



**Women's Artistic
Gymnastics
Competition Handbook
2017**

01.01.2017 v1

Committee Members

Chairman	Bernice Negri	Tel: 01708 446232 (m) 07973 660930 Email: bernicenegri@live.com
Vice Chairman	Vince Walduck	Tel: 020 8569 5069 Email: vincewalduck@me.com
Secretary	Gina Thompson	Tel: 07734 680877 Email: guy.thompson@ntlworld.com
Treasurer	Kristin Idelson	Tel: 07711 183546 Email: kidelson@hotmail.com
Competition organisers	Vince Walduck Bernice Negri	Tel: 020 8569 5069 Email: vincentwalduck@me.com Tel: 01708 446232 (mobile) 07973 660930 Email: bernicenegri17@gmail.com
Judging Co-ordinator	Emma de Vos	Tel: 07462 800500 Email: emmajdevos@outlook.com
Regional Development Coach	Alun Leach	Tel: 07809 896817 Email: alunhill1@gmail.com
Disability Representative	Gina Thompson	Tel: 07734 680877 Email: guy.thompson@ntlworld.com
Tutor & Assessor	Elizabeth Jones	Tel: 07802 758384 Email: headcoach@suttonschoolofgymnastics.co.uk

INDEX

Committee Members	Page 2
Eligibility	
• Membership Rules	Page 5
Competition Entry Rules	Page 6/7
• Coach Qualifications	
• Change of Coach	
• Judges Rules	
• Floor Music	
• Late Music Submission	
• Entry Fees	
• Late Fees	
• Withdrawals and substitutions	
Coaches Regulations and Rules	Page 8
• Coaches Rules	
• Assistant coaches Level 1 rules	
Gymnast Regulations and Rules	Page 9
• Age	
• Tall Gymnasts	
• Gymnast Rules	
• Qualification and regional representation To National Finals	
General Regulations and Rules	Page 10/11
• Competition dates and order of performance	
• Inquiries to Judges	
• Presentation and Awards	
• Judge Excellence Award Badges	
• Tie Break Rules	
• Code of Conduct	
• Mobile phones and tablets	
• Parents at Events	
• Medical Provision	
• Health and Safety	
• BG Photo Policy use of Photography/Video/ Digital Camera Equipment	
Apparatus	Page 12
• Vault/U Bars/Beam/Floor	
• Coaches at Apparatus	
National Rules for London Competitions	Page 13
• National NDP Grades/ Compulsories/ National Voluntary Age Group	
• London Regional Representation	
Regional Uniform	Page 13
• Price List	
• Procedure for Ordering	

Application for Re-Designation Form	Page 14
Team Working Order Form	Page 15
Twin Piece Working Order Form	Page 16
Competition Details and Rules	Pages 17/32
• Eligibility table for National and Regional NDP Grades	Page 19/20
• NDP Regional and National	Page 21/22
• Compulsory	Page 23/24
• Voluntary Level 5 In & Out of Age	Page 25
• Voluntary Level 4/3/2/1 Challenge/FIG	Page 26
• Teams	Page 27/28
• Voluntary Level 5/4/3/2/ 1In Age	Page 29/30
• NEW Teddy Twin Piece	Page 31/32

ELIGIILITY

MEMBERSHIP

Gymnasts

All gymnasts must be Bronze, Silver, Gold, Joint Gold or Life Members of BG and affiliated to London Gymnastics.

Regional Membership

Compulsory Level 4 - 1	- SILVER Membership
NDP Grades 6 – 1 Regional and National	- SILVER Membership
Vol Age Groups In/Out of Age Level 4 - 1	- SILVER Membership
Compulsory and Vol Age Groups Level 5	- BRONZE Membership

Supervising Coaches

Supervising Coach(es) are those coaches submitted in the online entry process and who are responsible for the gymnast(s) for the entire event. This coach must have the relevant qualifications and BG membership of Gold, Joint Gold or Life members of BG and qualified to the level of the skills being performed before being allowed to participate in a Regional competition and or BG Event.

Coaches must also have a valid DBS (formally CRB) also a Sports Coach UK Safeguarding and Protecting Children Awareness Certificate and be valid both at the time of entry and through to the end of the Event. These must be renewed every three years.

Assistant Coaches

Assistant coaches' Membership Gold, Joint Gold or Life Members of BG before being allowed to participate in an Event. They must also hold a current DBS and Safeguarding Certificate.

Judges

Judges must be Bronze, Silver, Gold, Joint Gold or Life Members of BG before being allowed to officiate at a Regional Competition or BG Event.

Judges must also hold a current cycle of judging award (Cycle 14). Requalification or qualification for all judges in this cycle.

JUDGES PLEASE NOTE THE FOLLOWING NEW RULE FROM BRITISH GYMNASTICS:-

BG does not require judges to complete a criminal record check to judge at Regional or BG competitions, as the role that judges fulfill at the event no longer falls within DBS. However, some judges are actively involved in club gymnastics and may provide judging instruction to children in a training environment or carry out a supervisory role (or may complete a criminal record check by virtue of another role they undertake e.g. coach). As not all judges use their qualification in the same way, it is the club's responsibility to assess the role the judge is undertaking and determine whether the activities involved fall within the eligibility criteria for a criminal record check. BG no longer requires all judges to complete safeguarding training but clubs should ensure any judge who supervise or instruct children has completed appropriate training.

