUDGES</b>	<b>MEMBERSHIP REQUIRED</b>	<b>ENTRY FEE</b>
Teams to be selected at their County Championships – see page 21	<p>Team Championships only</p> <p>5 in a team 4 compete on each piece 3 scores to count</p>	<p>Returnable trophy to winning teams, overall medals to all gymnasts</p> <p>Returnable trophy to winning County</p>	<p>Music to be uploaded prior to competition</p> <p>Spare copy of music on PEN DRIVE</p> <p>No ‘Disney’, ‘Andrew Lloyd Webber’ or ‘Cirque Du Soleil’ allowed</p>	<p>Counties to provide judges from clubs with qualifying gymnasts</p>	<p>NW membership and BG Bronze membership</p>	<p>N/A</p>
Regional Level 6 Age 8 – ONE team Age 9 – ONE team						
Regional Level 5 Age 9 – ONE team Age 10 – ONE team						
Regional L4 Juniors ONE team						
Regional L3 Juniors ONE team						
Regional Level 2 (min aged 12) ONE team (Regional Level 3 Seniors allowed if team is short) Regional Level 2 Rules						

## NW and COUNTY Floor and Vault Competition Rules 2018

	Pre-Novice	Novice	Intermediate
<b>ELIGIBILITY</b>	See eligibility table on Page 23	See eligibility table on Page 23	See eligibility table on Page 23
<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  Ages 10 &amp; 11 Flat back to 1.10m crash mats OR  Ages 10, 11, 12 1.10m table  Ages 13 &amp; over 1.25m 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  Ages 10 &amp; 11 1.10m table  Ages 12 &amp; over 1.25m 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 &amp; 10 1.20m table  Ages 11 &amp; over 1.25m table</p> <p>Ages 9, 10 &amp; 11 Max D score 3.0  Ages 12 &amp; over Max D score 3.5</p> <p>2 vaults, best score to count</p>
<b>FLOOR REQUIREMENTS</b> All levels must have <b>TWO</b> acro lines to count dismount DV	<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>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>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>	Max 6 elements (5 elements + 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 7 elements (6 elements + 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 (7 elements + dismount) NW Junior Code elements will be recognised and will be counted towards number of required moves but not credited DV
<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. No somersault vaults
<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 2018 based on age & previous competitions

	Competition	Ages	4 piece competitions						2 piece competitions		
			Voluntary 5	Regional L6	Regional L5	Regional L4	Regional L3	Regional L2	Pre-Novice	Novice	Intermediate
Grades (Pass in 2018 or earlier)	Club G6	Min 8	X	Y	X	X	X	X	X	Y	Y
	Club G5	Min 9	X	Y	Y	X	X	X	X	X	Y
	Regional G4	Min 10	X	Y	Y	Y	Y	X	X	X	Y
	Regional G3	Min 11	X	X	Y	Y	Y	X	X	X	X
	Regional G2	Min 12	X	X	Y	Y	Y	X	X	X	X
	Regional G1	Min 13	X	X	X	Y	Y	Y	X	X	X
Grades/compulsories (Pass in 2017-2018)	National G4	Min 10	X	X	Y	Y	Y	X	X	X	X
	National G3	Min 11	X	X	X	Y	Y	Y	X	X	X
	National G2	Min 12	X	X	X	X	Y	Y	X	X	X
	National G1	Min 13	X	X	X	X	X	Y	X	X	X
	Compulsory 5	8 only	Y	X	Y	X	X	X	X	X	X
	Compulsory 4	9 only	X	X	X	Y	X	X	X	X	X
	Compulsory 3	Min 10	X	X	X	X	Y	X	X	X	X
	Compulsory 2	Min 11	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 2018	Compulsory 1	Min 12	X	X	X	X	X	X	X	X	X
	Pre- Novice	Min 8	X	X	X	X	X	X	Y	Y	Y
	Novice	Min 8	X	X	X	X	X	X	X	Y	Y
	Intermediate	Min 9	X	X	X	X	X	X	X	X	Y
Regional (2016-2017)	Floor & Vault gymnasts are not eligible to compete in 4 piece County or Regional competitions in the same year, but may compete 1 or 2 pieces in the Paul Reay Team Challenge										
	Voluntary 5	8 only	X	X	Y	Y	X	X	X	X	X
	Regional Level 6	Min 8	X	Y	Y	Y	Y	Y	X	X	X
	Regional Level 5	Min 9	X	X	Y	Y	Y	Y	X	X	X
	Regional Level 4	Min 10	X	X	X	Y	Y	Y	X	X	X
	Regional Level 3	Min 11	X	X	X	X	Y	Y	X	X	X
	Regional Level 2	Min 12	X	X	X	X	X	Y	X	X	X
National (2016-2018)	4 piece gymnasts must compete at the same or a higher level throughout the same year										
	Voluntary 4	9 only	X	X	X	Y	Y	X	X	X	X
	Voluntary 3	10 only	X	X	X	X	Y	Y	X	X	X
	Voluntary 2	11 only	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 Championships	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 that competition										
	British/Challenge Cup	Min 12	X	X	X	X	X	X	X	X	X

