

North West Women's Technical Committee Competition Handbook 2025



NW FIG Rushmoor Rose bowl Team – 2024

Revision History
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Introduction/Committee Members/Contact Email Addresses

Welcome to the 2025 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 and BG modified rules. The rules and all updates for Grades/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 2025 NW WTC Committee is as follows:

| | |
|--|---------------------------------|
| Chair | Donna Mottram |
| Secretary | Amanda Coombes |
| Treasurer | Jade Thompson |
| Competition Organiser | Katherine Woods |
| Assistant Competition Organiser (co-opted) | Emma Davies |
| Performance Development | Ema Doherty |
| Judging Convenor | Karen Whelan |
| Assistant Judging Convenor | Megan Palmer |
| Affiliated Organisations Rep | Zoe Gardner |
| Disabilities Rep | Gabby Hannibal & Bethan Longman |
| Cheshire & Merseyside County Rep | Teresa Potts |
| Greater Manchester County Rep | Adam Walsh |
| Lancashire County Rep | Brendene Hardy |
| Committee member (co-opted) | |

Useful Websites

| | |
|-----------------------|---|
| British Gymnastics | http://www.british-gymnastics.org/ |
| North West Gymnastics | http://www.nwga.org.uk/ |

The NW WTC is a volunteer organisation and is run according to the constitution of the NW Executive committee which uphold standards and regulations for all gymnastics disciplines in the North West region. Our main business is production of and compliance with the NW competition handbook and the organising and planning of NW Women's gymnastics competitions, according to NW and National rules. Clubs affiliated to the NW are sent all relevant communications and information directly from the NW Secretary, Sue Langley.

Please see below for a guide to who to contact and when:

NW SECRETARY -SUE LANGLEY (ALL DISCIPLINES):

nwga@sky.com

For all NW membership/affiliation issues, BG updates,

NW WTC CHAIR & COMPETITION ORGANISER:

nwgymcom@gmail.com

For all questions re NW competitions including, pastoral coach requests, programme corrections, withdrawals etc and any other issues relating to the North West Women's Handbook, drop back requests, rules etc **which are not clearly explained in the handbook.**

NB: this email is for club use only and we will not answer any correspondence from parents.

NW JUDGING CONVENOR:

nw.wag.judging@gmail.com

For all judging communication including the mandatory nomination of judges for competitions and any other judging related issues.

North West Women's Artistic Calendar 2025

| Date | Competition | Venue | Closing date |
|--|---|----------------------------------|---|
| 1 st /2 nd Feb | NW NDP Preparation grades 1 & 2 All Counties | Robin Park Sports Centre | 3 th January |
| 22 nd /23 rd Feb | NW NDP Development Grades 1 - 4 All Counties | Robin Park Sports Centre | 17 th January |
| 28 th Feb - 2 nd March | English Championships | Telford Intl Centre | 17 th December 2024 |
| 20 th – 23 th March | British Championships | Exhibition Centre Liverpool | Noon 7 th February |
| 29 th /30 th March | NW NDP Performance & Excel Grades, Prep grade 3 and NW Prep Grade 1 Plus | Robin Park Sports Centre | 28 th February |
| 3 rd /4 th May | NW & Counties Floor & Vault Championships | Robin Park Sports Centre | 2 nd April |
| 23 rd /25 th May | NDP Finals Performance Grades 1-4 | Fenton Manor Stoke | Noon 11 th April <i>(Teams to be entered by NW WTC)</i> |
| 23 RD /25 TH May | National Excel Grades 2 & 3 Finals | | Noon 11 th April <i>(Excel 2 team to be entered by NW WTC individual entries for Excel 3 are the responsibility of the clubs)</i> |
| 14 TH Sept | Classic Challenge Tin | Manchester academy of gymnastics | 14 th August |
| 4 th /5 th Oct | Classic Challenge Zinc, Copper (12 & over), Bronze, Silver & Gold NW FIG Development levels 3, 2 & 1 NW FIG | Robin Park Sports Centre | 5 th September |
| 18 th & 19 th October | Club Team Championships | Fenton Manor Stoke | Noon 5 th September |
| 25 th / 26 th Oct | Classic Challenge Zinc & Copper (11 and under). | Robin Park Sports Centre | 20 th September |
| 8 th / 9 th Nov | Paul Reay Team Challenge (Classic challenge rules) | Robin Park Sports Centre | 10 th October |
| 9 th Nov | National FIG Development Levels 2 & 3 | Surrey Sports Park | Noon 26 th September <i>(FIG Development 2 team to be entered by NW WTC, Dev 3 individuals to be entered by clubs)</i> |
| 14 th /16 th November | Classic Challenge Championships (Team Finals) | | Noon 3 rd October |

INFORMATION FOR COACHES AT COMPETITIONS

Coaches Briefing

- A coach's briefing will take place before each round of the competition.
- Attendance is mandatory by **ALL** coaches on the floor.
- A coach only needs to attend the meeting on joining the competition, not for each round, but must attend both days if coaching both days.
- Each coach must register, collect a wristband, and sign the coach's declaration confirming that they hold the appropriate BG qualification and are competent to coach the level of skills being performed by their gymnasts, or adhering to the BG Lead Coach policy, have liaised with and nominated a lead coach for skills for which they are not qualified for. The Lead coach must sign the declaration form.
- **NB: Coaches who are not on the register will not be permitted onto the competition floor.**

Coaches at Apparatus

- Only 1 coach per gymnast is permitted to be at the apparatus at any time except bars (where a second coach may remove the springboard and then move away).
- It is strongly recommended that the coach stand in for beam dismounts and between the bars where needed. This is mandatory for certain competitions (see individual rules).
- Coaches may not stand on the landing area (mat) of the vault or next to the springboard.
- Any breach of these rules will incur a 0.5 neutral penalty (as FIG CoP).
- The coach's presence on or very close to the matting during the beam exercise, other than for the dismount, will incur a 0.5 penalty (as FIG CoP). The onus is on the coach to be present only at the dismount and not during the routine.

General competition etiquette – coaches:

- Must not approach any E panel judges for scores or other information at any point during the competition.
- Must not bring hot drinks onto the competition floor.
- Chewing gum is not permitted.

Mobile Phones/Cameras/Tablets/Video Equipment:

- Coaches/judges/officials/gymnasts may not use mobile phones or photographic equipment at any time during the competition.
- Coaches – must use computers/tablets provided for checking scores.

Coaches Attire

- Coaches must remove all jewellery/watches for NW Regional and County competitions. Wedding rings may be taped up as per BG no jewellery policy.
- All coaches must wear sports leggings/trousers (full or 3/4 length) and T-shirt/polo shirt and trainers.
- The following are not permitted:
 - Boots or 'hi-top' baseball boots
 - Sandals or sliders
 - Gym slippers or bare feet
 - Sleeveless/vest tops or strappy tops
 - Shorts
- Coaches attending National Finals must wear the prescribed NW kit

INQUIRIES

- If there is a query on a score, a coach may choose to do 1 of 2 things:
1 make an informal verbal inquiry to the D Panel Judge for feedback (at end of the rotation),
OR
2 submit a formal inquiry (using forms provided by WTC).
- Beyond this, judges will not review or discuss that score, or reasons for their decisions unless correct procedure is followed i.e. a formal written inquiry (with fee) is made via the Competition Organiser, the Floor Manager or the Head Judge directly as soon as possible after the rotation.
- Late inquiries will not be accepted.
- Inquiries can only be made against the D score for the coach's own gymnast.
- Comparative scores of other gymnasts will not be considered.
- Video footage cannot be considered and will not be used in the settlement of inquiries as per the National Competition Handbook.
- The score will be reviewed by the apparatus panel who may seek advice from other senior judges if needed.
- Coaches will not be permitted to be present while the review takes place and must move completely away from the judges at this time.
- Written notification of the result of the review will be provided by the apparatus panel via the Head Judge.
- Inquiry fee will not be charged if the inquiry is upheld.