COMPETITION ENTRY RULES

Competition entry is online entry from the London Website. All entries must be received electronically via the BG Gymnet Online Entry Portal by the stipulated closing date and time including Floor Music. (* See Late Music Submission – page 5)

COACH REGULATIONS AND RULES

COACH QUALIFICATIONS

Supervising Coaches at Competitions - Minimum qualification is WA Level 2 Coach

When submitting entries for a Regional Competition, clubs must ensure that the nominated Supervising Coach(es) is/are qualified to the level of the participant's performance. The practice of supervising participants working above the level of the coach's qualification is NOT allowed.

The caveat that permits coaches to practice one level above their coaching qualification in the coaching syllabus refers to a training environment only and is not permitted at Regional Competitions and BG Events. Its purpose is to enable coaches to practice within the post course guided learning environment following attendance at a course and in preparation for the examination, under the supervision of a BG mentor coach.

Supervising Coaches entered into the event entry MUST be the same ones attending the event. It is NOT acceptable to enter a coach who will not be attending and under no circumstances may a coach or assistant coach be on the competition floor that has not been entered on the online system for that competition.

Supervising Coaches have a duty of care towards their performers and have responsibility to ensure that they are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically and psychologically, for performing their routines in a competition situation.

LEVEL 1 WA COACH

Level 1 coach is NOT ALLOWED on the competition floor and permission may be accredited, reasons for request in writing, by the WTC Chairman, Bernice Negri. (see page 8)

CHANGE OF COACH

Any changes to the supervising coach(es) submitted on the online entry system must be notified to Bernice Negri, Chairman, prior to the event in order to prove their Membership of BG, have a valid DBS, Valid Safeguarding award and the correct coaching qualification. If any coach is not notified prior to the competition, they will NOT be allowed on the competition floor.

In exceptional circumstances if changes are required during the event, these must be notified to the Organisers. Changes to Supervising Coaches will only be permitted where the replacement coach meets all of the relevant eligibility requirements.

JUDGES

Due to the number of qualified judges not being nominated for a competition a Judging Levy of £100 will be imposed for no judge nominated for a competition.

If the competition is 2 days, **2 judges must be nominated or 1 judge for both days.** **A £50 fine will be imposed for each day a judge has not been nominated.** The club concerned will not be able to enter any future competitions until any fine has been paid.

If a judge changes her day after the rota has been sent to all nominated judges for a competition and a replacement judge is not given to replace that day, then a £50 fine will be imposed.

FLOOR MUSIC

All music must be uploaded on the online entry system **by the closing date of entry.** If there is a problem with upload to the BG Online system music can be emailed to **michelewalduck@me up** **to 2 weeks before the competition date.**

LATE MUSIC SUBMISSION - 2 WEEKS PRIOR TO COMPETITION DATE

Late submission of music will attract a fee of £20.00 per gymnast/team/twin. An invoice will be sent to the club to be paid into the WTC Account within 2 weeks after the competition date. If this sum is not paid, entry to further competitions will not be allowed.

To ensure backup at the competition, please have the floor music of your gymnast on a MP3 or CD.

Certain tracks belonging to Disney, Andrew Lloyd-Webber and Cirque du Soleil can be used but this should be checked on the PPL be used. For any clarification please consult the PPL Website <http://www.ppluk.com> to confirm the track is included within their repertoire.

ENTRY FEES FOR 2016 COMPETITIONS

Individual Competitions -	£30 per gymnast
Team Competitions -	£90 per team
Teddy Twin Piece Competition -	£45 per pair

LATE ENTRIES

Late entries will only be considered in exceptional circumstances and only up to 7 days after the closing date. If the entry is accepted payment will be twice the normal entry fee stated for the competition.

WITHDRAWALS AND SUBSTITUTIONS

Amendments to the entry **before** the closing date will be allowed and in the case of withdrawals, the entry fee will be refunded.

Entry Fees are non-refundable AFTER the closing date

TERMS AND CONDITIONS OF ENTRY TO ALL COMPETITIONS

THE PERSON MAKING THE ONLINE ENTRY ON BEHALF OF THE GYMNAST(S) OR A CLUB, UNDERTAKES TO ENSURE THAT THOSE WHO THEY ARE MAKING AN ENTRY ON BEHALF OF, ARE FULLY AWARE OF, AND AGREE TO ABIDE BY THE CONTENTS OF THIS HANDBOOK.

COACHES REGULATIONS AND RULES

In individual competitions **one** coach per gymnast will be allowed in the competition arena. In team competitions **two** coaches from three nominated on the entry form are allowed in the arena at any one time. One female coach and/or one male coach is permitted, or two female coaches.

All gymnasts must have an accredited coach present on the competition floor at all times. If a gymnast attends a competition without a coach that gymnast will not be allowed to compete.

A gymnast **will not** be allowed to warm up without a coach. Late arrivals will only be accommodated at the discretion of the competition organiser.

No photo image or video footage may be given to the judges.

Only the use of the Inquiry Form for the D Score may be used.

COACHES RULES

- Be up to date with current BG competition regulations
- Must wear a tracksuit or tracksuit bottoms with polo shirt or t-shirt and appropriate gym training shoes.
- Long hair should be braided or tied back so as not to obscure vision.
- No jewellery may be worn. Coaches will not be allowed to support on the competition floor if wearing ANY jewellery. If it is impossible to remove items of jewellery they should be taped.
- No chewing gum is allowed at any phase of the competition
- No mobile phones or any other electronic devices including tablets to make calls, take photographs or videos is allowed
- Only coaches entered on the online system are allowed on the competition floor for that level and age group their gymnast has also been entered.

Non-compliance may result in removal of the coach and consequently, for health and safety reasons, their gymnast from the competition.

ASSITANT COACHES – WA LEVEL 1

WA LEVEL 1 ARE NOT ALLOWED ON THE COMPETITION FLOOR.

