



**London Regional Challenge
24 April 2016**

Europa Gym Centre

16.02.2016 v2

LONDON REGIONAL CHALLENGE

Date:	Sunday 24 th April 2016
Venue:	Europa Gymnastics centre Vimy Way, Off Maiden Lane, Crayford. Kent DA1 4FA
Opening date for entries	22 nd February 2016
Closing date for entries	21 st March 2016
Entry fee:	£35 per gymnast (no late entries accepted)
Payment:	Online Entry

The London Regional Challenge is designed to be an intermediate step between the NDP – style set routines and voluntary routines, to aid the development of younger gymnasts and help their progression towards FIG level routines. The competition is structured with a 'set routine' base, with the opportunity for gymnasts to add in voluntary skills to build difficulty.

Age Groups (as of January 1st 2016)

- O6 / U8 - 7 year olds
- U10 - 8 & 9 year olds
- U12 - 10 & 11 year olds
- U14 - 12 & 13 year olds
- U16 - 14 & 15 year olds
- Open - 16 years olds and older

Eligibility

- Open to all gymnasts.

Judging

- Each club must provide at least 1 appropriately qualified that will judge for the entire day of the competition (i.e. morning and afternoon).

Please do not hesitate to contact me on 07970593833 or email mcloughlinmt@googlemail.com

Yours in Gymnastics,

Maria McLoughlin
Acting Regional MTC Chairperson

British Gymnastics Under 12 Supplementary 'a' Value Elements

Element Group	1	2	3	4	5 Dismount
Floor	Non acrobatic elements	Acrobatic elements forward	Acrobatic elements backward	Acrobatic elements sideways	
			Backward roll through h/stand on straight arms	Round off	
Pommel	Leg swings	Circle/flair/spindle/h/stand	Side and cross support travels	Kehrs/Wende/Flops	Dismounts
	½ scissor				
Rings	Kip and Swing elements	Swing to Handstand	Swing to strength hold	Strength/Hold elements	Dismounts
				Muscle up to support	
P.Bar	Elements in support	Elements upper arm	Long swings in hang	Underswings	Dismounts
	Stutzkehre 45°	Back uprise to support	Moy to upper arm	Undersomi to support	Salto tucked
H.Bar	Long hang swings and turns	Flight elements	In bar elements	El grip / dorsal hang	Dismounts
			Free hip circle through h/stand Stoop/straddle on & off backwards	Squat dislocate to 45°	

O6 / U8's - 7 year olds

FLOOR - 12 x 12m floor area, use of single diagonal permitted – max. 8 counting elements. NOTE: any one element may only receive bonus once – in such cases where an element falls into multiple bonus categories only the highest bonus mark will be awarded (e.g. a 'B' value somersault will receive 0.4 marks bonus). Requirements only receive value (0.5) without additional bonus.

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements +	- Dive roll	+0.5	5+ elements – 10.0		As per F.I.G.
Bonus + Presentation	- Cartwheel or round-off	+0.5	4 elements – 7.0	Any group I 'A' element – 0.1	
- Deductions	- Any backward roll with straight arms	+0.5	3 elements – 5.0	Any additional 'a' or 'A' element – 0.2	0.1 / 0.3 / 0.5
	- 1/1 turn jump	+0.5	2 elements – 3.0	Any salto or 'B' value element – 0.4	Fall = 1.0
	- Y-Scale or arabesque	+0.5	1 element – 0.0		

MUSHROOM - High mushroom (approx. 50cms high)

Final Score	Routine (perform 1 only)	Tariff	Value	Presentation	Deductions
Tariff + Presentation	- 5x DLC on high mushroom	1.5	0.3 per DLC	10.0	As per F.I.G.
- Deductions	- 10x DLC on high mushroom	3.0	0.3 per DLC	(if full routine is completed)	0.1 / 0.3 / 0.5
	- 5x DLC, ½ spindle, 5x DLC on high mushroom	3.5	0.3 per DLC, spindle = 0.5		Fall = 1.0

RINGS – F.I.G. height rings with 1 or 2 30cm safety mats (max. 8 counting elements). Requirements only receive value (0.5) without additional bonus.

