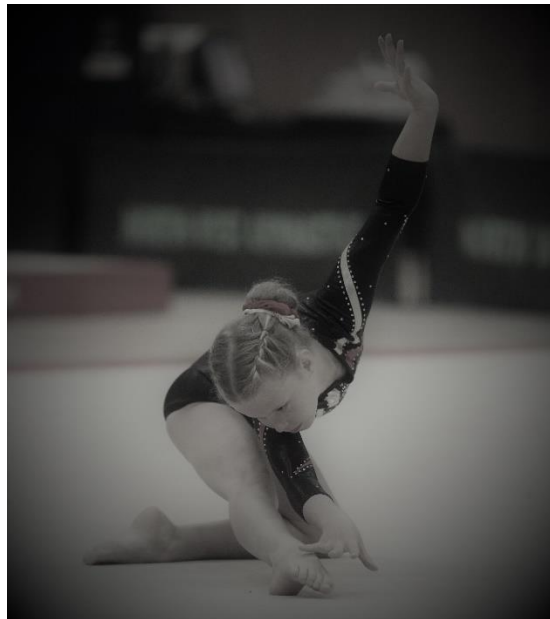




North West Women's Technical Committee



Competition Handbook 2019

Rev 0 - 30TH DEC 2018

Welcome to the 2019 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 2019 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	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

Rev 0 30th Dec 2018 Issued for use in 2019



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Calendar 2019

Date	Competition	Venue	Closing Dates
2 nd Feb	National Compulsory 1	Lilleshall	21 st Dec 18
26 th /27 th Jan	Club Grades 5 & 6 All Counties	Robin Park Sports Centre	21 st Dec 18
2 nd /3 rd Feb	Regional Grades 1 to 4 All Counties	Robin Park Sports Centre	21 st Dec 18
1 st – 3 rd Mar	English Championships	Redbridge Sports Arena	TBA
14 th – 17 th Mar	British Championships Disability/Junior/Senior/Espoir and Apparatus Finals	Liverpool Echo Arena	1 st Feb
13 th /14 th Apr	NW Grades - Compulsory 5, 4 and 3 (Compulsory 2 Pre-Comp) NW Grades - National Grades NW National 5 (New for 2019)	Robin Park Sports Centre	8 th Mar
4 th /5 th May	Counties Floor & Vault Championships All Counties	Robin Park Sports Centre	5 th Apr
11 th /12 th May	National Compulsory Level 4, 3 & 2	Fenton Manor, Stoke	Gymnasts 29 th Apr
25 th /26 th May	National Development Plan 4, 3, 2 & 1	Fenton Manor Stoke	Gymnasts 29 th Apr
15 th /16 th Jun	NW Open (No Voluntaries this time) Challenge Cup Qualifiers	Robin Park Sports Centre	10 th May
22 nd /23 rd Jun	NW Floor and Vault Championships	Robin Park Sports Centre	24 th May
14 th /15 th Sept	Paul Reay Team Challenge	Robin Park Sports Centre	9 th Aug
14 th /15 th Sept	Adrian Stan Team Championships	Surrey Sports Park, Guildford	2 nd Aug
29 th Sept	NW Age Groups and FIG Challenge Cup Qualifiers Bill McLoughlin Team Trials	Robin Park Sports Centre	30 th Aug
5 th Oct	Compulsory Level 2 & 1 Qualifier	New College, Leicester	23 rd Aug
12 th /13 th Oct	Cheshire & Merseyside 4 Piece	Robin Park Sports Centre	13 th Sept
19 th /20 th Oct	Greater Manchester 4 Piece	Robin Park Sports Centre	20 th Sept
TBA	Lancashire 4 Piece	Robin Park Sports Centre	TBA
2 nd /3 rd Nov	North West Individual & Apparatus Championships Out of Age	Robin Park Sports Centre	27 th Sept
9 th /10 th Nov	Voluntary Age Group Championships Level 4, 3 & 2.	Surrey Sports Park, Guildford	Gymnasts 28 th Oct
16 th /17 th Nov	English Gold, Silver and Bronze	Leicester	TBA
22 nd – 24 th Nov	Espoir, Junior & Senior Challenge Cups	Surrey Sports Park, Guildford	11 th Oct
22 nd – 24 th Nov	Bill McLoughlin National Apparatus Team Championships	Surrey Sports Park, Guildford	11 th Oct

