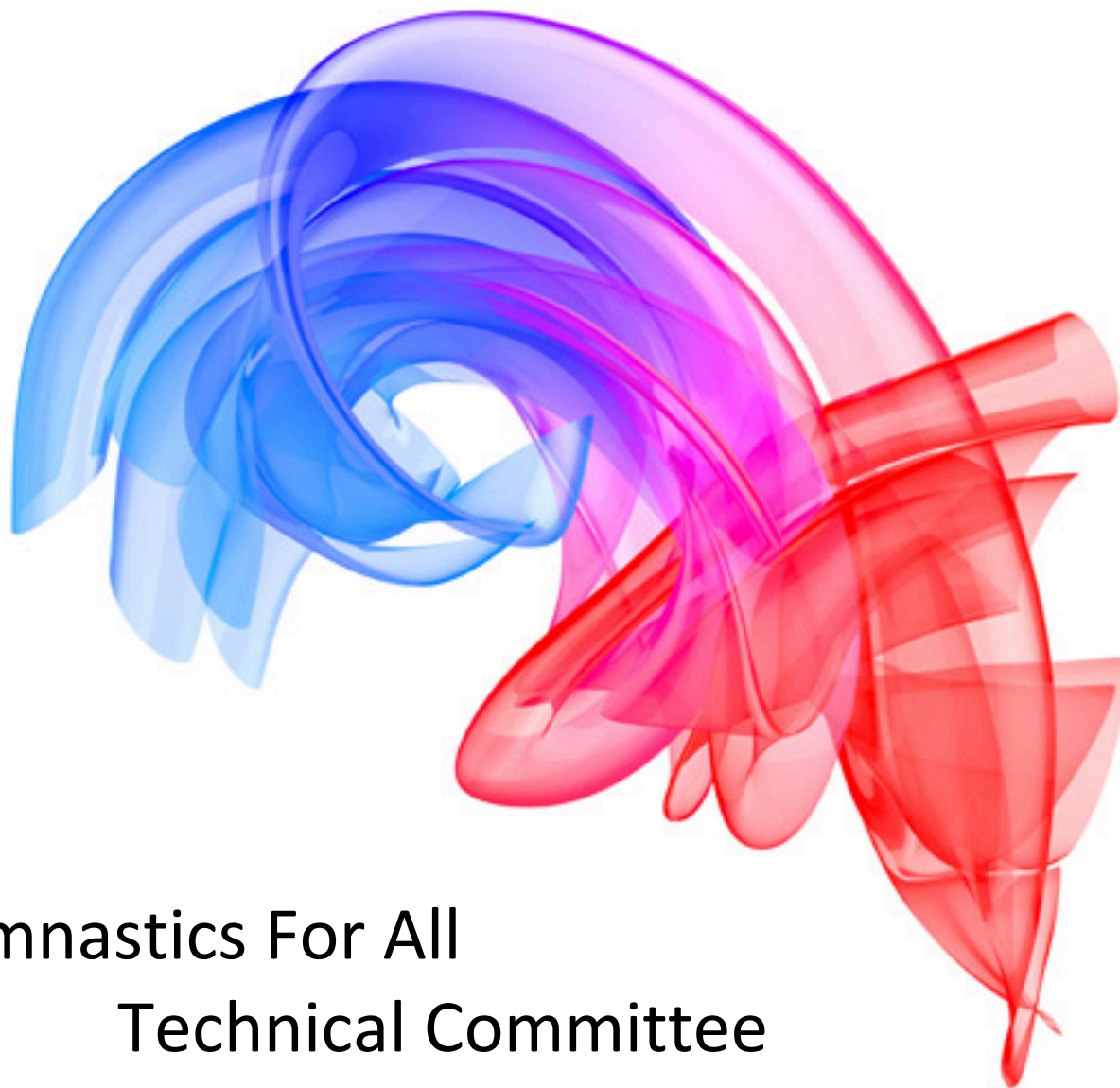


GFA Handbook 2014



Gymnastics For All
Technical Committee



V.6.1 – Oct 2014

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All clubs, coaches, officials and judges must adhere to the rules and regulations contained in this handbook at all times. Failure to comply with these rules may result in disciplinary action.

1:1 Mission Statement

It is the responsibility of the Gymnastics For All Technical Committee (GFATC) to provide the West Midlands region with competitive opportunities for recreational gymnasts, striving towards the ethos of the late George Finney - "participation of the masses".

A recreational gymnast is defined as non-competitive and **must not train above 4 hours** per week in the following disciplines; Womens Artistic (WA) / Mens Artistic (MA) / Acrobatics (ACR) / Tumbling (TUM) / Rhythmic (RHYT).



George Finney was an important member of the West Midlands in the discipline of General Gymnastics and also a leading light in the British Schools Gymnastics Association, giving much of his free time organising competitions specifically aimed at children who could enjoy taking part no matter what level they were at. George was one of those rare individuals whose sole aim in life was to serve other people. He was always at the hub of organising activities including gymnastics competitions and festivals for people of all ages and abilities in the West Midlands and throughout the country. Their success was in no small part due to the time and patience that he had and his meticulous attention to detail.

He had an uncanny ability to persuade others to assist and become involved in gymnastics and give freely of their time. Many of these traits are being replicated by today's generation of organisers as they try hard to follow in his footsteps.

Information

Clubs are reminded that they may contact any member of the GFATC with any queries; however, technical questions should be addressed to the Chair who will forward them to the relevant technical expert for response. Suggestions for any considered improvement should be sent in writing/ email to the Chair.

To receive all necessary information for the GFA discipline you must send your club contact name, telephone and email address to the Chair and Competition Organiser.

1:2 GFA Technical Committee 2014

Chair

Robert Owen
0121 249 2210
rob@revolutiongymclub.co.uk

Secretary

Lorraine Perry
07855799750
lolli3pop@hotmail.co.uk

Judging Convenor

Samantha Harding
07980280834
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Susan Perks
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Member

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Linda Sylvester
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Member

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charlotte@revolutiongymclub.co.uk

Associate Vice-Chair / Comp Organiser

VACANT

Associate Vice-Chair

VACANT

Assistant Judging Convenor

VACANT

Volunteers Co-ordinator

Charlotte Dennis
07850105221
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Member

John Mirceta
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Member

Lauren Hayward
sandwellgymnastics@yahoo.co.uk

1:3 GFA Calendar 2014

* GFA Competitions

* Other dates of interest

Date	Event	Venue	Closing Date
1 st February	WMSGA Schools Indv Floor & Vault (See BSGA website, school gym)	Fenton Manor Stoke-on-Trent	See WMSGA Handbook
7 th February	GFA Technical Meeting (Committee Members)	TBC	—
2 nd March	GFATC / George Finney Set Floor & Vault Championships	Fenton Manor Stoke-on-Trent	2 nd February
5 th April	WMSGA Schools Acro & Tumbling (See BSGA website)	Fenton Manor Stoke-on-Trent	See WMSGA Handbook
TBC	Women's Artistic Novice (See WA Handbook)	North Solihull Solihull	See WA Handbok
6 th June	GFA Technical Meeting (Committee Members)	TBC	—
15 th & 16 th June	WMSGA GymFest Display (In memory of George Finney)	Fenton Manor Stoke-on-Trent	—
22 nd June	GFATC / Team Floor & Vault Championships	Fenton Manor Stoke-on-Trent	25 th May
29 th June	Gymnastics For All Day (British Gymnastics – contact your CDC)	TBC	—
18 th October	GymFusion "Next Generation Theme" (British Gymnastics – contact your CDC)	TBC	—
TBC - Oct	Team Tumbling Championships (See TUM Handbook)	Wood Green School Wednesbury	See TUM Handbook
TBC - Nov	Men's Artistic Novice (See MA Handbook)	TBC	See MA Handbook
24 th October	GFA Technical Meeting (Committee Members)	Worcester GC	—
29 th November	WMSGA Milano Team & Individual (See BSGA website)	Fenton Manor Stoke-on-Trent	See WMSGA Handbook
30 th November	GFATC / Voluntary Floor & Vault Championships	Fenton Manor Stoke-on-Trent	2 nd November
30 th November	GFATC Annual Technical Assembly (All clubs)	Fenton Manor Stoke-on-Trent	—
19 th December	GFATC Competition Structure Review / Handbook Finalisation (Committee Members)	Revolution GC (Birmingham)	—

2:1 Competition Eligibility

Competitions are open to gymnasts from clubs and schools that are affiliated to the WMAGA. Gymnasts **MUST** be members of British Gymnastics, minimum of Bronze status. Checks will be made with British Gymnastics; any gymnast found not to be a member will not be allowed to compete. Gymnasts must already be members at the time of entry, it is not acceptable to enter gymnasts and then register them afterwards as this will cause unwanted administration for our voluntary committee.

