



GfA Competition Handbook

February 2015

February 2015 Rule changes

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- * 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 that 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 that 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.

LEVEL A			
Acrobatic Moves			
Backward roll piked to stand		S	
Backward roll to front support (held)		S	
Backward roll to straddle stand with flat back (held)		S	
Backward roll tucked			
Cartwheel front to back (¼ turn)			
Cartwheel (side to side)			
Circle or Teddy bear roll -360°			
Forward roll straddled to stand			
Forward roll tucked to stand			
From front support, jump in and Straight Jump up			
Handstand forward roll			
One handed cartwheel (arm optional)			
Strength, Balance & Flexibility			
All moves held for a minimum of 2 seconds (0.30 deduction for less)			
Arabesque			B
Back support turn to front support or Vice Versa		S	
Dead Man - drop to front support		S	
Dish to arch OR arch to dish		S	
Frog balance			B
Bridge – entry and exit optional	F		
Front or back support lower push up (press up or tricep dip)		S	
Handstand		S	B
Headstand – controlled exit			B
One Foot Stand (free leg to knee horizontal forwards)			B
Shoulder stand with arm support			B
Splits side or box (without hand support)	F		
V sit with hand support			B
Group Three - Jumps, leaps and spins			
Cat Leap			
Half Spin on Toes			
Star Jump			
Straight Jump – Extended			
Straight Jump 1/2 Turn			
Tuck Jump			

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LEVEL B			
Acrobatic Moves			
Back Flip Step Out			
Back Flip to Two Feet			
Backward Walkover	F		
Backward Roll Handstand		S	
Backward Roll to Front Support- Straight Arms		S	
Forward Walkover	F		
Forward walkover to Backward Walkover (Tic-Toc)	F		
Forward roll Piked to Stand	F	S	
Forward Roll to Straddle Sit – Swim Through	F		
Handspring to Two			
Handstand through Bridge to stand	F	S	
Round off			
Tinsica	F		
Strength, Balance & Flexibility			
All moves held for a minimum of 2 seconds (0.30 deduction for less)			
From front support, straddle or pike cut to rear support		S	
Handstand 1/2 turn		S	
Japana, flat back, chest to floor, legs at max of 90°	F		
Pike Fold	F		
Shoulder stand (straight arms behind head)		S	B
Swedish Fall with one leg raised		S	
V sit without hand support		S	B
Y balance	F		B
Elbow stand (legs together and straight)		S	B
Group Three - Jumps, leaps and spins			
Catleap 1/2			
Full Spin on Toes			
Jump 1/1 Turn			
Jump Backward 1/2 Turn to Front Support			
Scissor Kick (Both Legs above Horizontal)			
Shoushonova tucked			
Sissone (min. 120° split)			
Split Leap / Jump or side leap (180° separation)			
Stag leap or jump (back leg straight)			
Straddle Jump			
Tuck Jump 1/2			
W Jump or Hop			

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LEVEL C			
Acrobatic Moves			
Arabian Somersault (Tucked or Piked)			
Backward Somersault (any shape) with 1/2 twist			
Backward Somersault tucked, straight or piked			
Backward Roll to Handstand with straight arms		S	
Dive Forward roll or Hecht Roll (must show flight)			
Flyspring			
Free Cartwheel	F		
Forward Elbow Walkover to Splits	F		
Front somersault (any shape) with 1/2 twist			
Front somersault - tucked, straight or piked			
Handspring to one (must show flight phase)	F		
Handstand forward roll piked to stand		S	
Healy turn		S	
Jump Backward with 1/2 turn to Handspring forward	F		
One handed walkover	F		
Side somersault tucked or piked			
Valdez	F		
Whip Salto Backward			
Strength, Balance & Flexibility			
All moves held for a minimum of 2 seconds (0.30 deduction for less)			
From splits or straddle press to handstand	F	S	B
From standing elephant lift to handstand		S	B
From straight leg headstand press to handstand		S	B
Handstand pirouette (1/1 turn)		S	
Pike lever		S	B
Straddle half lever		S	B
Tucked top planche		S	B
Wide arm handstand, hands greater than shoulder width		S	B
Chest stand		S	B
Elbow planche/Croc balance		S	B
Chest roll to handstand		S	B
Group Three - Jumps, leaps and spins			
Catleap 1/1			
Double Spin			
Full Spin with free leg above horizontal throughout turn			
Piked jump (feet hip height)			
Ring Leap or Jump			
Shoushonova straddled (feet hip height)			
Split leap change			
Tuck jump 1/1			
W Jump or Hop 1/2			

