



London GfA Floor and Vault Competition 2018

Levels 1-6

Amended February 2018 for 2018 season

LONDON GYMNASTICS

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London Gymnastics for All competition levels for 2018

Following the introduction of new levels in 2017, GfA has revised elements of the new programme following feedback. The revisions in this document are identified in yellow. The levels are designed to be achievable, but progressive, to help both gymnasts and coaches focus on the development of core skills. Gymnasts **born in 2011 or earlier** may compete in GfA 2018 competitions. Gymnasts born in 2011 are required to start at Level 1. Videos of basic routines and vaults are available on the London Gymnastics Youtube channel: <https://www.youtube.com/Londongymnasticsuk>.

Levels 1 and 2 (grading)

At levels 1 and 2, gymnasts receive a sticker for floor and another for vault that is equivalent to a bronze, silver or gold standard. The combination of the two stickers, which are given out immediately after the routine or vault has been judged, determines the gymnasts' overall medal and whether they move up to the next GfA level (see table below).

Apparatus 1 mark	Apparatus 2 mark	Overall mark	Progression
Gold	Gold	Gold	Automatic move up
Gold	Silver	Gold	Automatic move up
Silver	Silver	Silver	At coach's discretion
Gold	Bronze	Silver	Does not move up
Silver	Bronze	Bronze	Does not move up
Bronze	Bronze	Bronze	Does not move up

Every gymnast receives a certificate and medal for the overall mark they achieve. Medals and certificates will be given out immediately after the gymnast has received their two stickers. There will be no placings or individual scores given. At levels 1-2, to earn a Gold, Silver or Bronze medal the gymnast must achieve between the following scores:

Floor thresholds for Levels 1-2		
Gold = 9.1 to 10.0	Silver = 8.3 to 9.0	Bronze = 8.2 or below
Vault medal thresholds at levels 1-2		
Level 1	Gold = 9.7 – 10.9	
	Silver = 9.0 – 9.6	
	Bronze = 8.9 or below	
Level 2	Gold = 10.4 – 11.8	
	Silver = 9.6 – 10.3	
	Bronze = 9.5 or below	

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Level 1 - Floor

Set routine – 10 moves on 12m x 2m mat (no moves connected unless stated) Tariff 10.0	
1	Forward roll to stand
2	Forward roll to straddle sit
3	Teddy bear roll 180
4	V-Sit with hands (minimum 2 sec hold)
5	Put legs together into long sitting position, tuck legs in and roll on back (backward roll prep), and then rock forward to stand on two feet
6	1 leg balance, free leg straight and knee at minimum 45 degrees (minimum 2 sec hold)
7	Half spin or half turn jump
8	Cartwheel (optional side to side or front to back ¼ turn)
9	Straight jump
10	Star jump

Level 1 - Vault

Gymnast performs two vaults, highest score counts towards final score	
6 metre run, jump on to board and stretch jump on to block Springboard and block (1m x 1m x 60cm) with safety mats at rear	Tariff 10.5
6 metre run, jump on to board and stretch jump on to block, immediate rebounded stretch jump off to land Springboard and block (2m x 1m x 60cm); with 10cm agility mat on top; safety mats for landing	Tariff 10.7
6 metre run, jump on to board and stretch jump on to block, immediate flighted forward roll (to finish on the block) Springboard and block (2m x 1m x 60cm); with 10cm agility mat on top; with safety mats at rear	Tariff 10.9

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Level 2 - Floor

Set routine – 10 moves on 12m x 2m mat (no moves connected unless stated) Tariff 10.0	
1	Handstand forward roll to stand
2	Tuck jump (<i>Connection:</i> for bridge entry, forward roll to lay flat)
3	Push to bridge straight legs (minimum 2 sec hold) (<i>Connection:</i> lay out flat of bridge, up into)
4	Shoulder Stand (minimum 2 sec hold) (<i>Connection:</i> bring down legs to sitting position, arms behind to)
5	Back support to front support, jump in, jump up
6	Arabesque (minimum 2 sec hold)
7	Full spin or Jump full turn
8	Chassé into scissor kick (land, finish, then turn if necessary)
9	Round-off (linking to move 10 is optional)
10	Backward roll to stand

