East Midlands

Gymnastics Association

****

**2016**

**WTC**

**Competition**

**Handbook**

### EMGA Committee

**Chair:** Paul Lipton

**Minute Secretary:** Jenni Harris

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**Treasurer:** Marie Marshall

**East Midlands Regional Website**: www.british-gymnastics.org/east-midlands

**Women’s Technical Committee**

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The East Midlands Gymnastics Association, Women’s Technical Committee wish to acknowledge the Sponsorship and support of the following:

### zonelogo The Zone

**&**

**The Clubs who host the events.**

**E.M.G.A W.T.C 2016 Competitions**

**All competitions will be at New College Leicester**

**Date Competition Closing Date**

6th March National Club Grade 4,3,2,1 (qualifiers) 7th February

Regional Grade 4,3,2,1

Compulsory Levels 4 & 3 (qualifiers)

East Midlands Compulsory 5

13th March Club Grades 6 & 5 14th February

24th April County Team Floor & Vault 27th March

12th June Senior & Junior Club Team 15th May

25th September Regional Championships Sen/Jun/Esp 28th August

National In Age Level 4 & 3 (qualifiers)

Open Age Championships (Level 3, 2 & Challenge Cup)

Regional In age Level 5

9th October Open Age Championship (Level 4) 11th September

20th November Senior & Junior County Team 23rd October

**National Competitions**

13th March British Club Teams Emirates arena Glasgow

18-20th March English Championships Loughborough University

7-10th April British Championships Echo Arena Liverpool

7-8 May Compulsory Grades 4 & 3 Fenton Manor Stoke

21-22nd May National Grades 4 -1 Fenton Manor Stoke

11-12th June Compulsory Grades 2 & 1 Pipers Vale Ipswich

10-11th September Bill McLoughlin Individual App. Lilleshall

10-11th September Compulsory 2 & 1 Lilleshall

17-18 September Challenge Cup Guildford

4-6th November British Age Group Finals Level 4, 3 & 2 Guildford

12-13th November English Bronze & Silver Championships New College Leicester

19-20 November Bill Slater Teams GL1 Gloucester

2-4th December Espoires Championships Basildon

Gymnasts who must move up at least one level in 2016

**In age Level 4 to Level 3 In Age Level 3 to Level 2**

**Name Club Score Name Club Score**

Lucie Kyle Notts 47.233 Summer Hill Notts 48.383

Katie Wood Witham Hill 46.567 Alice Knights Hinckley 48.033

Evie Axton Coalville 46.467 Isabel Morgan Coalville 45.933

Lily Mackley Hinckley & Burbage 45.283 Rhianna Pyne Kettering 44.850

Jemimah Ingham-Jones Erewash 44.217

**Out of Age Level 4 to Out of age Level 3 Out of Age Level 3 to Out of Age Level 2**

**Name Club Score Name Club Score**

Charlotte Thomas Notts 47.683 Mae Wilkinson Coalville 48.400

Louise Owen Corby 47.300 Caitlin Woods Derby 47.417

Lottie Pinches Coalville 47.167 Thea Dane Notts 47.167

Alice Marriott Notts 47.017 Madison Newell Coalville 46.933

Ruby-Mae Hardstaff Boston 46.833 Millie Prendergast Hinckley & Burbage 46.617

Hannah Rusden Sleaford 46.767 Grace Ally Worksop 46.467

Mia Thompson Kettering 46.567 Daisy Greaves Coalville 46.350

Issabelle Driver Witham Hill 46.100 Ciara Clarke Mickleover 46.267

Melodie Larvor Hinckley 46.067 Saffron Belfon Kettering 45.333

Kallie Walker Kettering 45.967 Mia Winterburn Mickleover 45.283

Evie White Notts 45.917 Carla Odell Corby 45.167

Alice Bailey Kettering 45.850 Jodie Morgan Coalville 44.950

Megan Cunningham Corby 45.800 Bayley Marston Kettering 44.617

Sasha Cahill Corby 45.767 Natasha Elks Hinckley & Burbage 44.300

Gabriella Wilson Derby 45.750

Mayyah Noorullah Amethyst 45.383

Jessica Chambers Corby 45.383 **Out of Age Level 2 to Out of Age Challenge**

Amelia Pullinger Worksop 45.367 **Name Club Score**

Olivia Foster Witham Hill 45.317 Alicia Cartlidge Lincoln 44.483

Georgina Amison Mickleover 45.200

Annalise Dolby Worksop 45.183

Molly Young Derby 45.083

Jodie Poole Mansfield 45.033

Trinity Scott Boston 45.033

Martha Jardine Mickleover 44.950

Abigail Barham Coalville 44.683

Ellenah Knight Corby 44.667

Lauren Mackie Corby 44.617

Sophie Martin Lincoln 44.600

Scarlett Wilson Derby 44.567

Libby Gascoyne Mansfield 44.450

Acacia Green Worksop 44.400

Paris Henshaw Hinckley & Burbage 44.267

Chloe Tate Worksop 44.233

Bethany Mitchell Amethyst 44.150

Holly Leverton Amethyst 44.083

Ruby Saunders Witham Hill 44.050

Sophie Lees Coalville 44.050

Isla Sparks Derby 44.000

**Women’s Technical Committee**

**GENERAL RULES AND REGULATIONS 2016**

The following regulations will apply at all East Midlands Gymnastics Association Women’s Technical Committee Competitions in 2016.

