

## TT General Challenge

General level competition aimed at boys and girls who train 2-8 hours per week & who have not competed in a county 4-piece competitions for girls or set work or 6-piece competitions for boys. To clarify regional county grade entrants can apply however those who have competed national county grades cannot apply. Gymnasts can enter each level for a maximum of 2 years but must submit voluntary routines prior to the competition and cannot compete the same routine consecutive years running i.e. year 1 level 1 compete cartwheel, level 1 year 2 compete 1 handed cartwheel, therefore showing progression. At least 1 move in each category needs to change per year to qualify to re-compete a level. We hope these stipulations will ensure that coaches enter gymnasts fairly and gymnasts will be encouraged to progress each year. If a gymnast has not medalled and is unable to compete the next level after 2 years, the gymnast or their club can make representations to the competition organiser to be able to re-compete the same level. If this is permitted, they must compete different skills to those already competed in previous years.

Coaches who take around must ensure that they are qualified and competent at the level of which their gymnasts are competing, whether they are artistic or general coaches. We have tried to ensure basic equipment is within level 3 general however other apparatus may require WAG or MAG qualified judges so please bear this in mind. We have tried to include all gymnasts in all disciplines at a basic level to enable them to experience competitions.

All age groups can enter all levels as we are aware younger gymnasts are occasionally capable of competing level 2 or 3 however this is a coach's decision as to the appropriate level of entry.

Each competing club must supply a judge who is either qualified or has experience of judging a different discipline. A general qualified judge is sufficient. If a judge is not available, please speak to the competition organiser as another volunteer could be considered as acceptable if the club does not have any suitably qualified judges to put forward.

Each gymnast can compete on 2, 3, or 4 pieces for girls, or 5 or 6 pieces for the boys. However, all gymnasts must compete conditioning routines at all levels. All gymnasts must be recreational only and entered at the appropriate level. Any gymnast who is thought to be too advanced for the level they have entered (i.e. warming up a tuck back and competing in level 1) will be disqualified at the competition with entry fees not being refunded and this is at the discretion of the competition organiser. By virtue of trying to keep the competition on a fair playing field we hope that this should not be necessary.

Entry is £5 per gymnast per piece. Competition to be held on 3<sup>rd</sup> February at Pipers Vale Gymnastics Club, Ipswich time with exact dates to be confirmed based on numbers who express interest.

Training hours to be eligible:

- Level 1 – maximum 3 hours per week
- Level 2 – maximum 6 hours per week
- Level 3 – maximum 8 hours per week

Please note floor square is 12m x 12m

Conditioning routine can be undertaken on tumble track or floor mat 2m x 1m to hooked on classics 2 music (available to download from iTunes).

Disability gymnasts can compete in any apparatus and any level and are encouraged to do so. Special dispensation will be given for coaches talking to the gymnast etc and if apparatus needs adjustment.

We welcome any feedback and suggestions to enable this competition to be accessible for all gymnasts and to enable it to run smoothly.

Can enter single or multiple pieces but all entrants must compete conditioning routine.

## Girls / Boys

Level 1 – Age groups 6-9, 10-14, 15-18

### Floor (Start value – 4.0)

8 moves selected from the following: (V.M each element performed 0.5)

Boys music optional, girl's music 60 -70 seconds

Forward roll (optional exit)	Backward roll (option exit)	Handstand (optional exist include bent arm forward roll)
½ turn jump	½ spin	Cartwheel
Bridge	Splits	Cat leap
Tuck jump	Scissor leap	Teddy roll 180°
Headstand bent legs	Headstand straight legs	Low arabesque
1 leg balance in attitude	V sit with hand support	1 handed cartwheel
Straight Jump	Linked cartwheels	

#### Requirements

Leap/jump or spin (bonus of 0.3 if spin performed with leg at 90°, bonus of 0.5 if performed with leg at 180°)

Balance

Acro move

### Bar (Start value – 2.5)

Tuck hold, pike hold, straddle hold 3 seconds each	V.M 0.5
3 full swings to re-grasp (not fish swings)	V.M 0.5
Jump to front support / backward circle up*	V.M 0.5
Cast to 45% return to bar	V.M 0.5
Forward circle down to hold pike hold for 3 second	V.M 0.5

