



## **GfA Competition Programme**

**The Jean Brown Arena, Redbridge Sports  
Centre, Forest Road, Barkingside, IG6 3HD**

Blue & Bronze: 30<sup>th</sup> May & 31<sup>st</sup> May 2015

White, Silver & Gold Levels: 6<sup>th</sup> & 7<sup>th</sup> June 2015

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Letter for parents /guardians Please email or print and give to parents where necessary.

## Venue information

Venue title: **The Jean Brown Arena, Redbridge Sports Centre, Forest Road, Barkingside, IG6 3HD**

### Directions:



**By Underground:** We are located next to Fairlop Tube Station on the Central Line.

**Tickets:** Spectator tickets will be available on the day of the event:

Adults One Day: **£5.00**

Adults Two Day: **£8.00**

Over 65's & under 16: **£3.00**

Over 65's & Under 16 2 Day Pass: **£5.00**

**CASH ONLY**

**From the M11:** At the end of the M11, take the left hand fork towards The City and A12. Take the first exit and at the roundabout at the end of the slip road take the first exit onto Redbridge Lane East. Go across several mini roundabouts and, when coming to a large one, go straight over into Longwood Gardens. Continue along Longwood Gardens (over some more mini roundabouts!) until you get to another slightly larger one. Turn right at this roundabout into Fremantle Road. At the traffic lights, turn left into Barkingside High Street. Carry on down until you reach the main roundabout. Take the third exit into Forest Road. The Centre is about 100 yards up on the left hand side just before the railway bridge.

**From the North Circular Eastbound:** Take the A1400 exit off the North Circular (just before the M11). At the roundabout take the 2<sup>nd</sup> exit towards Southend and the A127. Go over a set of pedestrian lights and at the next set of lights take the left hand turn into Clayhall Avenue. Go straight up Clayhall and at the roundabout go straight over (effectively the first exit.) At the traffic lights turn left into Barkingside High Street. At the next roundabout take the third exit into Forest Road.



**Ample FREE parking is available.**



On arrival at the Centre follow the road below PAST the first sports centre (red van pictured in photograph). The competition venue is the silver building top left. The Jean Brown Arena competition venue is pictured RIGHT. Please enter through the glass doors at the front and follow directions. London event staff (turquoise polo shirts) will be able to direct you.

## Event Personnel:

The competition organiser: ***Name: Catherine Bates***

Judging Convenor: ***Name: Lorna Goddard***

Medical provision: There will be a first aider present during the event. The first aider may be contacted through the Control desk.

Welfare Officer; There will be a welfare officer on duty during the event. The welfare officer may be contacted through the competition organiser

***Name: Dawn Lockyer***

Announcer: ***Name: Kira Keller & Beth Johnson***

## Technical information

Clubs: Must be BG registered, LG affiliated

Supervising coaches: Must have a current paid Gold BG membership, Current BG DBS & SPCA, & minimum level 2 qualification.

Assisting coaches: Must have current silver BG membership, DBS, SPCA & minimum level 1 qualification.

*Level 1 assisting coaches must be coaching within their coaching qualification and be supervised by a Level 2 coach.*

Gymnasts: Must have current BG membership

Judges: Judges require a current minimum Bronze BG membership & judging qualification

Equipment specifications: ***As in the competition rules***

**Judges meeting:** There will be a judges meeting at **08:15am (30<sup>th</sup>, 31<sup>st</sup> May, 7<sup>th</sup> & 8<sup>th</sup> June)** at the back of the warm up hall behind the notice boards.

**Coaches meeting** There will be a coaches meeting **briefly prior to each round**

**Gymnast registration:** Registration for gymnasts is via online screens in the warm up area. Photographs are taken at this point (for display on the arena screens) so please ensure gymnasts are competition ready.

