

# Eastern Counties Gymnastics Association



# 2019

General Gymnastics  
Regional Competition Handbook

Welcome to General Gymnastics in the East Region!

In this handbook you will find all the information you will need in order to enter our competitions – please grab a cuppa and read through carefully. In particular, please note the changes from 2018 with regards to the qualification level and provision of judges (we're now asking counties to provide 3 judges per session for regional final events rather than by each club). With regards to rules, we've added an age 8 category at level 3 and re-written the P bars routines throughout the levels.

The aim of General Gymnastics in the East Region is to provide positive and friendly competitive opportunities for gymnasts in the East Region. In order to do this, it's important to us to provide a level playing field as best we can. We do this by setting the technical rules you'll find in this handbook, but equally important is your input and involvement as coaches and club leaders. It's important that gymnasts are prepared and entered at a level appropriate to their abilities and that at the events, clubs, coaches and committee members work together to create a positive, fun experience for our gymnasts.

It is never an exact science to define what makes a 'general' gymnast. The only way we can technically define this is through training hours - the rules state that our events are aimed at gymnasts training less than 4 hours per week at our levels 1 - 3, or less than 6 hours per week at our levels 4 and 5. These hours include gymnastics training across all disciplines, so if a gymnast trains in 'general' for 6 hours and also in 'acro' for 2 hours, they are training 8 hours in total and therefore not eligible.

Four hours training in one environment can create a totally different gymnast to four hours in a different environment. The natural talent and ability of the gymnast needs to also be considered. This is where your judgment comes in. Please help us provide the best 'level playing field' as possible by carefully considering what skills and levels to enter your gymnasts in. Please ensure your gymnasts are able to perform their skills well, but are also suitably challenged. For example, you may find that you have a gymnast training four hours, but who is especially gifted. Perhaps they also train in other sports. This means their performance level can be much higher than the average gymnast in the same training environment – in this example you may find it more appropriate to enter the talented gymnast in a higher level of competition, or to include the more difficult skills from their level of competition in their routines.

We rely on your judgment and honesty when entering gymnasts in our events. Please help us to create what our gymnasts need – positive, fun, friendly and fair competitive experiences.

We look forward to welcoming you to our events soon.

Jennifer Page - Chair 2018

Bradley Thompson – Chair 2019

Chair of the East Region General Gymnastics Technical Committee

## The General Gymnastics Technical Committee (GGTC) 2019

### Contact Details:

<b>Elected Committee Members:</b>			
<b>Chairman</b>	Bradley Thompson	07734 910069	<a href="mailto:coaches@thegym4u.co.uk">coaches@thegym4u.co.uk</a>
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<b>Competition Secretary</b>	Terry Gasking	01502 716852	<a href="mailto:tgasking@btinternet.com">tgasking@btinternet.com</a>
<b>Judging Convenor</b>	Denise Woolf	07760 131399	<a href="mailto:denisewoolf@hotmail.com">denisewoolf@hotmail.com</a>
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### Competition Schedule 2019

Event	Venue	Date	Entries Closing Date
<b>Level 1 &amp; 2 Regional Final</b>	Pipers Vale	02/06/2019	05/05/2019
<b>Level 3 Regional Final</b>	Pipers Vale	09/06/2019	12/05/2019
<b>Levels 4 &amp; 5 Regional Final</b>	Pipers Vale	30/06/2019	02/06/2019
<b>Levels 1 - 5 Floor &amp; Vault Club Teams</b>	Pipers Vale	14/07/2019	16/06/2019
<b>Tumble and Trampoline</b>	Pipers Vale	24/11/2019	27/10/2019

## **GENERAL INFORMATION**

1. British Gymnastics (BG) regulations will apply at all GGTC Regional Competitions - unless stated otherwise.
2. The safety of all participants (gymnasts, coaches and officials) is the primary consideration. All BG policies and procedures will be rigorously applied with regards to health and safety, welfare and child protection.
3. It is the club's responsibility to advise parents and spectators of expected behaviour at general events. They are not allowed to enter the competition arena.
4. All competitions in the ECGA General Gymnastics Programme are intended for general gymnasts. A gymnast is deemed to be a general gymnast if he / she trains four (4) hours per week or less at levels 1-3 or six (6) hours per week or less at levels 4 & 5, combined across any of the gymnastic disciplines.

### **1. INFORMATION RELATING TO COACHES**

- a) **Welfare:** Coaches are reminded of their responsibility in relation to the safety of their gymnasts in the competition environment. This will specifically include ensuring the gymnasts are adequately prepared (physically and psychologically) for performing their routines. There will be a named Welfare Officer present at each Regional Final.
- b) **Qualification Guide:** British Gymnastics require that the coach at competitions must be Level 2 or higher and it is the responsibility of the Club entering the gymnasts to ensure the coach(es) responsible have undergone appropriate training and **are qualified** and competent for the skills being performed by their gymnasts. Level 1 coaches may assist Level 2 or above coaches.  
  