Inquiry Fee:

- £20.00 (per inquiry) will be billed to the club following the event if the inquiry is not upheld.

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

COACH QUALIFICATIONS

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

4 & 5-piece competitions

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

Additional modules signed off by mentors – evidence to be brought to the competition and shown to the Floor Manager

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

NOTE: Men's Artistic coaches are not qualified to coach beam

Floor & Vault competitions

- WA Level 1 coach (only under the supervision of any BG Level 2 or higher coach)
- WA Level 2 coach (Coach)
- WA Level 3 coach (Club Coach)
- WA Level 4 coach (Senior Club Coach)
- WA HPC/IPC

Additional modules signed off by mentors – evidence to be brought to the competition and shown to the Floor Manager

- MA Level 1 coach (only under the supervision of any BG Level 2 or higher coach)
- MA Level 2 coach (Coach)
- MA Level 3 coach (Club Coach)
- MA Level 4 coach (Senior Club coach)
- MA HPC/IPC

- GG & Team Gym Level 2 coach (Coach)
- GG & Team Gym Level 3 coach (Club Coach)

COACH QUALIFICATIONS (cont.)

Coach Qualifications

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

Pastoral Coaches

- Clubs may request that WA Level 1/GG Level 2+ coaches accompany groups of gymnasts at competitions for pastoral care only i.e. to assist with pastoral needs of a large group of gymnasts, where there are not enough qualified coaches available. The competition organiser will only grant the request if it is deemed necessary for the wellbeing of the gymnasts. Coaches wishing to gain competition experience will not be considered as a valid reason for a request.
- Requests for pastoral coaches must be submitted in writing (email) to the Competition Organiser at least 1 week before the event/within 48hrs after the programme is sent out.
- Proof of coaching qualification, current BG membership (full/joint/life), up-to-date DBS and Safeguarding must be provided. A screenshot of the appropriate BG pages will suffice.
- With the exception of Floor & Vault competitions, **pastoral coaches may not assist with coaching gymnasts at the apparatus** but may be present solely to ensure the wellbeing of gymnasts when there are insufficient Level 2+ coaches. They may move springboards and hold gymnasts' numbers up.

GENERAL COMPETITION INFORMATION

Competition fees

The fees for competition entry are on the Competition Overview pages 17- 23 and summarised below:

- All 4 & 5-piece competitions: £30 per gymnast
- All Floor & Vault competitions: £25 per gymnast

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

Spectator entrance fees to 2025 NW/County competitions

- Adults: £ 7.00
- Concessions: £ 4.00

Scoring system

- Scoring and results for 2025 competitions will be provided by Kscore: live.kscore.co.uk
- A spare screen will be available for coaches to check scores.
- The scores may be subject to alteration following appropriate checks to correct substantiated genuine errors.

Apparatus at competitions

- The equipment at WTC competitions will be provided by Gymnova to FIG specifications.
- Only apparatus supplied at the request of the NW WTC may be used at County/Regional events.

Medal Ceremonies/ Presentations.

- Gymnasts must attend the medal presentation at the end of the round/competition day.
- Medals will only be given to absent gymnasts in exceptional circumstances.

Trophies

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

Photography

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

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

Filming gymnasts from other clubs:

- Current BG policy does not prohibit the filming of gymnasts by coaches and parents/gymnasts from other clubs.
- The WTC have had instances where filming has occurred, and it is an uncomfortable feeling for the parents and not in the spirit of the way we operate in our region.
- We would advise that best practice is always to ask permission first and if it is not given, the filming should not take place.
- A photography notice will be displayed at each competition stating:
 “Photographs at this event may only be taken of your own children or those connected to your club, with the permission of their parents. The NW WTC reserve the right to refuse entry to anyone who is believed to be taking photographs for any other reason. Images may not be used for entry into photographic competitions.”

Safeguarding Gymnasts:

- For competitive events, gymnasts must wear a suitably supportive, safe and appropriate non-transparent leotard/unitard according to FIG/BG policy. Competition leotards/unitards must be well fitting and protect the modesty of the gymnasts. Penalties for ill-fitting or revealing leotards will be applied by judges as per FIG Code of points and BG regulations.
- Gymnasts are not permitted to leave the competition arena during the competition for any reason except to go to the toilet. They do not need permission for this from the judges, however the competition must not be delayed due to their absence.
- Gymnasts are not permitted to go into the audience at any point during active competition.
- Gymnasts are not permitted to wear any jewellery including earrings. Gymnasts with newly pierced ears are permitted to tape their earrings for the competition.
- All bandages and supports must comply with FIG regulations: they must be beige or skin coloured to avoid deductions.

COMPETITION ENTRY INFORMATION

Competition entry

- All NW Regional/County competitions will use the BG online competition entry system. **Where possible we will open entries to the event 3 to 4 weeks before the closing date.**
- The system checks:
 - Coach qualification, Safeguarding and DBS status.
 - Gymnast/coach/judge BG membership status. If the status does not meet the competition requirements as set out in this handbook, entry is not possible until the status is corrected with BG.
- The closing date for all NW WTC events will be midnight on the advertised day.
- Late entries will not be accepted after the closing date.
- All correspondence and competition information will be sent to **1 club contact** only who will be responsible for disseminating the information to coaches, judges and club officers as required.

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

Coaches

- For all Level 2 coaches and above, coach registration is mandatory for all competitions. This is done via the BG entry system before the entry can be submitted. **Please enter the names of all potential coaches who may attend the competition so they can be checked in advance.**
- Should it be necessary to add additional Level 2+ coaches after the closing date, an email must be sent to the Competition Organiser **as soon as possible**. There must be a valid reason for such a request, e.g. illness/injury/BG status issues etc. The following information **MUST** be provided when requesting additional level 2 + coaches: Full Name; BG number and DOB Requests after 12 noon on the Thursday prior to the event may be refused and will only be considered in exceptional circumstances.

Floor music

- Music must be uploaded using the Dropbox link sent by the NW competition organiser by the deadline specified (not at the time of entry).
- The music must identify the gymnast by name and **must include the gymnast's number** on the programme, which will have been emailed to the club.
- **Format for music entry is: Gymnast's programme number (this should be 3 digits eg. 001) hyphen Gymnast's name**
EXAMPLE: 014-Jane Smith Late or absent music entry will incur a £20 penalty to the club.
- Spare copies of floor music must be brought to the competition on a coach's pen drive/USB stick.
- CD's, iPods, mobile phones and YouTube may not be used to play floor music during the competition.
- Late submission or incorrect upload will incur a £20 fee per gymnast

Judging Fee

- There is no judging fee for NW Regional/County competitions. Clubs must provide judges as a condition of entry.

Judges for competitions

- The entry to 2025 competitions will be dependent on each club putting forward the correct number of judges/officials in accordance with the number of gymnasts entered.
- It is the responsibility of the club and not the Judging Convenor to provide these judges.

