



GfA Competition Programme v 2

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

Weekend One: 27th Feb & 29th Feb 2016

Weekend Two: 5th March & 6th March 2016

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GfA Judges Charter

Venue information

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

Directions:



Hainault Rd
NOT
Hainault Rd



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

Tickets:

Adult: £6.00

Concessions: £4.00

Weekend Pass £9.00

Concessions =

4-16

60+

Paypal, Debit or Credit, Cash

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 2nd 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: Julie Ewenson***

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 **08:00am on Saturdays and 08:15am on Sundays**

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 by 12th February 2016*

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) 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.

London Gymnastics for All (GfA) Technical Committee Presents



Spring 1 Competition: 27th & 28th February

Spring 2 Competition: 5th & 6th March

The Jean Brown Arena, Redbridge Sports Centre

Dear Parents, Friends, Coaches and Gymnasts,

Welcome to the thirteenth GfA TC combined competition, where we have again taken on the challenge of all gymnasts competing together in one arena. We come back to the fantastic June Brown Arena at Redbridge and hope you enjoy the event. Programming over 2300 gymnasts across four days has not been easy but we are sure the gymnasts will make it all worthwhile. In some categories we have had to split the entry into groups (according to DOB) or merge them with other age groups.

For full results please take a look on www.london-gymnastics.co.uk, links will also be on our facebook page www.facebook/LondonGymnastics and can be found LIVE during the event at www.gymdata.co.uk Many thanks to all the coaches, judges and event staff who make events such as these possible. London GfA TC reserves the right to run up to half an hour ahead of the published times

June Tatch (GFA Chair)

SATURDAY **JUDGES MEETING - 8.00**

ROUND 1

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

ROUND 2

Registration & Warm Up	11:00
Line up	11:30
March On	11:45
Presentation	14:00
Competition End	14:45

Judges Lunch - 14:00 -14:45

ROUND 3

Registration & Warm Up	14:00
Line up	14:30
March On	14:45
Presentation	17:00
Competition End	17:45

ROUND 4

Registration & Warm Up	17:00
Line up	17:30
March On	17:45
Presentation	20:00
Competition End	20:45



SUNDAY **JUDGES MEETING - 08.15**

ROUND 5

Registration & Warm Up	08:15
Line up	08:45
March On	09:00
Presentation	11:15
Competition End	12:00

ROUND 6

Registration & Warm Up	11:15
Line up	11:45
March On	12:00
Presentation	14:15
Competition End	15:00

Judges Lunch - 14:15 -15:00

ROUND 7

Registration & Warm Up	14:15
Line up	14:45
March On	15:00
Presentation	17:15
Competition End	18:00

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. Long hair must be tied back and bags should not be held whilst coaching.

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. Please see Judges Charter in Appendix.

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

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

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 4th, 5th and 6th 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 G for girls 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

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.

Judging Panels:

Panel	Saturday 27th Feb					
	Head Floor Judge: Katie Griffin			Head Vault Judge: Lauren Murdock		
A	White Floor			White Vault		
	E1	Kara	Salih	E1	Amanda	Ngonyama
	D1	Sophie	Greaves	D1	Isabelle	Kaufleler
B	White Floor			White Vault		
	E1	Katherine	Brown	E1	Jennifer	Tang
	D1	Chelsea	Copping	D1	Milanda	Khan
C	White Floor			White Vault		
	E1	Sinaid	Callaghan	E1	Emileigh	Day
	D1	Sereece	Martin	D1	Reanna	Varinda
D	White Floor			White Vault		
	E1	Alexander	Lake	E1	Lily	Sumner
	D1	Natasha	Swycher	D1	Roshelle	Hewie
E	White Floor (Boys)			White Vault (Boys)		
	E1	Stuart	Ellsworth	E1	Joe	Dunkling
	D1	Bradley	Blanchard	D1	Fergus	Northfield
	Head Floor Judge: Julie Ewenson			Head Vault Judge: Jade Salim		
F	Silver Floor			Silver Vault		
	E1	Sharon	Newton	E1	Abdul	Hazel
	D1	Elliya	Thomas	D1	Audra	Welch
G	Silver Floor			Silver Vault		
	E1	Kirsty	Lynas	E1	Amie	McGranaghan
	D1	Anita	Merrick	D1	Paul	Newton
H	Gold Plus Floor			Gold Plus Vault		
	E1	Stephanie	Curtis	E1	Elaine	Reece
	D1	Zoe	Conway	D1	Grant	Cox-Semhi