A General Gymnastics Level 2 or above can accompany gymnasts in all General events.
- c) **Code of Conduct:** As well as the FIG Code of Conduct as defined by the Code of Points, all regional member clubs have agreed to abide by the "ECGA Code of Conduct" adopted by the region. A copy of the Code can be downloaded from the regional web site.  
[www.british-gymnastics.org/east](http://www.british-gymnastics.org/east)
- d) **Electronic Devices:** Apart from the running of the competition – gymnasts, coaches, judges and officials must not use mobile phones, tablets and any other electronic devices on the competition floor during an event, unless previously agreed and authorised by the GGTC committee.
- e) **Hair / Jewellery:** Coaches must ensure that their long hair is either braided / tied back so as not to obscure their vision. Coaches will not be allowed on the competition floor if wearing any jewellery.
- f) **Code of Dress:** All participants at an event are required to adhere to the BG Code of Dress as defined by the FIG sport specific code. Coaches must wear a tracksuit or collared polo shirt or club T-shirt and tracksuit bottoms and suitable footwear. Judges must wear the uniform as prescribed by the FIG, ie dark blue suit – skirt or trousers (black is acceptable - men may wear grey trousers) & white blouse or shirt. Failure to adhere to any of the regulations regarding coaches and judges may result in expulsion from the competition arena.

## 2. INFORMATION RELATING TO GYMNASTS

- a) **Age:** A gymnast's age is determined as the age reached during the period 1st January to 31<sup>st</sup> December 2019.
- b) The minimum age of a gymnast to enter a regional general event is eight (8) years old in the year of competition. The rules and entry form for each competition will state the age groups applicable.
- c) **Membership:** All gymnasts must hold current British Gymnastics Bronze membership or above for all regional general competitions. All participants in regional competitions must belong to an ECGA affiliated club at the time of entry.
- d) **Hair / Jewellery:** Gymnasts must ensure long hair is either braided / tied back so as not to obscure their vision. All relevant BG policies regarding the wearing of jewellery will apply.
- e) **Code of Dress:** Boys to wear shorts and leotard or close fitting t-shirt (tucked in) only during competitions – no long trousers or socks permitted. Female gymnasts are to wear a leotard. Close fitting shorts are also permitted in the same colour of the bottom section of the leotard and be free of adornments, diamantes etc.

## 3. INFORMATION RELATING TO COMPETITION / EVENTS

- a) **Eligibility:** All competitions in the ECGA General Gymnastics Programme are intended for **all** gymnasts who train four (4) hours or less per week at levels 1-3, or six (6) hours or less per week at levels 4 and 5, combined across any gymnastic disciplines. Gymnasts who have previously trained and competed at higher levels and greater amounts of training hours must wait two (2) years before entering General Gymnastics events, or apply for dispensation from the technical committee.
- b) **Sensitivity** will be shown towards any gymnast who, due to proven needs, wishes to compete at a lower level than determined either in the general rules or in the competition specific eligibility rules.
- c) **Disability:** Where a gymnast with Downs Syndrome wishes to enter a competition, the mandatory clearance for the condition known as Atlanto-Axial Instability required by BG will apply. A copy of the completed clearance form must be attached to the entry form. Failure to do so will result in the competitor (and partner where appropriate) being refused entry to the competition arena and warm up areas on the day of the competition.
- d) **Competition Entry:** All gymnasts must at the time of entry have current BG membership of minimum bronze level and be a member of a club affiliated to ECGA.

**Competition entry forms can be downloaded from the regional web site, and must be completed and e-mailed to the competition organiser, in "Word or Excel" format only.**

The entry will not be accepted until the correct entry fee is received. Entry fee must be by club cheque or Bank transfer to: Name: ECGA, sort code: 53 81 16, account number: 82038678, reference number: as shown on the entry form.

The competition programme will be e-mailed to the named club contact at least two weeks before the competition.

- e) **Event programme:** In order to maintain a regular competition, the GGTC reserves the right to change the working order and / or time of commencement of the competition round. The GGTC reserves the right to combine age groups and / or levels dependent upon the number of gymnasts entered, and this will be advised on the programme for the day in advance. All gymnasts must register by the advised time and remain in the venue.
- f) **Technical Meeting:** A technical meeting will take place at each round of a regional event and all coaches accompanying gymnasts will be required to attend.
- g) **Floor Music:** All floor music should be submitted at least one week before the competition, either via e-mail as an attachment to [gymcompmusic@gmail.com](mailto:gymcompmusic@gmail.com) or uploaded to the "gmail" drive by pasting the following link into your web browser and then uploading each piece of music separately:

[https://script.google.com/macros/s/AKfycbyEyFEkgZaBfyjdjwfvfxMRN\\_GrUUkyQ\\_QywV0xFRh6SAg\\_C8VW/exec](https://script.google.com/macros/s/AKfycbyEyFEkgZaBfyjdjwfvfxMRN_GrUUkyQ_QywV0xFRh6SAg_C8VW/exec)

If several gymnasts are using the same piece of music, please submit a copy for each gymnast and label them appropriately. Music should be cut to the appropriate length and should be in one of the following formats: **mp3, wav, wma, m4a**

The music tracks should be labelled in the following way: **Comp number - Name - Level - Club**

Please bring a backup copy of all music on the day either on CD or on a data stick just in case of any technical problems. We do not require you to hand this in, just have it available with you.

