

# YORKSHIRE GYMNASTICS ASSOCIATION

## WOMEN'S ARTISTIC COMPETITION HANDBOOK 2014

(19th May 2014)



*Rules and Regulations*

# *INTRODUCTION*

The purpose of this handbook is to provide a guide to Yorkshire Women's Artistic Gymnastics competitions from January 2014.

All the information included within this handbook can be found on the Yorkshire Gymnastics Association website at [www.yorkshire.gymnasticsengland.org](http://www.yorkshire.gymnasticsengland.org)

FIG Code of points can be found at

<http://www.fig-gymnastics.com/vsite/vnavsite/page/directory/0,10853,5187-188050-205272-nav-list,00.html>

## *WOMENS ARTISTIC TECHNICAL COMMITTEE*

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Secretary –

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### **USEFUL ADDRESSES AND CONTACTS :**

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## CALENDAR

Date Saturday	Event	Venue	Entry Deadline
1 <sup>st</sup>			
8 <sup>th</sup>			
15 <sup>th</sup>			
<b>22-23</b>	<b>14,13,11,10,&amp; 9 Grades</b>	<b>Catrick</b>	<b>22</b>
1-2nd March			
<b>8-9</b>			
<b>14/15/16</b>	<b>English Championships</b>		
22 March			
<b>28/29/30</b>	<b>British championships</b>	<b>Liverpool</b>	<b>14/2/14</b>
<b>5 – 6</b>	<b>Comp 4 &amp; 3, National 8/7/6/5 &amp; Reg 12</b>	<b>Catrick</b>	<b>5<sup>th</sup></b>
12 April			
<b>19 April</b>	<b>Easter weekend</b>		
26 April			
<b>3 - 4 May</b>	<b>Compulsory 4 &amp; 3</b>	<b>Birmingham</b>	<b>18</b>
10 May			
<b>17-18 May</b>	<b>National grades 8-5</b>	<b>Birmingham</b>	<b>2<sup>nd</sup></b>
<b>24 - 25 May</b>	<b>Spring Bank</b>		
<b>31<sup>st</sup></b>	<b>Nat compulsory 2 &amp; 1</b>	<b>Pipers Vale Ipswich</b>	<b>18</b>
7 <sup>th</sup>			
<b>14 – 15 June</b>	<b>L7 &amp; L6 Individual (Sub Regional)</b>	<b>Huddersfield</b>	<b>14</b>
<b>21 -22 June</b>	<b>Espoir/Junior/Senior Challenge Cup</b>	<b>Guildford</b>	<b>9<sup>th</sup></b>
28 June			
5 July			
12 July			
19 July			
<b>24 July – 3</b>	<b>Commonwealth games</b>	<b>Glasgow</b>	
<b>6 - 7 September</b>	<b>British team champ &amp; Regional app final</b>	<b>Fenton Manor</b>	<b>25</b>
<b>13 -14 Sept</b>	<b>Bill Slater</b>	<b>Fenton Manor</b>	<b>1<sup>st</sup></b>
20 September			
27 September			
<b>27th/28th Sept</b>	<b>5/4/3/2 in &amp; out of age FIG</b>	<b>Catterick</b>	<b>27th August</b>
11 October			
18 October			
25 October			
<b>1 -2 Nov</b>	<b>Vol Age Groups 4/3/ &amp; Championships2</b>	<b>Guildford</b>	<b>17</b>
8 November			
<b>22nd/23rd November</b>	<b>Teams 5/4/3/2/FIG</b>	<b>Catterick</b>	<b>15</b>
22 November			
<b>29 -30 November</b>	<b>Teams 7/6</b>	<b>Huddersfield</b>	<b>29</b>
<b>5 - 6 December</b>	<b>Espoirs British Championships</b>	<b>Glasgow</b>	<b>24</b>
13 December			

## YORKSHIRE COMPETITION STRUCTURE 2014

### INDIVIDUAL COMPETITIONS - \*NEW\*

- All competitions with the exception of Level 7 and 6 Individual will be held as Regional events. Level 7 and 6 will be Sub regional
- **Gymnasts may only enter ONE individual level competition per calendar year.**
- **In Voluntary 'In Age' Level competitions which lead to a national final. Gymnasts will only be eligible for National finals if they achieve the score set by Yorkshire for Individual entrants regardless of finish position.**

### TEAM COMPETITIONS

- All team competitions will be held regionally
- **Gymnasts may only enter ONE team competition per calendar year**
- **Gymnasts may compete in a team at 1 level higher than their individual level. If you enter a gymnast more than 1 level higher in a team her individual level will automatically move up to 1 level below this.**

### ANNUAL GRADES COMPETITIONS - \*NEW\*

- Grades competitions will be held within the region once per year. Please refer to the Grades books (published by BG) for details of requirements
- **In Compulsory Grades Gymnasts are eligible for national finals if they have passed the grades**  
**However, it is recommended that decisions over sending gymnasts to any National final take into account Yorkshire Guidance on this (an advised score will be set).**

**The Region would like to try and improve nationally, and would like to send Gymnasts who are capable and ready to be at that level nationally.**

## ENTRY TO YORKSHIRE LEVELS COMPETITIONS - NEW

### RANKING LIST - NEW

BENCH MARKS FOR VOLUNTARY AGE GROUP OUT OF AGE GYMNASTS *(These do not apply to In age gymnasts at level 4,3 and 2)*

#### FROM 2013 COMPETITIONS

Level 7 - If they achieve 46.00 must move to Level 6

Level 6 - If they achieve 46.50 must move to Level 5

Level 5 - If they achieve 45.00 must move to Level 4

Level 4 - If they achieve 45.00 must move to Level 3

Level 3 - If they achieve 46.00 must move to Level 2

*Any gymnast who reaches the new benchmark in the previous year move up a level for the next years competitions. All competition entry forms will be checked.*