Panel		Sunday 28th February					
		Head Floor Judge: Katie Griffin			Head Vault Judge: Lauren Murdock		
A	White Floor			White Vault			
	E	1	Kara	Salih	E1	Amanda	Ngonyama
	D	1	Sophie	Greaves	D1	Isabelle	Kaufeler
B	White Floor			White Vault			
	E	1	Katherine	Brown	E1	Jennifer	Tang
	D	1	Chelsea	Copping	D1	Milanda	Khan
C	White Floor			White Vault			
	E	1	Sinaid	Callaghan	E1	Emileigh	Day
	D	1	Sereece	Martin	D1	Reanna	Varinda
D	White Floor			White Vault			
	E	1	Alex	Lake	E1	Lily	Sumner
	D	1	Natasha	Swycher	D1	Roshelle	Hewie
E	White Floor			White Vault			
	E	1	Stuart	Ellsworth	E1	Joe	Dunkling
	D	1	Bradley	Blanchard	D1	Heather	Casson
		Head Floor Judge: Maria McLoughlin			Head Vault Judge: Jade Salim		
F	Silver Floor			Silver Vault			
	E	1	Sharon	Newton	E1	Adbul	Hazel
	D	1	Elliya	Thomas	D1	Audra	Welch
G	Gold Floor			Gold Vault			
	E	1	Kirsty	Lynas	E1	Amie	McGranaghan
	D	1	Anita	Merrick	D1	Paul	Newton
H	Gold Floor			Gold Vault			
	E	1	Stephanie	Curtis	E1	Elaine	Reece
	D	1	Zoe	Conway	D1	Grant	Cox-Semhi

Panel	Saturday 5th March					
	Head Floor Judge: Katie Griffin			Head Vault Judge: Lauren Murdock		
A	Blue Floor			Blue Vault		
	E1	Isabelle	Kaufeler	E1	Joe	Dunkling
	D1	Milanda	Khan	D1	Katherine	Brown
B	Blue Floor			Blue Vault		
	E1	Kimberley	Honey	E1	Amanda	Ngonyama
	D1	Jennifer	Tang	D1	Ailis	Mallison
C	Blue Floor			Blue Vault		
	E1	Megan	Bradshaw-Smith	E1	Stuart	Ellsworth
	D1	Lily	Sumner	D1	Anita	Merrick
D	Blue Floor (Boys)			Blue Vault (Boys)		
	E1	Liz	Jones	E1	Isabelle	de la Cruz
	D1	Roshelle	Hewie	D1	Bradley	Blanchard
E	Silver / Gold Floor (Boys)			Silver / Gold Vault (Boys)		
	E1	Stephanie	Curtis	E1	Abdul	Hazel
	D1	Emileigh	Day	D1	Ellya	Thomas
	Head Floor Judge: Julie Ewenson			Head Vault Judge: Jade Salim		
F	Bronze Floor			Bronze Vault		
	E1	Reanna	Varinda	E1	Karen	McCann
	D1	Amie	McGranaghan	D1	Zeinab	Shadman-Zanjani
G	Bronze Floor			Bronze Vault		
	E1	Billie	Kellegher	E1	Sharon	Newton
	D1	Kara	Salih	D1	Emily	Plumpton
H	Bronze Floor			Bronze Vault		
	E1	Kate	Fitzgibbon	E1	Georgia	Scott
	D1	Audra	Welch	D1	Dammika	Crocker

Sunday 6th March						
Head Floor Judge: Katie Griffin				Head Vault Judge: Lauren Murdock		
A	Blue Floor			Blue Vault		
	E1	Isabelle	Kaufeler	E1	Joe	Dunkling
	D1	Milanda	Khan	D1	Katherine	Brown
B	Blue Floor			Blue Vault		
	E1	Kimberley	Honey	E1	Amanda	Ngonyama
	D1	Jennifer	Tang	D1	Ailis	Mallison
C	Blue Floor			Blue Vault		
	E1	Megan	Bradshaw-Smith	E1	Stuart	Ellsworth
	D1	Lily	Sumner	D1	Anita	Merrick
D	Blue Floor			Blue Vault		
	E1	Liz	Jones	E1	Gregory	Bragg
	D1	Roshelle	Hewie	D1	Bradley	Blanchard
E	Bronze Floor (Boys)			Bronze Vault (Boys)		
	E1	Stephanie	Curtis	E1	Abdul	Hazel
	D1	Emileigh	Day	D1	Ellya	Thomas
Head Floor Judge: Maria McLoughlin				Head Vault Judge: Jade Salim		
F	Bronze Floor			Bronze Vault		
	E1	Reanna	Varinda	E1	Karen	McCann
	D1	Amie	Granaghan	D1	Zeinab	Shadman-Zanjani
G	Bronze Floor			Bronze Vault		
	E1	Billie	Kellegher	E1	Sharon	Newton
	D1	Kara	Salih	D1	Emily	Plumpton
H	Bronze Floor			Bronze Vault		
	E1	Kate	Fitzgibbon	E1	Georgia	Scott
	D1	Audra	Welch	D1	Dammika	Crocker

Please see Judges Charter in Appendix.

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 floor area.

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

Please see PDF programme with Names and Rounds of each gymnast in Club order

Weekend 1 <http://bit.ly/GfASpringComp1>

Weekend 2 <http://bit.ly/GfASpringComp2>

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

Weekend 1 <http://bit.ly/GfASpringComp1>

Weekend 2 <http://bit.ly/GfASpringComp2>

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.

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 2300 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 (G=girls, B=Boys) 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 WB4 would be the White Level boys who are the 4th 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 1st, 2nd and 3rd total score. Those that come 4th, 5th or 6th 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.

