

**Acrobatic Gymnastics**  
**National Planning and Review Meeting**  
**24<sup>th</sup> September 2016**

# Agenda

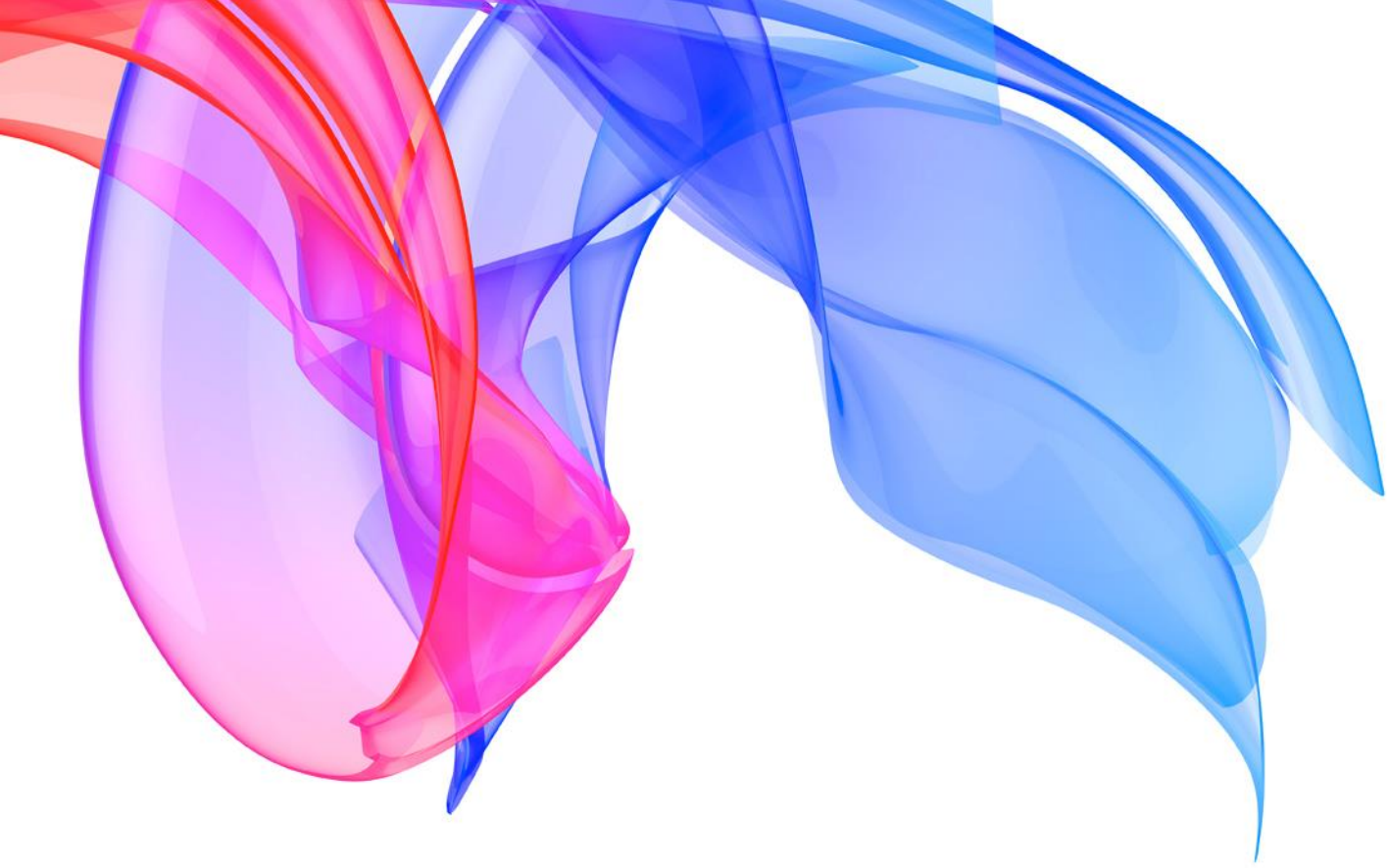
- Welcome
- Strategic Plan Progress
- Regional Performance Pathway 2017 Onwards
- International Competitions and Results 2016
- Judging Courses Update
- FIG Update 2017 Code of Points

## **BREAK**

- Competition Calendar and Handbook 2017
- Disability
- NDP9
- Regional Matters
- AOB

# Purpose of the NPRG

- Two way communication forum between the Acrobatic TC and the Regions/Home Nations
- Update on developments within Acrobatics
- Feedback and discussion on:
  - Strategic Plan
  - Competition Programme
  - Competition Results
  - National Development Plan
- Regional activities



# Strategic Plan

# Strategic Plan

The Strategic Plan for Acrobatics covers the following key areas:

- Pathway Development
- Coach Education
- Events
- Judging
- Communication

# Pathway Development 2013-16

- Increased standard of gymnasts performing at National Finals - increase in Grades 1-6 of 26%
- Increased participation of Regions at National Finals - increase of 11%
- Increased participation of boys at National Finals - increase of 14%
- Increased participation of disabled gymnasts - increase of 100%
- Greater number of partnerships in FIG pathway across all age groups

# Coach Education 2013-16

- All changes required to Coach Education Resources identified and logged
- Level 1, 2 & 3 reviewed and updated
- UKCC tutor training process is being streamlined
- A greater number of active high performance coaches
- Average number of clubs attending trials, camps and squads increased.
- Performance Pathway Programme and Symposium

# Events 2013-16

- New Team Competition planned for Nov 2016
- World Cup planned for 2017
- Introduction of Squad system in 2015/16 and increased in 2016/17 number for:
  - Development
  - Age Group
  - Junior
  - Senior

