



Diamonds Women's Artistic Invitational Christmas Team Competition 2020

Date: 5th and 6th December 2020

Closing Date for Entries: 5th November 2020

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

Competition Sections:

1. Jade Elves (Level 1) – Age 7-10, Age 10-13 and Age 12+. Gymnasts are ineligible if they have competed in Level 4 or above, Regional Grade 2 or above, National Grade 4 or above or Compulsory Grade 4 or above. 5 gymnasts in a team, top 4 scores on each apparatus will count towards the team total.
2. Opal Snowmen (Level 2) – Age 8-11 and Age 10+. Gymnasts are ineligible if they have competed in Level 2 or above, Compulsory 2 or above, National Challenge Cup (any age group), Any regional or invitational competition at FIG level. 5 gymnasts in a team, top 4 scores on each apparatus will count towards the team total.
3. Pearl Penguins (Level 3) - Age 9-13, Age 11+. 6 gymnasts in a team, 5 gymnasts compete on each apparatus, top 4 scores on each apparatus will count towards the team total.

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

Gymnasts can only compete in 1 team and can only compete in their age group. (Please note that team ages do overlap to enable clubs to accommodate as many gymnasts as possible).

Competition Entry:

Entry Fee is £125 per team. 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 WA2020(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 per 5 teams.



Entry forms should be completed and e-mailed to info@diamondsgymclub.org.uk . A copy should 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:

Gymnasts of the winning team in each level and age group will receive a medal, the team will receive a trophy (and cuddly toy!)

Gymnasts of the second and third place team in each level and age group will receive a medal.

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: 5th November 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: _____

Team Information:

	<u>Level:</u>	<u>Age Group:</u>	<u>Gymnast Name:</u>	<u>DOB:</u>	<u>BG Number:</u>	<u>Team Name (Christmas Themed)</u>	<u>Coach Name & Qualification: (Max 2 coaches per team)</u>
Team 1:							

	<u>Level:</u>	<u>Age Group:</u>	<u>Gymnast Name:</u>	<u>DOB:</u>	<u>BG Number:</u>	<u>Team Name (Christmas Themed)</u>	<u>Coach Name & Qualification: (Max 2 coaches per team)</u>
Team 2:							

	<u>Level:</u>	<u>Age Group:</u>	<u>Gymnast Name:</u>	<u>DOB:</u>	<u>BG Number:</u>	<u>Team Name (Christmas Themed)</u>	<u>Coach Name & Qualification: (Max 2 coaches per team)</u>
Team 3:							



	<u>Level:</u>	<u>Age Group:</u>	<u>Gymnast Name:</u>	<u>DOB:</u>	<u>BG Number:</u>	<u>Team Name (Christmas Themed)</u>	<u>Coach Name & Qualification: (Max 2 coaches per team)</u>
Team 4:							

	<u>Level:</u>	<u>Age Group:</u>	<u>Gymnast Name:</u>	<u>DOB:</u>	<u>BG Number:</u>	<u>Team Name (Christmas Themed)</u>	<u>Coach Name & Qualification: (Max 2 coaches per team)</u>
Team 5:							

	<u>Level:</u>	<u>Age Group:</u>	<u>Gymnast Name:</u>	<u>DOB:</u>	<u>BG Number:</u>	<u>Team Name (Christmas Themed)</u>	<u>Coach Name & Qualification: (Max 2 coaches per team)</u>
Team 6:							

Additional sheets can be used if necessary.

