



British  
Gymnastics  
More than a sport

Southern Region

GfA Floor and Vault

Competition Handbook 2016/17



## GfA FLOOR AND VAULT COMPETITIONS - GENERAL REGULATIONS

### 1. REGULATIONS

Unless otherwise stated the following regulations will apply at all Southern Region GfA Floor & Vault competitions.

### 2. BRITISH GYMNASTICS MEMBERSHIP

Gymnasts – Must hold a minimum of bronze membership to enter GfA Floor & Vault competitions.

Coaches – Must be current, fully paid members of British Gymnastics (BG), holding the appropriate coaching qualification, enhanced DBS and SPC certificate.

Judges - Must be current, fully paid, members of BG, holding the appropriate judging qualification (minimum Intro to Judging qualification).

Clubs – Must be affiliated to BG in order to participate in GfA Floor & Vault competitions.

Schools – Must be a member of the BG Partner School Programme and register participants to minimum bronze membership.

Leisure Centres – Must be a member of the BG Leisure Centre Programme and register participants to minimum bronze membership.

### 3. Ages

Gymnasts are categorised by age dependant on the age the gymnasts turns in the year of competition. For example, if one gymnast turns 12 years old in February, and one turns 12 years old in October, they will both be in the Under 12 category. Gymnasts MUST turn 7 years old in the year of competition in order to compete in the U8 category for Blue and White. Gymnasts MUST turn 9 years old in the year of competition to compete in the Bronze/Silver/Gold Category's.

### 4. ENTRY PROCESS

Entries will be made online via GymNET. Please see attached online guide to support your entry process.

### 5. ENTRY FEES

An entry fee of £10 per gymnast will apply for all GfA Floor & Vault Competitions. Entries will not be complete until payment has been made via GymNET.

### 6. LATE ENTRIES

No late entries will be accepted. The South Region GfA Team reserve the right to close entries early if the maximum number of competitors is reached.

### 7. COACHES IN ATTENDANCE

According to the rules and regulations of BG, a coach must have the correct qualification to train gymnasts and enter them into competitions at the appropriate level. Only level 2 and above coaches may put gymnasts on the floor, a level 1 may assist under the direction of a level 2. It is a coach's responsibility to ensure that all of their coaching qualifications are held by BG and appear on the database. Coaches must wear appropriate gymnastic clothing such as club tracksuit or sweatshirt / polo shirt. Coaches may be asked by the competition organiser to leave the competition area should they not have appropriate attire.

### 8. WARM UP

A general warm up area will be provided at all competitions. Please note that a suitably qualified coach must be in attendance with the gymnasts. All competitors will also be entitled to the following apparatus warm up (provided they are present at the specified warm up time).

1. Floor – 5 minute apparatus warm up on the competition floor
2. Vault – 2 touch warm up on competition vault

#### 9. RULE CHANGES

The South Region GfA team reserves the right to amend competition rules as necessary.

#### 10. GYMNAST ATTIRE

Tight fitting shorts and t-shirt or leotards with or without tight fitting shorts, Gymnastics shoes may be worn. Long hair must be tied back. No jewellery as per BG policy.

#### 11. MUSIC

Music must be emailed electronically to the competition organiser in MP3 format by the stated time or entered onto GymNET at the time of entry. Clubs should also provide a clearly marked CD with the name of the gymnast, club and competition number at the time of registration. It is recommended that coaches carry a back-up copy of all music.

#### 12. CLUBS PROVIDING JUDGES

In an attempt to ensure that there are sufficient judges at competitions it is expected that all clubs competing at a Southern Region GfA Floor & Vault competition will provide at least one qualified judge. This should normally be somebody from that club, but it is permissible to nominate and provide a judge from another Club to fill this place. Judges must hold an Intro to Judging qualification minimum. Clubs may also nominate as judge qualified in MAG / WAG / TEAM

**Clubs will only be able to enter gymnasts if you provide a judge for the duration of the competition**

#### 13. USE OF PHOTOGRAPHIC AND FILMING EQUIPMENT AT COMPETITIONS

This will be in line with the guidelines from BG for protection of gymnasts.

