



## **London GfA Floor and Vault Competition 2019**

**Levels 1-6**

Published December 2018 for 2019 season

# LONDON GYMNASTICS

## GfA Levels 2019



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# LONDON GYMNASTICS

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### London Gymnastics for All competition levels for 2019

Following feedback, GfA has revised elements of the programme for the 2019 season. The revisions in this document are identified in yellow. The levels are designed to be achievable, but progressive, to help both gymnasts and coaches focus on the development of core skills. Gymnasts **born in 2012 or earlier** may compete in GfA 2019 competitions. Gymnasts born in 2012 are required to start at Level 1. Videos of basic routines and vaults are available on the London Gymnastics Youtube channel: <https://www.youtube.com/Londongymnasticsuk>.

### Levels 1 and 2 (grading)

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

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

Every gymnast receives a certificate and medal for the overall mark they achieve. Medals and certificates will be given out immediately after the gymnast has received their two stickers. There will be no placings or individual scores given. At levels 1-2, to earn a Gold, Silver or Bronze medal the gymnast must achieve between the following scores:

Floor thresholds for Levels 1-2		
Gold = 9.1 to 10.0	Silver = 8.3 to 9.0	Bronze = 8.2 or below
Vault medal thresholds at levels 1-2		
Level 1	Gold = 9.7 – 10.9	
	Silver = 9.0 – 9.6	
	Bronze = 8.9 or below	
Level 2	Gold = 10.4 – 11.8	
	Silver = 9.6 – 10.3	
	Bronze = 9.5 or below	

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### Level 1 - Floor

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

### Level 1 - Vault

<b>Gymnast performs two vaults, highest score counts towards final score</b>	
<b>6 metre run, jump on to board and stretch jump on to block</b> Springboard and block (1m x 1m x 60cm) with safety mats at rear	<b>Tariff 10.3</b>
<b>6 metre run, jump on to board and stretch jump on to block, immediate rebounded stretch jump off to land</b> Springboard and block (2m x 1m x 60cm); with 10cm agility mat on top; safety mats for landing	<b>Tariff 10.7</b>
<b>6 metre run, jump on to board and stretch jump on to block, immediate flighted forward roll (to finish on the block)</b> Springboard and block (2m x 1m x 60cm); with 10cm agility mat on top; with safety mats at rear	<b>Tariff 10.9</b>

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### Level 2 - Floor

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

### Level 2 - Vault

<b>Gymnast performs two vaults, highest score counts towards final score</b>	
<b>6 metre run, jump on to board and stretch jump on to block, immediate flighted forward roll (to finish in stand on block)</b> Springboard and block (2m x 1m x 60cm) with safety mats at rear	<b>Tariff 10.9</b>
<b>6 metre run, jump on to board and jump to handstand (controlled land) to flat-back</b> Springboard and block (2m x 1m x 60cm) or mats piled up to 60cm; safety mats at rear; 10cm agility mat may be used on top of block/mats	<b>Tariff 11.4</b>
<b>6m run, jump on to board and jump to handstand with rebound block to jump hands forward, into immediate flat-back on block</b> Springboard and block (2m x 1m x 60cm) or mats piled up to 60cm; safety mats at rear; 10cm agility mat may be used on top of block/mats	<b>Tariff 11.8</b>

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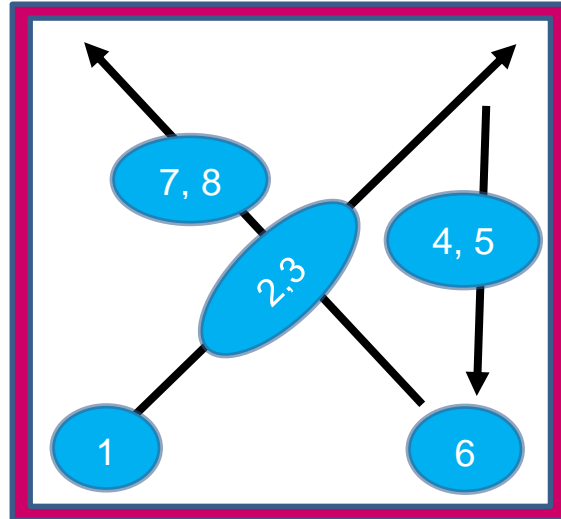
## GfA Levels 2019



### Level 3 – Floor

This level is a set routine with optional elements and acts as an introduction to a full floor routine. It is performed on an 8m x 8m non-sprung floor, without music.

Direction and order of the eight moves must be as indicated (right), with choreography, dance and/or steps added to move gymnasts from one set of moves to the next.



