



London GfA Floor and Vault Competition 2017

Levels 1-6

Amended March 2017

LONDON GYMNASTICS

GfA Levels



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GfA Levels



London Gymnastics for All competition levels for 2017

New levels have been introduced for the 2017 GfA floor and vault competition programme. The levels are designed to be achievable, but progressive, to help both gymnasts and coaches focus on the development of core skills. Gymnast must be born in 2010 or earlier to compete in GfA 2017 competitions.

Videos of the set routines and vaults, including commentary about how to coach and what judges will be looking for, will be available on the London Gymnastics YouTube Channel shortly.

Transition to new levels

The following table sets out how the 2016 levels relate to those for 2017 and at what level it is appropriate for gymnasts to start competing. Gymnasts with a Bronze pin who have yet to attempt Silver are advised to start at Level 4, however, it is at the coach's discretion to enter them for Level 5 if they believe this is more appropriate. The same applies to those who have earned a Gold pin, who may compete at Level 5 or 6 at the coach's discretion.

2016 level	2017 level
White level with no pin (first time or have tried before)	Level 1
White level with pin (have or have not attempted blue before)	Level 2
Blue level with pin (have or have not attempted Bronze before)	Level 3
Bronze level with pin (have not attempted silver before)	Level 3 or level 4
Bronze level with pin (have attempted silver before)	Level 4 or level 5
Silver level with pin (have or have not attempted gold level)	Level 5
Gold with pin	Level 5 or level 6
Gold plus with or without pins	Level 6

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London Quadrant and Zone competitions

Levels 1 and 2 will be introduced at new Quadrant competitions, in the North West, North East, South West and South East. Levels 3-6 will be introduced at Zone competitions, one in the north and one in the south. The following boroughs fall into the following quadrants/zones.

Boroughs	Competitions
Hillingdon, Harrow, Ealing, Brent, Camden, Westminster, Kensington and Chelsea, Hammersmith and Fulham, Hounslow	North West Quadrant, Northern Zone
Islington, Haringey, Barnet, Enfield, Redbridge, Waltham Forest, Newham, Barking and Dagenham, Havering, Hackney, Tower Hamlets	North East Quadrant, Northern Zone
Richmond, Kingston, Wandsworth, Merton, Lambeth, Sutton, Croydon	South West Quadrant, Southern Zone
Southwick, Lewisham, Greenwich, Bromley, Bexley	South East Quadrant, Southern Zone

GfA wants to encourage every club to get involved and work together to organise the competitions. Volunteers can express an interest by emailing: gfachair@london-gymnastics.co.uk

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GfA Levels



Level 1 - Floor

Set routine – 10 moves on 12m x 2m mat (no moves connected unless stated) Tariff 10.0	
1	Forward roll to stand
2	Forward roll to straddle sit
3	Teddy bear roll 180
4	V-Sit with hands (minimum 2 sec hold)
5	Put legs together into long sitting position, tuck legs in and roll on back (backward roll prep), and then rock forward to stand on two feet
6	1 leg balance, free leg straight and knee at minimum 45 degrees (minimum 2 sec hold)
7	Half spin (girls) / half turn jump (boys)
8	Cartwheel (optional side to side or front to back ¼ turn)
9	Straight jump
10	Star jump

Level 1 - Vault

Gymnast performs two vaults, highest score counts towards final score	
6 metre run, jump onto board and stretch jump onto block Springboard and block (1m x 1m x 60cm) with safety mats at rear	Tariff 10.5
6 metre run, jump onto board and stretch jump on to block, immediate rebounded stretch jump off to land Springboard and block (2m x 1m x 60cm); with 10cm agility mat on top; safety mats for landing	Tariff 10.7
6 metre run, jump onto board and stretch jump on to block, immediate flighted forward roll (to finish on the block) Springboard and block (2m x 1m x 60cm); with 10cm agility mat on top; with safety mats at rear	Tariff 10.9

