



**White, Silver, Gold Level: November 22nd & 23rd**

**Blue & Bronze Level: November 29th & 30th**

**Entries Open October 10th & Close October 17th**

## GfA Competition Booklet Version 3

**Published: October 2014 (Amendment to team rules)**

Please Note: Slight changes to rules are highlighted in yellow

- \* All competition entries will be direct online through your club's gymnet
- \* No refunds will be made after entry
- \* Communication will ONLY be through coaches & clubs NOT PARENTS, please ensure your parents are aware of this.
- \* Your entry is not confirmed until payment is received which MUST be before the closing date.

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<b>LEVEL A</b>			
<b>Acrobatic Moves</b>			
Backward roll piked to stand		<b>S</b>	
Backward roll to front support (held)		<b>S</b>	
Backward roll to straddle stand with flat back (held)		<b>S</b>	
Backward roll tucked			
Cartwheel front to back (¼ turn)			
Cartwheel (side to side)			
Circle or Teddy bear roll -360°			
Forward roll straddled to stand			
Forward roll tucked to stand			
From front support, jump in and Straight Jump up			
Handstand forward roll			
One handed cartwheel (arm optional)			
<b>Strength, Balance &amp; Flexibility</b>			
<b>All moves held for a minimum of 2 seconds (0.30 deduction for less)</b>			
Arabesque			<b>B</b>
Back support turn to front support or Vice Versa		<b>S</b>	
Dead Man - drop to front support		<b>S</b>	
Dish to arch OR arch to dish		<b>S</b>	
Frog balance			<b>B</b>
From floor push to Bridge, lower to floor	<b>F</b>		
Front or back support lower push up (press up or tricep dip)		<b>S</b>	
Handstand		<b>S</b>	<b>B</b>
Headstand - return to feet			<b>B</b>
One Foot Stand (free leg to knee horizontal forwards)			<b>B</b>
Shoulder stand with arm support			<b>B</b>
Splits side or box (without hand support)	<b>F</b>		
V sit with hand support			<b>B</b>
<b>Group Three - Jumps, leaps and spins</b>			
Cat Leap			
Half Spin on Toes			
Star Jump			
Straight Jump - Extended			
Straight Jump 1/2 Turn			
Tuck Jump			

<b>LEVEL B</b>			
<b>Acrobatic Moves</b>			
Back Flip Step Out			
Back Flip to Two Feet			
Backward Walkover	F		
Backward Roll Handstand		S	
Forward Walkover	F		
Forward walkover to Backward Walkover (Tic-Toc)	F		
Forward roll Piked to Stand	F	S	
Handspring to Two			
Handstand through Bridge to stand	F	S	
Round off			
Tinsica	F		
<b>Strength, Balance &amp; Flexibility</b>			
<b>All moves held for a minimum of 2 seconds (0.30 deduction for less)</b>			
From front support, straddle or pike cut to rear support		S	
Handstand 1/2 turn		S	
Japana, flat back, chest to floor, legs at max of 90°	F		
Pike Fold	F		
Shoulder stand (straight arms behind head)		S	B
Swedish Fall with one leg raised		S	
V sit without hand support		S	B
Y balance	F		B
<b>Group Three - Jumps, leaps and spins</b>			
Catleap 1/2			
Full Spin on Toes			
Jump Backward 1/2 Turn to Front Support			
Scissor Kick (Both Legs above Horizontal)			
Shoushonova tucked			
Sissone (min. 120° split)			
Split Leap / Jump or side leap (180° separation)			
Stag leap or jump (back leg straight)			
Straddle jump (feet hip height)			
Straight jump 1/1 turn			
Tuck jump 1/2			
W Jump or Hop			

