



# Normanton Open Competition

Saturday 28<sup>th</sup> and Sunday 29<sup>th</sup> March 2020

- Acro Beginners- no musical routine required
- Acro Development grade 1-4
- Acro Professional grade 1-5 and Youth
- Floor and Vault
- Display team event

Suitable for gymnasts aged 5yrs+

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](mailto:normantonopen@gmail.com)

## **General Information**

**Order and programme will be released 2 weeks before event**

**Floor & Vault limited 200 entries Saturday Am**

**Display Saturday PM limited 10 entries**

**Acro Competitions Sunday unless entries require extension if so beginners will be on Saturday**

## **Competition held at;**

St. Wilfreds Catholic High school,  
Featherstone,  
Pontefract  
WF76BD

## **Venue information**

A much bigger, better venue than last year.

Tiered seating for over 800 people, separate warm up hall, gymnast/ coach seating area, 3 car parks including bus bay/ parking. We have full AV services including stage lighting, sparkle curtain back drop, 15' projector for scoring, New BG scoring system. Full height sports hall ceiling meaning we can now offer grade 5 and FIG levels if requested. All Acro and Display competition on a sprung floor.

Floor & Vault, beginners Acro may be on unsprung area of carpeted mats

Any further requirements please get in touch.

## **Parking**

Please note there are several car parks- please follow the signs to the 'Cannon O'Grady Sports Hall'

## **Entry Fees are £20 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 10<sup>th</sup> January 2020- entries open from 15<sup>th</sup> November 2019**

**Definitive entry and full payment ~~31<sup>st</sup> January 2020~~ NOW EXTENDED TO SATURDAY 15<sup>TH</sup> February 2020**

**Name and group list checks sent out 20<sup>th</sup> February 2020**

**Programme released 10<sup>th</sup> March 2020**- Days of competition will be released after definitive entry

**ENTRIES MUST BE SUBMITTED BY ~~31<sup>ST</sup> January 2020~~ SATURDAY 15<sup>TH</sup> February ALONG WITH FULL PAYMENTS** -entries submitted after the 31<sup>st</sup> may not be included, entries without payment will not be included.

*Please note if we reach capacity we will have to close entries early.*

## **PAYMENT INFORMATION**

**To- Normanton sports acro ltd**

**Reference –please use your clubs name**

**Sort – 090129**

**Account - 31816199**

### **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 entry**

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](mailto: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 Ltd 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 Sports Centre
- Parents must keep their children with them at all times and not allow them to play on the gym equipment, Normanton Sports Acro Ltd reserves the right to ask the parent and child in question to leave if they continue to cause disruption. And as such be liable for any damages caused.
- Any gymnasts caught under the seating will be disqualified
- No food or drink is allowed on the gym floor or in the warm up area.
- 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 grade 4,5 and youth will be allotted time on the sprung floor.
- 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 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> place.

Ribbons will be awarded for 4<sup>th</sup> and 5<sup>th</sup> 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, 5 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

Judges are provided with refreshments and lunch throughout the day(s)

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 1.5 GRADE 1-5 PROFESSIONAL and DEVELOPMENT as of the new amendments jan 2020

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

For beginners please see attached documents

## Acro Competition

### Beginners Acro

#### **General information for BEGINNERS COMPETITION**

- All entrants competing in Acro any categories must be aged 5yrs or over
- This is for gymnasts who have **NOT** competed before or are recreational gymnasts
- 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 **the sequence in the order shown**

- A tariff sheet does not need to be provided
- Gymnasts MAY 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**
- **All beginner participants will be given a ribbon of achievement**

#### **-Gymnasts Must**

- march on
- show a start position held for 3 secs
- complete the sequence
- 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  
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 but **must follow the set order in the description.**

**NO MARKS ARE GAINED FOR ANYTHING ADDITIONAL TO THE SEQUENCE SHEETS PROVIDED**

#### **Guide to beginners levels**

**There are categories each with 3 levels of increasing difficulty**

**Beginners is the easiest this has level 1, 2 3 with level 3 being the most difficult**

**Boost is intermediate this has levels 1, 2 3 with level 3 being the most difficult**

**Evolve is the most difficult this has levels 1, 2 3 with level 3 being the most difficult**

We asked our gymnasts to name the groups as they said they found words such as novice made them sound like they weren't 'that good' ....