Accreditation at the discretion of the Chairman, Bernice Negri, a Level 1 coach may only be present on the competition floor to assist with the pastoral care of the gymnasts. **Level 1 coaches may not coach the gymnasts** unless they fulfil the requirement of holding a recognised qualification suitable to the level of skills being performed.

Permission from the WTC Chairman, Bernice Negri, is required, and reasons for the request in writing. If permission is granted the Level 1 Coach may only provide pastoral care of the gymnast, move the equipment, adjust apparatus and present the gymnast's competition number. They may **NOT** coach the gymnasts.

If it is found that a club is in breach of these policies, the Competition Organisers reserve the right to reject an entry on the grounds of gymnast safety. If a Club has not asked permission and a Level 1 coach is seen on the competition floor, that coach will be asked to leave. If discovered post performance, the WTC Chairman or Technical Committee will disqualify the competitor and remove their score from the results.

GYMNASTS REGULATIONS AND RULES

AGE

Gymnasts' ages will be the age reached in the year of the competition. Competition year is 1st January 2017 – 31st December 2017

TALL GYMNASTS – Uneven Bars

Both bars may be raised by 10cm only where a gymnast's feet touch the basic matting. Where a single bar is used, this may be raised so that the gymnast's feet in long hang clear the matting.

The request for the bars to be raised must be made at the time of competition entry. No Unauthorised raising of the bars.

GYMNASTS RULES

- Behave in an appropriate manner
- Follow the Gymnasts Code of Contact
- No jewellery, body piercing or adornments of any kind are permitted.
- No chewing gum is allowed at any phase of the competition
- Wear appropriate gymnastic clothing during warm-up and competition
- If changing leotard, **do so 5 minutes before** the required march-on time
- Be available for the march-on at the correct time
- Be available for presentation ceremonies in competition attire
- Be prepared to compete at a time other than the advertised time
- No mobile phones or any other electronic devices including tablets to make calls, take photographs or videos is allowed
- Handguards, body bandages and wrist wraps are permitted; they must be securely fastened, in good repair and should not detract from the aesthetics of the performance. Bandage **MUST** be **beige or skin coloured**.

QUALIFICATION AND REGIONAL REPRESENTATION TO NATIONAL FINALS

- Gymnasts may only represent the London Region to which their club is affiliated, at any one time within a discipline.
- Gymnasts and Coaches will be selected according to the rules and will represent the London Region.
- Only gymnasts not in the London Team and have qualified to the BG regulations and rules may represent their Club.
- They will only have one opportunity to qualify for National Finals.
- Gymnasts may only compete in ONE grade/level per competition year.
- The minimum age for entry to National BG events is 9 years in the year of competition.

BENCHMARKS

Any gymnast who reaches the new benchmark in the Spring Competitions **MUST** move up a level for the Autumn Competitions. Bench Marks do not have to be reached. Gymnasts may move **UP** a level at any time.

DISQUALIFICATIONS

Any gymnast that is found to have been entered and competed in a competition at the incorrect level (Benchmark not followed) the gymnast will be disqualified and removed from the score sheet.

GENERAL REGULATIONS AND RULES

COMPETITION DATES AND ORDER OF PERFORMANCE

Competition dates will be adhered to where possible, however, the WTC and Competition Organisers reserve the right to change:-

1. To combine age categories if numbers entered into the competition are small (minimum 3 gymnasts). **This includes any withdrawals on the day of competition**
2. The running order of performance, prior to the competition date or on the day of the competition in order to maintain a regular competition structure format
3. If entries are over-subscribed the whole weekend will have to be used
4. If entries are small, competitions may be amalgamated or cut to one day
5. BG changes its dates
6. Unforeseen circumstances dictate a change in date/venue

In all individual competitions the gymnasts will follow the drop down rule. The first gymnast on their first apparatus will drop down to the bottom of their group on the next apparatus.

Team and Twin competitions must complete order of performance for each apparatus and handed to the Head Judge of each apparatus. Form on page 16 of handbook.

All gymnasts and coaches must arrive at the venue 30 minutes before registration time for their round.

Where no specific point is addressed in the regulations, the current FIG rules apply.

However, the Competition Organisers and Technical Committee and its appointed officials reserve the right to define any regulation conflict as is deemed appropriate to ensure a fair and equitable competition.

The Competition Organisers reserves the right to refuse any entry and dis-qualify a competitor or team at any time, if they do not comply with BG and WTC regulations.

INQUIRIES TO JUDGES

Any 'D' panel inquiry may be raised with the Head Judge only using the required Official inquiry Form available at the Control Desk within 15 minutes of the coach receiving the score. A coach should register the intention to inquire with the Competition Organiser at the Control Desk, the Head Judge and the 'D' panel judge at the apparatus where the inquiry will be raised.

Photographic or Video analysis cannot be accepted at any time.

PRESENTATIONS AND AWARDS

Medals will be awarded for Individual Competitions 1st, 2nd, 3rd place in each age category. 4th – 6th place (guide 10 gymnasts) will be awarded ribbons.

GOLD, SILVER AND BRONZE place Individual Apparatus Medals will be awarded at Individual Competitions only. Gold medals will be awarded in each category or age group and must have a minimum of 3 gymnasts. Silver and Bronze medals will be awarded in each category or age group and must have a minimum of 6 gymnasts. Compulsory Levels will be awarded Certificates and NDP Grades will be awarded Certificates and NDP Badges.

JUDGE EXCELLENCE AWARD BADGES

These badges will be awarded during the competition by the D Panel Judge for any exceptional performance or elements or artistry performed on that piece of apparatus.

