



Normanton Open Competition

Saturday 30th and Sunday 31st March 2019

- Acro Beginners- no musical routine required
- Acro Development grade 1-4
- Acro Professional grade 1-4 and Youth
- Floor and Vault

Suitable for gymnasts aged 4yrs+

No age restrictions or height deductions for Acro competition. A Friendly competition to increase gymnasts experience and confidence. Categories to suit every ability

Contact us: 07773704735

normantonopen@gmail.com

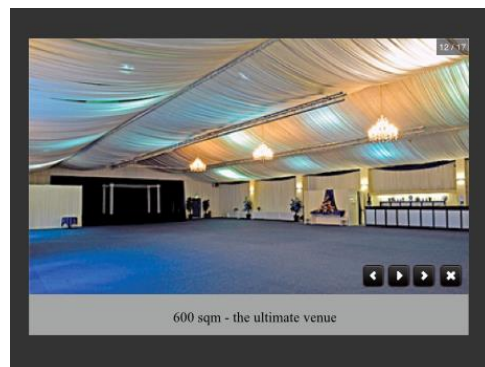
General Information

Order and programme will be released 2 weeks before event
Acro Competitions Sunday unless entries require extension
Floor and Vault Saturday

Competition held at;

The Space,
Waldorf way,
Wakefield,
WF2 8DH

Please note the car park entrance is on the left hand side of
Waldorf way. Entrance to Hall via car park.



Parking

The Space has 180 car parking spaces and overflow. The car park is barrier controlled– we ask that everyone respects our neighbours and ensures they do not block driveways of the local residents.

Entry Fees are £15 per gymnast

*All entrants must be a member of British gymnastics and have relevant membership as required
All coaches must be qualified under BG and hold relevant coaching qualifications and membership as required.*

Provisional entry deadline 10th January 2019

Definitive entry and full payment 31st January 2019

Nominative entry 15th February 2019

Programme released 10th March 2019- Days of competition will be released after definitive entry

ENTRIES MUST BE SUBMITTED BY 31ST January 2019 ALONG WITH FULL PAYMENTS -entries submitted after the 31st may not be included, entries without payment will not be included.

PAYMENT INFORMATION

To- Normanton sports acro
Reference –please use your clubs name
Sort – 090666
Account - 43272944

Spectator entry fees- are paid on the day

£5 – entry with some monies raised being donated to Wakefield Hospice and fundraising for our club

£1- children under 12yrs old, FREE – children 3yrs and younger, Coaches and Judges FREE entr

Refreshments will be served throughout the day at a small cost.
Programmes can be bought on the day at a cost of £1

Any further questions please direct to normantonopen@gmail.com

Further information

- When entering gymnasts into certain sections of this competition please be aware that the aim of the competition is to give those not old enough or with no experience a chance to 'have a go' in a controlled competition like setting. It is a chance to give them something to achieve that will set them on the path to competing in future events and keep them within the sport. Please think about this carefully when selecting the category your gymnasts will enter in. Please choose the professional category for more experienced gymnasts.
- If you know of other clubs that may be interested in entering this competition please forward this information
- Spectators may take images but they must be of their own club/ child. They may also be asked to have their images checked by one of our staff.
- Clubs must ensure all gymnasts have permission to have their photo taken as their pictures may be used on our website in our events section or on our facebook page. This will be the sole responsibility of the club and Normanton Sports Acro will not be held responsible for any information not relayed to parents/guardians
- Clubs must ensure their gymnasts behave themselves all day.
- All coaches must not coach outside their qualifications. One coach must hold a min of Level 2 qualification in the relevant discipline from each club.
- All coaches must be B.G members and have a current DBS
- The club will not be held responsible for any loss, theft or damage to property whilst in The Space
- Parents must keep their children with them at all times and not allow them to play on the gym equipment, Normanton Sports Acro reserves the right to ask the parent and child in question to leave if they continue to cause disruption
- No food or drink is allowed on the gym floor or in the competition room.
- Parents will not be allowed with gymnasts in the warm up area or changing areas at any point during competition.

- If anyone from your club requires special seating arrangements or is in a wheelchair please let me know in advance so we can cater for their needs.
- All competition will take place on a full size sprung floor.
- Warm up areas will be provided but they are not sprung
- Vaults will take place from a spring board and on to large Gymnova red block

Presentations, Awards and Competition

Medal presentations will take place at regular intervals these will be scheduled on the final program.

For each category gymnasts will receive a medal for 1st 2nd and 3rd place.

Ribbons will be awarded for 4th and 5th place

If there is a joint place medals/ribbons/trophies may have to be posted to the club after the event although there will be spares available.