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements +	- Straight invert hang	+0.5	5+ elements – 10.0	Chin-up hold / hanging ½ lever (2s) – 0.2	As per F.I.G.
Bonus + Presentation	- Swing backwards, swing forwards	+0.5	4 elements – 7.0	German hang (2s) – 0.2	
- Deductions	- Swing backwards, swing forwards	+0.5	3 elements – 5.0	Straddled front/back scale (2s) – 0.3	0.1 / 0.3 / 0.5
	- Swing backwards, swing forwards	+0.5	2 elements – 3.0	Any 'a' or 'A' element – 0.5	Fall = 1.0
	- Swing bwd & fwd into tucked back salto dism't	+0.5	1 element – 0.0		

VAULT – Vaulting table height 100cms, 2 springboards allowed

Final Score	Routine	Tariff	Presentation	Bonus	Deductions
Tariff + Presentation	- Squat on, straight jump off	0.5	10.0	Gymnasts may perform only 1 vault	As per F.I.G.
- Deductions	- Squat through	1.0			0.1 / 0.3 / 0.5
	- Handspring / Handspring sideways with ¼ turn	2.0			Fall = 1.0

PARALLEL BARS – height 1.30m with optional safety mat (max. 8 counting elements) - NOTE: no deductions will be incurred for intermediate swings

Final Score	Requirements	Value	Presentation	Bonus	Deductions
Requirements +	- 1x dip (in support)	+0.5	5+ elements – 10.0	½ lever (2s) – 0.2	As per F.I.G.
Bonus + Presentation	- Swing backwards & forwards to horizontal	+0.5	4 elements – 7.0	Upstart to straddle sit or support – 0.3	
- Deductions	- Swing backwards & forwards to horizontal	+0.5	3 elements – 5.0	Any press to handstand (2s) – 0.3	0.1 / 0.3 / 0.5
	- Swing backwards & forwards to horizontal	+0.5	2 elements – 3.0	Russian lever (2s) – 0.3	Fall = 1.0
	- Swing bwd & front vault dismount above horiz.	+0.5	1 element – 0.0	Swing to handstand - 0.2 each time	

HIGH BAR – gloves and loops

Final Score	Requirements	Value	Presentation	Bonus	Deductions
Requirements +	- Pike leg lift and lower to hang	+0.25	10.0	Swing (fwd&bk) above 45° – 0.1 each time	As per F.I.G.
Bonus + Presentation	- Circle-up to support, layaway into	+0.75		Back-uprise to support – 0.2	
- Deductions	- 5x swings forwards and backwards	+0.3 each		Back-hip circle – 0.2	0.1 / 0.3 / 0.5
				Undershoot to swings – 0.2	

U10's - 8 & 9 year olds

FLOOR - 12 x 12m floor area – max. 8 counting elements. Requirements only receive value (0.5) without additional bonus.

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- Dive roll - Flic (standing or from pre-element) - Tucked front somersault - 1/1 turn jump - Any non-acrobatic (Group I) coded element	+0.5 +0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Any additional 'a' or 'A' element – 0.1 Tuck back salto – 0.2 Any 'B' value (or higher) element – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

MUSHROOM - High mushroom (approx. 50cms high) / LOW POMMEL HORSE (no handles). NOTE: inward & outward loops to be performed within 30cm of end of horse.

Final Score	Routine (perform 1 only)	Tariff	Value	Presentation	Deductions
Tariff + Presentation - Deductions	- 5x DLC on high mushroom - 10x DLC on high mushroom - 5x DLC, ½ spindle, 5x DLC on high mushroom - 10x inward loops on (low PH) - 5x loops, ½ spindle, 5x loops (low PH) - 3x inward loops, Magyar, 2x outward loops (low PH)	1.0 2.0 2.5 3.0 3.5 4.0	0.2 per DLC 0.2 per DLC 0.2 per DLC, spindle = 0.5 0.3 per loop 0.3 per loop, spindle = 0.5 0.3 per loop, Magyar = 2.5	10.0 (if full routine is completed)	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

RINGS – F.I.G. height rings with 30cm safety mat (max. 8 counting elements). No deductions will be incurred for intermediate swings. Requirements only receive value (0.5) without additional bonus.

