



# **Adult gymnastics Competition**

**Sunday 13<sup>th</sup> October 2019**

**Competition  
Handbook**

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Dear Coaches,

## **Introduction**

We are going to be running a friendly adult gymnastics competition on Sunday 13<sup>th</sup> October 2019. The competition is for anyone over the age of 18 who wishes to compete regardless of your experience or ability. We welcome you whether you are a complete beginner or retired from the sport. The competition should be a fun experience to meet new people and try out some new or old skills. *Please note: - we reserve the right to move your category if we feel you have entered incorrectly.*

We will be doing the following disciplines: -

## **Disciplines**

The competition will contain the following disciplines:

Women's Artistic Apparatus and Newbie

- Vault
- A-bars
- Beam
- Floor

Men's Artistic Apparatus

- Floor
- Pommel Horse
- Rings
- Vault
- Parallel Bars
- High Bar

We are running an all-around competition, women will have to compete on at least 3 pieces of the same level and men will have to compete 4 of the same level to be eligible for the all around. The 3 highest women's scores and the 4 highest men's scores will count towards the end total.

There are individual medals on each piece, so you do not have to compete all-round.

Newbie category for Women's artistic and this will be individual apparatus only.

We will also be holding trampoline as a separate competition

## **Rules**

Please find attached a copy of the rules for the competitions.

## **Age Groups**

Age groups will be decided dependant on number of entries per level.

Our predicted age groups will be: 18-29, 30-39, 40-49 and 50+

Competitors will receive a bonus of 0.05 per piece for every year above their base year of the age group. The age groups will be dependent on the age at 31.12.19.

## **Levels**

Newbie (Gym Only)- **Never** done any gymnastics before the age of 18 and only doing a max of 3 hours a week.

Novice- Never competed or only competed in low level competition under the age 18 or unable to fulfil a single requirement in intermediate.

Intermediate (Gym Only)- Competed to county level or are able to fulfil requirements.

Pro- Competed at regional level or above or are able to fulfil requirements.

You can enter a different level per apparatus dependent on ability, but to be eligible to do the all-around you must compete at the same level on the pieces.

## **Awards**

There will be medals awarded for individual apparatus and all-round. We will also have some special awards.

## **Cost to Enter**

The cost to enter will be £5 per apparatus for the first 4 pieces. The cost after 4 pieces will be £2.50 per additional apparatus. To enter the trampoline competition, the cost would be £10.00, there would be a £5.00 discount if you were competing in the gymnastics competition as well. To enter the all-around competition in either men's or women's it would be an additional £5.00 (This does not apply to Newbie's)

## **Eligibility**

Must be a bronze member of British Gymnastics. Any former competitor must have retired for at least 2 years from any British Gymnastics competition pathway.

## **Coaches**

We would prefer it if you could bring a coach with you on the day. However, if this will not be possible please notify us in advance and we will try to provide a suitable coach for you dependent on your level. Please be aware that if this coach is not comfortable with any of the skills you are attempting to perform on the day they do reserve the right to insist that you do not compete this skill.

## **Music**

This can be on CD or iPod but it is advisable to bring a spare copy with you on some other form.

## **Equipment**

The majority of our equipment is Gymnova. We do have a few pieces of continental equipment. Please note that on beam our mount and dismount are at the same end if you need a run approach. We have a 25m run up for vault. Our trampoline is a Eurotramp Ultimate 4x4. Please note: - Our ceiling clearance is 7.9mtrs.

## **Judges**

We would be very grateful if clubs would be able to help out by bringing a judge on the day, we would provide them with lunch, if you could let us know in advance whether you are able to it would be appreciated.

## **Spectators & Facilities**

You are welcome to bring spectators. We have a balcony with seating. The cost to spectators will be £3 per adult and £1 for children & concessions.

We do not have a cafe, however, we do have food and drink vending machines. We also have a coffee machine at the cost of £1.50.

## **What to wear**

We would insist that you please follow British Gymnastics guidelines with regards to training attire. This means that you do not have to wear a leotard.

## **Closing date**

The closing date for this competition will be **1<sup>st</sup> September 2019**.

