



## **Diamonds General Gymnastics Competition 2020**

**Date:** 8<sup>th</sup> March 2020

**Closing Date for Entries:** 8<sup>th</sup> February 2020

**Venue:** Diamonds GC,  
The Keith Whitaker Centre,  
Mill Lane, Halifax, HX3 6TA

### **Competition Sections:**

1. Boys & Girls: Level 0: Introductory Floor & Vault (train up to 1 hour per week) Ages 7/8 or 9+
2. Boys & Girls: Level 1: Foundation Floor & Vault (train up to 2 hours per week) Ages 7/8, 9/10, 11+
3. Boys & Girls: Level 2: Intermediate Floor & Vault (train up to 4 hours per week) Ages 7/8, 9/10, 11/12, 13+
4. Girls: Level 3: Vault, Beam & Floor (train up to 4 hours per week) Ages 7/8, 9/10, 11/12, 13+
5. Girls: Level 4: Four Piece (train up to 5 hours per week) Ages 9/10, 11/12, 13+

Ages are by Year of Birth as per the above criteria. Age groups may be split further depending on the number of entries.

### **Competition Entry:**

Entry Fee is £15 per gymnast for the Floor & Vault Levels.

Entry Fee for Level 3 will be £20 per gymnast.

Entry fee for Level 4 will be £25.

Cheques should be made payable to Diamonds Gymnastics Club. Payments may also be made online (Sort Code: 05-04-49 & Account Number: 17699020) using the ref FV2020(Clubname).

All participants will receive a participation award.

All coaches accompanying gymnasts must be current and full members of British Gymnastics as well as being qualified to the level of the participants' performance.

**Each club is required to provide a minimum of one qualified judge for the competition.**

Entry forms should be completed and e-mailed to [info@diamondsgymclub.org.uk](mailto:info@diamondsgymclub.org.uk). Alternatively, a copy could be sent in the post to Diamonds Gymnastics Club, The Keith Whitaker Centre, Mill Lane, Halifax, HX3 6TA, together with a cheque for the entry fee. Late entries WILL NOT BE ACCEPTED.

**Awards, prizes and presentations:**

The all-around winner in each level and age group will receive a trophy.

All-around second and third in each level and age group will receive a medal.

All-around fourth to sixth in each level and age group will receive a ribbon.

First to third place on each apparatus in each level and age group will receive an award.

**Spectator Tickets:**

Spectator entry will be available on the door and will cost £5 per person. There is a maximum of 150 spectator seats. If there is a large number of entries, competing clubs will be contacted with further information regarding spectator seating.

**Protests:**

This is a friendly competition and, therefore, protests will not be allowed.

**BG Membership:**

Gymnasts must have a minimum of bronze membership. Coaches should have a minimum of silver membership, whilst judges should have a minimum of bronze membership.

**Coaches:**

Each club must provide a minimum of one Level 2 or above coach. This coach may be assisted on the competition floor by one or more Level 1 coaches, depending on the number of gymnasts present.



**Diamonds Floor & Vault Invitational Competition 2020**

**Entry Form**

Please complete all sections and e-mail to [info@diamondsgymclub.org.uk](mailto:info@diamondsgymclub.org.uk) with a copy being sent, by post, to Diamonds Gymnastics Club, The Keith Whitaker Centre, Mill Lane, Halifax, HX3 6TA.

**Closing Date: 8<sup>th</sup> February 2020**

Club:	BG Club No:
Contact Name:	
Address:	Tel No:
	Email:

**Judge Details:**

Name: \_\_\_\_\_

Qualification: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

**Gymnasts:**

<b><u>Level:</u></b>	<b><u>Age Group:</u></b>	<b><u>Gender:</u></b>	<b><u>Name:</u></b>	<b><u>DOB:</u></b>	<b><u>BG Number:</u></b>

Additional sheets can be used if necessary.