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

NORTH WEST WTC COMPETITION FEES

From 1st January 2019, NW competitions will be charged as follows:

Competition Entry Fees:

The fees for competition entry are on the Competition Overview pages 15 to 20

The structure is as follows:

NW Open £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

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

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

Judging Fee:

There is no judging fee for 2019 competitions.

The exception to this is the NW Open – out of region clubs only – judge fee £100/day.

The entry to 2019 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)

- 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 IS SUBMITTED.
- SHOULD IT BE NECESSARY TO ADD ADDITIONAL COACHES AFTER THE CLOSING DATE, AN EMAIL MUST BE SENT TO THE COMPETITION ORGANISER BEFORE THE EVENT WITH PROOF OF CURRENT MEMBERSHIP, DBS AND SAFEGUARDING. A SCREENSHOT OF THE APPROPRIATE BG PAGE WILL SUFFICE.
- ALL COACHES WILL BE REQUIRED TO SIGN IN ON ARRIVAL AT THE COMPETITION.

Pastoral Care:

Pastoral coaches may not assist with coaching gymnasts at the apparatus (exception Floor & Vault competitions - see P6). They should be used solely to ensure the wellbeing of gymnasts when there are insufficient Level 2+ coaches. They may move springboards and hold gymnasts' numbers up.

Clubs may request that Level 1 coaches accompany groups of gymnasts at competitions for pastoral care. Requests must be submitted in writing (email) to the competition organiser at least 1 week before the event giving clear reasons for the request. Proof of current membership, DBS and Safeguarding must be provided at this time. A screenshot of the appropriate BG page will suffice.

Coaches with a General Gymnastics qualification may also provide pastoral care.

Qualifications:

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

The criteria for coaches at a Regional Qualifier are the same as stated on the entry form for the National final.

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

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 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 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.

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/sports leggings are permitted. They must be full or $\frac{3}{4}$ length.

Coaches attending National Finals must wear the prescribed NW kit 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.

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 E panel judges for scores or other information at any point in the competition. The scores may be subject to alteration following appropriate checks to correct substantiated genuine errors. Results will be published on the North West website following the event.

Scoring for 2019 competitions will be provided by Kscore. A spare screen will be available for coaches to check scores. 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

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 (see workplan). Attendance is compulsory by all coaches on the floor.

Jewellery (coaches):

All jewellery must be removed for all NW competitions.

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.

Inquiries

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.

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 Fees: £20.00 (per inquiry)

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

General Competition Information

Trophies

Trophies awarded to overall champions in general 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. They should be cleaned and polished and ready to present to this year's winners. The club or gymnast 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

Paul Reay NW Club Teams

Individual Competitions

NW Combined Compulsories/Voluntaries

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 current NW membership, which will be checked separately before the competition. NW membership will not be required by gymnasts from outside the Region entering the NW Open.

Music must be uploaded to the BG system before the closing date. Please note that the music closing date is midnight the NIGHT BEFORE.

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 2019.

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 22.

North West Open

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

Gymnasts selected for Regional teams:

Gymnasts selected for 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 Competition Organiser or Team Manager on the day of the 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:

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 hall on the day.

