



## **Diamonds Women's Artistic Invitational Competition 2020**

**Date:** 27<sup>th</sup> & 28<sup>th</sup> June 2020

**Closing Date for Entries:** 21<sup>st</sup> May 2020

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

### **Competition Sections:**

1. Emerald – Age 7/8, Age 9/10, Age 11+. Gymnasts are ineligible if they have competed in Level 5 or above, Regional Grade 3 or above, any National Grade or any Compulsory Grade.
2. Topaz - Age 8-10, Age 11/12, Age 13+. 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.
3. Ruby - Age 9-11, Age 12/13, Age 14+. Gymnasts are ineligible if they have competed in Level 3 or above, National Grade 3 or above or Compulsory Grade 3 or above.
4. Bronze - Age 9-11, Age 12+. Gymnasts are ineligible if they have competed in Level 2 or above, Compulsory Grade 2 or above, National Grade 1, National Challenge Cup (at any age group) or any regional or invitational competition at an individual FIG level.
5. Silver - Age 10-13, Age 14+. Gymnasts are ineligible if they have competed at English or other Home Nation Championships, National Challenge Cup or any regional or invitational competition at an individual FIG level.
6. Gold - Age 12-14, Age 15+.

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

### **Team Award**

At each level and age of competition (Emerald, Topaz, Ruby and Bronze) there will be a team award. There will be 4 gymnasts in a team and you must nominate 1 gymnast on each piece of apparatus where their score will count towards the team total. Awards will be given for the winning team.

At Gold and Silver level, there will be a team award. There will be 4 gymnasts in a team and you must nominate 1 gymnast on each piece of apparatus where their score will count towards the team total. The team members may come from any of the age groups. Awards will be given for the winning team.

**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 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 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. 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.

**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 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.



**Diamonds Women's Artistic 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: 21<sup>st</sup> 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: \_\_\_\_\_



## 2020 Diamonds Invitational Competition



Emerald Level					
Age Groups	Age 7/8		Age 9/10		Age 11+
Eligibility	<b>Gymnasts are not eligible if they have competed in the following:</b>				
	<ul style="list-style-type: none"> <li>Yorkshire or other region Level 5 or above</li> </ul>	<ul style="list-style-type: none"> <li>Regional Grade 3 or above</li> </ul>	<ul style="list-style-type: none"> <li>Any National Grade</li> </ul>	<ul style="list-style-type: none"> <li>Any Compulsory Grade</li> </ul>	
Uncoded = 0.1 A = 0.1 B 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. Same element can only count once. <b>Routines will not be penalised as a short routine as long as the correct number of elements are attempted. If 8 elements are not attempted then there will be a deduction of 1.00 per missing element</b>				
	Vault	Bars		Beam	Floor
Apparatus	Mat Stack: Age 7/8 80cm Age 9/10 90cm Age 11+ 100cm	Age 7/8 Additional 30cm safety mats underneath bars Age 9/10 and 11+ FIG regulations		Age 7/8 Additional 1 x 30cm safety placed under beam Age 9/10 and 11+ FIG regulations	FIG regulations
Requirements	Handspring flat back – 3.5  2 vaults – better vault to count	Choice of set routine: <b>3.5</b> Routine 1: 1. Upward circle 2. Cast towards horizontal 3. Back circle 4. Squat on jump off forwards 5. Coach lifts gymnast to hang on HB 6. Trolley swing 7. Swing x 1 8. ¾ giant 9. Straddle undershoot	Routine 2: 1. Upward circle 2. Cast towards horizontal 3. Back circle 4. Squat on 5. Jump to catch HB 6. Counter swing 7. ¾ giant 8. Straddle undershoot	Compositional Requirements: 1. Caterpillar walk (as per Club Grade 6) 2. ½ spin 3. Forward roll/Cartwheel/Handstand (2 secs hold)/Back walkover <b>0.5 OR</b> Lay down touch feet behind head and return to stand/Kick towards handstand (not held) <b>0.3</b> 4. 'A' or uncoded jump /leap	Compositional Requirements: 1. Acro line with 2 different flight elements <b>0.5 OR</b> Round off straight jump backward roll to front support <b>0.3</b> 2. Forward walkover/Backward walkover/Tic toc 3. Full spin 4. Split leap connected to a different leap/jump
Uncoded permitted elements/specific apparatus deductions		No deduction for empty swing performed automatically after back circle or baby giant Cast Penalties: <div style="text-align: center;"> <b>No penalty</b>  </div>		<b>Any CR listed above DV 0.1</b> <b>Mount:</b> Jump to front support, squat on <b>Jumps:</b> Straight jump, tuck jump, star jump <b>Leap:</b> Scissor leap <b>Balance:</b> Arabesque, pike or straddle ½ lever <b>Dismounts:</b> : Round off or Handspring from hands, Cartwheel straight jump dismount (counted as 1 element), Run and 2 footed straight jump	<b>Any CR listed above DV 0.1</b> Forward roll, backward roll, cartwheel, backward roll to handstand, handstand into bridge (show position) kickout Tuck jump, scissor leap, star jump, ½ turning straight jump,