Please note Disney, Andrew Lloyd Webber and Cirque de Soleil music can't be used.

- h) **Photography:** In the interests of child protection, photographs and videos may only be taken during regional events in accordance with conditions set by BG. Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use or for publication in printed or electronic form, such as on websites. Some photos may be published by Clubs, but this may only be done in accordance with the BG Child Protection Policy. The full policy can be found at [www.british-gymnastics.org](http://www.british-gymnastics.org). Photographs will be taken for promotional purposes and may appear on GGTC social media and website. If any gymnast does not consent to this, please indicate on the entry form.
- i) **Protest:** In the unlikely event of a protest, it must be put in writing detailing the reason for protest and given to the Competition Organiser (with £10.00 fee) within 15 minutes of the coach receiving the score slip. A coach may protest D score only. The GGTC cannot accept any photographic or video analysis at an event.
- j) **Judges:** All judges provided must be a BG current cycle qualified judge in men's or women's artistic, floor and vault qualified, or have attended a General Gymnastics judging workshop on the current cycle. Please make sure that the judge you nominate has agreed to do so. Only judges stated on the entry form in advance will be allowed onto the competition floor.

**Nomination of judges: Regional Final event – apparatus levels:**

Each county is required to provide a minimum of three (3) judges for each session of each regional finals event entered. This does not need to be the same person every session but there needs to be a minimum of three (3) judges per county present at each session. If insufficient judges are supplied by a county, a penalty of £25 per judge per session will be invoiced to the county. If a judge cannot attend at any point they may be replaced by another judge, which could be from any club or county who is suitably qualified. If no judge is supplied the £25 penalty will apply.

**Nomination of judges: Direct to regional events, club teams and tumble and trampette:**

A minimum of one judge per club is to be provided. If a club is unable to provide a judge for the competition; **double entry fee** will be applied.

**Judges reward system:**

To encourage and reward judging at our events, we will award a pin (or similar item) to judges who over the course of 2019 complete full, all day regional GG events as judges as follows:

- 2 events - bronze judge's award
- 3 events – silver judge's award
- 4+ events - gold judge's award

- k) **Late Entries:** Late entries will **not** be accepted.
- l) **Spectator Entry:** Entry to spectators to General Gymnastics events will be by programme purchase.
- m) **Changes:** Amendment to rules and regulations made after the publication of the Regional General Handbook will be available for download from the regional website [www.british-gymnastics.org/east](http://www.british-gymnastics.org/east)
- n) **Level:** Gymnasts may only compete at **one** level as an individual in the competition year.
- o) **Late arrival on competition days.** Please be on time for events. If a gymnast arrives late but by the end of general warm-up they may compete. If they arrive after the end of general warm up but before the start of the first rotation, the competition manager may use their discretion if it's appropriate for the gymnast to compete or not. If a gymnast arrives after the first rotation has started they will not be permitted to compete. In all these occurrences, clubs must ensure any late gymnasts complete a sufficient warm-up.
- p) **Chairman's Medal:** Additional special awards for those going above and beyond to demonstrate the spirit of general gymnastics may be awarded by the chairman (or agreed deputy) at each event. These can be nominated by clubs, coaches, judges or officials. The aim is to reward the spirit of general gymnastics. To nominate, please write the nominee's name, the nominators name and the reason for nomination and pass to the chairman or competition manager during the event.
- q) **Lone Competitor Rule:**  
Where a gymnast is a lone competitor in any competition, their final score is calculated as a percentage of the start value for medal allocation purposes. The following percentages apply;

Start Value	Gold	Silver	Bronze
100 %	80% to 100%	60% to 79.9%	Less than 59.9%
- r) **Element Clarification:** All elements and skills' names in our handbook are defined within the relevant artistic code of points. These will be applied by the judges and be used to clarify the skill. It is the club's responsibility to ensure the code of points is used to correctly to define the skills.

## Levels 1 - 5 Apparatus Championships

All levels events are entered via qualification at county events. The top three highest placed gymnasts on each piece, at each level and age group will qualify through to the regional final. In the event of a third-place tie, all gymnasts in third place will qualify to the regional final.

### Level 1 - Individual Apparatus Competition for the less experienced Female & Male gymnasts

There are four pieces of apparatus - gymnasts may choose to compete on one or more pieces

**Age groups: 8-9 years, 10-12 years, 13-16 years**

**Vault:** Landing mat to a height of 30cm **D.V. 1.20**

From run and jump from spring board, stretch jump to land  
Two vaults may be performed, the best score of which will count

**Low Single Bar:** **Set Routine (boys can use wood or metal bar / girls must use wood only)** **D.V. 2.00**

Bar height 165cm minimum, may be raised as appropriate for taller gymnasts  
4 elements valued at 0.50 each.

