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| **Competition 2015** | **London Twin Piece Junior & Senior**  **All Levels** |
| Date 2015 | 8th November |
| **Entry Closing Date** | 5th October |
| Venue Regional | Heathrow G.C. |
| Eligibility | BG Membership / Club Affiliation |
| Age Groups | Junior Age to 11 in year of competition  Senior Age 12+ in year of competition  8 – 15+ in year of competition |
| Competition Requirements | 2 in a Team. Gymnasts to work 2 pieces of apparatus each.  Level 5 Juniors Optional Vault Of Handspring Flat Back Or FIG Coded Vault (No Saltos)  Level 4 Juniors FIG coded vault (No Saltos)  Vault Heights Best Vault to Count from 2 Vaults  Level 5 Junior 110 cm Senior 120 cm  Level 4 Junior 110cm Senior 120 cm  Level 3 Junior 120cm Senior 125 cm  Level 2 & 1 One Level 125 cm  FIG/Challenge 125cm  Gymnasts may work UP a category, but MUST NOT work below their usual level of competition (Senior Twin Teams may include younger gymnasts for the purpose of making up a Team)  **NOTE**: If any gymnast works above their level for this competition, they then revert back to their original level for individual competitions |
| Competition Format | FIG General Faults and Penalties |
| Apparatus Specifications | FIG except Vault Height  Refer to Out of Age Group Level Rules  Hard and Soft Turbo Boards will also be allowed |
| Judging | 1 Judge per Club for **each day** of the competition  £50 fine for no judge on each day required |
| Presentation and Awards | 1st/2nd/3rd in each age category  4th- 6th where numbers permit (guide 10 gymnasts) |

**TWIN PIECE RULES**

Following careful deliberations and in view of the minority of teams in certain competitions. For 2015 there will be one category for each Level Junior and Senior.

**Twin Teams may be comprised of Mixture of both In and Out of Age gymnasts or**

**Out of Age gymnasts**

**Junior age up to 11 in year of competition**

**Senior age 12+ in year of competition**

**Judging Rules for Levels 5,4,3,2 are Out of Age Rules for that level**

**CATEGORIES**

Level 5 Junior & Senior

Level 4 Junior & Senior

Level 3 Junior & Senior

Level 2  & 1   Combined One Level - Level 2 Out of Age Rules

Level 1 may compete with Level 2 OR Espoir and Junior Twin Team and follow the appropriate rules

**FIG CATEGORY (FIG AND CHALLENGE)**

Level 1 ,Espoir, Junior FIG Junior Code

Senior FIG Code

**Level 5 Junior - Optional Vault of Handspring Flat Back will be allowed DV = 1.40 Vault Height 100 cm 8 – 11 years**

**Level 4 Juniors - FIG coded vault (No Saltos)**

Level 5 Junior 110 cm Senior 120 cm

Level 4 Junior 110cm Senior 120 cm

Level 3 Junior 120cm Senior 125 cm

Level 2 & 1 One Level 125 cm

FIG/Challenge 125cm