#### 14. 'OFFICIALS AREA' AT COMPETITIONS

It is important that the access to the 'Officials Area' – (Scorers, music, judges area etc) is restricted to authorised persons only. Gymnasts / spectators will not be allowed to be in this area without the permission of the competition organising team.

#### 15. AWARDS

Medals will be presented for Bronze, Silver and Gold positions (separate male/female) overall and on each apparatus (combined male/female). Certificates will be awarded to all participants.

#### 16. TRAINING HOURS

To ensure a fair competition we have enforced the below maximum training hours per week.

Maximum Training Hours (per week)				
White	Blue	Bronze	Silver	Gold
1	2	4	5	7

By entering the Southern Region GfA Floor & Vault competitions you are agreeing to adhere to the General Regulations listed above.

Failure to comply with any of the above regulations could see your team excluded from the competition and no refunds will be given under these circumstances.

#### 17. AWARD CATEGORIES

Awards will be made in the following categories\*:

**White:** U8; U10; U12; U14; 15+

**Blue:** U8; U10; U12; U14; 15+

**Bronze:** U10; U12; U14; 15+



**Silver:** U10; U12; U14; 15+

**Gold:** U10; U12; U14; 15+

\*Should the be less than 3 competitors in any category, this will be merged with the next appropriate age group

## 18. EQUIPMENT

### Floor

White, Blue: Strip of floor/tribond matting

Bronze, Silver, Gold: 12 x 12m sprung floor

### Vault



Table Vault



Cross Vault



Soft Module Vault

	White	Blue	Bronze	Silver	Gold
Under 8	Coaching Block 60cm	Soft Module 95cm	x	x	x
Under 10	Soft Module 95cm	Soft Module 95cm	Cross 100cm	Table 110cm	Table 110cm
Under 12	Cross 110cm	Cross 110cm	Cross 110cm	Table 110cm	Table 110cm
Under 14	Cross 110cm	Cross 110cm	Cross 110cm	Table 110cm	Table 110cm
15+	Cross 120cm	Cross 120cm	Cross 120cm	Table 120cm	Table 120cm



Floor Requirements				
White	Blue	Bronze	Silver	Gold
<b>10 skills per routine (0.5 each)</b>				
Performed on a strip floor (Music/Choreography will incur a 0.5 deduction))		Performed on a 12m x 12m sprung floor (45-90seconds music for girls - no vocals)		
White	Blue	Bronze	Silver	Gold
A skills only	A skills only	A & B skills only, 4 B skills a minimum	A, B & C skills, 5 B skills, 1 C skill minimum	A, B & C skills, 5 B skills, 3 C skills minimum
Competition Requirements (0.5 each)				
None	1. Balance (B) Held for 2 seconds			
	2. Strength (S) or flexibility (F)			
	3. Acro series: 2 linked acrobatic skills (at least 1 skill must be a flight element in Silver & Gold)			
	4. Mixed series: Skill + jump/leap			
	5. Gym series: 2 jumps, leaps, spins (continuous steps/chasses permitted OR second different acro series (at least 1 skills must be a flight element in Silver/Gold)			
Music				
Floor music cannot be owned by Andrew Lloyd Webber, Disney, or Cirque Du Soleil. Any banned music will incur a ZERO score. Music may use voice as an instrument however NO vocals.				
Age Groups				
Gymnasts are categorised by age dependant on the <b>age the gymnasts in the competition year</b> . <b>For example</b> , if one gymnast turns 12 years old in February, and one turns 12 years old in October, they will both be in the Under 12 category. Gymnasts <b>MUST turn 7 years old</b> in the year of competition in order to compete in the U8 category for Blue and White. Gymnasts <b>MUST turn 9 years old</b> in the year of competition to compete in the Bronze/Silver/Gold Category's.				
Additional Rules				
A' skill cannot replace a 'B' skill				
Each skill can ONLY be valued once, however if a move is repeated it will incur deductions for execution.				
Two series cannot be linked				
Clothing				
Tight fitting shorts & t-shirt or leotard. Gymnastics shoes may be worn. Incorrect clothing will incur a 0.5 penalty.				

