



Competition Handbook 2020



We hold 7 competitions a year for boys and girls of all ages and abilities

We welcome any British Gymnastic members club.

Light refreshments will be available for all coaches at all events

There will be cakes and light refreshments available in the viewing area

CLUB OF THE YEAR AWARD

Points will be accumulated via the number of entries at each competition and medal placings at each event. The award will be presented at the last competition of the year. A £100 discount will be given to the winning club to be used against 2021 competition entries.

Awards will be given for 6th place and upwards



Competition Dates 2020

| DATE OF COMPETITION | NAME OF COMPETITION | CLOSING DATE | COST OF ENTRY |
|-------------------------|--|--------------|---|
| 01/03/2020 | Spectrum Recreational Skills Competition | 01/02/2020 | £10 per gymnast |
| 14 & 15/03/2020 | Spectrum Advanced Recreational Apparatus Competition | 15/02/2020 | £4 per gymnast per piece |
| 6 & 07/06/2020 | Spectrum Novice Competition | 02/05/2020 | £20 per gymnast |
| 5 & 06/09/2020 | Spectrum Novice and Levels Team Competition | 08/08/2020 | Individuals £20 Pairs £40 Teams £80 |
| 31/10/2020 & 01/11/2020 | Spectrum Floor & Vault Competition | 03/10/2020 | £14 per gymnast |
| 28 & 29/11/2020 | Spectrum Trampoline and Tumbling Competition | 24/10/2020 | £8 per gymnast per piece |

SPECTRUM RECREATIONAL SKILLS COMPETITION

- This is a competition open to any recreational gymnast training for less than 2 hours per week who has not competed in any 2- or 4-piece competition County or above.
- Advanced level open to any 5/6/7-year-old gymnast training for more than 2hrs a week
- It is open to boys and girls.
- Gymnasts may be prompted but must not be coached when being judged.

Requirements

- Six floor or bench moves from any one level performed individually plus a box move
- Box height as follows:
 - Level 1 2 sections of box or platform (approx. 50cm)
 - Levels 2,3 & 4 3 sections of box or platform (approx. 80cm)
 - Levels 5 & Advanced 3 sections of box or platform (approx. 80cm)

Scoring

- Each move will be marked out of 10

Age

- Minimum age 6 during the year of competition

Awards

- Medals will be given for 1st, 2nd and 3rd
- A soft toy will also be given to the winner
- Awards will be given for 4th, 5th and 6th

| | AGE | AGE | AGE | AGE | AGE | AGE | AGE |
|----------------|------------|------------|------------|------------|-------------|--------------|------------|
| LEVEL 1 | 5/6 | 6/7 | 7/8 | | | | |
| LEVEL 2 | 5/6 | 6/7 | 7/8 | 8/9 | 9/10 | | |
| LEVEL 3 | 5/6 | 6/7 | 7/8 | 8/9 | 9/10 | 10/11 | 10+ |
| LEVEL 4 | | 6/7 | 7/8 | 8/9 | 9/10 | 10/11 | 10+ |
| LEVEL 5 | | | 7/8 | 8/9 | 9/10 | 10/11 | 10+ |

LEVEL 1

1. Stand. Jump upwards to land in plié
2. From Sitting in tuck position, rock backwards & forwards 3 times
3. Forward roll down slope to crouch
4. Lying on floor show dish and arch
5. From crouch, show bunny hop, back to feet
6. Sit in straddle in good posture
7. Bounce and catch ball 3 times
8. Show front and back support
9. Walk on bench on toes stretch jump dismount

Box move

Balance on one leg. Stretch jump from two section of box or (50cm) platform or to land in plié

LEVEL 2

1. Jump 1/2 turn
2. From sitting in tuck position, rock backwards and forwards to stand (once)
3. Forward roll down a slope to stand
4. Sideways roll, from dish to arch and back to dish joined
5. Bunny hop with weight on hands from side to side over bench
6. Show and hold free piked 'V' sit arms optional
7. Throw and catch a ball 3 times above head
8. Run, hurle step onto 2 feet then jump to 2 feet
9. Walk backwards on toes along bench, turn, stretch & jump dismount

Box move

Stretch jump from 3 sections or (80cm) platform to land in plié

LEVEL 3

1. Cat leap
2. Forward roll to stand
3. Backward roll down slope
4. Bridge
5. Cartwheel over bench
6. A handstand with support
7. Circle roll (full Circle)
8. 10 Skips forward
9. Springboard jump with arm swing