For information regarding membership please contact British Gymnastics – 08451297129 / www.british-gymnastics.org

2:2 Competition Summary

The information below relates to the three GFATC floor & vault competitions, for all other competitions that are organised by other technical committees please view discipline specific handbooks.



The George Finney Set Floor & Vault Championships / 2nd March 2014

This competition dates back to 1991 where it was formally known as 'The Set Floor & Vault Championships'. The late George Finney (pioneer of general gymnastics) organised this annual event for 'Recreational' gymnasts across the West Midlands for sixteen years, with the much valued assistance of many longstanding WMAGA committee members.

It is a team and individual event; gymnasts will compete twice on vault (best to count) and perform a set floor routine on a straight-line, without music. The routines will have bonus marks in relation to difficulty within them, they must be chosen from the age appropriate list (*see relevant appendix*).

To commemorate George's passion and work for gymnastics; the two George Finney trophies will be presented to the top boys club and top girls club in the West Midlands in addition to the team and individual awards. This is calculated by averaging all of the top scoring gymnasts' overall totals scores from the eligible clubs (top 18 for boys and top 24 for girls).

Team Floor & Vault Championships / 22nd June 2014

This is a team only event; Gymnasts will compete twice on vault (best to count) and perform a 45 – 60 second floor routine on an un-sprung 12m x 12m floor area, girls to music. Routines will consist of ten skills that must meet the composition criteria (*see relevant appendix*).

Voluntary Floor & Vault Championships / 30th November 2014

This is a team and individual event; gymnasts will compete twice on vault (best to count) and perform a voluntary floor routine on a straight-line, without music. Routines will consist of a set amount of skills that must meet the composition criteria (*see relevant appendix*).

2:3 Use of Music

Due to licensing arrangements, the use of Disney, Andrew Lloyd-Webber and Cirque du Soleil music is not permitted. Any routines that do contain music from the above will be instantly turned off. When the competition requires music routines, it must be presented to the competition organiser at the start of each round, using CD format, clearly labelled with – club, gymnast name and gymnast number. The CD's must be collected at the end of each round; left over music will not be kept safe.

2:4 Awards

For all competitions, teams consist of a minimum four/ maximum of six gymnasts. Teams can be entered as either all boys, all girls or mixed across the five age categories. A mixed team must have at least two girls and two boys.

- There will be medals awarded to each member of the teams placed 1st, 2nd and 3rd in each category.
 - The 4 highest vault scores will be added to the 4 highest floor scores of each team to give a team total. In the event of a tie the 5th scores will be added and then the 6th if need be. Following a final tie, the highest team total in the floor scores will win.*
 - For mixed team results; the top 2 girls scores will be added to the top 2 boys scores for each apparatus. In the event of a tie the highest scoring 5th team member irrespective of gender will be added and then the 6th if need be. Following a final tie, the highest team total in the floor scores will win.*
 - For disability team results; the top 3 boys, girls or a mix will be averaged to generate the team total.*
- Trophies will be awarded to the 1st placed team in each category.
- Participation certificates will be awarded to every gymnast.
- Gold medal winners have the opportunity to appear on the WMAGA website, parents/ guardians must sign a consent form after their presentation.

2:5 Competition Age/ Ability Categories 2014

**Age taken from 31st December 2014.*

DEVELOPMENT - 4hrs or Less Training (per week)

**These age groups are applicable to all mainstream Boys, Girls and Mixed Teams:*

Age Category	Year of Birth	Training Hours	Comp Age Category	Year of Birth	Training Hours
Under 10yrs	2006 / 2005	4 or LESS	Under 17yrs	2000 / 1999 / 1998	4 or LESS
Under 12yrs	2004 / 2003	4 or LESS	Mens/ Ladies	1997 or earlier	4 or LESS
Under 14yrs	2002 / 2001	4 or LESS			

N.B - Due to large participation numbers, the Under 10 and Under 12 age groups will only have a 'Mixed' category for the Team Championships (June).

Gymnasts in the above category **must not train above 4 hours** per week in the following disciplines; WA / MA / ACR / TUM / RYTH.

ADVANCED - 5hrs+ Training (per week)

Under 12yrs	2003 or later	Under 14yrs	2001 or later	14yrs+	2000 or earlier	5hrs or MORE
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The above category is for gymnasts that train over 4hrs per week, who are not eligible for the development competition. Ex artistic gymnasts can compete in this category, providing it has been 12 months to the exact date of when they last competed.

NB – For both categories; girls must not have taken part in **any Women's Artistic competition**, with the exception of Club Grade 14 & 13 and Level 5 (Advanced only). Boys must not have taken part in **any Men's Artistic competition** at Club Grade 2 or above. Ex artistic gymnasts can return to the development category, providing it has been two years to the exact date of when they last competed. They can compete in the advanced category if it has been one year to the exact date of their last artistic competition.

2:5:1 Disability Age/ Ability Categories 2014

For all rules and judging guidance, please refer to the appendices.

Physical Disability (PD)

For non-ambulant gymnasts or those who are unable to compete in the development category due to physical disability. Ideal for gymnasts who usually compete at Level A or B in Special Olympics or other disability competitions.

Disability – Development (DD)

For gymnasts who usually compete at Level 1 in Special Olympics or other disability competitions. With the option to perform some basic skills from the mainstream category.

Disability – Advanced (DA)

For gymnasts who usually compete at Level 2 and above in Special Olympics or other disability competitions. With the option to perform a large amount of skills from the mainstream category.

Age Categories – across all disability age categories...

Under 14yrs	2001 or later	14yrs+	2000 or later	DISABILITIES
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2:6 Score Protests / Rule Changes

Protesting against an execution score (*neatness*) is not allowed. If a gymnast's bonus mark is being disputed, this must be brought to the Judging Convener's attention when appropriate. Judges must not be approached at any time.

Rule changes to the GFATC competitions can only be discussed and agreed at the annual competition review meeting, unless required to by the National Governing Body – *British Gymnastics*.

2:7 Other Competitions of Interest

The GFATC information in this handbook does not apply to the competitions below, please see the relevant discipline handbooks for more details.

Women's Artistic Novice Competition

Please view the Women's Artistic Competition handbook for further details.

Open to any gymnast who has not competed in a full four-piece competition, other than this one, at any time. Only three of the four pieces of apparatus need be competed. (Gymnasts may compete on all four pieces but only the best three scores will count). Gymnasts can repeat this Competition as many times as they like provided they have not done a four-piece Competition at any time. The Novice does not count as a four-piece competition even if the gymnast does perform on all four pieces since the scores are only taken from the best three offered.



Contact Philippa Morgan - philippa.peter@btopenworld.com

Men's Artistic Novice Competition

Please view the Men's Artistic Competition handbook for further details.

This competition allows for gymnasts that are still considered as GFA gymnasts, to have a chance at competing in a six piece competition, with the choices of ability categories determining whether they have six pieces to count towards their total or just four pieces.



Contact Jill Coathup - jillcoathup@btinternet.com

West Midlands Team Tumbling Championships

Please contact Kelly Brickley - kbrickley@hotmail.co.uk for further details.