Bar should be at chest height to jump to front support

0.1 deduction for each second shapes not held

0.3 bonus if backward circle up performed

### Floor Beam (Start value 3.50) girls only

Squat on / straddle on / straight jump onto beam	V.M 0.5
Crouch position hold for 2 seconds	V.M 0.5
Straight jump / change foot jump / cat leap	V.M 0.5
Low arabesque / spin prep / v-sit with hand support	V.M 0.5
On beam movement (torso must touch beam) & side pose with movement	V.M 0.5
½ turn on 2 feet / ½ spin (Bonus of 0.3 if spin performed with leg at 90°, bonus of 0.5 if spin performed with leg at 180°)	V.M 0.5
Straight jump/ tuck jump / star jump dismount	V.M 0.5

Where a choice of move is given, 1 element only from each choice can be performed. Additional moves are permitted however will be marked as seen and no bonus will be given for additional moves. Apart from Mount and dismount, all moves can be performed in any order

Minimum requirement – 1 length

**P bars (Start value – 3.50) boys only**

Jump to front support	V.M 0.5
4 hand steps,	V.M 0.5
2 hand jumps	V.M 0.5
1 dip to 90°	V.M 0.5
Pike lever. Hold for 3 seconds	V.M 0.5
3 swings	V.M 0.5
Dismount on rear swing between the bars in swing 3	V.M 0.5

**Rings (Start value 3.00) boys only**

Long hang hold for 3 seconds	V.M 0.5
Chin up (chin above bar level) lower to hang	V.M 0.5
½ lever / pike hold	V.M 0.5
Pull up to handstand & hold for 2 seconds	V.M 0.5
Controlled lower down to long hang	V.M 0.5
Drop to dismount on mats	V.M 0.5

**Vault (V.M as below)**

2 vaults, best score to count. 2 different vaults can be performed. (i.e. 1 vault at each height)

Run hurdle step to springboard, jump to stand on block 60cm, step swing handstand to flat back

V.M 2.00

Run hurdle step to springboard, jump to stand on block 90cm, step swing handstand to flat back

V.M 2.50

**Conditioning (music hooked on classics 2 - performed on single floor mat) (Start value 4.25)**

Arm swing right, arm swing left	V.M 0.25
Arms above head, squat with straight back	V.M. 0.25
Roll with straight legs to pike sit, tighten legs so heels come off floor	V.M 0.25
Straddle sit	V.M 0.25
Japana to 45° or over	V.M 0.25
Swing through to arch shape	V.M 0.25
Roll to dish shape	V.M 0.25
Push to bridge	V.M 0.25
Show back support	V.M 0.25
Roll to front support	V.M 0.25
Jump feet to stand	V.M 0.25
Show 1 leg balance with knee in front foot to knee, foot free standing	V.M 0.25
Arm swing right, arm swing left	V.M 0.25

## Level 2 – Age groups 8-10, 11-14, 15-18

### Floor (Start value 4.5)

9 moves selected from the following:

Boys music optional, girl's music 70 -80 seconds

Dive roll	Backward roll to handstand	Handstand forward roll (straight arms)
Full spin	Full turn jump	1 handed cartwheel
Tuck jump ½ turn	Scissor leap	Backward walkover
Cat leap ½ turn	Headstand push to handstand	High arabesque
Wolf hop or jump	Tick tock	Forward walkover
Roundoff	Flic to 1 foot	Split Leap
Headstand straight legs	Straddle lever / pike lever	Elephant lift to handstand
Splits	Bridge (held 3 seconds) lift leg to then kickover	Valdez
Y balance	Flic to 2 feet	

#### Requirements

2 Leaps or jumps (both 1 or 2 feet take off) – chassis to connect both

2 acro moves directly linked (bonus for 3 acro moves connected – i.e. round off flic to 2 feet flic to 1 foot, 1 handed cartwheel roundoff flic to 2 feet)

#### Balance

Full spin/full turn jump (bonus of 0.3 if spin performed with leg at 90°, bonus of 0.5 if performed with leg at 180°)