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GfA Levels



Level 2 - Floor

Set routine – 10 moves on 12m x 2m mat (no moves connected unless stated) Tariff 10.0	
1	Handstand forward roll to stand on 2 feet (start 1/3 way down mat)
2	Tuck jump (<i>Connection:</i> for bridge entry, forward roll to lay flat)
3	Push to bridge straight legs (minimum 2sec hold) (<i>Connection:</i> lay out flat of bridge, up into)
4	Shoulder Stand (minimum 2 sec hold) (<i>Connection:</i> bring down legs to sitting position, arms behind to)
5	Back support to front support, jump in, jump up
6	Arabesque (minimum 2 sec hold)
7	Full spin (girls) / Jump full turn (boys)
8	Chassé into scissor kick (land, finish, then turn)
9	Round-off progression (start cartwheel 1/4 turn, to land bring legs/feet together)
10	Backward roll to stand

Level 2 - Vault

Gymnast performs two vaults, highest score counts towards final score	
6 metre run, jump onto board and stretch jump on to block, immediate flighted forward roll (to finish in stand on block) Springboard and block (2m x 1m x 60cm) with safety mats at rear	Tariff 10.9
6 metre run, jump onto board and stretch jump on to block, immediate jump to handstand to lay flat-back Springboard and block (2m x 1m x 60cm) or mats piled up to 60cm; safety mats	Tariff 11.2
6 metre run, jump onto board and jump to handstand (controlled land) to flat-back Springboard and block (2m x 1m x 60cm) or mats piled up to 60cm; safety mats at rear; 10cm agility mat may be used on top of block/mats	Tariff 11.5
6m run, jump onto board and jump to handstand with rebound block to jump hands forward, into immediate flat-back on block Springboard and block (2m x 1m x 60cm) or mats piled up to 60cm; safety mats at rear; 10cm agility mat may be used on top of block/mats	Tariff 11.8

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GfA Levels



Badge Tariffs for GfA levels 1-2

At levels 1 and 2, gymnasts receive a sticker for floor and another for vault that is equivalent to a bronze, silver or gold standard. The combination of the two stickers, which are given out immediately after the routine or vault has been judged, determines the gymnasts' overall medal and whether they move up to the next GfA Level (see table below).

Apparatus 1 mark	Apparatus 2 mark	Overall mark	Progression
Gold	Gold	Gold	Automatic move up
Gold	Silver	Gold	Automatic move up
Silver	Silver	Silver	At coach's discretion
Gold	Bronze	Silver	Does not move up
Silver	Bronze	Bronze	Does not move up
Bronze	Bronze	Bronze	Does not move up

Every gymnast will receive a certificate and medal for the overall mark they achieve. There will be no placings, just bandings.

At levels 1-2, to earn a Gold, Silver or Bronze medal the gymnast must achieve between the following scores:

Floor thresholds for Levels 1-2		
Gold = 9.0 to 10.0	Silver = 8.3 to 8.9	Bronze = 8.2 or below
Vault medal thresholds at levels 1-2		
Level 1	Gold = 9.7 – 10.9	
	Silver = 9.0– 9.6	
	Bronze = 8.9 or below	
Level 2	Gold = 10.4– 11.8	
	Silver = 9.6 – 10.3	
	Bronze = 9.5 or below	

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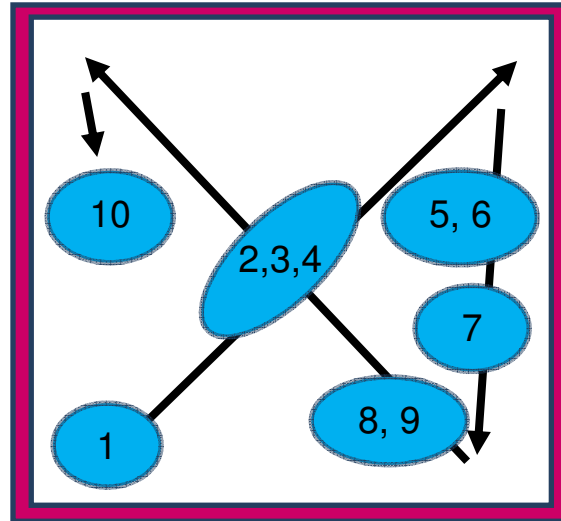
GfA Levels



Level 3 – Floor

This level is a set routine with optional elements and acts as an introduction to a full floor routine. It is performed on a 6m x 6m non-sprung floor, without music.