There will be awards 5<sup>th</sup>-1<sup>st</sup> in each level in each category

Each level is derived from the NDP Acro grades 1 and 2 – We have added the pictures where possible

The idea is that there is a much more steady progression leading towards the next level

It allows gymnasts to 'move up' but without being out of their comfort zone but offering some new challenges whilst keeping some things the same.

Please be aware gymnasts may only compete in one category/level. They may however compete twice within the same level within a different partnership – you must advise us of this in advance.

Beginners will most likely compete on 2 strips of carpet 4m x 12m please bare this in mind when practicing

Please note this is a pilot scheme but we hope it will be successful and open competition up to those recreational gymnasts who otherwise would not be able to be involved.

See attached -

## **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 1.5 version as of January 2020 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 1-5 and YOUTH – **please see attached youth rules – this is not the ndp version**
- 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 1.5 version as of January 2020 COP.
- All rules will be the same.
- **We ARE NOT USING NDP YOUTH RULES AS IT IS RESTRICTIVE –PLEASE SEE RULES ATTACHED**
- A routine to music must be performed.- WORDS CAN BE USED ( OUR COMPETITON ONLY)
- There are no age restrictions, height deductions
- 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 5+
- 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 8<sup>th</sup> 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
- Music is not allowed

### **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

## DISPLAY COMPETITION

- Displays limited to 6mins
- GYMNASTS WILL FACE THE AUDIENCE WITH SPARKLE CURTAIN AS THE BACK DROP
- All competed on a sprung floor
- Warm up floor is not sprung
- Full audio visual including stage lighting and sparkle back drop and projector
- 2 categories-large group- 8 plus gymnasts, small group 7 or fewer gymnast
- Any music is suitable providing it is appropriate, does not use foul language and adhere to BG music and copy right policy
- Awards- trophy awards given to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each category
- An additional special judges recognition award will be given
- ribbons will be given to all participating

## Submitting your entry

- Please email us your entries clearly stating the gymnasts full name, DOB and the category you are entering and the level or discipline ( as a partnership if acro)  
e.g. joe bloggs 10/10/2005 & Katie smith 11/11/2006 acro development MXP grade 2
- Entries are open on 15<sup>th</sup> November 2019- all payments must also be made by 31<sup>st</sup> Jan- no payment no entry
- Only entries submitted through our email address-[normantonopen@gmail.com](mailto:normantonopen@gmail.com) will be accepted
- Music and tariff sheets email to: [music.tariffnormantonopen@gmail.com](mailto:music.tariffnormantonopen@gmail.com)
- Where possible please pay via bank transfer- USE YOUR CLUB NAME AS REFERENCE
- **Entry Fees are £20 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 10<sup>th</sup> January 2020- Entries open 15<sup>th</sup> November 2019**

**Definitive entry and full payment 31<sup>st</sup> January 2020 SATURDAY 15<sup>TH</sup> February**

**Name and group list checks sent out 20<sup>th</sup> February 2020**

**Programme released 10<sup>th</sup> March 2020**- Days of competition will be released after definitive entry

- **ENTRIES MUST BE SUBMITTED BY 31<sup>ST</sup> January SATURDAY 15<sup>TH</sup> February 2020 ALONG WITH FULL PAYMENTS** -entries submitted after the 15<sup>TH</sup> may not be included, entries without payment will not be included.

- *Entries may close earlier if capacity is reached*
- **PAYMENT INFORMATION**

**To- Normanton Sports Acro ltd**  
**Reference –please use your clubs name**  
**Sort – 090129**  
**Account - 31816199**

We look forward to seeing you at the competition.

Please simply email your entry to [Normantonopen@gmail.com](mailto:Normantonopen@gmail.com) including the gymnasts name, dob, BG number ,discipline AND level.

E.g.

JOE BLOGGS, 1/1/2010 BG 123456 & MARY JANE 2/2/2010 BG 789123, ACRO, GRADE 1 MIXED PAIR  
DEVELOPMENT