



LINCOLNSHIRE
Gymnastics Association

2020

WOMENS ARTISTIC
Competition rules

LINCOLNSHIRE GYMNASTICS ASSOCIATION
2020 SPECIFIC RULES

LEVEL 7 CHAMPIONSHIPS

ELIGIBILITY:

1. Any County based gymnast who has not entered a full 4-piece competition, except Grade 6.
2. Any gymnast who scored less than 44.00 marks in a previous Level 6 competition.
3. Any gymnast, who gains mark of 44.00 at Level 7, must go to Level 6 in the next competition year. Exception applies with 6-year olds who may compete again as a 7-year old the next year.
4. Gymnasts who have entered Level 6, cannot return to this level.
5. Gymnasts aged 6 years up to and including 11 years in 2020.

AGE GROUPS: In the year of Competition.

6 years; 7 years; 8 years; 9 years; 10 years; 11 years

Please be aware that the Competition Organiser may join the Age Groups if there are less than 6 at any age.

JUDGING:

Lincolnshire Level 7 Rules

Minimum of Club Judge to be nominated

APPARATUS REQUIRMENTS & HEIGHTS:

Height Rules for Bars

1. If your gymnast can reach the bar at the normal height of 170cm, on the normal landing mat height, with flat feet, they will require NO further matting.
2. If you have a smaller gymnast, they will be allowed further matting placed under the bar, but only enough so that they can reach and hold the bar whilst standing on flat feet.
3. It remains coach's discretion if they choose not to raise the matting on measuring the gymnast.

THE BAR CANNOT BE RAISED UP AND DOWN.

IF A POD OR SPRINGBOARD IS USED FOR THE FLOAT SWING, THIS MUST NOT BE USED AS A PLATFORM FOR CIRCLING UP.

Organiser: Helen Davies - helenrdavies@tiscali.co.uk

LINCOLNSHIRE GYMNASTICS ASSOCIATION
2020 SPECIFIC RULES

LEVEL 6 CHAMPIONSHIPS

ELIGIBILITY:

1. Any County based gymnast who has not entered a full 4-piece competition, except Grade 6 or 5 .
2. Any gymnast who scored less than 44.00 marks in a previous Level 6 competition.
3. Any gymnast, who gains a mark of 44.00 at Level 6, must go to Level 5 in the next competition year.
4. Gymnasts who have entered Level 5 in county or regional, cannot return to this level.
5. Gymnasts aged 7 years up to and including 12 years in 2020.

AGE GROUPS: In the year of Competition.

7 years; 8 years; 9 years; 10 years; 11 years; 12 years

Please be aware that the Competition Organiser may join the Age Groups if there are less than 6 at any age.

JUDGING:

Lincolnshire Level 6 Rules

Minimum of Club Judge to be nominated

APPARATUS REQUIRMENTS & HEIGHTS:

Height Rules for Bars

1. If your gymnast can reach the bar at the normal height of 170cm, on the normal landing mat height, with flat feet, they will require NO further matting.
2. If you have a smaller gymnast, they will be allowed further matting placed under the bar, but only enough so that they can reach and hold the bar whilst standing on flat feet.
3. It remains coach's discretion if they choose not to raise the matting on measuring the gymnast.

THE BAR CANNOT BE RAISED UP AND DOWN.

IF A POD OR SPRINGBOARD IS USED FOR THE FLOAT SWING, THIS MUST NOT BE USED AS A PLATFORM FOR CIRCLING UP.

Organiser: Helen Davies - helenrdavies@tiscali.co.uk

LINCOLNSHIRE GYMNASTICS ASSOCIATION
2020 SPECIFIC RULES

OPEN AGE LEVEL 5 & IN AGE LEVEL 5 CHAMPIONSHIPS
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OPEN AGE LEVEL 5 ELIGIBILITY:

1. Any existing Open Age Level 5 gymnast who has not entered a Level 4 4-piece competition.
2. Gymnasts who have competed at Grades 6, 5 and Regional 4 may also compete at this Level.
3. On attaining a mark of 44.00 gymnasts must move up to Level 4, in the following Competition year.
4. Gymnasts who enter Level 5 are not permitted to enter Level 6 in future years.
5. Gymnasts who compete at Level 5 may still compete at Floor & Vault.

IN AGE LEVEL 5 ELIGIBILITY:

Any gymnast aged 8 in 2020 must compete at In-Age Level 5

OPEN AGE LEVEL 5:

AGE GROUPS: 9/10 years: 11/12 years: 13+ years.

JUDGING: Lincolnshire Level 5 Rules

Minimum of Club Judge to be nominated

Please be aware that the Competition Organiser may split the Age Groups if there are 6 or more at any age.