<b>LEVEL C</b>			
<b>Acrobatic Moves</b>			
Arabian Somersault (Tucked or Piked)			
Backward Somersault (any shape) with 1/2 or 1/1 twist			
Backward Somersault tucked, straight or piked			
Backward roll to handstand with straight arms		<b>S</b>	
Dive forward roll or Hecht Roll (must show flight)			
Flyspring			
Free cartwheel	<b>F</b>		
Free Walkover	<b>F</b>		
Front somersault (any shape) with 1/2 or 1/1 turn			
Front somersault - tucked, straight or piked			
Handspring to one (must show flight phase)	<b>F</b>		
Handstand forward roll piked to stand		<b>S</b>	
Jump Backward with 1/2 turn to Handspring forward	<b>F</b>		
One handed walkover	<b>F</b>		
Side somersault tucked or piked			
Valdez	<b>F</b>		
Whip Salto Backward			
<b>Strength, Balance &amp; Flexibility</b>			
<b>All moves held for a minimum of 2 seconds (0.30 deduction for less)</b>			
From splits or straddle press to handstand	<b>F</b>	<b>S</b>	<b>B</b>
From standing elephant lift to handstand		<b>S</b>	<b>B</b>
From straight leg headstand press to handstand		<b>S</b>	<b>B</b>
Handstand pirouette (1/1 turn)		<b>S</b>	
Pike lever		<b>S</b>	<b>B</b>
Russian lever	<b>F</b>	<b>S</b>	<b>B</b>
Straddle half lever		<b>S</b>	<b>B</b>
Tucked top planche		<b>S</b>	<b>B</b>
Wide arm handstand, hands greater than shoulder width		<b>S</b>	<b>B</b>
<b>Group Three - Jumps, leaps and spins</b>			
Catleap 1/1			
Double Spin			
Full Spin with free leg above horizontal throughout turn			
Piked jump (feet hip height)			
Ring Leap or Jump			
Shoushonova straddled (feet hip height)			
Split leap change			
Tuck jump 1/1			
W Jump or Hop 1/2			

<b>FLOOR JUDGING</b>			
<b>Artistry Deductions Throughout</b>			
Insufficient flow of routine (links)	0.1	0.3	
Insufficient variation of tempo / rhythm	0.1	0.3	
Lack of Expression	0.1		
Lack of Confidence	0.1		
Lack of range of moves/skills within the routine	0.1	0.3	
Insufficient use of Floor area according to height of gymnast	0.1	0.3	
Lack of dynamics throughout the routine	0.1	0.3	
<b>Specific Floor Deductions</b>			
Missing A, B, or C			0.5
B moves in White or C moves in White, Blue or Bronze			0.5
Touch of hair/leotard (each)	0.1		
Music and movement not in harmony	0.1	0.3	
Missing Composition Requirement (CR)			0.5
Out of bounds with one hand or foot	0.1		
Land out of floor boundary or both feet/hands out		0.3	
Music Overtime		0.3	
No music (girls)			0.5
Not ending in time with music	0.1		
Coaching from the side (verbal or visual cues to gymnasts)			1.0
<b>Execution Deductions (Each Time)</b>			
Bent arms or bent knees	0.1	0.3	0.5
Balance / Flexibility (Group 2) not held for 2 secs		0.3	
Leg or knee separations	0.1	0.3	
Insufficient height of elements	0.1	0.3	
Insufficient split in dance elements	0.1	0.3	
Incomplete turns / twists	0.1	0.3	
Insufficient tuck/pike/stretch	0.1	0.3	
Body Alignment	0.1		
Feet not pointed/loose	0.1		
<b>Landing Faults (Each Time)</b>			
Landing from tumbles (step)	0.1	0.3	
Trunk movements to maintain balance	0.1	0.3	
Extra Steps up to 0.8	0.1		
Very large step or jump		0.3	
Deep squat			0.5
Touching Apparatus or floor		0.3	
All falls			1.0
<b>Additional Rules</b>			
<b>** NEW A 'C' move CAN replace a 'B' move in SILVER &amp; GOLD Level NEW **</b> Each move can only be counted once for value but can still incur deductions Two series cannot be linked. Two moves must be separately connected per series.			

