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**British Vets 2013**

**Acrobatic Gymnastics**

**Updated: 18th September 2013**

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**Entry Instructions**

All entries are to be made via a BG registered club using the Online Entry System on the GymNET Portal. Only Club Secretaries and coaches who have been granted the correct entry permissions will be able to submit an entry. Full instructions can be found on the British Gymnastics website; [www.british-gymnastics.org](http://www.british-gymnastics.org) under **Fans/British Championships/Vets.**

Please contact Lyn Fowler if you require any assistance, on 0845 129 7129 ext. 2521 or [lyn.fowler@british-gymnastics.org](mailto:lyn.fowler@british-gymnastics.org)

**Entry Fee**

£30.00 per person, £20 per person per additional category.

Please forward the correct entry fee for each category to:

British Gymnastics

Events Team

Ford Hall

Lilleshall NSC

Nr Newport

Shropshire

TF10 9NB

Phone: 0845 129 7 129

*Please make cheques payable to:* ***British Gymnastics***

**Age Bonus**

All competitors will be given a bonus of 0.1 per five years over 20 years of age i.e. if the competitor is 50=0.6, or if the competitor is 27=0.1. No age bonus is given to 18, 19 & 20 year olds.

**Technical Information**

This document should be read in conjunction with the [FIG Tables of Difficulty](file:///C:\Documents%20and%20Settings\sarah.parker\Local%20Settings\Temporary%20Internet%20Files\Content.Outlook\8YRSJVXT\Work%20Plan\British%20Vets%20Acrobatic%20Tables%20of%20Difficulty%20and%20Tariff%20Sheet%202013%20v2.xlsx).

*1.0 Competition Categories*

Competitors may only compete in each category once .i.e. a female competitor may enter Women's Pair, Mixed Pair and Women's Group however they can only be represented in one partnership per category.

The Acro competition consists of five categories covering one level of competition:

1. Men’s Pair - Two male competitors
2. Women’s Pair - Two female competitors
3. Mixed Pair - One male competitor (male must be base) and one female competitor
4. Men’s Group- Four male competitors
5. Women’s Group- Three female competitors

*2.0 Routine Requirements*

All competitors are required to perform one combined routine that must contain:

**Partnership Elements**

* 3 Balance elements (held for 3 seconds)
* 2 Dynamic elements

**Individual elements (performed by each competitor)**

* 1 Tumble (Maximum 3 Elements)
* 1 Agility element
* 1 Flexibility element
* 1 Static/Strength (held for 2 seconds) element

*3.0 Scoring*

The score is determined by adding together:

* The average mark for technical merit which has a maximum score of 10.0 (Execution or E score)
* The average mark for artistic merit which has a maximum score of 10.0 (Artistry or A score)
* The difficulty value of the exercise which has a maximum score of 10.0 (D Score)
* The combined age bonus

**E score + A score + D score + Combined Age Bonus = Total Score – Penalties = Final Score**

*3.1 Tie Breaks*

Tie breaks cannot be broken.

*4.0 Length of Exercises*

Exercise duration must not exceed 2 minutes 30 seconds. There is no stipulated minimum. The first move made by one or more competitors from their starting position is considered as the beginning of the exercise. The exercise must end in a static position. There is a 2 second overtime penalty which applies if exercise music exceeds 2 minutes and 32 seconds in duration.

*5.0 Judging*

*5.1 Execution*

All exercises are judged on technical merit, in accordance with the current [FIG Code of Points](http://www.fig-gymnastics.com/vsite/vnavsite/page/directory/0,10853,5187-188050-205272-nav-list,00.html). 10 marks are awarded initially for Execution of the routine. Marks will then be deducted for the following:

* Minor execution faults 0.1
* Significant execution faults 0.3
* Major execution faults 0.5
* Falls 1.0

These execution faults are detailed below:

*1.0 Falls*

* For each missing pair element
* For each missing individual element
* A forbidden element is performed. This penalty is applied for each violation, even if the performed element is not declared on the tariff sheet
* Falling outside the boundary

*0.5 Major execution faults*

* When forbidden or immodest attire is worn
* Each time a gymnast lands 2 feet outside the boundary
* When music contains words
* For poor sportsmanship in the field of play

*0.3 Significant execution faults*

* When elements are not performed in order on tariff sheet
* For a late tariff sheet
* For each second missing of a 3 second static element
* When static elements prior to a motion indicated as 1 second in Tables of Difficulty are not held
* For each second missing of a 2 second individual element
* To all attire infringements
* For failure to present to Judges at start or end of routine
* For a re-start without justification
* When ending before or after music

*0.1 Minor execution faults*

* Each time the attire is adjusted or an accessory is lost
* When the duration of the routine is over the time limit of 2minutes 30 seconds following a 2 second tolerance. After which 0.1 is deducted for every second over time
* Each time a gymnast steps over the boundary line

*5.2 Artistry*

All routines are judged on artistic merit, in accordance with the current [FIG Code of Points](http://www.fig-gymnastics.com/vsite/vnavsite/page/directory/0,10853,5187-188050-205272-nav-list,00.html), but adapted for Vets (see Appendix D for Artistry Table).