- Judges' details and availability is to be sent to: nw.wag.judging@gmail.com by the deadline specified on the Judges Form, which will be attached to the competition programme.
- Failure to return the completed form by the deadline will result in a £50 Late Judge submission fee. The form will show clearly on which days the gymnasts are competing and how many judges are required on each day.
- **NB: This is instead of adding the judges on the online entry**

Judging Requirements per Competition Day

- Competition entries will be accepted on the understanding that each club put forward the correct number of judges in accordance with the number of gymnasts entered as per the table below:
- If the club is unable to provide sufficient judges/officials, then gymnasts entered will need to be reduced accordingly.

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

- Clubs must ensure that their nominated judges are available for the duration of the competition day and that they have agreed to their nomination to judge.
- The judging rota and judging information will be sent to all clubs. **It is the club's responsibility to circulate this information to their judges.**
- The rota may also be sent to individual judges when the Judging Convenor knows the email address of the judge.
- Information to Independent judges will be circulated by the Judging Convenor
- Substitute judges must only be used with prior consultation and agreement with the Judging Convenor.

Administration Fee

The NW WTC has decided that when a club does not follow the procedures and protocols in the handbook/or fails to meet deadlines, and this leads to excessive additional work by committee volunteers, there will be a discretionary administration fee of £30. A second offence may see a penalty charge imposed on entry for the subsequent competition by the offending club.

SPECIFIC COMPETITION REGULATIONS

Competition move-up rules Floor and Vault

- Gymnasts who finish in the positions as indicated in the table below in 2024 NW Regional/County competitions must move up a level (or more) at all NW Regional/County competitions in the next calendar year of competition. **This rule does not apply to County placings.**

| 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.

Classic Challenge move up rule

There is now a requirement for gymnasts to move up a level in Classic Challenge Tin, Zinc, & Copper. Please see scores below.

- Tin:** 41.45 or above
- Zinc:** 44.00 or above
- Copper:** 43.335 or above

There is no requirement to move up from Bronze, Silver & Gold due to the rules incorporating capped D scores and barred elements, however coaches are expected to enter gymnasts into a level which is fair, appropriate, and progressive to their development.

Paul Reay Challenge

Teams should consist of gymnasts who have either competed at the same level in 2025 or will be competing at the level they are progressing to in the upcoming year 2026. This ensures that gymnasts are participating in a category that aligns with their skill development, either maintaining their current level or advancing to the next level as they continue to progress.

NDP Pathways

Gymnasts are not allowed to do 2 different pathways during the calendar year. This applies to NW Floor and Vault, NDP Grades and all voluntary competitions and is in line with the National Women's Artistic Gymnastics programme. (See eligibility flow chart Page 24)

Gymnasts dropping back a level (4-piece competitions)

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

- Coming back from long term injury
- Examples that will not be successful with the WTC:
 - Gymnast has not got all the CR's for the new level
 - Gymnast has developed a fear of going backwards

Gymnasts dropping back from 4-piece to Floor & Vault /Paul Reay

- Gymnasts who have competed in 4-piece competitions and wish to drop back to Floor & Vault competitions must request permission in writing (with relevant correspondence) from the WTC via the Chair/ Competition Organiser as stated above.
- All correspondence must be sent to: nwgymcom@gmail.com
- See page 26 for eligibility

FIG Northwest Rosebowl Team Selection

- **Team Selection:** The team will be determined based on the results from the Northwest FIG Competition.
- **Selection Criteria:** Detailed criteria for team selection will be shared with clubs prior to the Northwest Competition. The number of team members selected will depend on competition rules and the number of teams entered.
- **Coach Selection:** The criteria for selecting coaches will be based on the competition's guidelines, specifically the number of coaches allowed on the competition floor.

INFORMATION FOR NATIONAL FINALS

Gymnasts selected for Regional teams at National finals

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

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

Gymnasts will usually compete in reverse order, on each apparatus, according to placement on each apparatus in the qualifying competition.

6. Distribute information about the finals to all gymnasts and coaches
7. Distribute information about team training events to all gymnasts and coaches
8. Register Gymnasts at the finals
9. Ensure gymnasts and coaches all receive the team clothing (preferably at team training ahead of the finals)
10. Gymnasts who qualify to the National finals will be required to purchase a NW competition leotard and tracksuit top (price to be confirmed on qualification). This leotard and tracksuit can then be kept by the gymnast and used again if they qualify for future finals.
11. Clubs/coaches will need to purchase a tracksuit top for the coach attending the competition.

INFORMATION FOR JUDGES

Uniform

Judges are required to maintain a professional appearance. The following attire guidelines must be followed:

Female judges

- Navy blue suit (with either a skirt or trousers)
 - Plain White shirt, blouse, or top
 - Appropriate shoes
- Please note: Jeans, leggings, strappy tops, and any attire deemed inappropriate are not allowed.

Male judges

- Dark blazer/jacket, grey/dark trousers, appropriate shoes, white shirt with tie.

Responsibilities

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

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

Competition Overview:

| NW & County Combined Preparation and Development Grades | FORMAT | MEDALS | MUSIC | JUDGES | MEMBERSHIP REQUIRED | ENTRY FEE |
|---|--|---|---|---------------------------------|--|----------------------|
| <p>NDP Preparation Grades 1 & 2</p> <p>NDP Development Grades 1-4</p> | <p>Individual Regional Championships over 2 weekends</p> | <p>Overall medals to top 3 gymnasts all around in NW & County for each competition</p> <p>Trophy to overall NW & County Champions</p> <p>Certificates</p> | <p>Music to be uploaded with programme number by the stipulated music closing date. Late submission or incorrect upload will incur a £20 fee.</p> <p>Bring spare copy of music on PEN DRIVE/USB stick</p> <p>No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed</p> | <p>See Page 12 & 13</p> | <p>NW membership and BG competitive or national membership</p> | <p>£30</p> |

| NW Performance and Excel Grades | FORMAT | MEDALS | MUSIC | JUDGES | MEMBERSHIP REQUIRED | ENTRY FEE |
|--|--|---|---|------------------|---|------------------|
| NW Preparation Grade 1 Plus | Individual regional Championships | Overall medals to top 3 gymnasts all around and trophy to Champions | <p>Music to be uploaded with programme number by the stipulated music closing date. Late submission or incorrect upload will incur a £20 fee.</p> <p>Bring spare copy of music on PEN DRIVE/USB stick</p> <p>No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed</p> | See Page 12 & 13 | NW membership and BG competitive or national membership | £30 |
| NDP Preparation grade 3 | | | | | NW membership and BG competitive or national membership | |
| NDP Performance Grades 1-4 | Individual Championships with NW team selection for National Final Top 5 | Overall medals to top 3 gymnasts all around and trophy to Champions 4th and 5th place rosettes | | | NW membership and BG competitive or national membership | |
| NDP Excel Grade 1 | Minimum Age eligibility Individual Championships No National final | Overall medals to top 3 gymnasts all around and trophy to Champion | | | NW membership and BG competitive or national membership | |
| NDP Excel Grade 2 | Minimum Age eligibility NW team selection for National Final Top 4 plus reserve | As above plus National team selection: 4 th and 5 th place rosettes | | | NW membership and BG competitive or national membership | |
| NDP Excel 3 (Dependant on numbers) | Minimum Age eligibility Control Competition before National Competition | Overall medals to top 3 gymnasts all around and trophy to Champion | | | NW membership and BG competitive or national membership | |