TIE BREAK RULES

Tie-break rules as per FIG Regulations for competitions that are qualifiers for National Competitions.

CODE OF CONDUCT – As defined by:-

British Gymnastics National Technical Committee Code of Conduct.

Womens Artistic Judges Code of Conduct.

WTC, acting through its Committee, reserves the right to refuse any entry and disqualify an official, judge, gymnast or team at any time, if they do not comply with BG regulations.

MOBILE PHONES AND TABLETS

Gymnasts and coaches must **NOT** use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication during the competition.

PARENTS AT EVENTS

All Clubs take responsibility for the actions of their parents. No parent is allowed on the competition arena to approach either active Coaches or Judges.

Should this occur, the immediate expulsion of the related club's gymnast(s) from the competition will be implemented.

MEDICAL PROVISION

Anyone requiring First Aid assistance should speak to the Competition Organiser,

On the Control Table. It is recommended that all coaches have a First Aid kit with them for minor injuries.

HEALTH AND SAFETY

The health and safety and welfare of all participants (gymnasts, coaches and officials) is the primary consideration. All BG policies and procedures will be rigorously applied with regards to health, safety, welfare and Safeguarding and Protecting Children.

BG PHOTO POLICY USE OF PHOTOGRAPHY/VIDEO/DIGITAL CAMERA EQUIPMENT

In order to protect the welfare of children at the event, photography at this event is permitted only on conditions set by British Gymnastics. This is a summary of those conditions.

If you do not agree to these conditions you may not bring any photo equipment into the venue or take any photos.

1. 'Photos' includes any form of or still image including those taken with mobile phones.
2. The Competition Organiser (or person acting on his or her authority) may require anyone at the event:
 - a. Not to take photos, either generally or in particular circumstances
 - b. To provide their full name and address and evidence of this
 - c. To let the Competition Organiser view any images recorded and to delete any images
 - d. To surrender media or equipment on which the images have been recorded if they cannot be viewed (e.g. photos on traditional film), or if they cannot be deleted.
3. Photos may only be taken and used in accordance with the British Gymnastics Child Protection Policy.
4. Photos may not be used, distributed or copied for commercial purposes.
5. Flash on cameras may not be used at any time while gymnasts are warming up or competing.

APPARATUS

VAULT:

- For round off entry vaults, the safety collar MUST be in place.
- 20cm FIG specification matting + 10 cm supplementary matting with markings as specified for vault landing
- Maximum run allowed 25 metres

BARS:

- Low bar 170cm / High bar 250cm (both +/- 1 cm) from the floor to the top side of the bars.
- Maximum width between bars, inside bars on diagonal is 180cm.
- 20cm FIG specification matting with 10cm supplementary matting.
- The take- off board may be placed on the supplementary mat.
- The supplementary mat may NOT be moved during the exercise.
- Unauthorised raising of the bars will be penalised in accordance with the FIG regulations.

BEAM

- 125cm from the floor to the top of beam
- 20cm FIG specification matting with 10cm supplementary landing mat.
- The dismount supplementary mat at the permitted end of the Beam may not be moved at any time.

FLOOR

- 12m x 12m FIG specification floor area

COACHES AT APPARATUS

BEAM A coach may remain near the apparatus on BEAM DISMOUNTS ONLY. This does not permit the coach to touch the gymnast during her routine unless to prevent an accident.

U. BARS The coach should remain at the apparatus throughout the routine and as above, should not touch the gymnast during the exercise.

For National Competitions a coach may ONLY be present on the podium for U. BARS to remove the springboard, then spot during the exercise. There may be a second person (coach/gymnast) on the podium to remove the board, *after which she/he must immediately leave the podium.* At BALANCE BEAM the coach may remove the springboard *after which she/he must immediately leave the podium.* The coach may assist and advise the gymnast during the intermediate fall time period from *below* the podium at Uneven Bars and Balance Beam.

NEW RULE BG UPDATE NO 11 OCTOBER 2015

BEAM DISMOUNTS – with immediate effect coaches will be permitted to stand in for beam dismounts without penalty at **ALL** competitions **EXCEPT** Senior British Championships. If they then touch the gymnast the normal FIG penalties will apply

NATIONAL RULES APPLICABLE TO LONDON GYMNASTICS COMPETITIONS

NATIONAL PROGRAMME - VOLUNTARIES

Rules as set by BG WTC and coaches should ensure that they download the official British Gymnastics WTC Handbook. **Any event leading to National Finals must follow the finals rules, all gymnasts MUST have a Silver BG Competitive Licence.**

NATIONAL CLUB GRADES AND COMPULSORY LEVEL REGULATIONS

Club and Regional Grades 6 - 1 are competed Regionally only and National Grades 4 - 1 are competed Regionally and the top 4 gymnasts scores of each of these Grades plus a reserve (5th place) will be selected to represent the London Region at National Finals. The gymnasts may enter any new Grade as long as they are the minimum age required for that Grade as per rules. Gymnasts may not compete the same grade twice unless they fail that grade in the previous year. **Gymnasts are not allowed to move back to a lower grade for any reason.**

NATIONAL VOLUNTARY LEVELS 4 & 3

Regional qualification. First 4 gymnasts and nominated reserve, 5th place, in each Voluntary In Age Group Level 4 and 3 will represent London.

LONDON REGIONAL REPRESENTATION

Coaches and Gymnasts representing the Region in National or Representative Competitions will be expected to wear London Gymnastics Regional Uniform.