February 2015 Rule changes

LEVEL D			
Acrobatic Moves			
Backward Somersault (any shape) with full twist			
Free Walkover			
Front Somersault with full twist			
Rebound Front Somersault (punch Front)			
1 Handed Valdez	F		
Strength, Balance & Flexibility			
All moves held for a minimum of 2 seconds (0.30 deduction for less)			
Manna		S	B
Handstand pirouette 1 ½		S	
Straddle Lever to Handstand		S	B
Illusion Turn	F		B
Russian lever	F	S	B
Group Three - Jumps, leaps and spins			
1 ½ Spin free leg held up			
Straight Jump Double			
Straddle Shoushonova ½ turn			
W Jump Full turn or hop			
Needle Stand (No Hands)			
Tuck Jump 1 1/2			
Catleap 1 1/2			

February 2015 Rule changes

Floor Requirements				
Performed on Strip of mats	Performed on Full size SPRUNG floor (45 - 70 secs - music with no vocals for girls)			
12m x 2m	12m x 12m			
Minimum of 10 moves in each routine (0.50 per move: 5.0)				
White	Blue	Bronze	Silver	Gold
** NEW OPTIONAL BONUS FOR FLOOR (Can only be used once in a routine) **				
NO BONUS	NO BONUS	B + B series 0.30 bonus	C + B or B + C series 0.30 bonus	See Additional Rules for bonus
A moves only	2 x B moves may be used but are NOT required	A & B moves only 4 x B moves	A, B & C moves 5 x B moves 1 x C move	A, B & C moves 5 x B moves 3 x C moves
C Moves may replace B moves (Silver & Gold Level)				
Composition Requirements (CR's - 0.50 per requirement: 2.50)				
White	Blue	Bronze	Silver	Gold (all levels)
None	1. Balance (B) (held) must show for 2 seconds OR Strength (S) OR flexibility (F) move (ONE ONLY)			
	2. Balance (B) (held) must show for 2 seconds OR Strength (S) OR flexibility (F) move (ONE ONLY, different from above)			
	For CR 1 & 2, a gymnast could show Balance & Flexibility OR Strength & Flexibility OR Balance & Strength to gain 2 CR's			
	3. Acro series -2 linked GROUP 1 acrobatic moves (At least 1 acro must be flighted in Silver and Gold) *			
	4. Mixed series - A group 1 move and group 3 move (in either order) directly linked			
	5. Gym series - 2 Group 3 moves linked (can be linked by continuous steps or chassés) OR Second different acro series (At least 1 acro must be flighted in Silver/Gold)			
All Acro & Mixed Series MUST be directly linked without additional steps or jumps apart from the exception below				
*For Acro series with flight: Round off, immediate jump 1/2 turn to 1 directly into cartwheel will count as 2 moves				

Additional Rules

A 'C' move CAN replace a 'B' move in SILVER & GOLD Level

Each move can only be counted once for value but can still incur deductions

Two series cannot be linked. Two moves must be separately connected per series.

In order to make the Gold Plus competitions progressive, the following new rules have been put in place for the floor. Please note that some of these moves are not part of the GfA coaching award. Clubs must ensure that anyone training /competing these moves has the appropriate coaching qualifications

GOLD

Gold – requirements unchanged. However a 'D' move will receive a 0.3 bonus. This can be in or out of a series. Series 'C' + 'C' = 0.3 bonus.