**Any gymnast who reaches the new benchmark in the previous year must move up a level for the next**

**Gymnasts may compete in a team at 1 level higher than their individual level. If you enter a gymnast more than 1 level higher in a team her individual level will automatically move up to 1 level below this.**

### OTHER RESTRICTIONS - NEW

- *Gymnasts who have passed compulsory 4 can only enter Minimum Voluntary 4*
- *Gymnasts who have passed compulsory 3 can only enter minimum Voluntary 3*
- *Gymnasts who have passed Compulsory 2 can only enter Minimum Voluntary 2*
- *Gymnasts who have competed at british championships can only enter Yorkshire FIG*
- *Gymnasts who have passed any National Club Grade must enter a minimum of Voluntary 4*
- *Gymnasts who have competed at Yorkshire FIG before level 2 was introduced or Challenge cup may enter Level 2 or above*

*\*There are no restrictions for Regional Grades to enter a certain level\**

## APPLICATION FOR LEVEL RE-DESIGNATION

Gymnasts Name			
Club (including previous club if less than a year at the current club)			
Coach Name			
Coach Qualification			
Coach Telephone			
E-Mail address			
Competitions competed with scores in chronological order	Competition	Score	Date
1			
2			
3			
Days and Hours training each week			
Current WTC Designation			
Level to be Re-designated to			
Supporting Reasons			

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

For Office Use only

Date Received .....

Date Replied .....

## 2014 YORKSHIRE COMPETITION AGE GROUPS FOR LEVELS/INDIVIDUALS/ TEAMS

Individual Age Groups	Team Age Groups:	Year of Birth Calculators:	
<b>LEVEL 7 Individual</b>	<b>LEVEL 7 Team</b>	<b>Y of B Calculator 2013</b>	
Age 7/8	Teams of 5, 4 to count	Y of B	Age
Age 9/10	7 - 10	2014	0
Age 11/12	11+	2013	1
Age 13+		2012	2
	<b>LEVEL 6 Team</b>	2011	3
<b>LEVEL 6 Individual</b>	Teams of 5, 4 to count	2010	4
Age 7/8	7-10	2009	5
Age 9/10	11+	2008	6
Age 11/12		2007	7
Age 13+	<b>LEVEL 5 Team</b>	2006	8
	Teams of 5, 4 to count	2005	9
<b>LEVEL 5 Individual</b>	Age 8 +	2004	10
Age 8		2003	11
Age 9/10	<b>LEVEL 4 Team</b>	2002	12
Age 11/12	Teams of 5, 4 to count	2001	13
Age 13+	Age 9 +	2000	14
		1999	15
<b>LEVEL 4 Individual</b>	<b>LEVEL 3 Team</b>	1998	16
In Age 9	Teams of 5, 4 compete & 3 count	1997	17
Age 10-12	Age 10+	1996	18
Age 13+			
	<b>FIG Team</b>		
<b>LEVEL 3 Individual</b>	Teams of 5, 4 compete & 3 count		
In Age 10	Age 11+		
Age 11/12			
Age 13+			
<b>FIG Individual</b>			
Junior 11-14			
Senior 15+			

### AGE GROUPS

For individual competitions where more than 10 gymnasts are entered in an age group, the age groups **may** be split further. For example in the 9 / 10 years age group competition the ages may be separated into a 9 years competition and a 10 years competition.

### AGE OF GYMNASTS

All ages are for the gymnast's age in the year of competition. For example, a child born 01/01/96 is classed as 17, as is a child born 31/12/96, they are both born in year 1996 and are 17 years old during 2012. Gymnasts must compete in the correct age group for both team and individual competitions.



## COMPETITION ENTRY FORM RULES - \*NEW\*

By one calendar month before ALL Entry's must be submitted using the online direct online system:-

<http://ygevents.stillpointsolutions.co.uk>

[yorkscompentries@gmail.com](mailto:yorkscompentries@gmail.com)

Payment may be by Bank transfer of Cheque Entry cheques and Judges cheque for £50 to be received by the organiser one calendar month before the comp :-

Any club not supplying a Judge for each whole day of the competition, or any Judge that does not attend, the cheque will be cashed. All cheques will be returned on the day of the competition if their Judge(s) attend.

A Club may forward an undated cheque at the beginning of the competition year which will be held by the WTC Chairman for each competition. If at any time the above ruling is not upheld then the Club concerned will be notified and the cheque will be cashed.

Late entries will only be accepted upon receipt of triple the entry fee. The competition organiser will have the final say on accepting late entries. Entry forms with no Judge nominated will be charged at double to normal fee.

*\* if your club is new or there are specific reasons a judge is not available please contact the competition organiser who may be able to allocate another role such as announcer, scorer, welfare officer or first aider to avoid this charge (this is at the discretion of the competition organiser) \**

*If a suitably qualified judge is not available from within a club, the following process is followed:*

- 1. If no judge name is included on the entry form, then double fees for each gymnast or team will apply.*
- 2. If no judge name is included with the entry form, the entry will be limited to 5 gymnasts or 1 team even if double entry fees are paid*
- 3. If only 1 judge name is included with the entry form, the entry will be limited to 15 gymnasts or 2 teams*
- 4. If only 2 judges named then the entry will be limited to 30 gymnasts or 4 teams*
- 5. If this process is not followed the competition entry will be rejected and returned.*
- 6. If a competition organiser is provided by the club, then a judge needn't be nominated.*

Incomplete entry forms or those deemed invalid by the organiser will not be processed and will be returned to the club.

Competition Dates will be adhered to where possible, however, the WTC reserves the right to change:

- If entries are over-subscribed the whole weekend will have to be used: conversely if entries are small, competitions may be amalgamated or cut to one day.
- To combine age categories if numbers entered into the competition are small.
- BG Changes its dates
- Unforeseen circumstances dictate a change in date/venue

The WTC reserves the right to change the working order to maintain a regular competition structure format. All gymnasts and coaches must arrive at the venue half an hour before registration time for their round and must stay in the competition venue.