Set routine with optional elements – 8 moves / Tariff 16.0	
<b>1</b>	Y Balance OR Arabesque OR V-Sit without hand support (Min. 2 second hold)
<b>2, 3</b>	Cartwheel, Backward Roll to front support OR Round Off, Flick
<b>4, 5</b>	Straight Jump full turn immediate Tuck Jump OR Straight Jump 1/2 Turn immediate Tuck Jump 1/2 turn
<b>6</b>	Splits OR Japana OR Bridge OR Pike Fold, (Min. 2 second hold)
<b>7, 8</b>	Handstand Forward roll immediate star jump

#### Composition requirements

Move 1 = Non-acro move  
 Moves 4 and 5 = Gym series

Moves 2 and 3 = Acro series  
 Moves 7 and 8 = Mixed series

### Level 3 – Vault

Gymnast performs two vaults, highest score counts towards final score	
<b>6m run, jump on to board and jump to handstand (controlled land) to flat-back</b> Springboard and block (2m x 1m x 60cm) or mats piled up to 60cm or 100cm; safety mats at rear; 10cm agility mat may be used on top of block/mats	<b>Tariff 11.4</b>
<b>6m run, jump on to board and jump to handstand with rebound block to jump hands forward, into immediate flat-back on block</b> Springboard and block (2m x 1m x 60cm) or mats piled up to 60cm or 100cm; safety mats at rear; 10cm agility mat may be used on top of block/mats	<b>Tariff 11.8</b>
<b>Handspring to stand (on piled up mats)</b> Springboard and mats piled up to 60cm or 100cm; safety mats at rear	<b>Tariff 12.2</b>

# LONDON GYMNASTICS

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### Levels 4-6 – Floor (A and B moves)

A moves	B moves
<b>Group 1 Acrobatic moves</b>	
Forward roll (optional ending)	Handstand forward roll
Backward roll (optional ending)	One-handed cartwheel
Cartwheel (optional exit)	From bridge kick-over
From front support, jump in, straight jump up	Backward roll to front support (straight arms)
<b>Group 2 Non-acrobatic moves (H = hold for 2 secs)</b>	
Bridge – entry and exit optional (H)	Arabesque (H)
Shoulder stand with arm support (H)	Handstand (H)
V sit with hand support (H)	Japana (flat back, chest to floor, 90degree leg separation) (H)
Front or back support lower push up	V sit without hand support (H)
One Foot Stand (free leg to knee horizontal forwards) (H)	Splits side or box (without hand support) (H)
Dead Man - drop to front support	Pike Fold (H)
	Swedish Fall with one leg raised
<b>Group 3 Jumps, leaps, spins and links</b>	
Cat leap (alternate legs, both knees above horizontal for all cat leaps)	Cat leap ½ turn
½ Spin on toes	Full Spin on toes
Star jump	Wolf jump or hop
Straight jump	Jump 1/2 turn back to front support
Tuck jump (less than 90degree hip angle and knees above horizontal for all tucks)	Tuck jump ½ turn
	Straight jump ½ turn

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### Levels 4-6 – Floor (C and D moves)

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



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### Levels 4-6 – Floor (E and F moves)

E moves	F moves
<b>Group 1 Acrobatic moves</b>	
Backward Somersault (tucked)	Backward Somersault (Straight)
Flyspring	Arabian Somersault (Tucked)
Front somersault (tucked)	Whip Salto
Front somersault (walkout)	Front Somersault (straight)
Free walkover	Front somersault (Tucked / Straight with ½ twist)
One-arm forward or backward walkover	Backward Somersault (Straight With ½ or full twist)
Valdez	One-arm Valdez
Side somersault (tucked or piked)	
<b>Group 2 Non-acrobatic moves (H = hold for 2 secs)</b>	
Wide arm handstand, hands greater than shoulder width (H)	From splits or straddle press to handstand (H)
Straddle lever to handstand	Manna
Handstand pirouette full turn	Handstand pirouette 1 ½ turns
Russian lever (H)	
<b>Group 3 Jumps, leaps, spins and links</b>	
Cat leap 1 ½ turns	Cat leap two full turns
Two full spins on toes	Three full spins on toes
Change leg leap	Change leg leap ¼ turn
Ring leap or jump	Wolf jump or leap full turn
Tuck jump 1 ½ turns	Straddle ½ Shoushonova
Straddle jump ½ turn	Straddle Jump 1/1 (full turn)
Straight jump two full turns	Tuck jump two full turns

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### Levels 4-6 – Floor (Composition requirements)

