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GYMNASTICS

GfA Competition Booklet

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SUPPLIERS TO LONDON GYMNASTICS

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LEVEL B**Acrobatic Moves**

Back Flip Step Out			
Back Flip to Two Feet			
Backward Walkover	F		
Backward Roll Handstand		S	
Forward Walkover	F		
Forward walkover to Backward Walkover (Tic-Toc)	F		
Forward roll Piked to Stand	F	S	
Handspring to Two			
Handstand through Bridge to stand	F	S	
Round off			
Tinsica	F		

Strength, Balance & Flexibility**All moves held for a minimum of 2 seconds (0.30 deduction for less)**

From front support, straddle or pike cut to rear support		S	
Handstand 1/2 turn		S	
Japana, flat back, chest to floor, legs at max of 90°	F		
Pike Fold	F		
Shoulder stand (straight arms behind head)		S	B
Swedish Fall with one leg raised		S	
V sit without hand support		S	B
Y balance	F		B

Group Three - Jumps, leaps and spins

Catleap 1/2			
Full Spin on Toes			
Jump Backward 1/2 Turn to Front Support			
Scissor Kick (Both Legs above Horizontal)			
Shoushonova tucked			
Sissone (min. 120° split)			
Split Leap / Jump or side leap (180° separation)			
Stag leap or jump (back leg straight)			
Straddle jump (feet hip height)			
Straight jump 1/1 turn			
Tuck jump 1/2			
W Jump or Hop			

LEVEL C**Acrobatic Moves**

Arabian Somersault (Tucked or Piked)			
Backward Somersault (any shape) with 1/2 or 1/1 twist			
Backward Somersault tucked, straight or piked			
Backward roll to handstand with straight arms		S	
Dive forward roll or Hecht Roll (must show flight)			
Flyspring			
Free cartwheel	F		
Free Walkover	F		
Front somersault (any shape) with 1/2 or 1/1 turn			
Front somersault - tucked, straight or piked			
Handspring to one (must show flight phase)	F		
Handstand forward roll piked to stand		S	
Jump Backward with 1/2 turn to Handspring forward	F		
One handed walkover	F		
Side somersault tucked or piked			
Valdez	F		
Whip Salto Backward			

Strength, Balance & Flexibility**All moves held for a minimum of 2 seconds (0.30 deduction for less)**

From splits or straddle press to handstand	F	S	B
From standing elephant lift to handstand		S	B
From straight leg headstand press to handstand		S	B
Handstand pirouette (1/1 turn)		S	
Pike lever		S	B
Russian lever	F	S	B
Straddle half lever		S	B
Tucked top planche		S	B
Wide arm handstand, hands greater than shoulder width		S	B

Group Three - Jumps, leaps and spins

Catleap 1/1			
Double Spin			
Full Spin with free leg above horizontal throughout turn			
Piked jump (feet hip height)			
Ring Leap or Jump			
Shoushonova straddled (feet hip height)			
Split leap change			
Tuck jump 1/1			
W Jump or Hop 1/2			

FLOOR JUDGING

Artistry Deductions Throughout

Insufficient flow of routine (links)	0.1	0.3	
Insufficient variation of tempo / rhythm	0.1	0.3	
Lack of Expression	0.1		
Lack of Confidence	0.1		
Lack of range of moves/skills within the routine	0.1	0.3	
Insufficient use of Floor area according to height of gymnast	0.1	0.3	
Lack of dynamics throughout the routine	0.1	0.3	

Specific Floor Deductions

Missing A, B, or C			0.5
B moves in White or C moves in White, Blue or Bronze			0.5
Touch of hair/leotard (each)	0.1		
Music and movement not in harmony	0.1	0.3	
Missing Composition Requirement (CR)			0.5
Out of bounds with one hand or foot	0.1		
Land out of floor boundary or both feet/hands out		0.3	
No music (girls)			0.5
Not ending in time with music	0.1		
Coaching from the side (verbal or visual cues to gymnasts)			1.0

Execution Deductions (Each Time)

Bent arms or bent knees	0.1	0.3	0.5
Balance / Flexibility (Group 2) not held for 2 secs		0.3	
Leg or knee separations	0.1	0.3	
Insufficient height of elements	0.1	0.3	
Insufficient split in dance elements	0.1	0.3	
Incomplete turns / twists	0.1	0.3	
Insufficient tuck/pike/stretch	0.1	0.3	
Body Alignment	0.1		
Feet not pointed/loose	0.1		

Landing Faults (Each Time)

Landing from tumbles (step)	0.1	0.3	
Trunk movements to maintain balance	0.1	0.3	
Extra Steps up to 0.8	0.1		
Very large step or jump		0.3	
Deep squat			0.5
Touching Apparatus or floor		0.3	
All falls			1.0

Additional Rules

** NEW A 'C' move CAN replace a 'B' move in SILVER & GOLD Level NEW **

Each move can only be counted once for value but can still incur deductions
Two series cannot be linked. Two moves must be separately connected per series.