| NW & County Combined Floor & Vault Championships | FORMAT | MEDALS | MUSIC | JUDGES | MEMBERSHIP REQUIRED | ENTRY FEE |
|---|---|--|---|---------------------------------|--|----------------------|
| <p>Pre-novice Novice Intermediate Advanced</p> | <p>Overall and Individual Apparatus Championships</p> | <p>Apparatus & Overall medals to top 3 gymnasts in NW & County for each competition</p> <p>Trophy to overall NW & County Champions</p> | <p>Music to be uploaded with programme number by the stipulated music closing date. Late submission or incorrect upload will incur a £20 fee.</p> <p>Bring spare copy of music on PEN DRIVE/USB stick</p> <p>No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed</p> | <p>See Page 12 & 13</p> | <p>NW membership and BG Community</p> | <p>£25</p> |

| NW FIG Championships | FORMAT | MEDALS | MUSIC | JUDGES | MEMBERSHIP REQUIRED | ENTRY FEE |
|--------------------------------|---|---|--|-----------------|---|-----------|
| FIG Development Level 1 | Individual Championships Open Age eligibility Individual Championships | Apparatus & Overall medals to top 3 gymnasts in each competition and trophy to Champions Trophy to combined Champions | Music to be uploaded with programme number by the stipulated music closing date. Late submission or incorrect upload will incur a £20 fee. | See Page12 & 13 | NW membership and BG competitive or national membership | £30 |
| FIG Development Level 2 | Open Age eligibility Individual Championships with NW team selection for National Final | As above plus National team selection: Top 4 plus reserve. 4 th and 5 th place rosettes Trophy to combined Champions | | | | |
| FIG Development Level 3 | Open Age Control Competition before National Competition | Apparatus & Overall medals to top 3 gymnasts in each competition and trophy to Champions | Bring spare copy of music on PEN DRIVE/USB stick No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed | | | |
| NW FIG Aspire, Junior & Senior | Individual Apparatus Championships | Overall and apparatus medals to top 3 in each competition and trophy to winners. Rosebowl team selection for Junior & Senior gymnasts | | | | |

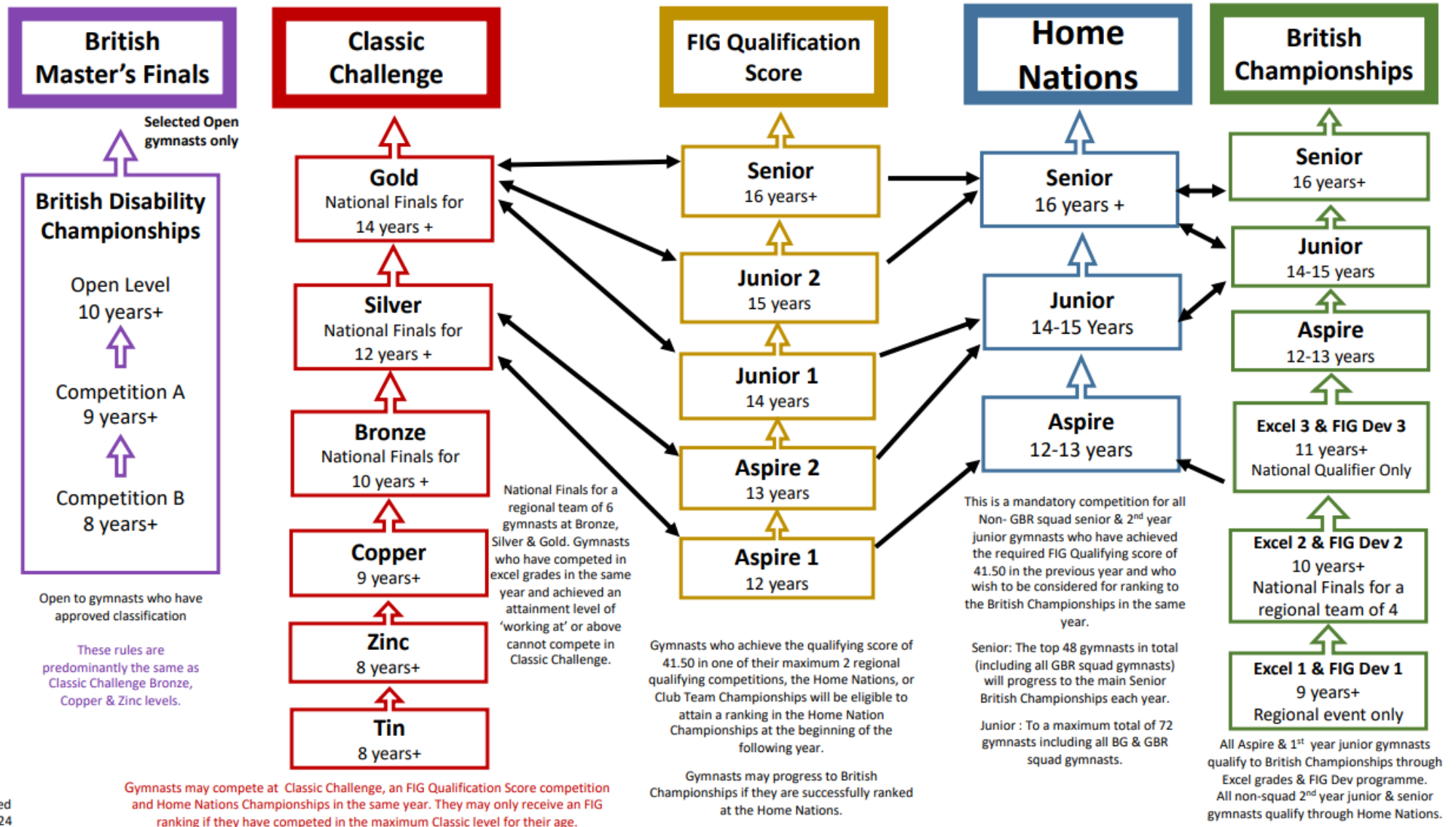
| North West and County Combined Classic Challenge Championships: Bronze, Silver, Gold & Copper | FORMAT | MEDALS | MUSIC | JUDGES | MEMBERSHIP REQUIRED | ENTRY FEE |
|--|---|---|---|-----------------------------|--|----------------------|
| Bronze Silver Gold | <p>Team selection for National finals – top 6 plus 7th place (reserve) from the NW Qualifier</p> | <p>Apparatus & Overall medals to top 3 gymnasts in NW & County for each competition</p> <p>Trophies to overall NW & County winners</p> <p>4th to 7th place rosettes for the NW Team</p> | <p>Music to be uploaded with programme number by the stipulated music closing date. Late submission or incorrect upload will incur a £20 fee.</p> <p>Bring spare copy of music on PEN DRIVE/USB stick</p> <p>No ‘Disney’, ‘Andrew Lloyd Webber’ or ‘Cirque Du Soleil’ allowed</p> | <p>See Page 12 & 13</p> | <p>NW membership and BG competitive or national membership</p> | <p>£30</p> |
| Copper (age TBC) | <p>Individual Apparatus Championships</p> | <p>Apparatus & Overall medals to top 3 gymnasts in NW & County for each competition</p> <p>Trophies to overall NW & County winners</p> | <p>Music to be uploaded with programme number by the stipulated music closing date. Late submission or incorrect upload will incur a £20 fee.</p> <p>Bring spare copy of music on PEN DRIVE/USB stick</p> <p>No ‘Disney’, ‘Andrew Lloyd Webber’ or ‘Cirque Du Soleil’ allowed</p> | | <p>NW membership and BG competitive or national membership</p> | <p>£30</p> |