Standing with the bar at chest height or above, jump to front support  
(1 or 2 spring boards or a block may be used)  
Hold front support position for 2 sec  
Cast towards horizontal  
Forward circle dismount to hang under the bar with straight or bent arms  
and lower with straight legs with control to the floor or hang

**Bench: or P Bar:** **(boys may choose P bars or bench, girls compete on bench only)** **D.V. 2.50**

Using two wooden gymnastic benches joined end to end  
5 elements from the list below, value 0.50 each  
Minimum one length of the bench, 70 seconds maximum  
Artistry bonus of up to 0.50 (girls and boys)

C R: performed in any order, worth 0.50 each:  
Mount  
A balance element  
Half turn on two feet  
A leap or jump  
Straight jump dismount from the end or the side

#### List of permitted skills:

Mount: Squat on, straddle on  
Balance: Arabesque (chest lifted and leg to 45 degrees minimum), Y-balance, V sit  
with hand support, 1 leg stand with free leg in attitude  
Leap / Jump: Straight jump, tuck jump, star jump, cat leap, scissor leap  
Turn: Stretched or crouched  
Dismount: Straight jump



**P Bars: Boys only, height to be set no lower than shoulder height of gymnast, may also use a block if required.  
Boys competing bench may not compete P bars)**

**D.V. 2.50**

- 1 Grasp bar, tuck hang, thighs to 90 degrees, hold 3 secs, lower to floor or block
- 2 Float swing must be extended, return to floor or block
- 3 Jump to upper arm support, hold for 3 secs
- 4 Lift legs to straddle support, hold for 3 secs
- 5 Flick legs to swing backwards to drop off to floor

**Floor:**

**D.V. 3.00**

6 elements from the list below, value 0.50 each  
Artistry bonus of up to 0.50 (girls and boys)

C R: performed in any order, worth 0.50 each  
An acrobatic element without flight  
A balance or strength element  
A leap or jump  
Half turn spin on one foot or half turn jump

Girls must perform with instrumental music  
(penalty of 1 mark if no music) - gymnasts own choice 70 seconds maximum  
Boys perform with no music. Skills to be linked with jumps or leaps and connecting steps, utilising different directions

**List of permitted skills:**

Acrobatic: Cartwheel, teddy roll 180°, kick towards handstand, fwd or bwd roll to stand or straddle stand  
Balance: Arabesque (chest lifted and leg to 45 degrees minimum), Y-balance, V sit with hand support, 1 leg stand free leg in attitude, frog balance, bridge, splits  
Leap / Jump: Straight jump, tuck jump, star jump, cat leap, scissor leap, ½ turn jump, ½ turn spin  
Strength: Half pike lever with one leg (held 2 seconds), front support and lower to floor with control

## Level 2 - Individual Apparatus Competition for Female & Male gymnasts

For gymnasts who have competed at Level 1 and / or are competent to enter at this level

There are four pieces of apparatus – gymnasts may choose to compete on one or more pieces

**Age groups: 8-9 years, 10-12 years, 13-16 years**

**Vault:** Landing mat / firm block to 60cm **D.V. 1.40**

From run and jump from springboard, stretch jump to land on top of block. Kick to handstand fall to flat back dismount, showing an arm swing into the handstand

Two vaults may be performed the best score of which will count

**Low Single Bar:** Set Routine (boys can use wood or metal bar / girls must use wood only) **D.V. 2.00**

Bar height 165cm minimum, may be raised as appropriate for taller gymnasts  
4 elements valued at 0.50 each

Circle up from one or two feet, (1 or 2 spring boards may be used)

Cast and return to bar

Cast and return to bar

Cast to push backwards dismount to stand

**Floor Beam:** (Girls only) **D.V. 3.00**

6 elements from the list below, value 0.50 each

Minimum one length of the beam, 70 seconds maximum

Artistry bonus of up to 0.50

C R: performed in any order, worth 0.50 each:

Mount

A balance element

An acrobatic element

Half turn on two feet

A leap or jump

Star jump dismount from side or end

List of permitted skills:

Mount: Squat on, straddle on, from two feet to two feet jump

Balance: Arabesque (chest lifted and leg to 45 degrees minimum), Y - balance, V sit with hand support, 1 leg stand with free leg in attitude

Leap / Jump: Straight jump, tuck jump, star jump, cat leap, scissor leap

Turn: Stretched or crouched

Acrobatic: Kick towards handstand and land in lunge – body and first leg to 45 degrees minimum, second leg move towards the first and must leave the beam, but does not need to join, forward roll

Dismount: Star jump

**P Bars: (Boys only, height to be set no lower than shoulder height of gymnast)**

**D.V. 2.50**

- 1 From standing between the bars, jump to float swing land at the back
- 2 Jump to support with straight arms, hold for 3 secs
- 3 Tuck "L" sit, thighs at 90 degrees feet pointing downwards, hold for 3 secs
- 4 Flick to swing backwards
- 5 Swing forwards, backwards to land between the bars

**Floor:**

**D.V. 3.00**

6 elements from the list below, value 0.50 each  
Artistry bonus of up to 0.50 (girls and boys)

C R: performed in any order, worth 0.50 each:

Two acrobatic elements **directly** connected moving in the same direction or line, **without flight**

A balance or strength element

Two jump or leap elements **directly** connected

Half turn spin on one foot or half turn jump.