Level 2 - Vault

Gymnast performs two vaults, highest score counts towards final score	
6 metre run, jump on to board and stretch jump on to block, immediate flighted forward roll (to finish in stand on block) Springboard and block (2m x 1m x 60cm) with safety mats at rear	Tariff 10.9
6 metre run, jump on to board and jump to handstand (controlled land) to flat-back Springboard and block (2m x 1m x 60cm) or mats piled up to 60cm; safety mats at rear; 10cm agility mat may be used on top of block/mats	Tariff 11.4
6m run, jump on to board and jump to handstand with rebound block to jump hands forward, into immediate flat-back on block Springboard and block (2m x 1m x 60cm) or mats piled up to 60cm; safety mats at rear; 10cm agility mat may be used on top of block/mats	Tariff 11.8

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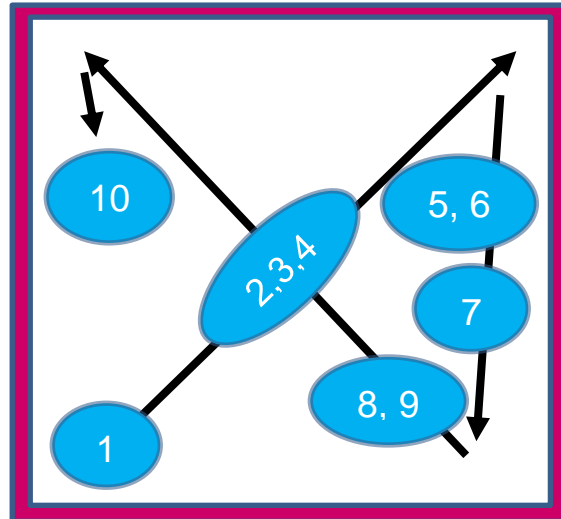
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Level 3 – Floor

This level is a set routine with optional elements and acts as an introduction to a full floor routine. It is performed on a **8m x 8m** non-sprung floor, without music.

Choreography, dance and/or steps can be added to move gymnasts from one set of moves to the next, but direction and order of the 10 moves must be as indicated.



Set routine with optional elements – 10 moves / Tariff 10.0

1	Y Balance OR Arabesque OR V-Sit without hand support (Min. 2 second hold)
2, 3, 4	Cartwheel, Cartwheel, Backward Roll to front support OR Round Off, Flick, Rebound Straight Jump
5, 6	Straight Jump full turn immediate Tuck Jump OR Straight Jump 1/2 Turn immediate Tuck Jump 1/2 turn
7	Splits OR Japana OR Bridge OR Pike Fold, (Min. 2 second hold)
8, 9	Handstand Forward roll immediate forward roll OR Dive roll immediate forward roll
10	ANY 'A' or 'B' move that hasn't previously been used in the routine

Level 3 - Vault

Gymnast performs two vaults, highest score counts towards final score

6m run, jump on to board and jump to handstand (controlled land) to flat-back Springboard and block (2m x 1m x 60cm) or mats piled up to 60cm or 100cm; safety mats at rear; 10cm agility mat may be used on top of block/mats	Tariff 11.4
6m run, jump on to board and jump to handstand with rebound block to jump hands forward, into immediate flat-back on block Springboard and block (2m x 1m x 60cm) or mats piled up to 60cm or 100cm; safety mats at rear; 10cm agility mat may be used on top of block/mats	Tariff 11.8
Handspring to stand (on piled up mats) Springboard and mats piled up to 60cm or 100cm; safety mats at rear	Tariff 12.2

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Levels 4-6 – Floor (A and B moves)

A moves	B moves
Group 1 Acrobatic moves	
Forward roll (optional ending)	Handstand forward roll
Backward roll (optional ending)	One-handed cartwheel
Cartwheel (optional exit)	From bridge kick-over
From front support, jump in, straight jump up	Backward roll to front support (straight arms)
Group 2 Non-acrobatic moves (H = hold for 2 secs)	
Bridge – entry and exit optional (H)	Arabesque (H)
Shoulder stand with arm support (H)	Handstand (H)
V sit with hand support (H)	Japana, flat back, chest to floor (H)
Front or back support lower push up	V sit without hand support (H)
One Foot Stand (free leg to knee horizontal forwards) (H)	Splits side or box (without hand support) (H)
Dead Man - drop to front support	Pike Fold (H)
	Swedish Fall with one leg raised
Group 3 Jumps, leaps, spins and links	
Catleap	Catleap ½ turn
½ Spin on toes	Full Spin on toes
Star jump	Wolf jump or hop
Straight jump	Jump 1/2 turn back to front support
Tuck jump	Tuck jump ½ turn
	Straight jump ½ turn