| NW & County Combined Tin, Zinc & Copper | FORMAT | MEDALS | MUSIC | JUDGES | MEMBERSHIP REQUIRED | ENTRY FEE |
|--|--|---|--|-----------------|---|----------------------|
| Tin | Overall and Individual Apparatus Championships | Apparatus & Overall medals to top 3 gymnasts in NW & County for each competition Trophies to overall NW & County winners | Music to be uploaded with programme number by the stipulated music closing date. Late submission or incorrect upload will incur a £20 fee. Bring spare copy of music on PEN DRIVE/USB stick No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed | See Page12 & 13 | NW membership and BG competitive or national membership | £30 |
| Zinc and Copper (age TBC) | Overall and Individual Apparatus Championships | Apparatus & Overall medals to top 3 gymnasts in NW & County for each competition Trophies to overall NW & County winners | Music to be uploaded with programme number by the stipulated music closing date. Late submission or incorrect upload will incur a £20 fee. Bring spare copy of music on PEN DRIVE/USB stick No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed | See Page12 & 13 | NW membership and BG competitive or national membership | £30 |

| The Paul Reay Team Challenge | FORMAT | MEDALS | MUSIC | JUDGES | MEMBERSHIP REQUIRED | ENTRY FEE |
|--|---|--|--|------------------|---|---------------|
| Zinc Copper Bronze | Up to 5 in a team, 4 to compete on each piece, 3 scores to count towards the team total Open age teams (minimum age applies) | Overall medals to top 3 teams in each competition and trophy to the team Champions | Music to be uploaded with programme number by the stipulated music closing date. Late submission or incorrect upload will incur a £20 fee. Bring spare copy of music on PEN DRIVE/USB stick No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed | See Page 12 & 13 | NW membership and BG competitive or national membership | £100 per team |
| Silver Gold | 2 in a team, each gymnast competes 2 pieces Open age teams (minimum age applies) | | | | | £45 per team |
| Gymnasts must compete at either the same level they have competed during 2025 or Higher. As this is a club team competition gymnasts must be from the same club. | | | | | | |

NWGA Competition Eligibility for 2024 - (2025 to be updated)

(Images below taken from BG website)



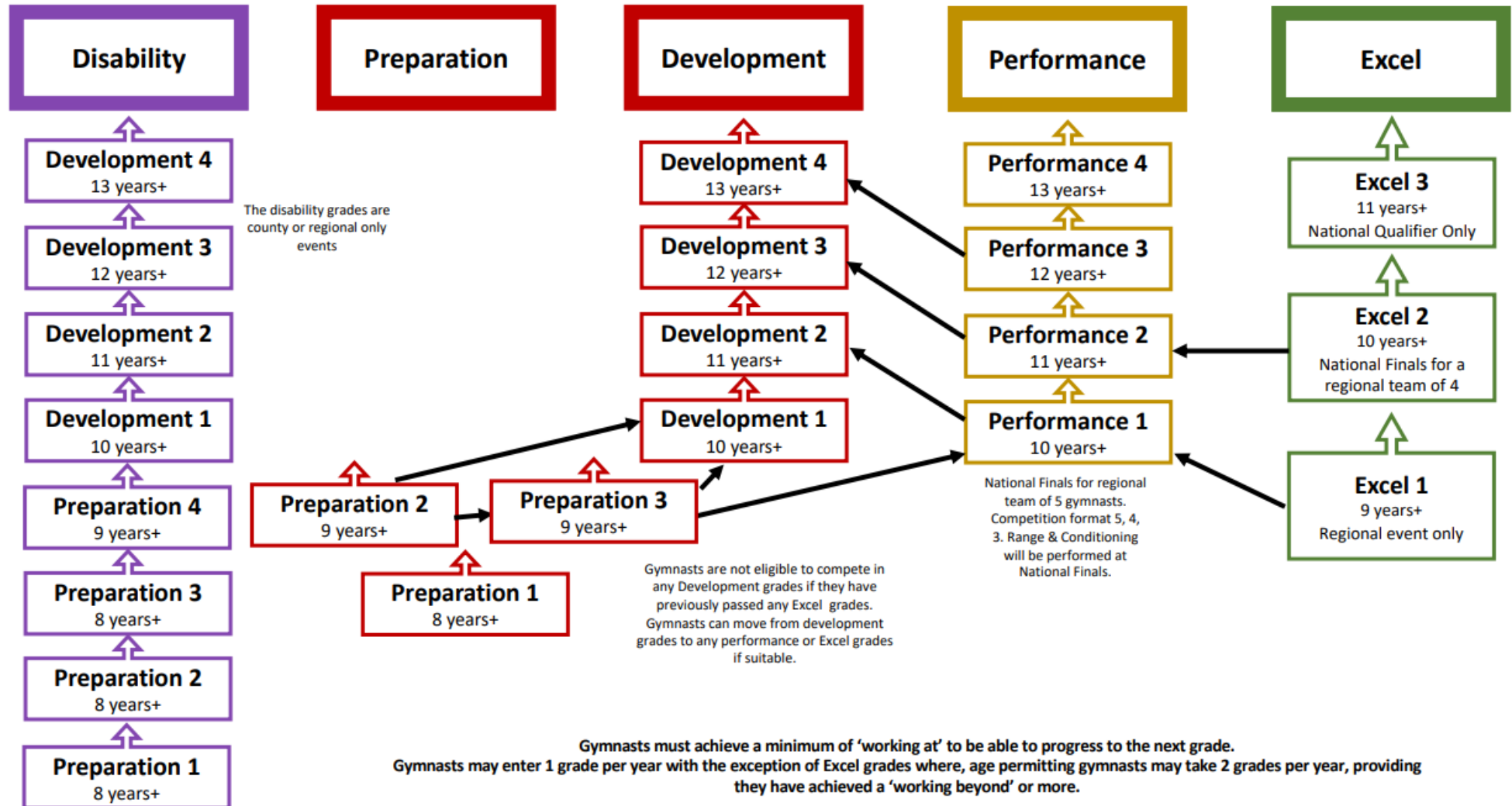
GRADES Eligibility for 2024 -(2025 to be updated)

(Images below taken from BG website)

NB: Gymnasts may only compete 1 pathway per year (grades + voluntary/development competitions) including North West and Excel grades

Updated
Jan 2024

Grades



North West Eligibility

Gymnasts may only compete in either 2 piece or 4/5 piece competitions in a calendar year. Gymnasts can move up from 2 piece to 4/5 piece the following year. To drop back from 4/5 piece to 2 piece requires permission from the WTC, via a drop back request, with the exception of Preparation grades 1 and 2 and Development grade 1.

For gymnasts who have done Preparation and Development grades, please see eligibility at the top of the Floor and Vault rules. Previous 4 piece gymnasts may compete in the new 'Advanced' category provided they are age eligible and have not competed 4/5 piece during this calendar year. They may not revert back to 4 piece during the same year.

Gymnasts who have previously competed at the compulsory (now Excel) level who want to drop back to Advanced must request permission from the WTC via a drop back request as per page 14.

North West Floor and Vault - PRE NOVICE

Elements will be given Difficulty Value (DV) according to FIG Cycle 15 Code of Points. Rules and Regulations are as FIG Cycle 15 Code of Points unless stated otherwise. FIG Execution, Artistry, Choreography and Specific Apparatus penalties will be applied.

