British Veterans Championships 2012
Acrobatic Gymnastics

There will be one level of competition in this discipline, although there will be two types of entry:

Pairs

A pair will consist of:

- Two male gymnasts
- Two female gymnasts
- One male gymnast and one female gymnast

Groups

A group will consist of:

- Four male gymnasts
- Three female gymnasts

Age Bonus

The age bonus for this discipline will be given as 0.1 for every five years over 20 years, per individual, added together i.e. 26 & 31 = 0.1+0.2 = 0.3 total age bonus.

Apparatus

A competition, sprung floor will be provided.

Entry Instructions

All entries are to be made via a BG registered club using the Online Entry System through the GymNet Portal. Only Club Secretaries and coaches who have been granted the correct entry permissions will be able to submit an entry.

Full instructions can be found on the British Gymnastics website: www.british-gymnastics.org under **Technical information & judges/Newsletters & Updates/Gymnastics for All.**

Should you require assistance please contact Stuart Sinclair on 0845 129 7129 ext 2521 or stuart.sinclair@british-gymnastics.org

Entry Fee

£20.00 per person. Please make cheques payable to British Gymnastics.

Content

The content of this competition was revised for the 2010 competition. This content will again be used in 2012 to make it fairer to all entrants and will give the competitors set moves to choose from.

Routines must contain the following:

Group Elements:

- 3 Balance elements (held for 3 seconds)
- 2 Dynamic elements

Individual Elements to be performed per gymnast:

- 1 Tumble
- 1 Agility
- 1 Flexibility
- 1 Static/strength (held for 2 seconds)

Additional Information

- All balance elements must be held still for 3 seconds
- All transition elements must be held for 1 second at the beginning, 3 at the end
- Positions of top may be adapted slightly, for example front and back angel are interchangeable, or straddle hold can be substituted with pike hold
- The shape and direction of somersaults is optional unless otherwise stated
- Arm and leg positions are optional unless otherwise stated
- Directions are optional unless otherwise stated
- Entries and exits are optional unless otherwise stated
- Individual moves do not have to be the same as your team members
- Individual elements must be performed by all competitors at the same time or in immediate succession
- It is possible to include additional elements but it should be taken into consideration that these may incur execution faults
- If the value of a move is higher or lower in the Adults code than the FIG code, the move will be credited with the Adults code value
- References to the FIG table refer to the FIG Acro Code of Points
- Tariff sheets must be submitted on the morning of the competition

Music

- The routine length of two and half minutes should be considered as a maximum and not as a compulsory length
- There is no minimum length. The timing starts when the first movement is made
- Music should be in line with British Gymnastics copyright policy - i.e. no Andrew Lloyd Webber Disney or Cirque du Soleil
- Vocal sounds are permitted, but no words should be sung within the music

Tariff Sheets

- Attached is an Excel document containing several tabs. There is a blank Tariff Sheet, an example sheet and all the Balance illustrations you should need. These illustrations can be copied and pasted into the blank Tariff Sheet as required
- Please enter the move values under each move picture/description on the Tariff Sheet. The Total difficulty value will be calculated automatically
- For individual moves please add each person's individual element values together, then enter the total underneath the move descriptions. (This total will be automatically divided by the number of entrants in the group)
- Elements must be listed in the order in which they are performed

Scoring

The final score will be the total of the Difficulty score, the Execution score, the Artistry score and the combined age bonus. The maximum given score for any routine is 30.

Difficulty / Special Requirements

- Each pair/group will start with a difficulty value of 5.5
- Each of the 9 elements has a difficulty value of 0.1-0.5
- The maximum difficulty value for each pair/group is 10.0
- All individual elements must be added together before being entered on the Tariff Sheet

The Difficulty value for each routine will come from the Tariff Sheet. Marks will then be deducted for the following:

- Missing elements 1.0
- Incomplete elements 1.0
- Time faults 0.3 per second short
- Elements not performed in the order declared 0.3
- Duration of music longer than limit 0.1 per second too long
- Re-start without justification 0.3
- Stepping outside boundary line 0.1 each time
- Landing on two feet over boundary 0.5 each time
- Falling outside the boundary 1.0 each time
- Partner attire not identical or complimentary 0.3
- Wearing jewellery 0.3
- Adjustment of attire/loss of hair accessories 0.1 each time

Execution

10 marks are awarded initially for Execution of the routine. Marks will then be deducted for the following:

- Minor execution faults 0.1
- Medium execution faults 0.2
- Significant execution faults 0.3
- Major execution faults 0.5
- Falls (assistance to prevent fall) 1.0
- Complete deterioration of element 1.0

Artistry

There are 10 marks available for Artistry, which will incorporate the following:

- Musical interpretation 2.0
- Choreography 2.0
- Element selection/variety of elements 2.0
- Use of floor space 2.0
- Performance and Amplitude 2.0

Tariff Sheet Acrobatic Gymnastics

British Gymnastics
More than a sport

Competition No		Group Type	
Club		Music	
Names 1		2	
3		4	

1	2	3
Requirement	Requirement	Requirement
Value	Value	Value

4	5
Requirement	Requirement
Value	Value

i1 Description	
Requirement	
Value	
i2 Description	
Requirement	
Value	
i3 Description	
Requirement	
Value	
i4 Description	
Requirement	
Value	

Total value individual elements: Base score: Total routine Difficulty:

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Entry Form J

Acrobatic Gymnastics

Please only complete one form for each pair or group

Name for correspondence:		Title:	
Address:		Post code:	
Telephone number:			
Email address:			

Competition category (please circle): Men's / Women's / Mixed / Women's trios / Men's fours

Competitor 1 name:			Membership No:		
Date of birth:		Place of birth:		Nationality:	
Email address:					

Competitor 2 name:			Membership No:		
Date of birth:		Place of birth:		Nationality:	
Email address:					

Competitor 3 name:			Membership No:		
Date of birth:		Place of birth:		Nationality:	
Email address:					

Competitor 4 name:			Membership No:		
Date of birth:		Place of birth:		Nationality:	
Email address:					

Gym club:		Gym club email:	
Nominated coach:			
Profile: (a short note about yourselves)			

Please forward the completed entry form and correct entry fee for each pair/trio/group to:
British Gymnastics Events Team
Ford Hall Lilleshall NSC
Nr Newport Shropshire TF10 9NB
Phone: 0845 129 7 129 Fax: 0845 124 9 089
Entry Fee: £20.00 per person
Please make cheques payable to: British Gymnastics