

An Introduction to GfA competitions. A Gymnasts and Parents Guide.

Parents, to help you support your son / daughter we have prepared the following information which outlines some of what will happen in the competition.

Whether this is your son / daughters first competition or they are an experienced competitor we hope that they enjoy the event.

This London gymnastics GfATC event brings together the best general gymnasts in London ranging from 6 years to 30+ with over 1600 gymnasts performing over four days of competition.

What do gymnasts need to do?

Before the event:

- Make sure you know your floor routine.
- Practise each move the best you can.
- Decide with your coach which vault you are doing.
- Make sure you know how far your springboard needs to be.
- Get your bag ready for the competition.
- Go to sleep early!



On the day:

- Make sure you are up early enough to get to the competition in time!
- Gymnasts with long hair must make sure that it is securely fastened, your coach will tell you how it should be.
- Remove all of your jewellery, you are not allowed to wear any in competition.
- When you arrive you will go to the registration area.
- Bring a spare copy of your floor music with you (girls in bronze, silver, gold)
- Concentrate in your general warm up to make sure that you are stretched properly.
- March smartly when you are walking around the competition arena.
- Smile at the judges.....they are quite friendly!
- Try to imagine you are in the gym doing your best performance.
- Think about what you are doing on floor and vault, do not worry about what others are doing.
- If you are lucky enough to win a medal then remember to shake hands with the other medallists.

After the event:

- Think about your performance. Medals / pins are not so important as knowing that you did your best!
- Plan what you need to do to improve your performance for next time.
- Get back to training and have fun.

The following information will help parents to understand the basics of the competition structure.

- The GfATC competition programme runs across eight levels of difficulty and in each level gymnasts perform a floor routine and 2 vaults (with the best vault score counting). White, blue, bronze, silver, gold, gold +1, +2, +3.
- Within each level there are increasingly difficult requirements set and moves allowed to ensure the gymnasts are challenged. There is an option of vaults to perform with more difficult vaults being marked out of a higher start score.
- Coaches carefully pick the correct vault and floor moves for the gymnasts to perform so that it suits their ability level and allows them to perform with success and the minimum amount of deductions.
- Judges will deduct marks for any errors that they see, this could be incorrect moves being performed, bent arms, bent legs, missing moves etc. Sometimes it is better to include an easier skill performed perfectly than a more difficult one done poorly. The coach will ensure that the appropriate skills are performed.
- Gymnasts can begin the programme at any level. They compete with gymnasts born in the same year. So for example in 2014 if a gymnast was born between 1st January 2000 and 31st December 2000 then for the whole year they will compete in the fourteen year old category. Boys and girls compete in separate competitions. In some categories there are many more gymnasts than in other years.
- A change to this competition is that some age groups have now been split. This is as the competitions have become so successful that in some categories there were too many gymnasts. Gymnasts have been split in their year of birth by age. Some age groups are combined to make it more of a competition for gymnasts.
- Gymnasts compete with their club in a round so all the gymnasts from one club will be on floor or vault at one time. This means they won't necessarily be in a group with the gymnasts that they are competing against BUT all gymnasts in the same group will be judged by exactly the same judges during the round.
- In each competition age category medals are awarded for 1st, 2nd and 3rd total score. Gymnasts are also trying to achieve a pin in each competition. The pin is awarded to any gymnast in a competition who gets over a certain score on floor AND over a certain score on vault. This means that sometimes a gymnast can have a high total but not get a pin if one of their apparatus is not strong enough.
- If gymnasts achieve a pin in their competition then they MUST move up to the next level at their next competition. Without a pin it is at the coaches' discretion whether the gymnast will move up or try again for their pin.

Scores needed to achieve pin								
	White	Blue	Bronze	Silver	Gold	Gold +1	Gold +2	Gold +3
Minimum floor Score required	13.50	15.50	15.50	15.50	15.50	N/A	N/A	N/A
Minimum vault score required	9.0	9.50	10.25	10.75	11.50	N/A	N/A	N/A
Total Score required	N/A	N/A	N/A	N/A	N/A	28.00	29.00	29.50

Gymnasts entering at Gold + competitions MUST have already achieved their gold pin. +1,2,3 can only be achieved in chronological order.

Floor Routines explained

Moves are split up into 3 categories: Group One – Acrobatic moves, Group two – Strength, balance and flexibility, Group three – Jumps, leaps and spins.

The moves are then split into difficulty levels with A being the easiest, then B, with C being the hardest. All routines must have at least ten moves.