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 qualifiers

Working order for NW teams:

4th placed gymnast competes 1st

3rd placed competes 2nd

2nd placed competes 3rd

1st 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 and 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

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	Individual Championships over 2 weekends	Trophy to County winners and Overall NW Champions Overall medals to top 3 in each competition	Music to be uploaded prior to competition Bring spare copy of music on PEN DRIVE No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed	See Page 14	NW membership and BG Silver membership	£25

NW & COUNTY FLOOR AND VAULT CHAMPIONSHIPS	FORMAT	MEDALS	MUSIC	JUDGES	MEMBERSHIP REQUIRED	ENTRY FEE
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

NW NATIONAL 5/ NATIONAL GRADES/ NW COMPULSORIES	FORMAT	MEDALS	MUSIC	JUDGES	MEMBERSHIP REQUIRED	ENTRY FEE
NDP National Grades 4,3,2,1	Individual Championships and Team Selection for National Finals - top 4 + 5th place (reserve)	Overall medals to top 3 in each competition and trophy to winner 4th and 5th place rosettes	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	£25
NW National 5	Individual Championships	Overall medals to top 3 and trophy to winner			NW membership and BG Bronze membership	
NW Compulsory 5	Individual Championships	Overall medals to top 3 and trophy to winner			NW membership and BG Bronze membership	
Compulsory Level 4	Individual Championships and Team Selection for National Finals - top 4 + 5 th place (reserve)	Overall medals to top 3 in each competition (in age) and trophy to winners			NW membership and BG Silver membership	
Compulsory Level 3 (in & out-of-age) No eligibility for National Finals if out-of-age		4 th and 5 th place rosettes				
Compulsory Level 2	Control Competition before National Competition	Overall medals to top 3 and trophy to winner				

NW OPEN (Qualifier for the Challenge Cup for NW Gymnasts)	FORMAT	MEDALS	MUSIC	JUDGES	MEMBERSHIP REQUIRED	ENTRY FEE
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 (for NW gymnasts*) and BG Bronze membership	£30
FIG (Espoir, Junior & Senior)						
Regional Level 5 (Age 9 & Age 10)						
Regional Level 4 (Junior & Senior)						
Regional Level 3 (Junior & Senior)						
Regional Level 2 (Espoir, Junior/Senior)						

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

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 th and 5 th place rosettes for L4 & L3				
Voluntary Age Group Level 3	Team selection for National finals – top 4 plus 5 th 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>RULES – see Regional rules Pages 25 to 31 Minimum ages as stated for each Level</p> <p>HIGHER LEVEL REGIONAL RULES APPLY</p> <p><u>Vault</u> All teams members must vault at same height – exception – L6 teams with 8/9 year olds who may use mixed flatback and table Level 6 – max D score 2.4 Level 5 – max D score 3.0 Level 4 – max D score 3.5</p> <p><u>Bars</u> 8/9 year olds must have coach in between bars</p> <p><u>Floor</u> Level 6 - 8/9 years - may do front saltos/aerials</p> <p>Gymnasts must compete (as a minimum) at the Level they will compete in 2019 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>						

NW & COUNTY INDIVIDUAL CHAMPIONSHIPS REGIONAL LEVELS 6, 5, 4, 3 & 2	FORMAT	MEDALS	MUSIC	JUDGES	MEMBERSHIP REQUIRED	ENTRY FEE
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	£25
Regional Level 5						
Regional Level 4						
Regional Level 3						
Regional Level 2						

NW and COUNTY Floor and Vault Competition Rules 2019

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

NWGA Competition eligibility for 2019 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 2019 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 2018-2019)	NW National G5	9 only	Y	Y	Y	Y	Y	Y	X	X	X	
	National G4	Min 10	Y	X	Y	Y	Y	X	X	X	X	
	National G3	Min 11	Y	X	X	Y	Y	Y	X	X	X	
	National G2	Min 12	Y	X	X	X	Y	Y	X	X	X	
	National G1	Min 13	Y	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 2019	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	
Floor & Vault gymnasts are not eligible to compete in 4 piece County/Regional competitions in the same year, but may compete 1 or 2 pieces in the Paul Reay Team Challenge												
Regional (2017-2018)	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	
4 piece gymnasts must compete at the same or a higher level throughout the same year												
National (2017-2019)	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 Champs	Min 12	X	X	X	X	X	Y	X	X	X	
	NB. English Championships gymnasts are still eligible to compete Regional Level 2 if they only competed on 1 or 2 pieces in that competition											
	British/Challenge	Min 12	X	X	X	X	X	X	X	X	X	