## **Entry Form**

The entry form for Men's and Women's artistic Novice, Intermediate and Pro is the second from last page on the handbook.

There is a separate entry form for the Newbie Category and please note this is for Women's Artistic only. If you could send this back along with your payment to confirm your entry

## **Contact details & Location**

Jessica Hill for entries or queries

colchestergymnastics@outlook.com

01206 844188

Colchester School of Gymnastics  
Brinkley Grove Road  
Myland  
Colchester  
Essex  
CO4 5DS

Nearest train station:

Colchester North Station. There is also the number 65 bus which leaves from this station and stops at the end of our road. It is an approximate 10 minute bus journey and 2 minute walk from the bus stop to the gym.

Accommodation:

Premier Inn Colchester- A12 - approximate 5 minute drive  
Premier Inn Colchester Central- approximate 10 minute drive  
Holiday Inn Colchester - approximate 15 minute drive

We look forward to hearing from you.

Best Wishes,

**Jessica Hill**  
**Colchester School of Gymnastics**

# RULES

## Women's Newbie Category

### Vault

Vault table on a minimum of 100cm and max of 125cm. Gymnasts will perform two vaults with the highest scoring to count.

Total Score for Vault, Bars, Beam & Floor = E score + D score + Age Bonus

Vault	Value (D-score + E-score of 10.0)	Level
Feet on jump off vaults	1.00	Newbie
Through vaults/Straddle over	1.50	Newbie

### **Bars - Beam - Floor - (Only 'A' elements permitted on all pieces)**

D Score - 7 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 3 elements or less = 5.0 marks

You may perform 4 elements with no deduction from the E score

CR Requirements (Each one is worth 0.5 once if present in the routine)

#### Bars

- Cast on Low Bar
- Close Bar Element

#### Beam

- Connection if 2 different dance elements
- 1 x FIG coded leap/Hop/Jump
- Turn on one foot (can be 180°)
- 1 x Acrobatic Element

#### Floor

- Dance passage to include 2 different leaps or hops with one footed take-off
- Coded Spin
- One dance element with 150° split in either front or sideward split
- Acro forward/sideward & Backward (non-flighted)

*Please note: - Same element can only count once EXCEPT on bars where an FIG coded element may be repeated for Difficulty Value (eg backhip circle on bars).*

## Value of elements

Un-coded elements = 0.3

A value elements = 0.5

Please see below a box of examples of un-coded & 'A' moves eligible for CR requirements on (more are available please check)

### Bars

<ul style="list-style-type: none"><li>• Back hip circle</li><li>• Cast above Horizontal</li><li>• Cast below horizontal</li><li>• Front hip circle upward circle</li><li>• Climb on to low bar jump to catch high bar</li><li>• Swing, straddle or pike undershoot dismount on low bar</li></ul>	<ul style="list-style-type: none"><li>• Chin up on high bar</li><li>• Circle forward low bar release to stand</li><li>• Jump to front support on low bar</li><li>• Underswing high bar to stand</li><li>• Leg lift feet to bar</li></ul>
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### Beam

<ul style="list-style-type: none"><li>• Forward roll backward roll</li><li>• ½ spin</li><li>• Handstand (not held)</li><li>• Cartwheel</li><li>• Rebounding jump dismount</li><li>• Round-off dismount</li><li>• Arabesque (2 secs)</li><li>• Handspring dismount</li><li>• Chasse steps</li></ul>	<ul style="list-style-type: none"><li>• Straight jump tuck jump any mount may be used</li><li>• Tuck jump, twiddle jump, straight jump, Catleap, W jump</li><li>• Half handstand</li><li>• Forward roll to straddle sit</li><li>• Bunny hop</li><li>• Shoulder stand</li></ul>
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### Floor

<ul style="list-style-type: none"><li>• Cartwheel</li><li>• Dive cartwheel</li><li>• Arabesque</li><li>• Valdez/tick-tock</li><li>• Headstand</li><li>• Round off</li><li>• Handstand forward roll</li><li>• Front or side splits/bridge</li><li>• Forward roll to tuck/pike/straddle</li><li>• Teddy bear roll</li></ul>	<ul style="list-style-type: none"><li>• Catleap/W jump/sizzone/split leap/split jump/W hop/side leap/star jump</li><li>• Backward roll to handstand</li><li>• Handstand (held for 2 secs no roll out) Backward roll to front Support/straddle/pike/tuck</li><li>• Tuck jump/scissor kick/straight jump ½</li><li>• Handspring/headspring</li><li>• Backward walkover/forward walkover</li></ul>
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***Please note: - This category is for complete beginners; no somersaults are to be performed and only 'A'/Uncoded elements are permitted on each piece.***



## Women's and Men's Artistic Vault

Gymnasts will perform two vaults with the highest scoring to count.