PRICE LIST FOR 2017 REGIONAL UNIFORM

Long sleeve competition leotard + scrunchie - £45
Sleeveless Warm up leotard + scrunchie- £35
Sleeveless leotard + scrunchie for National Finals £35

Regional Track Suit - **Adidas online**
Polo or T/Shirt - **Adidas** polo shirt 2 styles available in Navy blue

To order Adidas online and receive a 10% discount quote Code LGWA when ordering.

<https://www.elitegymwear.co.uk/london-regionalkit>

Click on **Gym Link** button on the right hand side of the page

Select **London Regional Kit Page**

Code LGWA for 10% discount

PROCEDURE FOR ORDERING REGIONAL UNIFORM

Coaches and Parents/Guardians must order the Leotard(s) **immediately** after the qualification competition (1st – 5th) **and paid for by cash or cheque only.** The Leotards by the Zone will be posted to one of the WTC Committee Members who will distribute them

THE ORDERING OF THE REGIONAL TRACKSUIT AND POLO SHIRT IS DIRECT WITH ADIDAS. Coaches and Parents must order immediately after the competition in order to receive the kit by the National Competition date.



APPLICATION FOR RE-DESIGNATION

Gymnasts Name		
Club		
Coach Name		
Coach Qualification		
Coach Telephone		
E-Mail address		
Competitions competed Last year with scores	Competition	Score
1.		
2.		
3.		
Days and Hours training each week		
Current WTC Designation		
Programme to be Re- designated to		
Supporting Reasons		

Please complete this form and e-mail or return to:-

Bernice Negri,
Chairman LG WTC
44 Devonshire Road,
Hornchurch
Essex. RM12 4LQ

Telephone: 07973 660930
bernicenegri17@gmail.com

For Office Use only

Date Received

Date Replied



TEAM WORKING ORDER

VAULT		BARS	
Number	Gymnasts Name	Number	Gymnasts Name

VAULT		BARS	
Number	Gymnasts Name	Number	Gymnasts Name

Changes can be made before the 2 minute apparatus warm up
by informing the Head Judge at the apparatus. Only those
gymnasts named on the form may be on the competition floor.



TWIN WORKING ORDER

VAULT		BARS	
Number	Gymnasts Name	Number	Gymnasts Name

VAULT		BARS	
Number	Gymnasts Name	Number	Gymnasts Name

Changes can be made before the 2 minute apparatus warm up by informing the Head Judge at the apparatus . Only those gymnasts named on the form may be on the competition floor.



COMPETITION RULES
FOR 2017



Jump off the beam,
flip off the bars
follows your dreams,
and reach for the stars.

Nadia Comaneci

Year Born Eligibility Table for National and Regional Grades 2017

		<i>Compulsory Elite Levels</i>	NDP National Grades	NDP Regional Grades
Min Age 8	2009		NDP Club Grade 6	
Min Age 9	2008	<i>Compulsory 4</i>	NDP Club Grade 5	
Min Age 10	2007	<i>Compulsory 3</i>	National 4 <i>Not eligible: a pass at Compulsory 3 2 1</i>	Regional 4 <i>Not eligible: a pass at Compulsory 4 3 2 1 a pass at National 4 3 2 1</i>
Min Age 11	2006	<i>Compulsory 2</i>	National 3 <i>Not eligible: a pass at Compulsory 2 1</i>	Regional 3 <i>Not eligible: a pass at Compulsory 4 3 2 1 a pass at National 3 2 1</i>
Min Age 12	2005	<i>Compulsory 1</i>	National 2 <i>Not eligible: a pass at Compulsory 1</i>	Regional 2 <i>Not eligible: a pass at Compulsory 4 3 2 1 a pass at National 2 1</i>
Min Age 13	2004		National 1 <i>Not eligible: a pass at Compulsory 1</i>	Regional 1 <i>Not eligible: a pass at Compulsory 4 3 2 1 a pass at National 1</i>
Espoir 12 – 13	2004- 2005	British Championship s	Challenge Cup Not eligible: Qualified for British Champs	
Junior 14-15	2002- 2003	British Championship s	Challenge Cup Not eligible: Qualified for British Champs	
Senior 16+	2001 or before	British Championship s	Challenge Cup Not eligible: Qualified for British Champs	

NATIONAL DEVELOPMENT PLAN CLUB GRADES

PROGRESSION CHART (2017 onwards)

Club & Regional Grades - Regional Competition Only

Grade	AGE (in year of competition)
6	8 (minimum)
5	9 (minimum)
4	10 (minimum)
3	11 (minimum)
2	12 (minimum)
1	13 (minimum)

National Grades

REGIONAL QUALIFYING COMPETITION LEADING TO A NATIONAL FINAL

Grade	AGE (in year of competition)
4	10 (minimum)
3	11 (minimum)
2	12 (minimum)
1	13 (minimum)

- From 2017 onwards gymnasts must progress in a forward, developmental manner
- Only one Grade may be taken per year. Progression should be forward and developmental.
- All Club, Regional and National Grade exercises are marked out of **14.00** (maximum) unless stated otherwise.
- To qualify for the National Grades Final, a gymnast must have passed the Grade.
- There is **NO** minimum score on any apparatus, including Range & Conditioning.
- Range and Conditioning will be performed at National Final.