NWGA Competition Rules (January 2019) - 4 piece Regional Rules

	Voluntary 5	Regional Level 6	Regional Level 5	Regional Level 4	Regional Level 3	Regional Level 2
Eligibility	See table on page 22	See table on page 22	See table on page 22	See table on page 22	See table on page 22	See table on page 22
Ages	8 only	8,9,10,11 and 12+ 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+
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 2020 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 - 2019

VOLUNTARY 5 - 2019

Age - 8 in the year of competition	Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points and NW Junior Code (0.1) Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR - 8 highest elements including dismount BEAM/FLOOR - 3 acrobatic [min] + 3 dance [min] + 2 optional elements			
Short Exercises	An exercise with less than 7 elements on Beam/Floor or less than 4 elements on Bars will be deducted 1.00 for each missing element			
	Vault	Bars	Beam	Floor
Apparatus	Both vaults - 60cm block (2 long) with 20/30cm additional crash mat to fall onto Thick hand placement mat for Yurchenko	Polished Bar with gloves and straps	FIG Beam Regulations	FIG Floor Regulations
Requirements	Either - Tucked front somersault to stand - fall to front D Score = 3.5 Or - Yurchenko prep (round off flic onto feet on block - fall to back) D Score = 3.5 2 vaults - best score to count (vaults can be same or different)	<ul style="list-style-type: none"> • Upstart • Backward Giant (may be repeated once for DV) Only 2 CRs are required worth 0.5 each. The gymnast will receive an extra 1.0 for CRs provided she performs the upstart mount CR	<ul style="list-style-type: none"> • A connection of at least 2 different dance elements, one with 180° split/straddle • ½ turn (min) on 1 foot • Acro elements (performed on the beam) in different directions (fwd/swd and bwd) • Additional leap/jump with 180° split/straddle 	<ul style="list-style-type: none"> • A dance passage of at least 2 different leaps or hops including one with 180° split/straddle • Round off flic flic <u>OR</u> Round off flic tuck • Spin (min 360°) • Salto (in a vol 5 acro line - see below) e.g. r/off flic tuck or front somi
Barred Elements		Forward giant	All elements above B	All elements above B All B valued saltos
Bonus	Yurchenko 0.5 if total deduction for this vault is LESS than 1.0	Close bar circle above 45° 0.3 (awarded once only)	Flic 0.3 (awarded once only and only if no fall)	Additional salto in an acro line of min 2 elements 0.3 (awarded once only and only if no fall)
Additional Elements		Additional NW elements = 0.1 Upward circle as a mount Swing bwd above 45° Swing fwd above 45° Cast (legs together) above 45°	NW Junior Code (NWA's) = 0.1	NW Junior Code (NWA's) = 0.1
Notes	All other vaults = VOID VAULT Yurchenko surround MUST be used for both vaults. For judging - see National Compulsory and Voluntary 4	Coach to assist gymnast to stop at the end of the routine if required	Rolls may be used to fulfil the acro CR	ACRO LINE = either an acro series (min 2 flight elements), <u>or</u> a forward salto (not aerial) performed on its own, <u>or</u> as Code of Points