**Tariff sheets** *Can be handed in at registration if you choose but are NOT a requirement.*

**Music:** *Via Bg gymnet upload.*

Coaches should bring a back- up CD, ipod, mp3 player with music to the event,

#### **BG/LG Photo Policy:**

By entering an LG event, there is an acceptance that the participants may be photographed and the photograph may be published in LG communications. Any person wishing to use video, film, or take photographs must abide by the BG 'Photography at Events' Policy. ([www.british-gymnastics.org](http://www.british-gymnastics.org)) Photos may only be taken for personal use. You may not take photos for sale, other commercial use, or publications in printed or electronic form, such as on websites. Clubs may publish some photos of their own gymnasts, but this may only be done in accordance with BG 'Child Protection' Policy

Flash may not be used at any time whilst gymnasts are warming up or competing. Any concerns about any photographer or the suitability of any photos being taken should be reported to the Welfare Officer at the event.

Nominated coaches must not take photos or videos, whilst in the arena, with the exception of during presentations. Coaches who are spectators are covered by the same rulings as parents/guardians.

## Competition details:

**Gymnast's attire:** Gymnasts must march on in competition attire/ club tracksuits. Long hair must be tied up.

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

Jewellery, body piercing and similar adornments are not allowed

**Coach's attire:** In line with BG regulations, coaches must wear club tracksuit or polo shirt, t -shirt and long track bottoms. Footwear should be clean trainers or socks. Coaches will not be allowed on the floor if wearing inappropriate clothing or jewellery and their gymnasts will be disqualified.

Chewing gum is not permitted at anytime.

**Judges attire:** Judges and officials must wear *black/blue* suits, skirts or trousers with jackets and white shirts with black smart shoes.

## Electronic communications:

Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication in the arena during the event. The exception is scores may be checked using [www.gymdata.co.uk](http://www.gymdata.co.uk)

## Inquiries and protests

A coach may only inquire about the difficulty score, in accordance with the principles of the FIG code of points. Inquiries can be made only for a coaches' own gymnast. Please go to the Control desk where you will be able to collect a form. Full details of the appeals procedure can be found in the rule book.

**Tie breaks:** In the event of a tied score, there will be no tie-break and tied gymnasts will have the same ranking.

**Scoring and results:** Scores will be shown after each performance on the big screens in the arena. A printed receipt with the score will be handed to coaches. Finalised score sheets will be sent to competing clubs. Scores will be published on the LG website. During the day please get live updates of scores via [www.gymdata.co.uk](http://www.gymdata.co.uk)

#### **Presentation ceremony and awards:**

All gymnasts must be present for the presentation ceremony at the end of the competition. Gymnasts and coaches participating in the presentation ceremony must march on in competition attire. A medal will be presented to the first, second and third placed competitors in all categories. Pins will be presented to gymnasts who have achieved them. All gymnasts will receive a commemorative rubber wrist band to show they competed.

Trophies will be awarded for top floor score and top vault score in each category. Ribbons will be awarded to 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> place in a category.

Coaches should remain in the coaches area by the double doors or in the warm up area for the presentation. Please do not walk around the arena during the presentations.

Gymnasts should be reminded to sit sensibly during presentation. At the end of presentation gymnasts must follow the line back to the warm up area. The next competition starts immediately so coaches should not take gymnasts out of the line. Additional photographs may be taken in the warm up area if wished. Please ensure children are safely returned to parents / guardians at the end of the round. They will not be able to leave the warm up hall alone.

**Categories:** Gymnasts are split into groups so they are competing with others of a similar age. The age splits can be seen on the grids for each level for this series of competitions. The codes refer to Level first eg BL for Blue, then Gender eg F for female then a number with 1 being the oldest category and the highest number being the youngest gymnasts in a category. Most groups have between 18 and 26 gymnasts