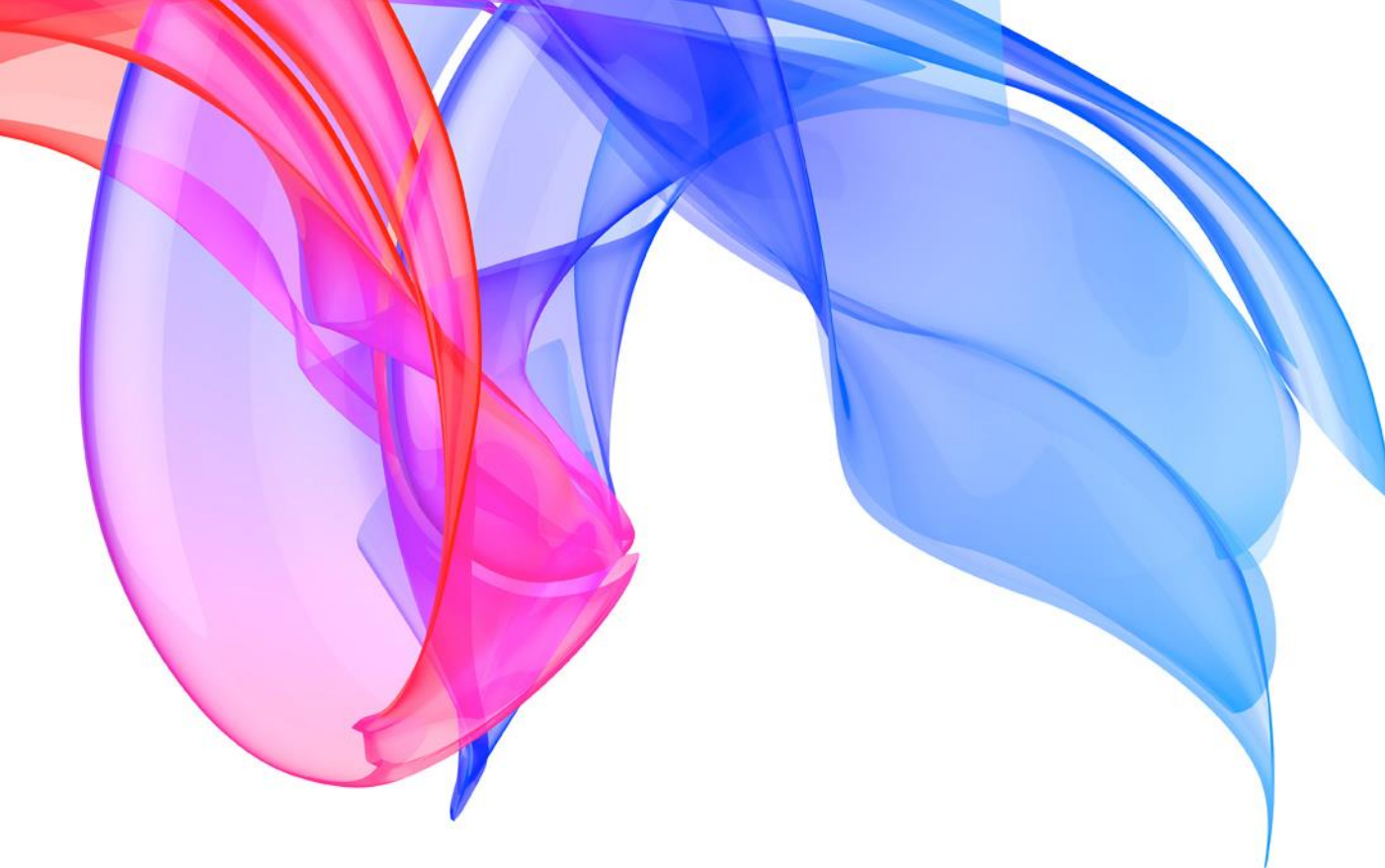


# Judging 2013-16

- Provide Brevet judges opportunities next cycle inline with their aspirations - All Judges allocated the competitions they require to re-brevet
- 2 current brevet judges eligible to attend the Intercontinental + 1 CAT
- All new and existing judges educated to the relevant level with the most up to date information
- Club and Regional courses are more accessible – looking to allow active and experienced and active National Judges to deliver courses as well as Brevets.

# Communication 2013-16

- TC appointed a communication officer as point of contact between ATC and Regional Chairs
- All Questions received by the formal channel are logged, answered and published on the BG website
- TC Update Published 2 weeks after TC Meeting
- Introduced a Communication Rep on TC
- Use of BG website to communicate with the wider community



# **International Competitions and Results 2016**

**Amy Walmsley and Toshko Pavlov**

# World Championship 2016

## Competition Environment

- Probably the most exciting and most challenging World Championships in the recent years
- Countries who challenge GB for medals, Russia, China, North Korea, Ukraine, Belarus, Belgium, Portugal, Azerbaijan and Israel
- Other countries that can now be added to the list of challengers – Germany, Bulgaria with medals and Poland and even Netherlands with very decent performance. It was great to see such a levelled field in a competition of this rank – great for the sport

# World Championship 2016

## Approach and Results



- Our team was the youngest we have ever had in terms of experience with 25-30% of partnerships representing GB for the first time and 75-80% of the partnerships competing for the first time at their current level
- Everybody performed to the maximum of their abilities and achieved the best possible results



# World Age Group & World Championships 2016 Results

Age Group	WP	MP	MxP	WG	MG
11 - 16	Gold	Silver	Bronze	No Final	Silver
12 - 18	Silver	Gold	Bronze	Gold	Gold
13 – 19	Silver	Bronze	Bronze	Gold	Silver
Senior	N/A	7 <sup>th</sup>	Bronze	5 <sup>th</sup>	Bronze

GB also Qualified 3 places for the World Games 2017:

- MxP
- WG
- MG

**Total Medal Count = 16**

# World Championship 2016 - Where do we stand?



- Good Participation and Performance of GB Team
- Still have work to do – main strategic area – Execution, by more detailed and efficient Technique and Methods of Training