**1 Affiliation**

All East Midlands gymnasts must be a member of a gymnastics club that is affiliated to their county and the East Midlands Gymnastics Association. All gymnasts and coaches must be a member of the British Gymnastics Association (see note 2 below) and the EMGA WTC registration scheme (see note 1 below)..

All East Midlands coaches and officials must be members of British Gymnastics and coaches hold a up to date CRB and have attended a Safeguarding & Awareness course in the last three years. The level of membership should be appropriate to the qualification held. Coaches and Judges must be members of the EMGA WTC registration scheme.

Judges must be members of British Gymnastics.

Note 1: Gymnasts who only compete in the following regional competitions in 2016 are exempt from the EMGA WTC registration scheme:

* Club Grade 6 & 5
* Gymnasts competing in Regional Floor & Vault only

Note 2: Gymnasts must hold a minimum of BG Bronze Membership to compete in WTC competitions but must be Silver Competitive if competing in In age Level 4,3, 2 and all Compulsory Grades , Club Grade 6 & 5 Reginal 4-1 and National Grade 4-1.

Judges do not have to pay a registration fee but should be listed on the Club’s registration form

**2 Gymnast’s Status**

Gymnasts are not allowed to change between In Age and Open Age paths during the competition year.

Coaches should refer to competition rules for details on which competitions apply to which path.

**3Gymnastic Progression**

Subject to BG Age Group Championship criteria, gymnasts who exceeded the following score thresholds at the East Midlands Individual competitions in 2015, must compete at the minimum level specified in 2016. Club and County Team scores are not part of this requirement.

Scores over 44 points at In Age/Open Age Level 4 in 2015- compete at minimum level 3 in 2016

Scores over 44 points at In Age/Open Age Level 3 in 2015 - compete at minimum level 2 in 2016

Scores over 44 points at In Age/ Open Age Level 2 in 2015– compete at minimum Challenge Cup in 2016

(see page 2 for full list)

**4Gymnast’s Age**

Age groups refer to the age the gymnast will reach during the competition year i.e. age at 31st December.

**5Gymnast Changing Clubs**

The WTC must be informed of any gymnast changing clubs. Gymnasts may only compete in club team competitions for the club with which they were registered at the start of the competition year.

**6. Competition Entries & Fees**

All competition entries must be completed online through the BG GYMNET web site. This can be accessed in the same way as BG membership is collated. Click on The Club Management heading and then go to Event Entry.

Payment has to be paid through the Club shopping basket/checkout and entries will not be confirmed until payment has been made. Entries paid after the closing date will only be accepted as a late entry.

Entries will only be accepted if all gymnasts have the correct membership and coaches membership, crb’s and safeguarding are up to date.

Nominated judges must have BG membership.

Individual regional competition fees:

£11 per gymnast for Open Age competitions and In age Compulsory 5

£18.50 for In Age & Compulsory 4- 2 & National grade 4 - 1 competitions.

Judges Fee: £10 per event

Entry fees for national competitions will be announced at the qualifying competition and must be paid on that day.

Late entries cannot be guaranteed a place and will be charged 3 (three) times the normal fee.

Gymnasts representing the region at National competitions will required to pay a deposit for the regional kit when issued to them. The deposit will be refunded on return of the kit.

**7County Qualifying Competitions**

Where qualification for regional competition is via a county qualifier, the county secretary or coach must supply a list of qualifiers, together with a list of results from the qualifying competition with the entry form and appropriate fee. Only gymnasts of clubs affiliated to EMGA may be included in county teams for regional competitions.

**8Team Competitions**

Please refer to individual competition criteria for details of entry and judging fees for team competitions.

The following rules apply to the team competitions:

Open-Age competitions: - There is no dedicated reserve; all members of the team may be selected to compete on individual apparatus subject to the max number of competitors as per individual competition rules.

Teams must be confirmed at registration and before warm up commences. Changes will not be allowed after registration other than the substitution of the reserve in the case of injury.

If an injury occurs during the warm up or competition the reserve may come into the team for the remaining pieces.

**9Withdrawal from Competition**

Neither competition entry nor judging fee will be refunded in the event of a club/team/gymnast withdrawing from a competition.

**10Gymnast’s Dress and Conduct**

All gymnasts should be suitably dressed in a well fitting leotard. Long hair should be tied back. No jewellery is permitted.