## 2020 Diamonds Invitational Competition



Topaz Level					
Age Groups	Age 8-10		Age 11/12		Age 13+
Eligibility	<b>Gymnasts are not eligible if they have competed in the following:</b>				
	<ul style="list-style-type: none"> <li>Yorkshire or other region Level 4 or above</li> </ul>	<ul style="list-style-type: none"> <li>Regional Grade 2 or above</li> </ul>	<ul style="list-style-type: none"> <li>National Grade 4 or above</li> </ul>	<ul style="list-style-type: none"> <li>Compulsory Grade 4 or above</li> </ul>	
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, <b>2 acrobatic (min) + 3 dance (min) and 3 optional elements</b> . Same element can only count once. <b>Routines will not be penalised as a short routine as long as the correct number of elements are attempted. If 8 elements are not attempted then there will be a deduction of 1.00 per missing element</b> 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	Vault table (110cm) with mat stack behind, 5cm roll mat on top	FIG regulations	FIG regulations	FIG regulations	
Requirements	Handspring flat back – 3.0 Handspring to stand – 3.5 Tsuk prep to stand – 3.5 <b>There will be no landing penalty if the gymnast over rotates in the direction of the chosen vault</b> 2 vaults – better vault to count	Compositional Requirements: <ol style="list-style-type: none"> <li>Upstart (mount) <b>0.5 OR</b> Float upstart swing, return to board, upward circle <b>0.3</b></li> <li>Bar change</li> <li>Close bar element</li> <li>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</li> </ol> Cast Penalties: 	Compositional Requirements: <ol style="list-style-type: none"> <li>1 acro element <b>0.3</b> 2 different acro elements <b>0.5</b></li> <li>Turn from group 3</li> <li>Split leap/split jump/ sissone/straddle jump</li> <li>Connection of 2 different leaps/jumps</li> </ol>	Compositional Requirements: <ol style="list-style-type: none"> <li>Series of 3 flight elements or an acro line with salto (<b>min 2 connected flight elements</b>)</li> <li>2 acro elements with flight in different directions (do not have to be in an acro line)</li> <li>Spin</li> <li>Dance passage to include minimum of 2 different leaps or hops (1 of which must have 180 split)</li> </ol>	
Uncoded permitted elements/specific apparatus deductions		Uncoded elements – any CR above plus: Squat on, ¾ 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 <b>**Short clear not to handstand will count as a 'B' element (deductions will apply)</b>	Uncoded elements: <b>Mount:</b> Squat on <b>Acro:</b> Forward roll, backward roll <b>Jumps:</b> Straight jump, tuck jump, star jump <b>Leap:</b> Scissor leap <b>Balance:</b> Arabesque, pike ½ lever <b>Dismount:</b> Round off or Handspring from hands, Cartwheel straight jump dismount (counted as 1 element)	Uncoded elements: Cartwheel, backward roll to handstand, back walkover, forward walkover, valdez, tuck jump, scissor leap  <b>**The last flighted acro element will count as the dismount</b>	