Floor Requirements				
Performed on Strip of mats 12m x 2m		Performed on Full size SPRUNG floor (45 - 90 secs - music with no vocals for girls) 12m x 12m		
Minimum of 10 moves in each routine (0.50 per move: 5.0)				
White	Blue	Bronze	Silver	Gold (all levels)
** NEW OPTIONAL BONUS FOR FLOOR (Can only be used once in a routine) **				
NO BONUS	NO BONUS	B + B series 0.30 bonus	C + B or B + C series 0.30 bonus	C + C series 0.30 bonus
A moves only	2 x B moves may be used but are NOT required	A & B moves only 4 x B moves	A, B & C moves 5 x B moves 1 x C moves	A, B & C moves 5 x B moves 3 x C moves
C Moves may replace B moves (Silver & Gold Level)				
Composition Requirements (CR's - 0.50 per requirement: 2.50)				
White	Blue	Bronze	Silver	Gold (all levels)
None	1. Balance (B) (held) must show for 2 seconds			
	2. Strength (S) or flexibility (F) move			
	3. Acro series -2 linked GROUP 1 acrobatic moves (At least 1 acro must be flighted in Silver and Gold) *			
	4. Mixed series - A group 1 move and group 3 move (in either order) directly linked			
	5. Gym series - 2 Group 3 moves linked (can be linked by continuous steps or chassés) OR Second different acro series (At least 1 acro must be flighted in Silver/Gold)			
All Acro & Mixed Series MUST be directly linked without additional steps or jumps apart from the exception below				
*For Acro series with flight: Round off, immediate jump 1/2 turn to 1 directly into cartwheel will count				

Vault Tariffs and Levels

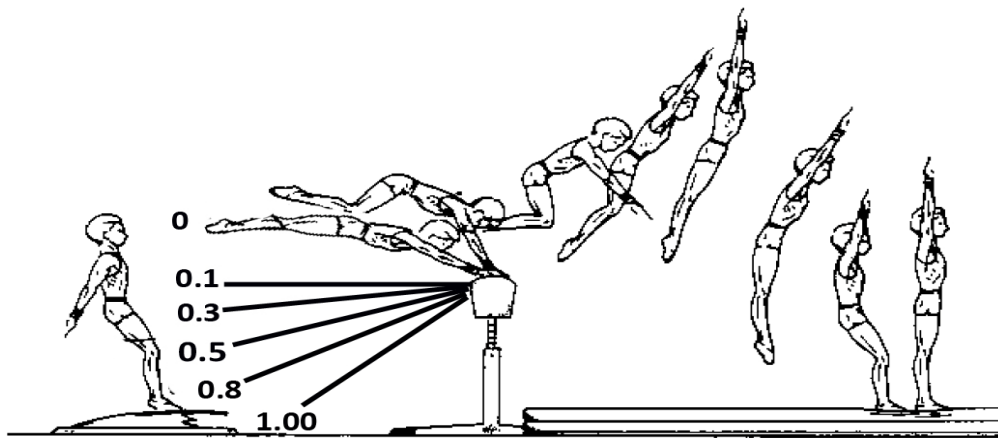
Straight Jump onto block	10.00	x	x	x	x
Squat / straddle on, immediate straight, star or tuck jump	10.50	10.50	x	x	x
Layout Squat Over	11.50	11.50	11.50	11.50	x
Layout Straddle Over	11.50	11.50	11.50	11.50	x
Handspring Flatback	x	x	11.50	11.50	x
Handspring	x	x	12.40	12.40	12.40
Handspring 1/2 on, straight off	x	x	x	12.60	12.60
Handspring on, 1/2 off	x	x	x	12.80	12.80
Handspring 1/2 on, 1/2 off	x	x	x	x	13.00
Handspring 1/1 off	x	x	x	x	13.20
Handspring 1/2 on, 1/1 off	x	x	x	x	13.40

Vault Equipment

	WHITE	BLUE	BRONZE	SILVER	GOLD
Block Height	60cm				
Vault Height	90 / 110 / 120cm		x	x	x
Box Height	80 / 105 / 130cm		x	x	x
Flatback (mats piled up)	x	x	100cm		x
Vault or Table Height	x	x	100 / 110 / 120cm		
Springboards	Gymnova 2150		Option of Gymnova 2194 (soft) OR		
	High Elasticity		Gymnova 2193 (hard)		

Vault Judging

Squat and straddle vaults must have layout to achieve full tariff.