**11Coaches Qualification, Dress and Conduct**

Coaches must hold a current cycle British Gymnastics coaching qualification that covers the skills that their gymnasts are performing.

**One coach per gymnast** will be allowed in the competition area at individual competitions and team competitions. Only nominated coaches are allowed in the competition arena.

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Coaches must be qualified to a minimum Women’s Artistic standard of Level 2 Coach (General Gymnastic Level 2 coaches are allowed for Floor & Vault events). Level 1 Assistant coaches will be permitted on the competition floor for the purposes of pastoral care, presentation of gymnasts and placement of the springboard and mats only*.*

Coaches must be smartly dressed in a club / team uniform consisting of tracksuit or sports trousers and T-shirt / sweatshirt. Shorts / skirts are not permitted.

Coaches who do not adhere to the competition rules will be removed from the competition floor.

The only jewellery coaches are permitted to wear while in the competition area is a plain banded wedding ring. Small watches can be worn but must be removed when supporting a gymnast.

The following statement has been included on all entry forms for WTC events.

**“When submitting entries for a British Gymnastics event the onus is on the Club/County and coaches to ensure that the coaches attending to the participants are qualified to the level of the participant’s performance”.**

**12Judges Dress and Conduct**

All judges must have re qualified on F.I.G Cycle 13.

Judges must be suitably dressed. Ladies in navy skirt/trousers and jacket/blazer, gentleman in grey trousers and navy jacket/blazer.

Judges must arrive at the designated time before the start of competition for the judges meeting and be ready at their apparatus judging position five minutes before march on.

**13. Conduct of Spectators**

It is the Club’s responsibility to ensure that all parents/spectators are aware that no spectators are allowed to enter the competition arena or the warm up area in the small hall. Videoing and photography must be done from the spectator area only and tripods must not be placed on the stairways or in the corridors. Flash photography must only be used during presentations and switched off during the competition. If this request is not adhered to the East Midlands wtc and the Centre management will ask the person(s) in question to leave the competition arena. Marshalls will in the main competition spectator area to ensure all corridors and stairways are kept clear at all times.

**14Provision of Judges**

Clubs/Counties **must** supply a judge/s with their competition entry, clubs/counties will be responsible for the expenses incurred by their nominated judge, The Regional Judging Convener will decide on the make up of the D & E panels. Entries will **not** be accepted where a judge has not been nominated. In the event of insufficient judges of the appropriate level to meet individual competition requirements being available, the Judging Convener may select from outside the region. Competitions may be cancelled if criteria cannot be satisfied from both searches.

**15Referee**

Where possible a referee will be provided at EMGA WTC competitions to adjudicate in matters of rule interpretation and dispute. The referee’s decision on such matters will be final.

**16Apparatus**

All gymnasts will use the apparatus supplied at the competition venue. Wherever possible equipment dimensions will be set up to FIG specifications which include height and width dimensions for asymmetric bars, beam mount run up and vault run up.

On floor a 5 cm safety mat will be allowed for double back, D and E saltos.

A Yurchenko safety block must be placed around the springboard for performance of this vault and the gymnast’s personal hand placement mat can be used. The club is responsible for bringing its own hand placement mat to the competition.

**17 Tall Gymnasts**

The high bar may be raised in accordance with FIG regulations for tall gymnasts.

Requests for the bar to be raised must be made to the competition controller prior to general warm up.

**18Music**

All voluntary music must be well recorded at the beginning of a good quality CD, well labeled and handed to the music controller at registration. One CD per gymnast regardless of whether multiple gymnasts are using the same piece of music. Gymnasts should have with them a spare copy.

**19 Safety**

It is strongly recommended that a coach should be close enough to the landing area for dismount on vault, bars and beam.

Judges will not deduct due to the presence of a coach, however this rule does not permit the coach to touch the gymnast during the routine unless it is to prevent an accident.

**20 Mobile Phones /Devices**

Coaches, judges and officials must switch off their mobile phones/devices when in the competition arena. Stop watches or wrist watches may be used for timing warm ups.

**21Protests**

Protests should be written on the standard EMGA WTC form and handed to the competition controller together with the £5 fee within 15 minutes of the score having been received. The protest form is available from the competition controller.

Protest should include details of the gymnast’s number, apparatus protested, declared score, technical reasons for the protest and coaches signature.

The competition controller will pass the protest to the relevant master judge who will consider it with the other judges on that apparatus and deliver a signed reply back to the competition controller. Any further dispute will be adjudicated upon by the referee whose decision will be final.

Coaches may not complain about another gymnast’s score, compare scores or cite other gymnast’s scores in a protest. Video evidence and block protests will not be permitted.

Protests may not be used to complain about a judge.

Coaches may ask a master judge for details of deductions at an appropriate time, to enable the improvement of routines by being informed of particular mistakes, provided that no protest is made afterwards.