10 marks are available for Artistry, dependent on the inclusion of the following:

* Space 0.3
* Variety 0.6
* Choreography Performance 0.6
* Musicality 0.6
* Expression 0.3
* Partnership 0.6
* Total = 3.0

Each partnership will start with a value of 7.0.

**APPENDIX A**

**Composition of Exercises**

*General Rules*

* The drawings in the [FIG Tables of Difficulty](file:///C:\Documents%20and%20Settings\sarah.parker\Local%20Settings\Temporary%20Internet%20Files\Content.Outlook\8YRSJVXT\Work%20Plan\British%20Vets%20Acrobatic%20Tables%20of%20Difficulty%20and%20Tariff%20Sheet%202013%20v2.xlsx) are only a guide to the general shape of elements.
* Elements may be performed with minor stylistic variation from the element pictured in the Tables of Difficulty.
* No elements may be repeated.
* If two elements are selected from the same row; the first element performed from that row shall be used in the calculation of difficulty.

*General Special Requirements*

* Five pair/group elements must be performed; 3 Balance and 2 Dynamic, from different rows in the Tables of Difficulty.
* All acrobatic Balance elements must be held for a minimum of 3 seconds unless otherwise stated in the Tables of Difficulty.
* When a motion is declared for difficulty merit, the final position must be held for 3 seconds.
* Additional elements may be performed, but may incur technical deductions and do not add to the calculation of the Difficulty Value.
* Each partner of a pair or group must perform 4 individual elements from the Tables of Difficulty.
* Individual elements with a static hold (e.g. arabesque or handstand) must be unsupported by partners to be considered for Difficulty Value. These elements must be held for 2 seconds.
* All partners do not need to perform the same individual elements but they must be from the same category either simultaneously or in immediate succession without an overlap. E.g. back-walkover cut to splits, then a hold in splits, counts as one element rather than two separate elements.

*General Restrictions*

* It is forbidden for women to work on the back of the neck (except where there are two points of support) or on the head of the Base.
* It is forbidden for men to perform Mexican or Ring Handstands.
* A Catch to Wrap (i.e. legs astride the hips of the base) may only be performed with straight legs and is forbidden for Men’s Pairs.
* Landings to the floor must be supported for all dynamic elements.

*General Clarifications*

* Elements should be selected to show optimum variety.
* When a Lever is shown it may be performed in either Straddle or Half Lever position.
* A Handstand may be performed with legs either apart or together in all positions of Handstand in both pair and group Balance and Dynamic elements. There is no need to identify the specific leg position on the tariff sheet.
* Motions to Sit or Splits are optional unless stated otherwise in the guidelines.

**APPENDIX B**

**Difficulty**

Each element chosen from the [Tables of Difficulty](file:///C:\Documents%20and%20Settings\sarah.parker\Local%20Settings\Temporary%20Internet%20Files\Content.Outlook\8YRSJVXT\Work%20Plan\British%20Vets%20Acrobatic%20Tables%20of%20Difficulty%20and%20Tariff%20Sheet%202013%20v2.xlsx) has a stated Difficulty Value, which is used to determine the overall Difficulty Value of the exercise. There is no minimum requirement for difficulty and any element can be selected in line with rules for exercise construction. The difficulty of each element is calculated according to the column in which it falls in the Tables of Difficulty.

The exercise difficulty is determined by the total values of the element performed. The column in which it is to be found determines the value of the element:

* Elements in column 1 have a value of 0.1
* Elements in column 2 have a value of 0.2.
* Elements in column 3 have a value of 0.3.
* Elements in column 4 have a value of 0.4.
* Elements in column 5 have a value of 0.5.

For individual elements the Difficulty Value is calculated by adding together the values of the individual elements performed by each gymnast and divided by the number of gymnasts, rounding up to the nearest whole number.

The total difficulty for the exercise is the sum of the 5 pair/group elements plus the average of the 4 Individual elements.

The difficulty value of the exercise is calculated as follows:

* Each pair/group will start with a DV of: 5.5
* Each of the pair/group and individual elements has a DV of: 0.1-0.5
* The maximum DV for each pair/group is: 10.0

**APPENDIX C**

**Tariff Sheets**

A tariff sheet is an illustration of the pair, group and individual elements to be performed in the exercise and is required at all levels of competition. A sample electronic tariff sheet can be found [here](file:///C:\Documents%20and%20Settings\sarah.parker\Local%20Settings\Temporary%20Internet%20Files\Content.Outlook\8YRSJVXT\Work%20Plan\British%20Vets%20Acrobatic%20Tables%20of%20Difficulty%20and%20Tariff%20Sheet%202013%20v2.xlsx).