<b>Blue Level Ages</b>		
	<b>Oldest</b>	<b>Youngest</b>
BLF1	May '99	Dec '02
BLF2	Jan '03	Aug '03
BLF3	Sep '03	Feb '04
BLF4	Mar '04	Aug '04
BLF5	Sep '04	Nov '04
BLF6	Dec '04	Jan '05
BLF7	Feb '05	Apr '05
BLF8	May '05	Sep '05
BLF9	Oct '05	Dec '05
BLF10	Jan '06	Apr '06
BLF11	May '06	Jul '06
BLF12	Aug '06	Oct '06
BLF13	Nov '06	Feb '07
BLF14	Mar '07	Jun '07
BLF15	Jul '07	Oct '07
BLF16	Nov '07	Mar '08
BLF17	Apr '08	Nov '08
BLM1	Sep '00	May '05
BLM2	Jun '05	May '06
BLM3	Jun '06	May '07
BLM4	Jun '07	Sep '08

<b>Bronze Level Ages</b>		
	<b>Oldest</b>	<b>Youngest</b>
BRF1	Oct '98	Jun '01
BRF2	Jul '01	Feb '02
BRF3	Mar '02	Jan '03
BRF4	Feb '03	May '03
BRF5	Jun '03	Oct '03
BRF6	Nov '03	Feb '04
BRF7	Mar '04	May '04
BRF8	Jun '04	Aug '04
BRF9	Sep '04	Dec '04
BRF10	Jan '05	Jun '05
BRF11	Jul '05	Sep '05
BRF12	Oct '05	Dec '05
BRF13	Jan '06	Mar '06
BRF14	Apr '06	Jun '06
BRF15	Jul '06	Sep '06
BRF16	Oct '06	Dec '06
BRF17	Jan '07	Apr '07
BRF18	May '07	Mar '08
BRM1	Apr '00	Oct '04
BRM2	Nov '04	Mar '06
BRM3	Apr '06	Dec '07

**PLEASE ENSURE ALL GYMNASTS HAVE BEEN ENTERED INTO THE CORRECT CATEGORY. ANY DATES OF BIRTH (or genders) WHICH ARE INCORRECT ON BG GYMNET WILL BE INCORRECT ON THE PROGRAMME.**

**Any errors must be forwarded to the competition organiser immediately. No changes can be made on the day.**



<b>White Level Ages</b>		
	<b>Oldest</b>	<b>Youngest</b>
WF1	Mar '98	Dec '02
WF2	Jan '03	May '03
WF3	Jul '03	Dec '03
WF4	Jan '04	Apr '04
WF5	May '04	Aug '04
WF6	Sep '04	Dec '04
WF7	Jan '05	Mar '05
WF8	Apr '05	Jun '05
WF9	Jul '05	Oct '05
WF10	Nov '05	Dec '05
WF11	Jan '06	Mar '06
WF12	Apr '06	Jun '06
WF13	Jul '06	Sept '06
WF14	Oct '06	14th Nov '06
WF15	19th Nov '06	Dec '06
WF16	Jan '07	Feb '07
WF17	Mar '07	Apr '07
WF18	May '07	Jun '07
WF19	Jul '07	Aug '07
WF20	Sep '07	Oct '07
WF21	Nov '07	Dec '07
WF22	Jan '08	Feb '08
WF23	Mar '08	Apr '08
WF24	May '08	15th Jun '08
WF25	23rd Jun 08	Aug '08
WF26	Sep '08	Dec '08
WF27	Jan '09	Apr '09
WF28	May '09	Nov '09
WM1	Sep '02	Nov '05
WM2	Jan '06	Jan '07
WM3	Feb '07	May '08
WM4	Jun '08	Dec '09

<b>Silver Level Ages</b>		
	<b>Oldest</b>	<b>Youngest</b>
SF1	Oct '93	Dec '01
SF2	Jan '01	Dec '01
SF3	Jan '02	Nov '02
SF4	Jan '03	May '03
SF5	Jun '03	Sep '03
SF6	Oct '03	Feb '04
SF7	Mar '04	Jun '04
SF8	Jul '04	Oct '04
SF9	Nov '04	Jul '05
SF10	Aug '05	Dec '05
SF11	Jun '06	Nov '07
SM1	Aug '98	Nov '04
SM2	Jan '05	Jul '07
<b>Gold Level Ages</b>		
GF1	Dec '95	Apr '01
GF2	May '01	May '02
GF3	Jun '02	May '03
GF4	Jun '03	Mar '04
GF5	Apr '04	Dec '04
GF6	Jan '05	Oct '06
GM1	Jul '98	Oct '02
GM2	Jan '03	Jul '05
<b>Gold +1 Level Ages</b>		
G+1F1	May '99	Dec '01
G+1F2	May '02	Feb '05
G+1M1	Mar '01	Apr '06
<b>Gold+2 Level Ages</b>		
G+2F1	May '94	May '02
G+2F2	Jun '02	Sep '04
G+2M1	Jul '00	Oct '00
<b>Gold+3 Level Ages</b>		
G+3F1	May '95	Mar '99