REGIONAL LEVEL 6 - 2019

Min Age - 8 in the year of competition	Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points and NW Junior Code Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR - 8 highest elements including dismount BEAM/FLOOR - 3 acrobatic [min] + 3 dance [min] + 2 optional elements			
Short Exercises	An exercise with less than 7 elements on Beam/Floor or less than 4 elements on Bars will be deducted 1.00 for each missing element			
	Vault	Bars	Beam	Floor
Apparatus	8 - handspring flatback only ~ 90cm soft matting 9 - handspring flatback only ~110cm soft matting 10, 11 - 110 table 12 & over 120 table	FIG Bars Regulations	FIG Beam Regulations	FIG Floor Regulations
Requirements	Highest score of 2 vaults performed	<ul style="list-style-type: none"> • Mount NW/FIG A = 0.5 • Bar change (flight not nec) • Element started and finished on the LB (not MT) • Close bar element (NW/FIG) 	<ul style="list-style-type: none"> • A connection of at least 2 different dance elements • ½ turn (min) on one foot • One acro element started and finished on the beam • A 2nd acro element started and finished on the beam 	<ul style="list-style-type: none"> • A dance passage with 2 different leaps or hops • Acro line of 2 (min) different flight elements • Acro elements in different directions (fwd/swd and bwd) • Spin (min 360°)
Barred Elements	Max D score = 2.40	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
Additional Elements		NW Junior Code (NWA's)	NW Junior Code (NWA's)	NW Junior Code (NWA's)
Notes	Vault > Max D Score: VOID VAULT (0.00) D Score for handspring flatback 1.0	Coach must stand in between the bars for gymnasts aged 8 and 9. Penalty for non-compliance -0.5	A handstand may be used to fulfil the acro CR (FIG A or NWA) Rolls may be used to fulfil the acro CR	ACRO LINE= an acro element with flight on its own or in a series.

REGIONAL LEVEL 5 - 2019

Min Age -9 in the year of competition	Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points and NW Junior Code Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR - 8 highest elements including dismount BEAM/FLOOR - 3 acrobatic [min] + 3 dance [min] + 2 optional elements			
Short Exercises	An exercise with less than 7 elements on Beam/Floor or less than 5 elements on Bars will be deducted 1.00 for each missing element			
	<i>Vault</i>	<i>Bars</i>	<i>Beam</i>	<i>Floor</i>
Apparatus	9, 10 - 110 table 11, 12, 13 & over - 120 table	FIG Bars Regulations	FIG Beam Regulations	FIG Floor Regulations
Requirements	Highest score 2 vaults performed	<ul style="list-style-type: none"> • FIG Mount • Bar change (flight not nec) • Cast above horizontal (of the shoulders) - legs together or straddled • Close bar element - min FIG A 	<ul style="list-style-type: none"> • A connection of at least 2 different dance elements • Turn (from Group 3) • Leap or jump with 180° split/straddle • Acro elements (performed on the beam) in different directions (fwd/swd and bwd) 	<ul style="list-style-type: none"> • A dance passage of at least 2 different leaps or hops including 180° split/straddle • Acro line of 2 (min) different flight elements, one being a salto backwards • Forward salto (not aerial) • Spin (min 360°)
Barred Elements	Max D score = 3.00	All elements above B Giants (backwards or forwards) Mo Shoot	Acro elements above B Dance elements above C	All elements above B All B valued saltos
Additional Elements		NW Junior Code (NWA's)	NW Junior Code (NWA's)	NW Junior Code (NWA's)
Notes	Vault > Max D Score = VOID VAULT (0.00)	Coaches must stand in between the bars for gymnasts aged 9. Penalty for non-compliance -0.5	Rolls may be used to fulfil the acro CR	ACRO LINE = either an acro series (min 2 flight elements), <u>or</u> a forward salto (not aerial) performed on its own, <u>or</u> as Code of Points