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Levels 4-6 – Floor (C and D moves)

C moves	D moves
Group 1 Acrobatic moves	
Backward walkover	Back flip step out
Forward walkover	Back flip to two feet
Backward roll to handstand	Dive Forward roll or Hecht Roll (must show flight)
Round-off	Backward Roll to Handstand with 1/2 turn
Forward roll piked to stand	Handspring (to 1 or 2)
	Free cartwheel
Group 2 Non-acrobatic moves (H = hold for 2 secs)	
From front support, straddle cut to rear support	From standing elephant lift to handstand (H)
Shoulder stand (straight arms behind head) (H)	From straight leg headstand press to handstand (H)
Pike lever (H)	Healy Turn
Straddle half lever (H)	Tucked top planche (H)
Y balance (H)	Chest stand (H)
Handstand pirouette ½ turn	Illusion turn
Group 3 Jumps, leaps, spins and links	
Catleap full turn	1 ½ Spin on toes
Sissone	Wolf jump or leap ½
Stag leap or jump	Split or side Leap / Jump
Scissor kick	Tuck jump full turn
Tuck Shoushonova	Straddle Shoushonova
Straight jump full turn	Straight Jump 1 ½ turn
Straddle jump	Straddle jump ¼ turn

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Levels 4-6 – Floor (E and F moves)

E moves	F moves
Group 1 Acrobatic moves	
Backward Somersault (tucked)	Backward Somersault (Straight)
Flyspring	Arabian Somersault (Tucked)
Front somersault (tucked)	Whip Salto
Front somersault (walkout)	Front Somersault (straight)
Free walkover	Front somersault (Tucked / Straight with ½ twist)
One-arm forward or backward walkover	Backward Somersault (Straight With ½ or full twist)
Valdez	One-arm Valdez
Side somersault (tucked or piked)	
Group 2 Non-acrobatic moves (H = hold for 2 secs)	
Wide arm handstand, hands greater than shoulder width (H)	From splits or straddle press to handstand (H)
Straddle lever to handstand	Manna
Handstand pirouette full turn	Handstand pirouette 1 ½ turns
Russian lever (H)	
Group 3 Jumps, leaps, spins and links	
Catleap 1 ½	Catleap two full turns
Two full spins on toes	Three full spins on toes
Change leg leap	Change leg leap ¼ turn
Ring leap or jump	Wolf jump or leap full turn
Tuck jump 1 ½ turns	Straddle ½ Shoushonova
Straddle jump ½ turn	Straddle Jump 1/1 (full turn)
Straight jump two full turns	Tuck jump two full turns

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Levels 4-6 – Floor (Composition requirements)

Composition requirements		
H = hold for minimum of 2 seconds		
Min. eight moves (0.5 per move = 4.0) performed on full size (12m x 12m) sprung floor (45 - 70 secs - music with no vocals for women)		
Level 4	Level 5	Level 6
A-D Moves can be used	B- E Moves can be used	B-F Moves can be used
1 x A Move 2 x B Moves 2 x C Moves 3 Optional Moves	1 x B Move 2 x C Moves 2 x D Moves 3 Optional Moves	1 x C Move 2 x D Moves 2 x E Moves 3 x Optional Moves
C Moves may replace B D Moves may replace C	C Moves may replace B D Moves may replace C E Moves may replace D	C Moves may replace B D Moves may replace C E Moves may replace D F Moves may replace E
Four requirements at levels 4-6 (0.5 per requirement = 2.0)		
1. Non Acro Move (Balance, strength or flexibility)		
2. Acro series -2 linked Group 1 acrobatic moves		
3. Mixed series - A group 1 move and group 3 move (in either order) directly linked		
4. Gym series - 2 Group 3 moves linked (can be linked by continuous steps or chassés) OR Second Different Acro Series		

All Acro and Mixed Series MUST be directly linked without additional steps or jumps apart from: Round off, immediate jump 1/2 turn to 1 directly into cartwheel which will count as two moves. **At Level 6, two flighted acro moves must be performed of which one must be forward in direction and the other backward in direction, both from moves C-F.**

- **Please note removal of gender-specific moves.**

Music (for girls only)

It is the coach's responsibility to ensure the music used is licensed for use in the UK. For clarification, please search and ensure the title appears on the repertoire section of the PPL UK site: <http://bit.ly/PPLMusicSearch>

Music can use voice as an instrument eg humming, but no vocals. Music with words or unlicensed music will incur a ZERO score. Choreography (and music choice) should be suitable for the age of the gymnast.