## Judging Panels:

Saturday 30th May					
Head Floor Judge Julie Ewenson			Head Vault Judge Jade Salim		
Blue Floor			Blue Vault		
E1	Reana	Varinda	E1	Joe	Dunkling
D1	Anne	Bevis	D1	Zeinab	Shadman-Zanjani
Blue Floor			Blue Vault		
E1	Kara	Salih	E1	Dammika	Crocker
D1	Chrystal	Chaplin-Walsh	D1	Ellen	Holland
Blue Floor (Boys)			Blue Vault (Boys)		
E1	Shawnee	Linstead	E1	Julie	Christie
D1	Danielle	Micallef	D1	Isabel	De La Cruz
Bronze Floor			Bronze Vault		
E1	Stephanie	Curtis	E1	Katie	Fitzgibbon
D1	Paul	Newton	D1	Katarzina	Mochowska
Bronze Floor			Bronze Vault		
E1	Kirsty	Lynas	E1	Amanda	Ngonyama
D1	Bobbie	Downes	D1	Anita	Merrick
Bronze Floor			Bronze Vault		
E1	Katie	Griffin	E1	Emileigh	Day
D1	Ilona	Brunyanszki	D1	Lauren	Murdock
Sunday 31st May					
Head Floor Judge Julie Ewenson			Head Vault Judge Jade Salim		
Blue Floor			Blue Vault		
E1	Reana	Varinda	E1	Joe	Dunkling
D1	Anne	Bevis	D1	Zeinab	Shadman-Zanjani
Blue Floor			Blue Vault		
E1	Kara	Salih	E1	Bejna	Askin
D1	Chrystal	Chaplin-Walsh	D1	Ellen	Holland
Blue Floor			Blue Vault		
E1	Shawnee	Linstead	E1	Julie	Christie
D1	Danielle	Micallef	D1	Isabel	De La Cruz
Bronze Floor			Bronze Vault		
E1	Stephanie	Curtis	E1	Katie	Fitzgibbon
D1	Paul	Newton	D1	Katarzina	Mochowska
Bronze Floor			Bronze Vault		
E1	Kirsty	Lynas	E1	Amanda	Ngonyama
D1	Elizabeth	Porteiro	D1	Anita	Merrick
Bronze Floor (Boys)			Bronze Vault (Boys)		
E1	Katie	Griffin	E1	Emileigh	Day
D1	Ilona	Brunyanszki	D1	Lauren	Murdock

