



Diamonds Men's Artistic Invitational Competition 2020

Date: 27th and 28th June 2020

Closing Date for Entries: 21st May 2020

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

Competition Sections:

Level 1: Under 8 (2012 & 2013), Under 10 (2010 & 2011), Under 12 (2008 & 2009)

Level 2: Under 9 (2011), Under 10 (2010), Under 12 (2008 & 2009), Under 14 (2006 & 2007)

Level 3: Under 12 (2008 & 2009), Under 14 (2006 & 2007)

Ages are by Year of Birth as per the above criteria.

Competition Entry:

Entry Fee is £25 per gymnast. 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 MA2020(Clubname).

All participants will receive a participation award.

All coaches accompanying gymnasts must be current 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. 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. Alternatively, payment may be made online, however, this must be received before the closing date. 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, depending upon the number of participants in the level and age group.

Spectator Tickets:

Spectator entry will be available on the door and will cost £5 per adult (free for children). 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 silver membership. Coaches should have a minimum of silver membership and 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.



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Entry Form

Please complete all sections and e-mail to 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: 21st May 2020

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

Judge Details 1:

Name: _____

Qualification: _____

E-Mail Address: _____

Judge Details 2:

Name: _____

Qualification: _____

E-mail Address: _____

Gymnasts:

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

Additional sheets can be used if necessary.

Coaches:

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

Cheque / cash for £_____ is enclosed

Payment online of £_____

Level 1: Under 8 (born in 2012 & 2013), Under 10 (born in 2010 & 2011), Under 12 (born in 2008 & 2009)						
	Rules and Regulations are as FIG 2017-2020 Code of Points, unless stated otherwise FIG Execution penalties will be applied Floor / Rings / Parallel Bars / High Bar – An exercise with less than 5 elements will be deducted 1.00 for each missing element					
	Floor	Pommel	Rings	Vault	Parallel Bars	High Bar
Apparatus	FIG regulations 12m x 12m	Choice of High Mushroom, Floor Mushroom or Floor Mushroom with 1 handle	FIG regulations plus 1 or 2 30cm safety mats	110cm mat stack (2 springboards are allowed at under 8 only)	130cm high with optional 30 cm safety mat	Shiny bar (with gloves and loops)
Requirements – each requirement is worth 0.5 and receives no additional value	1. Dive Roll 2. Cartwheel ¼ turn or Round off 3. Arabesque or Y-scale 4. Back Roll with Straight Arms	Routine (Perform 1 only): 1. 5 x DLC on mushroom (11.0) 2. 10 x DLC on mushroom (12.0) 3. 5 x DLC on floor mushroom (12.5) 4. 5 x DLC over 1 handle on floor mushroom (13.0)	1. German hang (2 secs) 2. Inverted hang (2 secs) 3. 3 x swings bwd and fwd 4. Swing bwd and fwd into tuck salto dismount	1 vault only Handstand Flatback (12.0) ¼ Straight Front to Back (12.5) Handspring to Stand and Fall Forwards (13.0)	1. Dip in support 2. ½ lever (2 secs) 3. Swing bwd & fwd to min horizontal x 3 4. Swing bwd & front vault dismount above horizontal	1. Pike leg lift 2. Chin up pull over 3. Cast 4. 4 swings
Uncoded permitted elements	Any requirement listed above		Any requirement or bonus element		Any requirement or bonus element	Any requirement or bonus element
Value of Elements	Uncoded elements – 0.1 Group 1 ‘A’ – 0.1 Any Other ‘A’ element – 0.2 Any ‘B’ or ‘C’ element – 0.4	1. 0.2 per DLC 2. 0.2 per DLC 3. 0.5 per DLC 4. 0.6 per DLC	Uncoded elements – 0.1 Any ‘A’ element (unless listed under bonus) – 0.5		Any ‘A’ element (unless listed under bonus) – 0.1	Any ‘A’ element (unless listed under bonus) – 0.1
Max No of Elements	8 highest including dismount		8 highest including dismount		8 highest including dismount	8 highest
Bonus			Straddle Front Scale – 0.3 Back Scale – 0.3 Chin up / Pull up – 0.1		Upstart to straddle sit / support / drop upstart – 0.3 Any press to handstand (2 secs) – 0.3 Russian Lever (2 secs) – 0.3 Swing to handstand – 0.2	Upstart (instead of chin up) – 0.5 Cast to handstand – 0.2 Back hip circle – 0.2 Undershoot – 0.2 Longswings (instead of swings) – 0.2 each, max 5