### A Bars (Start value 3.0) girls only

Low bar Backward circle up	V.M 0.5
Cast above 90°, back hip circle	V.M 0.5
Dismount: squat on jump to mats to stand / straddle on undershoot*	V.M 0.5
High Bar A single chin up return to straight hang	V.M 0.5
A leg lift feet to touch the bar and return to straight hang	V.M 0.5
Trolley swing into 3 full swings (not fish swings) dismount to rear on mats	V.M 0.5

\*0.3 bonus if jump to catch high bar single swing to dismount at rear performed

### High Bar (Start value – 3.0) boys only

A chin up, return to straight hang	V.M 0.5
A leg lift return to straight hang	V.M 0.5
Backward circle up	V.M 0.5
Cast to 90° back hip circle	V.M 0.5
Baby giant	V.M 0.5
Straddle on undershoot dismount	V.M 0.5

### High Beam (Start value 3.5) girls only

Jump to front support turn to straddle lever swing legs or roll to stand, / squat on / straddle on / jump to box splits	V.M 0.5
High Arabesque / scorpion / y balance	V.M 0.5
Tuck jump / cat leap / scissor leap / changement jump	V.M 0.5
Forward roll / cartwheel / handstand (hold 2 seconds) / walkover / flic / tick tock / valdez / ½ cartwheel into handstand hold for 3 seconds return to beam	V.M 0.5
Side pose with movement & on beam movement (torso must touch beam)	V.M 0.5
½ spin / crouch ½ turn (bonus of 0.3 if performed with leg at 90°, bonus of 0.5 if performed with leg at 180°)	V.M 0.5
Handspring / roundoff (from hurdle step) dismount	V.M 0.5

Where a choice of move is given, 1 only from each choice can be performed. Additional moves are permitted however will be marked as seen and no bonus will be given for additional moves. Moves can be performed in any order apart from the mount and dismount.

Minimum requirement – 2 lengths

### P Bars (Start value 3.0) boys only

	Standing between bars, jump to support	V.M. 0.5
	Four hand walks to centre of bars (right, left, right, left)	V.M. 0.5
	¼ turn towards left, moving right hand to arrive in support on the left bar, ¼ turn to left again moving left hand, continuing the turn to arrive in support between the bars.	V.M. 0.5
	½ lever hold for 3 seconds	V.M 0.5
	Swing legs backwards then forwards and over the bars to straddle sit (do not release hands)	V.M. 0.5
	Swing legs upwards and then backwards and forwards over to the left into Flank Vault dismount (¼ turn to face away from the bars).	V.M. 0.5
<b>Note</b>	Where left and right are specified, they may be reversed but the reversal must be sustained throughout the whole exercise. No move may be reversed in isolation.	

### Rings (Start value 4.0) boys only

Long hang hold for 3 seconds	V.M 0.5
Chin up to chest lower to hang	V.M 0.5
½ lever	V.M 0.5
Pull up to handstand	V.M 0.5
Lower with straight body to German hang	V.M 0.5
Dislocate to straight hang	V.M 0.5
2 swings	V.M 0.5
Tuck back somersault dismount	V.M 0.5

## Vault

2 vaults, best score to count. 2 different vaults can be performed (i.e. 1 flatback and 1 ½ on or 1 handspring at the 2 heights)

