

**West Midlands  
Amateur Gymnastics Association**

**Womens' Technical Committee**

**Competition  
Handbook  
2020**

## Table of Contents

Section	Page
Definition of Terms	3
W.T.C. Contact information	4
Introduction and W.T.C. Policy Statement	5
West Midlands Competition Calendar	6
West Midlands Regional Squad training dates and venues	7
Eligibility for Competitions	8
Competition Entry (process) and general regulations	12
Regional Challenge Competition	17
Regional Novice Competition	18
Level 5 Competition / Pre level 5	19
Pre compulsory grade 5 Competition	20
Preliminary National Grade 5 competition	20
In age (levels) Competition	21
Out of age (levels) Competition	22
Regional Championships (FIG)	23
Regional Club Teams Championships	24
Regional Team Apparatus Championships	25
John Reeves Memorial Inter County Championships	26
Appendices	27

### Version History

The Womens' Artistic Gymnastics Technical Committee reserves the right to make amendments to this Handbook.

Notification of a change to the handbook will be communicated through the West Midlands page of the British Gymnastics website and an updated version will be made available to download at the time of change.

All versions will be listed on this page, with reference to amendments made;

Version 1.0 – Published January 2020

## **Definition of Terms (taken from the BG Handbook 2020)**

Assisting Coach(es) are coaches who are permitted on the competition floor and/or warm up hall, but who work under the guidance and responsibility of the supervising coach. Assisting coach(es) must meet all of the relevant eligibility requirements.

- BG means British Gymnastics
- BGF means British Gymnastics Foundation
- Championships means any British Championship organised by or on behalf of BG.
- Code means the Code of Points used for the competition, from which technical information and regulations are taken.
- CPSU means Child Protection in Sport Unit
- Chaperone In exceptional circumstances chaperones may be permitted to fulfil a pastoral care role. Chaperones under no circumstances shall be permitted to Coach gymnast.
- Criminal Record Certificate means DBS (previously CRB) Access NI Eligibility or PVG
- Event means any competition and championships organised by or on behalf of WM WTC.
- FIG means Federation International de Gymnastique
- Lead Coach –The coach taking overall responsibility for all the gymnasts from their club/region. The Lead Coach must be present in the competition arena throughout the event to take responsibility for their coaches and gymnasts. The Lead Coach must possess sufficient qualification to cover all the skills that any of their gymnasts will be performing within the competition.
- NDP means National Development Plan
- Officials are people recruited to assist with the delivery of the overall event i.e Competition Organiser, Judging Convenor, Spectator Tickets Volunteer
- OOA–Out of age
- Organiser means the Women’s Artistic Gymnastics Regional Competition Organiser or their designated representative, who is authorised by, or on behalf of WM WTC
- 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 as defined in the eligibility section of this handbook. Any changes to the supervising coach(es) submitted on the online entry system must be notified to the Competition Organiser prior to the event and 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
- WM WTC means the Women’s Artistic Gymnastics Technical Committee of the West Midlands
- Independent means gymnasts who are not members of a BG registered club but hold appropriate BG membership

## **West Midlands W.A. Technical Committee 2020 (to be confirmed by end January 2020 following election of officers)**

### **Chair**

Chris Paddock  
E-mail: [kri55ie4nn@gmail.com](mailto:kri55ie4nn@gmail.com)

### **Secretary**

Liz Jones  
  
Telephone 07779 321389  
E-mail: [Liz0911@hotmail.co.uk](mailto:Liz0911@hotmail.co.uk)

### **Competition Organiser**

Miss Philippa Morgan  
Letterbox Cottage  
Holt Fleet Lane  
Holt Heath  
Worcester  
WR6 6NW  
Tel no 01905 620425 OR  
Mob: 07717 843982  
E-mail:  
[philippa.peter@btopenworld.com](mailto:philippa.peter@btopenworld.com) OR  
[headcoach@cityofworcestergymnastics.co.uk](mailto:headcoach@cityofworcestergymnastics.co.uk)

### **Judging Convenor**

Samantha Paddock  
E-mail: [Samantha.paddock8@gmail.com](mailto:Samantha.paddock8@gmail.com)

### **Assistant Judging Convenor**

Larissa Meredith

### **Regional Coaching Organiser**

Martin Cox  
17 Barlow Avenue  
Keepers Gate, Glasgote  
Tamworth  
B77 2FS  
Telephone: 07792 884992  
E-mail:

### **Regional Coaching Panel**

Derek Van der Ploeg  
Lawrence Brazier

### **Coaches with County Squad responsibility**

Metropolitan – Joanne Hemming/Alison Last  
Staffordshire – To be confirmed  
Worcestershire – Phillipa Morgan  
Warwickshire –  
Shropshire – Derek Van der Ploeg

The WM WTC produces this specific handbook (relating to Regional Competitions), for Clubs, Head Coaches and Competition Organisers. It should be read in conjunction with the British Gymnastics Association Women's Artistic National Competition Handbook:

<https://www.british-gymnastics.org/technical-information/competition-handbooks/womens-artistic/11055-womens-artistic-national-competition-handbook-2020-v1/file>

Where no specific point is addressed in this handbook, the current National handbook and FIG rules apply. However, the WTC and its appointed officials reserve the right to define any regulation conflict as deemed appropriate to ensure a fair and equitable competition.

The rules and regulations contained in this handbook and in the WA National Competition Handbook must be observed by all clubs and coaches at all times. Please ensure that all coaches know all the rules relating both to each competition and attendance at them. A Welfare Officer is nominated for each Competition to whom any relevant concerns should be addressed in accordance with British Gymnastics Guidelines in such matters.

Competition entries will be through the British Gymnastics Gymnet portal, ensuring all gymnasts, coaches and judges meet the required membership level and standards for the competition. Should there be a situation in which a coach (for development purposes) does not have the required qualification deemed appropriate for the competition, or where there is a late change to the coaching staff for the entry, the Competition Organiser must be contacted at least 48 hours before the event to request a change to allow time for adequate checks to be made and agreement given.

Competition entry fees will be paid using the online payment system via the British Gymnastics website.

### **Policy Statement.**

It is the policy of the Regional Technical Committee to provide Regional Competitions which reflect the National Competition Structure and relevant rules, as well as providing opportunities for all gymnasts, whatever their ability, to compete at a level suited to their needs. Coaches are reminded of their duty to encourage gymnasts to achieve their full potential and to move gymnasts through the system, in order to give gymnasts (and parents), the best opportunities and enjoyment of their sport. This will be achieved by entering gymnasts in competitions at a level commensurate with their skills and abilities, at the time of entry.

Coaches are also reminded that they may contact any member of the W.T.C. with any queries; however, technical questions should be addressed to the Chair who will forward them to the relevant technical expert for response. Suggestions for any considered improvement should be sent in writing / email to the Chair.

I would like to take this opportunity to wish all Clubs, Coaches, Judges and Gymnasts a successful and enjoyable 2020

Alison Last, Chair W.T.C.

## Regional Competition Calendar 2020

<b>Date</b>	<b>Competition</b>	<b>Venue</b>	<b>Closing Time</b>	<b>Closing Date</b>	<b>Host Club</b>
21 <sup>st</sup> & 22 <sup>nd</sup> March	Club grades 6 & 5; all regional grades	Chase LC, Cannock	Midnight	21 <sup>st</sup> February	21 <sup>st</sup> March East Staffs 22 <sup>nd</sup> March Wyre Forest
25 <sup>th</sup> & 26 <sup>th</sup> April	All compulsory grades All national grades	Chase LC, Cannock	Midnight	27 <sup>th</sup> March	25 <sup>th</sup> April Shrewsbury 26 <sup>th</sup> April Uttoxeter
23 <sup>rd</sup> & 24 <sup>th</sup> May	Recreational Novice.	Chase LC, Cannock	Midnight	24 <sup>th</sup> April	23 <sup>rd</sup> May Idsall 24 <sup>th</sup> May Rebound
10 <sup>th</sup> & 11 <sup>th</sup> October	Regional FIG Championships; In age & out of age levels 2,3,4	Chase LC, Cannock	Midnight	11 <sup>th</sup> September	10 <sup>th</sup> October Midlands 11 <sup>th</sup> October Revolution
1 <sup>st</sup> November	Level 5 – In & Out of Age	Chase LC, Cannock	Midnight	2 <sup>nd</sup> October	JNB Gymnastics
8 <sup>th</sup> November	Team Apparatus	Chase LC, Cannock	Midnight	16 <sup>th</sup> October	Tamworth
29 <sup>th</sup> November	Regional Teams	Chase LC, Cannock	Midnight	6 <sup>th</sup> November	Birches Valley
6 <sup>th</sup> December	John Reeves and pre-compulsory 5 competition	Chase LC, Cannock	Midnight	13 <sup>th</sup> November	Staffordshire

## Regional Squad training dates / venues 2020

The January date will be used to test existing squad members and nominations to join the squad. Trial session fee is £10, with a training for of £10 for each session thereafter.