**22Rule Changes**

The EMGA WTC reserves the right to amend competition rules as it may feel necessary. Such changes shall be informed to member clubs before closing date of competitions at which they will take effect except where such changes are demanded by the British Gymnastics Association or the FIG within a shorter period of time.

**23Disputes**

In the event of a dispute that cannot be resolved by reference to the rules, the referee shall make a decision at competitions and the chairman of EMGA WTC in other circumstances. These decisions shall be final. The situation will then be discussed by the WTC at their next available meeting.

Video evidence is not allowed

**24Clarification**

For clarification on any subject please contact the chair of EMGA WTC in writing allowing a minimum of 14 days for a response.

**25Trophies**

Provision for the return of trophies won at WTC competitions should be made 2 weeks prior to the following year’s competition. Clubs are responsible for the return of all trophies won by gymnasts competing for them. The cost of engraving winners names on trophies is the responsibility of the individual clubs/counties.

**If trophies are not returned the Club will be invoiced for the cost of a new one.**

**26Competition Results**

Where possible results will be provided for coaches (one per club/county) the results will then be placed on the regional website for general access within 2 days of the competition. It is the clubs responsibility to ensure that their members are aware of this.

**27 Photography & Video**

British Gymnastics has announced that no prior registration is required for the use of cameras/phones/videos and any other electrical items but spectators may be requested to register at the event and may be asked for identification. East Midlands will be following these guidelines.

**EAST MIDLANDS GYMNASTICS ASSOCIATION**

**WOMENS TECHNICAL COMMITTEE**

**COMPETITION RULES 2016**

**Competition: Regional Club Grades 4,3,2,1**

**Date: Sunday 6th March 2016**

###### Venue: New College, Glenfield Road, Leicester

**Entry Deadline Sunday 7th February 2016**

**Path / Entry Criteria** Regional Grades

Club Grade 4 - minimum age 10 years

Club Grade 3 - minimum age 11 years

Club Grade 2 – minimum age 12 years

Club Grade 1 – minimum age 13 years

**Entry Fees** £11 per gymnast plus £10 per club judging fee.

**Judging Rules &** BGA British Club Grades criteria General faults , Execution &

**Apparatus Regulations** Artistry will be taken from 2013-17 code of points

**Competition Format Warm Up compete on each apparatus**

**Judging Levels** Minimum of 2 judges on each piece, 1 regional

**Awards** Medals will be awarded to the top 3 ‘In-Age’ and ‘Out of Age’ gymnasts in each grade). Grades badges will be available for purchase to gymnasts who pass their grade. Certificates will be sent later. All parts of the grade must be passed to be awarded medals)

*To be read in conjunction with EMGA WTC General Rules*

**EAST MIDLANDS GYMNASTICS ASSOCIATION**

**WOMENS TECHNICAL COMMITTEE**

**COMPETITION RULES 2016**

##### Competition: Regional Compulsory Grades 4 & 3 Championships

##### Date: Sunday 6th March 2016

#### Venue: New College, Glenfield Road, Leicester

## **Entry Deadline Sunday February 7th 2016**

**Age Groups**  Compulsory 4 - 9yrs in the year of competition

Compulsory 3 In age 10yrs in the year of competition

Out of age 11yrs and over

**Path & Entry Criteria** BG Compulsory Level Grades National Qualifier

Elite Path: 10 years only - Compulsory Level 3

9 years only - Compulsory Level 4

**Entry Fees** £18.50 per gymnast plus £10 per club judging fee.

**Judging Rules &** BGA British Compulsory Club Grades criteria. General faults , Execution **Apparatus Regulations** & Artistry will be taken from 2013-17 code of points

**Competition Format** Warm up then compete on each piece of apparatus.

**Judging Levels** Minimum of 2 judges on each piece, 1 regional

**National Final** The top 4 in age gymnasts in each grade reaching the

**Qualification Criteria** qualifying standard (50.00+ score as per BG WTC update 11 October 2015) will provide the East Midlands team for the National Compulsory Grades Finals. All qualifying gymnasts will be invited to attend a squad training day in April.

Individual entries are allowed from gymnasts achieving the

qualifying score but not finishing in the top four.

**Awards** Medals will be awarded to the top 3 gymnasts In & Out of age. Certificates will be presented to the National finalists and reserve.

Grades certificates will be awarded to gymnasts who pass their grade. These will be sent later via the Clubs.

Medalists must have passed the grade

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***The Diana Mohammed Trophies:*** “In Age” gymnast’s scores from this competition and the national Compulsory Level 2 competition will be carried forward to Regional Age Group Championships scores to establish regional champions at 9, 10 and 11 years.

