

## **Nottinghamshire County Gymnastics Association**

### **Women's Artistic Handbook 2022**

#### **Nottinghamshire Women's Artistic Representative:**

Katie Foster

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#### **2022 Competition Dates**

##### **Level 5 – FIG & Classic Challenge levels County Championships**

**(Level 5, 4, 3, 2, FIG, FIG Challenge, Classic Challenge Zinc, Copper, Bronze, Silver & Gold)**

Sunday 18<sup>th</sup> September at Notts Gymnastics Academy

CLOSING DATE: FRIDAY 19<sup>th</sup> AUGUST 2022

##### **Level 6 & 7 County Championships**

Sunday 9<sup>th</sup> October at Retford Gymnastics Club

CLOSING DATE: FRIDAY 16<sup>th</sup> SEPTEMBER 2022

##### **Zinc & Copper County Teams – 15<sup>th</sup> October 2022 – at New College Leicester**

(Selection will be required to be part of the Nottinghamshire Team, see “County Teams competition selection”. This competition is run by the East Midlands Women's technical committee, please see the East Midlands WTC handbook for further details.)

## **Rules**

- Rules level 4, 3 and 2, FIG, FIG challenge and all classic challenge competitions be as per British Gymnastics website.
- Level 5 will follow East Midlands rules:  
<https://www.british-gymnastics.org/documents/regions-and-home-countries/east-midlands/womens-artistic-1/handbook-1/12436-2022-level-5-rules/file>
- For level 7 and 6, please find rules from page 6 onwards in this document.
- All Around Medals will be awarded to the top 3 gymnasts in each level and age group.
- Trophies will be awarded to the overall champions at each level.
- Apparatus Medals will be awarded to the top 3 gymnasts on each apparatus in each level and age-group.

## **Affiliation**

All competing gymnasts must be a member of a gymnastics club that is affiliated to the Nottinghamshire Gymnastics Association. All gymnasts and coaches must be a member of the British Gymnastics.

Gymnasts must hold a minimum of Bronze level British Gymnastics Membership to compete in county level 6 & 7, and a minimum of Silver level Competitive membership if competing in club grade 6 & 5 or voluntary level 5 or above. Club coaches completing competition entries are responsible for ensuring their gymnasts have the required level of British Gymnastics membership for the competition they are entering.

## **Gymnast Eligibility & Progression**

Only gymnasts who have gained qualification to the British Championships may compete in the FIG category.

Gymnasts may not compete in a classic challenge level if they have competed in a compulsory grade within the same year.

Gymnasts are only eligible to compete in level 5, 4, 3 or 2 if they have competed in the relevant compulsory grade within the same year, or if they have passed the required level in a previous year.

If you have a gymnast who needs to swap pathways against these criteria, please contact Katie Foster to make your request.

Gymnasts achieving 47.00 or more at level 6 will not be permitted to repeat the same level in the following competitive year, and will be required to compete at a higher level for which they are age-eligible.

### **Gymnast's Age**

Age groups refer to the age the gymnast will reach during the competition year i.e. age at 31st December.

### **Competition Entries & Fees**

Competition entry forms must be completed and returned to Katie foster via E-mail by the specified entry dates below:

Level 5 to FIG County Championships – 00:00 Friday 19<sup>th</sup> August 2022

Level 6 & 7 County championships – 00:00 Friday 16<sup>th</sup> September 2022

Entries will only be accepted if all gymnasts and coaches have the required British Gymnastics membership and where DBS's and safeguarding are up to date. Only coaches with the required coaching qualifications, and submitted on entry forms and competing gymnasts will be allowed in the competition area.

Nominated judges must also have BG membership.

Competition entry fees are as shown below:

Level 6 & 7 County championships - £24 per gymnast

Level 5 to FIG & Classic Challenge County Championships – £24 per gymnast

Late entries cannot be guaranteed a place and will be charged three times the normal fee. Please contact Katie Foster if this is required.

Changes to coaches/judges after the entry has been submitted will incur a £10.00 administration fee per change.

All entry fees must be paid by BACS to the Nottinghamshire Gymnastics Association using the details below:

**Account Number:** 81551914

**Sort code:** 40- 35- 18

**Reference:** "Club Name, competition Name"

### **Provision of Judges**

Clubs **must** supply a judge/s with their competition entry. Judges must be qualified at a minimum of club judge level. Clubs will be responsible for the expenses incurred by their nominated judge.

The women's artistic representative will decide and communicate the judging panels at the same time as the competition start list.