Choreography, dance and/or steps can be added to move gymnasts from one set of moves to the next, but direction and order of the 10 moves must be as indicated.



Set routine with optional elements – 10 moves / Tariff 10.0

1	Y Balance OR Arabesque OR V-Sit without hand support (Min. 2 second hold)
2, 3, 4	Cartwheel, Cartwheel, Backward Roll to front support OR Round Off, Flick, Rebound Straight Jump
5, 6	Straight Jump full turn immediate Tuck Jump OR Straight Jump 1/2 Turn immediate Tuck Jump 1/2 turn
7	Splits OR Japana OR Bridge OR Pike Fold, (Min. 2 second hold)
8, 9	Handstand Forward roll immediate forward roll OR Dive roll immediate forward roll
10	ANY 'A' or 'B' move that hasn't previously been used in the routine

Level 3 - Vault

Gymnast performs two vaults, highest score counts towards final score

6 metre run, jump onto board and jump to handstand (controlled land) to flat-back Springboard and block (2m x 1m x 60cm) or mats piled up to 60cm; safety mats at rear; 10cm agility mat may be used on top of block/mats	Tariff 11.5
6m run, jump on to board and jump to handstand with rebound block to jump hands forward, into immediate flat-back on block Springboard and block (2m x 1m x 60cm) or mats piled up to 60cm; safety mats at rear; 10cm agility mat may be used on top of block/mats	Tariff 11.8
Handspring Springboard and 100/110 table vault (or cross vault) with safety mats for landing	Tariff 12.2
Handspring to stand (on block) Springboard and mats piled up to 60cm; safety mats at rear	Tariff 12.5

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GfA Levels



Levels 4-6 – Floor (A and B moves)

A moves	B moves
Group 1 Acrobatic moves	
Forward roll (optional ending)	Handstand forward roll
Backward roll (optional ending)	One-handed cartwheel
Cartwheel (optional exit)	From bridge kick-over
From front support, jump in, straight jump up	Backward roll to front support (straight arms)
Group 2 Non-acrobatic moves (H = hold for 2 secs)	
Bridge – entry and exit optional (H)	Arabesque (H)
Shoulder stand with arm support (H)	Handstand (H)
V sit with hand support (H)	Japana, flat back, chest to floor (H)
Front or back support lower push up	V sit without hand support (H)
One Foot Stand (free leg to knee horizontal forwards) (H)	Splits side or box (without hand support) (H)
	Pike Fold (H)
Dead Man - drop to front support (M)	Swedish Fall with one leg raised (M)
Group 3 Jumps, leaps, spins and links	
Catleap (W)	Catleap ½ turn (W)
½ Spin on toes (W)	Full Spin on toes (W)
Star jump	Wolf jump or hop (W)
Straight jump	Jump 1/2 turn back to front support (M)
Tuck jump	Tuck jump ½ turn
	Straight jump ½ turn

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GfA Levels



Levels 4-6 – Floor (C and D moves)

C moves	D moves
Group 1 Acrobatic moves	
Backward walkover (W)	Back flip step out (W)
Forward walkover (W)	Back flip to two feet
Backward roll to handstand	Dive Forward roll or Hecht Roll (must show flight)
Round-off	Backward Roll to Handstand with 1/2 turn
Forward roll piked to stand	Handspring (to 1 or 2)
Group 2 Non-acrobatic moves (H = hold for 2 secs)	
From front support, straddle cut to rear support (M)	From standing elephant lift to handstand (H) (M)
Shoulder stand (straight arms behind head) (H)	From straight leg headstand press to handstand (H) (M)
Pike lever (H)	Healy Turn (M)
Straddle half lever (H)	Tucked top planche (H)
Y balance (H)	Chest stand (H)
Handstand pirouette 1/2 turn	Illusion turn
Group 3 Jumps, leaps, spins and links	
Catleap full turn (W)	1 1/2 Spin on toes (W)
Sissone (W)	Wolf jump or leap 1/2 (W)
Stag leap or jump (W)	Split or side Leap / Jump (W)
Scissor kick	Tuck jump full turn
Tuck Shoushonova	Straddle Shoushonova
Straight jump full turn	Straight Jump 1 1/2 turn
Straddle jump	1/4 turn Straddle jump