This is a team and individual competition; gymnasts will perform three set tumble runs that are awarded bonus marks depending on their difficulty on a fully sprung tumble track. A team will consist of a minimum three / maximum four gymnasts; either all girls, all boys or mixed. The top nine scoring tumble runs in each team will calculate a team total. A gymnast's three tumble runs totaled together will give them an individual total. Medals will be awarded to the top scoring teams in each age category, with individual medals being awarded to the three highest scoring gymnasts in each age/ gender category.



West Midlands Schools Gymnastics Association - Competitions

George Finney was also the pioneer for schools gymnastics. The national organisation is known as British Schools Gymnastics Association (BSGA), all rules, information and contacts can be found at www.bsga.org.

Our regional contacts are Vicki Royston - vickigym@hotmail.co.uk
and Mary Small - tonymarysmall@outlook.co.uk



The WMSGGA organise competitions across lots of disciplines, primarily in floor & vault. West Midlands clubs can enter their gymnasts into any of their competitions to represent their school, there is an affiliation fee to WMSGGA either per school or individual.

Competition Entry

3:1 How to enter

1. Please see separate document about how to enter using the BG GymNet online system.
2. Due to timetabling; only two teams per age / gender group per club are initially allowed to enter.
3. **Late Entries** – Clubs can no longer make a late entry.
4. **Final Amendments** – Only withdrawals will be excepted after the competition closing date.

3:2 Nominating a Judge / Official

Clubs are required to provide a qualified judge for the event. Details of your nominated judge must be stated on the entry form provided, including full name, contact number and email address. If a club cannot provide a judge there will be a £25.00 judging fee applied, this is to cover the costs of finding external judges. If a judge fails to attend the event, the club must still pay the judging fee.

For any judging queries please contact the Judging Convenor – Sam Harding

07980280834

samanthaharding@icloud.com

It is not compulsory to provide an official for a competition, though the GFATC would appreciate anybody who is willing to volunteer his or her time, please state this upon the entry form.

3:3 Coaches' Qualifications

It is the coaches' responsibility to ensure that they hold the relevant coaching qualifications to cover the skills of the gymnasts who are competing. Each club must nominate a lead coach for a competition entry that holds a minimum of Level 2 qualification in either – GG / WA / MA

Coaches must hold current ...

- BG membership (Silver for Level 1 and Gold for Level 2+)
- DBS (previously known as CRB).
- Safeguarding & protecting children training (certificate verified by British Gymnastics)

The above information will be checked and verified with British Gymnastics

Etiquette

4:1 Gymnast Etiquette and Dress Code

1. All competitors are expected to enter the arena 'smartly dressed', as per the GFA competition rules, in either their club leotard or tracksuit. Gymnasts will incur a 0.3 penalty if the dress code rules below are not complied with. If a gymnast requires special attire for religious or medical reasons, this must be stated to the competition organiser upon entry.
For girls - short or long sleeved leotard must be worn with appropriate neck and hip-line, leotards must not have an open back design. Shorts are not permitted in the Under 10 and Under 12 categories, gymnasts that wear shorts should ensure that they are of a plain design with no embellishments.
For boys - unitard and shorts must be worn; stirrups or gym trousers are not permitted. Gym shoes are permitted, if not gymnasts must compete with bare feet. Gymnasts must be led by competition marshals or coach at all times and should walk neatly following their lead.
2. BG 'zero tolerance' to body piercing and jewellery applies; gymnasts will not be allowed to compete unless all jewellery/ body piercing's are removed.
3. Excessive make-up, hair decorations and nail varnish is not permitted. Unless removed, the gymnast will incur the 0.3 penalty.
4. 0.5 penalty from the team total if members of the same team do not have identical competition attire.
5. Gymnasts will have a designated time slot in the warm up area; gymnasts must always be accompanied by a coach only, not a parent. Gymnasts should not be in the warm up area outside of their time slots. Belongings can be left here; valuables should not be left unattended.
6. Gymnasts may drink water from a sealed bottle in the arena but not food.
7. Gymnasts should demonstrate sportsmanlike behavior whilst at the competition.
8. Gymnasts are expected to attend the medal presentation, if medal winners are not in attendance at the presentation, medals will not be awarded.

4:2 Coach Etiquette and Dress Code

1. For the safety of the gymnasts please ensure that coaches with long hair have it tied back and jewellery is removed as per BG jewellery policy.
2. Appropriate clothing that has club name, colours or logo on is very useful to competition marshalls as it helps us identify your club. Coaches should wear suitable clothing for coaching, i.e. Tracksuit, Jogging Trousers – full length, Polo shirt or T-shirt, Sweatshirt and trainers.
3. Mobile phones should be turned off when in the competition arena.
4. Coaches must ensure that their language and behavior is appropriate to the sport and others around taking into account the ages of most gymnasts. Sportsmanlike behavior must be demonstrated at all times.
5. Coaches are responsible for the behaviour of their gymnasts at all times and must ensure their club supporters abide by the spectators' etiquette rules.
6. Coaches MUST NOT communicate with the scorers, their job is extremely difficult and requires full attention.

4:3 Spectator Etiquette

1. Your support in ensuring spectators are enjoying the competition is much appreciated. Please remind people supporting your club to ensure they do not 'save'; seats with bags / clothing and that cheering, clapping etc is of a nature which is supportive for all gymnasts regardless of their club.
2. Camera devices are to be registered at the door entry desk and should be kept in the spectator area and only used to record/ photograph performances of gymnasts from your club.
3. Following the BG photography policy, all flashes must be turned off, for the safety of competitors. Anybody failing to comply with this rule may be asked to leave the competition arena. Flash may be used during medal presentation once the gymnasts have finished competing.
4. Spectators must ensure that they have paid to watch the event before taking a seat.
5. Spectators must never walk onto the competition floor.

4:4 Judge/ Official Etiquette and Dress Code

1. Judges must wear judging attire – smart clothes, black and white. Officials must wear smart attire.
2. Judges/ officials must ensure that their language and behavior is appropriate to the sport and others around taking into account the ages of most gymnasts. Sportsmanlike behavior must be demonstrated at all times.
3. Mobile phones must not be used whilst in the competition arena.
4. Judges must check with the judging convener one week prior to the competition if they have not already been advised as to which apparatus they are judging.

5. If for any reason a judge finds they are unable to judge, they must let the Judging Convener know as soon as possible, with a name of a substitute judge of the equivalent qualification who is available. If not the nominating club must pay the judging fine.
6. Judges must prepare before the competition by checking any rules and recent rule clarifications relevant to the apparatus / competition they are judging. Judges should whenever possible practice judging routines on the designated apparatus either in a club or using video / DVD
7. Judges must arrive in plenty of time for the judges meeting
8. Judges must only leave the judging table for toilet and meal breaks and must not move around the competition arena or audience if they have finished early.
9. Head judges must stand to greet each rotation of gymnasts – other judges may remain seated.
10. Judges (other than head judges or instructed to do so by head judge) must not speak to coaches / offer advice. Head judges should do so only in relation to the conduct of the competition.
11. Judges must be prompt and fair. If deductions are within a reasonable difference, the score must be averaged and the judges move on swiftly.
12. Score sheets must be completed and submitted promptly after each rotation and before the start of the next rotation competing.
13. If a judge has concerns about the conduct of another judging panel, they must raise it with the judging convener. If a judge is unhappy with the way their panel was run, they must address their concerns to the judging convener after the competition.

5:0 Filming & Photography / Welfare

A designated Welfare Officer is nominated for each competition; their sole purpose on the day is to deal with any concerns, reports and to be a “listening ear” for gymnasts, coaches, officials, spectators etc. Throughout the competition, the announcer will point out where the welfare officer’s station point is.

Remember, the use of flash on cameras is not allowed during the competition. This can be used whilst medal presentations take place. If you have concerns about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to the Competition Organiser or Welfare Officer at the event.

In addition, an official photographer may be present at any competition taking photographs for sale on the day. The photographers will be nationally recognised by British Gymnastics and have been suitably cleared through DBS (previously known as CRB).

Competition Organisation

The information below relates to the technical committee members and officials of the competition organisation.