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Vault levels and tariffs

Vault levels and tariffs						
	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Stretch jump on to block	10.5	X	X	X	X	X
Stretch jump on to block, immediate rebound straight jump off	10.7	X	X	X	X	X
Stretch jump on to block, immediate flighted forward roll to stand on block	10.9	10.9	X	X	X	X
Flat-back 1: controlled landing to flat-back	X	11.4	11.4	X	X	X
Flat-back 2: with rebound block to jump hands forward and into immediate flat-back on block	X	11.8	11.8	11.8	X	X
Handspring to stand on safety mats	X	X	12.2	12.2	X	X
Handspring	X	X	X	12.5	12.5	X
½ on	X	X	X	12.8	12.8	12.8
½ off, ½ off	X	X	X	X	13.0	13.0
½ on full off	X	X	X	X	13.2	13.2
Handspring 1/1	X	X	X	X	X	13.5
Vault equipment						
	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Block height	60cm	60cm	60cm	X	X	X
Piled mats	X	60cm	60cm/100cm		X	X
Vault or table height	X	X	X	100/110/120		
Springboards	Gymnova 2150	Gymnova 2150	Gymnova 2150, 2194 (soft) or 2193 (hard)			

Please note the removal of the following vaults:

- **From Level 2:** 6-metre run, jump onto board and stretch jump on to block, immediate jump to handstand to lay flat-back
- **From Level 3:** Handsprings

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Pin thresholds at levels 3-6

Pin thresholds				
	Level 3	Level 4	Level 5	Level 6
Minimum floor score required	8.5	14.00	14.25	14.5
Maximum floor score possible	10.0	16.0	16.0	16.0
Level 3 only – Execution (out of 10.0) Levels 4-6 – Execution (out of 10.0) / Moves (out of 4.0) / CRs (out of 2.00)				
Minimum vault score	10.2	10.8	11.4	12.0
Maximum vault score	As tariff			

L6 pin winners from 2017

Gymnasts who received a Level 6 pin during 2017 may compete in a new category for all ages at the relevant Zone competition. Level 6 rules will apply. Gymnasts will compete for medals and placings only (no pin), and be eligible to compete at the 2018 London GfA Final.

London Final 2018

The top six gymnasts from each age category in both North and South Zone competitions will qualify to compete at the London GfA Final held at Redbridge on Saturday 3 November 2018. Other gymnasts may qualify to compete by invitation only, depending on level of entries. Gymnasts compete at the same level as at the Zone for the title of London GfA Champion. If they did not receive a pin at the Zone they will be eligible to receive one at the Final, unless they already have a L6 pin and are competing in the open category.

Disabled gymnasts

All the new levels may be adapted to enable disabled gymnasts to compete at GfA. Coaches should email the London GfA Chair to seek agreement to adapt or vary a routine and/or vault: gfachair@london-gymnastics.co.uk

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General competition entry rules

- Entry is open to all London Affiliated Clubs
- All entries must be completed electronically by BG Gymnet and payment made via credit or debit card
- It is the club's responsibility to ensure all gymnasts, coaches and judges have up to date, accurate information on Gymnet, including the correct spelling and DOB. Any qualifications must be up to date
- Gymnasts enter the competition weekend and once the programme is complete they will know if they are competing on the Saturday or the Sunday. Days and times of competition cannot be changed
- The club MUST check the competition entry BEFORE submitting the entry to ensure all gymnasts are entered in the correct level. Changes cannot be made after the closing date
- Please ensure all parents are aware they cannot contact the competition organiser.
- FLASH photography is strictly prohibited for the safety of all gymnasts, please ensure spectators are aware of this
- A minimum (no maximum) of 2 coaches are required for each club. Warm Up and Competition Arena are in separate areas