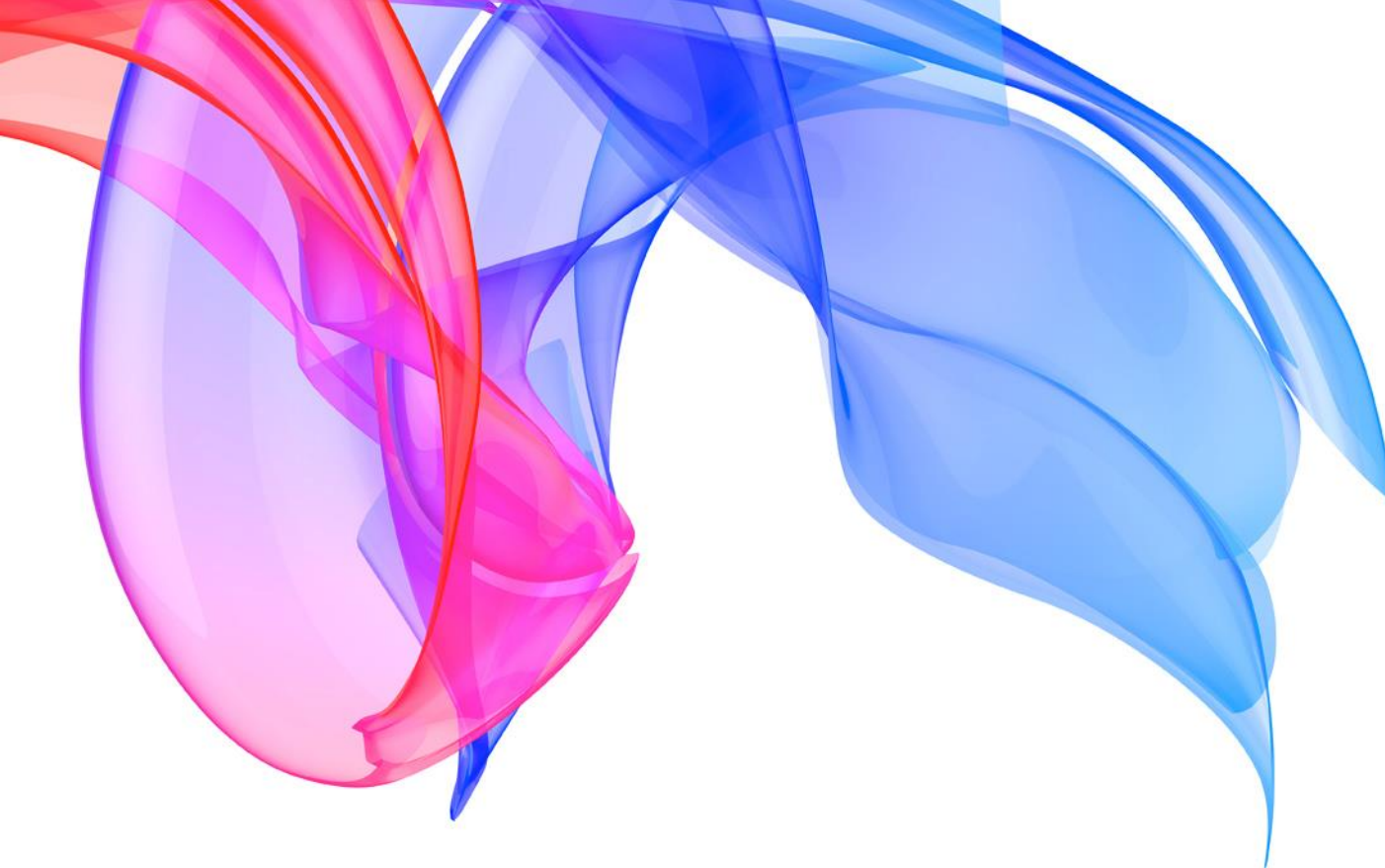
# World Cup Results 2016

- In both World Cups our gymnasts participation showed promising results:
- In the first World Cup held in Belgium , 11-13 February, our MxP and WG, both from Richmond took silver medals after Russia and Belarus respectively.
  - FIAC, Belgium Feb 2016:
    - MxP = 2nd
    - WG = 2nd
- In Maia, Portugal, 4-6 March we had the WG from S Tyneside and the MP from King Edmund. The WG won the competition ahead of the home favourites.
  - Maia, Portugal March 2016:
    - WG = 1st
    - MP = 5th



# Youth Olympics 2018

- Acrobatics was accepted by the International Olympic Committee (IOC) Executive Board as a new discipline for the 2018 Youth Olympic Games at the board's recent meeting in Rio de Janeiro (BRA).
- A new Multidiscipline Event in which all gymnasts (156 or 160) from all continents will be divided into 10 or 11 groups, with each group containing 14-16 gymnasts and competing as a multinational, multidiscipline team.
- Each group will be composed as follows:
  - 3-4 MAG gymnasts
  - 3-4 WAG gymnasts
  - 1 TRA gymnast (Men)
  - 1 TRA gymnast (Women)
  - 3 ACRO gymnasts (1 Women's Group)
  - 3 RG gymnasts
- This Multidiscipline Event will also serve as qualification for the:
  - Artistic Gymnastics All-around Final
  - Artistic Gymnastics Individual Apparatus Finals
  - Rhythmic Gymnastics Individual All-around Final
  - Trampoline Final
  - Acrobatic Gymnastics Final