Box move

Star jump off three section of box or (80cm) platform to land in plié

LEVEL 4

1. Scissor leap
2. Forward roll to straddle stand
3. Backward roll to stand
4. Bridge lift one leg up & hold 2 secs
5. Handstand on own
6. Cartwheel
7. Pike half lever
8. 10 skips backwards
9. Springboard jump with arm swing to low platform

Box move

Tuck jump off 3 sections of box or 80cm platform to land in plié

LEVEL 5

1. Jump 1/1 turn
2. Handstand forward roll
3. Backward roll to straddle stand
4. Bridge kick over off platform 50 cm
5. Bunny hop hips above shoulders to handstand, step down
6. 2 cartwheels joined
7. Straddle ½ lever
8. Throw a ball with one hand catch with other (at least body height)
9. Step into handstand flat drop onto safety mat.

Box move

Straddle jump off 3 sections of box or (80cm) Platform to land in plié

ADVANCED LEVEL

1. Forward roll straight legs during move
2. Backwards roll straight arms to pike stand
3. Cartwheel
4. Walkover
5. Jump 1/1 turn
6. Arabesque leg to horizontal
7. Handstand
8. One-way splits
9. Round-off stretch jump

Box move

Jump on block walk along jump off

SPECTRUM ADVANCED RECREATIONAL INDIVIDUAL APPARATUS COMPETITION

- This is a competition open to any gymnast training for less than 4 hours per week at levels 1 - 3 or less than 6 hours per week at levels 4 & 5
- It is open to boys and girls.
- There are four pieces of apparatus and gymnasts may choose to compete on one or more pieces

Age

Minimum age 8 during the year of competition

- Level 1 - There will be 3 age groups 8-9 years, 10-12 years and 13-16 years
- Level 2 - There will be 3 age groups 8-9 years, 10-12 years and 13-16 years
- Level 3 - There will be 4 age groups 9-10 years, 11-12 years 13-15 years and 16-18 years
- Level 4 - There will be 3 age groups 10-11 years, 12-14 years and 15-18 years
- Level 5 - There will be 3 age groups 11-12 years, 13-15 years and 16-18 years

| | AGE | AGE | AGE | AGE | AGE | AGE | AGE | AGE | AGE | AGE | AGE |
|---------|-----|-----|------|-------|-------|-------|-------|-------|-------|-------|-------|
| LEVEL 1 | 7/8 | 8/9 | 9/10 | 10/11 | 11/12 | 12/13 | 13/14 | 14/15 | 15/16 | | |
| LEVEL 2 | 7/8 | 8/9 | 9/10 | 10/11 | 11/12 | 12/13 | 13/14 | 14/15 | 15/16 | | |
| LEVEL 3 | | 8/9 | 9/10 | 10/11 | 11/12 | 12/13 | 13/14 | 14/15 | 15/16 | 16/17 | 17/18 |
| LEVEL 4 | | | 9/10 | 10/11 | 11/12 | 12/13 | 13/14 | 14/15 | 15/16 | 16/17 | 17/18 |
| LEVEL 5 | | | | 10/11 | 11/12 | 12/13 | 13/14 | 14/15 | 15/16 | 16/17 | 17/18 |

Awards

- Medals will be given for 1st, 2nd and 3rd on each piece and each level

COMPETITION RULES

The rules can be found on the East Region area of the British Gymnastics website under General Gymnastics

<https://www.british-gymnastics.org/east/general-gymnastics/handbook-gg-east>

SPECTRUM NOVICE COMPETITION

- This is a 4 piece competition open to any gymnast training for less than 6 hours per week .
- It is open to boys and girls. Girls compete vault, bars, beam and floor. Boys compete vault, p bars, a conditioning set and floor.
- It is open to girls that have not previously competed in a 4-piece County (or above) competition and will not be entering a 4-piece County (or above) competition in the same year, including British Club Grade 5.
- Girls competing in friendly competitions or Suffolk Grades remain eligible.
- It is open to boys who have not previously competed in a 6-piece competition or Regional grades.
- Boys competing in friendly competitions remain eligible.
- There is an advanced level for gymnasts, boys or girls, training for 6 hours or more per week. Gymnasts who have competed at Club Grade 6 may enter this level.