A Moves		B Moves		C Moves	
<b>Group 1 - Acrobatic Moves</b>					
Backward roll piked to stand	S	Back Flip Step Out		Backward Somersault (any shape) with 1/2 or 1/1 twist	
Backward roll to front support (held)	S	Back Flip to Two Feet		Backward Somersault tucked, straight or piked	
Backward roll to straddle stand with flat back (held)	S	Backward Walkover	F	Backward roll to handstand with straight arms	S
Backward roll tucked		Backward Roll Handstand	S	Dive forward roll or Hecht Roll (must show flight)	
Cartwheel front to back (1/4 turn)		Forward Walkover	F	Flyspring	
Cartwheel (side to side)		Forward walkover to Backward Walkover (Tic-toc)	F	Free cartwheel	F
Circle or Teddy bear roll - 360°		Forward roll Piked to Stand	F S	Free Walkover	F
Forward roll straddled to stand		Handspring to Two		Front somersault (any shape) with 1/2 or 1/1 turn	
Forward roll tucked to stand		Handstand through Bridge to stand	F S	Front somersault- tucked, straight or piked	
From front support, jump in and up		Round off		Handspring to one (must show flight phase)	F
Handstand forward roll		Tinsica	F	Handstand forward roll piked to stand	S
One handed cartwheel (arm optional)				Jump Backward with 1/2 turn to Handspring forward	F
				One handed walkover	F
				Side somersault tucked or piked	
				Valdez	F
				Whip Salto Backward	
<b>Group 2 - Strength, Balance &amp; Flexibility : All Balance &amp; Flexibility moves for a minimum of 2 seconds (0.30 deduction for less)</b>					
Arabesque		B From front support, straddle or pike cut to rear support	S	From splits or straddle press to handstand	F S B
Back support turn to front support or Vice Versa	S	Handstand 1/2 turn	S	From standing elephant lift to handstand	S B
Dead Man - drop to front support	S	Japana, flat back, chest to floor, legs at max of 90°	F	From straight leg headstand press to handstand	S B
Dish to arch OR arch to dish	S	Pike fold	F	Handstand pirouette (1/1 turn)	S
Frog balance		B Shoulder stand (straight arms behind head)	S B	Pike lever	S B
From floor push to Bridge, lower to floor	F	Swedish fall with on leg raised	S	Russian lever	F S B
Front or back support lower push up (press up or tricep dip)	S	V sit without hand support	S B	Straddle half lever	S B
Handstand	S B	Y balance	F B	Tucked top planche	S B
Headstand - return to feet				Wide arm handstand, hands greater than shoulder width	S B
Shoulder stand with arm support					
Splits side or box (without hand support)	F				
V sit with hand support					
<b>Group 3 - Jumps, leaps and spins</b>					
Cat leap		Catleap 1/2		Catleap 1/1	
Half Spin on toes		Full Spin on Toes		Double Spin	
High Hop - Extended		Jump Backward 1/2 Turn to Front Support		Full spin with free leg above horizontal throughout turn	
High Hop - 1/2 Turn		Scissor Kick (both legs above horizontal)		Piked jump (feet hip height)	
Star Jump		Shoushonova tucked		Ring Leap or Jump	
Straight Jump - Extended		Sissone (min 120° split)		Shoushonova straddled (feet to hip height)	
Straight Jump 1/2 Turn		Split Leap / Jump or side leap (180° separation)		Split leap change	
Tuck Jump		Stag leap or jump (back leg straight)		Tuck jump 1/1	
		Straddle jump (feet hip height)		W Jump or Hop 1/2	
		Straight jump 1/1 turn			
		Tuck jump 1/2			
		W Jump or Hop			