**Coaches:**

<b><u>Name:</u></b>	<b><u>Qualification:</u></b>	<b><u>BG Number:</u></b>

Cheque / cash for £\_\_\_\_\_ is enclosed

Payment online of £\_\_\_\_\_

## 2020 Diamonds Invitational Competition



Level 0: Introductory Floor & Vault				
Age Groups	Age 7/8		Age 9+	
Eligibility	Gymnasts are not eligible if they train for longer than 1 hour per week			
	Vault		Floor	
Apparatus	Age 7/8	60cm red block placed sideways, optional springboard	Age 7/8	4m x 12m
	Age 9+	2 x red block placed on side 100cm	Age 9+	
Requirements	Age 7/8	From a run, a straddle on, stand up and join legs together and a straight jump off.		Each routine should contain 6 elements worth 0.5 each (1 element from each group listed below). Elements should be joined together with choreography and/or steps. Floor music is not to be used.
	Age 9+			
			<b>Group 1</b>	Jumps from two feet (straight, tuck, star, jump ½ turn)
			<b>Group 2</b>	Leap/hop from 1 foot (cat leap, scissor leap, hop with free leg at horizontal) or ½ spin
			<b>Group 3</b>	Hold for 2 seconds (pike ½ lever, straddle ½ lever, arabesque with leg at horizontal, tuck headstand)
			<b>Group 4</b>	Roll (backward roll to feet, forward roll to feet, side roll from kneeling to knees, teddy bear roll)
			<b>Group 5</b>	Acro (handstand with optional exit – must show handstand position to count, cartwheel)
	<b>Group 6</b>	Flexibility (bridge, front/back splits, box splits, japana)		
Max DV	3.0	2 vaults, better vault to count	3.0	

## 2020 Diamonds Invitational Competition



Level 1: Foundation Floor & Vault					
Age Groups	Age 7/8		Age 9/10		Age 11+
Eligibility	Gymnasts are not eligible if they train for longer than 2 hours per week				
	Vault			Floor	
Apparatus	Age 7/8	60cm red block placed long ways		Age 7/8	4m x 12m
	Age 9/10	3 safety mats 90cm		Age 9/10	
	Age 11+	4 safety mats 100cm		Age 11+	
Requirements	Age 7/8	Forward roll onto a red block with a straight jump to land off the red block. Gymnast may pause on the block. Steps along the block are optional			Each routine should contain 6 elements worth 0.5 each (1 element from each group listed below). Elements should be joined together with choreography and/or steps. Floor music is not to be used.
	Age 9/10	Handstand flat back			
	Age 11+	Handstand flat back			
				<b>Group 1</b>	Jumps from two feet (straight jump full turn, tuck jump ½ turn, w jump, split jump)
				<b>Group 2</b>	<b>Girls</b> - Leap/hop from 1 foot (cat leap, fouette hop with free leg at horizontal or split leap with more than 135 degrees of split) or full spin <b>Boys</b> – Pike ½ lever, straddle ½ lever, tucked top planche (2 secs hold)
				<b>Group 3</b>	Hold for 2 seconds (handstand with optional exit, arabesque with leg above horizontal, Y – balance, extended headstand)
				<b>Group 4</b>	Roll (backward roll with straight legs to feet, handstand into forward roll to feet)
			<b>Group 5</b>	Acro (cartwheel, round off, bridge kick out)	
			<b>Group 6</b>	Flexibility (bridge, front/back splits, box splits, japana)	
Max DV	3.0	2 vaults, better vault to count		3.0	