REGIONAL LEVEL 4 - 2019

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

REGIONAL LEVEL 3 - 2019

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

REGIONAL LEVEL 2 - 2019

Min Age -11 in the year of competition	Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR - 8 highest elements including dismount BEAM/FLOOR - 3 acrobatic [min] + 3 dance [min] + 2 optional elements			
Short Exercises	FIG rules apply for Beam and Floor. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element			
	<i>Vault</i>	<i>Bars</i>	<i>Beam</i>	<i>Floor</i>
Apparatus	125 table	FIG Bars Regulations	FIG Beam Regulations	FIG Floor Regulations
Requirements	One vault	<ul style="list-style-type: none"> • Flight element LB to HB • Close bar circle (min B) • Cast to handstand, with or without turn • 2 different grips <u>or</u> element with ½ turn (not mount/dismount) 	<ul style="list-style-type: none"> • A connection of at least 2 different dance elements one with 180° split/straddle • Turn (from Group 3) • Acro elements (performed on the beam) in different directions (fwd/swd and bwd) • Acro series performed on the beam (not mount or dismount) - 2 flighted elements: 1 being a salto 	<ul style="list-style-type: none"> • A dance passage of at least 2 different leaps/hops one with 180° split/straddle • C dance element • Saltos in different directions (fwd and bwd) (not aerial) • Salto with LA turn (min 360°)
Barred Elements	Max D score = 4.0	All elements above D	All elements above D	All elements above D
Additional Elements		None	None	None
Notes	Vault > Max D Score =: VOID VAULT (0.00)			DISMOUNT = Salto within an acro line - as Code of Points CR 3 and 4 must be in acro lines.

Floor Dismount Rules with some examples

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

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

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

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

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

Example 3 Voluntary 5 – 1st acrobatic line = round off 2 flicks; 2nd 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 – 1st acrobatic line = round off flick full twist; 2nd acrobatic line = handspring, straight front. A free cartwheel or tucked front salto performed on **its** own after this will not fulfil the criteria for an acro line. In addition, as it has been performed after the last acro line it will not be recognised for DV or CR

NWGA WTC Junior Code - 2019

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 with/without ½ turn
½ spin on 1 foot
Forward roll
Backward roll
Arabesque above horizontal and < 180° split
Tuck jump
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

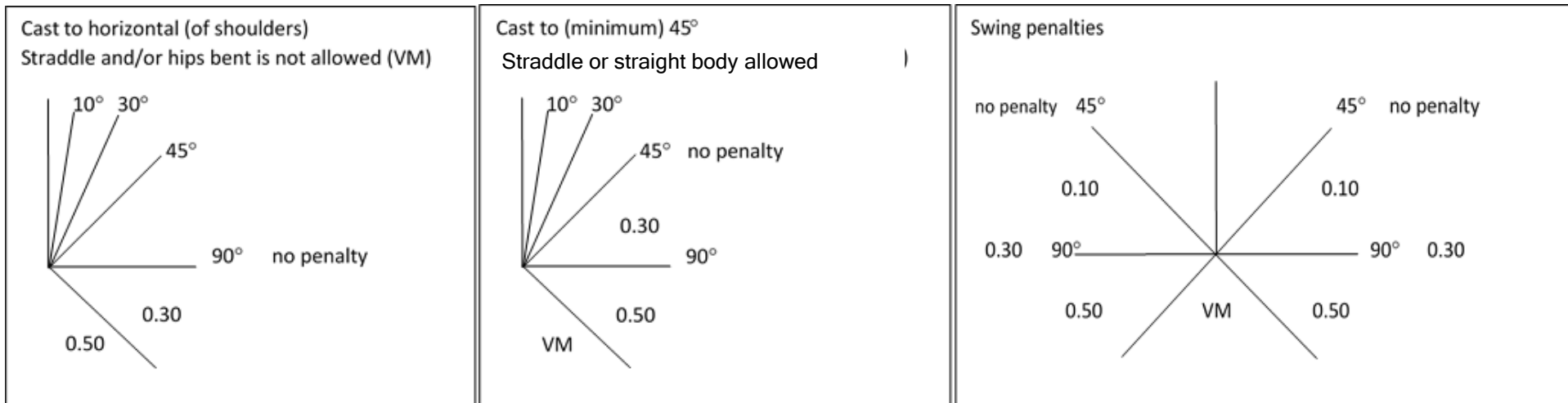
- Eligibility: for 2019 competition, gymnasts must be born in 2010 (turning 9 that year)
- Each piece is marked out of a maximum of **14.00** – D score (4.00 maximum) + E score (10.00)
- Pass mark: 50.00

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 roll mat

<i>PHASE</i>	<i>EXECUTION FAULTS</i>	<i>PENALTIES</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	0.30	