6:1 Distribution/ Deadline Dates / Final Amendments

1. Rules and entry forms for competitions must be distributed at least seven weeks prior to the event.
2. Once the deadline date has passed, any incomplete entries will not be programmed into the event. Late entries can be accepted to the Competition Organiser's discretion, (please refer to earlier point 3:1 for clarification on incomplete/ late entries).
3. Membership details are to be verified with British Gymnastics by the closing date, so any discrepancies can be rectified within good time to keep in line with distribution dates.
4. A draft programme and timetable should be distributed no later than one week after the closing date; ready for clubs to check their entry details are correct.
5. Final amendments, when affecting the draft timetable and team entry numbers, will be subject to competition organiser's agreement.
6. There are to be no name changes or team transfers after the stated deadline date for final amendments, the competition organiser will only accept withdrawals.

6:2 Competition Layout / Timetabling

Floor – for straight-line routines, there should be 12-metre floor strip with 2 supplementary mats either end of the strip for safety. For large floor routines, there should be a 12m x 12m floor area.

Vault – at least a 12m run up, with 'school style' tiered vaulting box of either 1m-1.10m or 1.20-1.30m. Landing area should include two 30cm deep landing mats, 3mx 2m in perimeter. Vault setups that are being used for older gymnasts should include a supplementary mat against the wall at the end of the landing area.

Seating – all available seating must be used, with appropriate measures to stop spectators crossing onto the competition floor. There should be a designated area for competitors and coaches to be seated whilst waiting to compete, they should be encouraged to remain seated whilst the competition takes place to increase the 'tidiness' of the event, belongings should not be kept in the arena.

Tables – all tables should be covered with blue table clothes, presented in a uniformed manner. Scorers should be placed out of the way of the main competition areas for privacy and concentration. Judges should be placed in an area suitable for viewing the whole routine straight on with comfort.

Marching – Gymnasts should be marched across the front of the arena then stand in front of the judges table of their first apparatus. The clubs taking part in the competition round should be officially announced to the audience, with team members presenting. At the end of each round, teams must stand and be marched out of the existing doors to coincide with the next round marching on.

Warm up area – When there is no separate room for warm up, the area should be clearly cordoned off from the main area, ideally using sports hall barriers or curtains. The warm up area should provide a good area of matting along with a practice vault.

Medals/ trophies – these should be displayed near the front of the competition floor so they're visible by audience members, gymnasts and coaches. This will make it easier when presenting at medal presentations.

Music / Announcing – Lively music that has a beat must be used for march in and march out. Gentle background music should also be played whilst the competition is taking place to provide atmosphere. Audience members should be encouraged to clap to the beat and cheer, we are giving them a show that they have paid to watch. Throughout the day, the audience should be - kindly reminded not to use flash photography, the current top 3 teams/ individuals and where the Welfare Officer is stationed.

Timetable – The timetable must not start earlier than 8.30am and finish no later than 7.00pm, all efforts should be made to finish as early as possible. Additional teams per age/ gender category must only be considered if the timetable allows it. If a category is so large that the time needed exceeds the timing rules, a simple preliminary round must be organised before the final amendments date of the main competition.

When there is only one team in an age category, the Competition Organiser should group that age category with the next one down or up. If an age grouping is not appropriate (i.e. Under 10's and Under 17's) then the competition will go ahead with only 1 team in the age category.

Clubs should be well distributed throughout the day for fair treatment to all, though also to keep the timetable convenient for clubs (i.e. if a club has only 2 teams, ideally they wouldn't be scheduled for round 1 and round 7). If a club has entered 2 teams into the same category, ideally they should be timetabled to compete in the same round and start on the same rotation.

If a round finishes earlier than expected, the Competition Organiser should start the next round early, but no earlier than 30 minutes deviated from the scheduled timetable.

Technical Committee

7:1 Job Descriptions

Committee members are expected to attend all outlined technical meetings and assemblies.

- Chairperson:**
- Organise and chair yearly technical meetings / annual technical assembly
 - Maintain the continuous flow of meetings, following the outlined agenda.
 - Distribute
 - First point of contact for matters relating to Gymnastics For All
 - Attend regional executive meetings
 - Provide appropriate assistance and leadership to the technical committee.

- Associate Chair**
- Working in partnership with other associate chair, carry out the roles of the chairperson in their absence.
 - Provide assistance to the chairperson where appropriate.

- Secretary**
- Minute take at all meetings and assemblies, clearly stating actions for future and whom they should be carried out by.
 - Minutes should be typed up into a word document and forwarded to the Chair for verifying and distribution.

- Judging Convenor** – Using information from competition entry forms, assign appropriate judges to each panel (ideally two per panel).
- Spread experienced judges to newly qualified judges across the panels, identifying who will be head judge on each panel.
 - Contact the nominated judges no later than 2 weeks prior to the event to inform them of start times and confirm which apparatus they will be judging.
 - Provide judging slips, printed competition rules/ info, judges refreshments on the competition day.
 - Aim to be free on the competition day ready to assist with the judging panels and to discuss any queries or discrepancies.
 - Lead the judges meeting on the competition day.
 - Working with British Gymnastics, ensure that the region has regular judging courses being organised.
 - Ensure the continuity of judging across all regular and new judges.

Assistant

- Judging Convener** – Assist the judging convener and take on lead role in their absence.

Competition Organiser

- Book competitive events 2 years in advance.
- Distribute rules and entry forms to all known club contacts (at least 7 weeks prior to the competition date).
- Create a spreadsheet of all club entries to include; total club participants, updated contact details, whether a judge was nominated (including contact details) or judging fine was chosen, if an official was nominated (including contact details), total entry fee and if they paid/ submitted all entry info on time.
- Forward cheques to regional treasurer (at least 2 weeks prior to the event), forward the judges list to the judging convener and forward the officials list to the volunteers' coordinator.
- Devise a programme and timetable ready for distribution, with printed programmes for coaches, judges and spectators (to accompany their admission fee).
- Devise a score programme for use on the day of the competition.
- Order medals, trophies and certificates.
- Ensure that the competition venue is setup adequately.
- Ensure that lunch/ refreshments are provided for officials on the day.
- Ensure that there is adequate float money for the spectators' desk.
- Produce a camera registration form with proof (i.e – stickers, band). Forward to camera reg form onto the regional Welfare Officer after the event.
- Provide music for the event.
- Ensure that the competition has a confident and professional announcer.
- Take leadership and enforce rules, regulations on the day of the competition especially.

Assistant Competition Organiser

- Assist the competition organiser and take lead role in their absence.

Volunteers' Coordinator

Either recruiting or using the nominated club officials from entry forms, assign officials to necessary volunteer roles on the day of the competition: 2x Scorers / 2x Warm Up Area Marshalls / 1x Welfare Officer / 2x Spectator Admission / 1x Music Co-ordinator / 1x Announcer / 8x Runners, March on Leaders

Disability Inclusion

- Liaising with British Gymnastics and other disciplines that provide opportunities for disabilities within gymnastics, devise and promote a specific disability section to the GFA discipline. This should be easily accessible and clear for all clubs/ coaches to understand.
- Working in partnership with the judging convener and competition organiser, devise suitable judging criteria and rules for competitions

Co-opted Member

- Provide generic assistance to the technical committee and be willing to take on some ad-hoc responsibilities at competitive events or organisation in the lead up to an event.

7:2 Planned Meetings

The GFATC should meet throughout the year a minimum of three occasions, where technical matters are to be officially discussed, reviewed and agreed. Extra ordinary meetings can be organised if necessary, though the use of discussions and voting may take place via email.

The GFATC is to organise an annual technical assembly in the month of November, this is where re-elections will take place ready for the new competition year to start in January.

There is to be an annual competition structure meeting, as there is not yet a national competition structure or any large influence from national committees the West Midlands is to devise it's own competition structure and decide an appropriate pathway that allows for mass participation while maintaining competitive involvement into adulthood. This meeting is where the previous year's competition structure, format and rules are to be evaluated and any necessary changes can go forth into the new competition year. Modifications to competitions are not to take place at any other time during the year, unless instructed by the WMAGA or British Gymnastics.

