

# WEST MIDLANDS VOLUNTARY FLOOR & VAULT CHAMPIONSHIPS

Sunday 30<sup>th</sup> November 2014

Fenton Manor Sports Complex, Stoke-on-Trent

**Sections taken from GFA Technical Handbook V.6 – Sept 2014**

## 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.

1. There will be medals awarded to each member of the teams placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each category.
  - (a) *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 5<sup>th</sup> scores will be added and then the 6<sup>th</sup> if need be. Following a final tie, the highest team total in the floor scores will win.*
  - (b) *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 5<sup>th</sup> team member irrespective of gender will be added and then the 6<sup>th</sup> if need be. Following a final tie, the highest team total in the floor scores will win.*
  - (c) *For disability team results; the top 3 boys, girls or a mix will be averaged to generate the team total.*
2. Trophies will be awarded to the 1<sup>st</sup> placed team in each category.
3. Participation certificates will be awarded to every gymnast.
4. 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 31<sup>st</sup> 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

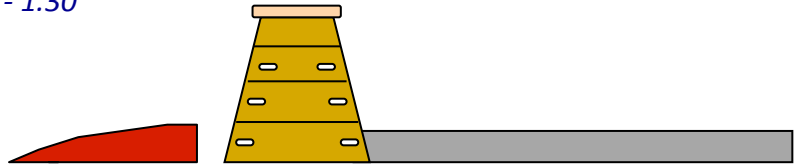
Protesting against an execution score (*neatness*) is not allowed. If a gymnast’s bonus mark is being disputed, this must be brought to the Judging Convener’s attention when appropriate. Judges must not be approached at any time.

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*.

# 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

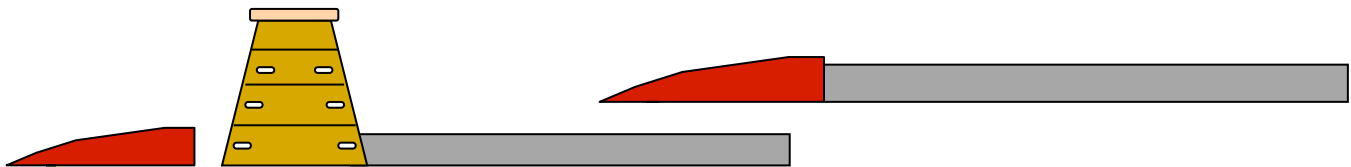


- Each gymnast may have two attempts at the **SAME** vault.
- The highest scored vault will count as their final vault score.
- Execution penalties are to be deducted from the start value provided to make final score.

- 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

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## 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

### 1<sup>st</sup> 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

### 2<sup>nd</sup> 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 6: Voluntary Championships – Floor Criteria & Marking Guide

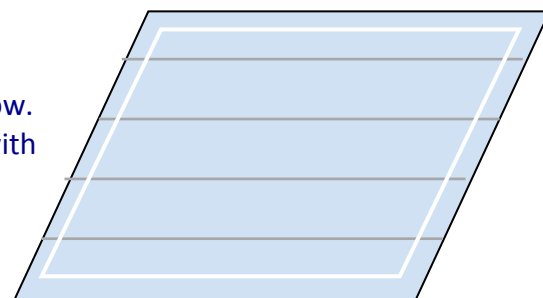
**MAINSTREAM FLOOR** – Each team member will perform an individual floor routine (Straight line) using a non-sprung floor area of 12m x 2m. Gymnasts will perform without music.

### 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 <b>1x</b> <b>BALANCE</b>	Minimum <b>1x JUMP / LEAP</b>	Minimum <b>1x</b> <b>TRAVELLING</b>	Other <b>SKILLS</b>
'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 <b>1x</b> <b>BALANCE</b>	Minimum <b>1x</b> JUMP / LEAP	Minimum <b>1x</b> AGILITY	Other <b>SKILLS</b>
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)
			Full Spin
			Handstand Forward Roll
			Body Wave
			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