Total Score = E score + D score + Age Bonus

### Novice/ Intermediate

Age Group	Vault Height	
	Men	Women
18-29	Pro -135cm, Intermediate/novice 125cm or above	Pro 125cm Intermediate 120cm or above Novice 100cm or above
30-39	125cm or above	100cm or above
40-49	120cm or above	100cm or above
50-59	115cm or above	100cm or above
60+	115cm or above	100cm or above

Any Competitors 50+ may choose to use a trampette for takeoff.

Vaults you are able to perform

Vault	Value (D-score + E-score of 10.0)	Level
Feet on jump off vaults	12.0	Novice
Through vaults/Straddle over	12.5	Novice
Handspring	13.0	Novice/Intermediate
½ on ½ off	13.5	Intermediate
½ on full off	14.0	Intermediate
Handspring full off	14.0	Intermediate

### Novice -

A handspring is the maximum vault you may perform in the novice category; if you wish to do a more complex vault please enter the intermediate category.

### Intermediate -

Vaults with a somersault cannot be performed at intermediate level. If you wish to perform a somersault vault please enter the pro category.

## A Bars

### Novice

Gymnasts who are capable of performing an upstart or any B elements should enter the intermediate category. Also please note that the novice category is meant for gymnasts who haven't competed under the age of 18, however should you feel you are unable to meet any of the requirements of intermediate you may enter novice. This would be at yours and your coaches discretion.

Total Score = E score + D score + Age Bonus

D Score - 7 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

### Value of elements

Un-coded elements = 0.3

A value elements = 0.5

### CR Requirements (Each one is worth 0.5 once if present in the routine)

1. Close Bar Element
2. One Bar Change
3. Swing Element
4. Half Turn

### Examples of un-coded moves eligible for CR requirements (more are available please check)

1. Upward circle, mill circle
2. Climb on - jump to catch, squat on/straddle on
3. Empty swings
4. Swing half turn (half turn will also count on a dismount)

You may cover more than one CR with a single element, for example a swing half turn would cover CR's 3 and 4.

Anything that looks like an element will be credited as such.

## A Bars

### Intermediate

Gymnasts who are capable of performing giants any C elements or more than two B elements should enter the Pro category. Please note: - You may perform elements of a higher value but they will be downgraded.

Total Score = E score + D score + Age Bonus

D Score - 7 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

### Value of elements

Un-coded elements = 0.1

A value elements = 0.3

B value elements = 0.5

### CR Requirements (Each one is worth 0.5 once if present in the routine)

1. Close Bar Element
2. One Bar Change
3. Swing Element
4. Half Turn

### Examples of moves eligible for CR requirements (more are available please check)

1. Back hip circle, clear hip
2. Squat on/straddle on, sole circle, Mo shoot
3. Long upstart, baby giant
4. Straddle undershoot half turn, half turn upstart, swing half turn (half turn will also count on a mount or dismount)

You may cover more than one CR with a single element, for example a straddle undershoot half turn would cover CR's 4.

Anything that looks like an element will be credited as such.

## Beam

### Novice

Gymnasts who are capable of performing any B elements should enter the intermediate category. You may perform move of a higher value, but they will be downgraded. Also, please note that the novice category is meant for gymnasts who haven't competed under the age of 18, however should you feel you are unable to meet any of the requirements of intermediate you may enter novice. This would be at yours and your coaches discretion.