FLOOR EXERCISE North West Junior Code elements will be recognised and will count towards number of required elements. Will receive no Difficulty Value.

| | | |
|---|--|--|
| ELIGIBILITY | Must not have competed at any grades, 4 or 5 piece competitions | |
| MOVING UP | As per Moving up rules on page 14 | |
| AGES in the year of competition | 8, 9, 10, 11, 12 & 13+ years of age (Age groups may be merged if insufficient numbers of gymnasts are entered) | |
| | VAULT REQUIREMENTS | FLOOR REQUIREMENTS |
| DIFFICULTY AND APPARATUS REQUIREMENTS | 2 x Vaults performed Best score to count | Maximum 8 x Elements [including dismount] Maximum 1 x B Difficulty Value Dance Elements |
| | Age 8 Flat back onto 0.60m safety mats Age 9 Flat back onto 0.80m safety mats Age 10 Flat back onto 1.00m safety mats ONLY Ages 11 & 12 1.05m Vaulting Table Ages 13 & over 1.15m Vaulting Table | COMPOSITION REQUIREMENTS [CRs] 4 x 0.50 each 2.00 maximum <ul style="list-style-type: none"> • Dance passage of 2 different leaps or hops (Cat leap into scissor kick will be accepted at this level) • A different additional dance element • Acrobatic element • Acrobatic dismount [FIG or NW] |
| DIFFICULTY VALUE DV | Handspring flat back D Score 1.00 Ages 8, 9 & 10 years D Score 1.00 maximum Ages 11 & over D Score 1.60 maximum | DIFFICULTY SCORE 2.90 maximum Junior code elements Value 0.10 each A Difficulty Value 0.10 each B Difficulty Value 0.20 each |
| BARRED ELEMENTS | 8, 9 and 10 years Vault other than as stated above 11 & over Vault with DV more than 1.60 If performed, will be given a 0.00 score | <ul style="list-style-type: none"> • All Saltos and Aerials • No B Difficulty Value Acrobatic Elements <p>If performed, they would not receive DV or CR and would not count towards the number of elements in routine. However, they would be deducted for any FIG execution penalties that apply.</p> |
| ACROBATIC LINES | | An Acrobatic Line will be any <ul style="list-style-type: none"> • Acrobatic Series OR • Acrobatic Element performed on its own Must have minimum of TWO ACROBATIC LINES to count DISMOUNT DV |
| SHORT ROUTINES | | Routine with less than 5 counting elements Deduct 1.00 mark for each missing element |
| NORTH WEST JUNIOR CODE ELEMENTS count towards DV value | ACROBATIC ELEMENTS | |
| | Cartwheel Backward roll to Handstand Backward Walkover Forward Walkover Valdez | Headspring Tic toc Forward roll to feet Backward roll to feet Dive Forward Roll/dive Cartwheel |
| | DANCE ELEMENTS | |
| | Stag Leap Tuck Jump | |

North West Floor and Vault - NOVICE

Elements will be given Difficulty Value (DV) according to FIG Cycle 15 Code of Points. Rules and Regulations are as FIG Cycle 15 Code of Points unless stated otherwise. FIG Execution, Artistry, Choreography and Specific Apparatus penalties will be applied.

FLOOR EXERCISE North West Junior Code elements will be recognised and will count towards number of required elements. Will receive no Difficulty Value.

| | | | |
|---|---|---|---|
| ELIGIBILITY | Must not have competed at any competition above Prep grade 1 & 2 | | |
| MOVING UP | As per Moving up rules on page 14 (exception age 8) | | |
| AGES in the year of competition | 8, 9, 10, 11, 12 & 13+ years of age (Age groups may be merged if insufficient numbers of gymnasts are entered) | | |
| | VAULT REQUIREMENTS | FLOOR REQUIREMENTS | |
| DIFFICULTY AND APPARATUS REQUIREMENTS | 2 x Vaults performed Best score to count | | Maximum 8 x Elements [including dismount] Maximum 3 x B Difficulty Value Dance Elements |
| | Age 8 | Flat back onto 0.80m safety mats | Composition Requirements [CRs] 4 x 0.50 each 2.00 maximum <ul style="list-style-type: none"> Dance passage of 2 different leaps or hops - one with minimum 160° split or straddle A different additional dance element Forward/sideward and backward acrobatic elements Acrobatic line [minimum 1 x flighted element] |
| | Age 9 | Flat back onto 0.90m safety mats | |
| | Age 10 | Flat back onto 1.10m safety mats | |
| | Age 11 & 12 | 1.10m Vaulting table | |
| Age 13 & over | 1.20m Vaulting table | | |
| DIFFICULTY VALUE DV | Handspring flat back | D Score 1.00 | DIFFICULTY SCORE 3.10 maximum |
| | Ages 8, 9 & 10 years | D Score 1.00 maximum | Junior code elements Value 0.10 each |
| | Ages 11 & 12 years | D Score 2.40 maximum | A Difficulty Value 0.10 each |
| | Ages 13 & over | D Score 2.60 maximum | B Difficulty Value 0.20 each |
| BARRED ELEMENTS | 8 9 & 10 years | Vault other than as stated above | <ul style="list-style-type: none"> No B Difficulty Value [DV] Acrobatic Elements No Elements above B Difficulty Value If performed, they would not receive DV or CR and would not count towards the number of elements in routine. However, they would be deducted for any FIG execution penalties that apply. |
| | 11 & 12 years | Vault with DV more than 2.40 | |
| | 13 years and over | Vault with DV more than 2.60 | |
| | If performed, will be given a 0.00 score | | |
| ACROBATIC LINES | An Acrobatic Line will be any <ul style="list-style-type: none"> Acrobatic Series with 1 x Flighted Element [minimum] OR Flighted Acrobatic Element performed on its own Must have minimum of TWO ACROBATIC LINES to count DISMOUNT DV | | |
| SHORT ROUTINES | Routine with less than 6 counting elements Deduct 1.00 mark for each missing element | | |
| NORTH WEST JUNIOR CODE ELEMENTS count towards DV value | ACROBATIC ELEMENTS | | DANCE ELEMENTS |
| | Cartwheel Backward roll to Handstand Backward Walkover Forward Walkover Valdez | Headspring Tic toc Forward roll to feet Backward roll to feet Dive Forward Roll Dive Cartwheel | Stag Leap Tuck Jump |