White (marked out of 15.0) – on a strip of mats (13.50 for a pin)

10 'A' moves only

Blue (marked out of 17.50) – on a strip of mats (15.50 for a pin)

10 'A' moves only (a minimum of 2 x B moves can now be included within the 10 but are NOT required) but MUST include:

- Balance
- strength or flexibility
- 2 moves linked together (acro series)
- a move and a jump linked (mixed series)
- 2 jumps linked (gym series)

Bronze (marked out of 17.50) – 45-90 secs, on a 12m x 12m sprung floor, using music for girls. (15.50 for a pin)

4 x B moves and the other 6 can be A's or B's but MUST include

- Balance
- strength or flexibility
- 2 moves linked together (acro series)
- a move and a jump linked (mixed series)
- 2 jumps linked (gym series) OR another acro series.

Silver (marked out of 17.50) – 45-90 secs, on a 12m x 12m sprung floor, using music for girls. (15.50 for a pin)

5 x B moves, 1 C move and the other 4 can be A's or B's or C's but MUST include:

- Balance
- strength or flexibility
- 2 moves linked together (acro series) – showing flight
- a move and a jump linked (mixed series)
- 2 jumps linked (gym series) OR another acro series.

Gold (marked out of 17.50) – 45-90 secs, on a 12m x 12m sprung floor, using music for girls. (15.50 for a pin)

5 x B moves, 3 xC moves and the other 2 can be A's or B's or C's but MUST include:

- Balance
- strength or flexibility
- 2 moves linked together (acro series) – showing flight
- a move and a jump linked (mixed series)
- 2 jumps linked (gym series) OR another acro series.

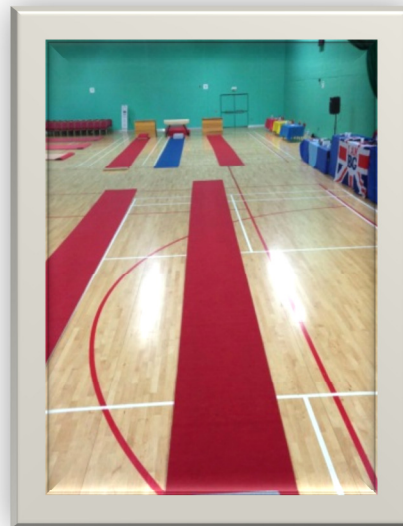
NEW FOR AUTUMN 2013

A 0.30 bonus is available at Bronze (B+B) , Silver (B+C) and Gold level (C+C) for linking two skills directly.

Gold + Competition

The competition is EXACTLY the same as the usual Gold Competition criteria and gymnasts will still compete together as one GOLD + competition.

The + part of the competition will be during medal presentation when pins will be awarded to gymnasts achieving the set scores for +1, +2 or +3



Vault explained

- Gymnasts and coaches can choose from a range of vaults to perform. Different difficulty value is given to each vault.
- The vaults the gymnasts are allowed to choose from get progressively more difficult.
- The table below shows the maximum that can be achieved if the gymnasts perform the vault with absolute perfection.
- Judges take away marks for every error they see so a gymnast performing an easier vault very well can still score higher than a gymnast who chooses a more difficult vault but does it badly.
- Gymnasts get a chance to practice on the vault (usually two goes) before they show the judges.
- A good vault will show flight on, strong push from the vault, distance and height off the vault and a landing where the feet stay together and still.
- All gymnasts have a choice of two pieces of vaulting equipment and three different heights. This is so that the coaches can choose the closest to what they are used to in their own gym.

Vault	White	Blue	Bronze	Silver	Gold
PIN SCORE	9.00	9.50	10.25	10.75	11.50
Block Height	60cm				
Equipment height (Vault)	90/110		X	X	X
Flatback block Height (Mats piled up)	X	60cm	100cm		
Vault height - Vault OR Table	X	X	100/110/120		
Straight Jump onto Block	10.50				
Squat / straddle on, straight, tuck or star jump off	10.50	10.50	X	X	X
Layout squat over	11.50	11.50	11.50	11.50	X
Layout straddle over	11.50	11.50	11.50	11.50	X
Handspring Flatback	X	X	11.50	11.50	X
Handspring	X	X	12.40	12.40	12.40
Handspring ½ on straight off	X	X	X	12.60	12.60
Handspring ½ off	X	X	X	12.80	12.80
Handspring ½ on ½ off	X	X	X	X	13.00
Handspring 1/1 off	X	X	X	X	13.20
Handspring ½ ON 1/1 Off	X	X	X	X	13.40

Any age or height gymnasts can use any height equipment. It is at the discretion of the coach to choose the appropriate height from the three options.