Age

- Minimum age 7 during the year of competition
- Gymnasts will compete in the following age groups: U8, U10, U12, U14 & O14
- Age groups may be split depending on numbers

Awards

- Medals will be given for 1st, 2nd and 3rd
- A trophy will also be given to the winner
- Awards will be given for 4th, 5th and 6th

SPECTRUM NOVICE TEAM COMPETITION

- This is a 4 piece team competition open to any gymnast training for less than 6 hours per week .
- Teams of 4 gymnasts to compete. The best 3 scores on each apparatus to count.
- Teams of 3 gymnasts may compete.
- It is open to boys and girls. Girls compete vault, bars, beam and floor. Boys compete vault, p bars, a conditioning set and floor.
- It is judged on the Spectrum Novice Rules Levels 1 & 2.

- Novice teams can be mixed ages but not mixed genders.
- A gymnast may compete at a higher level to make up a team but not at a lower level

- Injured or withdrawn gymnasts may be replaced before the start of the competition but only with agreement of the competition organiser

Age

- Minimum age 7 during the year of competition

Awards

- Medals will be given to the 1st, 2nd and 3rd placed teams
- A trophy will also be given to the winning team
- Awards will be given for the teams in 4th, 5th and 6th place

SPECTRUM NOVICE INDIVIDUAL & TEAM COMPETITION

COMPETITION RULES - There are 2 levels of competition.

Level 1

Vault SV 1.4

Handspring to flat back

Choice of height of mats - 60, 90 or 110cm

Only 1 springboard allowed

Beam SV 3.0 plus bonus for amplitude up to 0.5

2 lengths of beam

Mount - 1 springboard may be used (2, if required, for U8)

Content - 6 'A' moves or moves from list below

Composition - 1 acro move to be included in the 6 moves

- 2 of the 6 moves must be joined
- Elements should be linked with dance steps
- Elements will only count once

Beam Moves

Mounts:

Squat on, straddle on, straddle lever, feet through to sit or jump to front support leg over.

Moves on beam:

Forward roll, cartwheel, Back walkover, kick towards handstand, tuck jump, cat leap, sissone, W jump, 1/2 or 1/1 spin on 1-foot, straight jump, split jump, arabesque/ Y balance hold for 2 secs

Dismounts:

Round off, Handspring, straddle jump

Boys P Bars SV 3.0 plus bonus for amplitude up to 0.5

- Jump to support with help of coach if necessary
- One dip
- Three swings to front straddle bars
- Three swings to layaway dismount

Bars SV 3.0 plus bonus for amplitude up to 0.5

Upward circle

Backhip circle

Cast return to bar

Dismount Cast straddle on undershoot
Cast squat on jump off
Cast push back to stand

Floor SV 3.0 plus bonus for performance up to 0.5 bonus for performing back flic 0.5

Music - girls choice of music no vocals, boys no music

Time - 60-90 seconds

Content - 6 'A' moves or moves from the list below

Composition - 2 elements from list 1 (Dance elements)
- 2 elements from list 2 (gymnastic elements)
- any 2 other elements (either list)
- 2 elements must be joined
- Elements should be linked with dance steps
- Elements will only count once

List 1 Dance Elements

Split or stag leap/jump, cat leap/ cat leap 1/2, stretch jump 1/2, tucked / tucked jump 1/2, W jump, sissone, straddle jump, 1/1 spin on 1 foot, arabesque/ Y balance hold for 2 secs, straddle lever or 1/2 level hold for 2 secs

List 2 Gymnastic Elements

Handstand or 1/2 or 1/1, Handstand forward roll, forward roll to stand, backward roll to feet (squat, straddle or pike), backward roll through handstand step out, tic toc, cartwheel (any kind), back walkover, forward walkover, round off, back flic, handspring, splits, bridge

Boys Conditioning Set SV 3.0 plus bonus for presentation 0.5

From standing with stick shoulder width apart

- Stretch up arms above head
- Arch, dish, arms behind shoulders bend at hip bring arms over to floor release stick
- Leg lift into handstand forward roll straddle sit, reach forward chest to floor bring legs around
- Arch, rock three times turn over to dish, .rock three times
- Push to bridge lay down
- Tuck, turn over to knees, arch body holding ankles
- Rock forward, push to press up position, squat in stand up

SPECTRUM NOVICE INDIVIDUAL & TEAM COMPETITION

Level 2

Vault SV 2.0

Handspring over table

Choice of height - 110cm or 120cm

Only 1 springboard allowed

Beam SV 3.0 plus bonus for amplitude up to 0.5

2 or 3 lengths of beam

Mount - 1 springboard may be used (2, if required, for U8)

Content - 6 'A' moves or moves from list below

Composition - 1 acro move to be included in the 6 moves
- 2 of the 6 moves must be joined

- 1/1 spin on one foot
- Elements should be linked with dance steps
- Elements will only count once

Beam Moves

Mounts:

Squat on, straddle on, straddle lever, feet through to sit or jump to front support leg over.