## 2020 Diamonds Invitational Competition



Level 2: Intermediate Floor & Vault								
Age Groups	Age 7/8		Age 9/10		Age 11/12		Age 13+	
Eligibility	Gymnasts are not eligible if they train for longer than 4 hours per week							
	Vault				Floor			
Apparatus	Age 7/8	60cm red block placed longways – stack mats behind			Age 7/8	12m x 12m (Girls)		
	Age 9/10	Mat stack 90cm			Age 9/10	4m x 12m (Boys)		
	Age 11/12	Mat stack 100cm			Age 11/12			
	Age 13+	Mat stack 110cm			Age 13+			
Requirements	Age 7/8	Squat onto a red block and a handspring flat back off to land on safety mats				Each routine should contain 6 elements worth 0.5 each (1 element from each group listed below). Elements should be joined together with choreography and/or steps. Floor music is optional (Girls only), however, a routine without music will receive a 0.5 deduction. Routines should be no longer than 60 seconds. Routines longer than 60 secs will receive a 1.0 deduction.		
	Age 9/10	Handspring flat back						
	Age 11/12	Handspring flat back						
	Age 13+	Handspring flat back						
					<b>Group 1</b>	A choice of: split leap into cat leap, straight jump into split jump, straight jump into straddle jump, straight jump into straight jump full turn		
					<b>Group 2</b>	<b>Girls</b> – A choice of: full spin (optional free leg position) or tuck jump full turn <b>Boys</b> - Pike ½ lever, straddle ½ lever, tucked top planche (2 secs hold)		
					<b>Group 3</b>	Hold for 2 seconds (handstand with optional exit, arabesque with leg above horizontal, Y – balance, extended headstand)		
					<b>Group 4</b>	Roll (backward roll with straight legs and arms to feet, handstand into forward roll with straight arms to feet)		
				<b>Group 5</b>	Acro (round off, forward walkover, backward walkover)			
				<b>Group 6</b>	Flexibility (bridge, front/back splits, box splits, japana)			
Max DV	3.0	2 vaults, better vault to count			3.0			

Level 3: Vault, Beam & Floor						
Age Groups	Age 7/8		Age 9/10		Age 11/12	Age 13+
Eligibility	Gymnasts are not eligible if they train for longer than 4 hours per week					
	Vault – DV 3.0 2 vaults, better vault to count		Beam – DV 3.0		Floor – DV 3.0	
Apparatus	Age 7/8	Mat stack 80cm	Age 7/8	FIG height beam FIG landing mats plus 10 cm supplementary landing mat for dismount  For Age 7/8 & 9/10 an additional 30cm safety mat may be used either under the beam or for dismount	Age 7/8	12m x 12m  Floor music is <b>required</b> . No music will receive a deduction of 1.0. Routines should be <b>no longer than 60 seconds</b> . Routines longer than 60 secs will receive a 1.0 deduction.
	Age 9/10	Mat stack 90cm	Age 9/10			
	Age 11/12	Vault 105cm with mat stack and 5cm roll mat on top	Age 11/12			
	Age 13+	Vault 105cm with mat stack and 5cm roll mat on top	Age 13+			
Requirements	Age 7/8	Handspring flat back	Each routine should contain 6 elements worth 0.5 each (1 element from each group listed below). Elements should be joined together with choreography and/or steps.		Each routine should contain 6 requirements worth 0.5 each (1 requirement from each group listed below). Requirements should be joined together with choreography and/or steps.	
	Age 9/10	Handspring flat back				
	Age 11/12	Handspring flat back				
	Age 13+	Handspring flat back				
			<b>Group 1</b>	Mount (squat on, straddle on, jump to ½ lever, jpana)	<b>Group 1</b>	A choice of: split leap into cat leap, straight jump into split jump, straight jump into straddle jump, straight jump into straight jump full turn
			<b>Group 2</b>	Dance Element (straight jump, tuck jump, star jump, split jump, w jump, cat leap)	<b>Group 2</b>	A choice of: Cat leap full turn, tuck jump full turn, full spin or full spin with leg straight
			<b>Group 3</b>	Hold for 2 seconds (straddle ½ lever – cannot be repeated if used as mount, pike ½ lever, arabesque, 1 leg balance)	<b>Group 3</b>	Hold for 2 seconds (handstand with optional exit or extended headstand)
			<b>Group 4</b>	Acro Element (forward roll, cartwheel, handstand, backward walkover, caterpillar walk – as per Club Grade 6)	<b>Group 4</b>	Roll (backward roll with straight legs and arms to feet, handstand into forward roll with straight arms to feet)
			<b>Group 5</b>	Turn (1/2 spin, full spin, ½ turn on toes in squat position)	<b>Group 5</b>	A choice of: round off straight jump backward roll, round off flic, forward walkover, backward walkover, handspring, free cartwheel
			<b>Group 6</b>	Dismount (round off, handspring)	<b>Group 6</b>	Flexibility (bridge, front/back splits, box splits, jpana)



