



Northern Ireland

GfA Floor and Vault

Competition Handbook 2016/17

GFA Floor & Vault Competition General Regulations:

1. Regulations

Unless otherwise stated the following regulations will apply at all Northern Ireland GFA Adult Floor & Vault Competitions.

2. British Gymnastics Membership

Gymnasts- must hold a minimum of bronze membership to enter Northern Ireland GFA Floor & Vault competitions.

Coaches- must be current, fully paid members of British Gymnastics (BG), holding the appropriate coaching qualification, enhanced disclosure Access NI and safeguarding certificate.

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

Clubs- Must be affiliated BG in order to participate in GFA Floor & Vault competitions.

Leisure centres- Must be a member of the BG Leisure Centre programme and register participants to minimum bronze membership.

3. Entry Process

All entries must be made online via GymNET:

Log onto GymNET via your club login> Go to Club Management>Event Entry> Find Antrim & Newtownabbey GFA Floor & Vault Competition>click green icon to create entry. N.B please enter your gymnasts into the correct category.

Entry Fees

An entry fee of £10 per Gymnast will apply for all GFA Floor & Vault Competitions. Entries will not be completed until payment has been received via GymNET to British Gymnastics.

4. Late Entries

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

5. 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 clothing such as tracksuit or sweatshirt/polo shirt. Coaches may be asked by the competition organiser to leave the competition area should they not have appropriate attire.

6. 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 the competition vault.

7. Rule Changes

The BG NI Team reserves the right to amend competition rules as necessary.

8. Gymnast Attire

Tight fitting shorts and t-shirt or leotards with or without tight fitting shorts should be worn for competition. Gymnastics shoes may be worn. Long hair must be tied back. No Jewellery as per BG Policy.

9. Music

Music must be emailed electronically to the competition organiser in MP3 format by the stated time. 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.

10. Clubs providing judges

In an attempt to ensure that there are sufficient judges at competitions it is expected that all clubs competing at Northern Ireland GFA Floor & Vault Competitions 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 a judge qualified in GG/MAG/WAG/ TeamGym.

Clubs will only be allowed to enter Gymnasts if you provide a judge for the duration of the competition.

11. Use of photographic and filming equipment at competitions

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

12. 'Officials Area' at competitions

It is important that the access to the 'official's 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.

13. Awards

Medals will be presented for Bronze, Silver and Gold positions overall and certificates will be awarded to all participants.

14. 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 Northern Ireland GFA Floor & Vault Competition 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; 14+/ **Blue:** U8; U10; U12; U14; 14+/ **Bronze:** U8; U10; U12; U14; 14+/ **Silver:** U8; U10; U12; U14; 14+ /**Gold:** U8; U10; U12; U14; 14+

Should there 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/ Bronze, Silver and Gold: approx. 12m x 12m tribond floor rollmats.

Vault. Please see table below, we will aim to offer all of the below vaulting options. Vault options will be confirmed in advance. In the white and blue categories, we will aim to provide either a Cross or Box vault.

Age group	White	Blue	Bronze	Silver	Gold
U8	Coaching Block 60cm	Soft module 95cm	x	x	x
U10	Soft Module 95cm	Soft module 95cm	Table 110cm	Table 110cm	Table 110cm
U12	Cross/Box 110cm	Cross/Box 110cm	Table 110cm	Table 110cm	Table 110cm
U14	Cross/Box 110cm	Cross/Box 100cm	Table 110cm	Table 110cm	Table 110cm
15+	Cross/Box 120cm	Cross/Box 120cm	Table 120cm	Table 120cm	Table 120cm

Northern Ireland GFA Floor & Vault Competition 2016-17

Floor Requirements

White

Blue

Bronze

Silver

Gold

10 Skills per routine (0.5 each)

Performed on a strip of floor
Music/choreography will incur a 0.5 deduction

Performed on 12 x 12 roll mat tri-bond floor
(45-90 secs music for girls-no vocals)

Bronze

Blue

Bronze

Silver

Gold

A skills only

A Skills Only

A & B Skills only
4 B Skills Minimum

A, B&C Skills
5 B Skills Minimum
1 Skill C

A, B, C Skills
5 B Skills,
3 C Skills Minimum

Competition Requirements

None

1. Balance (B): Held for 2 Seconds
2. Strength (S) OR Flexibility (F) skill
3. Acro series: 2 linked acrobatic skills (at least 1 skill must be flighted in Silver/Gold.)
4. Mixed series: Skill + Jump/Lead OR Jump/Leap + Skill
5. Gym Series: 2 jumps, leaps, spins (continuous steps/chasees permitted) OR second different acro series (at least 1 skill must be flighted in Silver and Gold.)