# **Judging Courses Update**

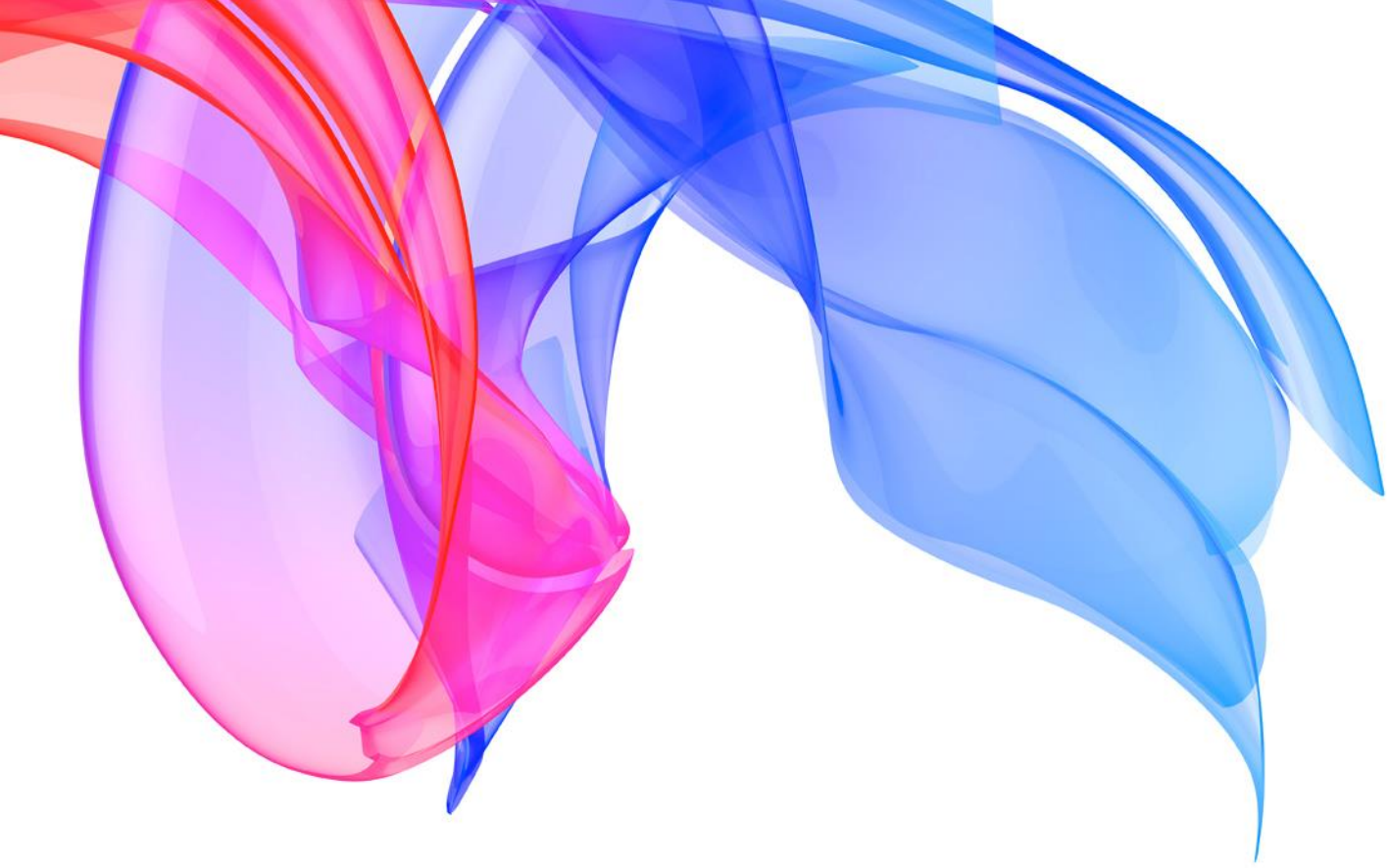
**Andy Farley and Dawn Mitchell**

# Judging Courses

- Acrobatic Judging Courses for next cycle are to be a priority by BG and all updates to resources will be made by end 2016
- The Intercontinental course is to run in Poland in Jan 2017. GB can send 2 CAT II + 1 CAT I
- BG has bid and been awarded the continental course for Europe (40-60 places). This will take place at LNSC on 1<sup>st</sup> – 7<sup>th</sup> Feb we have 10 places on this course. Cost will be approx. £1,000 per person.

# Judging Courses continued.....

- This cycle all judges need to revalidate by attending a course and re-sitting the exam
- Judging courses will be organised centrally through BG
- National, Regional and Club judge update course planned for 18<sup>th</sup>-19<sup>th</sup> Feb



# FIG Updates

# FIG Update

- New CoP and ToD published in June 2016
- Main Changes to CoP:
  - Tariff Sheets:
    - Only declare elements on TS claimed for difficulty
  - Music:
    - Dynamic routines 2 minutes (11-16 still all 2 minutes)
    - First note of music denotes start of routine
    - Music with lyrics can be used for one routine but must be declared on tariff sheets otherwise a 0.5 deduction is given
    - Timing of routine continues until final pose is held

# FIG Update continued .....

- Leotards
  - Gymnasts leotards must be gender specific
  - Fit of skirt
- Tariff Sheets
  - Only 1 alternative element
- Scores
  - Difficulty is divided by 100
  - $\text{Score} = \text{Average Execution} \times 2 + \text{Artistry} + \text{Difficulty} - \text{Penalties}$
- Height measurement different technology
- Tie breaks broken in Finals
- Artistry

# FIG Update continued .....

## – General

- Maximum elements 8 in combined
- Max no of individuals is 3
- All 3 individuals must be declared on Tariff Sheet
- Age Group Balance – individual categories are now specified
- Unsupported handstand must be performed by the Top
- No more than 4 elements for difficulty to be performed in series immediate succession
- Final position of mount or motion must be held for 3 secs