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

BEAM

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

FLOOR

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

RANGE & CONDITIONING

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

<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. HOLD handstand for 2 seconds. Step down from handstand (as walkover down).	0.5	Handstand not held for 2 seconds Jump to handstand instead of lever up Bent legs at any point Bent arms at any point	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. HOLD for 2 seconds. Lower to straddle sit position.	0.5	Straddle ½ lever position not held for 2 seconds Legs held at horizontal Legs held below horizontal Legs bent in hold	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. HOLD for 2 seconds.	0.5	Japana position not held for 2 seconds Back not straight during lean forwards Widening legs before Japana fold Torso not close to floor in held position	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.	0.0	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 HOLD for 2 seconds with arms sideways at horizontal.	0.5	Splits not held for 2 seconds Lack of flexibility in splits Hands touching floor in held position	0.10	VM 0.30 0.30	
½ turn to splits on the other leg (may use hands without penalty). HOLD for 2 seconds with hands off floor with arms sideways at horizontal.	0.5	Splits not held for 2 seconds Lack of flexibility in splits Hands touching floor in held position	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. HOLD position for 2 seconds.	0.5	Pike fold position not held for 2 seconds Insufficient pike position Hands not in prescribed position in pike fold Legs bent in pike fold	VM 0.10 0.10 0.10	0.30 0.30	
Lie on back and push to bridge with feet together. Straighten legs and HOLD position for 2 seconds.	0.5	Bridge not held for 2 seconds Insufficient shoulder extension Knees bent in held position Feet apart at any point	VM 0.10 0.10 0.10	0.30 0.30	0.50
Lift one leg straight to vertical (may move support leg) and HOLD position for 2 seconds. Kick over through split handstand to stand.	0.5	Position not held or 2 seconds Failure to kick over to stand Lack of split Bent legs	VM 0.10 0.10	1.00(fall) 0.30 0.30	0.50
		Lack of fluency/pace throughout exercise (going too slow throughout/holding the holds for too long)	0.10	0.30	

NW Compulsory 5

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

(This is an 'In-Age' competition only. For the 2019 competition, gymnasts' year of birth must be 2011)

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.

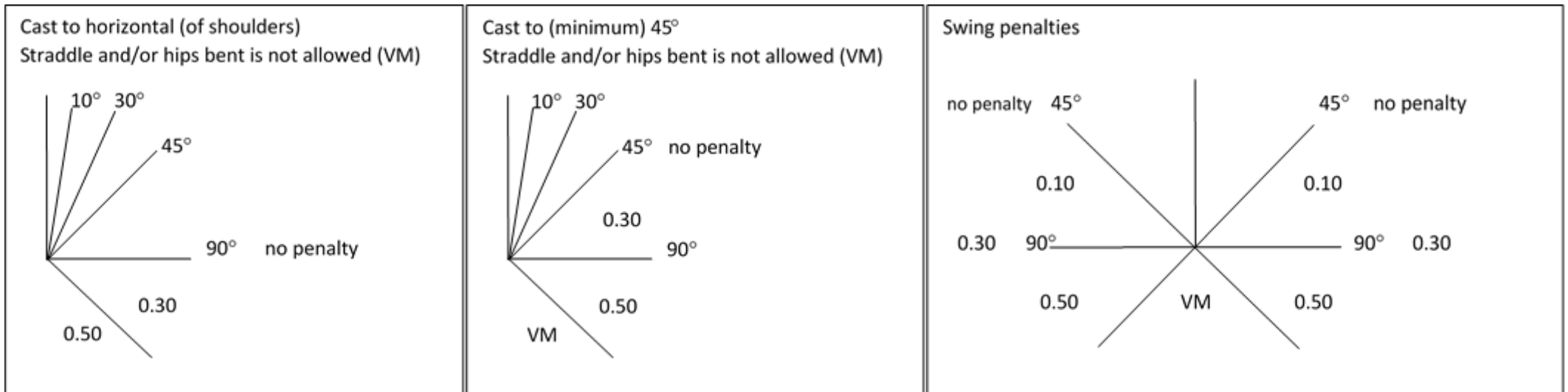
Pass Mark: 50.00

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

NB: Safety collar MUST be used – Penalty -score 0.