Moves on beam:

Free forward roll, cartwheel, Back walkover, handstand hold 2 secs, tuck jump, cat leap, sissone, W jump, 1/2 or 1/1 spin on 1 foot, split leap, arabesque/ Y balance hold for 2 secs, split jump

Dismounts:

Round off, Handspring, straddle jump, forward or backward salto

Boys P Bars SV 3.0 plus bonus for amplitude up to 0.5

- Jump to support with help of coach if necessary
- One dip
- Lift legs to pike hold 2 secs
- Three swings to front straddle bars
- Three swings to layaway dismount (min 45 degrees)
- 0.3 bonus for handstand

Bars SV 3.0 plus bonus for amplitude up to 0.5

bonus for upstart counted once 0.3

Upward circle or upstart

Cast Backhip circle

Squat on catch the high bar

Baby giant

Dismount Cast straddle on undershoot
Cast pike on undershoot

Floor SV 3.0 plus bonus for performance up to 0.5

Music - girls choice of music no vocals, boys no music

Time - 60-90 seconds

Content - 8 'A' moves or moves from the list below

Composition - Dance passage of 2 elements one with 135 split for girls, two jumps/leaps linked for boys
- 1 Acro line of 2 or more elements to include salto (A value only)
- Full spin (girls) or jump full turn (boys)
- Elements should be linked with dance steps
- Elements will only count once in chronological order

List 1 Dance Elements

Split leap/jump, change leg split leap, cat leap/ cat leap 1/2/ cat leap 1/1, tucked jump 1/2/ tucked jump 1/1, W jump, sissone, straddle jump, any FIG coded spin on one foot

List 2 Gymnastic Elements

Handstand 1/2 or 1/1, Handstand forward roll, backward roll through handstand step out, tic toc, cartwheel (any kind incl free), back walkover, forward walkover, round off, back flic, handspring and any A value salto
plus any other A move from the FIG code of points

Boys Conditioning Set SV 3.0 plus bonus for presentation 0.5

From standing with stick shoulder width apart

- Stretch up arms above head
- Arch, dish, arms behind shoulders bend at hip bring arms over to floor release stick
- Leg lift into handstand forward roll straddle sit. Place hands on floor and lift to straddle lever - hold 2 secs
- Reach forward chest to floor bring legs around
- Arch, rock three times turn over to dish, rock three times
- Push to bridge lay down.
- Sit to pike sit - pike 1/2 lever hold 2 secs
- Tuck, turn over to knees, arch body holding ankles
- Rock forward, push to press up position, squat in stand

SPECTRUM FLOOR & VAULT COMPETITION

- This is a 2-piece competition open to any gymnast training for less than 6 hours per week.
- It is open to girls that have not previously competed in a 4-piece County (or above) competition and will not be entering a 4-piece County (or above) competition in the same year, including British Club Grade 5.
- Girls competing in friendly competitions or Suffolk Grades remain eligible.
- It is open to boys who have not previously competed in a 6-piece competition or Regional grades.
- Boys competing in friendly competitions remain eligible.
- There is an advanced level for gymnasts, boys or girls, training for 6 hours or more per week. Gymnasts who have competed at Club Grade 6 may enter this level.

Age

- Minimum age 7 during the year of competition
- Gymnasts will compete in the following age groups: U8, U10, U12, U14 & O14
- Age groups may be split depending on numbers

Awards

- Medals will be given for 1st, 2nd and 3rd
- A trophy will also be given to the winner
- Awards will be given for 4th, 5th and 6th

COMPETITION RULES - There are 2 levels of competition.

Level 1

Vault SV 1.4

Handspring to flat back

Choice of height of mats - 60, 90 or 110cm

Only 1 springboard allowed

Floor SV 3.0 plus bonus for performance up to 0.5

bonus for performing back flic 0.5

Music - girls choice of music no vocals, boys no music

Time - 60-90 seconds

Content - 6 'A' moves or moves from the list below

Composition - 2 elements from list 1 (Dance elements)

- 2 elements from list 2 (gymnastic elements)

- any 2 other elements (either list)

- 2 elements must be joined

- Elements should be linked with dance steps

- Elements will only count once

List 1 Dance Elements

Split or stag leap/jump, cat leap/ cat leap 1/2, stretch jump 1/2, tucked / tucked jump 1/2, W jump, sissone, straddle jump, 1/1 spin on 1 foot, arabesque/ Y balance hold for 2 secs, straddle lever or 1/2 level hold for 2 secs