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- Hanging ½ lever (2s) - German hang (2s) - Straight body chin-up hold (2s) - 1x full swing fwds & bwds (or bwds & fwds) - Straight back salto dismount	+0.5 +0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Static or swinging inlocate/dislocate – 0.2 ½ lever / shoulder stand in support – 0.2 Muscle-up – 0.2 Straddled front/back scale – 0.2 Any other 'A' element – 0.4	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

VAULT – Vaulting table height 115 or 120cms

Final Score	Routine	Tariff	Presentation	Bonus (non-requirements only)	Deductions
Tariff + Presentation - Deductions	- Squat through - Other vault tariffs as per FIG	1.0 -	10.0	Gymnasts may perform only 1 vault	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

PARALLEL BARS – height 1.30m with optional safety mat (max. 8 counting elements). No deduction for intermediate swings. Requirements only receive value (0.5) without additional bonus.

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- Upper-arm kip to straddle sit - ½ lever in support (2s) - Lift back to straddle lever (2s), lift out to swing - Swing backwards & forwards above horizontal - Swing bwd & front vault dismount above horiz.	+0.5 +0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Upstart to straddle sit or support – 0.3 (NOTE: in place of upper-arm kip) Handstand (2s) – 0.2 Any other 'a' / 'A' / 'B' value element – 0.4 Salto dismount from side of bars – 0.4	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

HIGH BAR – gloves and loops

Final Score	Requirements	Value	Presentation	Bonus (max. 3 additional elements)	Deductions
Requirements + Bonus + Presentation - Deductions	- Pike leg lift and lower to hang - Circle-up to support, layaway into - 5x swings forwards and backwards above bar	+0.25 +0.75 +0.3 each	10.0	Swing (fwd&bk) to h/s – 0.1 each time Layaway to handstand – 0.1 Upstart (in place of circle-up) – 0.3 Clear circle / Stalder – 0.3 5x longswing (in place of swings) – 0.2 each Stoop on & off (dismount prep.) – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5

U12's - 10 & 11 year olds

FLOOR – As per F.I.G. junior code with BG Boy's (U12) amendments – 12 x 12m floor area – max. 8 counting elements

Final Score	Requirements	Value	Presentation	Difficulty	Deductions
Requirements + Bonus + Presentation - Deductions	- Any coded Group I (non-acrobatic) element - Any coded Group II (forward acro) element - Any coded Group III (backward acro) element - Any coded Group IV (sideways acro) element - Dismount	+0.5 +0.5 +0.5 +0.5 A-0.3, B-0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Any 'a' or 'A' value element – 0.1 Any 'B' value element – 0.3 Any 'C' value element – 0.5	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

MUSHROOM (approx. 50cms high) / LOW POMMEL HORSE (no handles)

Final Score	Routine (perform 1 only)	Tariff	Value	Presentation	Deductions
Tariff + Presentation - Deductions	- 10x DLC on high mushroom - 5x DLC, ½ spindle, 5x DLC - 10x inward loops (low PH) - 5x loops, ½ spindle, 5x loops (low PH) - 3x inward loops, Magyar, 2x outward loops (low PH)	1.5 2.0 2.5 3.0 3.5	0.15 per DLC 0.15 per DLC, spindle = 0.5 0.25 per loop 0.25 per loop, spindle = 0.5 0.3 per loop, Magyar = 2.0	10.0 (if full routine is completed)	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

RINGS – F.I.G. height rings with 30cm safety mat (max. 8 counting elements). No deduction for intermediate swings. Requirements only receive value (0.5) without additional bonus.

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- Muscle-up to support - ½ lever in support (2s) - 1x inlocation - 1x dislocation - Straight salto dismount forwards or backwards	+0.5 +0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Lift to shoulder stand – 0.1, bail – 0.1 Straddled front/back scale – 0.2 Any 'A' value element – 0.3 Any 'B' value element – 0.5 Any 'B' value dismount – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

VAULT – Vaulting table height 120cms

Final Score	Routine	Tariff	Presentation		Deductions
Tariff + Presentation - Deductions	- All vault tariffs as per FIG		10.0	Gymnasts may perform only 1 vault	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

PARALLEL BARS – height 1.50m with optional safety mat (max. 8 counting elements). No deduction for intermediate swings. Requirements only receive value (0.5) without additional bonus.