BG Membership numbers and Date of Birth MUST be shown on the entry forms for competitions which lead to a National final. Each club is responsible for its members BG membership and must ensure each gymnast has the correct membership by the time of the competition.

### **ENTRY FEES FOR 2014 COMPETITIONS**

All competitions - £ 20

Entry Fees are non-refundable AFTER the closing date

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

## YORKSHIRE REGIONAL, GENERAL AND COMPETITION RULES

### FLOOR MUSIC

Please note that the following music is not allowed:

Cirque du Soleil, Disney, Walt Disney, Andrew Lloyd Webber. For any clarification please consult the PPL Website [www.ppluk.com](http://www.ppluk.com)

All music should be labelled and with the gymnast's name and club.

Each different piece of music should be supplied on a separate CD or other reliable and effective format if available or provided and a duplicate should be available. Please check with the organiser which forms are available.

### MOBILE PHONES - NEW

Apart from as required for the running of the competition (WTC Chairperson and Competition Organisers) gymnasts, coaches, judges and officials MUST NOT use mobile phones.

### PRESENTATION OF AWARDS

#### *Individual Competitions*

Trophies will be awarded to the top 3 overall places.

In a field of 5 or more gymnasts, medals will be awarded for each piece the gymnasts perform on.

For fields of 3 or fewer gymnasts only overall medals will be given (exception Yorkshire Junior and Senior Championships which are also Apparatus Championships where trophies for 1st on each piece will be given out).

If only 1 gymnast entering they are able to perform and will only receive an overall gold medal.

In a competition of more than 10 competitors places 4, 5 and 6 overall will be awarded merit ribbons.

#### *Team Competitions*

Trophies will be awarded to the top 3 teams overall.

In the event of only one team entering they are able to perform and receive gold medals.

Individual apparatus medals will not be awarded at Team competitions.

**\*It is the responsibility of the recipient club to return annual trophies on or before the competition day in the following year. Failure to return a trophy will result in the Club being charged the cost of replacing the trophy\***

### 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 except in the case of child welfare issues.

### USE OF PHOTOGRAPHY/VIDEO/DIGITAL CAMERA EQUIPMENT

The use of flash photography and video whilst the gymnasts are performing their routines or during the warm-up sessions is not allowed in the arena by anyone.

## SPECTATOR ENTRY FEE

Spectators will be charged an entrance fee at the venue. It is the club's responsibility to inform parents of this charge. Children and OAP will be charged at a reduced fee. This fee may vary according to the size/price of the venue and, therefore, is not set in tablets of stone.

## BRITISH GYMNASTICS WEBSITE

Updates and information for Coaches and Judges can be found on Women's Artistic section on the BG Homepage.

## WORKING ORDER:

### *Individual competitions*

1. Competitors compete in programme numerical order.
2. Competitors advance one place in the order of competing and the first competitor becomes last competitor in each subsequent apparatus in the working order.
3. The working order of individuals is determined by the competition organiser to provide the most effective use of time and circulated approximately 2 weeks prior to competition.
4. Withdrawn gymnasts are discounted from the competition working order.

### *Working Order: Team competitions*

1. Teams compete in programme order.
2. The competition working order of teams is determined by the competition organiser to provide the most effective use of time and circulated approximately 2 weeks prior to the competition.
3. Gymnasts in a team compete in their coach's preferred order.
4. Teams withdrawn from the competition are discounted from the competition working order.
5. Order of gymnasts performing may be changed due to apparatus requirements such as vault heights.
6. Team warmups may have to be split due to apparatus requirements and time restraints.

### *Working Order: Team and Individual competitions held at the same time*

1. Teams compete in programme order.
2. Gymnasts in a team compete in their coach's preferred order.
3. If a gymnast is only competing as an individual they will warm up and compete after any teams have competed and work in programme order. It may be necessary to have a separate group for individual gymnasts.

## COMPETITION ETIQUETTE

Please refer to FIG code of points (link on the first page) and British Gymnastics Guidance

## RESPONSIBILITY OF PARTICIPATING CLUBS - **\*NEW\***

It is anticipated that each Club entered in the competition will be responsible for providing some of the volunteers that will be needed for the successful running of the competition. In order to progress the region we need team work through out. Duties may include (this is not an exhaustive list the exact roles needed will depend on the competition and venue)

*Runners, Timekeepers, Catering, Scorer, Door people, Raffle running*

## YORKSHIRE LEVEL 7-5 AND OUT OF AGE 4-2 COMPETITION RULES

For in age rules please see the British Gymnastics Website for up to date Age Group rules

[www.british-gymnastics.org](http://www.british-gymnastics.org)

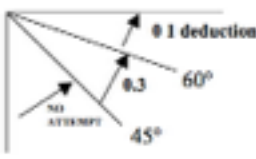
### Yorkshire Level 7 All Apparatus (Sub-regional Only)

FIG rules apply except where stated. The E-score will be deducted from 10.00 using FIG deductions for execution, artistry and composition. **If a gymnast does not attempt the required number of elements they will be deducted 0.5 for each non-attempted element**