The image shows the deductions that will be taken if a full layout is not achieved.
 Gymnasts will only be allowed 2 practice vaults during the apparatus warm up.
 Gymnasts will perform 2 competition vaults (the same or different).
 The best scoring vault will count.

Vault Judging				
Support from Coach	3.00 mark deduction from final score			
Coach leaning on / touching apparatus	1.00 mark deduction from final score			
FIRST FLIGHT PHASE				
Incomplete turn	0.10	0.30	0.50	
Hip Angle	0.10	0.30		
Arch	0.10	0.30		
Bent Knees	0.10	0.30	0.50	
Leg or knee separation	0.10	0.30		
Insufficient layout in squat or straddle	0.10	0.30	0.50	1.00
REPULSION PHASE				
Staggered/alternate hand placement	0.10	0.30		
Bent Arms	0.10	0.30	0.50	
Shoulder Angle	0.10	0.30		
Touch with one hand				1.00
Failure to pass through vertical		0.30		
SECOND FLIGHT PHASE				
Lack of height	0.10	0.30	0.50	0.80
Incomplete turn	0.10	0.30		
Insufficient length (distance)	0.10	0.30	0.50	
Bent Knees	0.10	0.30	0.50	
Leg or knee separation	0.10	0.30		
LANDING FAULTS				
Extra Steps each time	0.10			
Very large step (guideline – 1 metre) each time		0.30		
Extra arm swings	0.10			
Additional trunk movements to maintain balance	0.10	0.30		
Body posture fault	0.10	0.30		
Deep squat		0.30	0.50	
Deviation from centre line	0.10			
Brushing apparatus with hands/arms		0.30		
Support on mat or apparatus with 1 or 2 hands				1.00
Fall on mat to knees or hips				1.00
Dynamics	0.10	0.30	0.50	
Fall on or against apparatus				1.00
INVALID VAULTS				
Run approach with touch of springboard or table	Void score 0.0			
No touch on vault table	Void score 0.0			

Womens
Block



Vault Judging

Vault Judging for the Straight Jump onto Block

Run Up

Slows before reaching Springboard	0.10	0.30		
Run up springboard	0.10	0.30		
Double Bounce		0.30		
Body Shape on springboard		0.30		
Arm swing	0.10	0.30		
Stop on springboard		0.30		

Jump from Springboard

Lack of height		0.30		
Body Shape	0.10	0.30		
Bent Knees	0.10	0.30	0.50	
Legs apart	0.10	0.30	0.50	
feet not stretched	0.10	0.30		
position of arms	0.10	0.30		
Lack of control	0.10	0.30		

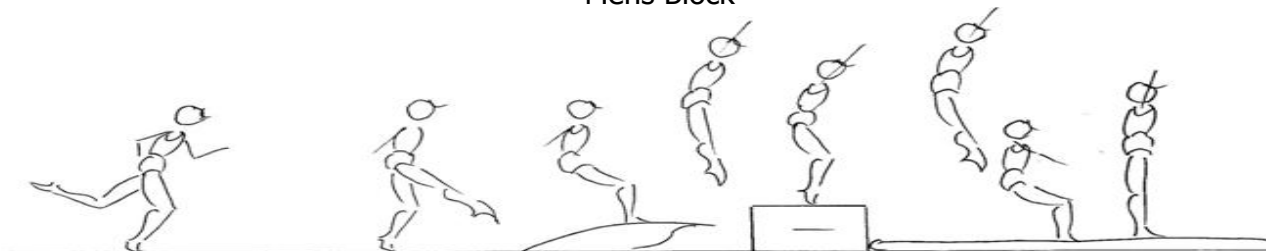
Landing on Block

Deviation from straight line	0.10	0.30		
Body shape	0.10	0.30		
Arm position	0.10	0.30		
Arm swing to maintain balance	0.10	0.30		
Deep squat	0.10	0.30		
Feet apart	0.10	0.30		
Extra steps	0.10	0.30		
Fall				1.00