Total Score = E score + D score + Age Bonus

D Score - 7 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

### Value of elements

Un-coded elements = 0.3

A value elements = 0.5

### CR Requirements (Each one is worth 0.5 once if present in the routine)

1. Spin (Minimum half)
2. Large Leap
3. Two connected jumps/leaps
4. Acrobatic Element

### Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Half spin/full spin
2. Split leap, star jump, straddle jump, sissone
3. Can choose from some of the following ones or ones listed above, catleap, tuck jump, straight jump, twiddle jump, W jump etc.
4. Bunny hop, shoulder stand, handstand, cartwheel, forward roll etc

You may cover more than one CR with a single element, for example split leap connected to a tuck jump would cover the CR's 2 and 3.

Artistry deductions as per code of points.

Anything that looks like an element will be credited as such.

## Beam

### Intermediate

Gymnasts who are capable of performing any C elements should enter the Pro category. Please note: - You may perform elements of a higher value but they will be downgraded.

Total Score = E score + D score + Age Bonus

D Score - 7 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

### Value of elements

Un-coded elements = 0.1

A value elements = 0.3

B value elements = 0.5

### CR Requirements (Each one is worth 0.5 once if present in the routine)

1. Spin (minimum half)
2. Large Leap
3. Two connected jumps/leaps (must include large leap)
4. Acrobatic Element

### Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Half/Full spin
2. Split leap, star jump, straddle jump, sissone
3. Can choose from some of the following ones linked to the ones above, catleap, tuck jump, straight jump, twiddle jump, W jump etc.
4. Bunny hop, shoulder stand, handstand, cartwheel, forward roll etc

You may cover more than one CR with a single element, for example split leap connected to a tuck jump would cover the CR's 2 and 3.

Artistry deductions as per code of points.

Anything that looks like an element will be credited as such.

## WAG Floor

### Novice

Gymnasts who are capable of performing any more than one somersault, any twisting somersaults or any C elements should enter intermediate. Also please note that the novice category is meant for gymnasts who haven't competed under the age of 18, however should you feel you are unable to meet any of the requirements of intermediate you may enter novice. This would be at yours and your coaches discretion.

Total Score = E score + D score + Age Bonus

D Score - 7 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

### Value of elements

Un-coded elements = 0.1

A value elements = 0.3

B value elements = 0.5

### CR Requirements (Each one is worth 0.5 once if present in the routine)

1. Spin
2. Dance passage/Leap series containing one 180° split connected either directly or indirectly
3. Forward/sideward element
4. Backward Element

### Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Full spin
2. Split leap/sissone/stag leap to catleap, W-hop etc.
3. Cartwheel, round off, handstand forward roll, forward roll, handspring, front somersault, one handed cartwheel, forward walkover etc.
4. Backward roll to pike/straddle/tuck, flick, tuckback, backward walkover.

Artistry deductions as per code of points. There will be 0.3 deduction for not performing a spin element e.g. a full spin.

Anything that looks like an element will be credited as such.

## WAG Floor

### Intermediate

Gymnasts who are capable of performing any more than a full twist or more than two C elements should enter the Pro category. Please note: - You may perform elements of a higher value but they will be downgraded.

Total Score = E score + D score + Age Bonus

D Score - 7 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

### Value of elements

Un-coded elements = 0.1

A value elements = 0.3

B value elements = 0.5

### CR Requirements (Each one is worth 0.5 once if present in the routine)

1. Spin
2. Dance passage/Leap series containing one 180° split connected either directly or indirectly
3. Forward/sideward element
4. Backward Element

### Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Coded spins up to a value of B
2. Split leap/changeleg to catleap, W-hop, changeleg half, catleap 1 ½ etc.
3. Cartwheel, round off, handstand forward roll, forward roll, handspring, front somersault, one handed cartwheel, forward walkover etc.
4. Backward roll to pike/straddle/tuck, flick, tuckback, backward walkover half twist, full twist etc.

There will be 0.3 deduction for not performing a spin element e.g. a full spin.

Anything that looks like an element will be credited as such.

# MAG Floor

## Novice

Gymnasts who are capable of performing any more than one somersault or any B elements should enter intermediate. Also please note that the novice category is meant for gymnasts who haven't competed under the age of 18, however should you feel you are unable to meet any of the requirements of intermediate you may enter novice. This would be at yours and your coaches discretion.