North West Floor and Vault - INTERMEDIATE

| | | |
|---|---|---|
| <p>Elements will be given Difficulty Value (DV) according to FIG Cycle 15 Code of Points. Rules and Regulations are as FIG Cycle 15 Code of Points unless stated otherwise. FIG Execution, Artistry, Choreography and Specific Apparatus penalties will be applied.</p> <p>FLOOR EXERCISE North West Junior Code elements will be recognised and will count towards number of required elements. Will receive no Difficulty Value.</p> | | |
| ELIGIBILITY | Must not have competed at any competition above Development 1 | |
| MOVING UP | As per moving up rules (Page 14) | |
| AGES in the year of competition | 10, 11, 12 & 13+ years of age (Age groups may be merged if insufficient numbers of gymnasts are entered) | |
| APPARATUS | VAULT REQUIREMENTS | FLOOR REQUIREMENTS |
| DIFFICULTY AND APPARATUS REQUIREMENTS | 2 x Vaults performed Best score to count | Maximum 8 x Elements [including dismount] |
| | Ages 10 & 11 years 1.10m Vaulting table Ages 12 years & over 1.20m Vaulting table | COMPOSITION REQUIREMENTS [CRs] 4 x 0.50 each 2.00 maximum <ul style="list-style-type: none"> • Dance passage of 2 different leaps or hops - one with 180° split or straddle • A different additional dance element • Forward/sideward and backward flighted acrobatic elements • Acrobatic line with a Salto |
| DIFFICULTY VALUE DV | Ages 10 & 11years D Score 2.40 maximum Ages 12 years & over D Score 2.80 maximum | DIFFICULTY SCORE 3.60 maximum Junior code elements Value 0.10 each A Difficulty Value 0.10 each B Difficulty Value 0.20 each |
| BARRED ELEMENTS | 10 & 11 years Vault with DV more than 2.40 12 years and over Vault with DV more than 2.80 If performed, will be given 0.00 Score | <ul style="list-style-type: none"> • No Elements above B Difficulty Value If performed, they would not receive DV or CR and would not count towards the number of elements required in routine. However, they would be deducted for any FIG execution penalties that apply. |
| ACROBATIC LINES | | An Acrobatic Line will be any <ul style="list-style-type: none"> • Acrobatic Series with 2 x Flighted Elements [minimum] OR • Front salto [NOT aerial] performed on its own Must have minimum of TWO ACROBATIC LINES to count DISMOUNT DV |
| SHORT ROUTINES | | Routine with less than 7 counting elements in total Deduct 1.00 mark for each missing element |
| NORTH WEST JUNIOR CODE ELEMENTS count towards DV value | ACROBATIC ELEMENTS | |
| | Cartwheel Backward roll to Handstand Backward Walkover Forward Walkover Valdez | Headspring Tic toc Forward roll to feet Backward roll to feet Dive Forward Roll Dive Cartwheel |
| | | Stag Leap Tuck Jump |

North West Floor and Vault - ADVANCED

Elements will be given Difficulty Value (DV) according to FIG Cycle 15 Code of Points. Rules and Regulations are as FIG Cycle 15 Code of Points unless stated otherwise. FIG Execution, Artistry, Choreography and Specific Apparatus penalties will be applied.

FLOOR EXERCISE North West Junior Code elements will be recognised and will count towards number of required elements. Will receive no Difficulty Value.

| | | | |
|---|--|---|---|
| ELIGIBILITY | Must not compete at any 4/5 piece competitions within the calendar year. Previous compulsories (Excel) can't drop back without drop back request. | | |
| MOVING UP | No requirement to move up | | |
| AGES in the year of competition | 10, 11, 12 & 13+ years of age (Age groups may be merged if insufficient numbers of gymnasts are entered) | | |
| APPARATUS | VAULT REQUIREMENTS | FLOOR REQUIREMENTS | |
| DIFFICULTY AND APPARATUS REQUIREMENTS | 2 x Vaults performed Best score to count | Maximum 8 x Elements [including dismount] | |
| | All Ages 1.25m Vaulting table | COMPOSITION REQUIREMENTS [CRs] 4 x 0.50 each 2.00 maximum <ul style="list-style-type: none"> Dance passage of 2 different leaps or hops - one with 180° split or straddle Minimum B valued dance element Forward and backward salto in the same or different acro line Acro line with a straight salto | |
| DIFFICULTY VALUE DV | Max D-Score 3.4 | DIFFICULTY SCORE 3.60 maximum Junior code elements Value 0.10 each A Difficulty Value 0.10 each B Difficulty Value 0.20 each C Difficulty Value 0.30 each | |
| BARRED ELEMENTS | Vault DV more than 3.4 Twisting salto vaults <ul style="list-style-type: none"> If performed, will be given 0.00 Score | <ul style="list-style-type: none"> No Elements above C Difficulty Value If performed, they would not receive DV or CR and would not count towards the number of elements required in routine. However, they would be deducted for any FIG execution penalties that apply. | |
| ACROBATIC LINES | | An Acrobatic Line will be any <ul style="list-style-type: none"> Acro Series with min 2 x Flighted Elements one being a salto Must have minimum of TWO ACROBATIC LINES to count DISMOUNT DV | |
| SHORT ROUTINES | | Routine with less than 7 counting elements in total Deduct 1.00 mark for each missing element | |
| NORTH WEST JUNIOR CODE ELEMENTS count towards DV value | Acrobatic Elements | | Dance Elements |
| | Cartwheel Backward roll to Handstand Backward Walkover Forward Walkover | Headspring Tic toc Forward roll to feet Backward roll to feet | Dive Forward Roll Dive Cartwheel Valdez |

North West Preparation Grade 1 +

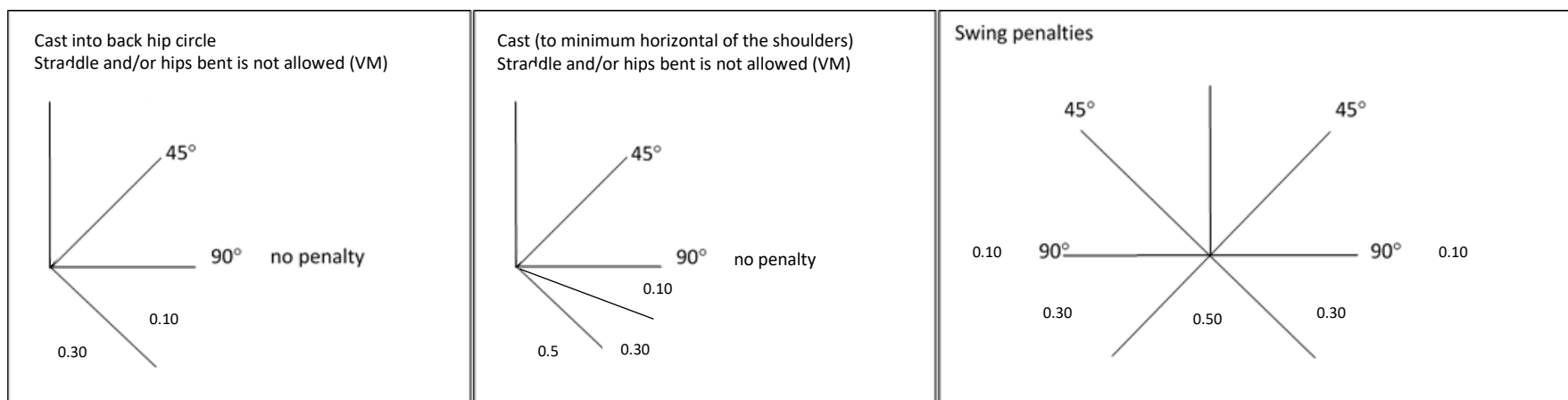
- Eligibility: for 2025 competition, gymnasts must be born in 2017 (age 8 in 2025)
- Each piece is marked out of a maximum of **14.00** – D score (4.00 maximum) + E score (10.00)
- Pass mark: 50.00
- Rules and Regulations are as FIG cycle 15 code of points unless stated otherwise
- FIG execution and artistry penalties will be applied
- Non-attempt 2.0 Neutral penalty + VM (D score)
- **Please note: Gymnasts entered for the NW Preparation grade 1+ are NOT eligible to enter The NW Classic Tin level at the end of the year.**

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 NW Preparation 1 +

Handspring flatback

Safety matting to the height of 80cm

| <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 Double bounce on hands | 0.10 0.10 0.10 per step | 0.30 0.30 0.30 | 0.50 |
| SECOND FLIGHT and LANDING | Bent legs Failure to maintain straight body position Insufficient height Insufficient length Legs apart Failure to land on flat back (landing in dish) Deviation from a straight direction | 0.10 0.10 0.10 0.10 0.10 0.10 | 0.30 0.30 0.30 0.30 0.30 | 0.50 |
| GENERAL | Body alignment at any phase (taken only once) Dynamics | 0.10 0.10 | 0.30 | |