*To be read in conjunction with EMGA WTC General Rules*

**EAST MIDLANDS GYMNASTICS ASSOCIATION**

**WOMENS TECHNICAL COMMITTEE**

**COMPETITION RULES 2016**

**Competition: National Grades 4,3,2,1**

**Date: Sunday 6th March 2016**

###### Venue: New College, Glenfield Road, Leicester

**Entry Deadline Sunday 7th February 2016**

**Path / Entry Criteria** National Club Grades

BG National Qualifier

Club Grade 4 - minimum age 10 years

Club Grade 3 - minimum age 11 years

Club Grade 2 - minimum age 12 years

Club Grade 1 - minimum age 13 years

**Entry Fees** £18.50 per gymnast plus £10 per club judging fee.

**Judging Rules &** BGA British Club Grades criteria General faults , Execution &

**Apparatus Regulations** Artistry will be taken from 2013-17 code of points

**Re Take of R & C:** Any gymnast who achieves the overall mark(or over) at the Regional Qualifier but fails R & C may have one retake attempt at the end of the event.

Regardless of the score achieved in the retake it is the first R & C

score that counts for qualification to National Finals.

NB. Only one retake allowed.

**Competition Format** Warm up then compete on each piece of apparatus.

**Judging Levels** Minimum of 2 judges on each piece, 1 regional

**National Final The first four gymnasts (on all five pieces ) regardless of age in each grade will represent the region at the National Finals. Gymnasts must have attained the overall pass mark of 50+ (this ruling is now shown on**

**page 25 of the BG wtc handbook)**

All qualifying gymnasts will be required to attend a squad training day.

**Awards** Medals will be awarded to the top 3 ‘In-Age’ and ‘Out of Age’ gymnasts in each grade) providing the Grades pass mark has been achieved. Certificates will be presented to the National finalists and reserve. Grades badges will be available for purchase to gymnasts who pass their grade. Certificates will be sent later. All parts of the grade must be passed to be awarded medals)

**EAST MIDLANDS GYMNASTICS ASSOCIATION**

**WOMENS TECHNICAL COMMITTEE**

**COMPETITION RULES 2016**

##### Competition: Regional Compulsory Grade 5 Championships

##### Date: Sunday 6th March 2016

#### Venue: New College, Glenfield Road, Leicester

## **Entry Deadline Sunday 7th February 2016**

**Age Groups** In Age 8yrs only.

**Entry Fees** £11.00 per gymnast plus £10 per club judging fee.

**Judging Rules &** East Midlands Compulsory Grade 5 General faults , Execution &

**Apparatus Regulations** Artistry will be taken from 2013-17 code of points

**Competition Format** Warm up then compete on each piece of apparatus.

**Judging Levels** Minimum of 2 judges on each piece, 1 regional

**Awards** Medals will be awarded to the top 3 gymnasts in the grade.

Certificates will be awarded to all gymnasts passing the grade

Medalists must have passed the grade

*To be read in conjunction with EMGA WTC General Rules*

**EAST MIDLANDS GYMNASTICS ASSOCIATION**

**WOMENS TECHNICAL COMMITTEE**

**COMPETITION RULES 2016**

**Competition: Club Grades 6 & 5**

**Date: Sunday 13th March 2016**

###### Venue: New College, Glenfield Road, Leicester

**Entry Deadline Sunday 14th February 2016**

**Path / Entry Criteria** BGA Regional Club Grades

Club Grade 6 - minimum age 8 years

Club Grade 5 - minimum age 9 years

**Entry Fee** £11 per gymnast plus £10 per club judging fee.

**Judging Rules &** BGA British Club Grades criteria General faults , Execution &

**Apparatus Regulations** Artistry will be taken from 2013-17 code of points

**Competition Format** Warm up then compete on each piece of apparatus.

**Judging Levels** Minimum of 2 judges on each piece, 1 regional

**Awards** Medals will be awarded to the top 3 ‘In-Age’ and ‘Out of Age’ gymnasts in each grade). Grades badges will be available for purchase to gymnasts who pass their grade. Certificates will be sent later. All parts of the grade must be passed to be awarded medals)

*To be read in conjunction with EMGA WTC General Rules*

**EAST MIDLANDS GYMNASTICS ASSOCIATION**

**WOMENS TECHNICAL COMMITTEE**

**COMPETITION RULES 2016**

**Competition: Open County Team Floor and Vault Championships**

**Date: 24th April 2016**

**Venue: New College, Glenfield Road, Leicester**

**Entry Deadline Sunday 27th March 2016**

**Age Groups** 8/9 yrs, 10/11 yrs, 12/13yrs, 14+yrs

**Path / Entry Criteria** Teams should be chosen through a county qualifier.

Open to all gymnasts that have not competed at Level 4 or higher in the region. Gymnasts that have competed in Compulsory Grades/ National Grade 4 -1 including in 2016 are not eligible

All Clubs with gymnasts in the County Teams must be affiliated

to Emga.

Entry Fees £30 for each age category entered or £100 if all 4 age categories entered.