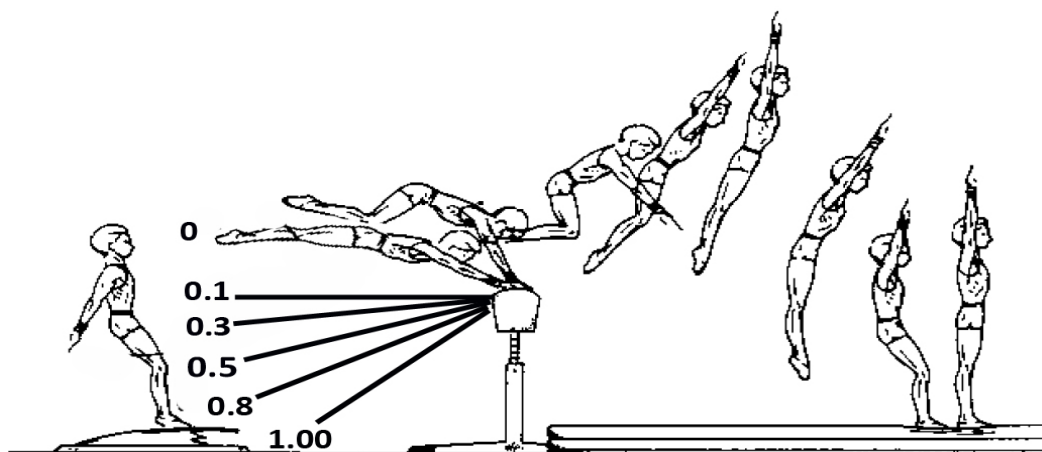
<b>Floor Requirements</b>				
Performed on Strip of mats 12m x 2m		Performed on Full size SPRUNG floor (45 - 90 secs - music with no vocals for girls) 12m x 12m		
<b>Minimum of 10 moves in each routine (0.50 per move: 5.0)</b>				
<b>White</b>	<b>Blue</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold (all levels)</b>
<b>** NEW OPTIONAL BONUS FOR FLOOR (Can only be used once in a routine) **</b>				
<b>NO BONUS</b>	<b>NO BONUS</b>	<b>B + B series 0.30 bonus</b>	<b>C + B or B + C series 0.30 bonus</b>	<b>C + C series 0.30 bonus</b>
A moves only	2 x B moves may be used but are NOT required	A & B moves only 4 x B moves	A, B & C moves 5 x B moves 1 x C moves	A, B & C moves 5 x B moves 3 x C moves
<b>C Moves may replace B moves (Silver &amp; Gold Level)</b>				
<b>Composition Requirements (CR's - 0.50 per requirement: 2.50)</b>				
<b>White</b>	<b>Blue</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold (all levels)</b>
None	1. Balance (B) (held) must show for 2 seconds			
	2. Strength (S) or flexibility (F) move			
	3. Acro series - 2 linked GROUP 1 acrobatic moves (At least 1 acro must be flighted in Silver and Gold) *			
	4. Mixed series - A group 1 move and group 3 move (in either order) directly linked			
	5. Gym series - 2 Group 3 moves linked (can be linked by continuous steps or chassés) <b>OR</b> Second different acro series (At least 1 acro must be flighted in Silver/Gold)			
<b>All Acro &amp; Mixed Series MUST be directly linked without additional steps or jumps apart from the exception below</b>				
<b>*For Acro series with flight: Round off, immediate jump 1/2 turn to 1 directly into cartwheel will count</b>				

<b>Vault Tariffs and Levels</b>					
	<b>WHITE</b>	<b>BLUE</b>	<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>
Straight Jump onto block	10.50	x	x	x	x
Squat / straddle on, immediate straight, star or tuck jump	10.50	10.50	x	x	x
Layout Squat Over	11.50	11.50	11.50	11.50	x
Layout Straddle Over	11.50	11.50	11.50	11.50	x
Handspring Flatback	x	11.50	11.50	11.50	x
Handspring	x	x	12.40	12.40	12.40
Handspring 1/2 on, straight off	x	x	x	12.60	12.60
Handspring on, 1/2 off	x	x	x	12.80	12.80
Handspring 1/2 on, 1/2 off	x	x	x	x	13.00
Handspring 1/1 off	x	x	x	x	13.20
Handspring 1/2 on, 1/1 off	x	x	x	x	13.40

<b>Vault Equipment</b>					
	<b>WHITE</b>	<b>BLUE</b>	<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>
Block Height	60cm				
Vault Height	90 / 110 / 120		x	x	x
Box Height	80 / 105 / 130cm		x	x	x
Flatback (mats piled up)	x	60cm	100cm		x
Vault or Table Height	x	x	100 / 110 / 120		
Springboards	Gymnova 2150		Option of Gymnova 2194 (soft) OR		
	High Elasticity		Gymnova 2193 (hard)		

### **Vault Judging**

Squat and straddle vaults must have layout to achieve full tariff.