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GfA Levels



Levels 4-6 – Floor (E and F moves)

E moves	F moves
Group 1 Acrobatic moves	
Backward Somersault (tucked)	Backward Somersault (Straight)
Flyspring	Arabian Somersault (Tucked)
Front somersault (tucked)	Whip Salto
Front somersault (walkout)	Front Somersault (straight)
Free cartwheel	Front somersault (Tucked / Straight with 1/2 twist)
Valdez (W)	One-arm Valdez (W)
One-arm forward or backward walkover (W)	Backward Somersault (Straight With 1/2 or full twist)
Group 2 Non-acrobatic moves (H = hold for 2 secs)	
Wide arm handstand, hands greater than shoulder width (H)	From splits or straddle press to handstand (H)
Straddle lever to handstand	Manna
Handstand pirouette full turn	Handstand pirouette 1 ½ turns
Russian lever (H)	
Group 3 Jumps, leaps, spins and links	
Catleap 1 ½ (W)	Catleap two full turns (W)
Two full spins on toes (W)	Three full spins on toes (W)
Change leg leap (W)	Wolf jump or leap full turn (W)
Ring leap or jump (W)	Straddle ½ Shoushonova
Tuck jump 1 ½ turns	Tuck jump two full turns
½ turn Straddle jump	
Straight jump two full turns	

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GfA Levels



Levels 4-6 – Floor (Composition requirements)

Composition requirements		
H = hold for minimum of 2 seconds		
M = Men-only move		W = Women-only move
Min. eight moves (0.5 per move = 4.0) performed on full size (12m x 12m) sprung floor (45 - 70 secs - music with no vocals for girls)		
Level 4	Level 5	Level 6
A-D Moves can be used	B- E Moves can be used	B-F Moves can be used
1 x A Move 2 x B Moves 2 x C Moves 3 Optional Moves	1 x B Move 2 x C Moves 2 x D Moves 3 Optional Moves	1 x C Move 2 x D Moves 2 x E Moves 3 x Optional Moves
C Moves may replace B D Moves may replace C	C Moves may replace B D Moves may replace C E Moves may replace D	C Moves may replace B D Moves may replace C E Moves may replace D F Moves may replace E
Four requirements at levels 4-6 (0.5 per requirement = 2.0)		
1. Non Acro Move (Balance, strength or flexibility)		
2. Acro series - 2 linked Group 1 acrobatic moves		
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		

All Acro and Mixed Series MUST be directly linked without additional steps or jumps apart from: Round off, immediate jump 1/2 turn to 1 directly into cartwheel which will count as two moves.

Gymnasts performing a move designated for the opposite gender will receive a 0.5 deduction.

Music (for girls only)

It is the coach's responsibility to ensure the 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.

Vault levels and tariffs

Vault levels and tariffs						
	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Stretch jump on to block	10.5	X	X	X	X	X
Stretch jump on to block, immediate rebound straight jump off	10.7	X	X	X	X	X
Stretch jump on to block, immediate flighted forward roll to stand on block	10.9	10.9	X	X	X	X
Stretch jump onto block, immediate jump to handstand to lay flat-back	X	11.2	X	X	X	X
Flat-back 1: controlled landing to flat-back	X	11.5	11.5	X	X	X
Flat-back 2: with rebound block to jump hands forward and into immediate flat-back on block	X	11.8	11.8	11.8	X	X
Handspring	X	X	12.2	12.2	12.2	X
Handspring to stand on safety mats	X	X	12.5	12.5	12.5	X
½ on	X	X	X	12.8	12.8	12.8
½ off, ½ off	X	X	X	13.0	13.0	13.0
½ on full off	X	X	X	X	13.2	13.2
Handspring 1/1	X	X	X	X	13.5	13.5
Vault equipment						
	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Block height (Tracks)	60cm	60cm	60cm	60cm	X	X
Flat-back (piled mats)	X	60cm	60/100	100cm	100cm	X
Vault or table height	X	X	100/110	100/110/120		
Springboards	Gymnova 2150	Gymnova 2150	Gymnova 2150, 2194 (soft) or 2193 (hard)			