Competition 2017	NATIONAL NDP GRADES
Date	19th March
Entry Closing Date	6th February
National Competition Date	20 th & 21 st May Fenton Manor Sports Complex, Victoria Road, Fenton, Stoke on Trent, ST4 2RR Provisional timetable – NDP Grade 4 & 3 on Saturday and NDP Grade 2 & 1 on Sunday
Regional Venue	Heathrow G.C.
Eligibility	BG Membership - Silver / Club Affiliation A gymnast is NOT eligible if she has qualified for British Championships
Age Groups	National Grades 4 - 1 Regional Qualification for National Finals Minimum Age Grade 4 – 10 years Grade 3 – 11 years Grade 2 – 12 years Grade 1 – 13 years
Competition Requirements	Refer to National Development Plan Club Grades 2015
Competition Format	FIG General Faults and Penalties
Apparatus Specifications	FIG except Vault height Refer to Club Grades Book
Judging	1 Judge per Club entered for each day of the competition Judging Levy refer to Competition Entry Rules – Judges on page 4
Presentation and Awards	1 st /2 nd /3 rd in each Grades 4 - 1 4 th - 6 th where numbers permit (guide 10 gymnasts) NDP Grades Certificate and Badge
Pass Mark Commended Distinction	50.000 55.000 60.000
Teams for National Finals	First 4 gymnasts on Vault, Bars, Beam ,Floor, Range & Conditioning Score of 50.00 (min) + 5 th place as reserve for each Grade. No Individual Entries.

Competition 2017	REGIONAL NDP GRADES
Date	25th & 26th February
Entry Closing Date	16th January
Regional Venue	Heathrow G.C.
Eligibility	BG Membership - Silver / London Club Affiliation A gymnast if NOT eligible if she has qualified for British Championships
Age Groups	Regional Grades 6 - 1 Regional Competition ONLY Minimum age Grade 6 – 8 years Grade 5 – 9 years Grade 4 - 10 years Grade 3 – 11 years Grade 2 – 12 years Grade 1 – 13 years
Competition Requirements	Refer to National Development Plan Club Grades 2015
Competition Format	FIG General Faults and Penalties
Apparatus Specifications	FIG except Vault height Refer to Club Grades Book
Judging	1 Judge per Club entered for each day of the competition Judging Levy refer to Competition Entry Rules – Judges on page 4
Presentation and Awards	1 st /2 nd /3 rd in grades 6 - 1 4 th - 6 th where numbers permit (guide 10 gymnasts) NDP Grades Certificate and Badge
Pass Mark Commended Distinction	47.500 52.500 57.500

NATIONAL COMPULSORY

ELITE LEVELS 4, 3, 2, 1

PASS MARKS

LEVEL 4 - 50.00 minimum

LEVEL 3 - 50.00 minimum

LEVEL 2 - 50.00 minimum

LEVEL 1 - 48.00 minimum

THERE IS NO INDIVIDUAL PASS MARK FOR RANGE & CONDITIONING

Only In Age Gymnasts are allowed for selection for the National Finals at the Regional Qualifier competition (BG WTC Rules)

Out of Age Gymnasts are allowed to compete for a pass mark to move to the next level

- COMPULSORY LEVEL 4 - Gymnasts who **score 59.00** or more in their regional competition at **Level 4** but do not finish in the first four may enter the National Finals as individuals.
- COMPULSORY LEVEL 3 – Gymnasts who **score 56.00** or more in their regional competition at **Level 3** but do not finish in the first four may enter the National Finals as individuals.
- COMPULSORY LEVEL 2 – No regional qualification required. Individual entry direct to national finals. MUST have passed Compulsory 3
- COMPULSORY LEVEL 1 - No regional qualification required. Individual entry direct to national finals. MUST have passed Compulsory 2

Competition 2017	COMPULSORY LEVELS 5 / 4 / 3 / 2 / 1
Date	19th March
Entry Closing Date	6th February
National Competition Date	29 th & 30 th April Fenton Manor Sports Complex, Victoria Road, Fenton, Stoke on Trent, ST4 2RR <i>Provisional Timetable – Levels 4 & 2 Saturday Levels 3 & 1 Sunday</i>
Regional Venue	Heathrow G.C
Eligibility	BG Membership – Silver / Club Affiliation Levels 4, 3, 2, 1 BG Membership – Bronze / Club Affiliation Level 5
Age Groups	Level 5 Age 8 in year of competition Regional only Level 4, 3 In and Out of Age Level 2, 1 In and Out (Individual National Entry only)
Competition Requirements	Refer to National Elite Compulsory Level 2014 - 2017
Competition Format	FIG General Faults and Penalties
Apparatus Specifications	FIG Refer to Compulsory Structure book
Judging	1 Judge per Club entered for each day of the competition Judging Levy refer to Competition Entry Rules – Judges on page 4
Presentation and Awards	1st/2nd/3rd for each Level 4th- 6th where numbers permit (guide 10 gymnasts) Certificate
Pass Mark	Level 5 = all around pass score not required Level 4 = 50.00 all-around pass score Level 3 = 50.00 all-around pass score Level 2 = 50.00 all-around pass score Level 1 = 48.00 all-around pass score No individual pass mark for R & C required for any Level.
Teams for National Finals	First 4 In Age gymnasts and nominated reserve in each compulsory level (4 and 3) will represent London Gymnasts who achieve a pass mark of 59.00 in Level 4 and 56.00 in Level 3 but do not finish in first four places are eligible to enter National Finals as individuals including the reserve

Competition 2017	VOL. IN & OUT OF AGE LEVEL 5 (SPRING) VOL. OUT OF AGE LEVEL 5 (AUTUMN)
In & Out of Age - Date Spring Entry Closing Date Out of Age - Date Autumn Entry Closing Date	7th May 27th March 24th September (Sunday) 14th August
Regional Venue	Heathrow G.C.
Eligibility	BG Membership – Bronze / Club Affiliation Spring Benchmark – 46.00 & over Autumn Benchmark – TBC after Spring Competitions
Age Groups	8 – 15+ in year of competition
Competition Requirements	Refer to In/Out of Age Group Level Rules Level 5
Competition Format	FIG General Faults and Penalties
Apparatus Specifications	FIG except Vault Height: Refer to Age Group Level Rules In & Out of Age Level 5 Hard and soft turbo boards allowed
Judging	1 Judge per Club entered for each day of the competition Judging Levy refer to Competition Entry Rules – Judges on page 4
Presentation and Awards	1st/2nd/3rd in each age category 4th- 6th where numbers permit (guide 10 gymnasts) Gold Individual Apparatus Medals (Minimum 3 gymnasts in each age category) Silver and Bronze Individual Apparatus Medals (Minimum 6 gymnasts in each age category)