List 2 Gymnastic Elements

Handstand or 1/2 or 1/1, Handstand forward roll, forward roll to stand, backward roll to feet (squat, straddle or pike), backward roll through handstand step out, tic toc, cartwheel (any kind), back walkover, forward walkover, round off, back flic, handspring, splits, bridge

SPECTRUM FLOOR & VAULT COMPETITION

Level 2

Vault SV 2.0

Handspring over table

Choice of height - 110cm or 120cm

Only 1 springboard allowed

Floor SV 3.0 plus bonus for performance up to 0.5

Music - girls choice of music no vocals, boys no music

Time - 60-90 seconds

Content - 8 'A' moves or moves from the list below

Composition - Dance passage of 2 elements one with 135 split for girls, two jumps/leaps linked for boys

- 1 Acro line of 2 or more elements to include salto (A value only)
- Full spin (girls) or jump full turn (boys)
- Elements should be linked with dance steps
- Elements will only count once in chronological order

List 1 Dance Elements

Split leap/jump, change leg split leap, cat leap/ cat leap 1/2/ cat leap 1/1, tucked jump 1/2/ tucked jump 1/1, W jump, sissone, straddle jump, any FIG coded spin on one foot

List 2 Gymnastic Elements

Handstand 1/2 or 1/1, Handstand forward roll, backward roll through handstand step out, tic toc, cartwheel (any kind incl free), back walkover, forward walkover, round off, back flic, handspring and any 'A' value salto

plus any other A move from the FIG code of points



SPECTRUM LEVELS TEAM COMPETITION

- This is a 4-piece competition.

There will be competitions in the following levels

- FIG Pairs Judged on FIG, both scores to count.
- Level 2 Pairs Judged on East Region OOA rules, both scores to count.
- Level 3 Pairs Judged on East Region OOA rules, both scores to count.
- Level 4 Judged on East Region OOA rules. IA gymnasts or younger vault at 110cm
- Pre-Level 4 Judged on East Region Level 5 rules
- Level 5 Judged on East Region 765 rules
- Level 6 Judged on East Region 765 rules
- Level 7 Judged on East Region 765 rules

Levels 7, 6, 5 Pre-Level 4 and Level 4

- Teams of 4 gymnasts to compete. The best 3 scores on each apparatus to count.
- Teams of 3 gymnasts may compete.

Levels 3, 2 and FIG

- A pair of gymnasts compete both scores count
- Gymnasts may move up one level from their level , for the year, to make a team but not down.
- Pre-Level 4 is open to gymnasts 8 in the year of the competition only.
- 'A' Bars to be used but may be widened to accommodate gymnast working single bar for the autumn only.
- Injured or withdrawn gymnasts may be replaced before the start of the competition but only with agreement of the competition organiser

Awards

- Medals will be given for 1st, 2nd and 3rd placed teams
- A trophy will also be given to the winning team
- Awards will be given for 4th, 5th and 6th

- Medals will be given for 1st, 2nd and 3rd placed individual gymnasts
- Awards will be given for 4th, 5th and 6th

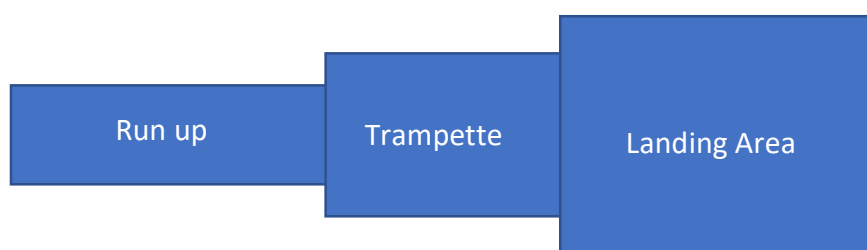
SPECTRUM TRAMPETTE & TUMBLING COMPETITION

TRAMPETTE

- This competition is an individual apparatus competition open to both male and female gymnasts.
- There will be five levels of difficulty, Level 1 being the easiest and Level 5 being the hardest.
- At each level, three jumps or somersaults are performed. The scores for all three jumps or somersaults will be added together to determine ranking. The jumps or somersaults are set in each level.

Apparatus

- The trampette will be a standard sized trampette with safety padding and will be inclined at a shallow angle
- The length of the run up will be approximately 6 meters, four benches, 2 side by side and may be raised above floor level but not above the level of the front of the trampette.
- The landing area will consist of 2 safety mattress of 30cm in depth, 2m wide by 3m long making the entire length 6m. These will be covered by a roll mat.