7:3 Re-elections

1. The re-election of committee officers/ members shall take place at the annual technical assembly, as many clubs, coaches, officials as possible should be in attendance to create a majority voting system.
2. Committee officers will be in post for a two-year term before their position is up for re-election. Officers can resign from post before their term is finished, which would call the need for an extra ordinary meeting to re-elect that officer.
3. If it is felt that a person is no longer suitable to carry out their officer role, their position may be re-evaluated by the remaining officers and potentially call for an early re-election, with agreement from the WMAGA executive committee.
4. Only a selection of the full amount of officers will be called for re-election each year, as to increase continuity of committee members, as follows -

Year 1: Chairperson

Assistant Competition Organiser
Judging Convener
Disability Inclusion

Year 2: Vice Chairperson

Competition Organiser
Secretary
Assistant Judging Convener
Volunteer Coordinator

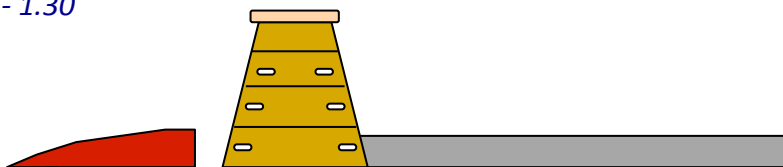
7:4 Complaints Procedure

Complaints/ grievances must be addressed to the Chair in writing/ email. The complaint will be discussed at the next available technical meeting where an appropriate course of action will be decided. This will be agreed by the WMAGA executive committee.

Appendix 1: Vaulting Rules & Marking Guide (All competitions)

MAINSTREAM RULES

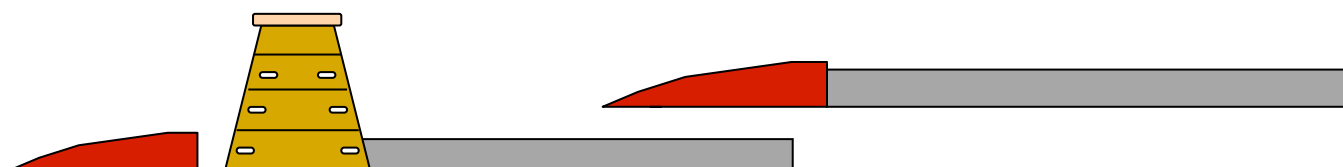
Vault height: U10' / U12's 1.00m – 1.10m / U14's 1.00m – 1.10m or 1.20 – 1.30m /
U14's, U17's Mens/ Ladies 1.20 - 1.30



- Each gymnast may have two attempts at the **SAME** vault.
- The highest scored vault will count as their final vault score.
- Execution penalties are to be deducted from the start value provided to make final score.

- Squat on, stretch jump off	8.00
- Straddle over / Squat through (Cross box)	9.50
- Straddle over / Squat through (Long box) (ONLY U12's & ABOVE)	10.00
- Handspring (Cross or long box) (ONLY U14's & ABOVE)	10.00
- Half on (Cross or long box) (ONLY U14's & ABOVE)	10.00

DISABILITY RULES



Physical Disability: Vault A (non-ambulant)

Stand at attention on springboard. Stretched jump off board to land on mat.
Stretch to attention.

Vault B

Stand at attention a short distance from springboard. Walk or run toward board.
Hurdle onto board. Stretched jump off board to land on mat. Stretch to attention.

Disability Development: One of each vault to be performed. Best vault to count as final vault score.

- Run and hurdle step onto springboard, tuck jump off to land on mat.
- Run and hurdle step onto springboard, star jump off to land on mat.

Disability Advanced: Two vaults to be performed, same or different. Best score to count as final.

- Squat on box, stretch jump off.
- Squat on box, star jump off.
- Squat through box.
- Straddle over box.
- From springboard, handstand flat back to land on mat.

MARKING GUIDE – ALL VAULTS

1st Flight

Bent legs	up to 0.50
Legs separated	up to 0.30
Insufficient stretch	up to 0.50
Legs not above box	up to 1.00
Poor technique e.g. hips bent	up to 0.30

Repulsion Phase

Bent arms	up to 0.50
Bent knees/legs	up to 0.50
Legs separated	up to 0.30
Poor technique	up to 0.50
Touch with 1 hand	2.00

2nd Flight

Bent legs	up to 0.50
Legs separated	up to 0.30
Insufficient Height	up to 0.50
Poor technique/body shape	up to 0.30
Insufficient stretch into landing	up to 0.50
Insufficient distance on landing	up to 0.50

Landing

Arm or body movement to maintain balance	up to 0.30
Deviation from a straight line	up to 0.30
Deep squat on landing	0.50
Insufficient dynamics	up to 0.50
Small steps on landing	0.10 each
Large steps on landing	0.30 each
Spotting by coach on landing	1.00
Fall	1.00

Void Vault

- Support from coach during vault
- Touching the apparatus without vaulting
- Vaulting before judges signal
- Failure to land feet first

Appendix 2: George Finney Championships – Set Routines & Marking Guide

MAINSTREAM FLOOR - Without music, on a straight line of mats. All routines are marked out of 10.00, some set routines are rewarded bonus marks for difficulty. DO NOT sacrifice quality of performance to be rewarded with the bonus mark, the deductions may be more than the bonus awarded.

SET ROUTINES

For a gymnast to be awarded with the bonus mark, the execution should be a minimum of 8.00.

Set A - Under 10's, Under 12's only / NO BONUS **Under 14's, Under 17's, Mens & Ladies / OUT OF 9.50**

- 1 'h' balance - *arms optional, straight back and supporting leg, knee at 90°*
- 2 Forward roll - *squat with straight back, legs straight in roll, stand up without using hands and legs together*
- 3 Star jump - *Arm swing, shape of arms optional, legs at 90° split*
- 4 Forward roll into dish - *arms optional, 0.5 deduction if feet touch floor*
- 5 Hold dish (3 sec) - *Loss of value if not held, 0.3 deduction if back not touching floor*
- 6 Roll to arch (3 secs) - *Loss of value if not held, 0.3 deduction if arms or leg touch*
- 7 Press to front support, jump to crouch - *Looking for hands under shoulders, straight back, legs together*
- 8 Backward roll - *roll from squat position, legs tucked throughout*

Advanced: Under 12, Under 14, 14yrs+

Set B – Under 10's, Under 12's / BONUS 0.50 **Under 14's, Under 17's, Mens & Ladies / NO BONUS**

- 1 Balance with leg in front at 45° or above (3 secs), linked into ... - *arms optional, legs straight*
- 2 Cartwheel, *linked into...* - *cartwheel is front to side, ¼ turn forwards into, straight back*
- 3 Handstand forward roll - *arms optional during roll, up to 0.5 deduction if handstand not vertical before roll*
- 4 Forward roll to pike sit, push to bridge - *squat with straight back, legs straight in roll / bridge arms by ears, straight legs*
- 5 Tucked shoulder stand into ½ turn jump - *up to 0.5 deduction hips not over shoulders / jump arms optional, height needed*
- 6 Backward roll to straddle-stand - *entry optional*
- 7 Straddle lift to headstand - *legs straight, legs join at vertical, straight back, return to feet optional*
- 8 Round off, controlled rebound - *run or jump entry, show speed/ power, 0.3 deduction if no rebound.*

Advanced: Under 12, Under 14, 14yrs+

Set C – Under 10's, Under 12's / BONUS 1.00 **Under 14's, Under 17's, Mens & Ladies / BONUS 0.50**

- 1 'Y' balance - *up to 0.5 deduction, leg between 45° & 90°*
or Arabesque - *arms optional, 0.3 deduction if leg/ chest not above horizontal*
- 2 Handstand forward roll - *arms straight during roll, up to 0.5 deduction if handstand not vertical before roll*
- 3 One handed cartwheel, *linked into...* - *free arm optional (must not be behind body 0.3 deduction)*
- 4 Cartwheel, *linked into...* - *finish ¼ turn inwards*
- 5 Backward walkover - *arms by ears, show split, optional finish*
or Backward roll to handstand - *optional entry, arms by ears, up to 0.5 deduction if extension to handstand not vertical*
- 6 Full turn jump - *arms optional, height needed*
- 7/8 Handspring, rebound, stop, straddle jump or RO, flick - *speed/ power/ tempo, 0.3 no rebound, jump legs at hip level*