Competition 2017	VOL. IN & OUT OF AGE GROUP LEVEL 4, 3, 2, 1 LONDON CHALLENGE ESPOIR/JUNIOR/SENIOR FIG ESPOIR/JUNIOR/SENIOR (SPRING) VOL. OUT OF AGE (AUTUMN)
In & Out of Age - Date Spring Entry Closing Date Out of Age - Date Autumn Entry Closing Date	25th June 15th May 8th October 28th August
Regional Venue	Heathrow G.C.
Eligibility	BG Membership – Silver / Club Affiliation Spring Benchmark – Level 4 = 47.00 & over Level 3 = 48.00 & over Autumn Benchmarks – TBC after Spring Competitions
Age Groups	9 – 15+ in year of competition
Competition Requirements	Refer to Out of In/Age Group Level Rules
Competition Format	FIG General Faults and Penalties
Apparatus Specifications	FIG except Vault Height: Refer to Age Group Level Rules In & Out of Age Hard and Soft Turbo Boards will also be allowed
Judging	1 Judge per Club entered for each day of the competition Judging Levy refer to Competition Entry Rules – Judges on page 4
Presentation and Awards	1st/2nd/3rd in each age category 4th- 6th where numbers permit (guide 10 gymnasts) Gold Individual Apparatus Medals (Minimum 3 in each age category) Silver and Bronze Individual Apparatus Medals (Minimum 6 gymnasts in each age category)

Competition 2017	<p align="center">LONDON TEAMS JUNIOR AND SENIOR VOL. AGE GROUP LEVELS 5,4,3,2, 1 CHALLENGE ESPOIR/JUNIOR/SENIOR FIG ESPOIR/JUNIOR/SENIOR</p>
Date	10th & 11th June
Entry Closing Date	1st May
Regional Venue	Heathrow G.C.
Eligibility	BG Membership / Club Affiliation
Age Groups	Junior Age to 11 in year of competition Senior Age 12+ in year of competition 8 – 15+ in year of competition
Competition Requirements CONFIRMATION OF RULE PRIOR TO MARCH ON Only gymnasts nominated to work a piece of apparatus in their Team are allowed to be on the competition floor.	5 in Team, 4 to work, 3 to count (minimum 3 gymnasts) Level 5 Juniors Optional Vault Of Handspring Flat Back Or FIG Coded Vault (No Saltos) Level 4 Juniors FIG coded vault (No Saltos) Vault Heights Best Vault to Count from 2 vaults Level 5 Junior 110 cm Senior 120 cm or 125cm Level 4 Junior 115 cm Senior 120 cm or 125cm Level 3 Junior 120 cm Senior 125 cm Level 2 125 cm FIG/Challenge 125 cm Gymnasts may work UP a category, but MUST NOT work below their usual level of competition (Senior Teams may include younger gymnasts for the purpose of making up a Team) NOTE: If any gymnast works above their level for this competition, they then revert back to their original level for individual competitions
Competition Format	FIG General Faults and Penalties Same rules apply for each category
Apparatus Specifications	FIG except Vault height Refer to Age Group Level Rules Hard and soft turbo boards also allowed
Judging	1 Judge per Club entered for each day of the competition Judging Levy refer to Competition Entry Rules – Judges on page 4
Presentation and Awards	1st/2nd/3rd in each age category

TEAMS RULES

Following careful deliberations and in view of the minority of teams in certain competitions. For 2017 there will be one category for each Level Junior and Senior and NEW RULES FOR CHALLENGE AND FIG (see below)

Teams may be comprised of a Mixture of both In and Out of Age gymnasts or Out of Age gymnasts

Junior age up to 11 in year of competition
Senior age 12+ in year of competition

Judging Rules for Levels 5,4,3,2 are Out of Age Rules for that level

CATEGORIES

Level 5 Junior & Senior
Level 4 Junior & Senior
Level 3 Junior & Senior
Level 2 Level 2 Out of Age Rules OR
Level 2 may compete with Challenge or FIG Teams

FIG AND CHALLENGE - NEW RULES

FIG & CHALLENGE GYMNASTS MAY MAKE UP A TEAM TOGETHER IN THE FOLLOWING CATEGORIES. THEY MAY ALSO WORK UP A LEVEL WITH A SENIOR GYMNAST TO MAKE A SENIOR TEAM

Level 2, Espoir, Junior, Challenge & FIG Teams	FIG Junior Code
Senior Challenge & FIG Teams	FIG Code

Level 5 Junior - Optional Vault of Handspring Flat Back will be allowed DV = 1.40

Vault Height 100 cm 8 – 11 years

Level 4 Juniors - FIG coded vault (No Saltos)

Level 5 Junior 110 cm	Senior 120 cm or 125 cm
Level 4 Junior 115 cm	Senior 120 cm or 125cm
Level 3 Junior 120 cm	Senior 125 cm
Level 2	125 cm
FIG/Challenge	125 cm