BARS NW Preparation 1 +

Routine on single polished 'strap' bar height 255cm

| <i>DESCRIPTION</i> | <i>VALUE</i> | <i>EXECUTION FAULTS</i> | <i>PENALTIES</i> |
|---|---------------------|--|---|
| Leg raise x 2 (toes to touch the bar) | 0.5 each | Failure to lift feet to 45° from vertical Toes not touching the bar Body alignment (shoulder angle/ head out) Bent legs at any point Legs apart at any point | VM 0.10 each time 0.10 0.10 0.30 0.50 0.10 0.30 |
| Upward circle | 0.5 | Failure to circle over to front support Chin touching bar Poor technique in circle over (use of leg swing to initiate circle) | VM 0.30 0.10. 0.30 |
| Cast with legs together | 0.5 | Poor shape in any phase Bent arms Cast penalties | 0.10 0.30 0.50 0.10 0.30 0.50 See NW Prep 1+ diagrams |
| Back hip circle (0.50 intermediate pump swing penalty will NOT be applied) | 0.5 | Element penalties | As CoP |
| Cast (to minimum horizontal of the shoulders) | 0.5 | Poor shape in any phase Bent arms Cast penalties | 0.10 0.30 0.50 0.10 0.30 0.50 See NW Prep 1+ diagrams |
| Swing forwards and backwards x 3 | 0.5 | Poor rhythm in swings Swing penalties Poor body shape in any phase Deduction for going over the bar (giant) | 0.10 0.30 See NW Prep 1+ diagrams 0.10 0.30 0.50 |
| Coach to stop the last swing and bring the gymnast to hang | | | |

BEAM NW Preparation 1+

30cm mats underneath the entire beam including dismount (total height of dismount matting is 40cm)

| <i>DESCRIPTION</i> | <i>VALUE</i> | <i>EXECUTION FAULTS</i> | <i>PENALTIES</i> |
|---|---------------------|--|--|
| Mount- jump to japana mount (take hands off beam- no hold required) | 0.5 | Hands not off beam Lack of flexibility in japana position | 0.30 0.10 0.30 |
| Handstand with feet together to (min) 30 degrees No hold required | 0.5 | Handstand not within 45 degrees Body alignment in HS Element penalties | VM 0.10 As CoP |
| Dance series- Stretch jump Tuck jump | 0.5 | Element penalties Series break (elements not connected) | As CoP 0.50 |
| | 0.5 | Elements performed in incorrect order Element missing (includes following a fall) | 0.30 Non-attempt of (2 nd) element |
| Split Jump 180° | 0.5 | Element penalties (lack of split taken from 160°) Landing on one foot | As CoP 0.30 |
| ½ spin on one foot | 0.5 | Turn not completed | VM |
| Cartwheel | 0.5 | Element penalties | As CoP |
| Dismount- minimum 2 steps into hurdle step to take off from two feet into stretch jump dismount – ARMS BY EARS (prep for front somi) | 0.5 | Less than 2 steps Take off from one foot Insufficient height in jump Body alignment in jump Arms not by ears on take-off | 0.30 VM 0.10 0.30 0.10 0.30 |

FLOOR NW Preparation 1+

| <i>DESCRIPTION</i> | <i>VALUE</i> | <i>EXECUTION FAULTS</i> | <i>PENALTIES</i> | | |
|--|--------------|---|---------------------|--------------|------|
| Acro line- From two feet: Hurdle step into round off flic | 0.5 | Extra steps into round off Element penalties | 0.10 each As CoP | | |
| | 0.5 | Series break | 0.50 | | |
| Backward roll with straight arms into front support | 0.5 | Bent arms Failure to keep tight shape in front support | 0.10 | 0.30 0.30 | 0.50 |
| Dance passage- Split leap 180° 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 | | |
| Tumble- Handspring to two feet | 0.5 | Element penalties Landing on one foot | As CoP 0.30 | | |
| Full spin | 0.5 | Element penalties | As CoP | | |
| Backward walkover | 0.5 | Lack of split Bent legs | 0.1 0.1 | 0.3 0.3 | 0.5 |
| Split jump (must not be connected to another element) | 0.5 | Element penalties | As CoP | | |

RANGE & CONDITIONING NW Preparation 1+

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 (elephant lift). HOLD for 2 seconds Split legs and step down. Join feet together with arms by ears | 0.5 | Jump to handstand instead of press Bent legs at any point Bent arms at any point Handstand position not held | VM 0.10 0.30 0.50 0.10 0.30 0.50 0.30 Neutral penalty D Panel |
| Crouch down & forward roll (bent or straight arms - pause in shoulder stand not necessary) to straddle 1/2 lever hold (feet higher than hips) HOLD for 2 seconds. Lower to straddle sit position | 0.5 | Legs held at or below horizontal Legs bent in hold Position not held for 2 seconds | 0.10 0.30 0.10 0.30 0.5 0.30 Neutral penalty D Panel |
| 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 | 0.30 Neutral penalty D Panel 0.10 0.10 0.30 0.10 0.30 |
| Take legs backwards (may use hands in transition phase) and passing through box splits, join legs together with arms by ears. Push to press up position with toes pointed. | 0.0 | Lack of flexibility in box splits Bent legs Flexing foot/feet during transition phase | 0.10 0.30 0.10 0.30 0.10 |
| Swing one leg round to sit in (forwards) splits. Take hands off floor and HOLD for 2 seconds with arms sideways at horizontal. | 0.5 | Splits not held for 2 seconds Lack of flexibility in splits Hands touching floor in held position | 0.30 Neutral penalty D Panel 0.10 0.30 0.30 |
| ½ turn to splits on the other leg (may use hands without penalty). HOLD for 2 seconds with hands off floor with arms sideways at horizontal. | 0.5 | Splits not held for 2 seconds Lack of flexibility in splits Hands touching floor in held position | 0.30 Neutral penalty D Panel 0.10 0.30 0.30 |

RANGE & CONDITIONING (cont) NW Preparation 1+

| | | | |
|---|------------|--|--|
| 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 | 0.30 Neutral penalty D Panel 0.10 0.30 0.10 0.10 0.30 |
| Lie on back and push to bridge with feet together. Straighten legs and HOLD position for 2 seconds. | 0.5 | Bridge not held for 2 seconds Insufficient shoulder extension Knees bent in held position Feet apart at any point | 0.30 Neutral penalty D Panel 0.10 0.30 0.10 0.30 0.50 0.10 |
| Lift one leg straight to vertical (may move support leg) and HOLD position for 2 seconds. Kick over through split handstand to stand. | 0.5 | Position not held or 2 seconds Failure to kick over to stand Lack of split Bent legs | 0.30 Neutral penalty D Panel 1.00(fall) 0.10 0.30 0.10 0.30 0.50 |
| Straddle Jump | 0.5 | Element penalties | As CoP |
| Straight Jump (Jumps to be linked but not rebounding and in any order) | 0.5 | Lack of height | 0.10 0.30 |
| | | Lack of fluency/pace throughout exercise (going too slow throughout/holding the holds for too long) | 0.10 0.30 |



Official Inquiry Form

| | |
|-----------------------------------|--|
| Competition & level | |
| Gymnasts Number & Club | |
| Apparatus | |
| Description of inquiry | |
| Coach signature | |
| D panel response | |
| Judge signature | |



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