Girls must perform with instrumental music

(penalty of 1 mark if no music) - gymnasts own choice, 70 seconds maximum

Boys perform with no music. Skills to be linked with jumps or leaps and connecting steps, utilising different directions

List of permitted skills:

- Acrobatic: cartwheel, handstand, cartwheel with one hand, fwd or bwd roll to stand or straddle stand. (Maximum of two rolls per routine, one forward and one bwd)
- Balance: Arabesque (chest lifted and leg to 45 degrees minimum), Y-balance, V sit without hand support, 1 leg stand free leg in attitude, frog balance, bridge, splits
- Leap / Jump: straight jump, tuck jump, star jump, cat leap, scissor leap, straight jump ½, ½ spin
- Strength: Press-up with control, half lever piked or straddled, held for 2 seconds

### Level 3 - Individual Apparatus Competition for Female & Male gymnasts

For gymnasts who have competed at level 2 and / or are competent to enter at this level

There are four pieces of apparatus - gymnasts may choose to compete on one or more pieces

**Age groups: 8 years, 9-10 years, 11-12 years, 13-15 years, 16-18 years**

<b><u>Vault:</u></b>	Ages 8, 9-10yrs	landing mat / firm block to 60cm	<b>D.V. 2.00</b>
	Ages 11-12, 13-15 and 16-18yrs	landing mat / firm block to 90cm	<b>D.V. 2.00</b>
	Age 16-18yrs (option of)	landing mat / firm block to 110cm	<b>D.V. 2.00</b>

From run and jump from spring board, handspring flat back  
Two vaults may be performed, the best score of which will count

**Low Single Bar: Set Routine (boys can use wood or metal bar / girls must use wood only)** **D.V. 2.00**

Bar height 165cm minimum, may be raised as appropriate for taller gymnasts  
4 elements valued at 0.50 each.

Circle up from one or two feet, (1 or 2 spring boards may be used)

Cast and return to bar

Cast into back-hip circle

Cast to choice of dismount: push backwards dismount to land,  
squat on and jump forwards, straddle undershoot

Squat on and straddle undershoot dismounts will attract a bonus of 0.5

**Beam: height of 125cm + 20 cm safety mat underneath (Girls only)** **D.V. 3.00**

6 elements from the list below, value 0.50 each

Minimum two lengths of the beam: 0.2 deduction for one length

70 seconds maximum

Artistry bonus of up to 0.50:

C R: performed in any order, worth 0.50 each:

Mount

A balance element

An acrobatic element

Half turn spin on one foot

A leap or jump

Straddle jump dismount from **end of beam**

List of permitted skills:

Mount: Squat on, straddle on, jump to front support swing leg over beam to cross sit

Balance: Arabesque (chest lifted and leg to 45 degrees minimum), Y-balance, V sit with no hand support

Leap / Jump: Straight jump switch feet, tuck jump, star jump, cat leap, scissor leap, ½-turn spin

Acrobatic: Forward roll, cartwheel, kick towards handstand – leading leg to vertical,  
second leg to 90 degrees minimum

Dismount: Straddle jump

**P Bars: (Boys only, height to be set no lower than shoulder height of gymnast)**

**D.V. 2.50**

- 1 From standing between the bars, jump to float swing land at the back  
IMMEDIATE jump to support on upper arms, hold for 3 secs
- 2 Kip fold to straddle support, hold for 3 secs
- 3 Lift to half lever, hold for 3 secs, shoot legs forward
- 4 Swing backwards, forwards, backwards, forwards, backwards to perform
- 5 Front flank dismount

**Floor:**

**D.V. 3.50**

7 elements from the list below, value 0.50 each  
Artistry bonus of up to 0.50 (girls and boys)

C R: performed in any order, worth 0.50 each:

Two acrobatic elements **directly** connected moving in the same direction or line, **one with flight**

A balance or strength element

Two jump or leap elements **directly** connected or a mixed series of one acro and one dance element

Full turn spin on one foot or full turn jump

Girls must perform with instrumental music (penalty of 1 mark if no music) - gymnasts own choice, 70 seconds maximum

Boys perform with no music. Skills to be linked with jumps or leaps and connecting steps, utilising different directions

List of permitted skills:

- |                |  |
|----------------|--|
| Acrobatic:     | Cartwheel, handstand, cartwheel with one hand, handstand fwd roll, fwd or bwd roll to stand or straddle stand, fwd or bwd walkover, tucked headstand |
| Flighted acro: | Dive cartwheel, round-off  |
| Balance:       | Arabesque (chest lifted and leg to 45 degrees minimum), Y-balance, V sit without hand support, bridge, pike or straddle lever, splits                |
| Leap / Jump:   | Tuck jump, star jump, cat leap, scissor leap, split leap, stag leap, straddle jump, full turn jump, full turn spin                                   |
| Strength:      | Swedish fall to press up with one leg held up, half lever piked or straddled   |

#### Level 4 - Individual Apparatus Competition for Female and Male gymnasts

For gymnasts who have competed at level 3 and / or are competent to enter at this level

There are four pieces of apparatus - gymnasts may choose to compete on one or more pieces

**Age groups: 10-11, 12-14 years, 15-18 years**

#### **Vault:**

Ages 10-11yrs: Landing mat / firm block mat to 90cm  
Ages 12-14, 15-18yrs: Landing mat / firm block mat to 110cm

From run and jump from spring board, handspring flat back **D.V 2.00**

½ on to flat lie on firm mats **D.V 2.50**

Two vaults may be performed the best score of which will count

#### **Asymmetric Bar: (Girls Only) Set Routine** **D.V. 2.50**

5 elements valued at 0.50 each.  
Circle up from one or two feet, (1 or 2 spring boards may be used)  
Cast into back-hip circle  
Cast to squat on, or stoop on (pike), transfer to the high bar.  
Swing forward and back.  
Swing forward and back, dismount to the rear

#### **Beam: height of 125cm: (Girls only)** **D.V 3.00**

6 elements from the list below, value 0.50 each  
Minimum two lengths of the beam: 0.2 deduction for one length  
90 seconds maximum  
Artistry bonus of up to 0.50:

C R: performed in any order, worth 0.50 each:  
Mount  
A balance element  
An acrobatic element on the beam  
Half turn spin on one foot, immediate two-footed half turn  
A leap or jump  
Dismount

#### List of permitted skills:

Mount: Squat on, straddle on, forward roll on, jump to front support swing leg over beam to cross sit  
Balance: Arabesque (chest lifted and leg to 45 degrees minimum), Y-balance, V sit with no hand support  
Leap / Jump: Changement jump (straight jump with switch of feet and return to original position), tuck jump, star jump, cat leap, scissor leap, ½-turn spin on one-foot immediate two-footed ½ turn  
Acrobatic: Free fwd roll, cartwheel, handstand to vertical  
Dismount: Round off

**High Single Bar: (Boys Only) Set Routine (boys can use wood or metal bar)**

**D.V. 2.50**

5 elements valued at 0.50 each  
From long hang, chin up then circle up to front support  
Circle down to long hang  
Trolley swing into two swings  
Immediate swing to half turn (hand placement optional) Swing forwards, backwards  
and dismount to rear of swing

**P Bars: (Boys only, set exercise, height to be set no lower than shoulder height of gymnast)**

**D.V. 3.00**

- 1 From standing between the bars, jump to float swing land at the back.  
IMMEDIATE jump to front support with straight arms Hold for 3 secs.
- 2 Dip to 90 degrees
- 3 Half turn (Either direction)
- 4 Lift to Half lever, hold for 3 secs, shoot legs forward.
- 5 Swing backwards, forwards, backwards, forwards, backwards to perform
- 6 Flank dismount with half turn

**Floor:**

**D.V. 4.00**

8 elements from the list below, value 0.50 each  
Artistry bonus of up to 0.50 (girls and boys):

C R: performed in any order, worth 0.50 each:

Two acrobatic elements **directly** connected moving in the same direction or line,  
**minimum of one element with flight**

A balance or strength element

Two jump or leap elements **directly** connected or a mixed series of one acro and one dance  
element

Full turn spin on one foot or full turn jump

Girls must perform with instrumental music

(penalty of 1 mark if no music) - gymnasts own choice, 90 seconds maximum

Boys perform with no music. Skills to be linked with jumps or leaps and connecting steps,  
utilising different directions

**List of permitted skills:**

Acrobatic: Handstand hold for 2 sec, cartwheel with one or two hands, handstand fwd roll  
with straight arms, fwd or bwd roll to stand or straddle stand, fwd or bwd  
walkover, headstand with straight legs

Flighted Acro: dive cartwheel, round off, handspring, back flip, free cartwheel

Balance: Arabesque (chest lifted and leg to 45 degrees minimum), Y-balance, V sit  
without hand support, bridge, pike or straddle lever, splits

Leap / Jump: Tuck jump, star jump, cat leap, scissor leap, split leap, stag leap, straddle  
jump, full turn jump, full turn spin.