Composition requirements		
<b>H = hold for minimum of 2 seconds</b>		
Min. eight moves (0.5 per move = 4.0) performed on full size (12m x 12m) sprung floor (45 - 70 secs - music with no vocals for women)		
Level 4	Level 5	Level 6
A-C Moves to be used D moves optional	B-D Moves to be used E moves optional	B-E Moves to be used F moves optional
<b>The following moves must be included</b>		
1 x A Move 2 x B Moves 2 x C Moves 3 Optional Moves	1 x B Move 2 x C Moves 2 x D Moves 3 Optional Moves	1 x C Move 2 x D Moves 2 x E Moves 3 x Optional Moves
C Moves may replace B D Moves may replace C	C Moves may replace B D Moves may replace C E Moves may replace D	D Moves may replace C E Moves may replace D F Moves may replace E
<b>If an A move is included in Levels 5-6 it will deducted as usual, but will not count as one of the required moves</b>		
Four requirements at levels 4-6 (0.5 per requirement = 2.0)		
1. Non-Acro Move - 1 move from Group 2		
2. Acro series -2 linked Group 1 acrobatic moves		
3. Mixed series - a group 1 move and group 3 move (in either order) directly linked		
4. Gym series - 2 Group 3 moves linked (can be linked by continuous steps or chassés) OR Second Different Acro Series		

All Acro and Mixed Series MUST be directly linked without additional steps or jumps apart from: Round off, immediate jump 1/2 turn to 1 directly into cartwheel which will count as two moves. At Level 6, two flighted acro moves must be performed of which one must be forward in direction and the other backward in direction, both from moves C-F.

### Music (for women only)

It is the coach's responsibility to ensure the music used is licensed for use in the UK. For clarification, please search and ensure the title appears on the repertoire section of the PPL UK site: <http://bit.ly/PPLMusicSearch>

Music can use voice as an instrument eg humming, but no vocals. Music with words or unlicensed music will incur a ZERO score. Choreography (and music choice) should be suitable for the age of the gymnast.

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### Vault levels and tariffs

Vault levels and tariffs						
	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Stretch jump on to block	10.3	X	X	X	X	X
Stretch jump on to block, immediate rebound straight jump off	10.7	X	X	X	X	X
Stretch jump on to block, immediate flighted forward roll to stand on block	10.9	10.9	X	X	X	X
Flat-back 1: controlled landing to flat-back	X	11.4	11.4	X	X	X
Flat-back 2: with rebound block to jump hands forward and into immediate flat-back on block	X	11.8	11.8	11.8	X	X
Handspring to stand on safety mats	X	X	12.2	12.2	X	X
Handspring	X	X	X	12.5	12.5	X
½ on	X	X	X	12.8	12.8	12.8
½ off, ½ off	X	X	X	X	13.0	13.0
½ on full off	X	X	X	X	13.2	13.2
Handspring 1/1	X	X	X	X	X	13.5
Vault equipment						
	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Block height	60cm	60cm	60cm	X	X	X
Piled mats	X	60cm	60cm/100cm		X	X
Vault or table height	X	X	X	100/110/120		
Springboards	Gymnova 2150	Gymnova 2150	Gymnova 2150, 2194 (soft) or 2193 (hard)			

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### Pin thresholds at levels 3-6

Pin thresholds				
	Level 3	Level 4	Level 5	Level 6
Minimum floor score required	14.0	14.0	14.25	14.5
Maximum floor score possible	16.0	16.0	16.0	16.0
<b>Levels 3-6</b> – Execution (out of 10.0) / Moves (out of 4.0) / CRs (out of 2.00)				
Minimum vault score	10.2	10.8	11.4	12.0
Maximum vault score	As tariff			

### L6 pin winners from 2017 and 2018

Gymnasts who received a Level 6 pin during 2017 or 2018 may compete in a category for all ages at the relevant Zone competition. Level 6 rules will apply. Gymnasts will compete for medals and placings only (no pin), and be eligible to compete at the 2019 London GfA Final.

### Zone Pennants

Level	Pennant
L3 – club's top eight gymnasts	London GfA Level 3 Club Winners
L4 – club's top eight gymnasts	London GfA Level 4 Club Winners
L5 – club's top six gymnasts	London GfA Level 5 Club Winners
L6 – club's top four gymnasts	London GfA Level 6 Club Winners

The top scores at each the level will be taken per club to give the team total. It will be the 'Club' that wins the pennant, not the individual team. Names of gymnasts in the winning team (who contributed scores) will not be published. Pennants will be awarded in both the Northern and Southern Zones.