## NWGA Competition Rules (January 2018) - 4 piece Regional Rules

	Voluntary 5	Regional Level 6	Regional Level 5	Regional Level 4	Regional Level 3	Regional Level 2
<b>Eligibility</b>	See table on page 23	See table on page 23	See table on page 23	See table on page 23	See table on page 23	See table on page 23
<b>Ages</b>	8 only	8,9,10,11 and 12+ Age groups will not be merged or split	9, 10, 11, 12 and 13+ Age groups will not be merged or split	Junior 10 and 11 Senior 12+	Junior 11 and 12 Senior 13+	Esplor 12 & 13 Junior/Senior 14+
<b>Moving Up</b>	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 2019 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 - 2018

## VOLUNTARY 5 - 2018

<b>Age - 8 in the year of competition</b>	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			
<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><i>Vault</i></b>	<b><i>Bars</i></b>	<b><i>Beam</i></b>	<b><i>Floor</i></b>
<b>Apparatus</b>	Handspring - 80cm matting Yurchenko - 60cm matting	Polished Bar with gloves and straps	FIG Beam Regulations	FIG Floor Regulations
<b>Requirements</b>	Either - Handspring to feet – fall to front D Score = 3.0 Or - Yurchenko prep (round off flic onto feet on block – fall to back) using red block D Score = 3.5 Highest score 2 vaults performed	<ul style="list-style-type: none"> <li>• Mount NWA or FIG A</li> <li>• Backward Giant</li> </ul> <p>Only 2 CRs are required worth 0.5 each.</p> <p>The gymnast will receive an extra 1.0 for CRs provided she performs the Mount CR.</p>	<ul style="list-style-type: none"> <li>• A connection of at least 2 different dance elements</li> <li>• ½ turn (min) on 1 foot</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>• Series of 3 flighted elements with hand support (elements may be repeated)</li> <li>• Salto or aerial</li> <li>• Spin (min 360°)</li> </ul>
<b>Barred Elements</b>		Forward giant	All elements above B	All elements above B All B valued saltos
<b>Additional Elements</b>		NW Junior Code (NWA's) Backwards Giants may be repeated once for DV. Additional NW elements swing bwd above horizontal 0.1 swing fwd above horizontal 0.1 Cast above horizontal (of the shoulders) 0.1	NW Junior Code (NWA's)	NW Junior Code (NWA's) Value = 0.1
<b>Notes</b>	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), <u>or</u> a forward salto (not aerial) performed on its own, <u>or</u> as Code of Points

The requirements will be subject to change and will published after Grades.