Only one bonus can be achieved

GOLD + 1

Gold+1 – requirements of 10 moves @ 0.5 each.

4 x 'B's, 3 x 'C' & 1 x 'D'

'C' + 'C' = 0.3 bonus & 'C' + 'D' ('D'+ 'C') = 0.3 bonus

Two 0.3 bonus can be achieved, they must be different.

Eg 0.6 can be achieved with a C+C and a C+D bonus. Two C+C bonuses would only receive 0.3 as they are the same bonus.

GOLD + 2

Gold+2 – requirements of 10 moves @ 0.5 each.

3 x 'B's, 3 x 'C's & 2 x 'D's

'C' + 'C' = 0.3 bonus & 'C' + 'D' ('D'+ 'C') = 0.3 bonus & 'D' + 'D' = 0.3 bonus

Two 0.3 bonus can be achieved

Eg 0.6 can be achieved with a C+C and a C+D bonus. Two C+C bonuses would only receive 0.3 as they are the same bonus.

GOLD + 3

Gold+3 – requirements of 10 moves @ 0.5 each.

2 x 'B's, 3 x 'C's & 3 x 'D's

'C' + 'C' = 0.3 bonus & 'C' + 'D' ('D'+ 'C') = 0.3 bonus & 'D' + 'D' = 0.3 bonus

Three 0.3 bonus can be achieved

Eg 0.9 can be achieved with a C+C, a C+D and a D+D bonus. Three C+C bonuses would only receive 0.3 as they are the same bonus.

FLOOR JUDGING			
Artistry Deductions Throughout			
Insufficient flow of routine (links)	0.1	0.3	
Insufficient variation of tempo / rhythm	0.1	0.3	
Lack of Expression	0.1		
Lack of Confidence	0.1		
Lack of range of moves/skills within the routine	0.1	0.3	
Insufficient use of Floor area according to height of gymnast	0.1	0.3	
Specific Floor Deductions			
Missing A, B, C or D			0.5
B moves in White, C moves in White, Blue or Bronze, D moves in White, Blue, Bronze or Silver			0.5
Touch of hair/ leotard (each)	0.1		
Music and movement not in harmony	0.1	0.3	
Missing Composition Requirement (CR)			0.5
Out of bounds with one hand or foot	0.1		
Land out of floor boundary or both feet/hands out		0.3	
Music Overtime		0.3	
No music (girls)			0.5
Not ending in time with music	0.1		
Coaching from the side (verbal or visual cues to gymnasts)		1.00	
Execution Deductions (Each Time)			
Bent arms or bent knees	0.1	0.3	0.5
Balance / Flexibility (Group 2) not held for 2 secs		0.3	
Leg or knee separations	0.1	0.3	
Insufficient height of elements	0.1	0.3	
Insufficient split in dance elements	0.1	0.3	
Incomplete turns /twists	0.1	0.3	
Insufficient tuck/pike/stretch	0.1	0.3	
Body Alignment	0.1		
Feet not pointed/loose	0.1		
Landing Faults (Each Time)			
Landing from tumblers (step)	0.1	0.3	
Trunk movements to maintain balance	0.1	0.3	
Extra Steps up to 0.8	0.1		
Very large step or jump		0.3	
Deep squat			0.5
Touching Apparatus or floor		0.3	
All falls		1.00	