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Pin thresholds at levels 3-6

Pin thresholds				
	Level 3	Level 4	Level 5	Level 6
Minimum floor score required	8.5	14.00	14.25	14.5
Maximum floor score possible	10.0	16.0	16.0	16.0
Execution (out of 10.0) – Level 3 only				
Execution (out of 10.0) / Moves (out of 4.0) /CRs (out of 2.00) – Levels 4-6				
Minimum vault score	10.2	10.8	11.4	12.0
Maximum vault score	As tariff			
Details about the transition from previous levels to the new ones is set out on page 2.				

London Final 2017

The top six gymnasts from each age category in both North and South zone competitions will qualify to compete at the London Regional GfA Final which will be held at Redbridge on Sunday 26 November 2017. Other gymnasts may qualify to compete by invitation only, depending on level of entries.

Disabled Gymnasts

All the new levels may be adapted to enable disabled gymnasts to compete at GfA. Coaches should email the London GfA Chair to seek agreement to adapt or vary a routine and/or vault: gfachair@london-gymnastics.co.uk

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General competition entry rules

- 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 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 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.

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
- Gymnasts and coaches must obey Warm Up Marshalls and adhere to warm up timings
- All gymnasts in Levels 3-6 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
- Coaches must be appropriately dressed in tracksuit bottoms or leggings to the ankle, 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' clothing

Incorrect clothing will result in a 0.50 deduction from the total score

- **Girls:** Appropriately fitting, long or sleeveless leotard; tight-fitting gymnastic shorts and/or gymnastics shoes may be worn. Light eye-shadow may be worn if aged 13+
- **Boys:** Appropriately fitting sleeveless leotard and gymnastics shorts, gymnastics shoes may be worn
- Gymnasts should NOT be wearing make-up unless they are of secondary school age. It should then be minimal if used
- In the event of a gymnast being inappropriately attired, the Competition Welfare Officer can direct the performance to be halted

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Appeals

Jury of Appeal
In the event that an appeal or complaint is made regarding a gymnasts' start value (D Score Only) coaches must follow the following procedure:
1 - Fill out an Appeals form and hand this into the Judging Convener with £10.00 cash before the change over in the rotation. Forms available from the control desk
2 - The JudgeConvenor will discuss your appeal with the judges concerned and look at the video evidence from the scoring system (if available). If other video evidence is available, the coach may put forward ONE other piece of evidence only
3 - If the appeal is seen to be correct then the score will be changed and the appeal fee will be returned to the coach
Please note: a gymnasts' score will not be changed unless the above have been upheld

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Appeal form

Appeal form	
Gymnast's name:	
Gymnast's number:	
Gymnast's club:	
Coach's name:	
Gymnast's panel:	
Competition level:	
Apparatus:	
Reason for appeal:	
Response:	
Head judge signature:	
Original score:	New score:
Judge convener signature:	
£10.00 received / returned	

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GfA Levels



Shields

Level	

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Discipline transfer matrix

Gymnasts competing in another discipline may also compete in GfA at the same time. Below shows the MINIMUM level they must start at.							
Discipline	Present level	L1	L2	L3	L4	L5	L6
WAG	Club grades 6 and 5			Start			
	Club grades 4 and 3				Start		
	Voluntary level 5					Start	
	Regional grades 2 and 1						Start
Acro	Grades 1 and 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	
Can a gymnast compete GfA if they have previously competed WAG/MAG/Acro or TUM at a higher level?							
<p>In many circumstances they can. The ethos for GfA is to keep people involved in the sport. We ask that coaches 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 gymnast's entry will be void.</p>							