<b>Floor Judging</b>			
<b>Artistry deduction throughout</b>			
Insufficient flow of routine (dance, turns)	0.1	0.3	0.5
Insufficient variation of tempo / rhythm	0.1	0.3	0.5
Lack of range of moves/skills within the routine	0.1	0.3	0.5
Insufficient use of Floor area	0.1	0.3	0.5
Lack of dynamics throughout the routine	0.1	0.3	0.5
<b>SPECIFIC FLOOR DEDUCTIONS</b>			
Missing A, B, or C			0.5
B moves in White / Blue or C moves in Bronze			0.5
Touch of hair/leotard (each)	0.1		
Music and movement not in harmony	0.1	0.3	
Missing Competition Requirement (CR)			0.5
No music (girls)			0.5
Not ending in time with music	0.1		
<b>EXECUTION DEDUCTIONS (Each time)</b>			
Bent arms or bent knees	0.1	0.3	0.5
Balance / Flexibility (Group 2) not held for 2 sec		0.3	
Leg or knee separations	0.1	0.3	
Insufficient height of elements	0.1	0.3	
Insufficient split in dance elements	0.1	0.3	
Insufficient tuck/pike/stretch	0.1	0.3	
Body Alignment	0.1		
Feet not pointed/loose	0.1		
<b>LANDING FAULTS (Each Time)</b>			
Landing from tumbles (step)	0.1	0.3	
Trunk movements to maintain balance	0.1	0.3	
Extra Steps up to 0.8	0.1		
Very large step or jump		0.3	
Deep squat			0.5
<b>All falls</b>			
		1	

Vault Requirements					
Equipment					
	White	Blue	Bronze	Silver	Gold
U8	Coaching Block 60cm	Soft Module 95cm	x	x	x
U10	Soft Module 95cm	Soft Module 95cm	Cross 110cm	Table 110cm	Table 110cm
U12	Cross 110cm	Cross 110cm	Cross 110cm	Table 110cm	Table 110cm
U14	Cross 110cm	Cross 110cm	Cross 110cm	Table 110cm	Table 110cm
15+	Cross 120cm	Cross 120cm	Cross 120cm	Table 120cm	Table 120cm
Tariffs					
Squat/Straddle on, straight jump off	10	10	x	x	x
Squat/Straddle on, tuck/star jump off	10.3	10.3	x	x	x
Squat/Straddle through	x	11	11	11	x
Handstand Flatback	x	x	11.5	11.5	x
Handspring	x	x	12	12	12
Handspring, 1/2 off	x	x	x	12.5	12.5
1/2 on	x	x	x	12.5	12.5
Handspring, 1/1 off	x	x	x	13	13
1/2 on, 1/2 off	x	x	x	13	13
Judging					
First Flight					
Incomplete turn		0.1	0.3	0.5	
Hip Angle		0.1	0.3		
Bent Knees		0.1	0.3	0.5	
Leg Separation		0.1	0.3		
Arch		0.1	0.3		
Insufficient layout in squat/straddle		0.1	0.3	0.5	
Repulsion					
Staggered/alternate hand placement		0.1	0.3		
Bent arms		0.1	0.3	0.5	
Shoulder angle		0.1	0.3		
Touch with 1 hand					1
Failure to pass through vertical			0.3		
Second Flight					
Lack of height		0.1	0.3	0.5	0.8
Incomplete turn		0.1	0.3		
Insufficient length		0.1	0.3	0.5	
Bent Knees		0.1	0.3	0.5	
Leg Separation		0.1	0.3		
Landing Faults					
Extra steps (each)		0.1			
Large step (over shoulder width)			0.3		
Extra arm swings		0.1			
Additional trunk movement		0.1	0.3		
Body posture fault		0.1			
Deep squat				0.5	
Deviation from centre		0.1			
Brush on apparatus				0.5	
Fall					1
Additional Information					
Run approach with touch of springboard/vault			Void - 0		
Failure to complete vault			Void - 0		
Support from coach			3.00		
<b>Gymnasts with perform 2 vaults (same or different). Best score to count</b>					