Deductions

- Deductions for execution per run will be made from 10.00
- The scores for each jump are added together to determine the final score out of 30.00
- For twisting somersaults, more than $\frac{1}{4}$ of a twist missing will be classed as a non attempt.
- Less than $\frac{1}{4}$ of a twist missing will be classed as an attempt but penalised.

Age

- Minimum age 6 during the year of competition
- Gymnasts will compete in the following age groups: 6-7, 8-9, 10-11, 12-13 & 14+

LEVEL 1 - gymnasts each perform the following 3 consecutive jumps

1. Stretch Jump
2. Tuck Jump
3. Star Jump

LEVEL 2 - gymnasts each perform the following 3 consecutive jumps

1. Straddle Jump
2. Pike Jump
3. Straight Jump $\frac{1}{2}$ turn (180°)

LEVEL 3 - gymnasts each perform the following 3 consecutive jumps

1. Straight Jump $1\frac{1}{1}$ turn (360°)
2. Front Somi in Tucked position
3. Front Somi in Piked position

LEVEL 4 - gymnasts each perform the following 3 consecutive jumps

1. Front Somi in Straight position
2. Front Somi tucked position with $\frac{1}{2}$ turn mid phase (180°) (Barani)
3. Front Somi in Piked position with $\frac{1}{2}$ turn after vertical (180°)

LEVEL 5 - gymnasts each perform the following 3 consecutive jumps

1. Front Somi in Straight position with $\frac{1}{2}$ turn mid phase (180°) (Barani)
2. Front Somi tucked position with $1\frac{1}{1}$ turn
3. Front Somi Straight position with $1\frac{1}{1}$ turn

LEVEL 6 - gymnasts each perform the following 3 consecutive jumps

1. Front Somi Straight position with $1\frac{1}{1}$ $\frac{1}{2}$ turn
2. Front Somi Straight position with $2\frac{1}{1}$ turn
3. Double front somi tucked

SPECTRUM TRAMPETTE & TUMBLING COMPETITION

TUMBLING

- This competition is an individual apparatus competition open to both male and female gymnasts.
- There will be ten levels of difficulty, Level 1 being the easiest and Level 10 being the hardest.
- At each level, all runs are compulsory.

Apparatus

- The run will comprise of a sprung carbon fibre tumbling track 18m in length plus 4.5 metres run up and 6m landing area.

Deductions

- Deductions for execution per run will be made from 10.00
- The scores for each jump are added together to determine the final score out of 30.00
- For twisting somersaults, more than ¼ of a twist missing will be classed as a non attempt.
- Less than ¼ of a twist missing will be classed as an attempt but penalised.

Age

- Minimum age 6 during the year of competition

Dress code

- Male – Leotard and shorts or shorts and tee shirt tucked in are allowed
- Female – Long or short sleeved leotard, shorts or leggings with tight fitting top or T shirt tucked in are allowed

| | | AGE | AGE | AGE | AGE | AGE | AGE |
|----------|----------|-----|-----|------|-------|-------|-----|
| LEVEL 1 | (CLUB 1) | 5/6 | 7/8 | 9/10 | 11/12 | 13+ | |
| LEVEL 2 | (CLUB 2) | 5/6 | 7/8 | 9/10 | 11/12 | 13+ | |
| LEVEL 3 | (CLUB 3) | | 7/8 | 9/10 | 11/12 | 13+ | |
| LEVEL 4 | (CLUB 4) | | 7/8 | 9/10 | 11/12 | 13+ | |
| LEVEL 5 | (NAT 1) | | | 9/10 | 11/12 | 13+ | |
| LEVEL 6 | (NAT 2) | | | 9/10 | 11/12 | 13+ | |
| LEVEL 7 | (NAT 3) | | | | 11/12 | 13/14 | 15+ |
| LEVEL 8 | (NAT 4) | | | | U13 | O13 | |
| LEVEL 9 | (NAT 5) | | | | U13 | O13 | |
| LEVEL 10 | (FIG D) | | | 9/10 | 11/12 | 13/14 | 15+ |