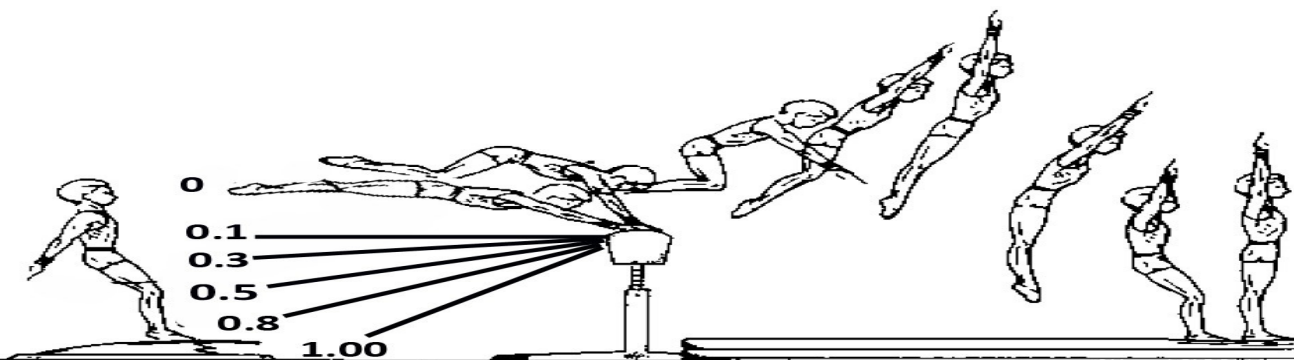
If there is a problem with music due to competition equipment malfunction the gymnast will be allowed an opportunity to perform again. If a gymnast forgets their routine (and stops) if time allows they will be able to perform again BUT will not be scored.

Vault Tariffs and Levels					
	WHITE	BLUE	BRONZE	SILVER	GOLD
Straight Jump onto block	10.50	X	X	X	X
Squat / straddle on, immediate Straight/Star or Tuck 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	11.80	11.80	11.80	X
Handspring	X	X	12.40	12.40	12.40
Handspring 1/2 on, straight off	X	X	X	12.60	12.60
Handspring on, 1/2 off	X	X	X	12.80	12.80
Yamashita	X	X	X	X	12.80
Handspring 1/2 on, 1/2 off	X	X	X	X	13.00
Handspring 1/1 off	X	X	X	X	13.20
Handspring 1/2 on, 1/1 off	X	X	X	X	13.40

Vault Equipment					
	WHITE	BLUE	BRONZE	SILVER	GOLD
Block Height	60cm	X	X	X	X
Vault Height	90 / 110 cm		X	X	X
Flatback (mats piled up)	X	60 / 100 cm	60 / 100 cm		X
Vault or Table Height	X	X	100 / 110 / 120		
Springboards	Gymnova 2150		Option of Gymnova 2150 , 2194 (soft) OR		
	High Elasticity		Gymnova 2193 (hard)		

Vault Judging

Squat and straddle vaults must have layout to achieve full tariff.



The image shows the deductions that will be taken if a full layout is not achieved. Gymnasts will only be allowed 2 practice vaults during the apparatus warm up. Gymnasts will perform 2 competition vaults (the same or different).

The best scoring vault will count.

February 2015 Rule changes

General Vault Judging				
Support from Coach	3.00 mark deduction from final score			
Coach leaning on / touching apparatus	1.00 mark deduction from final score			
FIRST FLIGHT PHASE				
Incomplete turn	0.1	0.3	0.5	
Hip Angle	0.1	0.3		
Arch	0.1	0.3		
Bent Knees	0.1	0.3	0.5	
Leg or knee separation	0.1	0.3		
Insufficient layout in squat or straddle	0.1	0.3	0.5	1.00
REPULSION PHASE				
Staggered/alternate hand placement	0.1	0.3		
Bent Arms	0.1	0.3	0.5	
Shoulder Angle	0.1	0.3		
Touch with one hand				1.00
Failure to pass through vertical		0.3		
SECOND FLIGHT PHASE				
Lack of height	0.1	0.3	0.5	1.00
Incomplete turn	0.1	0.3		
Insufficient length (distance)	0.1	0.3	0.5	
Bent Knees	0.1	0.3	0.5	
Leg or knee separation	0.1	0.3		
LANDING FAULTS				
Extra Steps each time	0.1			
Very large step (guideline – 1 metre) each time		0.3		
Extra arm swings	0.1			
Additional trunk movements to maintain balance	0.1	0.3		
Body posture fault	0.1	0.3		
Deep squat		0.3	0.5	
Deviation from centre line	0.1			
Brushing apparatus with hands/arms		0.3		
Support on mat or apparatus with 1 or 2 hands				1.00
Fall on mat to knees or hips				1.00
Dynamics	0.1	0.3	0.5	
Fall on or against apparatus				1.00
INVALID VAULTS				
Run past vault but with touch of springboard	Void score 0.0			
No touch on vault table	Void score 0.0			