Saturday 6th June					
White Floor Girls			White Vault Girls		
E1	Reana	Varinda	E1	Megan	Bradshaw Smith
D1	Heather	Casson	D1	Dammika	Crocker
White Floor Girls			White Vault Girls		
E1			E1	Natalia	Zdravkovic
D1	Ilona	Brunyanszki	D1	Katarzina	Mochowska
White Floor Girls			White Vault Girls		
E1	Shawnee	Linstead	E1	Chloe	Davies
D1	Lily	Sumner	D1	Chrystal	Chaplin-Walsh
White Floor Girls			White Vault Girls		
E1	Abdul	Hazel	E1	Joe	Dunkling
D1	Alex	Lake	D1	Zeinab	Shadman-Zanjani
Silver Floor Girls			Silver Vault Girls		
E1	Kirsty	Lynas	E1	Amanda	Ngonyama
	Bobbie	Downes	D1	Sophie	Greaves
Gold Floor Girls			Gold Vault Girls		
E1	Katie	Griffin	E1	Emileigh	Day
D1	Ted	Maxey	D1	Natasha	Howe
Gold Floor Girls & Boys			Gold Vault Girls & Boys		
E1	Trudi	Salih	E1	Lauren	Murdock
D1	Andrew	McDermott	D1	Marina	Russell
Sunday 7th June					
White Floor Girls			White Vault Girls		
E1	Reana	Varinda	E1	Edvard	Sugako
D1	Heather	Casson	D1	Dammika	Crocker
White Floor Girls			White Vault Girls		
E1	Kara	Salih	E1	Natalia	Zdravkovic
D1	Ilona	Brunyanszki	D1	Katarzina	Mochowska
White Floor Girls			White Vault Girls		
E1	Shawnee	Linstead	E1	Chloe	Davies
D1	Lily	Sumner	D1	Chrystal	Chaplin-Walsh
White Floor Boys			White Vault Boys		
E1	Abdul	Hazel	E1	Joe	Dunkling
D1	Alex	Lake	D1	Zeinab	Shadman-Zanjani
Silver Floor Girls			Silver Vault Girls		
E1	Kirsty	Lynas	E1	Amanda	Ngonyama
D1	Christine	Brockbank	D1	Natasha	Howe
Gold Floor Girls			Gold Vault Girls		
E1	Katie	Griffin	E1	Emileigh	Day
D1	Elizabeth	Porteiro	D1	Roshelle	Hewie
Silver Floor Girls & Boys			Silver Vault Girls & Boys		
E1	Trudi	Salih	E1	Lauren	Murdock
D1	Andrew	McDermott	D1	Linda	Bellingham

**Warm up timetable:** Each round has half an hour for general stretching warm up and basic moves in the warm up area. Please be respectful of other competitors and share the space available. After half an hour coaches will be asked to put their gymnasts in the appropriate line (eg panel A vault, Panel C floor indicated by signs) coaches should then leave the warm up area and go to the main arena to sit in the equipment seating and wait for the gymnasts to be marched in. For gymnasts on vault coaches should sit in the seating along the back wall. Those coaches who are starting who have gymnasts starting on floor should sit on the chairs next to the green curtain.

### **Vault Warm Up**

Within the arena each gymnast will get 2 warm ups on vault. After presenting to the judges gymnasts will sit on coloured benches according to their panel. Marshalls will organise the warm up according to vault heights. Gymnasts should know what their vault height is. Please listen carefully to their instructions. After they have done 2 vaults gymnasts should sit on their bench and they will be instructed when to compete. Coaches should ensure they are ready to move boards during warm up and competition time, clearly show the gymnasts number to the judges and are ready for the gymnast to vault. Once one height of vault is competed then the height will be changed and the marshalls will organise the next warm up.

### **Floor Warm Up: White / Blue:**

After presenting to the judges gymnasts will have an opportunity to practise their floor routine on the strip mats. This will be for 3 minutes. Each panel has their own mat. Once the warm up is over gymnasts will be lined up on the edge of the floor by the marshalls. They will then perform their routines for the judges in order directed by the marshalls. Please ensure your gymnast is ready on the floor with their number clearly visible.

### **Bronze, Silver & Gold Levels:**

After presenting to the judges gymnasts on floor will get 1min 30 to warm up their floor. Each panel will get separate time. No flight skills should be practised at this time. At the end of the floor warm up time gymnasts should go to the corner. Each gymnast will be able to perform 2 cross tumbles ONLY. This will be directed by a marshall. Once they have done their tumbles they should go to sit in the relevant seating area on their bench. When it is their time to perform the marshalls will bring the gymnast to the floor. Please ensure they are standing on the edge of the floor nearest to their starting position and the coach has the number clearly visible.

## **March Around**

Please ensure the gymnasts quickly line up behind their marshall when instructed. The gymnasts need to follow their marshall to get to their next piece. Please ensure all coaches remain back behind the lines until ALL the gymnasts have marched to the judges on their panel.