Level 2: Under 9’s (born in 2011), Under 10’s (born in 2010), Under 12’s (born in 2008 & 2009), Under 14’s (born in 2006 & 2007)						
	Rules and Regulations are as FIG 2017-2020 Code of Points, unless stated otherwise					
	FIG Execution penalties will be applied					
	Floor / Rings / Parallel Bars / High Bar – An exercise with less than 5 elements will be deducted 1.00 for each missing element					
	Floor	Pommel	Rings	Vault	Parallel Bars	High Bar
Apparatus	FIG regulations 12m x 12m	Choice of Floor Mushroom or Floor Mushroom with 1 handle	FIG regulations plus 1 or 2 30cm safety mats	110cm vault table with mat stack and 5cm roll mat on top (2 springboards are allowed at under 9 only)	130cm high with optional 30 cm safety mat	Shiny bar (with gloves and loops)
Requirements – each requirement is worth 0.5 and receives no additional value	1. Dive Roll 2. Flic 3. Forward salto 4. Any FIG Group 1 element min ‘A’	Routine (Perform 1 only): 1. 10 x DLC on mushroom (11.0) 2. 5 x DLC on floor mushroom (11.5) 3. 5 x DLC over 1 handle on floor mushroom (12.0) 4. 5 x DLC on 1 handle on floor mushroom (12.5)	1. Reverse muscle up & lower to hang 2. German hang (2 secs) 3. 3 x swings bwd & fwd 4. Swing bwd and fwd into tuck or straight salto dismount *Coach to lift gymnast to support above rings to start routine unless a muscle up is performed	1 vault only Handstand Flatback (12.0) Handspring to Stand and Fall Forwards (12.5) Tsukahara Prep to Stand and Fall Backwards (13.0) Yurchenko Prep to Stand and Fall Backwards (13.5)	1. ½ lever (held 2 secs) 2. Swing or press to handstand (held 2 secs) 3. 3 swings to min horizontal 4. Swing bwd & front vault dismount above horizontal	1. Pike leg lift 2. Chin up and pull over 3. Undershoot 4. 4 swings
Uncoded permitted elements	Any requirement listed above		Any requirement or bonus element		Any requirement or bonus element	Any requirement or bonus element
Value of Elements	Uncoded elements – 0.1 Group 1 ‘A’ – 0.1 Any additional ‘A’ element – 0.2 Any ‘B’ or ‘C’ element – 0.4	1. 0.2 per DLC 2. 0.5 per DLC 3. 0.6 per DLC 4. 0.6 per DLC	Uncoded elements – 0.1 Any ‘A’ element – 0.5		Uncoded elements – 0.1	
Max No of Elements	8 highest including dismount		8 highest including dismount		8 highest including dismount	8 highest elements
Bonus			Static Inlocate – 0.2 Muscle up – 0.5 Chin up and hold (2 secs) – 0.2 L-sit hang – 0.1 Any ‘A’ value element – 0.5		Upstart / Drop upstart – 0.3 each Salto dismount – 0.4 Any ‘A’ or ‘B’ element – 0.4	Upstart (instead of chin up) – 0.5 Clear hip or Stalder – 0.3 Stoop on & off – 0.3 Longswings (instead of swings) – 0.2 each, max 5

<p align="center">Level 3: Under 12’s (born in 2008 or 2009), Under 14’s (born in 2006 & 2007), Under 16’s (born in 2004 & 2005)</p> <p align="center">Rules and Regulations are as FIG 2017-2020 Code of Points, unless stated otherwise</p> <p align="center">FIG Execution penalties will be applied</p> <p align="center">Floor / Rings / Parallel Bars / High Bar – An exercise with less than 5 elements will be deducted 1.00 for each missing element</p>						
	Floor	Pommel	Rings	Vault	Parallel Bars	High Bar
Apparatus	FIG regulations 12m x 12m	Low Pommel Horse (without handles)	FIG regulations plus 1 or 2 30cm safety mats	U12 - 120cm vault table U14 –125 cm vault table U16 – 135 cm vault table	180cm high with optional 20 or 30 cm safety mat	Chalk Bar with 30cm safety mats plus 10cm supplementary mat on top of FIG mats
Requirements – each requirement is worth 0.5 and receives no additional value	<ol style="list-style-type: none"> Any coded Group 1 element Any coded Group 2 element Any coded Group 3 element Dismount of value ‘A’ – 0.3 OR dismount of min value ‘B’ – 0.5 	Routine (Perform 1 only): <ol style="list-style-type: none"> 10 x inward loops (11.0) 5 x loops, ½ spindle, 5 x loops (12.0) 3 x inward loops, Magyar, 2 x outward loops (12.5) 2 x inward loops, Magyar, 2 x outward loops, Sivado, 2 x inward loops, flank dismount (13.0) 	<ol style="list-style-type: none"> Muscle up or Group 1 element Inlocation Dislocation A coded dismount 	1 vault only Any FIG vault max DV 2.4 (U12 & U14) Any FIG vault max DV 2.8 (U16)	<ol style="list-style-type: none"> Upstart to OR through support Swing or press to handstand (2 secs hold) ½ lever (2 secs) A coded dismount 	<ol style="list-style-type: none"> Upstart or back uprise Cast to handstand Circle element to handstand Giant element (may be fwd or bwd)
Uncoded permitted elements	BG U12 permitted elements will apply at both u12 & u14	BG U12 permitted elements will apply at both u12 & u14	BG U12 permitted elements will apply at both u12 & u14	BG U12 permitted elements will apply at both u12 & u14	BG U12 permitted elements will apply at both u12 & u14	BG U12 permitted elements will apply at both u12 & u14
Value of Elements	Uncoded elements – 0.1 ‘A’ elements – 0.1 ‘B’ elements – 0.2 ‘C’ elements – 0.3	<ol style="list-style-type: none"> 0.2 per inward loop 0.2 per loop & 0.5 per spindle 0.2 per loop & 2.0 for Magyar 0.2 per loop & flank dismount, 1.0 each for Magyar & Sivado 	Uncoded elements – 0.1 Any ‘A’ element – 0.1 Any ‘B’ element – 0.2		Uncoded elements – 0.1 ‘A’ elements – 0.1 ‘B’ elements – 0.2	Uncoded elements – 0.1 ‘A’ elements – 0.1 ‘B’ elements – 0.2
Max No of Elements	8 highest including dismount		8 highest including dismount		8 highest including dismount	8 highest elements including dismount