The image shows the deductions that will be taken if a full layout is not achieved.

Gymnasts will only be allowed 2 practice vaults during the apparatus warm up.

Gymnasts will perform 2 competition vaults (the same or different).

The best scoring vault will count.



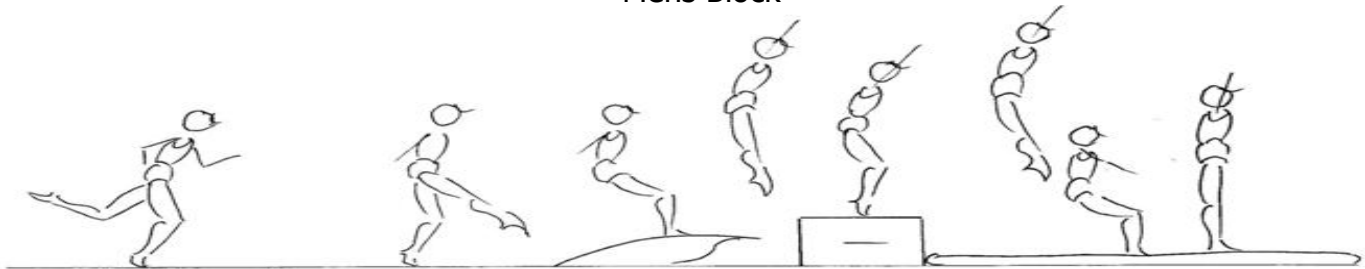
<b>General Vault Judging</b>				
Support from Coach	<b>3.00 mark deduction from final score</b>			
Coach leaning on / touching apparatus	<b>1.00 mark deduction from final score</b>			
<b>FIRST FLIGHT PHASE</b>				
Incomplete turn	0.10	0.30	0.50	
Hip Angle	0.10	0.30		
Arch	0.10	0.30		
Bent Knees	0.10	0.30	0.50	
Leg or knee separation	0.10	0.30		
Insufficient layout in squat or straddle	0.10	0.30	0.50	1.00
<b>REPULSION PHASE</b>				
Staggered/alternate hand placement	0.10	0.30		
Bent Arms	0.10	0.30	0.50	
Shoulder Angle	0.10	0.30		
Touch with one hand				1.00
Failure to pass through vertical		0.30		
<b>SECOND FLIGHT PHASE</b>				
Lack of height	0.10	0.30	0.50	0.80
Incomplete turn	0.10	0.30		
Insufficient length (distance)	0.10	0.30	0.50	
Bent Knees	0.10	0.30	0.50	
Leg or knee separation	0.10	0.30		
<b>LANDING FAULTS</b>				
Extra Steps each time	0.10			
Very large step (guideline – 1 metre) each time		0.30		
Extra arm swings	0.10			
Additional trunk movements to maintain balance	0.10	0.30		
Body posture fault	0.10	0.30		
Deep squat		0.30	0.50	
Deviation from centre line	0.10			
Brushing apparatus with hands/arms		0.30		
Support on mat or apparatus with 1 or 2 hands				1.00
Fall on mat to knees or hips				1.00
Dynamics	0.10	0.30	0.50	
Fall on or against apparatus				1.00
<b>INVALID VAULTS</b>				
Run approach with touch of springboard or table without	Void score 0.0			
No touch on vault table	Void score 0.0			