## **Event timetable and Running Order**

Gymnasts groups cannot be changed on the day it is essential they arrive in time. Please ensure that any errors with spelling, level, gender or DOB are informed to the competition organiser immediately. Any corrections MUST be made on BG Gymnet first.

Free tea and coffee is available for coaches ALL day in the warm up area. Please let us know if anything runs out. Changing rooms and a café are available at the centre.

Please ensure parents are given clear information on the competition (see notes below for new parents).

An editable letter in microsoft word is available on the competition page <http://www.british-gymnastics.org/event/8153/gfa-floor-vault-blue-bronze-level-spring-2015>

This contains all the information that parents need and you can just adapt it to your clubs own letter. The first page of this document also has a map that can be given to parents.

## London Gymnastics for All (GfA) Technical Committee Presents

### Blue & Bronze Level Competition

Saturday 30<sup>th</sup> May 2015 Redbridge Sports Centre

Please note the GfA TC reserve the right to start up to half an hour early (apart from the first round).

#### JUDGES MEETING - 8.15

##### ROUND 1

**Blue Level:** Girls: BLF10, BLF15  
Boys: BLM2  
**Bronze Level:** Girls: BRF4, BR11, BR15

Registration & Warm Up	08:15
Line up	08:45
March On	09:00
Presentation	10:40
Competition End	11:25

##### ROUND 2

**Blue Level:** Girls: BLF9, BLF16  
Boys: BLM3  
**Bronze Level:** Girls: BRF3, BRF10, BRF18

Registration & Warm Up	10.40
Line up	11:10
March On	11:25
Presentation	13:05
Competition End	13:55

**Judges Lunch – 13:05 -13:55**

##### ROUND 3

**Blue Level:** Girls: BLF8, BLF17  
Boys: BLM4

**Bronze Level:** Girls: BRF2, BRF9,  
BRF17

Registration & Warm Up	13:05
Line up	13:35
March On	13:50
Presentation	15:30
Competition End	16:15

##### ROUND 4

**Blue Level:** Girls: BLF7, BLF14  
Boys: BLM1

**Bronze Level:** Girls: BRF1, BRF8, BRF16

Registration & Warm Up	15:30
Line up	16:00
March On	16:15
Presentation	17:50
Competition End	18:35

**London Gymnastics for All (GfA) Technical Committee Presents**

**Blue & Bronze Level Competition**

**Sunday 31st May 2015 Redbridge Sports Centre**

**Please note the GfA TC reserve the right to start up to half an hour early  
(apart from the first round).**

**JUDGES MEETING - 8.15**

**ROUND 5**

**Blue Level:** Girls: BLF3 BLF6, BLF13

**Bronze Level:** Girls: BRF14, BRF7  
Boys: BRM2

Registration & Warm Up	08:15
Line up	08:45
March On	09:00
Presentation	10:30
Competition End	11:15

**ROUND 6**

**Blue Level:** Girls: BLF2 BLF5, BLF12

**Bronze Level:** Girls: BRF6 BRF13  
Boys: BRM3

Registration & Warm Up	10.30
Line up	11:00
March On	11:15
Presentation	12:55
Competition End	13:40

**Judges Lunch - 12:55 -13:40**

**Judges Lunch - 12:55 -13:40**

**ROUND 7**

**Blue Level:** Girls: BLF1, BLF4,  
BLF11

**Bronze Level:** Girls: BRF5, BR12  
Boys: BRM1

Registration & Warm Up	12:55
Line up	13:25
March On	13:40
Presentation	15:10
Competition End	15:55

## London Gymnastics for All (GfA) Technical Committee Presents



### White, Silver, Gold & Gold + Level Competition

Saturday 6th June 2015 Redbridge Sports Centre

Please note the GfA TC reserve the right to start up to half an hour early (apart from the first round).