### Handspring flat back 90 / 120cm

60cm	V.M	2.0
90cm	V.M	2.5
120cm	V.M	3.0

### ½ on to flat lie 90 / 120cm

60cm	V.M	2.5
90cm	V.M	3.0
120cm	V.N	3.5

Blocks and crash mats to be used

### Conditioning (music hooked on classics 2) (Start value 5)

	Left arm circle backwards touching ear, repeat on right.	V.M. 0.25
	Arms above head, squat with straight back	V.M. 0.25
	Forward roll to long sit, keeping back straight extend legs to lift heels from the floor	V.M. 0.25
	Lift to show V sit, no hand support	V.M 0.25
	Lower legs to floor and show straddle sit	V.M 0.25
	¼ turn to face splits (either leg)	V.M 0.25
	Turn back to straddle sit show Japana	V.M. 0.25
	Swing through to show arch shape	V.M 0.25
	Roll to show dish shape	V.M 0.25
	Flat lie push to bridge	V.M 0.25
	Push to back support	V.M 0.25
	Roll to front support	V.M 0.25
	Press up	V.M 0.25
	Drag legs to straight leg headstand (pike or straddle)	V.M 0.25
	Lower legs to just touch the floor then return to headstand	V.M 0.25
	Push out to front support	V.M 0.25
	Jump feet in to stand, show pike fold	V.M 0.25
	Spin prep balance,	V.M 0.25
	Straight out to low arabesque	V.M 0.25
	Left arm circle backwards touching ear, repeat on right.	VM. 0.25

## Level 3 – Age groups 9-11, 12-15, 16-18

### Floor (Start value 5.0)

10 moves selected from the following:

Boys music optional, girl's music 80-90 seconds

Handstand 1/1 turn	Backward roll to handstand (straight arms)	Handstand ½ turn
1.5 spin	1.5 turn jump	Free cartwheel
Forward walkover	Wolf hop or jump	Free walkover
Tuck jump full turn	Split leap	Backward Walkover
Cat leap full turn	Headstand push to handstand ½ turn	Needle Scale
Roundoff	Flic to 1 foot	Y balance
Front somersault / walkout	Back salto	Straddle jump
Front/back somersault ½ twist	Front/back somersault full twist	Straddle/pike lever lift to handstand
Scorpion	change leg split leap	Flic to 2 feet
Hecht Roll	Handspring	Flyspring
Shushunova	Stag Leap	Side splits roll in split to side splits

#### Requirements

2 Leaps or jumps (1 of 1 foot and 1 of 2 feet take off) linked with chassis

3 moves directly linked (at least 2 with full flight) (bonus if link 4 moves with acro of 0.3 – i.e. front somersault walk out, roundoff flick tuck back) (flick to 1 flic to 2 will be counted as 2 moves)

2<sup>nd</sup> series of 2 moves directly linked (acro & leap/jump or 2 acro etc)

1 balance

1.5 spin / 1.5 turn jump (bonus of 0.3 if spin performed with leg at 90°, bonus of 0.5 if performed with leg at 180°)

During the course of the floor routine the torso must touch the floor whether in an element or within dance sections.

### A Bar (both routines to be completed) (Start value 4.25) girls only

High bar – chin up hold for 3 seconds return to straight hang	V.M 0.25
A leg lift feet to touch the bar & hold for 3 seconds return to straight hang	V.M 0.25
½ turn 2 mixed grasp hold for 3 seconds	V.M 0.25
½ turn to front grip hold for 3 seconds	V.M 0.25
Dismount from high bar to mats. Walk to low bar	V.M 0.25
Low bar – Float upstart (pike or straddle)	V.M 0.5
Cast above 90°, back hip circle	V.M 0.5
Squat on jump to catch	V.M 0.5
Long upstart	V.M 0.5
Cast baby giant	V.M 0.5
Cast to tuck back somersault (back-away)	V.M 0.5

0.3 bonus if full handstand hit in either cast on bar i.e. potential 0.6 bonus

0.5 bonus if sole circle performed between the squat on and the jump to catch

0.5 bonus if mo shoot performed to catch high bar

### High Bar (Start value 3.5) boys only

Long hang in reverse grip, single chin up hold for 3 seconds return to straight hang	V.M 0.25
Single leg lift hold for 3 seconds return to straight hang	V.M 0.25
½ turn to mixed grasp hold for 3 seconds,	V.M 0.25
½ turn to front grasp hold 3 seconds	V.M 0.25
A chin up (chin above bar level) hold for 3 seconds, return to straight hang	V.M 0.25
A leg lift (feet to touch bar together) hold for 3 seconds return to straight hang	V.M 0.25
Back circle up to front support	V.M 0.5
Cast to 90° back hip circle	V.M 0.5
Cast baby giant	V.M 0.5
Cast to tuck back somersault (back-away)	V.M 0.5