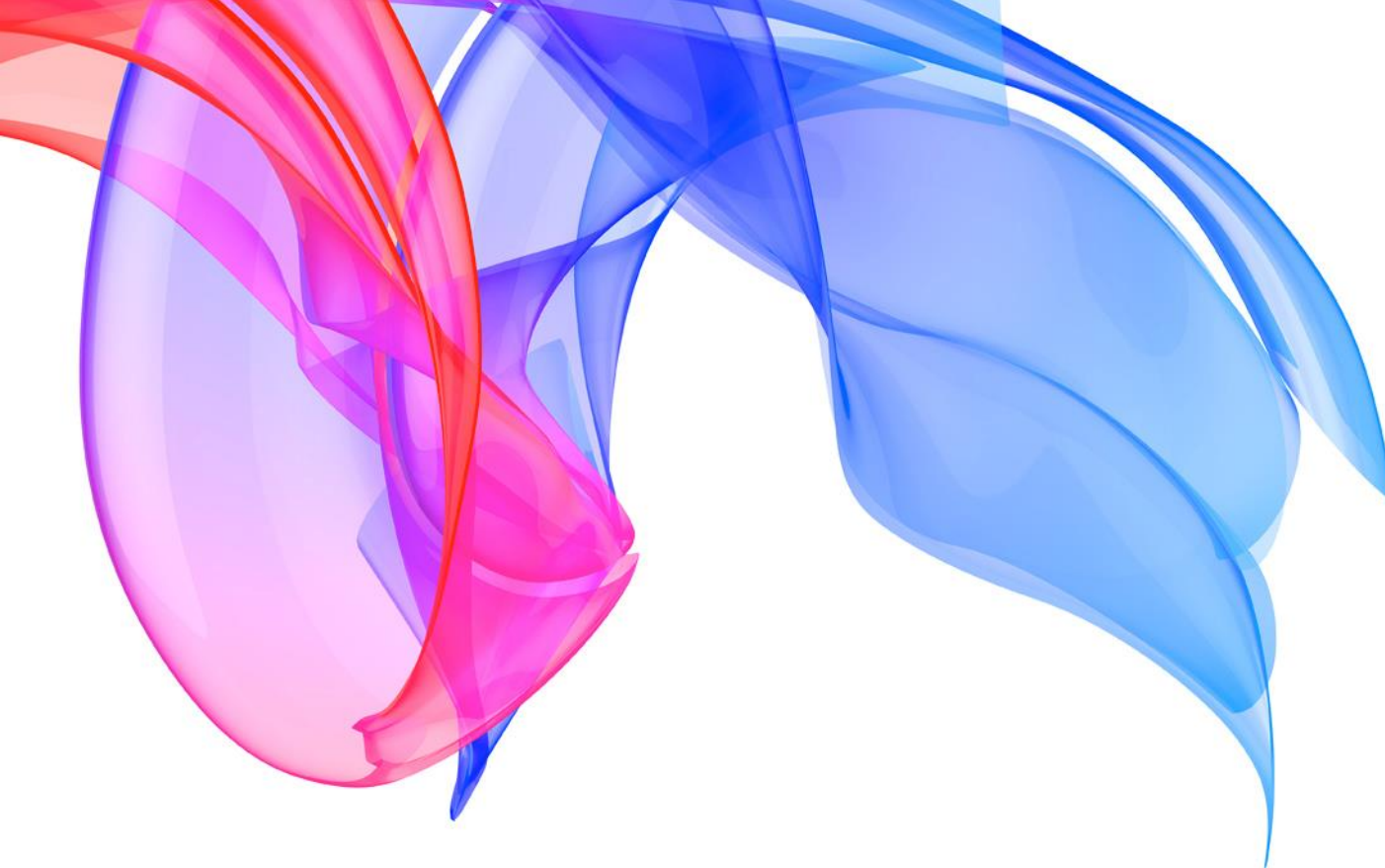
# FIG Update continued .....

## – Pairs

- Minimum 5 elements in balance pairs
- Not more than 5 landings

## – Groups

- Once SR are met all performed pyramids must be from a different category
- A transitional pyramid must have the Top in a position of value and the base and/or middle must change point of support i.e. change box
- Not more than 4 identical start points will be evaluated for difficulty
- Not more than 5 landings
- MG change base is not considered as an identical element to no change of base



# **2017 Competition Calendar & Handbook**

**Sandra Sargeant**

# Squad Training Dates 2017

Date	Event	Venue
28-29 Jan	Junior (13-19) Squad Training	LNSC
11-12 Feb	11-16, 12-18 and Senior Squad Training	LNSC
25-26 Mar	Development Squad Training	LNSC
4-5 Nov	Development Squad Training	LNSC
2-3 Dec	Junior and Senior Squad Training	LNSC

Invite by National Coach

# Competition Calendar 2017

Date	Event	Venue
22 - 26 Feb	Pat Wade Classic	Fenton Manor, GB
1-5 Mar	World Cup	Maia, Portugal
25 or 26 Mar	World Games – Selection Event	LNSC
7-9 April	World Cup	Puurs, Belgium
13-14 May	NDP & Disability Finals	Fenton Manor
25-27 May	World Cup	Geneva
17-18 Jun	European Championships – Selection Event 1	LNSC
1-2 Jul	European Championships – Selection Event 2	LNSC
20 – 30 Jul	World Games	Warsaw, Poland
26 - 30 Jul	British Championships	Echo Arena
16 -18 Oct	European Age Group Competition	Rzeszow, Poland
19-22 Oct	European Championships	Rzeszow, Poland
18-19 Nov	National Club Team Championships	Fenton Manor

# Regional Events

Region	Regional Competitions			
London	Mini Stars, Shooting Stars, Super Stars	Disability Mini Stars- level, Disability Shooting	Regional invitational	NDP regional Championships & Prelims/FIG Regional championships
South East	Regional Championships - all levels including regional levels (we used the old Next Steps as a starting point for these), NDP and FIG.	National Qualifiers includes "out of age" Grade 1, 2 and 3 gymnasts who can qualify for the inter-regional event.	Two of the three countries hold country championships	A few clubs hold annual "invitational" events
North	Regional NDP Prelims	Open and Team Championships	Pre-Grades	Sharlene Slater
East	2 Regional Competitions	County Competitions.	Several Friendly competitions.	
North West	North West Prelims	North West Tariff Competition	North West Invitational	North West Championships
Scotland	Mixed Club Team competition G1-4	Invitational competition NDP+FIG	NDP and FIG Scottish Championship	
Wales	Welsh NDP Champs	Celtic Cup	Gemau Cymru	Welsh FIG Champs
West Midlands	Regional Championships	Regional Prelims		
South West	Regional Prelims	South West Championships	3 competitions a year for non NDP gymnasts	
South	Regional Championships	Regional Prelims - including a FIG competition	Inter-Regional Tournament	Summer Tournament Mike Walker Invitational Portsmouth Invitational.