Cheque / cash for £_____ is enclosed

Payment online of £_____





2020 Diamonds Invitational Christmas Team Competition

Jade Elves				
Age Groups	Age 7-10	Age 10-13	Age 12+	
Competition Format	5 gymnasts in a team, top 4 scores on each apparatus count towards the team total. Gymnasts can only compete in 1 team and can only compete in their age group.			
Eligibility	Gymnasts are not eligible if they have competed in the following:			
	<ul style="list-style-type: none"> Yorkshire or other region Level 4 or above 	<ul style="list-style-type: none"> Regional Grade 2 or above 	<ul style="list-style-type: none"> Any National Grade 	<ul style="list-style-type: none"> Any Compulsory Grade 4 or above
Uncoded = 0.0 A = 0.1 B = 0.2 C and above elements will not receive DV	Rules and Regulations are as FIG Cycle 14 (2017-2020) Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR: uncoded elements will count towards the number of elements and as CR's but will not receive DV. BEAM/FLOOR – 8 highest elements including dismount, 2 acrobatic (min) + 3 dance (min) and 3 optional elements. Same element can only count once. Routines will not be penalised as a short routine as long as the correct number of elements are attempted. BARS – FIG coded element may be repeated for DV. An exercise with less than 6 elements will be deducted 1.00 for each missing element.			
	Vault	Bars	Beam	Floor
Apparatus	Age 7-10 80cm Mat Stack Age 10-13 100cm Mat Stack Age 12+ 110cm Mat Stack	Age 7-10 Additional 1 x 30cm safety mat may be placed underneath the bars Age 10-13 and 12+ FIG regulations	Age 7-10 Additional 1 x 30cm safety mat may be placed under the beam Age 10-13 and 12+ FIG regulations	FIG regulations
Requirements	Handspring flat back – 3.0 Handspring to stand – 3.5 Tsuk prep to stand – 3.5 Yurchenko prep to stand – 3.5 There will be no landing penalty if the gymnast over rotates in the direction of the chosen vault 2 vaults – better vault to count	Compositional Requirements: <ol style="list-style-type: none"> Any upstart Back hip circle Cast (deductions will apply as below) Element started and finished on HB – must be performed from a cast. Eg squat into upstart will not fulfil the requirement but cast into upstart will Cast Penalties: <div style="text-align: center;"> <p>No penalty</p> </div>	Compositional Requirements: <ol style="list-style-type: none"> 1 acro element 0.3 OR 2 different acro elements 0.5 ½ spin, ½ turn on 2 feet 0.3 OR Full spin 0.5 Jump/leap with 180 split Connection of 2 leaps/jumps (may be same or different) 	Compositional Requirements: <ol style="list-style-type: none"> Acro line with 2 different flight elements 0.3 OR Acro line with salto 0.5 Forward walkover/back walkover/tic toc/handspring/front salto Spin Dance passage to include minimum of 2 different leaps or hops (1 of which must have 180 split)
Uncoded permitted elements/specific apparatus deductions		Circle up mount, cast, squat on, counter swing, ¼ giant (LB to HB), ¾ giant started and finished on same bar, straddle/pike undershoot No deduction for bar change without an element No deduction for empty swing performed automatically after back circle or baby giant **Short clear not to handstand will count as a 'B' element (deductions will apply)	Mount: Squat on Acro: Forward roll, backward roll Jumps: Straight jump, tuck jump, star jump Leap: Scissor leap Balance: Arabesque, pike ½ lever Dismount: Round off or Handspring from hands, Cartwheel straight jump dismount (counted as 1 element)	Cartwheel, backward roll to handstand, backward roll to front support, handstand forward roll, back walkover, forward walkover, tic toc, valdez, tuck jump, scissor leap, **The last flighted acro element will count as the dismount