Competition 2017	VOL. IN AGE GROUP LEVEL 5,4,3,2,1 REGIONAL QUALIFIER FOR NATIONAL FINALS
Date	23rd September (Saturday)
Entry Closing Date	14th August
Regional Venue	Heathrow G.C.
Eligibility	BG Membership – Bronze / Club Affiliation Autumn Benchmark – TBC after Spring Competitions
Age Groups	8 – 15+ in year of competition
Competition Requirements	Refer to In Age Group Level Rules
Competition Format	FIG General Faults and Penalties
Apparatus Specifications	FIG except Vault Height: Refer to In Age Group Level Rules for Levels 4,3,2,1 Refer to In & Out Age Group Level Rules for Level 5 Hard and soft turbo boards allowed
Judging	1 Judge per Club entered for each day of the competition Judging Levy refer to Competition Entry Rules – Judges on page 4
Presentation and Awards	1st/2nd/3rd in each age category 4th- 6th where numbers permit (guide 10 gymnasts) Gold Individual Apparatus Medals (Minimum 3 gymnasts in each age category) Silver and Bronze Individual Apparatus Medals (Minimum 6 gymnasts in each age category)

Teams for National Finals

First 4 In Age gymnasts and nominated reserve, 5th place, in each Vol. In Age Group Level 4 and 3 will represent London

Levels 4 & 3

Gymnasts in Levels 4 & 3 who do not finish in the first four are eligible to enter National finals as individuals providing they have achieved the required score of **47.00 at Level 4** or **46.00 at Level 3** in the Regional Voluntary Levels qualifier and have a carry forward score from the 2017 National Compulsory Finals

Level 2 – Individual entry direct to National Final – No regional qualification score

- Entrants must have passed Compulsory 3
- Level 2 is not a team competition

COACHES QUALIFICATIONS AND PASSES

- Maximum 1 coach per gymnast
- Level 4 – minimum Level 2 qualification
- Level 3 – minimum Level 2 with the relevant Level 3 Technical Modules signed off
- Level 2 – minimum Level 2 with the relevant Level 3 Technical Modules signed off

NEW COMPETITION - TEDDY TWIN PIECE

Competition 2017	TEDDY TWIN PIECE JUNIOR & SENIOR - ALL LEVELS
Date	12th November (Sunday) TBC
Entry Closing Date	2nd October
Venue Regional	Heathrow G.C.
Eligibility	BG Membership / Club Affiliation
Age Groups	Junior Age to 11 in year of competition Senior Age 12+ in year of competition 8 – 15+ in year of competition
Competition Requirements	<p>2 in a Team. Gymnasts to work 2 pieces of apparatus each.</p> <p>Level 5 Juniors Optional Vault Of Handspring Flat Back Or FIG Coded Vault (No Saltos) Level 4 Juniors FIG coded vault (No Saltos) Vault Heights Best Vault to Count from 2 Vaults Level 5 Junior 110 cm Senior 120 cm or 125cm Level 4 Junior 115 cm Senior 120 cm or 125cm Level 3 Junior 120 cm Senior 125 cm Level 2 125 cm FIG/Challenge 125 cm</p> <p>Gymnasts may work UP a category, but MUST NOT work below their usual level of competition (Senior Twin Teams may include younger gymnasts for the purpose of making up a Team)</p> <p>NOTE: If any gymnast works above their level for this competition, they then revert back to their original level for individual competitions</p>
CONFIRMATION OF RULE PRIOR TO MARCH ON	
Only gymnasts nominated to work a piece of apparatus are allowed to be on the competition floor.	
Competition Format	FIG General Faults and Penalties
Apparatus Specifications	FIG except Vault Height Refer to Out of Age Group Level Rules Hard and Soft Turbo Boards will also be allowed
Judging	1 Judge per Club entered for each day of the competition Judging Levy refer to Competition Entry Rules – Judges on page 4
Presentation and Awards	1st/2nd/3rd in each age category 4th- 6th where numbers permit (guide 10 gymnasts) 1st in each Junior and Senior level - Large Teddy 2nd & 3rd in each Junior and Senior Level – Small Teddy 4th, 5th, 6th in each Junior and Senior Level – Teddy Key Ring



TEDDY TWIN PIECE RULES

Following careful deliberations and in view of the minority of teams in certain competitions. For 2017 there will be one category for each Level Junior and Senior.

Twin Teams may be comprised of Mixture of both In and Out of Age gymnasts or Out of Age gymnasts

Junior age up to 11 in year of competition
Senior age 12+ in year of competition

Judging Rules for Levels 5,4,3,2 are Out of Age Rules for that level

CATEGORIES

Level 5 Junior & Senior
 Level 4 Junior & Senior
 Level 3 Junior & Senior
 Level 2 Level 2 Out of Age Rules
 Level 2 **may compete with Challenge or FIG Teams**

FIG AND CHALLENGE - NEW RULES

FIG & CHALLENGE GYMNASTS MAY MAKE UP A TWIN TEAM TOGETHER IN THE FOLLOWING CATEGORIES. THEY MAY ALSO WORK UP A LEVEL WITH A SENIOR GYMNAST TO MAKE A SENIOR TEAM

JUNIOR - Level 2, Espoir, Junior, Challenge & FIG Teams
 SENIOR - Challenge & FIG Teams

FIG Junior Code
 FIG Code

Level 5 Junior - Optional Vault of Handspring Flat Back will be allowed DV = 1.40
Vault Height 100 cm 8 – 11 years

Level 5 Junior	110 cm	Senior	120 cm or 125 cm
Level 4 Junior	115 cm	Senior	120 cm or 125 cm
Level 3 Junior	120 cm	Senior	125 cm
Level 2			125 cm
FIG/Challenge			125cm