



**GfA Competition Handbook
FLOOR & VAULT**

January 2016

**A Rules book with judging
deductions will be published
in December 2015 to be read
alongside this document.**

February 2015 Rule changes

Page 3	General Rules
Page 4	A Moves
Page 5	B Moves
Page 6	C Moves
Page 7	D Moves
Page 8	Floor Requirements
Page 9	Additional Floor Rules
Page 10	Vault Tariffs
Page 11	Straight Jump to Block
Page 12	Pin Thresholds
Page 13	Information
Page 14	Crossing the Disciplines
Page 15	Team Trophy



- * 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 (H)		S	
Backward roll to straddle stand with flat back (H)		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 with (H) must be held for a minimum of 2 seconds (0.30 deduction for less)			
Arabesque (H)			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 (H)			B
Bridge – entry and exit optional (H)	F		
Front or back support lower push up (press up or tricep dip)		S	
Handstand (H)		S	B
Headstand – controlled exit (H)			B
One Foot Stand (free leg to knee horizontal forwards) (H)			B
Shoulder stand with arm support (H)			B
Splits side or box (without hand support) (H)	F		
V sit with hand support (H)			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			

February 2015 Rule changes

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 (H)		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		
Gainer Flick			
Strength, Balance & Flexibility			
All moves with (H) must be 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° (H)	F		
Pike Fold (H)	F		
Shoulder stand (straight arms behind head) (H)		S	B
Swedish Fall with one leg raised		S	
V sit without hand support (H)		S	B
Y balance (H)	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			

February 2015 Rule changes

LEVEL C			
Acrobatic Moves			
Arabian Somersault (Tucked or Piked)			
Backward Somersault (any shape) with 1/2 twist			
Backward somersault layout to one foot (lunge)			
Backward Somersault tucked, straight or piked			
Backward Roll to Handstand with straight arms		S	
Backward Roll to Handstand with 1/2 turn		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 with (H) must be held for a minimum of 2 seconds (0.30 deduction for less)			
From splits or straddle press to handstand (H)	F	S	B
From standing elephant lift to handstand (H)		S	B
From straight leg headstand press to handstand (H)		S	B
Handstand pirouette (1/1 turn)		S	
Pike lever (H)		S	B
Straddle half lever (H)		S	B
Tucked top planche (H)		S	B
Wide arm handstand, hands greater than shoulder width (H)		S	B
Chest stand (H)		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			
Straight Jump 1 1/2			
Straddle Jump 1/2			
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			
Front Somersault walk out			
1 Handed Valdez	F		
Strength, Balance & Flexibility			
All moves with (H) must be 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 above horizontal			
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			
Triple Spin			
Change Leg Ring			
Straddle Jump 1/1			

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)		
6m x 2m		12m x 12m		
Minimum of EIGHT moves in each routine (0.50 per move: 4.0)				
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, D Moves may replace C moves (Silver & Gold Level)				
Composition Requirements (CR's - 0.50 per requirement: 2.00)				
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. Acro series -2 linked GROUP 1 acrobatic moves (At least 1 acro must be flighted in Silver and Gold) *			
	3. Mixed series - A group 1 move and group 3 move (in either order) directly linked			
	4. Gym series - 2 Group 3 moves linked (can be linked by continuous steps or chassés) OR			
	Second different acro series (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 on previous sheet. 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 8 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 8 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 8 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.

PLATINUM

Platinum – requirements of 8 moves @ 0.5 each.

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

No limit on bonuses achieved

ALL PLATINUM GYMNASTS WILL BE GROUPED TOGETHER REGARDLESS OF AGE

There will be no platinum pin at this stage.

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 (Tracks 2000)	60cm	X	X	X	X
Vault Height (Gymnova)	90 / 110 cm		100 / 110 / 120		
Table Height (Gymnova)	100 / 110cm		100 / 110 / 120		
Flatback (mats piled up)	X	60 / 100 cm	60 / 100 cm		X
Springboards	Gymnova 2150		Option of Gymnova 2150 , 2194 (soft) OR		
	High Elasticity		Gymnova 2193 (hard)		

