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| **Competition 2016** | **London Teams Junior and Senior**  **Vol. Age Group Levels 5 – 1**  **Challenge Espoir/Junior/Senior**  **FIG Espoir/Junior/Senior** |
| Date | 4th & 5th June |
| **Entry Closing Date** | 25th April |
| Regional Venue | 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  **CONFIRMATION OF RULE PRIOR TO MARCH ON**  Only gymnasts nominated to work a piece of apparatus are allowed to be on the competition floor. | 5 in Team, 4 to work, 3 to count (minimum 3 gymnasts)  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 or 125 cm  Level 4 Junior 115 cm Senior 120 cm or 125 cm  Level 3 Junior 120 cm Senior 125 cm  Level 2 125 cm  FIG/Challenge 125 cm  Gymnasts may work UP a category, but MUST NOT work below their usual level of competition (Senior 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  Same rules apply for each category |
| Apparatus Specifications | FIG except Vault height  Refer to Age Group Level Rules  Hard and soft turbo boards also 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 |

**TEAMS RULES**

Following careful deliberations and in view of the minority of teams in certain competitions. For 2016 there will be one category for each Level Junior and Senior.

**Teams may be comprised of a 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   Level 2 Out of Age Rules

Level 2 may compete with Espoir , Junior , Challenge or FIG Team

**FIG AND CHALLENGE in both level Categories**

Level 2, 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 or 125 cm

Level 4 Junior 115 cm Senior 120 cm or 125 cm

Level 3 Junior 120 cm Senior 125 cm

Level 2 125 cm

FIG/Challenge 125 cm