Total Score = E score + D score + Age Bonus

D Score - 7 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

## Value of elements

Un-coded elements = 0.3

A value elements = 0.5

## CR Requirements (Each one is worth 0.5 once if present in the routine)

1. A non-acrobatic element
2. Forward element
3. Backward element
4. Sideward element

## Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Half lever, arabesque, splits, front support, back support, Swedish fall, any jumps.
2. Handstand forward roll, forward roll, dive roll, front somersault, handspring etc.
3. Backward roll to pike/tuck/straddle/handstand, flick, tuck back somersault etc.
4. Cartwheel, round off, side somersault etc.

Anything that looks like an element will be credited as such.



# MAG Floor

## Intermediate

Gymnasts who are capable of performing any more than a full twist or any C elements should enter the Pro category. Please note: - You may perform elements of a higher value but they will be downgraded.

Total Score = E score + D score + Age Bonus

D Score - 7 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

## Value of elements

Un-coded elements = 0.1

A value elements = 0.3

B value elements = 0.5

## CR Requirements (Each one is worth 0.5 once if present in the routine)

1. A non-acrobatic element
2. Forward element
3. Backward element
4. Sideward element

## Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Half lever, arabesque, splits, front support, back support, Swedish fall, any jumps.
2. Handstand forward roll, forward roll, dive roll, front somersault, handspring punch front half etc.
3. Backward roll to pike/tuck/straddle/handstand, flick, tuck back somersault, Arabian, full twist etc.
4. Cartwheel, round off, side somersault etc.

Anything that looks like an element will be credited as such.

# Pommel Horse

## Novice

Gymnasts who are capable of performing double leg circles and above should enter intermediate. Also please note that the novice category is meant for gymnasts who haven't competed under the age of 18, however should you feel you are unable to meet any of the requirements of intermediate you may enter novice. This would be at yours and your coaches discretion.

Total Score = E score + D score + Age Bonus

D Score - 7 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

## Value of elements

Un-coded elements = 0.3

A value elements = 0.5

## CR Requirements (Each one is worth 0.5 once if present in the routine)

1. Show front support
2. Show back support
3. Leg swings single
4. Scissor element

## Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Single leg swings in front support, back support or straddle support (all will count as separate elements)
2. Squat through to back support
3. Simple leg in or out elements

Anything that looks like an element will be credited as such.

# Pommel Horse

## Intermediate

Gymnasts who are capable of performing any B elements should enter the Pro category. Please note: - You may perform elements of a higher value but they will be downgraded.

Total Score = E score + D score + Age Bonus

D Score - 7 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

## Value of elements

Un-coded elements = 0.1

A value elements = 0.3

B value elements = 0.5

## CR Requirements (Each one is worth 0.5 once if present in the routine)

1. Show front support
2. Show back support
3. Leg swings single
4. Scissor element

## Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Single leg swings in front support, back support or straddle support (all will count as separate elements)
2. Squat through to back support
3. Simple leg in or out elements

Anything that looks like an element will be credited as such.

# Rings

## Novice

Gymnasts who are capable of performing any B elements should enter intermediate. Also please note that the novice category is meant for gymnasts who haven't competed under the age of 18, however should you feel you are unable to meet any of the requirements of intermediate you may enter novice. This would be at yours and your coaches discretion.

Total Score = E score + D score + Age Bonus

D Score - 7 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

## Value of elements

Un-coded elements = 0.3

A value elements = 0.5

## CR Requirements (Each one is worth 0.5 once if present in the routine)

1. A held position (2 seconds)
2. A strength position
3. A forward swing element
4. A backwards swing

## Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Inverted hang, ½ lever below rings, back planche, front or back lever or shoulder stand etc.
2. Half lever above the rings, straddle lever above rings, muscle up etc.
3. Basic forward swing, swing to inverted hang, dislocation etc.
4. Basic backward swing, inlocation etc.

Anything that looks like an element will be credited as such.

# Rings

## Intermediate

Gymnasts who are capable of performing any more than B elements should enter the Pro category. Please note: - You may perform elements of a higher value but they will be downgraded.