Womens  
Block



<b>Vault Judging</b>				
Vault Judging for the Straight Jump onto Block				
NOTE Difference for Girls / Boys (see diagrams)				
<b>Run Up</b>				
Slows before reaching Springboard	0.10	0.30		
Run up springboard	0.10	0.30		
Double Bounce		0.30		
Body Shape on springboard		0.30		
Arm swing	0.10	0.30		
Stop on springboard		0.30		
<b>Jump from Springboard</b>				
Lack of height		0.30		
Body Shape	0.10	0.30		
Bent Knees	0.10	0.30	0.50	
Legs apart	0.10	0.30	0.50	
feet not stretched	0.10	0.30		
position of arms	0.10	0.30		
Lack of control	0.10	0.30		
<b>Landing on Block</b>				
Deviation from straight line	0.10	0.30		
Body shape	0.10	0.30		
Arm position	0.10	0.30		
Arm swing to maintain balance	0.10	0.30		
Deep squat	0.10	0.30		
Feet apart	0.10	0.30		
Extra steps	0.10	0.30		
Fall				1.00
<b>Dismount from Block</b>				
Deviation from straight line	0.10	0.30		
Body shape	0.10	0.30		
Arm position	0.10	0.30		
Arm swing to maintain balance	0.10	0.30		
Deep squat	0.10	0.30		
Feet apart	0.10	0.30		
Extra steps	0.10	0.30		
Fall				1.00

Mens Block



## Vault Judging for the Handspring Flat Back

**Blue Level: 60cm block**  
**Bronze / Silver Level: 100cm safety landing modules**

<b>First Flight</b>				
Poor Technique:				
Hip Angle	0.10	0.30	0.50	
Arch	0.10	0.30		
Legs Separated	0.10	0.30		
Knees Bent	0.10	0.30	0.50	
<b>Repulsion</b>				
Poor Technique:				
Shoulder Angle on Contact	0.10	0.30		
Lack of Repulsion	0.10	0.30	0.50	
Bent Arms	0.10	0.30	0.50	
<b>Second Flight</b>				
Failure to maintain straight body position	0.1	0.30	0.5	
<b>Landing</b>				
Failure to maintain dish shape	0.10	0.30		
Heels landing first on mat	0.10	0.30		
Arms not held straight and by ears	0.10	0.30		
<b>General</b>				
Insufficient dynamics	0.10	0.30	0.50	
Lack of body tension in any phase	0.10	0.30	0.50	
Legs separated	0.10	0.30	0.50	
Knees Bent / toes not pointed (each)	0.10	0.30	0.5	

<b>Pin Thresholds</b>								
	<b>White</b>	<b>Blue</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Gold +1</b>	<b>Gold +2</b>	<b>Gold +3</b>
Minimum Floor Score Required	13.50	15.50	15.50	15.50	15.50	N/A	N/A	N/A
Maximum Floor Score Possible	15.00	17.50	17.80	17.80	17.80	17.80	17.80	17.80
<b>Execution</b> (out of 10.0) <b>Moves</b> (out of 5.0) <b>CR's</b> (out of 2.50 - except for white level)								
Bonus (out of 0.3 - except for white & Blue level)								
Minimum Vault Score Required	9.00	9.50	10.25	10.75	11.50	N/A	N/A	N/A
Maximum Vault Score Possible	<b>As Tariff</b>							
MINIMUM TOTAL SCORE REQUIRED	N/A	N/A	N/A	N/A	N/A	28.00	29.00	29.50

Gymnasts of the appropriate age can enter at any Level (except Gold+1, +2, and +3). A pin is not required to  
 They must move up a level after being awarded a pin and cannot move down a level.  
 Entry to Gold + competitions is only open to clubs entering additional levels during the weekend  
 & to gymnasts who have a gold pin.  
 Gold + pins must be won in chronological order

### **Music (for Girls Only)**

**It is the coaches responsibility to ensure that 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://repsearch.ppluk.com/ARSWeb/appmanager/ARS/main?cont=A>

**Music can use voice as an instrument eg humming but no vocals. Music with words or Unlicensed music will incur a ZERO score**

### **Age Groups**

Gymnasts must reach their 6th birthday by 31st December 2014 to compete at white or blue in Autumn 2014.

Gymnasts must reach their 8th birthday by 31st December 2014 to compete at bronze unless they have previously competed & gained white & blue pins

Age groups may be split or combined dependant on entries per year group.