**Judging Rules &** See separate sheet.

**Apparatus Regulations**

**Competition Format** Warm up then compete on each piece of apparatus.

**Judging Levels** Minimum of 1 Regional & 1 club judge on each piece

Each County must provide a minimum of 2 judges, 1 regional or above and 1 Club judge

**Awards:**

***Individuals:*** Medals will be awarded to the top 3 gymnasts in each age group.

***County Teams***: Medals will be awarded to the top three county teams in each age group.

A trophy will be presented to the top scoring overall county squad.

***Special Note:*** Participating gymnasts do not need to be registered with the WTC registration scheme to participate in this competition.

*To be read in conjunction with EMGA WTC General Rules*

**EAST MIDLANDS GYMNASTICS ASSOCIATION**

**WOMENS TECHNICAL COMMITTEE**

**COMPETITION RULES 2016**

**Competition: Open County Team Floor and Vault Championships**

**Date: Sunday 24th April 2016**

**Venue: New College, Glenfield Road, Leicester**

**Entry Deadline Sunday March 27th 2016**

**Judging Rules &**

**Apparatus Regulations D Score**: Handspring Flat-back 1.50

Handspring 2.40

Half On/Half Off 3.00

These are the only vaults permitted, any other vaults will be considered invalid and result in a mark of zero being awarded.

2 Vaults will be allowed.

Optional Vault Heights for Handspring and Half on/Half off

One springboard only allowed.

Handspring flat-back performed on crash mats & roll mat Height 110cm +/- 3cm

Floor requirements as follows:

**Difficulty Content:**

8 Coded or uncoded elements as per floor & vault sheet (minimum 3 dance elements and no more than 5 acro elements) Routines with less than 8 elements with be deducted 1.00 mark for each missing element

**Composition Requirements: 0.50 each**

Acro series with one A valued somersault (Minimum 2 flight elements) (round off has flight)

Passage of min 2 different dance elements (1x leap/jump/hop with 180º cross split)

360º turn on one leg

Forward/Sideways and Backward acrobatic element (flight not required)

**E score**: deduction from 10.00 as per FIG Code of points 2013-17

All 4 scores in each age category count towards team result in each category.

**EAST MIDLANDS GYMNASTICS ASSOCIATION**

**WOMENS TECHNICAL COMMITTEE**

**COMPETITION RULES 2016**

**Competition: Regional Club Team**

**Date: Sunday 12th June 2016**

**Venue: New College, Glenfield Road, Leicester**

**Entry Deadline Sunday May 15th 2016**

**Age Groups** Junior 9 -12 years,

Senior team minimum 11 years & upwards

Each Team may have a pool of six gymnasts, with five to compete and four to score on each piece.

**Entry Criteria (new for 2016)** Teams can contain:

Junior Team: a maximum of two In age gymnasts (level 4,3& 2)

Senior Team: a maximum of two In age gymnasts (espoire,junior & senior British championships)

*Clubs unable to field a team in either specified age group may field a single team in the Senior competition, gymnasts aged 9-12 may be included in the Senior team.*

**Entry Fees** £60 per team including judging fee.

**Competition Format** Warm up then compete on each piece of apparatus.

**Judging Rules &**

**Apparatus Regulations Junior teams** 9-12 yrs old East Midlands Out of Level 3

**Senior Teams** 11yrs and over East Midlands Out of Age 2.

D dismounts on Bars, Beam & Floor are allowed and will be given their

difficulty value

On bars, back away not performed from handstand will fulfill EGR and be considered an A element at Level 3.

**Judging Levels** Minimum of 2 Judges on each piece, one Regional

**Awards** Medals will be awarded to the top three teams at each level.

*To be read in conjunction with EMGA WTC General Rules*

**EAST MIDLANDS GYMNASTICS ASSOCIATION**

**WOMENS TECHNICAL COMMITTEE**

**COMPETITION RULES 2016**

**Competition Senior, Junior and Espoire Championships**

(Including Individual Apparatus Finals)

**Date Sunday 25th September2016**

**Venue New College Leicester, Glenfield Road LE3 6RB**

**Entry Deadline Sunday 28th August 2016**

**Age Groups** Senior Championships - 16 years and over

Junior Championships - 14/15 years

Espoire Championships – 12/13 years

**Path & Entry Criteria** In Age

**Entry Fees** £18.50 per gymnast plus £10 per club judging fee.

**Judging Rules &** Seniors - FIG Competition 1

**Apparatus Regulations** Junior – FIG Competition 1

Espoire – BG Junior Code

**Competition Format** Full apparatus warm up, short warm up / compete.

**Judging Levels** Minimum of 1 Regional Judge on each piece, plus 1 National

**Awards** Trophies will be awarded as follows:

**Senior** Overall Champion;

Best Floor - Harold Davies Trophy

Highest Individual Score(not including vault) - The Duflex Shield

**Junior** Overall Champion

**Espoire** Overall Champion

**Junior, Senior & Espoire** Medals will be awarded to the top three gymnasts overall and on each piece of apparatus in each competition.