Entries will **not** be accepted where a judge or sufficient judges have not been nominated in line with the below guidelines.

1-8 gymnasts entered - 1 judge required

9+ gymnasts entered - 2 judges required

Competitions may be cancelled if sufficient judges cannot attend.

### **Withdrawal from Competition**

Neither competition entry nor judging/coach fee will be refunded in the event of a club or gymnast withdrawing from a competition.

### **Gymnast's Dress and Conduct**

Gymnast dress and conduct must follow the current guidance of the FIG code of points.

### **Coaches Qualification, Dress and Conduct**

Coaches must hold a current cycle British Gymnastics coaching qualification that covers the skills that their gymnasts are performing.

One coach per gymnast will be allowed in the competition area at competitions. Only nominated coaches are allowed in the competition area. Coaches are required to register along with their gymnasts at each event.

Coaches must be qualified to a minimum Women's Artistic standard of Level 2 Coach.

Coaches must be appropriately dressed in a club kit.

The only jewelry coaches are permitted to wear while in the competition area is a plain banded wedding ring. Small watches can be worn but must be removed when supporting a gymnast.

Long hair must be tied back.

### **County Teams competition selection**

Nottinghamshire County Gymnastics Association will endeavor to enter teams into both the junior and senior County team competitions.

All gymnasts taking part in Zinc or Copper competitions at the Nottinghamshire County championships will be eligible for selection to the Nottinghamshire team for the county teams regional final.

The gymnasts achieving the highest 6 AA scores from any age group in the Zinc competition will qualify for the Nottinghamshire Zinc team.

The gymnasts achieving the highest 6 AA scores from any age group in the Copper competition will qualify for the Nottinghamshire Copper team.

Coaches will be required to confirm within 7 days of selection that their Gymnasts is available to compete. If a selection is declined, the Women's artistic representative will approach the next ranked gymnast in the competition to be added to the team.

Team members will be required to attend a training day prior to the inter-county teams competition. The date, time and location of the training day will be communicated following the confirmed team selection.

The entry fee for this competition will be paid by the Nottinghamshire Gymnastics Association.

Gymnasts selected for the team will be required to purchase Nottinghamshire kit, details of which will be sent to coaches once their gymnasts availability has been confirmed.

### **Apparatus**

Equipment dimensions will be set up to FIG specifications unless otherwise stated in the rules of the competition.

### **Tall Gymnasts**

Uneven bar may be raised in accordance with FIG regulations for tall gymnasts.

Requests for the bar to be raised must be made at registration for an event.

### **Floor Music**

All music must be E-mailed to the competition organizer prior to the event by the date requested. A spare copy should also be available carried by either the coach or gymnast at competition on a digital device.

### **Safety**

It is strongly recommended that a coach should be close enough to the landing area for dismount on vault, bars and beam.

Judges will not deduct due to the presence of a coach, however this rule does not permit the coach to touch the gymnast during the routine unless it is to prevent an accident.

### **Scoring Enquiries**

Coaches may approach apparatus judges at the completion of a rotation to enquire about a gymnast's D Score only. If the protest cannot be settled between the apparatus judge and coach, the nominated head judge for the event will be required to make a decision. The decision of the nominated head judge shall be final. Photo or video evidence is not allowed.

Coaches are reminded that appropriate language, tone and politeness must be utilized when making an enquiry. Any coach who is deemed to have spoken to a judge in an inappropriate manner, may be removed from the competition area, and their gymnasts may not be able to continue with the competition if another nominated and appropriately qualified coach is not available.

### **Competition Results**

Where possible, one set of results per club will be provided on the day of the competition. The results will then be circulated to competing clubs within 5 days of the competition. It is the clubs responsibility to circulate the results to their members.

### **Spectators**

At Women's artistic competitions in 2022, spectators will be charged:

£5 for adults

£2 for children

### **Photography & Video**

British Gymnastics has announced that no prior registration is required for the use of cameras/phones/videos and any other electrical items but spectators may be requested to register at the event and may be asked for identification. East Midlands will be following these guidelines.