Vault	Single Bar	Beam	Floor
Gymnasts will perform 2 vaults and it will be the better vault which counts.	Low bar of A.bars for smaller or high bar for taller gymnasts by choice. Set Routine	Gymnasts perform a routine with six elements to count. Only listed moves can be performed.	Floor routine to last 30-60 seconds (1.00 deduction if music is overtime). Only listed moves can be performed.
The D-score will be determined by the vault performed using the difficulty values below.  Handspring Flat Back 2.40  <b>Maximum D-score = 2.40</b>	The D Score is composed of 4 elements worth 0.6 each.  <b>Maximum D-score = 2.40</b>	The D-Score is composed of: <b>6 highest elements</b> <ul style="list-style-type: none"> <li>4 Compositional Requirements worth 0.5 each Total = 2.0</li> <li>6 elements (which may include the CR's) worth 0.1 from uncoded list ie 6 elements at 0.1 each=0.6</li> </ul> <b>Maximum D-score = 2.60</b>	The D-Score is composed of: <b>7 highest elements</b> <ul style="list-style-type: none"> <li>4 Compositional Requirements worth 0.5 each Total = 2.0</li> <li>7 elements (which may include the CR's) worth 0.1 from uncoded list ie 7 elements at 0.1 each=0.7</li> </ul> <b>Maximum D-score = 2.70</b>
<b>Apparatus Heights (Individual)</b>  7/8 years      Firm Mats 80cm 9/10 years      Firm Mats 90cm 11/12 years      Firm Mats 100cm 13+ years      Firm Mats 110cm  <i>Team competitions there are the following minimum Heights:</i>  7 – 10 Years Min Height 80cm 11+ Min Height 100cm  <i>Coaches can use a higher vault if required but not lower than stated above</i>  <i>*Please note that time taken to move the vault up and down for your team members is part of your warm up time not additional*</i>	<b>Set Routine:</b> 1. Upward circle from 1 or 2 feet – 2 springboards may be used if the gymnast cannot reach the bar using 1 board. 2. Cast towards horizontal & return to front support 3. Cast into back hip circle 4. Squat on jump off dismount or straddle/pike undershoot dismount  <i>No E-panel deduction of 0.3 for the empty swing automatically performed after the back hip circle.</i> <i>Cast Penalties:</i>	<b>Compositional Requirements:</b> 1. Mount - Squat On, Japana, Straddle On, Jump to Front Support, Straddle ½ lever along the beam. 2. Cat Leap, Tuck or Straight Jump. 3. From sitting, lay back & hold beam. Lift both legs straight to touch beam behind head, continuous roll forward to stand <b>or</b> Forward Roll 4. Dismount - Round off or Run & 2 Footed Stretch Jump  <u>Any CR listed above DV 0.1</u> <u>Uncoded moves valued @ 0.1</u> <ul style="list-style-type: none"> <li><b>Balance for 2 secs:</b> Arabesque, Pike V Sit (no hands on beam), Straddle ½ Lever (not if used as the mount to the routine)</li> <li><b>Other Elements :</b> ½ spin</li> </ul>	<b>Compositional Requirements</b> 1. Cartwheel – optional entry/exit to stand/Round Off 2. Backward Roll (feet to tuck/pike/straddle stand) 3. Handstand (optional exit) 4. Cat, Scissor Leap, Tuck, Star jump Stretch Jump With ½ or Full Turn.  <u>Any CR listed above DV 0.1</u> <u>Uncoded moves valued @ 0.1</u> <ul style="list-style-type: none"> <li>Forward Roll to stand</li> <li>Backward/Forward walkover/Tic Toc</li> <li>½ Spin</li> </ul>

## Yorkshire Level 6 All Apparatus (Sub Regional only)

FIG rules apply except where stated. The E-score will be deducted from 10.00 using FIG deductions for execution, artistry and composition. **If a gymnast does not attempt the required number of elements they will be deducted 0.5 for each non-attempted element.**

Vault	Bars	Beam	Floor
Gymnasts perform 2 vaults and the better vault counts.	<b>5 highest elements plus the dismount to count</b>	<b>7 highest elements plus the dismount to count</b>	<b>8 highest elements to count</b>
The D-score difficulty values : ¾ front salto to flat back or Handspring flat back - 2.4 <b>13+ Only can also choose</b> Handspring to feet on Mats 2.8 <b>Maximum D-score = 2.4 (7-12) 2.8 13+</b>	The D-Score will be composed of: <ul style="list-style-type: none"> <li>5 Compositional Requirements worth 0.5 each Total = 2.5</li> <li>6 elements (which may include the CR's) worth 0.1 each from uncoded list ie 6 elements at 0.1 each=0.6</li> </ul> <b>Maximum D-score = 3.1</b>	The D-Score will be composed of : <ul style="list-style-type: none"> <li>5 Compositional Requirements worth 0.5 each = 2.5</li> <li>8 elements (which may include the CR's) worth 0.1 each from uncoded list ie 8 elements at 0.1 each=0.8</li> </ul> <b>Maximum D-score = 3.3</b>	The D-Score will be composed of 2 parts: <ul style="list-style-type: none"> <li>5 Compositional Requirements worth 0.5 each = 2.5</li> <li>8 elements (which may include the CR's) worth 0.1 each from uncoded list ie 8 elements at 0.1 each=0.8</li> </ul> <b>Maximum D-score = 3.3</b> <b>BARRED ELEMENTS – SALTOS</b>
<b>Apparatus Heights (individual)</b>  7/8 Firm mats made up to 80cm 9/10 Firm mats made up to 90cm 11/12 Firm mats made up to 100cm 13+ Firm mats made up to 110cm  <i>Team competitions there are the following minimum Heights:</i> 7 – 10 Years Min Height 80cm 11+ Min Height 100cm <i>Coaches can use a higher vault if required but not lower than stated above</i> <i>*Please note that time taken to move the vault up and down for your team members is part of your warm up time not additional*</i>	<b>Compositional Requirements:</b> 1. Upward circle from 2 feet – 2 s/boards may be used if a gymnast cannot reach the bar using 1 board. 2. Forward/Back Hip or Seat Circle 3. ¾ giant from LB to HB or from a cast on HB or counter swing or Swing in hang 180 4 Tucked Sole Circle or Squat on 5. Straddle/Pike underswing/ shoot or Sole Circle Dismount	<b>Compositional Requirements:</b> 1. Mount – Jump to Straddle ½ Lever sideways, Squat Thru, Jump to 1/2 feet, Japana (feet must immediately slide to japana) or Squat On 2. Split Leap or Jump (min 135 split) 3. Forward/Backward Roll or Cartwheel or Back Walkover 4. ½ spin <b>immediate</b> ½ turn on 2 feet 5. Handspring or Round off Dismount	<b>Compositional Requirements:</b> 1. Series of 2 flight elements 2. Backward Roll to front support (straight arms) or Handstand Forward Roll 3. Forward or back walkover, tinsica or valdez, handstand to bridge and return, tic toc. 4. Dance Passage (as per FIG) to include split leap (minimum 150) 5. Spin 360° optional leg position
<b><u>BARS</u></b> <b><u>One move may be repeated for DV on a different bar</u></b> <u>Any CR listed above DV 0.1</u> <u>Uncoded moves valued @ 0.1</u> • Squat on • ¾ giant on Low Bar	<i>There will be no E-panel deduction of 0.3 for the empty swing automatically performed after a hip circle or ¾ giant.</i> <i>Cast Penalties</i> 	<u>Any CR listed above DV 0.1</u> <u>Any A Coded Elements @ 0.1</u> <u>Uncoded moves listed below valued @ 0.1</u> <ul style="list-style-type: none"> <li>Leaps / Jumps: Cat, Tuck, Stretch Jump, Star Jump</li> <li>Balance for 2 secs: Arabesque above horizontal, Pike ½ lever, Handstand, Straddle ½ Lever (not if used as the mount to the routine)</li> </ul>	<u>Any CR listed above DV 0.1</u> <u>Any A Coded Elements except saltos @ 0.1</u> <u>Uncoded moves listed below valued @ 0.1</u> <ul style="list-style-type: none"> <li><b>Leaps:</b> Cat, Cat ½, Scissor</li> <li><b>Jumps</b> - Tuck, Tuck ½ turn.</li> <li>Backward Roll through Handstand,</li> <li>1 handed Cartwheel/ Cartwheel with flight / Handstand Pirouette 180</li> </ul>