#### **JUDGES MEETING - 8.15**

##### **ROUND 1**

**White Level:** Girls: WF7, WF8, WF16, WF24

**Silver Level:** Girls: SF2

**Gold Levels:** Girls: GF1  
Boys: GM1, GM2

Registration & Warm Up	08:15
Line up	08:45
March On	09:00
Presentation	11:05
Competition End	11:50

##### **ROUND 2**

**White Level:** Girls: WF15, WF23, WF27, WF28

**Silver Level:** Girls: SF3

**Gold Levels** Girls: GF2, G+3F1  
Boys: G+1M

Registration & Warm Up	11:05
Line up	11:35
March On	11:50
Presentation	13:35
Competition End	14:20

**Judges Lunch - 13:35 -14:20**

##### **ROUND 3**

**White Level:** Girls: WF14, WF22, WF25, WF26

**Silver Level:** Girls: SF4

**Gold Levels:** Girls: G+1F1, G+2F2  
Boys: G+2M1

Registration & Warm Up	13:35
Line up	14:05
March On	14:20
Presentation	16:10
Competition End	16:55

##### **ROUND 4**

**White Level:** Girls: WF5, WF6, WF13, WF21

**Silver Level:** Girls: SF5

**Gold Levels:** Girls: G+1F2, G+2F1

Registration & Warm Up	16:10
Line up	16:40
March On	16:55
Presentation	18:30
Competition End	19:15



**London Gymnastics for All (GfA) Technical Committee Presents**

**White, Silver, Gold & Gold + Level Competition**

**Sunday 7th June 2015 Redbridge Sports Centre**

**Please note the GfA TC reserve the right to start up to half an hour early (apart from the first round).**

**JUDGES MEETING - 8.15**

**ROUND 5**

**White Level:** Girls: WF4, WF12, WF20  
Boys: WM3  
**Silver Level:** Girls: SF6  
Boys: SM1, SM2  
**Gold Levels:** Girls: GF3

Registration & Warm Up	08:15
Line up	08:45
March On	09:00
Presentation	11:05
Competition End	11:50

**ROUND 6**

**White Level:** Girls: WF3, WF11, WF19  
Boys: WM4  
**Silver Level:** Girls: SF7, SF11  
**Gold Levels** Girls: GF4

Registration & Warm Up	11:00
Line up	11:35
March On	11:50
Presentation	13:35
Competition End	14:20

**Judges Lunch - 13:35 -14:20**

**ROUND 7**

**White Level:** Girls: WF2, WF10, WF18  
Boys: WM2  
**Silver Level:** Girls: SF8, SF10  
**Gold Levels:** Girls: GF5

Registration & Warm Up	13:35
Line up	14:05
March On	14:20
Presentation	16:05
Competition End	16:50

**ROUND 8**

**White Level:** Girls: WF1, WF9, WF17  
Boys: WM1  
**Silver Level:** Girls: SF1, SF9  
**Gold Levels:** Girls: GF6

Registration & Warm Up	16:05
Line up	16:35
March On	16:50
Presentation	18:35
Competition End	19:20

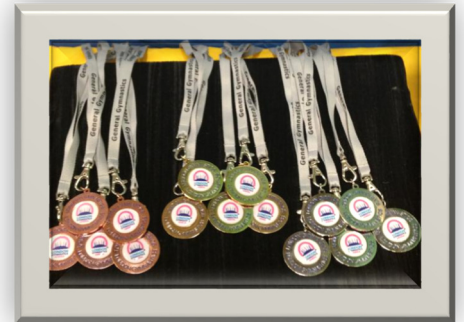
## A Gymnasts and Parents Guide.

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 2000 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 of a similar age. Boys and girls compete in separate competitions. In some categories there are many more gymnasts than in other years so gymnasts may be separated by a 2 month gap, in some levels there may be a few years between ages.
- 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. The codes for the age groups are a letter for the colour first (White = W, Blue = BL etc) then the gender (F=female, M=Male) and then a number 1 will be the oldest children in a category and then the numbers go up as the children get younger. So WM4 would be the White Level boys who are the 4<sup>th</sup> age group down.
- 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 will not 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> total score. Those that come 4<sup>th</sup>, 5<sup>th</sup> or 6<sup>th</sup> are rewarded with a ribbon. The best gymnast on floor and best on vault in a category also receive a trophy. 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.