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### London Final 2019

The top six gymnasts from each age category in both North and South Zone competitions will qualify to compete at the London GfA Final held at Redbridge in November 2019. Other gymnasts may qualify to compete by invitation only, depending on level of entries. Gymnasts compete at the same level as at the Zone for the title of London GfA Champion. If they did not receive a pin at the Zone they will be eligible to receive one at the Final. This does not apply to those who received a L6 pin in a previous year and are competing in the open category.

### Disabled gymnasts

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

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### Scores

Coaches may not approach Head Judges or panel judges to discuss scores with them. If a coach has a query concerning the D-score they may ask the Judging Convener to investigate via the appeals process (see below).

Zero tolerance will be taken towards challenging of E-scores. Any challenges of an E-score will result in a 0.5 deduction from the score of the gymnast in question and the coach will receive a yellow card. If the coach commits a second offence, 1.0 will be deducted from the gymnast in question and the coach will receive a red card which excludes them from the competition.

### Appeals

Jury of Appeal
In the event that an appeal or complaint is made regarding a gymnasts' start value (D Score Only) coaches must follow the following procedure:
1 - Fill out an Appeals form and hand this to the Judge Convener with £10 cash <b>within 15minutes of the routine having been performed</b> and before the changeover in rotation. Forms available from the control desk
2 - The Judge Convener will discuss the appeal with the judges concerned. <b>Coaches may not be present. If video evidence is available, the coach may put forward ONE piece of evidence only</b>
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
<b>Please note:</b> a gymnasts' score will not be changed unless the above have been upheld

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### Appeal form

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

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### General competition entry rules

- Entry is open to London-affiliated Clubs
- All entries must be completed electronically by BG Gymnet and payment made via credit or debit card
- It is the club's responsibility to ensure all gymnasts, coaches and judges have up to date, accurate information on Gymnet, including correct spellings and DOB. Any qualifications must be up to date
- Only once the competition programme is complete will gymnasts know if they are competing on Saturday or Sunday. Days and times cannot be changed
- Clubs MUST check the competition entry BEFORE submitting it to ensure gymnasts are entered in the correct level. Changes cannot be made after closing date
- Please ensure all parents are aware they cannot contact the competition organiser
- FLASH photography is strictly prohibited for the safety of all gymnasts, please ensure spectators are aware of this
- A minimum (no maximum) of 2 coaches are required for each club. Warm Up and Competition Arena are in separate areas
- Clubs must provide a judge for both days. If a judge withdraws and the club is unable to replace them, the club forfeits the right to enter and will be withdrawn from competition. Clubs with 50 or more competitors are required to provide two judges

### 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 Marshal
- Coaches are responsible for the welfare of the gymnasts from their club at all times
- Gymnasts and coaches must obey warm-up marshals and adhere to warm-up timings
- All competitors must be at presentation and dressed appropriately in competition attire or full club tracksuit. They should be instructed to sit sensibly
- Gymnasts & coaches must treat Competition Officials (Marshals, Judges, other coaches etc) with respect at all times
- Coaches must be appropriately dressed in tracksuit bottoms or leggings to the ankle, t-shirt or a polo shirt; hair should be tied back and jewellery removed
- Mobile phones may only be used by coaches in the arena to access gymdata scores
- No other use of mobile phones is permitted. Videoing or photography may only be done from the audience seating area

### Gymnasts' clothing

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

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



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### Discipline transfer matrix

<b>Gymnasts competing in another discipline may transfer to GfA.</b> Below shows the <b>MINIMUM</b> level they must start at.							
Discipline	Present level	L1	L2	L3	L4	L5	L6
WAG	Club grades 6 and 5			Start			
	Club grades 4 and 3				Start		
	Voluntary level 5					Start	
	Regional grades 2 and 1						Start
Acro	Grades 1 and 2	Start					
	Grade 3			Start			
	Grade 4				Start		
	Grade 5					Start	
MAG	Club level 1	The London Men's Artistic programme is being reviewed. This matrix will be updated once the review is finalised. In the meantime, please contact the GfA Chair for further information.					
	Club level 2						
	Club level 3						
	Club level 4						
	Club level 5						
	Club level 6						
TUM	Club grade 1	Start					
	Club grade 2		Start				
	Club grade 3			Start			
	National grade 1				Start		
	National grade 2					Start	
<b>Can a gymnast compete GfA if they have previously competed WAG/MAG/Acro or TUM at a higher level?</b>							
In many circumstances they can. The ethos for GfA is to keep people involved in the sport. We ask that coaches email the competition organiser with name and DOB of gymnast, previous year of competition results and the reason why they wish to compete. We will then speak to the relevant chair to discuss an appropriate action for the gymnast. Failure to request this before entry will mean the gymnast's entry will be void.							