Vault Judging				
Vault Judging for the Straight Jump onto Block				
NOTE Difference for Girls / Boys (see diagrams)				
Run Up				
Slows before reaching Springboard	0.1	0.3		
Run up springboard	0.1	0.3		
Double Bounce		0.3		
Body Shape on springboard		0.3		
Arm swing	0.1	0.3		
Stop on springboard		0.3		
Jump from Springboard				
Lack of height		0.3		
Body Shape	0.1	0.3		
Bent Knees	0.1	0.3	0.5	
Legs apart	0.1	0.3	0.5	
Feet not stretched	0.1	0.3		
Position of arms	0.1	0.3		
Lack of control	0.1	0.3		
Landing on Block				
Deviation from straight line	0.1	0.3		
Body shape	0.1	0.3		
Arm position	0.1	0.3		
Arm swing to maintain balance	0.1	0.3		
Deep squat	0.1	0.3		
Feet apart	0.1	0.3		
Extra steps	0.1	0.3		
Fall				1.00
Dismount from Block				
Deviation from straight line	0.1	0.3		
Body shape	0.1	0.3		
Arm position	0.1	0.3		
Arm swing to maintain balance	0.1	0.3		
Deep squat	0.1	0.3		
Feet apart	0.1	0.3		
Extra steps	0.1	0.3		
Fall				1.00
<p>Mens Block</p>				

Vault Judging for the Handspring Flat Back

Blue / Bronze / Silver Level: 60 / 100cm safety landing modules

First Flight

Poor Technique:				
Hip Angle	0.1	0.3	0.5	
Arch	0.1	0.3		
Legs Separated	0.1	0.3		
Knees Bent	0.1	0.3	0.5	
Shoulder Angle	0.1	0.3	0.5	

Repulsion

Poor Technique:				
Shoulder Angle on Contact	0.1	0.3		
Lack of Repulsion	0.1	0.3	0.5	
Bent Arms	0.1	0.3	0.5	

Second Flight

Failure to maintain straight body position	0.1	0.3	0.5	

Landing

Failure to maintain dish shape	0.1	0.3		
Arms not held straight and by ears	0.1	0.3		

General

Insufficient dynamics	0.1	0.3	0.5	
Lack of body tension in any phase	0.1	0.3	0.5	
Legs separated	0.1	0.3	0.5	
Knees Bent / toes not pointed (each)	0.1	0.3	0.5	
Bent arms	0.1	0.3	0.5	

February 2015 Rule changes

Pin Thresholds								
	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
Maximum Floor Score Possible	15.00	17.50	17.80	17.80	17.80	18.10	18.10	18.40
Execution (out of 10.0) Moves (out of 5.0) CR's (out of 2.50 - except for white level)								
Minimum Vault Score Required	9.00	9.50	10.25	10.75	11.50	N/A	N/A	N/A
Maximum Vault Score Possible	As Tariff							
MINIMUM TOTAL SCORE REQUIRED	N/A	N/A	N/A	N/A	N/A	28.00	29.00	29.80
<p>Gymnasts of the appropriate age can enter at any Level (except Gold+1, +2, and +3). A pin is not required to move up.</p> <p>They must move up a level after being awarded a pin and cannot move down a level.</p> <p>Entry to Gold + competitions is only open to clubs entering additional levels during the weekend & to gymnasts who have a gold pin.</p> <p>Gold + pins must be won in chronological order</p>								