Dismount from Block

Deviation from straight line	0.10	0.30		
Body shape	0.10	0.30		
Arm position	0.10	0.30		
Arm swing to maintain balance	0.10	0.30		
Deep squat	0.10	0.30		
Feet apart	0.10	0.30		
Extra steps	0.10	0.30		
Fall				1.00

Mens Block



Pin Thresholds								
	White	Blue	Bronze	Silver	Gold	Gold +1	Gold +2	Gold +3
Minimum Floor Score Required	13.50	15.50	15.50	15.50	15.50	N/A	N/A	N/A
Maximum Floor Score Possible	15.00	17.50	17.80	17.80	17.80	17.80	17.80	17.80
Execution (out of 10.0) Moves (out of 5.0) CR's (out of 2.50 - except for white level)								
Bonus (out of 0.3 - except for white & Blue level)								
Minimum Vault Score Required	9.00	9.50	10.25	10.75	11.50	N/A	N/A	N/A
Maximum Vault Score Possible	As Tariff							
MINIMUM TOTAL SCORE REQUIRED	N/A	N/A	N/A	N/A	N/A	28.00	29.00	29.50
<p>Gymnasts of the appropriate age can enter at any Level (except Gold+1, +2, and +3). A pin is not required to They must move up a level after being awarded a pin and cannot move down a level. Entry to Gold + competitions is only open to clubs entering additional levels during the weekend & to gymnasts who have a gold pin. Gold + pins must be won in chronological order</p>								

Music (for Girls Only)

It is the coaches responsibility to ensure that music used is licensed for use in the UK. For Clarification please search and ensure the title appears on the repertoire section of the PPL UK site

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

Music can use voice as an instrument eg humming but no vocals. Music with words or Unlicensed music will incur a ZERO score

Age Groups

Gymnasts must reach their 6th birthday by the weekend of competition to compete at white or blue.

Gymnasts must reach their 8th birthday by the weekend of competition to compete at bronze unless they have previously competed & gained white & blue pins

Age groups may be split or combined dependant on entries per year group.

Gymnasts compete in the year that they were born, so in 2013, gymnasts born in 2000 will be in 13 year old category

Sportsmanship Rules (Failure to follow these rules can lead to a 0.30-1.0 deduction or disqualification)

Gymnasts may not leave the arena without permission from the Competition Organiser / Head Judge or Senior Marshall

Coaches are responsible for the welfare of the gymnasts from their club at all times

Gymnasts & Coaches must obey the Warm Up Marshalls and specific times for warm up

All Gymnasts must be at Presentation and dressed appropriately in either Competition Attire or Full Club tracksuit

Gymnasts & Coaches must treat Competition Officials (Marshalls, Judges, other coaches etc) with respect at all times

Clothing (No jewellery as per BG jewellery policy, Long hair MUST be tied up and clear of face)

In the event of a gymnast being inappropriately attired, the Competition Welfare Officer can direct the performance to be halted

Girls: Appropriately fitting, Long or sleeveless leotard, tight fitting shorts can be worn, gymnastics shoes may be worn

Boys: Appropriately fitting Sleeveless leotard and gymnastics shorts, gymnastics shoes may be worn

Incorrect clothing: 0.50 deduction from total score

JURY OF APPEAL

In the event that an appeal or complaint is made regarding a gymnast's start value (**D** **Score Only**) there is now a new procedure for the coaches to follow. Please see below:

- 1 - Fill out an Appeals form and hand this into the Judging Convenor with £10.00 cash before the change over in the rotation. Forms available from the control desk
- 2 - The judging convenor will then discuss your appeal with the judges concerned and also look at the video evidence from the scoring system. No other video evidence will be taken into account.
- 3 - If the appeal is seen to be correct then the score will be changed and the appeal fee will be returned to the coach.

***PLEASE NOTE * A GYMNAST'S SCORE WILL NOT BE CHANGED UNLESS THE RULES ABOVE HAVE BEEN UPHOLD**

JUDGES

PLEASE NOTE - From November 2014 we will be placing a £50.00 fine to any club that submits a judge for judging at the competition and then once the judging allocation has been published wants to remove a judge for whatever reason.



GfA Appeal Proforma

Gymnast Name			
Gymnast Number			
Gymnast Club			
Level of Competition			
Coaches Name			
Apparatus			
Reason for Appeal			
Response			
Head Judge Signature			
Original Score		New Score	
£10.00 received			
Judging Convenors Signature			



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