Gymnasts compete in the year that they were born, so in 2014, gymnasts born in 2000 will be in 14 year old category

### **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 & Coaches must obey the Warm Up Marshalls and specific times for warm up

All Gymnasts must be at Presentation and dressed appropriately in either Competition Attire or Full Club tracksuit

Gymnasts & Coaches must treat Competition Officials (Marshalls, Judges, other coaches etc) with respect at all times

### **Clothing (No jewellery as per BG jewellery policy, Long hair MUST be tied up and clear of face)**

**In the event of a gymnast being inappropriately attired, the Competition Welfare Officer can direct the performance to be halted**

**Girls:** Appropriately fitting, Long or sleeveless leotard, tight fitting shorts can be worn, gymnastics shoes may be worn

**Boys:** Appropriately fitting Sleeveless leotard and gymnastics shorts, gymnastics shoes may be worn

**Incorrect clothing: 0.50 deduction from total score**

## JURY OF APPEAL

In the event that an appeal or complaint is made regarding a gymnast's start value (**D** **Score Only**) there is now a new procedure for the coaches to follow. Please see below:

- 1 - Fill out an Appeals form and hand this into the Judging Convenor with £10.00 cash before the change over in the rotation. Forms available from the control desk
- 2 - The judging convenor will then discuss your appeal with the judges concerned and also look at the video evidence from the scoring system (if available) . No other video evidence will be taken into account.
- 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 RULES ABOVE HAVE BEEN UPHOLD**

## JUDGES

**PLEASE NOTE** - From November 2014 we will be placing a £50.00 fine to any club that submits a judge for judging at the competition and then once the judging allocation has been published wants to remove a judge for whatever reason.



## GfA Appeal Proforma

Gymnast Name			
Gymnast Number			
Gymnast Panel			
Gymnast Club			
Level of Competition			
Coaches Name			
Apparatus			
Reason for Appeal			
Response			
Head Judge Signature			
Original Score		New Score	
£10.00 received			
Judging Convenor's Signature			

Can a gymnast compete WAG / MAG / Acro / tumbling at the same time as GfA?

Yes, they can, it's great competition experience. The chart below shows the **MINIMUM** level they must start at if they compete in another discipline.

Can a gymnast compete GfA if they have previously competed WAG/MAG/Acro or TUM at a higher level?

In many circumstances they can. The ethos for GfA is to keep people involved in the sport. We ask that you email the competition organiser with name and DOB of gymnast, previous year of competition's results with level and reason why they wish to change. We will then speak to the relevant TC Chair to agree an appropriate level for them to compete in GfA.

Discipline	Present Level	White	Blue	Bronze	Silver	Gold
WAG	Level 5			Start		
	Grade 14 - 12		Start			
	Grade 11 - 9			Start		
Acro	Grade 1			Start		
	Grade 2			Start		
	Grade 3				Start	
	Grade 4					Start
MAG	Club NDP 1	Start				
	Club NDP 2		Start			
	Club NDP 3		Start			
	Club NDP 4			Start		
TUM	Club Grade 1	Start				
	Club Grade 2		Start			
	Club Grade 3			Start		
	National Grade 1				Start	
	National Grade 2					Start



## Team Competition \*\* NEW RULES



White Level

Blue Level

Bronze Level

Auntie June Shield

Auntie June Shield

John Ransley Commemorative Shield

### How to Nominate a Team

You can group gymnasts into a team via online entry

On arrival at the competition you will confirm the names at registration

Names can be changed at registration on the day of competition

Once round One of a level has started changes to names will only be made in exceptional circumstances. A request will go to the Chair or Judging convenor

### What is a 'Team'

For White / Blue Level EIGHT gymnasts make a team (ANY AGE GROUP)

For Bronze Level SIX gymnasts make a team (ANY AGE GROUP)

~~No more than TWO gymnasts per year of birth will be permitted in a team.~~

~~Example of an eligible Team at Bronze Level:~~

~~Gymnast A (born 2006) Gymnast B (born 2006) Gymnast C (Born 2000)~~

~~Gymnast D (born 2001) Gymnast E (born 2002) Gymnast F (born 2003)~~

### Can we enter more than one team?

Yes a club can enter more than one team in a level, just group gymnasts into the appropriate numbers to make up an additional team

### How is the winning team decided

All floor & Vault scores in a team will be added together to get the team total

The winning team will have the highest score

It will be the 'Club' that wins the trophy not the individual team. Names of gymnasts in the winning team will not be published or printed anywhere

So if Team 3 from Gymsters Gym has the highest total at Blue Level then all of the Blue Level gymnasts from Gymsters are awarded the trophy