Music (for Girls Only)

It is the coaches responsibility to ensure that 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

Age Groups

Gymnasts must reach their 6th Birthday by August 31st 2015 to compete in our Spring 2015 Programme

Gymnasts must reach their 8th birthday by 31st December 2015 to compete at bronze unless they have previously competed & gained white & blue pins

Age groups may be split or combined dependant on entries per year group. Gymnasts compete in the year that they were born, so in 2015, gymnasts born in 2001 will be in 14 year old category

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 Marshall

Coaches are responsible for the welfare of the gymnasts from their club at all times

Coaches must be appropriately dressed in Tracksuit bottoms or leggings, 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 scores on gymdata.
No other use of mobile phones is permitted. Videoing or photography may only be done from behind the audience seating area.

Gymnasts & Coaches must obey the Warm Up Marshalls and specific times for warm up

All Gymnasts 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 (Marshalls, Judges, other coaches etc) with respect at all times

Clothing (No jewellery as per BG jewellery policy, Long hair MUST be tied up & Clear of face)

In the event of a gymnast being inappropriately attired, the Competition Welfare Officer can direct the performance to be halted

Girls: Appropriately fitting, long or sleeveless leotard, tight fitting shorts can be worn, gymnastics shoes may be worn

Boys: Appropriately fitting Sleeveless leotard and gymnastics shorts, gymnastics shoes may be worn

Incorrect clothing: 0.50 deduction from total score

JURY OF APPEAL

In the event that an appeal or complaint is made regarding a gymnast's start value (D Score Only) there is now a new procedure for the coaches to follow. Please see below:

1 - Fill out an Appeals form and hand this into the Judging Convenor with £10.00 cash before the change over in the rotation. Forms available from the control desk

2 - The judging convenor will then discuss your appeal with the judges concerned and also look at the video evidence from the scoring system (if available) . No other video evidence will be taken into account.

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 RULES ABOVE HAVE BEEN UPHELD**

JUDGES

PLEASE NOTE - We will be placing a £50.00 fine to any club that submits a judge for judging at the competition and then once the judging allocation has been published wants to remove a judge for whatever reason.

Judges are to be entered via the on-line entry system and are now a **requirement** of a club's entry. A club will not be able to submit an entry unless all requirements have been met.



GfA Appeal Proforma

	Gymnast Name		
	Gymnast Number		
	Gymnast Panel		
	Gymnast Club		
	Level of Competition		
	Coaches Name		
	Apparatus		
Reason for Appeal			
Response			
	Head Judge Signature		
	Original Score		New Score
	£10.00 received		
	Judging Convenor's Signature		

Can a gymnast compete WAG / MAG / Acro / tumbling at the same time as GfA?

Yes, they can, it's great competition experience. The chart below shows the **MINIMUM** level they must start at if they compete in another discipline.

Can a gymnast compete GfA if they have previously competed WAG/MAG/Acro or TUM at a higher level?

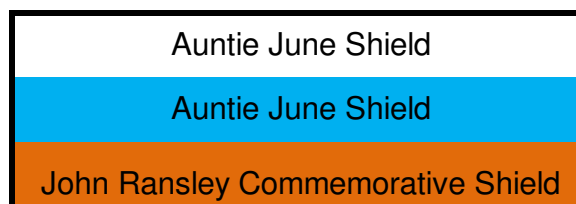
In many circumstances they can. The ethos for GfA is to keep people involved in the sport. We ask that you email the competition organiser with name and DOB of gymnast, previous year

of competition's results with level and reason why they wish to change. We will then speak to the relevant TC Chair to agree an appropriate level for them to compete in GfA.

Discipline	Present Level	White	Blue	Bronze	Silver	Gold
WAG	Club Grades 6 & 5		Start			
	Regional Grades 4 & 3			Start		
	Voluntary Level 5			Start		
	Regional Grades 2 & 1				Start	
Acro	Grade 1 & 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

Team Shield

Competitions White/Blue/Bronze Levels



How to Nominate a Team

You can group gymnasts into a team via online entry

On arrival at the competition you will confirm the names at registration

Names can be changed at registration on the day of competition

Once the round of a level has started changes to names will only be made in exceptional circumstances.