Advanced: Under 12, Under 14, 14yrs+

Set D - **Under 14's, Under 17's, Mens & Ladies only / BONUS 1.00**

- 1 Arabesque (3 secs) into Swedish fall - *see routine set C points, bend arms with control to lower chest, leg up in the air*
or 'Y' Balance - *see routine set C*
- 2 Backward walkover or Backward roll to handstand - *see routine set C points, finish at the end of mats.*
- 3 Round off (RO) flick, tuck back somersault - *run/ jump optional, speed/ power/ tempo, straight arms, landing still*
or RO double flick, rebound - *run/ jump optional, speed/ power/ tempo needed, straight arms, 0.3 if no rebound*
- 4 One handed cartwheel *linked ...* - *free arm optional (must not be behind body 0.3 deduction)*
- 5 Handstand full pirouette, roll out linked... - *only 4 hand movements* or Forward walkover - *show split, finish leg lifted*
- 6 full turn jump - *immediate jump from roll* or full spin - *immediately from raised leg, must keep in relevée until finish.*
- 7 Forward roll into ½ turn tuck or ½ turn straddle jump - *½ turn completed before shape, legs at hip level*
- 8 Aerial cartwheel - *jump/ run, arms optional* or Jump into handspring, controlled rebound - *see routine set C points*

MARKING GUIDE – MAINSTREAM SET FLOOR ROUTINES

Maximum score = 11.00 (if bonuses are applied)

Minimum score = 6.00

4.00 marks for **content** - 0.5 awarded for each element completed. Extra moves over 8 or repeated skills will not count for content but will carry execution penalties. Missing skills will incur a penalty of 0.5 each.

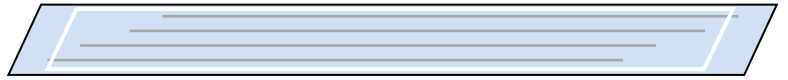
4.00 marks for **execution** – judges can deduct up to 4.00 from the score for execution faults. If content deductions mean that a score would be below 6.00, the judges will only issue a 6.00.

General Technical Faults (as set out in Level 1 floor & vault Judging course)

Incorrect body shape in skills	up to 0.50
Bent Arms, legs or knees	up to 0.50
Legs or knee separation	up to 0.30
Insufficient height in jumps	up to 0.30
Insufficient tuck, pike or stretch	up to 0.30
Insufficient split	up to 0.30
Insufficient flight in flight elements	up to 0.30
Incomplete turns	up to 0.30
Poor posture	up to 0.30
Movement to maintain balance	up to 0.30
Brush with hand on floor	0.30
Touch with hands on floor	0.50
Small hop/step	0.10 each
Large hop/step	0.30 each
Fall	1.00
No presentation at beginning/end	0.30

Appendix 3: Disability GF Championships – Set Routines & Marking Guide

DISABILITY FLOOR - Without music, on a straight line of mats. All routines are marked out of 10.00.



Physical Disability

Set A Non-ambulant: *Skills may be performed in any order and any direction.*

- 1 Beginning pose – optional shape
- 2 Stretched sideways roll
- 3 Balance – optional shape
- 4 Locomotive movement – optional mode of travel
- 5 Back rock
- 6 End pose – optional shape

Set B - *Skills may be performed in any order and any direction.*

- 1 Beginning pose – optional shape
- 2 Two side chasse
- 3 Two footed pivot turn
- 4 Forward arm wave
- 5 Lower to floor
- 6 Back rock
- 7 Stretched sideways roll
- 8 End pose – optional shape

Disability Development

Set A

- 1 Forward roll
- 2 Tuck Jump
- 3 Star Jump. Turn out 90 degrees, side chasse, turn forward 90 degrees
- 4 Arabesque - 30 degrees or above (2 secs)
- 5 Rock back to momentary shoulder stand and rock forward to a 'V' sit with hand support (2 secs)
- 6 ½ log roll to arch, to stand
- 7 Kick to 'teeter-totter' (one leg up handstand)
- 8 three or four running steps to assemble hurdle, stretch jump or ½ turn jump (**bonus 0.30**)

Set B

- 1 'h' balance
- 2 Forward roll
- 3 Star jump
- 4 Forward roll into dish (feet off the floor)
- 5 Hold dish (3 secs)
- 6 Roll to arch (3 secs)
- 7 Press to front support, jump to crouch
- 8 Backward roll

Disability Advanced

Set A

- 1 Turn to face sideways along mats, side chasse to a cartwheel
- 2 Turn to face down mats, arabesque to 45 degrees or above
- 3 Kick to handstand (feet should come together above waist height)
- 4 Backward roll to straddle stand
- 5 Forward roll to knee lunge position (momentary hold) and stand
- 6 Stretch jump with $\frac{1}{2}$ turn
- 7 Three or four running steps into round off
- 8 Stretch jump with $\frac{1}{2}$ turn or Stretch jump with full turn (**bonus 0.30**)

Set B

- 1 Balance with leg in front at 45 degrees or above (3 secs)
- 2 Cartwheel
- 3 Handstand forward roll
- 4 Forward roll to pike sit, push to bridge or sit in straddle into japa
- 5 Tucked shoulder stand, roll out stand, $\frac{1}{2}$ turn jump
- 6 Backward roll to straddle stand
- 7 Headstand (tucked or straight) or Arabesque
- 8 Round off, controlled rebound.

MARKING GUIDE – DISABILITY SET FLOOR ROUTINES

Maximum score = 10.30 (if bonuses are applied)

Minimum score = 6.00

4.00 marks for **content** - 0.5 awarded for each element completed. Extra moves over 8 or repeated skills will not count for content but will carry execution penalties. Missing skills will incur a penalty of 0.5 each.

4.00 marks for **execution** – judges can deduct up to 4.00 from the score for execution faults. If content deductions mean that a score would be below 6.00, the judges will only issue a 6.00.

General Technical Faults - Disability

Incorrect body shape in skills	up to 0.30
Bent Arms, legs or knees	up to 0.30
Legs or knee separation	up to 0.10
Insufficient height in jumps	up to 0.10
Insufficient tuck, pike or stretch	up to 0.10
Insufficient split	up to 0.10
Insufficient flight in flight elements	up to 0.10
Incomplete turns	up to 0.10
Poor posture	up to 0.10
Movement to maintain balance	up to 0.10
Brush with hand on floor	0.10
Touch with hands on floor	0.30
Hop/step	0.10 each
Fall	0.50
No presentation at beginning/end	0.10

Appendix 4: Team Championships – Floor Criteria & Marking Guide

MAINSTREAM FLOOR – Each team member will perform an individual floor routine using a non-sprung floor area of 12m x 12m. The sequence must last between 45 and 60 seconds, with a 0.2 penalty for over time. Girls will perform to music, boys without. As per point 2:3 on page 6 of the GFA handbook - *Due to licensing arrangements, the use of Disney, Andrew Lloyd-Webber and Cirque du Soleil music is not permitted. Any routines that do contain music from the above will be instantly turned off. When the competition requires music routines, it must be presented to the competition organiser at the start of each round, using CD format, clearly labelled with – club, gymnast name and gymnast number. The CD's must be collected at the end of each round; left over music will not be kept safe.*

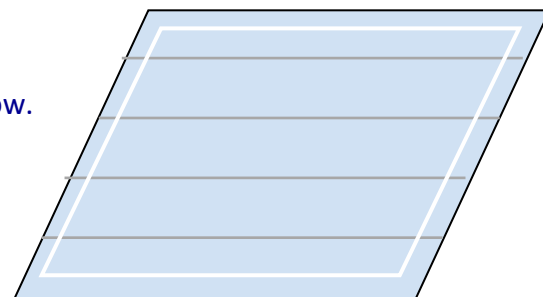
CONTENT

A sequence must contain a minimum of **10** skills from the table below.