High Score Trophies

There will be a highest score awarded for Grade 1, 2, 3, 4 and Youth Acro Professional

There will be a highest score awarded for Grade 1,2,3,4 Acro Development

There will be an overall high score award for the Beginners Acro

There will be an overall high score award for Floor and Vault in Bronze, Silver and Gold

Judging

All clubs are required to provide at least one judge

For Acro Beginners and Floor and Vault - Judges do not have to be fully qualified however they should have good knowledge of the sport and what they are looking for. A list of deductions will be provided to help them with their marking.

For the Professional and Development categories we need qualified judges.

Clubs will be fined £50 if no judge is supplied

The judge will be required to attend for the full day

Volunteers- we may ask for score runners.

If you need any copies of the Acro grades please let me know although these can be downloaded from BG website- please note we will be using the new NDP 9 version 1.4 GRADE 1-4 PROFESSIONAL and DEVELOPMENT

Youth rules will be found further in this document and NOT THE NDP VERSION

Acro Competition

Beginners Acro

General information for BEGINNERS COMPETITION

- All entrants competing in Acro any categories must be aged 4yrs or over
- This is for gymnasts who have **NOT** competed before
- Tops and bases are interchangeable even in mixed pairs
- All other rules in terms of deduction will be the same as in regional competition unless stated below
- At this level a routine is not required in the conventional form- see description below
- Gymnasts must march on, salute and get into a starting position
- Gymnasts must remember **5 pair balances and 3 individual elements** although they may be competed in any order
- A tariff sheet does not need to be provided
- Gymnasts must travel around the floor but this can be done by very simple movement's i.e. skipping, hopping, bunny jumps or simple dance.
- Gymnasts must finish with an ending position which must be **held for 3 secs** after which they must salute and march off
- Girls must wear leotards, boys leotards and shorts/trousers although no marks will be lost if leotards don't match
- Boys and girls will compete in the same category unless we get high volumes of entries
- To enter the Beginners Acro gymnasts must NOT train more than 2-3hours a week
- **Artistry marks -none given**
- **1 MARK IS THE MAX DEDUCTION PER ELEMENT**

-Gymnasts Must

- march on
- show a start position held for 3 secs
- complete 5 pair elements
- complete 3 individual elements
- show an end position held for 3 secs
- march off
- salute (judges only)
- travel between the majority of moves- some may be linked
- **0.3 will be deducted for each of these points missed**

How gymnasts present their sequence.

They will not be marked on *what* they do.

The transition from one element or balance to the next can be as simple as needed although there must be a variety of steps.

Walking can only be used as a way of travelling **once**.

Gymnasts do not need to fill the floor, use floor patterns, cannon, unison etc they will not gain marks for more complicated sequences. The construction is completely up to the coaches' digression as is the order of pair and individual elements.

Beginners Acro GRADE 1 Category 1

Entry requirements

- You must **ONLY** use the **First column** on the Grade 1 sheet NDP 9 1.4

Beginners Acro GRADE 1 Category 2

Entry requirements

- You must **ONLY** use the **2nd column** on the Grade 1 sheet NDP 9 1.4

Beginners Acro GRADE 1 Category 3

Entry requirements

- You must **ONLY** use the **3rd column** on the Grade 1 sheet NDP 9 1.4

Beginners Acro GRADE 2 –PAIRS and GRADE 2- TRIOS from NDP 9 1.4

Entry requirements

- You must follow the general rules above competing 1 pair element from each row but any column
- 5 pair elements included from rows A-E CANNOT USE ELEMENTS FROM THE SAME ROW
- 3 individual elements – 1 static hold, 1 flexibility, 1 agility/tumble
- Boys and girls will compete in the same group unless large volumes of entries
- In pairs/trios gender is irrelevant of role
- Tariff is not added to scoring
- Tariff sheet is not required

Acro Development Competition

GENERAL INFORMATION

- Grade 1, 2, 3 and 4- more levels can be added at request.
- This level of competition will be judged on the standard NDP 9 1.4 version as of January 2019 COP.
- All rules will be the same.
- A routine to music must be performed.- WORDS CAN BE USED (OUR COMPETITON ONLY)
- The main difference in this section is to encourage gymnasts to compete who would not be of standard to enter in the regionals. This may be recreational gymnasts or development squad or those with very limited experience or those who have just moved up a level
- There are no age restrictions, height deductions
- Boys may be based by girls in a mixed pair in the interest of increasing participation
- Tariff sheets are required
- DIFFICULTY DOES NOT COUNT TOWARDS FINAL SCORE
- Music and tariff sheets should be submitted 2 weeks before, tariff sheets on the day may not be accepted 0.3 deduction per late item.