## 2020 Diamonds Invitational Competition



Ruby Level				
Age Groups	Age 9-11		Age 12/13	Age 14+
Eligibility	<b>Gymnasts are not eligible if they have competed in the following:</b>			
		<ul style="list-style-type: none"> <li>Yorkshire or other region Level 3 or above</li> </ul>	<ul style="list-style-type: none"> <li>National Grade 3 or above</li> </ul>	<ul style="list-style-type: none"> <li>Compulsory Grade 3 or above</li> </ul>
Uncoded = 0.0 A = 0.1 B = 0.2 C = 0.3 D 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, 3 acrobatic (min) + 3 dance (min) and 2 optional elements. Same element can only count once. 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	Vault table (110cm) with mat stack behind, 5cm roll mat on top	FIG regulations	FIG regulations	FIG regulations
Requirements  2 vaults – better vault to count	Handspring to stand – 3.0 Tsuk prep to stand – 3.0 Yurchenko prep to stand – 3.5 Tsuk or Yurchenko prep to land on back (maintaining the straight position) – 4.0 <b>There will be no landing penalty if the gymnast over rotates in the direction of the chosen vault</b>	Compositional Requirements: 1. Coded mount 2. Cast to/above horizontal 3. Min 'B' element OR straddle cast to handstand 4. ¾ giant started and finished on HB or giant  Cast Penalties: <b>No penalty</b> 	Compositional Requirements: 1. Acro elements in different directions (fwd/swd and bwd) 2. Turn from group 3 3. Acro series (flight not necessary) 4. Connection of 2 different dance elements (must involve min 180 split)	Compositional Requirements: 1. 2 different acro lines 2. 2 saltos in different directions (does not have to be in an acro line) 3. 2 'B' dance elements OR Aerial element 4. Dance passage to include minimum of 2 different leaps or hops (1 of which must have 180 split)
Uncoded permitted elements/specific apparatus deductions		<b>Uncoded elements</b> – any CR above plus: Squat on, straddle/pike undershoot No deduction for empty swing performed automatically after back circle or baby giant No deduction for bar change without an element	<b>Uncoded elements:</b> <b>Mount:</b> Squat on <b>Jumps:</b> Straight jump, tuck jump, star jump <b>Leap:</b> Scissor leap <b>Balance:</b> Arabesque, pike ½ lever	<b>Uncoded elements:</b> Cartwheel, backward roll to handstand, back walkover, forward walkover, valdez, tuck jump, scissor leap
Barred elements			Salto elements/aerial elements <b>on beam</b>	'C' saltos

## 2020 Diamonds Invitational Competition



	Bronze Level			
Age Groups	Age 9-11		Age 12+	
Eligibility	<b>Gymnasts are not eligible if they have competed in the following:</b>			
	<ul style="list-style-type: none"> <li>Yorkshire or other region Level 2 or above</li> </ul>	<ul style="list-style-type: none"> <li>Compulsory Grade 2 or above</li> <li>National Grade 1</li> </ul>	<ul style="list-style-type: none"> <li>National Challenge Cup (at any age group)</li> </ul>	<ul style="list-style-type: none"> <li>Any regional or invitational competition at an individual FIG level</li> </ul>
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. An exercise with less than 6 elements will be deducted 1.00 for each missing element.			
	Vault	Bars	Beam	Floor
Apparatus	9-11 Vault table 115cm + 5cm roll mat with mat stack 12+ Vault table (125cm)	FIG regulations	FIG regulations	FIG regulations
Requirements	2 vaults Better vault to count  Age 9-11 Handspring to stand 3.0 Tsuk prep to stand 3.0 Yurchenko prep to stand 3.5 <b>There will be no landing penalty if the gymnast over rotates in the direction of the chosen vault</b> Tsuk or Yurchenko prep to land on back (maintaining the straight position) – 4.0  Age 12+ Max DV – 3.5	Compositional Requirements: <ol style="list-style-type: none"> <li>Cast to handstand (straight or straddled is acceptable)</li> <li>Giant</li> <li>Close bar element (not back hip circle)</li> <li>Coded bar change (may be LB to HB or HB to LB or sole circle to catch - No deduction for the jump to HB) OR a 2<sup>nd</sup> close bar element (must be different to CR 3 – not back hip circle)</li> </ol> <p><b>Squat on/Stoop on/Straddle on jump to HB will incur the 0.5 deduction for jump from LB to HB</b></p>	Compositional Requirements: <ol style="list-style-type: none"> <li>Connection of 2 different dance elements (must involve min 180 split)</li> <li>Acro elements in different directions</li> <li>Turn from group 3</li> <li>Acro series with 2 acro elements (min 1 element with flight)</li> </ol>	Compositional Requirements: <ol style="list-style-type: none"> <li>Dance passage to include minimum of 2 different leaps or hops (1 of which must have 180 split)</li> <li>Salto fwd and bwd (no aerials)</li> <li>Salto min 'B'</li> <li>Min 1 'C' dance element OR 2 different 'B' dance elements (must not be included in the dance passage)</li> </ol> <p><b>CR 2 and 3 must be within an acro line</b></p>
Barred elements		Flight elements on same bar 'D' dismounts	'D' dismounts Acro series with salto	'D' or above saltos