## Yorkshire Level 5 (Out of Age)

<b>Difficulty Value</b> Uncoded elements 0.10 each FIG A elements 0.10 each FIG B elements 0.20 each No C or higher or no DV	<p>Rules and Regulations are as per FIG Cycle 13 [2013] Code of Points, unless stated otherwise.  <b>FIG Execution and Artistry Penalties will be applied.</b></p> <p><b>BARS/BEAM/FLOOR – 8 highest elements <u>including</u> dismount</b>      Only Uncoded/A/B elements allowed  <b>Maximum 1 x B elements</b></p> <p><b>BEAM/FLOOR – 5 acrobatic [max] + 3 dance [min]</b>    <b>FLOOR 4 x Acro lines [max]</b>    <b>If only 1 x Acro line performed – no Dismount CR awarded</b>    <b>Acro line can be any salto performed on its own or in series [not aerial cartwheel or aerial walkover]</b></p> <p>Barred elements are not allowed and no Difficulty Value will be given if they are performed.          Uncoded elements as listed below will be recognised and awarded 0.10 each          Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated for Difficulty Value</p> <p>-180 degree split as per FIG will be given if it hits 135 degrees but will get deductions (Section 9.2.3)-</p>			
<b>Short Exercises</b>	<p style="text-align: center;"><b>FIG Rules apply for BEAM &amp; FLOOR</b></p> <p>On BARS, an exercise with less than 5 elements will be deducted 1.00 for each missing element</p>			
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>Barred Elements</b>	<b>No Vault allowed other than as stated below</b>	All C elements and above Giants Dismounts: Double backaway & Saltos with 1/1	All C elements and above Dismount: B Difficulty Value or above	All C elements and above Saltos with 1/1 [360°] turn Dismount: B Difficulty Value or above
<b>Composition Requirements [CR]</b>  5 @ 0.50 each	<b>2 x Vaults performed (Best score to count)</b> <b>Vault Height (IND)</b> <b>Junior (12 and Under) - 115 cm</b> <b>Senior 125 cm (13+)</b>  <i>*Team is minimum 115cm*</i>	1. Any FIG Coded mount 2. Bar change from LB to HB [flight not necessary] 3. Element started and finished on HB 4. Close bar element 5. Dismount: A Difficulty Value 0.50  0.30                      Uncoded element	1. Connection of 2 [min] different dance elements • [one being a leap, jump or hop with 180° cross/side or straddle position] 2. Turn from Group 3 3. Acro elements b'wd (rolls allowed) 4. Acro elements f'wd/s'ways (rolls allowed) 5. Dismount: A Difficulty Value 0.50  0.30                      Uncoded element	1. Dance passage of 2 [min] different leaps or hops [one with 180° cross/side or straddle position] 2. 360° spin 3. Acro line with salto 4. Acro elements with flight in different directions f'wd/s'wd & b'wd 5. Dismount: A (off two feet and must be a second salto in the routine as per FIG) 0.50
<b>Uncoded Elements</b>  0.10 each	<b>Vault 1.00 DV 2.40</b> Handspring <b>Vault 1.10 DV 2.60</b> Yamashita <b>Vault 1.11 DV 3.00</b> Yamashita ½ <b>Vault 1.21 DV 3.00</b> ½ on - ½ off	Upward hip circle mount Cast above 45° with straight body Squat onto Low Bar, jump to High Bar Backward sole circle tucked ¾ Giant circle from LB to HB ¾ Giant circle from cast Dismount: Straddle on or Stoop on undershoot	Mounts:      Japana                      Straddle ½ lever hold Jump to 1 or 2 feet Dance:      Stretch jump                      Stretch jump with ½ turn Cat leap                      Tuck jump Scissor leap Changelement Holds:      Arabesque [above horizontal] – 2 seconds Y stand [not held with hand] – 2 seconds Acro:      Forward roll                      Backward roll Dismounts: Round off Handspring                      Cartwheel ¼ turn	Backward roll to handstand Handstand forward roll Forward walkover Backward walkover Valdez Cartwheel Catleap Tuck Jump
<b>Bonus Artistry &amp; Specific Apparatus Deductions</b>	<i>*Please note that time taken to move the vault up and down for your team members is part of your warm up time not additional*</i>	<b>Any B element, cast to 45 or above (legs together) or straddle to handstand 0.5</b>  Use ARTISTRY and SPECIFIC APPARATUS DEDUCTIONS for Bars/Beam/Floor as in Sections 11/12/13 in Cycle 13 Code of Points <b>EXCEPT AS STATED BELOW where there will be NO DEDUCTION</b>  Uncharacteristic movement e.g. Bar change without performing an element	<b>Bonus for a B performed without a fall 0.5</b>	<b>Bonus 0.5 for a B that is awarded</b>  Missing 360° turn on one foot [included as CR]