Acro Professional Competition

GENERAL INFORMATION

- Grades 1-4 and YOUTH – please see attached rules
- This is for any gymnasts who have qualified or who may have competed before.
- We feel it is important to keep the experienced and less experienced gymnasts separate to build the less experienced gymnasts confidence and to keep the competition fair and attainable for all.
- The Competition will be judged on the standard NDP 9 version as of January 2019 COP.
- All rules will be the same.
- We ARE NOT USING NDP YOUTH RULES
- A routine to music must be performed.- WORDS CAN BE USED (OUR COMPETITON ONLY)
- There are no age restrictions, height deductions
- Boys may be based by girls in a mixed pair in the interest of increasing participation
- Tariff sheets are required
- Music and tariff sheets should be submitted 2 weeks before, tariff sheets on the day may not be accepted 0.3 deduction per late item.

YOUTH ACRO RULES

Professional only

Youth: 1 combined exercise (*Difficulty is calculated just like in FIG 11-16 Age Group*).

Youth Pairs:

Choose 2 balance elements from 11-16 difficulty tables + 1 optional element from FIG tables and 2 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables (OPTIONAL can be from 11-16 difficulty tables but not from the same ROWS used on the compulsory elements)

Youth Groups:

Groups: choose 1 pyramid from 11-16 difficulty tables + 1 optional pyramid from FIG tables (**only 2 static holds of 3” are required in the routine**) and 2 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables (OPTIONAL can be from 11-16 difficulty tables but not from the same ROWS used on the compulsory elements)

Individual requirements for both pairs & groups:

Individual: 3 individual elements must be executed – no matter if is cat1 or cat2 (**NO SALTO REQUIRED**).

Floor and Vault Competition

GENERAL INFORMATION

- This competition is suitable for gymnasts age 4+
- Gymnasts must wear a leotard, boys must wear either boys leotard and shorts OR fitted vest and shorts
- Long hair must be tied back in a bun
- Gymnasts may be aided by a coach and a 0.1 will be applied ONCE in the routine
- Gymnast will be split into age groups/ boys and girls once numbers have come in
- Gymnasts cannot enter in other FLOOR AND VAULT categories but may enter into other disciplines
- ROUTINES MUST BE PERFORMED IN THE ORDER STATED
- Max score 10 floor and 10 vault. Total out of 20
- Gymnasts 8th element is an optional element that gymnasts may chose that showcases their strengths. This can be any element as long as it is safe and confident-it cannot be an element already performed in the floor routine

Vault – select 2 different vaults from the list below. For each level any combination of vaults can be used

Vault 1 –beginners

- Run squat onto red block using hands stretch jump off
- Run squat onto red block using hands star jump off
- Run straddle on to red block jump legs in to show landing position stretch jump off

Vault 2 – confident performers

Support can be given if required 0.2 deduction applies

- Stretch jump no hands onto red block kick to handstand and flat back
- Vault immediately into Handstand flat back
- Straddle on, jump legs together to show landing forward roll on block- gymnast may land on floor or block to finish.

Floor

- Must be no more than 80 seconds in length.
- No minimum time but 8 required moves must be completed. Some prompting allowed for younger or less confident gymnasts 0,1 deduction applied once for the whole routine

BRONZE Floor and Vault routine

1	Forward roll
2	Rock back x 2
3	Log roll
4	Front support – hold 3 secs
5	Stretch jump
6	Straddle sit -hold 3 secs
7	Scissor kick
8	Optional element

SILVER Floor and vault routine

1	Split handstand- show 2 secs
2	Backward roll
3	Teddy bear roll
4	Back support- hold 3 secs
5	Star jump
6	Japana at 45 degrees- hold 3 secs
7	Cat leap
8	Optional element

GOLD Floor and Vault Routine

1	Handstand Forward roll
2	Drop back to bridge OR Backward walkover
3	Cartwheel OR 1 arm Cartwheel
4	Arabesque- hold 3 secs
5	Tuck jump
6	Any Splits- hold 3 secs
7	Split leap
8	Optional element

Submitting your entry

- Please email us your entries clearly stating the gymnasts full name, DOB and the category you are entering
- Entries are open on 12th November 2018- all payments must also be made by this time
- Only entries submitted through our email address-normantonopen@gmail.com will be accepted
- Music and tariff sheets email to: music.tariffnormantonopen@gmail.com
- Where possible please pay via bank transfer
- **Entry Fees are £15 per gymnast**
- *All entrants must be a member of British gymnastics and have relevant membership as required*
- *All coaches must be qualified under BG and hold relevant coaching qualifications and membership as required.*
- **Provisional entry deadline 10th January 2019**
- **Definitive entry and full payment 31st January 2019**
- **Nominative entry 15th February 2019**
- **Tariff sheets and Music for Acro competition only- 1st March 2019**
- **Programme released 10th March 2019**- Days of competition will be released after definitive entry
- **ENTRIES MUST BE SUBMITTED BY 31ST January 2019 ALONG WITH FULL PAYMENTS** -entries submitted after the 31st may not be included, entries without payment will not be included.
- **PAYMENT INFORMATION**

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We look forward to seeing you at the competition.