# Handbook Changes for 2017

- **Late Entry Fee**

In the unlikely event of a late entry being accepted, payment of three times the normal entry fee will be required. For Team late entries the fee will be double (incl Club & Regions). Late entry payments will be capped at £1,000 plus the entry fee.

- **Non-Participation Fee**

A fee for non-participation will be introduced as follows:

–£25 – Individual / Pair

–£50 – Trio / Group / Team

The non-participation fee will be waived if BG is notified in writing by 12 noon of the Friday prior to the event with a medical certificate or if a medical certificate is provided within 14 days of the event.

- **Competition Attire**

–Taken from FIG CoP 2017 – 2020

–The wearing of skirts in NDP9 Grades 1-5 will be phased out from 1st January 2018

# Handbook Changes for 2017 continued....

- **Music**
  - FIG and International Development Pathway (IDP) only: Music and lyrics may be used in one exercise only. The coach must highlight which exercise uses lyrics on the tariff sheet or incur a 0.5 deduction.
- **Length of Exercises**
  - The first note of the music indicates the beginning of the exercise.
  - NDP9 Grades 1-5 and 11-16 – All exercises have a maximum duration of 2 minutes, there is no minimum duration.
  - IDP Balance, 12-18 , 13-19 & Senior –Balance and Combined exercises have a maximum duration of 2 minutes 30 seconds, Dynamic maximum duration of 2 minutes, there is no minimum duration.
- **Tie Breaks**
  - Ties will be broken in Qualifications and Finals in accordance with FIG rules.

# Handbook Changes for 2017 continued...

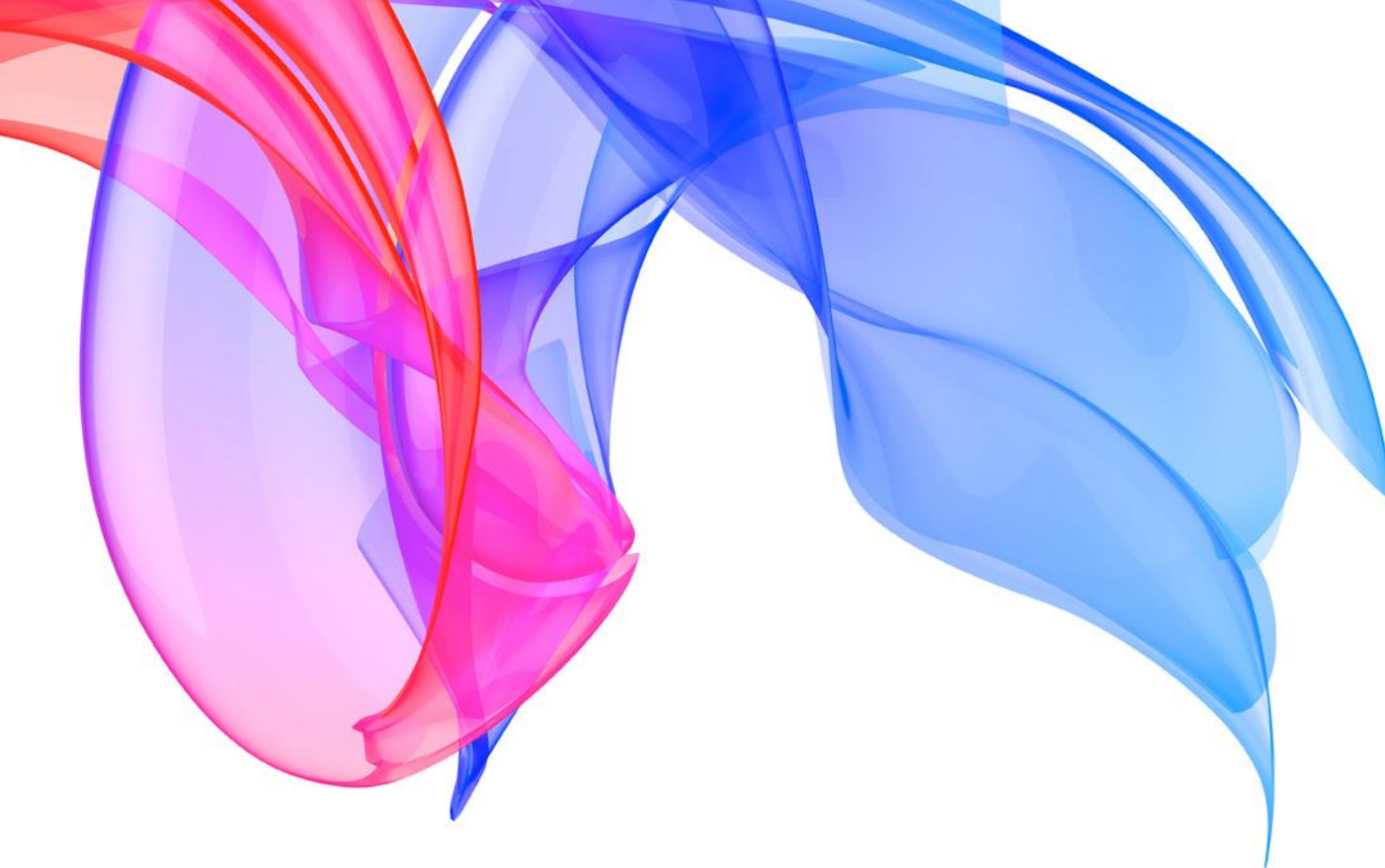
- **Height Deductions**

- All height measurements will be in accordance with the FIG measuring protocol. A member of the National TC will be present at the time of measurement
  - NDP: 0.10 – 0.30
  - Disability NDP: No height deductions
  - Age Groups 11-16yrs and 12-18yrs: 0.10 – 0.30
  - Age Group 13-19yrs: 0.30 – 0.50
  - Senior: 0.50 – 1.00
- Gymnasts may not compete if they have not been height checked.