Strength: From straddle stand elephant lift to handstand optional exit, straddle lever  
to straddle stand, press up with clap to straight arms

## Level 5 - Individual Apparatus Competition for Female and Male gymnasts

For gymnasts who have competed at level 4 and / or are competent to enter at this level

There are four pieces of apparatus - gymnasts may choose to compete on one or more pieces

**Age groups: 11-12 years, 13-15 years, 16-18 years**

### Vault:

Vault table or mats / firm block to 110cm  
16-18 years **only** may vault at 120cm

½ on to flat lie	(firm mats to height of 110cm)	<b>D.V. 2.20</b>
Handspring to stand	(vault table)	<b>D.V. 2.50</b>
½ on to stand	(vault table)	<b>D.V. 2.70</b>

Any two vaults may be performed the best score of which will count

½ on hands and shoulders must make a full 180 turn

### Asymmetric Bar: (Girls Only) Set Routine

**D.V. 3.00**

6 elements valued at 0.50 each  
Circle up from two feet  
Option to float upstart for 0.5 bonus (1 or 2 spring boards may be used)  
Cast into back-hip circle  
Cast to squat on, or stoop on (pike), transfer to the high bar.  
Swing into baby giant  
Option to long upstart for 0.5 bonus  
Cast into back-hip circle  
Straddle on undershoot dismount

### Beam: height of 125cm: (Girls only)

**D.V. 3.50**

7 elements from the list below, value 0.50 each  
Minimum two lengths of the beam: 0.2 deduction for one length  
90 seconds maximum  
Artistry bonus of up to 0.50:

C R: performed in any order, worth 0.50 each:

Mount  
A balance element  
An acrobatic element on the beam  
Full turn spin  
Two (2) dance elements **directly** connected  
Dismount

#### List of permitted skills:

Mount: Squat on, straddle on, forward roll on  
Balance: Arabesque (chest lifted and leg to 90 degrees), Y-balance, V sit with no hand support, bridge, splits (any direction)  
Leap / Jump: Scissor leap, tuck jump, ½ turn straight, ½ turn tuck, cat leap, split leap or jump, sissone (to 135 degree split), full turn spin  
Acrobatic: Cartwheel, handstand held for 2 seconds, fwd walkover, bwd walkover, free roll, handstand forward roll  
Dismount: Round off, handspring, front tuck somersault



**Single High Bar: (Boys only) Set Routine (boys can use wood or metal bar)**

**D.V. 3.00**

6 elements valued at 0.50 each  
From long hang, chin up to circle up to front support.  
Cast into back hip circle into drop into undershoot to swing backwards  
Swing forwards into ½-turn, swing forwards, swing backwards  
Swing forward into immediate up-rise or long upstart (0.5 bonus for long upstart only)  
Immediate back hip circle  
Immediate cast to straddle undershoot with half turn

**P Bars: (Boys only, set exercise, height to be set no lower than shoulder height of gymnast)**

**D.V. 3.00**

- 1a From standing between the bars, float upstart to straddle support on the bars, hold for 3 secs **OR**
- 1b From standing between the bars, float upstart to "L" sit, hold for 3 secs (0.3 Bonus)
- 2 If performed 1a "L" sit hold for 3 secs
- 3 Lift legs forward to straddle support on the bars, move hands forward **OR**
- 3 Lift legs backwards and upwards, then forwards to straddle lever, lower legs to the bars (0.3 bonus)
- 4 Lift to shoulder stand, roll forward to straddle support **OR**
- 4 Lift to shoulder stand, roll forward to front uprise, swing forward to straddle the bars (0.5 Bonus)
- 5 Lift legs, kip forward, swing backward, forward, backward, forward to perform
- 6 Flank vault dismount with half turn

**Floor:**

**D.V. 4.00**

8 elements from the list below, value 0.50 each  
Artistry bonus of up to 0.50 (girls and boys):

C R: performed in any order, worth 0.50 each:

Two acrobatic elements **directly** connected moving in the same direction or line, **both with flight**

A balance or strength element

Two jump or leap elements **directly** connected or a mixed series of one acro and one jump or leap element

Full turn spin on one foot or full turn jump

Girls must perform with instrumental music

(penalty of 1 mark if no music) - gymnasts own choice, 90 seconds maximum

Boys perform with no music. Skills to be linked with jumps or leaps and connecting steps, utilising different directions

**List of permitted skills for floor :**

Acrobatic: Handstand held for 2 seconds, cartwheel with one hand, handstand fwd roll with straight arms, fwd or bwd walkover, pike to headstand with straight legs,

Flighted Acro: dive cartwheel, round off, handspring, back flip, free cartwheel, front and back tucked salto

Balance: Arabesque – (chest lifted, leg to 90 degrees), Y-balance, V sit without hand support, bridge, pike or straddle lever, splits

Leap / Jump: Tuck jump with half turn, cat leap, scissor leap, split leap, stag leap, straddle jump, pike jump, W jump, full turn jump, full turn spin

Strength: Headstand push to handstand (tucked knees in headstand permitted), straddle lever lift to handstand optional exit, handstand lower to piked or straddle lever, endo roll (fwd roll to straddle lever & lift to handstand), Russian lever held 2 secs

## **LEVELS 1 - 5 CLUB TEAMS – Floor and Vault**

The teams' specific rules here are to be read in conjunction with the rest of this handbook, with reference to general entry conditions and levels rules.