* Elements must include the Row and Value as indicated in the Tables of Difficulty.
* All elements to be performed must be included on the tariff sheet in the order of performance (if the elements are out of order, a penalty is applied only one time per exercise).
* The intended timing of all static holds, including individual elements must be declared.
* In instances when the illustration and the reference are not consistent on the tariff sheet the illustration will be taken as the correct declaration of the element.
* Where an element performed is not the declared pictorial form, providing the new element is from the same row it will receive no value although will count towards Special Requirements.
* Each missing element will incur a penalty of 1.0 for Special Requirements and a further deduction of the maximum element value for the respective row. Time faults will also be applied.
* It is the responsibility of the coach to prepare and ensure that the tariff sheets are correct.
* All tariff sheets must be submitted on the morning of the competition.
* Elements need to be either copied and pasted from the Tables of Difficulty or hand drawn together with the Row/ID number and value. All difficulties together with the total exercise difficulty need to be entered into the tariff sheet and the overall exercise difficulty should be calculated automatically.

*Guidelines for Completing Vets Tariff Sheets*

To ensure the tariff sheets are completed correctly, the following instructions should be followed:

**Static and Dynamic**

* **Box 1**: Row identification of the **Static element** from the Tables of Difficulty
* Difficulty Value (0.1, 0.2, 0.3, 0.4, 0.5) to be placedin box **Value A**
* **Box 2**: Row identification of the **Dynamic element** from the Tables of Difficulty
* Difficulty Value (0.1, 0.2, 0.3, 0.4, 0.5) to be placedin box **Value B**
* **Box 3**: not used.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **1** | | | |
| **Value** | **A** | **B** | **C** | **D** |
| **SH** | **Box 1** | | | |
| **Top** | **Box 2** | | | |
| **Base** | **Box 3** | | | |

*Please note: For all static holds the timing of the hold (1 or 3 seconds) must be indicated alongside the pictorial representation of the element.*

**Individual Elements**

* **Box 1**: Category/ID number of individual element from Tables of Difficulty.
* Difficulty Value to be placedin box
* **Value A and B** for each individual in the Pair
* **Value A, B and C** for each individual in the Women’s Trio
* **Value A, B, C and D** for each individual in theMen’s Groups**.**

*Please note: The number of gymnasts performing the element and which members of the partnership are performing the individual element must be indicated alongside the pictorial representation of the element. For a stand the time of the hold 2 seconds must also be indicated.*

|  |  |  |  |
| --- | --- | --- | --- |
| **I1** | | | |
| **A** | **B** | **C** | **D** |
| **Box 1** | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| **ARTISTRY TABLE FOR VETS** | | | |
| **Criteria** | 0.1  Slight lack | 0.2  Significant lack | 0.3  Serious lack |
| **Space 0.3** |  |  |  |
| **Use of Floor**  *All sectors of the floor used: each quadrant, the central area* | One area of floor not visited | 1/3 or more of floor not covered | ½ of the floor is used |
| **Variety 0.6** |  |  |  |
| **Choreography lacks**  *Variety of steps, directions and levels* | One or two directions or levels not used. Some different steps used | Several directions and levels omitted. Only a few different steps used | All on one level and very few different steps or patterns |
| **Creativity**  *Originality and flow in the routine construction including entries and exits from moves* | An inventive routine with a few long pauses for concentration before elements | Several original dance steps or entries to elements or unusual exits from elements | All movements and choreography are without any originality |
| **Choreo Performance 0.6** |  |  |  |
| **Amplitude**  *Amplitude of the choreography* | One or two occasions when amplitude is lost | Several occasions when amplitude is lost | Poor amplitude throughout |
| **Synchro**  *Synchrony between music and movement and between partners* | One or two occasions when synchrony is lost | Several occasions when synchrony is lost | Many occurrences of poor synchrony with partners and music |
| **Musicality 0.6** |  |  |  |
| **Harmonisation**  *Suitability of the choice of music for the age and ability of the gymnasts* | The gymnasts find it difficult to perform the choreography | The music is not in keeping with the age and/or maturity of the performers | The music is entirely inappropriate - love story or suggestive music for young performers. |
| **Flow**  *Structure, rhythm and theme logical and not interrupting flow.* | A slight hesitation in the performance | Long pauses before or after elements | A fall or breakdown interrupting the flow |
| **Expression 0.3** |  |  |  |
| **Emotion**  *Ability to project a personal identity* | Personal identity lost once or twice in the routine | Most of the routine does not show any ability to project an identity | No attempt to project an personal identity |
| **Partnership** **0.6** |  |  |  |
| **Symmetry**  *A well- matched partnership in terms of morphology and maturity* | Slight mis-match in morphology and maturity of partners | Significant mis-match in morphology and maturity of partners | Inappropriate partnership |
| **Manner**  *An understandable relationship maintained throughout the exercise and projecting to the audience.* | Once or twice losing the relationship between partners | Losing the relationship several times during the routine | No visible relationship between the partners in the choreography |
| **Total deductions** |  |  |  |
| **Final A Score** |  |  |  |

**APPENDIX D**