- **Partnership Rules:**

- Gymnasts must choose whether to enter the The Pat Wade Classic and the British Championships or the NDP Preliminaries, they cannot enter both in same year. Exception is IDP.





# **Disability Project 2017**

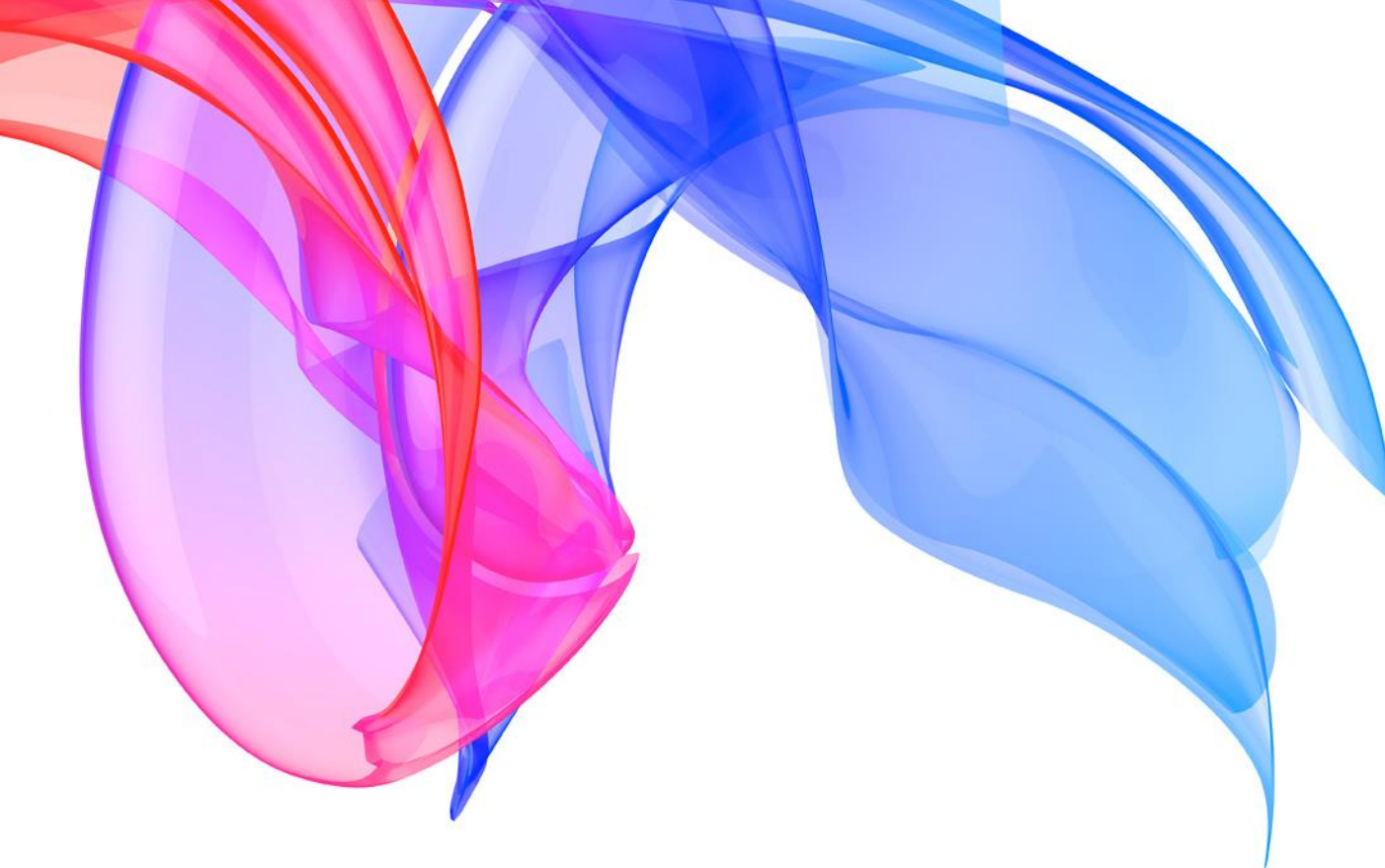
**Judy Wootton**

# Disability 2017

- The Acrobatic TC Disability Representative has been allocated a budget to support pilot disability inclusion projects in 2016/2017. The outcomes of these projects must:
  - Improve competitive opportunities for disabled people in Acrobatics
  - Grow the number of competitive opportunities for disabled people in Acrobatics
  - Increase the number of disabled people competing in Acrobatics

# Regional Representation

	Chair	Disability	Judging	Competition
London	Chris Brockbank	Jacqui Taylor	Nicola Burrows	Andy MacDuff/ Salme Naylor
South East	Linda Leach		Anita Carty	Anita Carty
North	Sandra Sargeant		Dorothy Atkinson	Sandra Sargeant
East	Janine Musson		Julie Ewenson	Janine Musson
North West	Nicola Bradley	Andy Thurlow	Emma Shields	
Scotland	Andy Youl		Tracey Findlay	Nicky Youl
Wales	Lisa Thomas		Debbie Lavender, Lynda Dodd, Julie Jenkins	
West Midlands	Emma Hunt		Sonia Pavlov	Dawn Oliver
South West	Tony Merrett		Naomi Shepherd	Julie Gibbens/ Jack Pothery
South	Phil Johns	Laura Hotton	Emma Parr	Phil Johns