Teams to consist of 3 or 4 gymnasts to perform on each piece

The top three scores on each piece to be counted towards a team total

Gymnasts may compete at ONE level higher than they have for individual competitions, as long as they are age eligible for that level, but must not compete at a lower level. This will not impact on the gymnast's individual competition level for subsequent years.

Teams may be made up of gymnasts from any age group 8 - 18 years and be male or female or a mixed team. If a reserve is going to compete, this must be notified to the competition organiser no less than 48 hours before the competition date.

### **Maximum entry of one team per level, per club**

#### ***Clarification to vaulting heights for Levels 1 – 5 Floor & Vault Team Competition***

##### **Level 3**

*Gymnasts aged 8 and 9-10yrs have the **option** to vault at either 60cm or 90cm  
However, they must perform two vaults at the same height  
ie not one vault at 60cm and the other at 90 cm*

*Gymnasts aged 11-12yrs, 13-15yrs **must** vault at 90cm*

*Gymnasts aged 16-18yrs have the **option** to vault at either 90cm or 110cm  
However, they must perform two vaults at the same height  
ie not one vault at 90cm and the other at 110 cm*

##### **Level 4**

*Gymnasts aged 10yrs - 11yrs have the **option** to vault at either 90cm or 110cm  
However, they must perform two vaults at the same height  
ie not one vault at 90cm and the other at 110cm*

*Gymnasts aged 12yrs – 14yrs and 15yrs – 18yrs **must** vault at 110cm*

## Eastern Counties Gymnastics Association – Disability Gymnastics

Gymnastics for children with disabilities are to be included in the General Gymnastics competition programme. They will perform in a separate section in the competition – Disability Gymnastics – and not compete against those without disabilities.

In order to allow the judges to make allowances for the gymnasts' disabilities, coaches will need to enter the disability on the entry form according to the list below which will additionally detail the degree of the disability. The profile of each gymnast should be determined by the coach in consultation with the gymnast and his or her parents. Once a gymnast has competed within a particular disability profile, that profile may not be changed for a subsequent competition without applying to the GGTC stating the reason why a different profile is now applicable. Coaches are asked to be fair with their assessment. Failure to do so may result in a formal statement from a doctor or health professional for future entries.

Where a disabilities gymnast with Downs Syndrome wishes to enter a competition, the mandatory clearance for the condition known as Atlanto-Axial Instability required by BG will apply. Details are on the BG website. A copy of the completed clearance form must be attached to the entry form. Failure to do so will result in the competitor (and partner where appropriate) being refused entry to the competition arena and warm up areas on the day of the competition.

Initially, the competitions will be gender specific but open age group although, depending on the size of the entry, the organiser may introduce age banding. This will introduce a measure of competition for the gymnasts rather than a host of "sole competitor" winners.

Coaches accompanying the gymnasts will need to speak to the judges prior to their competing to explain the help / special equipment they will need to enable them to compete.

### Disability Profiles

For clarification and the guidance of coaches, the definition of the term; disability, is that made by the World Health Organisation in 1980; *"A disability is any restriction or lack (resulting from impairment\*) of ability to perform an activity in the manner or within the range considered normal for a human being"*

*\*\*"An impairment is any loss or abnormality of psychological, physiological, or anatomical structure or function"*

For the purpose of this rule book, disability profiles are defined as follows:

1. **Intellectual**, language and other psychological disabilities (including hyperactivity, attention deficit disorder and dyslexia)
2. **Hearing** disabilities (including deafness and inner ear balance disorders)
- 3: **Sight** disabilities (including blindness, partial sightedness and tunnel vision)
4. **Reduced** or impaired internal organ function with no other physical manifestation (including coeliac disease, cystic fibrosis, asthma and some types of epilepsy)
5. **Muscular** and Skeletal, resulting in reduced limb or trunk function (including growth disorders, club foot, limb palsy and paralysis).

Each profile is further divided into Slight (A), Moderate (B) or Severe (C). Thus a gymnast with the profile 3A may be highly functioning but partially sighted and a gymnast with the profile 5C may be confined to a wheelchair and require special arrangements to compete.

Where a gymnast presents with a number of disabilities, the profile selected should reflect the disability which most affects their performance. For example, a Downs Syndrome gymnast may be profiled as 1 or 5 (A, B or C) depending on the severity of the effects on the gymnast.

Details of any special equipment or arrangements required by gymnasts with a disability should be provided to the competition organiser with the entry form. The competition organiser will try to incorporate these arrangements into the competition in a way which is sensitive to the needs of all gymnasts taking part in the competition. Any 'special equipment' should be provided by the club / coach / gymnast.

Gymnasts with disabilities should progress through the General Gymnastic competitions in the same way as gymnasts without disabilities. Should Special Olympics Rule competitions be introduced in the future, gymnasts cannot compete in both competitions if they are held on the same day.