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Opal Snowmen										
Age Groups	Age 8-11		Age 10+							
Competition Format	5 gymnasts in a team, top 4 scores on each apparatus count towards the team total. Gymnasts can only compete in 1 team and can only compete in their age group.									
Eligibility	Gymnasts are not eligible if they have competed in the following:									
	<ul style="list-style-type: none"> Yorkshire or other region Level 2 or above 	<ul style="list-style-type: none"> Compulsory Grade 2 or above 	<ul style="list-style-type: none"> National Challenge Cup (at any age group) 	<ul style="list-style-type: none"> Any regional or invitational competition at FIG level 						
A = 0.1 B = 0.2 C = 0.3 D = 0.4 E and above elements will not receive DV	Rules and Regulations are as FIG Cycle 14 (2017-2020) Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BEAM/FLOOR – 8 highest elements including dismount, 3 acrobatic (min) + 3 dance (min) and 2 optional elements. Same element can only count once. BARS – A backwards giant may be repeated once for DV or any FIG element may be repeated on a different bar for DV. An exercise with less than 6 elements will be deducted 1.00 for each missing element.									
Apparatus	Vault	Bars	Beam	Floor						
	8-11 Vault table 115cm + 5cm roll mat with mat stack 10+ Vault table (125cm)	FIG regulations	FIG regulations	FIG regulations						
Requirements	2 vaults Better vault to count Age 8-11 Handspring flat back 12.5 Handspring to stand 13.0 Tsuk prep to stand 13.0 Yurchenko prep to stand 13.5 There will be no landing penalty if the gymnast over rotates in the direction of the chosen vault Tsuk or Yurchenko prep to land on back (maintaining the straight position) – 14.0 Age 10+ Any FIG vault Max DV – 3.7	Compositional Requirements: <ol style="list-style-type: none"> Coded mount Cast above horizontal 0.3 OR Cast to handstand (straight or straddled is acceptable – FIG tolerance) 0.5 Close bar element (not back hip circle) Giant OR coded bar change (may be LB to HB or HB to LB or sole circle to catch – No deduction for the jump to HB Squat on/Stoop on/Straddle on jump to HB will incur the 0.5 deduction for jump from LB to HB Cast Penalties: <table style="margin-left: 20px;"> <tr> <td style="border-right: 1px solid black; padding-right: 5px;">No</td> <td style="padding-left: 5px;">penalty</td> </tr> <tr> <td style="border-right: 1px solid black; padding-right: 5px;">/</td> <td style="padding-left: 5px;">0.1</td> </tr> <tr> <td style="border-right: 1px solid black; padding-right: 5px;"> </td> <td style="padding-left: 5px;">0.3</td> </tr> </table>	No	penalty	/	0.1		0.3	Compositional Requirements: <ol style="list-style-type: none"> Connection of 2 different dance elements (must involve min 180 split as per FIG) Acro elements in different directions Turn from group 3 Acro series with 2 acro elements (no flight) 0.3 OR Acro series with 2 acro elements (min 1 element with flight) 0.5 	Compositional Requirements: <ol style="list-style-type: none"> Dance passage to include minimum of 2 different leaps or hops (1 of which must have 180 split as per FIG) Salto fwd and bwd (do not have to be in an acro line) Dance element min 'C' 0.3 OR Salto min 'B' (in an acro line) 0.5 Min 2 different 'B' dance elements (in addition to CR1 and CR3) OR min 'C' salto (in an acro line) in addition to CR3 1.0 penalty if less than 2 different acro lines
No	penalty									
/	0.1									
	0.3									
Barred elements		Flight elements on same bar 'D' dismounts	'D' dismounts	'D' or above saltos						



2020 Diamonds Invitational Christmas Team Competition

Pearl Penguins				
Age Groups	Age 9-13		Age 11+	
Competition Format	6 gymnasts in a team, 5 gymnasts compete on each apparatus, top 4 scores on each apparatus count towards the team total. Gymnasts can only compete in 1 team and can only compete in their age group.			
	Rules and Regulations are as FIG Cycle 14 (2017-2020) Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BEAM/FLOOR – 8 highest elements including dismount, 3 acrobatic (min) + 3 dance (min) and 2 optional elements. Same element can only count once. BARS – 8 highest elements including dismount – max 3 elements from the same root skill as per FIG. Same element can only count once. BARS/BEAM/FLOOR - FIG penalties will apply to short routines			
	Vault	Bars	Beam	Floor
Apparatus	Vault table (125cm)	FIG regulations	FIG regulations	FIG regulations
Requirements	2 vaults Better vault to count	Compositional Requirements: <ol style="list-style-type: none"> 1. Flight element from LB to HB 0.3 OR Flight element from HB to LB 0.5 2. Close bar element min 'C' 3. Different grips (not cast, mount or dismount) 4. Non flight element with 180° turn (not mount) 0.3 OR Non flight element with min 360° turn (not mount) 0.5 	Compositional Requirements: <ol style="list-style-type: none"> 1. Connection of 2 different dance elements (must involve min 180 split as per FIG) 2. Turn (group 3) 3. Acro series (2 flight els, min 1 salto) 4. Acro elements in different directions (fwd/swd and bwd) 	Compositional Requirements: <ol style="list-style-type: none"> 1. Dance passage to include minimum of 2 different leaps or hops (1 of which must have 180 split as per FIG) 2. Salto fwd and bwd (no aerials) 3. Salto with LA turn (min 360°) 4. Min 'D' element – dance or acro <p style="text-align: center;">CR 2 and 3 must be within an acro line</p>