TUMBLING RULES

Level 1 (Club 1)

| | 1 | 2 | 3 | 4 | 5 | 6 |
|-------|---|---------------------|------------------------------------|--------------------|--------------|-----------------------|
| RUN 1 | Forward Roll | Stretch Jump | Forward Roll | Tuck Jump | Forward Roll | Jump 180 (arms chest) |
| RUN 2 | Cartwheel (from standing start, facing sideways) | Cartwheel | Cartwheel (finish facing sideways) | | | |
| RUN 3 | Straight jump (walk out) (from a standing start on floor) | Cartwheel ¼ turn in | Fall to Dish onto mat | Hold Dish (3 secs) | | |

TUMBLING RULES cont

Level 2 (Club 2)

| | 1 | 2 | 3 | 4 | 5 | 6 |
|-------|--|-----------|-----------------------|--------------------|---------------|-----------|
| RUN 1 | Straight jump (walk out) (from a standing start on floor) | Cartwheel | Chasse | Cartwheel | Chasse | Cartwheel |
| RUN 2 | Straight jump (walk out) (from a standing start on floor) | Cartwheel | Round Off | Stretch Jump | Backward Roll | |
| RUN 3 | Straight jump (walk out) (from a standing start on floor) | Round Off | Jump to Dish onto mat | Hold Dish (3 secs) | | |

Level 3 (Club 3)

| | 1 | 2 | 3 | 4 | 5 | 6 |
|-------|--|-----------|---------------------|---------------------|-----------------------|---|
| RUN 1 | Straight jump (walk out) (from a standing start on floor) | Cartwheel | Chasse | Round Off | Jump 180 (arms chest) | |
| RUN 2 | Straight jump (walk out) (from a standing start on floor) | Round Off | Jump 180 (walk out) | Round Off | Straight Jump | |
| RUN 3 | Straight jump (walk out) (from a standing start on floor) | Round off | Flic | Jump to Dish on mat | Hold Dish (3 secs) | |

Level 4 (Club 4)

| | 1 | 2 | 3 | 4 | 5 | 6 |
|-------|--|--------------------------|--------------------------|---|--|---|
| RUN 1 | Round Off | Flic | Jump 180 (arms to chest) | Performed from a small preparatory run* | | |
| RUN 2 | Handspring | Straight jump (walk out) | Round Off | Straight Jump | Performed from a small preparatory run* | |
| RUN 3 | Straight jump (walk out) (from a standing start on floor) | Round Off | Flic | Flic | Jump to Dish onto mat (hold for 3 seconds) | |

*Failure to perform a small preparatory run will result in a gymnast being given zero 'DNF' score

Level 5 (National 1)

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|-------|-----------|------|-----------|---|-----------------------------|---------------|------|---------------|
| RUN 1 | Round Off | Flic | Flic | Jump 1/2 turn and hold for 3 approx. secs | Stretch jump into round off | Flic | Flic | Straight jump |
| RUN 2 | Round Off | Flic | Flic | Flic | Flic | Straight jump | | |
| RUN 3 | Round Off | Flic | Tuck back | 15m of track only | | | | |

*If gymnast doesn't hold for approximately 3 seconds, a 0.2 deduction per execution judge will be applied

Level 6 (National 2)

| | 1 | 2 | 3 | 4 | 5 | 6 |
|-------|-----------|------|-----------------|-------------------|------|---------------|
| RUN 1 | Round Off | Flic | Flic | Flic | Flic | Tuck back |
| RUN 2 | Round Off | Flic | Whip | Flic | Flic | Straight jump |
| RUN 3 | Round Off | Flic | Pike somersault | 15m of track only | | |

TUMBLING RULES cont

Level 7 (National 3)

| | 1 | 2 | 3 | 4 | 5 | 6 |
|-------|-----------|------|---------------------|-------------------|------|-----------------|
| RUN 1 | Round Off | Flic | Flic | Flic | Flic | Pike somersault |
| RUN 2 | Round Off | Flic | Whip | Flic | Flic | Tuck back |
| RUN 3 | Round Off | Flic | straight somersault | 15m of track only | | |

Level 8 (National 4)

| | 1 | 2 | 3 | 4 | 5 | 6 |
|-------|-----------|------|------------|-------------------|------|---------------------|
| RUN 1 | Round Off | Whip | Flic | Whip | Flic | Straight Somersault |
| RUN 2 | Round Off | Whip | Whip | Flic | Flic | Pike Somersault |
| RUN 3 | Round Off | Flic | Full Twist | 15m of track only | | |

Level 9 (National 5)

| | 1 | 2 | 3 | 4 | 5 | 6 |
|-------|-----------|------|--------------|-------------------|------|------------|
| RUN 1 | Round Off | Whip | Whip | Whip | Flic | Tuck back |
| RUN 2 | Round Off | Whip | Whip | Flic | Flic | Full Twist |
| RUN 3 | Round Off | Flic | Double Twist | 15m of track only | | |