## Nottinghamshire - WAG LEVEL 7 RULES 2022

Routines have a maximum score of 13.00

**Vault D-score: 3.0      Bars, Beam and Floor D-score: 3.0 if all elements completed, Deduct 0.5 for each missing element**

	<u>VAULT</u>	<u>BARS</u>	<u>BEAM</u>	<u>FLOOR</u>
<b>APPARATUS</b>	60 cm foam block  With level safety mats from block for handspring flat back	Single bar at 2.5m or High bar on Uneven bars  30cm safety mat under bar.	Low floor beam	Single strip sprung floor. Straight line routine performed in order shown below.
<b>ROUTINE DESCRIPTION</b>	Stretch jump to land on 60cm block, Handspring flat back from block to level mats  (British Club Grade 6 vault)	Gymnast lifted to bar by coach to hang in over grasp  1. Chin up <u>or</u> Chin circle over and return to hang through chin up 2. 2 x Leg lift 3. Dish hold <b>(2 secs)</b> 4. Arch hold <b>(2 secs)</b> 5. 3 x fish swings 6. release bar and hold landing <b>(2 secs)</b>	1. Straddle lever to pike stand and bunny hop onto the end of the Beam <b>3-5 optional steps</b> 2. With 2 feet together, balance on toes, arms stretched by ears <b>(2 secs)</b> 3. Stretch jump 4. Step forward into toe to knee balance with arms by ears <b>(2 secs)</b> 5. Kick towards handstand <b>Optional steps to end of beam</b> 6. Stretch jump dismount and hold landing <b>(2 secs)</b>	1. Forward roll to straddle sit 2. Straddle lever <b>(2 secs)</b> 3. Lower to japana <b>(2 secs)</b> 4. Bring legs together to pike sit, lower to lying on back and push to Bridge <b>(2 secs)</b> 5. lower and Roll to stand <u>OR</u> kick over through split handstand to lunge 6. split jump towards 135'
	2 vaults allowed, best vault to count	<b>BONUS</b> 0.5 bonus if chin circle over performed	<b>BONUS</b> 0.3 If kick to handstand performed and has one leg at vertical	<b>BONUS</b> 0.5 Bridge Kick over performed without fall

## Nottinghamshire - WAG LEVEL 6 RULES 2022

Routines have a maximum score of 13.00

**Vault D-score: 3.0      Bars, Beam and Floor D-score: 3.0 if all elements completed, Deduct 0.5 for each missing element**

	<u>VAULT</u>	<u>BARS</u>	<u>BEAM</u>	<u>FLOOR</u>
<b>APPARATUS</b>	60 cm foam block + 5cm roll mat	low bar of FIG setting Asymmetric bars, roll mat under bar for dismount	Full height beam with 30cm mats underneath and 30cm mat for dismount	Single strip of floor area required  Floor may be sprung or un-sprung
<b>ROUTINE DESCRIPTION</b>	Handstand flat back	<ol style="list-style-type: none"> <li>1. Upstart float from 40cm (+/- 10 cm) platform returning to stand <i>(may land on platform or floor without deduction)</i></li> <li>2. Upward circle <u>OR</u> Upstart (No deduction for stopping after upstart)</li> <li>3. Cast towards 45 degrees</li> <li>4. Back Hip Circle</li> <li>5. Straddle / pike undershoot <u>OR</u> squat on jump off</li> </ol> <p style="text-align: center;">**Only one cast to be performed before back hip circle**</p>	<ol style="list-style-type: none"> <li>1. Squat on <u>OR</u> japana mount</li> <li>2. Split jump 135'</li> <li>3. Split Handstand <u>OR</u> Cartwheel <u>OR</u> Backward walkover</li> <li>4. 1/2 spin on one foot</li> <li>5. Releve and ½ turn on 2 feet</li> <li>6. Round Off dismount (Hands on beam, push off to mat)</li> </ol>	<ol style="list-style-type: none"> <li>1. Handstand forward roll with straight arms</li> <li>2. Forward roll to straddle sit &amp; straddle lever (<b>2 secs</b>)</li> <li>3. Lower to japana (<b>2 secs</b>) and swim through, Press up and swing leg through to splits with arms lifted to side (<b>2 secs</b>), turn to other leg splits with arms lifted to side (<b>2 secs</b>)</li> <li>4. Bring back leg round, lower to lying position, push to Bridge (<b>2 secs</b>) and kick over through split handstand to lunge landing.</li> <li>5. Cartwheel</li> <li>6. Split jump (minimum 135 degrees)</li> <li>7. Round Off <u>OR</u> Handspring <u>OR</u> Round Off flick</li> </ol>
<b>BONUSES AND SCORING</b>	2 vaults allowed, best vault to count	<u>BONUS</u>  0.5 bonus for upstart performed without fall  0.3 bonus for cast above horizontal	<u>BONUS</u>  0.3 ½ spin and releve ½ turn connected  0.3 cartwheel performed without fall  0.5 Backward walkover performed without fall	<u>BONUS</u>  0.3 Handspring performed without fall  0.5 Round off Flick performed without fall