## Yorkshire Level 4 (Out of Age)


<b>Difficulty Value</b> Uncoded = 0.1 A = 0.10 B = 0.20 C = 0.30 No D elements or above	Elements will be given Difficulty Value according to FIG Cycle 13 Code of Points [2013] Rules and Regulations are as FIG Cycle 13 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. <b>BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 5 acrobatic [max] + 3 dance [min] FLOOR 4 x Acro lines [max]</b> <b>-180 degree split as per FIG will be given if it hits 135 degrees but will get deductions (Section 9.2.3)-</b>			
<b>Short Exercises</b>	<b>FIG Rules apply for Beam &amp; Floor</b> <b>On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</b>			
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>Apparatus</b>	<b>Vault Table 120cm</b>	FIG Bar Regulations	FIG Beam Regulations	FIG Floor Regulations with:
<b>Requirements</b>	<b>2 Vaults (Best score to Count)</b>  <b>Max Tariff 4.0 (No Vaults with Salto permitted)</b>	1. Giant or Close bar Element to handstand 2. A Coded Mount 3. Use of both bars (Squat on allowed) 4. Long Upstart 5. Dismount A or more	1. Connection of minimum 2 different dance elements: • <i>To include 1x leap/jump/hop with 180° split (cross or side) or straddle position</i> 2. Turn on 1 foot 3. 1 x acrobatic series with 2 elements [minimum] ▪ <i>1 x with flight [not salto]</i> ▪ <i>not connected into dismount</i> 4. Acro elements in different directions [fwd/swd & bwd] 5. Dismount A or more	1. Dance passage to include minimum 2 x different leaps or hops: ▪ <i>To include 1 x leap or hop with 180° split (cross or side) or straddle position</i> 2. <i>B Salto</i> 3. 2 x saltos in different directions [fwd/swd & bwd] 4. 1 x acrobatic line with 2 x different saltos 5. Dismount A or more
<b>Uncoded Permitted Elements</b>		Cast above 45° ¾ Giant from LB to HB Squat onto low bar - jump to catch high bar Tucked/straight leg sole circle <i>(Neither of the above will incur 0.50 deduction for "Jump from LB to HB". The tucked sole circle will not incur bent leg penalties)</i>	Forwards Roll Catleap Tuck Jump	Cartwheel Backward walkover Forward walkover Valdez Backward roll to handstand Headspring Handstand forward roll Cat leap Tuck jump
<b>Yorkshire Bonus (In addition to FIG)</b>				



## Yorkshire Level 3 (Out of Age)

<b>Difficulty Value</b> A = 0.10 B = 0.20 C = 0.30 D = 0.40 No E elements or above permitted	<p style="text-align: center;">Elements will be given Difficulty Value according to FIG Cycle 13 Code of Points [2013]  Rules and Regulations are as FIG Cycle 13 Code of Points, unless stated otherwise.  FIG Execution, Artistry and Choreography penalties will be applied.  <b>BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 5 acrobatic [max] + 3 dance [min] FLOOR 4 x Acro lines [max] *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</b>  <b>-180 degree split as per FIG will be given if it hits 135 degrees but will get deductions (Section 9.2.3)-</b></p>			
<b>Short Exercises</b>	<p style="text-align: center;"><b>FIG Rules apply for Beam &amp; Floor</b>  On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</p>			
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>Apparatus</b>	<b>Vault Table 125cm</b>	FIG Bar Height Regulations	FIG Beam Regulations	FIG Floor Regulations with:
<b>Requirements</b>	<b>2 Vaults (Best score to Count) Max Tariff 4.6</b>	<ol style="list-style-type: none"> <li>1. Cast to Handstand Straight or Straddled</li> <li>2. Giant</li> <li>3. Close bar circle element [non flight] <i>Back hip circle [2.105] and forward hip circle [2.104] not allowed</i></li> <li>4. 180o non flight element [not mount]</li> <li>5. Dismount A - 0.3 B or more 0.5</li> </ol>	<ol style="list-style-type: none"> <li>1. Connection of minimum 2 different dance elements: <i>To include 1 x leap/ jump/hop with 180° split (cross or side) or straddle position</i></li> <li>2. Turn from Group 3</li> <li>3. 1 x acrobatic series with 2 acro elements 1 must be with flight</li> <li>4. Acro elements in different directions [fwd/swd &amp; bwd]</li> <li>5. <b>Dismount A - 0.3 B or more 0.5</b></li> </ol>	<ol style="list-style-type: none"> <li>1. Dance passage to include minimum 2 x different leaps or hops: ▪ To include 1 x leap or hop with 180° split (cross or side) or straddle position</li> <li>2. 1 x Acrobatic line [2 x different saltos]</li> <li>3. 2 x saltos in different directions fwd/ swd &amp; bwd</li> <li>4. Salto with 360o min LA turn – forward or Backwards</li> <li>5. Dismount A - 0.3 B or more 0.5</li> </ol>
<b>Uncoded Permitted Elements</b>				
<b>Yorkshire Bonus (In addition to FIG)</b>			<b>0.3 – Connection of 2 x B Acro elements 1 with flight (not including d'mt)</b> <b>0.3 – Connection of 1/1 spin &amp; jump/ leap with [min] 180° split - No tolerance allowed</b> <b>* Can be performed in any order *</b>	