Level 10 (FIG Development) Age 9-10 years **

| | 1 | 2 | 3 | 4 | 5 | 6 |
|-------|--|------|------|------|------|-----------|
| RUN 1 | Round Off | Flic | Flic | Flic | Flic | Tuck back |
| RUN 2 | 6 Skill Free Pass (difficulty to be added) Minimum Difficulty over two free passes – 2.2 | | | | | |
| RUN 3 | 6 Skill Free Pass (difficulty to be added) Maximum Difficulty over two free passes – 2.8 | | | | | |

Level 10 (FIG Development) Age 11-12 years **

| | 1 | 2 | 3 | 4 | 5 | 6 |
|-------|--|------|------|------|------|---------------|
| RUN 1 | Round Off | Flic | Flic | Flic | Flic | Straight back |
| RUN 2 | 6 Skill Free Pass (difficulty to be added) Minimum Difficulty over two free passes – 2.4 | | | | | |
| RUN 3 | 6 Skill Free Pass (difficulty to be added) Maximum Difficulty over two free passes – 3.6 | | | | | |

Level 10 (FIG Development) Age 13-14 years **

| | 1 | 2 | 3 | 4 | 5 | 6 |
|-------|--|------|------|------|------|------------|
| RUN 1 | Round Off | Whip | Whip | Flic | Flic | Full Twist |
| RUN 2 | 6 Skill Free Pass (difficulty to be added) Minimum Difficulty over two free passes – 2.9 | | | | | |
| RUN 3 | 6 Skill Free Pass (difficulty to be added) Maximum Difficulty over two free passes – 5.0 | | | | | |

Level 10 (FIG Development) Age 15+ years **

| | 1 | 2 | 3 | 4 | 5 | 6 |
|-------|--|------|------|------|------|------------|
| RUN 1 | Round Off | Whip | Whip | Whip | Flic | Full Twist |
| RUN 2 | 6 Skill Free Pass (difficulty to be added) Minimum Difficulty over two free passes – 3.2 women 3.6 men | | | | | |
| RUN 3 | 6 Skill Free Pass (difficulty to be added) Maximum Difficulty over two free passes – 6.6 women 7.1 men | | | | | |

** For all age groups - No skill repetition across all 3 runs in accordance with FIG rules

SPECTATOR INFORMATION

Due to new health and safety, plus fire safety regulations we are restricted to the number of spectators we are allowed to have upstairs in our viewing area at any one time. Due to this, it is necessary to limit tickets to all future competitions to 2 tickets per gymnast ie if you have 8 gymnasts in a round you will be allocated 16 tickets. It doesn't matter how you use the tickets for example if one gymnast only needs one ticket another gymnast can use 3 but the maximum number of seats per competition will only be the number allocated. You cannot move tickets between rounds.

Once entries have been received and programmes finalised you will then be sent your ticket allocation. Parents will need to bring the tickets on the day so they can be paid for.

If a parent has gymnasts in more than one competition one of the 2 allocated tickets in each competition will need to be for the non competing gymnast. Parents get their hand stamped once they've paid. Parents watching for more than one competition will not have to pay twice but will need two different tickets.

We will ask all spectators to leave the viewing area with all belongings at the end of each competition and re-queue to enter for the next one. This allows us to clear the seating area and set up the chairs in preparation for the next competition.

Refreshments will be available to buy on the day.

We would be grateful if you could feed this information back to your parents.

Photos will be available to buy on the day and a code will also be available to allow you to browse at leisure.

PHOTOGRAPHY

**IF YOU DO NOT WISH YOUR PHOTO TO BE TAKEN
PLEASE LET A MEMBER OF THE PHOTO TEAM KNOW**

JUDGES

All clubs are now required to provide a qualified judge or volunteer from their club for each competition they enter.

A fine of £50 will be imposed on any club failing to provide a judge or volunteer.

If you don't have a judge please get in touch to see what other volunteer roles are available.

HOW TO ENTER

To enter please download the entry form from our A4 competition document.

Email your entry to Jayne Heath, Competition Organiser at jaynehillerby@hotmail.com

Please pay by BACS using reference competition & club name ie floor vault Sudbury

| | |
|-----------------------|-----------------|
| Account Number | 48631191 |
| Sort Code | 60 21 03 |

Any questions don't hesitate to get in touch either by email to the above address or by contacting Bury Spectrum Gymnastic club on 01284 700866



Awards





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