Scores needed to achieve pin								
	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
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	26.50	27.50	28.30

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 14.0) – on a strip of mats (12.50 for a pin)

8 'A' moves only

Blue (marked out of 16.00) – on a strip of mats (14.00 for a pin)

8 'A' moves only (a minimum of 2 x B moves can now be included within the 8 but are NOT required) but MUST include:

- Balance, strength or flexibility (1 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 16.30) – 45-75 secs, on a 12m x 12m sprung floor, using music for girls. (14.00 for a pin)

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

- Balance, strength or flexibility (1 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 16.30) – 45- 75 secs, on a 12m x 12m sprung floor, using music for girls. (14.00 for a pin)

5 x B moves, 1 C move 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.

Gold (marked out of 16.30) – 45- 75 secs, on a 12m x 12m sprung floor, using music for girls. (14.00 for a pin)

5 x B moves, 3 x C moves and MUST include:

- Balance, strength or flexibility (1 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.

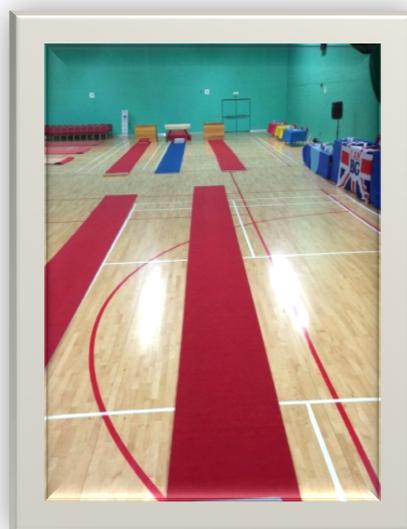
NEW FOR Spring 2015

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.

Vault	White	Blue	Bronze	Silver	Gold
PIN SCORE	9.00	9.50	10.25	10.75	11.50
Block Height	60cm				
Equipment height (Vault)	90/110		X	X	X
Flatback block Height (Mats piled up)	X	60cm / 100cm			
Vault height - Vault OR Table	X	X	100/110/120		
Straight Jump onto Block	10.50				
Squat / straddle on, straight, tuck or star jump off	10.50	10.50	X	X	X
Layout squat over	11.50	11.50	11.50	11.50	X
Layout straddle over	11.50	11.50	11.50	11.50	X
Handspring Flatback	X	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://bit.ly/GfASpringComp2>

To the Parent / Guardian of:

DOB:

Venue: Redbridge Leisure Centre, Forrest Road, Barkingside, Essex, IG6 3HD
Directions, & map can be found on <http://bit.ly/GfASpringComp2>

Your child is competing on: Saturday 27th February / Sunday 28th February / Saturday 5th March / Sunday 6th March in the White / Blue / Bronze / Silver /Gold / Platinum Level
Competition in Round: **1/2/3/4/5/6/7/** 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 onto the competition floor.

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 £6.00 per person for the day, £4.00 for under 16's and over 65s, under 5's go free. **Cash, Credit / Debit Card or Paypal 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 NG clothing & accessories. 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

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 2300 children competing, your child CANNOT change days or times.

NO FLASH photography can be used during the competition. Parents may not contact the organiser.

Many thanks,
(Insert name of club)

CODE FOR LONDON GfA JUDGES - 2016

1. GFA Judges need to ensure attendance in good time at all competitions, they must have arrived at the competition arena in time for the judges meeting. Judges should ensure they bring with them several pens.
2. Judges need to be neat and tidy, wearing appropriate clothing as officials.
 - White shirt/blouse - short or long sleeved, (not straps, or very low-cut)
 - Women: Black or Navy jacket and matching skirt or trousers, jeans never permitted (Skirts should not be very short, remember you are sitting down much of the time)
 - Men (Navy or Black blazer) either same coloured trousers or grey trousers
 - Navy or black tie for men.
 - Women may wear judges scarf if they have been awarded one
 - Men may wear the Judges tie if they have been awarded one.
 - Shoes, no high, narrow heels nor boots permitted. These can cause damage to floors and equipment.
 - Coats and other outdoor clothing should not be worn whilst judging.
 - If there is a problem with heating in an area, refer to your Master Judge for permission to put a coat around you
3. Once a judge has been nominated by a club and listed on the Judges Panel they have an obligation to ensure they attend. In circumstances where this become impossible, they must inform the judges convenor at the earliest possible opportunity and also their nominating club
4. Judges are reminded that in their roles as officials they should not be coaching or have any personal involvement with any of the competitors on the day.
5. Master Judges will oversee each group of judging panels and any matter causing concern should be referred to them.
6. Master judges have responsibility to ensure consistency and standardisation – they have the right to request judges to re-consider their marks.
7. If a coach tries to talk to judges, they should be told to go to the master Judge for that panel. No judge should enter into any sort of conversation with coaches unless specifically requested so to do by their Master Judge.
8. Judges should show respect to other judges, and to the coaches and competition officials and to the competitors at all times. No exercise should be discussed loudly.
9. Before leaving the competition arena at any time, permission needs to be obtained from the Master Judge for your panel.
10. A smile is always appreciated by the gymnasts – and costs nothing

June Tatch

25th January, 2016