Requirements:

- 1x balance
- 1x jump/ leap
- 1x agility
- 1x three skill series using any of the skill columns and difficulty bands. Must be linked.

(Please note that all rolls and headstands must start and finish on the feet unless otherwise stated)



Minimum 1x BALANCE	Minimum 1x JUMP / LEAP	Minimum 1x AGILITY	Other SKILLS
'A' Skills - No Bonus			
'h' Balance	Tuck Jump	Jump Step into Cartwheel ¼ turn	Front Support, Jump to Crouch
'half star' Balance	Half Turn Jump	Double Cartwheel	Circle Roll
Bridge	Chasse Cat Leap	Round off, rebound	Full Spin
Headstand (<i>tucked</i>)			Forward Roll
			Backward Roll
			Cartwheel
			Handstand (<i>momentary hold</i>)
			Handstand Forward Roll
'B' Skills - Bonus 0.1			
Arabesque	Chasse Scissor Kick	Back Flick (<i>can be repeated once</i>)	Forward Roll to Straddle Stand
'Y' Balance	Chasse ½ Turning Cat Leap	Handspring, step out	Backward Roll to Straddle Stand
Splits (<i>any direction</i>)	Straddle Jump	Handspring, rebound	Handstand ½ Pirouette
Headstand (<i>straight</i>)	'W' Jump		Backward roll to handstand
	Full Turn Jump		One Handed Cartwheel
'C' Skills - Bonus 0.2 (NO MORE THAN 3 'C' SKILLS)			
	Chasse Full Turning Cat Leap	Aerial Cartwheel	Forward Walkover
	Chasse Split Leap	(16U, 5hrs+ & Open Only)	Backward Walkover
		Tuck Back Somersault	Valdez
		Tuck Front Somersault	Handstand Full Pirouette

For vaulting information, please see page 19 & 20.

MARKING GUIDE - Team Championships

E Score	+	Bonus for Difficulty	=	Total Score
Execution 4.00		B Skills – 0.1 for each skill		Max Score available
+		C Skills – 0.2 for each skill (max 3)		with bonus – 11.30
Content 5.00				
+				
Composition 1.00				

- If skills with a bonus mark are performed correctly and fully completed, the total bonus' will be added to the E score (*execution, content, composition*) to give the gymnast the total floor score.
- If a skill from the B or C lists that carry bonus points are attempted but fail to complete or are performed with unrecognisable execution, the bonus points will not be awarded.

5.00 marks for **content** - 0.5 awarded for each element completed. Extra skills over 10 or repeated skills (*except back flip*) will not count for content but will carry execution penalties. Missing skills will incur a penalty of 0.5 each.

4.00 marks for **execution** – judges can deduct up to 4.00 from the score for execution faults.

1.00 marks for **composition** - marks will be awarded as follows

- ⇒ 0.25 Performance style *i.e. stretching, poise, full variety of ground, medium and airborne skills.*
- ⇒ 0.25 Full use of the floor.
- ⇒ 0.25 Creative choreography and linking skills, which interprets the music (*for girls*).
- ⇒ 0.25 Distribution of elements. *i.e. skills shouldn't always be performed one after another.*

General Technical Faults (as set out in Level 1 floor & vault Judging course)

Incorrect body shape in skills	up to 0.50
Bent Arms, legs or knees	up to 0.50
Legs or knee separation	up to 0.30
Insufficient height in jumps	up to 0.30
Insufficient tuck, pike or stretch	up to 0.30
Insufficient split	up to 0.30
Insufficient flight in flight elements	up to 0.30
Incomplete turns	up to 0.30
Poor posture	up to 0.30
Movement to maintain balance	up to 0.30
Brush with hand on floor	0.30
Touch with hands on floor	0.50
Small hop/step	0.10 each
Large hop/step	0.30 each
Fall	1.00
No presentation at beginning/end	0.30

Appendix 5: Disability Team Championships

- Floor Criteria & Marking Guide

DISABILITIES FLOOR – Each team member will perform an individual floor routine using a non-sprung floor area of 12m x 12m. The sequence must last up to 90 seconds, with a 0.2 penalty for over time. Girls will perform to music, boys without. As per point 2:3 on page 6 of the GFA handbook - *Due to licensing arrangements, the use of Disney, Andrew Lloyd-Webber and Cirque du Soleil music is not permitted. Any routines that do contain music from the above will be instantly turned off. When the competition requires music routines, it must be presented to the competition organiser at the start of each round, using CD format, clearly labelled with – club, gymnast name and gymnast number. The CD's must be collected at the end of each round; left over music will not be kept safe.*

CONTENT

Physical Disabilities - A sequence must contain a minimum of **6** skills (for non-ambulant gymnasts) and minimum of **8** skills (for ambulant gymnasts). *Please see page 23 for guidance.*

Disability Development - A sequence must contain a minimum of **8** skills from the table below. Routines must contain the following requirements:

- 1x Balance
- 1x Jump/ Leap
- 1x Locomotive (travelling) movement

Minimum 1x BALANCE	Minimum 1x JUMP / LEAP	Minimum 1x TRAVELLING	Other SKILLS
'h' Balance	Stretch Jump	Chasse Sideways	Log Roll
'half star' Balance	Tuck Jump	Chasse Forwards	Front support, jump to crouch
'V'-sit	Star Jump	March	Back rock
Shoulder stand	½ Turn Jump	Skip	¾ handstand (<i>teeter totter</i>)
Arabesque (<i>leg at 30 to 45 degrees</i>)	Cat leap	Steps lifting legs straight into 45 degrees or above, at front or back	Forward roll
Handstand (<i>momentary hold</i>)			Cartwheel
Hold Dish (3 secs)			Backward roll
Hold Arch (3 secs)			Japan

Disability Advanced rules continued on next page ...

Disability Advanced - A sequence must contain a minimum of **8** skills from the table below. Routines must contain the following requirements:

- 1x Balance
- 1x Jump/ Leap
- 1x Agility

N.B – Skills can be chosen from the table below or from the mainstream table on page 25, though skills will not carry bonus marks. Skills from the Disabilities development table are also permitted to help choreograph routines.

Minimum 1x BALANCE	Minimum 1x JUMP / LEAP	Minimum 1x AGILITY	Other SKILLS
Arabesque (45 degrees or above)	Straddle Jump	Chasse Cartwheel	Circle Roll (teddy roll)
Balance with leg in front at 45 degrees or above	½ Turn Jump	Chasse Cartwheel ¼ turn	Variation of Sideways roll (e.g. egg roll, shoulder roll)
Bridge	Split Leap	Round off	Forward Roll to Straddle Stand
Splits	Scissor Kick	Backward Walkover	Backward Roll to Straddle Stand
Handstand (1 sec or more, step down)	½ Turning Cat Leap	Forward Walkover	Backward Roll over one shoulder
Headstand (tucked or straight)		Backward Roll to Handstand	Pivot
			½ or ¾ Spin
			Handstand (not held)
			Handstand Forward Roll
			Cartwheel ¼ turn
			Any Strength Skill

For vaulting information, please see page 19 & 20.

General Technical Faults - Disability

Incorrect body shape in skills	up to 0.30
Bent Arms, legs or knees	up to 0.30
Legs or knee separation	up to 0.10
Insufficient height in jumps	up to 0.10
Insufficient tuck, pike or stretch	up to 0.10
Insufficient split	up to 0.10
Insufficient flight in flight elements	up to 0.10
Incomplete turns	up to 0.10
Poor posture	up to 0.10
Movement to maintain balance	up to 0.10
Brush with hand on floor	0.10
Touch with hands on floor	0.30
Hop/step	0.10 each
Fall	0.50
No presentation at beginning/end	0.10

Appendix 6: Voluntary Championships – Floor Criteria & Marking Guide

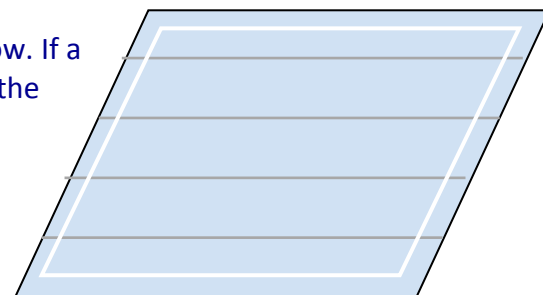
MAINSTREAM FLOOR – Each team member will perform an individual floor routine (Straight line) using a non-sprung floor area of 12m x 2m. Gymnasts will perform without music.