IN AGE LEVEL 5:

AGE GROUP: 8 years

JUDGING: East Midlands In-Age Level 5 rules

Minimum of Club Judge to be nominated

Organiser: Alisa Saunders – alisa.lga@ntlworld.com

LINCOLNSHIRE GYMNASTICS ASSOCIATION
2020 SPECIFIC RULES

**OPEN AGE LEVEL 4, 3, 2 & Challenge & IN AGE LEVEL 4, 3 2 & Espoir, Junior & Senior
CHAMPIONSHIPS & INDIVIDUAL APPARATUS**

ELIGIBILITY:

1. Any existing Open Age Level 4, 3, 2, Challenge gymnast at whichever level their Coach decides.
2. In-Age gymnasts must compete In Age at their respective level.
3. Gymnasts must stay at the same level for all County Competitions within the current year and must not change levels in county in one year. Exceptions to this rule apply only when entering Team Competition where gymnasts can go up levels and return down to original level unless pass mark is attained.
4. If a gymnast has done 'In Age' Levels at Region in 2019, in 2020 the options in county are:
 - To compete at the next 'In age' Level following the pathway of 'In age' gymnastics
 - To compete 2019 in their age group at the 'out of age' level
5. Open Age gymnasts who scored 44 00 or over IN 2019, MUST progress to the next level in 2020, but Coaches may use their discretion on moving those who did not attain the mark. Please check with the Competition Secretary if you are unsure if your gymnasts attained a pass mark.

AGE GROUPS:	In Age Level 4:	9 years
	In Age Level 3:	10 years
	In Age Level 2:	11 years
	Espoir:	12/13 years Junior 14/15 years Senior 16+Years
	Open Age Level 4:	10/11 years: 12/13 years: 14+ years
	Open Age Level 3:	11/12 years: 13/14+ years:
	Open Age Level 2:	12/13 years Over 14 years
	Challenge:	Challenge age groups are as above Espoir, Junior & Senior (FIG rules)

Please be aware that the Competition Organiser may split the Age Groups if there are 6 or more at any age.

JUDGING: East Midlands In-Age and Open Age Rules

Regional Judge required for Open Age Levels 3, 2 & Challenge and all In-Age Levels
Club Judge can be nominated for Open Age Level 4.

APPARATUS REQUIRMENTS & HEIGHTS:

As per British Gymnastics In-Age and East Midlands Open Age Rules

Medals will be awarded in each Age Group and 1, 2, 3 Overall, at each Open Age & In-Age level. The levels 4, 3, 2, Challenge Championships Trophies will also be presented. Individual Apparatus Trophies will also be awarded for each level

Organiser: Alisa Saunders - alisa.lga@ntlworld.com & TJs

LINCOLNSHIRE GYMNASTICS ASSOCIATION
2020 SPECIFIC RULES

TEAM CHAMPIONSHIPS

ELIGIBILITY: Entry will be by Individual Clubs.

1. Each team will consist of a minimum of 3 gymnasts, with a maximum of 5 gymnasts, with 4 to compete and 3 scores to count.
2. No age limits.
3. All gymnasts must perform at their current level or higher.
4. Teams made up of Open Age & In-Age Gymnasts only at:
Level 5: Level 4: Level 3: Level 2. Challenge.
5. Clubs may have a maximum of 6 Teams overall., this includes any gymnasts entering a Chairman's Team
6. Maximum of 4 teams at any one level.
7. If a Club does not have enough gymnasts at any level to fill a team, (providing they do not already have a team at that level), they may apply to the Chairman to form a Chairman's Team at any Level from Level 4. The Chairman can then make up one team at each level if there are enough gymnasts applying. It is at the Chairman's discretion to move gymnasts up to form another higher team, if there are insufficient gymnasts at one level.
8. Applications to form a Chairman's Team must be made two weeks before the competition closing date
9. Teams must be confirmed at registration and before warm-up commences. Changes will not be allowed after registration other than the substitution of the reserve in the case of injury. If an injury occurs during the warmup or competition the reserve may come into the team for the remaining pieces.

JUDGING: Level 5: Lincolnshire Rules

 Level 4: EM Open Age Rules

 Level 3: EM Open Age Rules

 Level 2: EM Open Age Rules

 Challenge: FIG

Judges to be nominated in Line with Levels Competitions:

APPARATUS REQUIREMENTS & HEIGHTS:

As East Midlands Open Age Rules and County Level 5 Rules

Trophies will be awarded as follows, at all levels
County Champions 1,2,3

Organiser: Helen Davies - helenrdavies@tiscali.co.uk

LINCOLNSHIRE GYMNASTICS ASSOCIATION
2020 SPECIFIC RULES

GIRLS FLOOR & VAULT CHAMPIONSHIPS
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ELIGIBILITY:

1. Any County based gymnasts who have not entered a Level 4 or above, County or Regional competition before or in 2019.
2. If your gymnast intends to compete at Regional Level 4 in 2020, they are NOT eligible to enter this competition.

AGE GROUPS: 8 /9 Years: 10 /11 Years: 12 /13 Years: 14+ Years
Age in year of competition.

JUDGING: East Midlands Floor & Vault Rules apply

Club Judge or Above.

Medals will be awarded 1, 2, 3 in each Age Group and 1, 2, 3 overall.
The County Floor & Vault Championship Trophy will be presented

Please be aware that the Competition Organiser may split the Age Groups if there are 6 or more at any age, but the Regional Qualifiers will be allocated from the recommended Age Groups.

This competition is a qualifier for Regional Floor & Vault Final. In the event of a tie for a qualification position the floor score will take precedence, if this is also tied the score with the highest E score from floor then vault will be considered.

Organiser: TBC