## REGIONAL LEVEL 6 - 2018

<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 = 0.5</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 = 2.40	All elements above A Back away/ Front away	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 - 2018

<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

## REGIONAL LEVEL 4 - 2018

<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 6 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>	Juniors 120 table Seniors 125 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>• 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>• Aerial cartwheel/walkover</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>	Junior - Max D score = 3.0 Senior - Max D Score = 3.5	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. DO NOT PERFORM AERIAL AFTER LAST ACRO LINE

## REGIONAL LEVEL 3 - 2018

<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 6 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 - 2018

<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 6 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 = 4.0	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 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 flick; 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 flick 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 **Voluntary 5** – 1<sup>st</sup> acrobatic line = round off 2 flicks; 2<sup>nd</sup> acrobatic line = (handspring) front somi/round off flic tuck. 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** – 1<sup>st</sup> acrobatic line = round off flick full twist; 2<sup>nd</sup> acrobatic line = handspring, straight front. A free cartwheel or tucked front salto performed on it's 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 - 2018

### 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

Squat on (mount)  
Stretch jump with/without ½ turn  
½ spin on 1 foot  
Handstand (not held for 2 seconds)  
Backward roll  
Arabesque above horizontal and < 180 degree split  
Tuck jump  
Forward roll  
Round off (dismount)  
Handspring (dismount)

### FLOOR

Cartwheel  
Backward Roll to Handstand  
Backward Walkover  
Forward walkover  
Valdez  
Headspring  
Tic toc  
Scissor leap  
Stag leap  
Forward Roll  
Backward Roll  
Tuck Jump  
Dive Cartwheel  
Dive Forward Roll



## **Compulsory 5**

Eligibility: For NW gymnasts aged 8 years in the year of competition  
(This is an 'In-Age' competition only. For the 2018 competition, gymnasts' year of birth must be 2010)

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, 3 and 2.

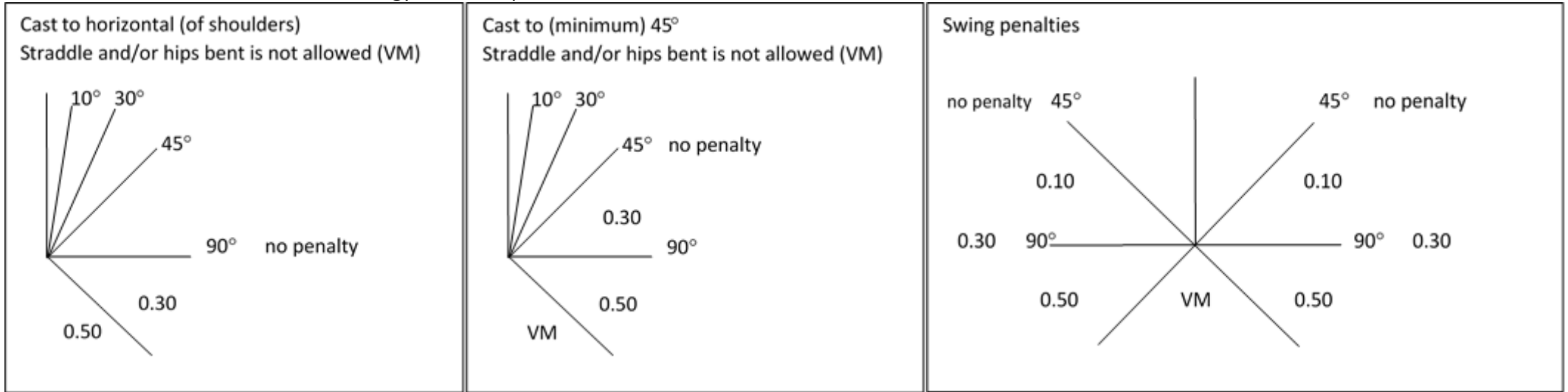
Pass Mark: 50

# 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 14.00** Handspring to feet, fall to front. Vault will be onto mats/platform at 60cm 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:

### 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	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 14.00 (Plus 1.0 bonus for upstart)