## Yorkshire Level 2 (Out of Age)

<b>Difficulty Value</b> A = 0.10 B = 0.20 C = 0.30 D = 0.40 E or above Barred	<p>Elements will be given Difficulty Value according to FIG Cycle 13 Code of Points [2013]  Rules and Regulations are as FIG Cycle 13 Code of Points, unless stated otherwise.  FIG Execution, Artistry and Choreography Penalties will be applied.  <b>BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 5 acrobatic [max] + 3 dance [min] FLOOR 4 x Acro lines [max] *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</b>  <b>-180 degree split as per FIG will be given if it hits 135 degrees but will get deductions (Section 9.2.3)-</b></p>			
<b>Short Exercises</b>	<p style="text-align: center;"><b>FIG Rules apply for Beam &amp; Floor</b>  On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</p>			
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>Apparatus</b>	<b>Vault Table 125cm</b>	FIG Bar Height Regulations	FIG Beam Regulations	FIG Floor Regulations with: ▪ Additional 5cm mat permitted for double Salto* <i>without incurring a penalty.</i>
<b>Requirements</b>	<b>One Vault Only</b>	1. Cast to Handstand Straight or Straddled 2. 2 x different grips 3. Close bar circle element [non flight] <i>back hip Circle [2.105] and forward hip circle [2.104] not allowed</i> 4. Non flight element with 360o LA turn [not mount] <i>OR flight element from high to low bar</i> 5. <i>Dismount B 0.3 C or more 0.5</i>	1. Connection of minimum 2 different dance elements: ▪ <i>To include 1 x leap/jump/hop with 180° split (cross or side) or straddle position</i> 2. Turn from Group 3 3. 1 x acrobatic series with 2 flight elements - minimum 1 x salto 4. Acro elements in different directions [fwd/swd & bwd] 5. Dismount B 0.3 C or more 0.5	1. Dance passage of minimum 2 x different leaps or hops: ▪ <i>To include 1 x leap or hop with 180° split (cross or side) or straddle position</i> 2. 1 x acrobatic line [2 x different saltos] 3. 2 x saltos in different directions fwd/ swd & bwd 4. Salto with 360o Min LA turn - forward or backward 5. Dismount B 0.3 C or More 0.5
<b>Uncoded Permitted Elements</b>	Open tuck yurchenko – 4.20 Open tuck tsukahara – 4.40			
<b>Yorkshire Bonus (In addition to FIG)</b>			<b>0.1</b> – Connection of 2 x Turns from Group 3 <b>0.2</b> – Connection of 3 x B Acro elements ( <b>Not including d'mt</b> ) <b>0.3</b> – Connection of 1/1 spin & jump/leap with [min] 180° split <i>No tolerance allowed Can be performed in any order</i> <b>0.3</b> - Free walkover/free cartwheel/side salto in series with dance element <b>Can be performed in any order</b>	Indirect connection between: 3 x saltos <b>0.1</b> 2 x saltos [1 x Straight 360° LA turn] <b>0.1</b>  Direct connection between: 2 x saltos forward [1 x Straight 360° LA turn] <b>0.2</b>  Double salto <b>0.5</b>

## COACHES REGULATIONS AND RULES

### MEMBERSHIP

Supervising Coaches must be Gold, Joint Gold or Life members of BG and qualified to the level of the moves being performed before being allowed to participate in a Regional competition and to have a current BG specific CRB certificate.

Assistant Coaches must be Silver (if Level 1) Gold, Joint Gold or Life Members of BG before being allowed to participate in a Competition.

### COACHES AT COMPETITIONS - Minimum qualification is WA Level 2 Coach

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. All coaches must be Qualified to coach the skills in their Gymnasts routines.

Level 1 Coach may only provide pastoral care, move the equipment, adjust apparatus and present the gymnast's competition number.

If it is found that a club is in breach of these policies, the WTC Chairman reserves the right to reject an entry on the grounds of gymnast safety.

In individual competitions **one** coach per gymnast will be allowed in the competition arena. In team competitions a max of **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.

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.

It is the club's responsibility to ensure there are sufficient coaches from their club to supervise the number of gymnasts / groups entered in the competition.

### SAFEGUARDING

As of the 1st January 2013, all coaches and judges taking part in any British Gymnastics National or International competition will be required to hold an up to date BG Recognised Safeguarding and Protecting Children training. Failure to comply with this requirement will result in you not being permitted to enter the competition as a judge or coach. You should also hold current BG membership and hold a valid BG Criminal Records Bureau certificate.

### HEALTH AND SAFETY

The safety of all participants (gymnasts, coaches and officials) is the primary consideration. All British Gymnastics policies and procedures will be rigorously applied with regards to health, safety and welfare and child protection.

### CODE OF CONDUCT

As defined by the Code of Points – infringements will be penalised as detailed in the Code

## COMPETITION ATTIRE

Appropriate competition, gymnastic attire of club tee-shirt or polo shirt and full length tracksuit or jogging pants and suitable footwear

Coaches will NOT be allowed on the competition floor if wearing jewellery (ear studs are permitted, wedding rings if taped).

No chewing gum.

## APPARATUS

Should a coach consider a piece of apparatus unsafe or to have inadequate matting, this should be discussed with the Head Judge. Where no agreement can be reached, the Competition Organiser will be the final arbitrator and his/her decision is final.