2 vaults to be performed with the best score to count.

Penalties:

EXECUTION FAULTS	PENALTIES		
First Flight			
Pike in hips	0.10	0.30	0.50
Bent legs	0.10	0.30	0.50
Legs separated	0.10	0.30	
Repulsion Phase			
Bent arms	0.10	0.30	0.50
Shoulder angle	0.10	0.30	
Bent legs	0.10	0.30	0.50
Second Flight			
Bent legs	0.10	0.30	0.50
Legs separated	0.10	0.30	
Lack of height	0.10	0.30	0.50
Lack of length	0.10	0.30	0.50
Failure to maintain a straight body	0.10	0.30	0.50
Landing penalties			
Excessive arch on landing (first feet contact)	0.10	0.30	0.50
Under rotation of handspring:			
Without falling backwards	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

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

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

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

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

BEAM

D Score 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 0.50 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)	0.10 0.10	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	0.10	0.30 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	0.10 0.10 0.10	VM 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 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 performed on line (as per Compulsory 4)	0.5	Extra steps into round off Pause between elements Missing one flick in series Lack of control on landing BOTH hands (in roundoff only) clearly off line BOTH feet in flicks	0.10 each step	0.50 0.50 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)	0.10	0.50 0.50 0.30
Straddle jump (performed on its own)	0.5	Legs below horizontal in straddle Lack of height in jumps	0.10	0.30 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 14.00 Firm mat or solid floor 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) HOLD for 2 seconds	0.5	Position not held	0.30		
Bend legs and push backwards into backward roll through to front support, straight arms (no deduction if straight legs into backward roll)	0.5	Bent Arms Failure to keep tight shape (flat back) in front support	0.10 0.10	0.30 0.30	0.50
Swing one leg round to sit in (forwards) splits. Take hands off floor and HOLD for 2 seconds with arms sideways at horizontal	0.5	Splits not held for 2 seconds Lack of flexibility in splits Hips out of alignment in splits (knees facing sideways) Hands touching floor in held position	0.10 0.10	0.30 0.30	VM 0.30
½ turn to splits on the other leg (may use hands without penalty). HOLD for 2 seconds with hands off floor with arms sideways at horizontal	0.5	Splits not held for 2 seconds Lack of flexibility in splits Hips out of alignment in splits (knees facing sideways) Hands touching floor in held position	0.10 0.10	0.30 0.30	VM 0.30
Bring back leg forwards to long sit with legs together. Lift arms to ears and pike fold placing hands flat on the floor at the sides of feet. HOLD position for 2 seconds.	0.5	Pike fold position not held for 2 seconds Insufficient pike position Hands not in prescribed position in pike fold Legs bent in pike fold	0.10 0.10	0.30	VM 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 HOLD 2 seconds,	0.5	Straddle lever not held Feet not above level of hips in straddle lever Legs resting on arms in straddle lever	0.10	0.30 0.30	
lift to handstand HOLD 2 seconds, controlled step down	0.5	Feet brushing floor in transition for handstand Feet hitting floor in transition to handstand Handstand not held Bent legs at any point Bent arms at any point		0.30 0.30 0.30	0.50 0.50

Kick to handstand (show handstand) lower to bridge HOLD	0.5	Lack of control	0.10	0.30
		Failure to complete handstand into bridge		VM
		Feet not together in bridge	0.10	0.30
		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.	0.5	Lack of split in bridge	0.10	0.30
		Excessive push from supporting leg (kick)	0.10	0.30
		Not passing through splits in handstand	0.10	0.30
		Hips out of alignment in split handstand	0.10	0.30
Split Jump	0.3	As COP		
Split jump on opposite leg	0.3	As COP		
Stretch jump ½ turn	0.3	As COP		

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