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.		Lack of body extension in hang Pike at hips	0.10 0.30 0.10 0.30 (>135°)
Option 1: Chin to bar  Pullover to front support- show front support position.	0.5	Failure to make 90° elbow angle Chin not level with the bar Failure to pull over to front support Poor technique (using arch or swing of legs to pull over) Lack of body extension in front support	VM 0.30 VM 0.10 0.30 0.10 0.30
Option 2: (1.0 mark Optional bonus) Trolley swing, Long upstart	0.5	As Code of Points	
Cast to (minimum) horizontal (of the shoulders)	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 Code of Points (No intermediate pump swing penalty)	
Cast to (minimum) 45, straight body position from time hips leave the bar	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 horizontal)	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 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 mark (i.e. fall) If 1<sup>st</sup> attempt at giant circle fails deduct 0.5 (empty swing). If 2<sup>nd</sup> attempt at giant fails deduct (another) 0.5 .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 0.5 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 0.5 (intermediate swing). Gymnast must then complete swing forward and backward, followed by 2 further backward giants as stated in text.

# BEAM

**D Score 14.00** 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 0.5 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] step down one foot behind the other (hips open), circle arms backwards and lift leg (to minimum 45°) into backward walkover	0.5	Legs joining in any phase of handstand Not held for 2 secs Failure to show split handstand Lack of split in HS or backward walkover Hips not open Leg below 45°	0.30 VM VM 0.10 0.30 0.10 0.10
Split jump – (min 135 degrees)	0.5	Lack of split <135°	0.10 0.30 VM
Straight jump immediate straight jump	0.5	Series Break Insufficient height in jumps (each time) Lack of stretch 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 14.00** 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 flicks extended straight jump	0.50	Extra steps into round off Pause between elements Missing one flick in series Lack of control on landing	0.10 each 0.50 0.50 0.10 0.30
Handspring to one foot, run, handspring to two feet	0.50 0.50	Series break (non-continuous travel between handsprings) Landing in deep squat Lack of flight (each handspring)	0.50 0.50 0.10 0.30
Assemblé jump rebound straddle jump	0.50	Legs below horizontal in straddle Lack of height in jumps	0.30 0.10 0.30
Full spin	0.50	As code of points	
Dance passage to include Split leaps x 2 and Cat leap (any order)	0.50 Each leap	As Code of Points	
Forward Walkover	0.50	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 14.00** Firm mat or solid floor Holds 2 seconds No hold penalty -0.3

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	0.50	Leg lift penalties, see Compulsory 4 diagrams.			
Standing forward leg lift on second leg, repeat above and return to stand.	0.50				
Forward roll through shoulder stand to straddle sit (with extended knees to lift heels off the floor)	0.50	Failure to show shoulder stand (hip angle through vertical) Heels not lifted clear of floor Leaning back to create heel lift	0.10	0.30	
Transition ¼ turn to forward split <b>HOLD</b> , (arms back behind hips, fingers touching floor)	0.50	Hips out of alignment Lack of splits	0.10	0.30	
Transition (½ turn) to alternative forward split passing through box splits <b>HOLD</b> , (arms back behind hips, fingers touching floor)	0.50	Not passing through box splits Hips out of alignment Lack of splits	0.10	0.30	0.50
¼ turn to return to straddle sit, press to straddle lever <b>HOLD</b> , lift legs around to show front support	0.50	Feet not above level of hips in straddle lever Legs resting on arms in straddle lever Feet brushing floor in transition to front support Feet hitting floor in transition to front support Body alignment in front support	0.10	0.30	0.50
Slide feet up to pike fold, place hands flat on floor facing backwards <b>HOLD</b>	0.50	Lack of fold Hands not flat/backwards	0.10	0.30	
Return hands to front, lift feet to straddle stand and <b>press</b> to handstand <b>HOLD</b> . Controlled step down	0.5	Knees bent in lift to straddle stand Jump into handstand Failure to reach handstand Body alignment in handstand	0.10	0.30	
Kick to handstand (show handstand) lower to bridge <b>HOLD</b>	0.50	Lack of control Failure to complete handstand into bridge Feet not together in bridge Shoulders not over hands in bridge	0.10	0.30	
Lift one straight leg to split bridge (hold not necessary), pull back through split handstand to stand.	0.50	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	

Split Jump	0.3	FIG Split deductions apply	
Split jump on opposite leg	0.3	FIG Split deductions apply	

**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.**