Music

Floor music cannot be owned by Andrew Lloyd-Webber, Disney or Cirque du Soleil. For clarification on music, please search on:

<http://research.ppluk.com/ARSWeb/appmanager/ARS/main?cont=A>

Any music listed on the link above may be used. Any banned music will incur ZERO score. Music may be use voice as an instrument, however, no vocals.

Age Groups

White

Blue

Bronze

Silver

Gold

U8; U10; U12; U14; 15+

There will be no separate categories for male and female gymnasts-both genders will be awarded in the same category,

Gymnasts must reach their 6th birthday by the weekend of the competition to compete at White/Blue

Gymnasts must reach their 8th birthday by the weekend of the competition to compete at Bronze and above.

Additional Rules

Competition organisers reserve the right to alter age groups and bonuses depending on the amount of competitors taking part in the competition to make it fair.

A 'C' Skill cannot replace a 'B' skill

Each skill can receive value once, however, may still incur execution deductions if repeated.

Two series cannot be linked- two skills must be separately connected per series

Clothing (No Jewellery as per BG Jewellery Policy)

Tight fitting shorts and t-shirt or leotard- tight fitting shorts may be worn. Gymnastics shoes may be worn. Incorrect clothing will incur 0.5 penalty.

A Moves			B Moves			C Moves		
Group 1- Acrobatic Moves								
Backward roll piked to stand		S	Back flip step out			Back somersault (any shape with ½ or 1/1 twist		
Backward roll to front support (Held)		S	Back flip to two feet			Back 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 to 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 degrees			Forward roll piked to stand	F	S	Free Walkover		F
Forward roll straddled to stand			Handspring to two			Front somersault (any shape) with ½ 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 (right or left optional)						Jump backward with ½ turn to handspring forward		F
						Side somersault tucked or piked		
						Valdez		F
						One handed walkover		F
						Whip salto backward		
Group 2- Strength, Balance & Flexibility: All Balance & Flexibility moves for a minimum of 2 seconds (0.30 deduction for less)								
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 ½ 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 90 degrees	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 one 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		B				Wide arm handstand, hands greater than shoulder width		S B
Shoulder stand with arm support		B						
Splits side or box (without hand support)	F							
V sit with hand support		B						
Group 3- Jumps, Leaps and Spins								
Cat Leap			Cat Leap 1/2			Catleap 1/1		
Half spin on toes			Full Spin on toes			Double Spin		
High Hop-Extended			Jump Backward ½ 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 degree split)			Shoushonova straddled (feet to hip height)		
Straight Jump ½ Turn			Split leap/Jump or side leap (180 degree separation)			Split leap change		
Tuck Jump			Stag leap or jump (back leg straight)			Tuck Jump 1/1		
			Straddle Jump			W Jump or Hop 1/2		
			Straight Jump 1/1 turn					
			Tuck Jump ½					
			W Jump or hop					

Floor Judging			
Artistry deduction throughout			
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
Specific Floor Deductions			
Missing A, B or C move			0.5
B moves in bronze or C skills in Silver			0.5
Touch of Hair/Clothing (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		
Execution Deductions (each time)			
Bent arms or 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		
Landing Faults (each time)			
Landing from tumbles	0.1	0.3	
Trunk movements ot 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
All Falls		1	

Vault Requirements					
Equipment					
Age group	White	Blue	Bronze	Silver	Gold
U8	Coaching Block 60cm	Soft module 95cm	x	x	x
U10	Soft Module 95cm	Soft module 95cm	Table 110cm	Table 110cm	Table 110cm
U12	Cross/Box 110cm	Cross/Box 110cm	Table 110cm	Table 110cm	Table 110cm
U14	Cross/Box 110cm	Cross/Box 100cm	Table 110cm	Table 110cm	Table 110cm
15+	Cross/Box 120cm	Cross/Box 120cm	Table 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 Flat back	x	x	11.5	11.5	x
Handspring	x	x	12	12	12
Handspring ½Off	x	x	x	12.5	12.5
½ on	x	x	x	13	13
Handspring 1/1	x	x	x	13	13
½ on, ½ off	x	x	x	13	13
Judging					
First Flight					
Incomplete Turn		0.1	0.3	0.5	
Hip Ankle		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			
Gymnasts will perform 2 vaults (same or different) Best score to count					