Total Score = E score + D score + Age Bonus

D Score - 7 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

## Value of elements

Un-coded elements = 0.1

A value elements = 0.3

B value elements = 0.5

## CR Requirements (Each one is worth 0.5 once if present in the routine)

1. A held position (2 seconds)
2. A strength position
3. A forward swing element
4. A backwards swing

## Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Inverted hang, ½ lever below rings, back planche, front or back lever or shoulder stand etc.
2. Half lever above the rings, straddle lever above rings, muscle up, crucifix, handstand etc.
3. Basic forward swing, swing to inverted hang, dislocation etc.
4. Basic backward swing, inlocation etc.

Anything that looks like an element will be credited as such.

## Parallel Bars

### Novice

Gymnasts who are capable of performing any B elements should enter intermediate. Also please note that the novice category is meant for gymnasts who haven't competed under the age of 18, however should you feel you are unable to meet any of the requirements of intermediate you may enter novice. This would be at yours and your coaches discretion.

Total Score = E score + D score + Age Bonus

D Score - 7 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

### Value of elements

Un-coded elements = 0.3

A value elements = 0.5

### CR Requirements (Each one is worth 0.5 once if present in the routine)

1. One skill performed above to bars
2. An element showing upper arm support
3. A balance or held position for 2 seconds
4. A half turn

### Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Basic swing
2. Swing in upper arms, kip from upper arms, front or back up rise
3. Half lever, straddle lever, handstand, shoulder stand
4. Simple half turn in support

Anything that looks like an element will be credited as such.

## Parallel Bars

### Intermediate

Gymnasts who are capable of performing any C elements should enter Pro category. Please note: - You may perform elements of a higher value but they will be downgraded.

Total Score = E score + D score + Age Bonus

D Score - 7 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

### Value of elements

Un-coded elements = 0.1

A value elements = 0.3

B value elements = 0.5

### CR Requirements (Each one is worth 0.5 once if present in the routine)

1. One skill performed above to bars
2. An element showing upper arm support
3. A balance or held position for 2 seconds
4. A half turn

### Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Basic swing
2. Swing in upper arms, kip from upper arms, front or back up rise
3. Half lever, straddle lever, handstand, shoulder stand
4. Simple half turn in support

Anything that looks like an element will be credited as such.

## High Bar

### Novice

Gymnasts who are capable of performing giants or B elements should enter intermediate. Also please note that the novice category is meant for gymnasts who haven't competed under the age of 18, however should you feel you are unable to meet any of the requirements of intermediate you may enter novice. This would be at yours and your coaches discretion.

Total Score = E score + D score + Age Bonus

D Score - 7 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

### Value of elements

Un-coded elements = 0.3

A value elements = 0.5

### CR Requirements (Each one is worth 0.5 once if present in the routine)

1. Long hang swing
2. Close bar element
3. Half turn
4. One grip change

### Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Basic swing, upstart
2. Back hip circle, circle up, front hip circle, back hip circle etc
3. Swing with half turn, undershoot with half turn (half turn can be performed in the dismount)
4. Any hand change

Anything that looks like an element will be credited as such.



## High Bar

### Intermediate

Gymnasts who are capable of performing any more than a B element should enter Pro category. Please note: - You may perform elements of a higher value but they will be downgraded.

Total Score = E score + D score + Age Bonus

D Score - 7 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

### Value of elements

Un-coded elements = 0.1

A value elements = 0.3

B value elements = 0.5

### CR Requirements (Each one is worth 0.5 once if present in the routine)

1. Long hang swing
2. Close bar element
3. Half turn
4. One grip change

### Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Basic swing, upstart, giant
2. Back hip circle, circle up, front hip circle, back hip circle, clear hip etc
3. Swing with half turn, undershoot with half turn (half turn can be performed in the dismount)
4. Any hand change, blind turn

Anything that looks like an element will be credited as such.

## **Women's Pro Level**

The Pro level competition will be based on the FIG Women's artistic code of points 2017-2020.

Judging will be as per FIG rules with the following exceptions to the CR requirements and value of elements.