# **National Development Plan 9 2017 -2020**

# NDP9 review process

- Following the publication of the FIG CoP and ToD for 2017-2020 the TC carried out a review of the NDP8.
- The process consists of the following:
  - Open discussion between Regions / Home Countries and the TC on the NDP8
  - Guidance from the National coach on the pathways, structure and element progressions

# Feed back from the Regions/Home Nations

- Official feedback prior to this meeting has been received from the following Regions/ Home Nations:
  - North
  - Scotland
  - Northern Ireland
  - East
  - Yorkshire

# NDP9 2017-2020 Main Changes

- The Acrobatic TC has however decided to phase out leotards with skirts from the NDP's (Grades 1-5) from Jan 2018.
- NDP is aligned as closely as possible to FIG CoP
- Scoring will be as FIG (Difficulty divide by 10)
- Artistry will be as FIG
- Tie breaks will be as FIG
- Grade 5 is aligned to FIG 11-16
- IDP is aligned to FIG 12-18 elements selected from FIG ToD
- IDP can enter both NDP finals and British Championships in same year in the same partnership.
- No OoA category
- Age range of Grade 3 (9-14) reduced and age range of IDP increased to 9 years.

# NDP9 2017-2020

- It will be published in October 2016 on the BG website
- It will come into play in Jan 2017



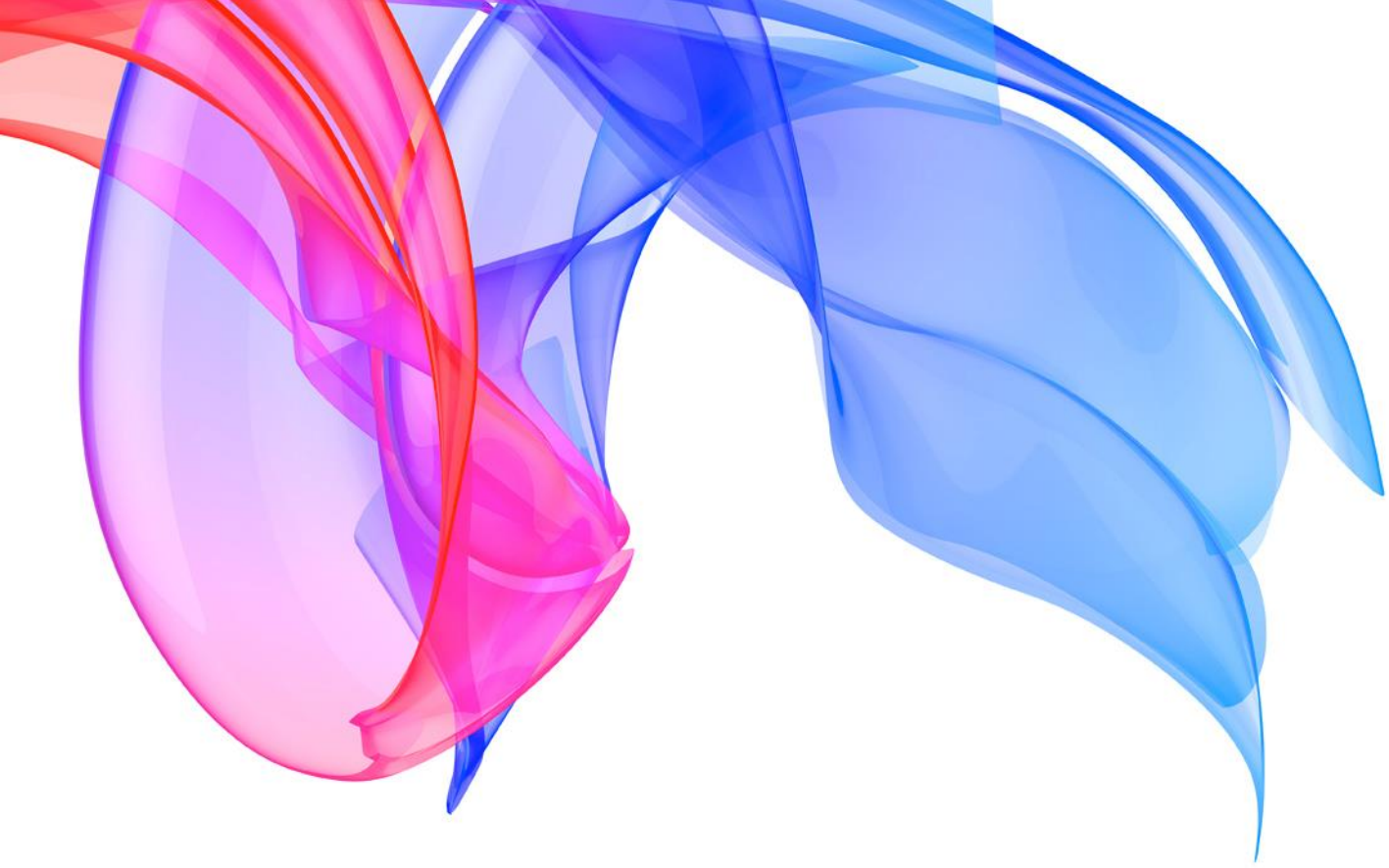
# Badges

- Please remember that regions/clubs are now able to purchase Badges and Certificates for NDP grades. The cost of the badge is £1.36 and certificates £0.80 (both including VAT)
- Regions/ Clubs just need to go directly to Gymshop to order their badges and certificates and their charges will be added to their basket

# Badges

- The Acrobatic TC recommendation for the issue of badges and certificates in the regions is :
  - Distinction (Grade 1-5) – Badges
  - Merit (Grade 1-5) - Certificates
  - Pass (Grade 1-5) - Certificates





# Regional Matters

# Next NPRG Meeting

- The next NPRG meeting is planned for the September 2017
- The exact date is still to be confirmed

**Thank you**