0.3 bonus if full handstand hit in either cast i.e. possible 0.6 bonus

### High Beam (Start value 3.5) girls only

Jump to 1 foot / forward roll to any exit / tuck front somersault / dick mount / backward circle to front support / jump to handstand hold 2 secs, optional exit	V.M 0.5
Needle scale / bridge / splits	V.M 0.5
Cat leap immediate tuck jump / wolf hop immediate tuck jump / split leap immediate cat leap	V.M 0.5
Forward roll to cartwheel / Cartwheel to back walkover or tick tock / tick tock or walkover to flic (1 or 2 feet or korbust) /	V.M 0.5
Side pose with movement & on beam movement (torso to touch beam)	V.M 0.5
Full spin / double spin *	V.M 0.5
Dismount - Free roundoff / tuck back somersault / tuck front somersault	V.M 0.5

Where a choice of move is given, 1 only from each choice can be performed. Additional moves are permitted however will be marked as seen and no bonus will be given for additional moves. Apart from mount and dismount, moves can be performed in any order.

Minimum requirement – 2 lengths of beam

- Bonus of 0.3 if spin performed with leg at 90°, bonus of 0.5 if spin performed with leg at 180°

### P Bars (Start value 4.0) boys only

set exercise	
Standing between bars, float upstart to front support	V.M. 0.5
Four hand walks to centre of bars	V.M. 0.5
Dip to 90° angle	V.M 0.5
½ lever	V.M 0.5
¼ turn towards left, moving right hand to arrive in support on the left bar, ¼ turn to left again moving left hand, continuing the turn to arrive in support between the bars.	V.M. 0.5
Swing legs upwards to start backwards swing, then forwards and over the bars to straddle sit (do not release hands)	V.M. 0.5
Swing legs backwards, then forwards and backward to show momentary handstand	V.M. 0.5
Swing legs upwards and then over to the left into Flank Vault dismount (¼ turn to face away from the bars).	V.M. 0.5



### Rings (Start value 4.0) boys only

Long hang hold for 3 seconds	V.M 0.5
Muscle up	V.M 0.5
½ lever	V.M 0.5
Pull up to handstand	V.M 0.5
Lower through straight body to planche hold	V.M 0.5
Return to handstand	V.M 0.5
Swing to handstand	V.M 0.5
Tuck back somersault dismount	V.M 0.5

### Vault (table vault)

2 vaults, best score to count. 2 different vaults can be performed.

Handspring over table vault to stand min 120cm	V.M	3.0
½ onto table vault min 120cm to stand	V.M	3.5
Handspring ½ off or ½ on ½ off min 120cm	V.M	4.0

### Conditioning (music hooked on classics 2) (Start value 5.5)

	Left arm circle backwards touching ear, repeat on right.	V.M. 0.25
	Arms above head, squat with straight back	V.M. 0.25
	Forward roll to long sit, keeping back straight extend legs to lift heels from the floor	V.M. 0.25
	Lift to show V sit, no hand support	V.M 0.25
	Lower to dish shape hold and return to V sit & hold x 3	V.M 0.25
	Lower legs to floor and show straddle sit	V.M 0.25
	¼ turn to left leg splits, hold ½ turn to right leg splits	V.M 0.25
	Turn back to straddle sit show box splits, hold, lie flat to Japana	V.M 0.25
	Swing through to show arch shape	V.M 0.25
	Roll to show dish shape	V.M 0.25
	Flat lie push to bridge hold, lift leg, kick over	V.M 0.25
	Swedish fall to front support	V.M 0.25
	Press up to clap	V.M 0.25
	Squat thrust (feet into hands and back to front support)	V.M 0.25
	Drag straight legs to headstand (pike or straddle)	V.M 0.25
	Lower legs to just touch the floor then return to headstand x 3	V.M 0.25
	Push out to front support, turn to back support	V.M 0.25
	In back support lift left leg hold 3 seconds, lift right leg hold 3 seconds, turn to front support	V.M 0.25
	Jump feet in to stand, show pike fold	V.M 0.25
	Spin prep balance	V.M 0.25
	Straight out to high arabesque (chest up) or y balance	V.M 0.25
	Left arm circle backwards touching ear, repeat on right	VM. 0.25