A/Un-coded value elements = 0.1

B value elements = 0.2

C value elements = 0.3

D value or above elements = 0.4

### Floor

1. Forwards/sideways and backwards elements
2. Dance passage containing two different leaps or hops connected directly or indirectly. One of them must have 180° split in either cross/side or straddle position.
3. Salto with 360° turn
4. Salto

### Beam

1. Dance connection on two leaps/jumps, one of them must have 180° split in either cross/side or straddle position.
2. Minimum of a full spin
3. Acrobatic series containing at least one flight element.
4. Acrobatic elements in different directions forward/sideways and backwards

### Bars

1. Coded element from low bar to high bar
2. Close bar element
3. Different grips
4. Non flight element with 180° turn

Vault is as per FIG Code

## **Men's Pro Level**

The Pro level competition will be based on the FIG Men's artistic code of points 2017-2020.

Judging will be as per FIG rules with the following exceptions to the value of elements.

A/Un-coded value elements = 0.1

B value elements = 0.2

C value elements = 0.3

D value or above elements = 0.4

# Trampoline

## Ability levels

### Novice

For people new to the sport, or for those who have never competed above **COUNTY** level.

### Pro

For people who have previously competed at **REGIONAL** level or above and enjoy showing off the skills they can perform, or for anyone who is able to fulfil the requirements at this level.

## Scoring

Voluntary routine + Compulsory routine + age bonus = total score

## Voluntary Routine

10 skills to be picked from the Tariff Overview table below with the following restrictions:

Novice: Maximum of 2.00 difficulty value

Pro: No maximum difficulty value

***Please note:*** - *The novice category is meant for Trampolinists who haven't competed under the age of 18 or only at a county level, however should you feel you are unable to meet any of the requirements of pro level you may enter novice. This would be at yours and your coach's discretion.*

Please see in the next pages the Tariff over view sheet and the Difficulty Value sheet.

## Tariff Overview

Skill	Shape	Difficulty Value
Tuck Jump		0.0
Pike Jump		0.0
Staddle Jump		0.0
Half Twist Jump		0.1
Full Twist Jump		0.2
Seat Landing		0.0
Back Landing		0.1
Front Landing		0.1
3/4 Back or Front	Any	0.3
Back or Front Somersault	Tucked	0.5
Back or Front Somersault	Piked/Straight	0.6
Barani	Any	0.6
Cody	Tucked	0.6
Cody	Piked/Straight	0.7
Barani Ball Out	Any	0.7
Full		0.7
Rudolf		0.8
1 3/4 Front Somersault	Tucked	0.8
1 3/4 Front Somersault	Piked/Straight	0.9
Double Full		0.9
Rudi Ball Out		0.9
Double Back	Tucked	1.0
Double Back	Piked/Straight	1.2
Half Out	Tucked	1.1
Half Out	Piked/Straight	1.3
Half In Half Out	Tucked	1.2
Half In Half Out	Piked/Straight	1.4
Rudi Out	Tucked	1.3
Rudi Out	Piked/Straight	1.5
Full In Half Out	Tucked	1.3
Full In Half Out	Piked/Straight	1.5

**Please fill out and return the Difficulty Tariff sheet below with your entry forms.**

Trampoline Novice					
Please send in with entry forms		Club		Name	
Set Routine		Tariff	Voluntary Routine		Tariff
1	Full Twist Jump	0.2	1		
2	Straddle Jump	0.0	2		
3	Seat Landing	0.0	3		
4	1/2 Twist To Seat Landing	0.1	4		
5	1/2 Twist To Feet	0.1	5		
6	Pike Jump	0.0	6		
7	Back Landing	0.1	7		
8	1/2 Twist To Feet	0.2	8		
9	Tuck Jump	0.0	9		
10	1/2 Twist Jump	0.1	10		
		0.8		Maximum of 2.0 Difficulty Value	Total:

Trampoline Pro					
Please send in with entry forms		Club		Name	
Set Routine		Tariff	Voluntary Routine		Tariff
1	Straight or Pike Back Somersault	0.6	1		
2	Straddle Jump	0.0	2		
3	Tuck Back Somersault	0.5	3		
4	Seat Landing	0.0	4		
5	1/2 Twist To Feet	0.1	5		
6	Pike Jump	0.0	6		
7	Back Landing	0.1	7		
8	1/2 Twist To Feet	0.2	8		
9	Tuck Jump	0.0	9		
10	Tuck Front Somersault	0.5	10		
		2.0		No Maximum Difficulty Value	Total:

# Adults Competition Entry Form Sunday 13<sup>th</sup> October 2019

**Entries must be received by 1<sup>st</sup> September 2019**

Competitors Name	
Email	
Contact Number	
Date of Birth	
Age at 31 <sup>st</sup> December 2018	
BG Membership number	
Club	

Please select from the following categories: -

Artistic Apparatus	Level	Please Tick
Pommel Horse	Novice	<input type="checkbox"/>
	Intermediate	<input type="checkbox"/>
	Pro	<input type="checkbox"/>
Rings	Novice	<input type="checkbox"/>
	Intermediate	<input type="checkbox"/>
	Pro	<input type="checkbox"/>
High Bar	Novice	<input type="checkbox"/>
	Intermediate	<input type="checkbox"/>
	Pro	<input type="checkbox"/>
Floor (MAG)	Novice	<input type="checkbox"/>
	Intermediate	<input type="checkbox"/>
	Pro	<input type="checkbox"/>
Vault (MAG)	Novice	<input type="checkbox"/>
	Intermediate	<input type="checkbox"/>
	Pro	<input type="checkbox"/>
Parallel Bars	Novice	<input type="checkbox"/>
	Intermediate	<input type="checkbox"/>
	Pro	<input type="checkbox"/>

Artistic Apparatus	Level	Please Tick
Beam	Novice	<input type="checkbox"/>
	Intermediate	<input type="checkbox"/>
	Pro	<input type="checkbox"/>
A-Bars	Novice	<input type="checkbox"/>
	Intermediate	<input type="checkbox"/>
	Pro	<input type="checkbox"/>
Floor (WAG)	Novice	<input type="checkbox"/>
	Intermediate	<input type="checkbox"/>
	Pro	<input type="checkbox"/>
Vault (WAG)	Novice	<input type="checkbox"/>
	Intermediate	<input type="checkbox"/>
	Pro	<input type="checkbox"/>

Trampoline	Please Tick
Novice	<input type="checkbox"/>
Pro	<input type="checkbox"/>

To enter the trampoline competition the cost would be £10.00, there would be a £5.00 discount if you were competing in the gymnastics competition as well.

The cost to enter will be £5 per apparatus for the first 4 pieces. The cost after 4 pieces will be £2.50 per additional apparatus.

There is an additional cost of £5 to enter the all-around

Please tick below if you wish to enter the all-around competition

Please send your completed entry form and confirmation of payment to Jessica Hill at [colchestergymnastics@outlook.com](mailto:colchestergymnastics@outlook.com).  
 Payment can be made by phone on 01206 844188 or via Bacs using details: Account no. 00024367 Sort code 405240 (ref- last name & adult comp).

## Women's Newbie Adults Competition Entry Form Sunday 13<sup>th</sup> October 2019

**Entries must be received by 1<sup>st</sup> September 2019**

Competitors Name	
Email	
Contact Number	
Date of Birth	
Age at 31 <sup>st</sup> December 2018	
BG Membership number	
Club	

Please select from the following categories: -

Artistic Apparatus	Level	Please Tick
Vault	Newbie	
Bars	Newbie	
Beam	Newbie	
Floor	Newbie	

The cost to enter will be £5 per apparatus for the first 4 pieces. Medals will be awarded for each piece.

There is no all-around competition for the Newbie Category

To enter the trampoline competition the cost would be £10.00, there would be a £5.00 discount if you were competing in the gymnastics competition as well.

Please tick below if you wish to enter the trampoline competition in addition to entering the Newbie Category.

Novice	<input type="checkbox"/>
Pro	<input type="checkbox"/>

Please send your completed entry form and confirmation of payment to Jessica Hill at [colchestergymnastics@outlook.com](mailto:colchestergymnastics@outlook.com).  
Payment can be made by phone on 01206 844188 or via Bacs using details: Account no. 00024367 Sort code 405240 (ref- last name & adult comp).