## 2020 Diamonds Invitational Competition



Level 4 – Four Piece					
Age Groups	Age 9/10		Age 11/12		Age 13+
Eligibility	Gymnasts are not eligible if they train for longer than 5 hours per week				
	Vault	Bars		Beam	Floor
Apparatus	<p>Age 9/10 Mat stack 90cm</p> <p>Age 11/12 Vault Table 105cm with mat stack and 5cm roll mat on top</p> <p>Age 13+ Vault Table 105cm with mat stack and 5cm roll mat on top</p>	<p>All Ages</p> <p>FIG regulations</p> <p>For Age 9/10 an additional 30cm safety mat may be used either under the bars or for dismount</p>		<p>Age 9/10 An additional 30cm safety mat may be used either under the beam or for dismount</p> <p>Age 11/12 and 13+ FIG Regulations</p> <p>Each routine should contain 6 elements worth 0.5 each (1 element from each group listed below). Elements should be joined together with choreography and/or steps.</p>	<p>All Ages</p> <p>Floor music is required. No music will receive a deduction of 1.0.</p> <p>Routines should be no longer than 60 seconds. Routines longer than 60 secs will receive a 1.0 deduction.</p> <p>Each routine should contain 6 requirements worth 0.5 each (1 requirement from each group listed below). Requirements should be joined together with choreography and/or steps.</p>
Requirements	<p>Age 9/10 Handspring flat back – 3.5</p> <p>Age 11/12 &amp; 13+ Handspring flat back – 3.0</p> <p>Handspring to stand – 3.5</p> <p>½ on to knees – 3.5</p> <p>½ on ½ off to back – 4.0</p> <p>2 vaults – better vault to count</p>	<p>Choice of set routine: <b>3.5</b></p> <p>Routine 1:</p> <ol style="list-style-type: none"> <li>Upward circle</li> <li>Cast towards horizontal</li> <li>Back circle</li> <li>Squat on jump off forwards</li> <li>Coach lifts gymnast to hang on HB</li> <li>Trolley swing</li> <li>Swing x 1</li> <li>¾ giant</li> <li>Straddle undershoot</li> </ol> <p>Routine 2:</p> <ol style="list-style-type: none"> <li>Upward circle</li> <li>Cast towards horizontal</li> <li>Back circle</li> <li>Squat on</li> <li>Jump to catch HB</li> <li>Counter swing</li> <li>¾ giant</li> <li>Straddle undershoot</li> </ol>		<ol style="list-style-type: none"> <li>'A' mount or a squat on</li> <li>'A' or uncoded jump/leap</li> <li>Hold for 2 secs (handstand, arabesque, Y balance)</li> <li>A choice of roll, cartwheel, backwalkover, caterpillar walk (as per Club Grade 6)</li> <li>½ spin</li> <li>Dismount (a choice of round off, handspring, cartwheel straight jump, front somi or free round off)</li> </ol>	<ol style="list-style-type: none"> <li>Acro line with 2 different flight elements or Round off straight jump backward roll to front support</li> <li>Forward walkover/ Backward walkover / Tic toc</li> <li>Full spin (optional free leg)</li> <li>Split leap into cat leap</li> <li>Jump from 2 feet (split, straddle, straight jump full turn)</li> <li>Handspring, free cartwheel or front somi</li> </ol>
Uncoded elements		<p>No deduction for empty swing performed automatically after back circle or baby giant</p> <p>Cast Penalties:</p> <p><b>No penalty</b></p>			