## 2020 Diamonds Invitational Competition



Silver Level				
Age Groups	Age 10-13		Age 14+	
Eligibility	<b>Gymnasts are not eligible if they have competed in the following:</b>			
	<ul style="list-style-type: none"> <li>English or other Home Nation Championships</li> </ul>	<ul style="list-style-type: none"> <li>National Challenge Cup</li> </ul>	<ul style="list-style-type: none"> <li>Any regional or invitational competition at an individual FIG level</li> </ul>	
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. BEAM/FLOOR - FIG penalties will apply to short routines BARS – 8 highest elements including dismount. Same element can only count once. Routines with less than 6 elements will be deducted 1.00 for each missing element.			
	Vault	Bars	Beam	Floor
Apparatus	Vault table (125cm)	FIG regulations	FIG regulations	FIG regulations
Requirements	1 vault  Max DV – 4.2	Compositional Requirements: <ol style="list-style-type: none"> <li>Close bar element min 'C' value</li> <li>Flight element (LB to HB <b>OR</b> HB to LB)</li> <li>Non-flight element with min 180 turn or a second, different close bar element min 'C' value</li> <li>2 x different grips</li> </ol>	Compositional Requirements: <ol style="list-style-type: none"> <li>Connection of 2 different dance elements (must involve min 180 split)</li> <li>Acro elements in different directions</li> <li>Turn from group 3</li> <li>Acro series with 2 acro elements (min 1 element with salto)</li> </ol>	Compositional Requirements: <ol style="list-style-type: none"> <li>Dance passage to include minimum of 2 different leaps or hops (1 of which must have 180 split)</li> <li>Salto fwd and bwd (no aerials)</li> <li>Salto with min of 360 LA turn (forward or backward)</li> <li>Min 2 different 'C' dance elements <b>OR</b> a 'D' value salto (not dismount)</li> </ol> <b>CR 2 and 3 must be within an acro line</b>
Barred elements		Flight elements on same bar 'D' dismounts	'D' dismounts	'D' dismounts

**2020 Diamonds Invitational Competition**



	Gold Level - FIG			
Age Groups	Age 12-14		Age 15+	
	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	1 vault may be performed for a gymnasts' All Around score.  A second vault may be performed for the Apparatus awards. The two vaults must be from different groups and must show different second flight phases.	Compositional Requirements: <ol style="list-style-type: none"> <li>1. Flight element from HB to LB</li> <li>2. Flight element on the same bar</li> <li>3. Different grips (not cast, mount or dismount)</li> <li>4. Non flight element with min 360° turn (no mount)</li> </ol>	Compositional Requirements: <ol style="list-style-type: none"> <li>1. Dance connection of 2 different elements, 1 of which is a leap/jump with 180 split</li> <li>2. Turn (group 3)</li> <li>3. Acro series (2 flight els, min 1 salto)</li> <li>4. Acro elements in different directions (fwd/swd and bwd)</li> </ol>	Compositional Requirements: <ol style="list-style-type: none"> <li>1. Dance Passage 2 different leaps / hops (min 1 with 180° split)</li> <li>2. Salto fwd and bwd (no aerials)</li> <li>3. Salto with LA turn (min 360°)</li> <li>4. Salto with double BA</li> </ol> <b>CR 2, 3 and 4 must be within an acro line</b>