The individual Vault, Bars Beam and Floor trophies will be presented to the gymnasts with the highest score on

each piece throughout the Senior, Junior & Espoire Level & Challenge Cup.(Full FIG rules)

Any gymnasts wishing to compete for the Individual Vault award must compete 2 vaults and must be from

different vault groups. The first vault will count towards the overall mark.

*To be read in conjunction with EMGA WTC General Rules*

**EAST MIDLANDS GYMNASTICS ASSOCIATION**

**WOMENS TECHNICAL COMMITTEE**

**COMPETITION RULES 2016**

**Competition Regional Level 5 Age Group Championships**

**Date Sunday 25th September 2016**

**Venue New College Leicester, Glenfield Road LE3 6RB**

**Entry Deadline Sunday 27th August 2016**

**Age Groups 8 years**

**Path & Entry Criteria Stand alone East Midlands competition**

**Entry Fees** £11.00 plus £10 per club judging fee.

**Judging Rules &** East Midlands Level 5 rules

**Apparatus Regulations** See separate sheet with Level 5 regulations

**Competition Format** Warm up then compete on each piece of apparatus.

**Judging Levels** Minimum of 1 Regional Judges on each piece, plus 1 National

**Awards** Medals will be awarded to the top three gymnasts overall and individual apparatus medals.

*To be read in conjunction with EMGA WTC General Rules*

**EAST MIDLANDS GYMNASTICS ASSOCIATION**

**WOMENS TECHNICAL COMMITTEE**

**COMPETITION RULES 2016**

**Competition Regional Age Group 4,3,2 Championships**

**Date Sunday 25th September 2016**

**Venue New College Leicester, Glenfield Road LE3 6RB**

**Entry Deadline Sunday 28th August 2016**

**Age Groups** 9, 10 and 11 years

**Path & Entry Criteria** In Age

BGA Age Group Championship Criteria

**Entry Fees** £18.50 per gymnast plus £10 per club judging fee.

**Judging Rules &** BGA Age Group Championships criteria

**Apparatus Regulations** 9 year olds - Level 4, 10 year olds - Level 3 11 year olds - Level 2

**Competition Format** Warm up then compete on each piece of apparatus.

**Judging Levels** Minimum of 1 Regional Judges on each piece, plus 1 National

**National Final** The top four gymnasts at each level will provide the East

**Qualification Criteria** Midlands team for the National Age Group Finals (provided the WTC scoring criteria is met). All qualifying gymnasts will be invited to attend a squad training day in October.

Individual entries are allowed from gymnasts achieving the National qualifying score but not finishing in the top four.

**Awards** Medals will be awarded to the top three gymnasts overall and on each apparatus in each age group.

***The Diana Mohammed Trophies:*** Scores from this competition will be added to Compulsory Level 4, 3 & 2 scores to establish regional champions at 9, 10 and 11 years.

*To be read in conjunction with EMGA WTC General Rules*

**EAST MIDLANDS GYMNASTICS ASSOCIATION**

**WOMENS TECHNICAL COMMITTEE**

**COMPETITION RULES 2016**

**Competition: Regional Open Age Championships**

**(L2, L3 & Challenge )**

**Date: Sunday 25th September 2016**

**Venue: New College Leicester, Glenfield Road LE3 6RB**

**Entry Deadline Sunday 28th August 2016**

**Age Groups** Level 3 11/12, and 13+ years (minimum age 11 years)

Level 2 12/13, and 14+ years (minimum age 12 years)

Challenge Espoire – 12/13 years

Challenge Junior - 14/15 years

Challenge Senior - 16+ years

**Path & Entry Criteria** Open Age, gymnasts must be eligible to compete in Challenge Cup

**Entry Fees** £11 per gymnast plus £10 per club judging fee.

**Judging Rules &** Regional Out of Age East Midlands Level 3 & 2

Espoire Challenge: Junior FIG Code

Junior & Senior Challenge: FIG Competition1

**Apparatus Regulations** As per FIG

**Judging Levels** Minimum of 2 judges on each piece, one regional

**Competition Format** Warm Up Compete

**Awards** Medals will be awarded to the top 3 overall and on each ………………………………apparatus in each age group.

**Senior/Junior Champs** For those entered in the Espoire Junior & Senior Challenge Championships a

separate score will be submitted with a FIG Start Value for Judging Rules.

The individual Vault, Bars Beam and Floor trophies will be presented to the gymnasts with the highest score on

each piece through out the Senior, Junior & Espoire Level & Challenge Cup.

Any gymnasts wishing to compete for the Individual Vault award must compete 2 vaults and must be from

different vault groups. The first vault will count towards the overall mark.