CONTENT

A sequence must contain a minimum of **10** skills from the table below. If a skill/ requirement is missed, there will be 1.0 penalty. 10 skills with the following requirements:

- 1x balance
- 1x jump/ leap
- 1x agility
- A three skill series using any of the skill columns and difficulty bands. Must be linked, without pausing.

(Please note that all rolls and headstands must start and finish on the feet unless otherwise stated)



Minimum 1x BALANCE	Minimum 1x JUMP / LEAP	Minimum 1x AGILITY	Single SKILLS
'A' Skills - No Bonus			
'h' Balance	Tuck Jump	Jump Step into Cartwheel ¼ turn	Front Support (3 secs)
'half star' Balance	Half Turn Jump		Teddy Bear Roll (180°)
Headstand (<i>tucked</i>)	Chasse Cat Leap		½ Spin
			Forward Roll
			Backward Roll (<i>tucked or to straddle stand</i>)
			Cartwheel
			Handstand (<i>momentary hold</i>)
			Handstand Forward Roll (<i>bent arms roll</i>)
'B' Skills - Bonus 0.1			
Bridge	Chasse Scissor Kick	Round off, rebound	Forward Roll to Straddle Stand
Arabesque	Chasse ½ Turning Cat Leap		Backward Roll to Straddle Stand (<i>straight arm/ legs throughout</i>)
Splits (<i>any direction</i>)	Straddle Jump		Double Cartwheel
Headstand (<i>straight</i>)	Swedish Fall		Full Spin
	'W' Jump		Handstand ½ Pirouette
	Full Turn Jump		Backward roll to handstand (<i>bent arms</i>)
	Chasse Split Leap		One Handed Cartwheel
'C' Skills - Bonus 0.2			
'Y' Balance	Chasse Full Turning Cat Leap	Back Flick (<i>can be repeated once</i>)	Forward Walkover
Straddle/ Pike Lever	Chasse Change Leg Split Leap	Handspring, step out	Backward Walkover
	Chasse Stag Leap ½ turn	Handspring, rebound	Valdez
		Aerial Cartwheel	Handstand Full Pirouette
		(16U, 5hrs+ & Open Only)	1 ½ Spin
		Tuck Back Somersault	Double Spin
		Tuck Front Somersault	Leg raised 90° Full Spin
			Backward Roll to Handstand (<i>straight arms</i>)

MARKING GUIDE – Voluntary Championships

E Score	+	Bonus for Difficulty	=	Total Score
Execution 4.00		B Skills – 0.1 for each skill		Max Score available
+		C Skills – 0.2 for each skill		with bonus – 12.00
Content 5.00				
+				
Composition 1.00				

- If skills with a bonus mark are performed correctly and fully completed, the total bonus' will be added to the E score (*execution, content, composition*) to give the gymnast the total floor score.
- If a skill from the B or C lists that carry bonus points are attempted but fail to complete or are performed with unrecognisable execution, the bonus points will not be awarded.

5.00 marks for **content** - 0.5 awarded for each element completed. Extra skills over 10 or repeated skills (*except back flip*) will not count for content but will carry execution penalties. Missing skills will incur a penalty of 1.0 each.

4.00 marks for **execution** – judges can deduct up to 4.00 from the score for execution faults.

1.00 marks for **composition** - marks will be awarded as follows

- ⇒ 0.25 Performance style *i.e stretching, poise, full variety of ground, medium and airborne skills.*
- ⇒ 0.25 At least 1 length of mats used
- ⇒ 0.25 At least 1 direction change
- ⇒ 0.25 Creative linking, routine that flows well without many stops, pauses.

General Technical Faults (as set out in Level 1 floor & vault Judging course)

Incorrect body shape in skills	up to 0.50
Bent Arms, legs or knees	up to 0.50
Legs or knee separation	up to 0.30
Insufficient height in jumps	up to 0.30
Insufficient tuck, pike or stretch	up to 0.30
Insufficient split	up to 0.30
Insufficient flight in flight elements	up to 0.30
Incomplete turns	up to 0.30
Poor posture	up to 0.30
Movement to maintain balance	up to 0.30
Brush with hand on floor	0.30
Touch with hands on floor	0.50
Small hop/step	0.10 each
Large hop/step	0.30 each
Fall	1.00
No presentation at beginning/end	0.30

Appendix 7: Disability Voluntary Championships

- Floor Criteria & Marking Guide

DISABILITIES FLOOR – Each team member will perform an individual floor routine (straight line) using a non-sprung floor area of 12m x 2m. Gymnasts will perform without music.

CONTENT

Physical Disabilities - A sequence must contain a minimum of **6** skills (for non-ambulant gymnasts) and minimum of **8** skills (for ambulant gymnasts). *Please see page 23 for guidance.*

Disability Development - A sequence must contain a minimum of **8** skills from the table below. Routines must contain the following requirements:

- 1x Balance
- 1x Jump/ Leap
- 1x Locomotive (travelling) movement

Minimum 1x BALANCE	Minimum 1x JUMP / LEAP	Minimum 1x TRAVELLING	Other SKILLS
'h' Balance	Stretch Jump	Chasse Sideways	Log Roll
'half star' Balance	Tuck Jump	Chasse Forwards	Front support, jump to crouch
'V'-sit	Star Jump	March	Back rock
Shoulder stand	½ Turn Jump	Skip	¾ handstand (<i>teeter totter</i>)
Arabesque (<i>leg at 30 to 45 degrees</i>)	Cat leap	Steps lifting legs straight into 45 degrees or above, at front or back	Forward roll
Handstand (<i>momentary hold</i>)			Cartwheel
Hold Dish (3 secs)			Backward roll
Hold Arch (3 secs)			Japana

Disability Advanced rules continued on next page ...

Disability Advanced - A sequence must contain a minimum of **8** skills from the table below. Routines must contain the following requirements:

- 1x Balance
- 1x Jump/ Leap
- 1x Agility

N.B – Skills can be chosen from the table below or from the mainstream table on page 25, though skills will not carry bonus marks. Skills from the Disabilities development table are also permitted to help choreograph routines.

Minimum 1x BALANCE	Minimum 1x JUMP / LEAP	Minimum 1x AGILITY	Other SKILLS
Arabesque (45 degrees or above)	Straddle Jump	Chasse Cartwheel	Circle Roll (teddy roll)
Balance with leg in front at 45 degrees or above	½ Turn Jump	Chasse Cartwheel ¼ turn	Variation of Sideways roll (e.g. egg roll, shoulder roll)
Bridge	Split Leap	Round off	Forward Roll to Straddle Stand
Splits	Scissor Kick	Backward Walkover	Backward Roll to Straddle Stand
Handstand (1 sec or more, step down)	½ Turning Cat Leap	Forward Walkover	Backward Roll over one shoulder
Headstand (tucked or straight)		Backward Roll to Handstand	Pivot
			½ or ¾ Spin
			Handstand (not held)
			Handstand Forward Roll
			Cartwheel ¼ turn
			Any Strength Skill

For vaulting information, please see page 19 & 20.

General Technical Faults - Disability

Incorrect body shape in skills	up to 0.30
Bent Arms, legs or knees	up to 0.30
Legs or knee separation	up to 0.10
Insufficient height in jumps	up to 0.10
Insufficient tuck, pike or stretch	up to 0.10
Insufficient split	up to 0.10
Insufficient flight in flight elements	up to 0.10
Incomplete turns	up to 0.10
Poor posture	up to 0.10
Movement to maintain balance	up to 0.10
Brush with hand on floor	0.10
Touch with hands on floor	0.30
Hop/step	0.10 each
Fall	0.50
No presentation at beginning/end	0.10