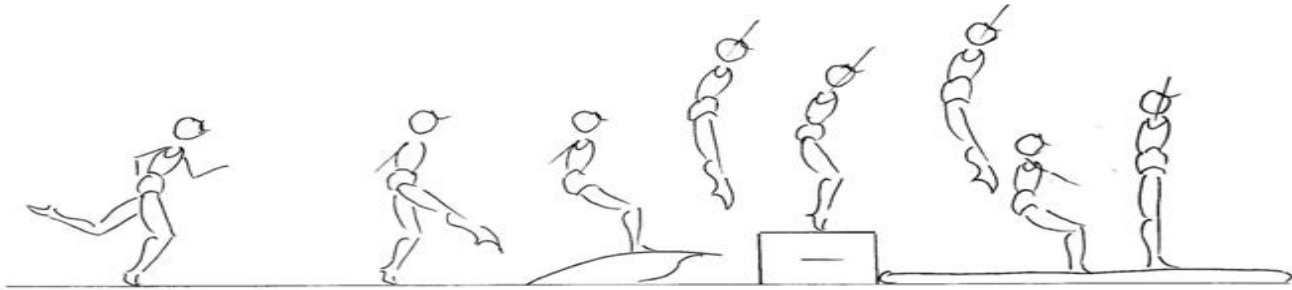
A gymnova baby springboard is available for 6/7 year olds. REF 0018

Vault Judging

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.

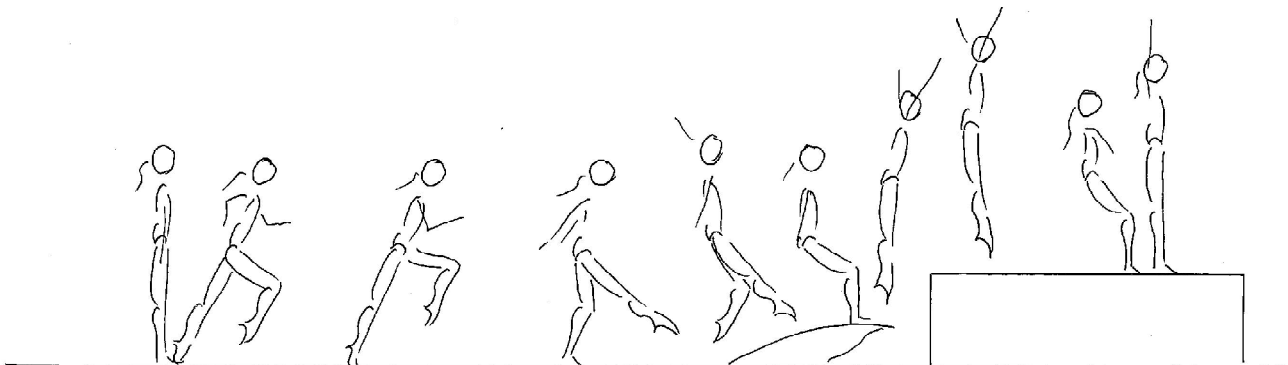
Straight Jump to Block BOYS

For the boys they should jump on with an immediate rebound off the block.



Straight Jump to Block GIRLS

For the girls they jump onto the block and demonstrate a controlled landing.



For boys and girls judges will be looking for a short fast run.

February 2015 Rule changes

Pin Thresholds								
	White	Blue	Bronze	Silver	Gold	Gold +1	Gold +2	Gold +3
Minimum Floor Score Required	12.50	14.00	14.00	14.00	14.00	N/A	N/A	N/A
Maximum Floor Score Possible	14.00	16.00	16.30	16.30	16.30	16.30	16.60	16.90
Execution (out of 10.0) Moves (out of 4.0) CR's (out of 2.00 - 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	26.50	27.50	28.30
<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. 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> <p>There is no pin for platinum level</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

Choreography (and music choice) should be suitable for the age of the gymnast.

Age Groups

Gymnast must be born in 2009 or earlier to compete in our 2016 competitions

Gymnasts must be born 2008 or earlier 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.

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.

Gymnasts should NOT be wearing make up unless they are Secondary school age.
It should then be minimal if used.

Incorrect clothing: 0.50 deduction from total score

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 results and the reason why they wish to compete. We will then speak to the relevant chair to discuss an appropriate action for the gymnast.

Failure to request this before entry will mean the gymnasts entry will be void.

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

White Level
Blue Level
Bronze Level
Silver Level
Gold Level

Auntie June Shield
Auntie June Shield
John Ransley Commemorative Shield
Silver Level Shield
Gold Level Shield

How to Nominate a Team

We have changed this year to make the process easier
No Team names will be handed in. The top AA scores from a level will be taken per club to give the team total.

What is a 'Team'

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

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

For Gold (not plus) Level FOUR gymnasts make a team (ANY AGE GROUP)

How is the winning team decided?

The highest AA totals will make the team score.

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 (who contributed scores) will not be published or printed anywhere

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