<b>Scores needed to achieve pin</b>								
	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 D 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 of the three)
- 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) – 45-75 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 of the three)
- 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- 75 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 out of the three)
- 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- 75 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 out of the three)
- 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.

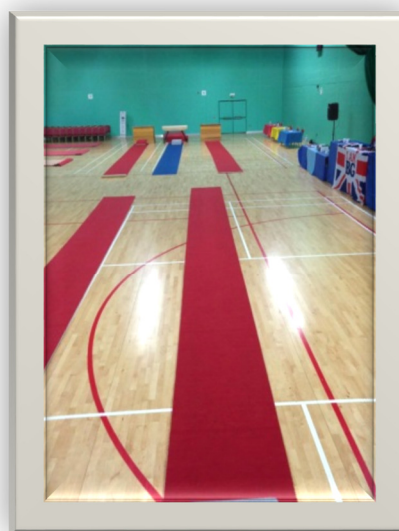
**NEW FOR Spring 2015**

An extra category of difficulty (D) has been added and gymnasts can now combine D's and C's at the higher levels to gain more bonus.

**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.

<b>Vault</b>	<b>White</b>	<b>Blue</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>
<b>PIN SCORE</b>	<b>9.00</b>	<b>9.50</b>	<b>10.25</b>	<b>10.75</b>	<b>11.50</b>
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	11.80	11.80	11.80	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
Yamashita	X	X	X	X	12.80
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 options.

**AN EDITABLE VERSION OF THIS PAGE IS AVAILABLE IN WORD ON THE COMPETITION PAGE** <http://www.british-gymnastics.org/event/8153>

To the Parent / Guardian of:

**DOB:**

**Venue:** Redbridge Leisure Centre, Forrest Road, Barkingside, Essex, IG6 3HD

**Directions, & map can be found on** <http://www.british-gymnastics.org/event/8153/gfa-floor-vault-blue-bronze-level-spring-2015>

**Your child is competing on:** Saturday 30<sup>th</sup> May/ Sunday 31<sup>st</sup> May / Saturday 6<sup>th</sup> June / Sunday 7<sup>th</sup> June **in the White / Blue / Bronze / Silver /Gold Level Competition in Round: 1/2/3/4/5/6/7/8 Please arrive at the venue at (insert time)**

As you go into the arena signs will direct you to where gymnasts or spectators need to go. Gymnasts should go with their parents / guardians to the spectator seating and wait to be called for their round. At NO time will any parents be allowed into the registration area.

**Warm Up will be at: (insert time) Competition will be at: (insert time) Followed immediately by the Medal Presentation at and will finish at: (insert time)**

All times are subject to change if the programme is running early. Please note the competition will not be held up if your son / daughter does not arrive by registration time, the organisers reserve the right to begin half hour ahead of published timings except for in round one.

**Gymnasts should wear:** (insert clothing requirements)

**Girls Long hair** (insert directions).

Please ensure your son / daughter has a **SMALL** named bag to hold their water bottle, there should be enough room to put their shoes, socks, tracksuit in. No coats, food etc should be taken with gymnasts.

**Spectator tickets are £5.00 per person for the day,** £3.00 for under 16's and over 65s, under 5's go free. **Cash only for tickets.** Gymnasts also gain free entry on the day they are competing.

As usual we will have the London Gymnastics Shopping Mall with Zone Leotards, Photographic Synergy and Fine Designs Hoodies and t shirts. All our Shopping Mall suppliers accept all major credit / debit cards.

Scores can be viewed LIVE on the day of the competition by going to [www.gymdata.co.uk](http://www.gymdata.co.uk)

If your child is unable to compete or has a mistake in their name or DOB please let the club know immediately. There are over 2000 children competing, your child CANNOT change days or times.

**NO FLASH photography can be used during the competition.**

Many thanks,  
(Insert name of club)