A request will go to the Chair or Judging convenor

What is a 'Team'

For White/Blue Level EIGHT gymnasts make a team (ANY AGE GROUP)

For Bronze Level SIX gymnasts make a team (ANY AGE GROUP)

Can we enter more than one team?

Yes a club can enter more than one team in a level, just group gymnasts into the appropriate numbers to make up an additional team

How is the winning team decided?

All floor & Vault scores in a team will be added together to get the team total

The winning team will have the highest score

It will be the 'Club' that wins the trophy not the individual team. Names of gymnasts in the winning team will not be published or printed anywhere

So if Team 3 from Gymsters Gym has the highest total at Blue Level then all of the Blue Level gymnasts from Gymsters are awarded the trophy

London Gymnastics GfA Level 6 TeamGym Rules 2015		
Age Groups For 2015	6 – 11 years b. 01/01/2009 – 31/12/2004	11 + b. 01/01/2003 or earlier
Please note a gymnast cannot enter both age groups		
Teams can be made up using gymnasts competing in White/Blue or Bronze Levels		
Team Members can be made up of the following	Min – 6 gymnasts	
	Max – 12 gymnasts	
	All Male	
	All Female	
	Mixed	(male & females do not have to be equal)
Floor Using Bronze Rules	12m x 12m Floor	
	Minimum of 10 moves	0.5 per move = 5.00
	B + B Series	0.30 bonus
	A & B moves only	Min - 4 x B moves
	Max score 19.80	
	Performed to music with or without lyrics	Lyrics containing sexually explicit language or swearing is not permitted
	Routine time 60 – 120 secs	
	Saltos are not permitted	
Composition Requirements 0.50 per requirement = 2.50	Balance, Strength, Flexibility	2 of the 3 must be shown
	Acro Series	2 linked "Group 1" acrobatic moves
	Mixed Series	1 x "Group 1" & 1 x "Group 3" move directly linked
	Gym Series	2 x "Group 3" moves linked (can be linked by continuous steps or chasses) OR second different acro series
Floor Formations 0.50 per formation = 2.00	4 Floor Formations required	Example's
		X X X XX XXXX
		X X X X X X
		X X X X X X
		X X XX X

London Gymnastics GfA Level 5 TeamGym Rules 2015

Age Groups For 2015	6 – 11 years b. 01/01/2009 – 31/12/2004	11 + b. 01/01/2003 or earlier
Please note a gymnast can not enter both age groups		
Teams can be made up using gymnasts competing in Bronze/Silver & Gold Levels		
Team Members	Min – 6 gymnasts	
	Max – 12 gymnasts	
	All Male	
	All Female	
	Mixed	(male & females do not have to be equal)
Floor Using Gold Rules	12m x 12m Floor	
	Minimum of 10 moves	0.5 per move = 5.00
	C + C or C + D Series	0.30 bonus
	A/B/C & D moves	Min – 4 x B moves, 3 x C moves, 1 x D move
	Max score 19.80	C & D moves may replace B & C moves
	Performed to music with or without lyrics	Lyrics containing sexually explicit language or swearing is not permitted
	Routine time 60 – 120 secs	
Composition Requirements 0.50 per requirement = 2.50	Balance, Strength or Flexibility	2 of the 3 must be shown
	Acro Series	2 linked "Group 1" acrobatic moves
	Mixed Series	1 x "Group 1" & 1 x "Group 3" move directly linked
	Gym Series	2 x "Group 3" moves linked (can be linked by continuous steps or chasses) OR second different acro series
Floor Formations 0.50 per formation = 2.00	4 Floor Formations required	Example's
		X X X XX XXXX
		X X X X X X
		X X X X X X
		X X XX X