*To be read in conjunction with EMGA WTC General Rules*

**EAST MIDLANDS GYMNASTICS ASSOCIATION**

**WOMENS TECHNICAL COMMITTEE**

**COMPETITION RULES 2016**

**Competition: Regional Open Age Championships (Level 4)**

**Date: Sunday 9th October 2016**

**Venue: New College Leicester, Glenfield Road LE3 6RB**

**Entry Deadline Sunday 11th September 2016**

**Age Groups** Competition age groups will be determined on the basis of the profile of entries received and published with the competition advise. The following provisional groupings are based on the 2015 entry profile;

**Age 1**0, 11, 12/13, 14+ years

(minimum age 10 years)

**Path & Entry Criteria** Open Age

**Entry Fees** £11 per gymnast plus £10 per club judging fee.

**Judging Rules &** EMGA **Open** Level 4

Vault height optional,

**Apparatus Regulations** .

On bars, backaway performed not from handstand will fulfill EGR & be considered an A element.

**Judging Levels** Minimum of 2 judges on each piece, one regional

**Competition Format** Warm up then compete on each piece of apparatus.

**Awards** Medals will be awarded to the top 3 overall and individual ………………………………apparatus in each age group.

*To be read in conjunction with EMGA WTC General Rules*

**EAST MIDLANDS GYMNASTICS ASSOCIATION**

**WOMENS TECHNICAL COMMITTEE**

**COMPETITION RULES 2016**

**Competition: Regional County Team**

**Date Sunday 20th November 2016**

**Venue New College Leicester, Glenfield Road LE3 6RB**

**Entry Deadline Sunday 23rd October 2016**

**Age Groups** Junior 9 -12 years,

Senior team minimum 11 years

Each Team may have a pool of six gymnasts, with five to compete and four to score on each piece.

**Entry Criteria (new for 2016)** Teams can contain:

Junior Team: a maximum of two In age gymnasts(level 4,3& 2)

Senior Team: a maximum of two In age gymnasts (espoire,junior & senior British championships)

**Junior Team** 9-12 yrs old East Midlands Out of Level 3

**Senior Teams** 11yrs and over, East Midlands Out of Age 2.

In the senior competition D dismounts on Bars, Beam & Floor are allowed and will be given their difficulty value

**Entry Fees** £70 per team

**Apparatus Regulations**

**Competition Format** Warm up then compete on each piece of apparatus.

**Judging Levels Minimum of 2 Judges on each piece. Each county to provide 2**

**judges, one Regional or above and one Club judge**

**Awards** A trophy will be awarded to the winning team.

Medals will be awarded to the members of the top three teams.

*To be read in conjunction with EMGA WTC General Rules*

**2016 Registration for East Midlands Gymnastics Association**

The following fees apply to the registration of Gymnasts, Coaches and Judges.

Gymnasts £5

Coaches £10

Judge/Coach £10

Judge(only) No Charge but should be listed on form

Gymnasts must be registered in order to compete in regional competitions (exceptions see Rule 1)

Coaches must be registered in order to enter the competition arena in regional competitions.

Judges must be registered in order to judge at regional competitions.

***EAST MIDLANDS GYMNASTICS ASSOCIATION WOMENS TECHNICAL COMMITTEE***

**2016 Registration**

**SECTION A - CLUB**

**Club Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Head Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Head Coach Details:**

**Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Post Code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mobile: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**E-mail Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Summary of fees: No. Coaches \_\_\_\_\_\_\_\_ x £10 \_\_\_\_\_\_\_\_\_\_**

**No. Judges \_\_\_\_\_\_\_\_ no fee required**

**No. Gymnasts: \_\_\_\_\_\_\_\_ x £5 \_\_\_\_\_\_\_\_\_\_ Total Payment: £\_\_\_\_\_\_\_\_\_\_\_\_**

**All forms to be returned with payment to WTC Secretary:**

***Veronica West, 73 Nottingham Rd Gotham Nottingham NG11 0HE***

**(Cheques payable to EMGA)**

***EAST MIDLANDS GYMNASTICS ASSOCIATION WOMENS TECHNICAL COMMITTEE***

**2016 Registration**

**SECTION B - COACHES AND JUDGES**

**Name: Coaching Qualification Judging Qualification Contact Tel No. BG No and date of crb expiry**

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**Number of Coaches \_\_\_\_\_\_\_\_\_\_ x £10 = £\_\_\_\_\_\_\_\_ \* Registration details to be completed by WTC Secretary**

***EAST MIDLANDS GYMNASTICS ASSOCIATION WOMENS TECHNICAL COMMITTEE***

**2016 Registration**

**SECTION C - GYMNASTS**

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| **Name** | **Date of Birth** | **BG Number** | **In Age/Out of age** |
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**Number of Gymnasts \_\_\_\_\_\_\_\_\_\_ x £5 = £\_\_\_\_\_\_\_\_**

**SECTION C - GYMNASTS**

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| **Name** | **Date of Birth** | **BG Number** | **In Age/Out of age** |
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**Number of Gymnasts \_\_\_\_\_\_\_\_\_\_ x £5 = £\_\_\_\_\_\_\_\_**