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- Upstart to / through support - ½ lever (2s) - Swing backwards to handstand (not held) - Swing backwards to handstand hold (2s) - Swing bwd & front vault dismount thru h/stand	+0.5 +0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Drop upstart – 0.3 Russian lever – 0.3 Any 'a' / 'A' / 'B' value element – 0.3 Any salto dismount from side of bars – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

HIGH BAR – gloves and loops (NOTE: 1 x swing = forwards & backwards)

Final Score	Requirements	Value	Presentation	Bonus (max. 3 additional skills)	Deductions
Requirements + Bonus + Presentation - Deductions	- Leg lift, body shaper, cast & swing backwards - Upstart to support, cast into - 3x backwards longswings (0.25 each) - 3x forwards longswings (0.25 each)	+0.5 +0.5 +0.75 +0.75	10.0	Upstart into immediate cast – 0.1 Cast to handstand – 0.1 Upstart & immediate cast to h/stand – 0.3 Clear-circle / Stalder / Endo – 0.3 Stoop on & off (dismount prep.) – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5

U14 - 12 & 13 year olds, U16 – 14 & 15 year olds & OPEN – 16 year olds and older

FLOOR - 12 x 12m floor area – max. 8 counting elements

As per F.I.G. with BG's U12 code modifications – i.e. supplementary list of 'a' value elements, 'A' or 'a' value dismount = 0.3, 'B' value dismount = 0.5.

POMMEL HORSE (high pommel horse with 2 handles) - springboard for mount allowed

As per FIG with BG's U12 code modifications – ie supplementary list of 'a' value elements, 'A' or 'a' value dismount = 0.30, 'B' value dismount = 0.50

OR

Final Score	Routine (perform 1 only)	Tariff	Presentation	Deductions
Tariff + Presentation - Deductions	- 2x inward loops (0.3 each), ¼ spindle (0.5), 2x side loops (0.3 each), turn back to inwards (0.3), Schwabenflank (0.5) - ½ shear, leg in pick-up (0.5), 5x DLC on handles (0.2 each), Schwabenflank (0.5) - 5x inward loops (0.2 each), Schwabenflank (0.5)	2.5 2.0 1.5	10.0 (if full routine is completed)	As per F.I.G.

RINGS – F.I.G. height rings with optional 30cm safety mat (max. 8 counting elements)

As per F.I.G. with BG's U12 code modifications – i.e. supplementary list of 'a' value elements, 'A' or 'a' value dismount = 0.3, 'B' value dismount = 0.5.

Additional rules – any recognised press to handstand satisfies element group requirement II, back-uprise to straddle lever satisfies element group requirement III.

VAULT – Vaulting table height 125cms

As per F.I.G.

Additional rules - any somersault vault acquires 0.4 marks bonus

PARALLEL BARS – F.I.G. height (1.80m) with optional 30cm safety mat (max. 8 counting elements)

As per F.I.G. with BG's U12 code modifications – i.e. supplementary list of 'a' value elements, 'A' or 'a' value dismount = 0.3, 'B' value dismount = 0.5.

Additional rules – face vault dismount through handstand dismount = 'a' (0.1)

HIGH BAR – F.I.G. height chalky bar with 30cm safety mats (max. 8 counting elements)

As per F.I.G. with BG's U12 code modifications – i.e. supplementary list of 'a' value elements, 'A' or 'a' value dismount = 0.3, 'B' value dismount = 0.5, max. 8 counting elements

Additional rules

- 'a' or 'A' value skills = 0.3, 'B' value skills = 0.5, non-coded skills = 0.1.
- Additional non-coded skills (0.1 value) - Back-uprise to support (Grp I) / baby giant (Grp I) / Swinging ½ turn above bar (Grp I) / Circle-up from hang (Grp III) / back-hip circle (Grp III)
- Straddle on undershoot / straddle over bar / clear circle to 45° push off will be credited as non-coded dismounts (0.1)
- NO DEDUCTION for upstart pause

16 .02.2016