## COACHES AND JUDGES (APPEALS OR DISCUSSION)

- A coach has a right to receive a D score and overall score for each performance prior to the presentation
- A coach can appeal against a particular 'D' score. The protest must be submitted in writing to the Competition Organiser giving the gymnast's name and number, apparatus and the technical reason for the protest. The appropriate fee should accompany it. Any protest must be submitted before 15 minutes has elapsed since the score has been presented to the coach. The fee will be returned to the coach if the mark is amended.
- No mark can be discussed with the judges during the course of the competition. Coaches are allowed to ask for feedback about marks with the Head Judge at the end of the competition if there is time and the judge is happy to give feedback. If a mark is discussed then a protest may not be made. The coach should receive both the 'D' score and the 'E' score. Coaches should be polite and courteous at all times.
- Under no circumstances should coaches be approaching judges with video footage of routines

## **GYMNAST REGULATIONS AND RULES**

### **GYMNASTS' AGES**

Gymnasts' ages will be the age reached in the year of competition. Competition Year is 1<sup>st</sup> January 2014 – 31<sup>st</sup> December 2014 - See Age chart at the beginning of the handbook for year of birth calculator.

### **MEMBERSHIP**

All gymnasts must be SILVER members of a BG registered Club and affiliated to Yorkshire Gymnastics.

### **DRESS CODE OF GYMNASTS**

All gymnasts are expected to be correctly dressed as defined by the F.I.G code of points. This permits the wearing of a catsuit or footless tights as long as they are skin tight. Gymnasts who choose to wear shorts to compete in will receive deduction as per the F.I.G code of points for incorrect attire.

No jewellery, body piercing or adornments of any kind are permitted.

No chewing gum.

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-coloured.

### **TALL GYMNASTS**

Both bars may be raised by 5cm or 10cm where a gymnast's feet touch the basic matting while she is hanging on high bar or hips touch the basic matting while she is hanging on low bar. The request for the bars to be raised must be made with the competition entry form.

Where a single bar is used, this may be raised so that the gymnast's feet in long hang clear the matting.

### **GYMNASTS ORDER OF PERFORMANCE**

Please see general Rules for guidance

### **COMPETITION RULES**

As per FIG rules (see link on first page for Code)

## INDIVIDUAL RESPONSIBILITIES OF OFFICERS

### DUTIES OF THE COMPETITION ORGANISER

1. Receive from clubs all entries and appropriate fees in accordance with the competition entry rules.
2. To draw up a working order, prepare a printed programme and circulate it to the competing clubs at least 14 days prior to the competition.
3. On receipt of entries (one calendar month) Submit a list of nominated judges from the club entries to the Judging Convenor.
4. Obtain medals and trophies and request the return of trophies.
5. Organise all apparatus, public address system, officials, and assistants for the competition, and obtain as much assistance as necessary to run a competition. Liaise with the venue of the competition as necessary.
6. To liaise with the announcer, scorers, coaches, judges and runners to ensure the smooth running of the competition.
7. To ensure the competition rules and conditions are observed.
8. To convene a meeting of Head Judges and WTC members in attendance to deal with any problems or misconduct at any time in the competition, should it be necessary.
9. To receive written enquires about the D score from coaches pertaining to the gymnasts score, give them to the appropriate Head Judge and return the reply to the coach concerned.
10. Pay all eligible judges expenses claimed on the day of the competition.
11. Submit to the Treasurer within 4 weeks of the competition a balance sheet of all income and expenditure incurred for the competition.
12. Provide a copy of all scores at the end of the competition.  
This must be given to the named coach of the club.
13. Provide an electronic copy of the scores to the Yorkshire Workforce Development Officer, other Competition Organisers and Judging Convenor

**The Association, acting through the Competition Organiser, reserves the right to refuse any entry and to disqualify a competitor or team, if it is proved that an entry is not in accordance with the conditions of the competition.**

## RESPONSIBILITY OF JUDGING CONVENOR AND JUDGES

1. All judges must be appropriate members of B.G. ( Silver or Gold)
2. Judges are asked to arrive at the competition prior to the time notified for the Judges meeting
3. Judges must wear the recognised F.I.G uniform.
4. Judges must attend the judges' meeting prior to the competition. The meeting is called by the Judging Convenor. The meeting will be chaired by the person nominated by the Judging Convenor.
5. Master Judge of the event to check the apparatus before the competition with the competition organiser.
6. The Head Judge of each apparatus panel will preside over a conference of the other panel judges to confer when a difference/split in scores so requires.
7. When leaving his/her seat, a judge must notify the Head Judge of their panel.
8. Judges should not communicate with coaches or spectators about aspects of performance, scores or other matters relevant to the competition in hand from the commencement of the Judges Meeting until the end of the competition.
9. At all times judges must be impartial and unbiased. In the interests of fair play being seen to be done, judges must conduct themselves in a professional and unbiased manner throughout the duration of the competition.
10. In the event of a coach registering a protest about the score received on a particular piece of apparatus, the Head Judge in consultation with the other judges, will review the routine and the score awarded and reply to the protest in writing.

## APPARATUS REGULATIONS

All Levels will use the FIG specifications where possible these can be downloaded from the FIG Website using the following link

<http://www.fig-gymnastics.com/vsite/vnavsite/page/directory/0,10853,5187-188050-205272-nav-list,00.html>

### VAULT:

1. For round off entry vaults, the safety collar MUST be in place.
2. 20cm FIG specification matting + 10 cm supplementary matting with markings as specified for vault landing
3. Maximum run allowed 25 metres

### BARS:

1. Low bar 170cm / High bar 250cm (both +/- 1 cm) from the floor to the top side of the bars.
2. Maximum width between bars, inside bars on diagonal is 180cm.
3. 20cm FIG specification matting with 10cm supplementary matting.
4. The take- off board may be placed on the supplementary mat.
5. The supplementary mat may NOT be moved during the exercise.
6. Unauthorised raising of the bars will be penalised in accordance with the FIG regulations.

### BEAM

1. 125cm from the floor to the top of beam
2. 20cm FIG specification matting with 10cm supplementary landing mat
3. The supplementary mat may not be moved during the exercise

### FLOOR

1. 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 a second coach may be present to remove the board.

For National Competitions please consult F.I.G Guidelines and BG competition specific Guidelines as these may vary.