Sportsmanship Rules

Failure to follow these rules can lead to a 0.30-1.0 deduction or disqualification

- Gymnasts may not leave the arena without permission from the Competition Organiser / Head Judge or Senior Marshal
- Coaches are responsible for the welfare of the gymnasts from their club at all times
- Gymnasts and coaches must obey warm-up marshals and adhere to warm-up timings
- All gymnasts in Levels 3-6 must be at presentation and dressed appropriately in either competition attire or full club tracksuit. They should be instructed by coaches to sit sensibly
- Gymnasts & coaches must treat Competition Officials (Marshals, Judges, other coaches etc) with respect at all times
- Coaches must be appropriately dressed in tracksuit bottoms or leggings to the ankle, t-shirt or a polo shirt; hair should be tied back and jewellery removed
- Mobile phones may only be used by coaches in the arena to access gymdata scores
- No other use of mobile phones is permitted. Videoing or photography may only be done from the audience seating area

Gymnasts' clothing

Incorrect clothing will result in a 0.50 deduction from the total score

- Girls: Appropriately fitting, long or sleeveless leotard; tight-fitting gymnastic shorts and/or gymnastics shoes may be worn. Light eye-shadow may be worn if aged 13+
- Boys: Appropriately fitting sleeveless leotard and gymnastics shorts, gymnastics shoes may be worn
- Gymnasts should NOT be wearing make-up unless they are of secondary school age. It should then be minimal if used
- In the event of a gymnast being inappropriately attired, the Competition Welfare Officer can direct the performance to be halted

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Appeals

Jury of Appeal
In the event that an appeal or complaint is made regarding a gymnasts' start value (D Score Only) coaches must follow the following procedure:
1 - Fill out an Appeals form and hand this into the Judging Convener with £10.00 cash before the change over in the rotation. Forms available from the control desk
2 - The Judge Convenor will discuss your appeal with the judges concerned and look at the video evidence from the scoring system (if available). If other video evidence is available, the coach may put forward ONE other piece of evidence only
3 - If the appeal is seen to be correct then the score will be changed and the appeal fee will be returned to the coach
Please note: a gymnasts' score will not be changed unless the above have been upheld

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Appeal form

Appeal form	
Gymnast's name:	
Gymnast's number:	
Gymnast's club:	
Coach's name:	
Gymnast's panel:	
Competition level:	
Apparatus:	
Reason for appeal:	
Response:	
Head judge signature:	
Original score:	New score:
Judge convener signature:	
£10.00 received / returned	

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Pennants

Level	Pennant
L3 – club's top eight gymnasts	London GfA Level 3 Club Winners
L4 – club's top eight gymnasts	London GfA Level 4 Club Winners
L5 – club's top six gymnasts	London GfA Level 5 Club Winners
L6 – club's top four gymnasts	London GfA Level 6 Club Winners

The top scores at each the level will be taken per club to give the team total. It will be the 'Club' that wins the pennant, not the individual team. Names of gymnasts in the winning team (who contributed scores) will not be published. Pennants will be awarded in both the Northern and Southern Zones.

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Discipline transfer matrix

Gymnasts competing in another discipline may also compete in GfA at the same time. Below shows the MINIMUM level they must start at.							
Discipline	Present level	L1	L2	L3	L4	L5	L6
WAG	Club grades 6 and 5			Start			
	Club grades 4 and 3				Start		
	Voluntary level 5					Start	
	Regional grades 2 and 1						Start
Acro	Grades 1 and 2	Start					
	Grade 3			Start			
	Grade 4				Start		
	Grade 5					Start	
MAG	Club level 1		Start				
	Club level 2		Start				
	Club level 3		Start				
	Club level 4			Start			
	Club level 5				Start		
	Club level 6					Start	
TUM	Club grade 1	Start					
	Club grade 2		Start				
	Club grade 3			Start			
	National grade 1				Start		
	National grade 2					Start	
Can a gymnast compete GfA if they have previously competed WAG/MAG/Acro or TUM at a higher level?							
<p>In many circumstances they can. The ethos for GfA is to keep people involved in the sport. We ask that coaches email the competition organiser with name and DOB of gymnast, previous year of competition results and the reason why they wish to compete. We will then speak to the relevant chair to discuss an appropriate action for the gymnast. Failure to request this before entry will mean the gymnast's entry will be void.</p>							