Date	Time	Venue
16 <sup>th</sup> January (trials)	6.30 – 9p.m.	Lilleshall
13 <sup>th</sup> February	6.30 – 9p.m.	Lilleshall
12 <sup>th</sup> March	6.30 – 9p.m.	Lilleshall
9 <sup>th</sup> April	6.30 – 9p.m.	Lilleshall
14 <sup>th</sup> May	6.30 – 9p.m.	Lilleshall
11 <sup>th</sup> June	6.30 – 9p.m.	Lilleshall
9 <sup>th</sup> July	6.30 – 9p.m.	Lilleshall
10 <sup>th</sup> September	6.30 – 9p.m.	Lilleshall
8 <sup>th</sup> October	6.30 – 9p.m.	Lilleshall
5 <sup>th</sup> November	6.30 – 9p.m.	Lilleshall
3 <sup>rd</sup> December	6.30 – 9p.m.	Lilleshall

Gymnasts age 12+ (2008 or earlier birthday) will be required to show the following skills:

- Somersault vault
- Back giant
- Forward giant
- Acro series (or work towards) on beam
- Twists on floor

Gymnasts age 10 – 11 years (2010 / 2009 birthday) who are working towards compulsory grades:

- Skills from the compulsory grades 4 and 3 (including the conditioning set)

If you wish to bring your gymnast/s for the trial session please email [ajl1808@btinternet.com](mailto:ajl1808@btinternet.com) with the gymnasts name, DOB, grades to be competed in 2020 and info re regional and national competitions in 2019.

Please note that in order to adequately support the success of this squad, we ask that clubs provide 1 coach to every 5 gymnasts at the trial session and the same criteria for all sessions for gymnasts accepted into squad.

## **Eligibility for Competitions – please read the WA National Competition Handbook 2019**

### **Membership**

All persons attending WTC events in an official capacity, whether as a gymnast, coach, judge or official are required to hold current BG membership in line with the level of competition entered and awards held:

Gymnasts - Membership level must be Silver, Gold, Joint Gold, or Life Members of BG in order to enter a WTC competition with the exception of the Novice Competitions where Bronze membership is adequate.

Coaches - Coaches' membership level must be Gold, Joint Gold or Life Members of BG and coaches must be qualified to the level of the skills being performed before being allowed to participate in a BG Event. Assisting Coaches - Assisting coaches' Membership level must be Silver (if Level 1), Gold, Joint Gold or Life Members of BG before being allowed to participate in a WTC Event. All coaches must have completed BG approved safeguarding training and this must be valid both at the time of entry and through to the end of the Event. <sup>[SEP]</sup>Coaches must also have a valid DBS certificate both at the time of entry and through to the end of the Event. Coaches whose BG membership does not include a current DBS and safeguarding certificate will not be accepted for competition entry purposes. In the absence of an alternative coach with appropriate qualifications, mandatory DBS and safeguarding certificate, the entry will be put on hold whilst the coach has an opportunity to provide relevant evidence to the competition organiser. In the event that evidence cannot be provided, the entry will be declined.

Judges - Judges' membership level must hold a current judging certificate and the required level of British Gymnastics membership determined for their judging qualification, before being allowed to officiate at a BG or WTC Event

Clubs – all Clubs and gymnasts participating in West Midlands AGA competitions and events must be registered members of the West Midlands AGA. Registration to the WMAGA is due each October 1<sup>st</sup>. Information about the registration process and charges can be obtained from the Chair or Treasurer of the WMAGA (see West Midlands page of the British Gymnastics website). In exceptional cases, where a gymnast does not belong to a West Midlands registered club they must contact the Competition Organiser to enter the Event. Such gymnasts will be given the classification as being a Guest. In such circumstances the gymnasts must nominate a Supervising Coach and must also meet all other membership requirements.

### **Competition Grade/Level**

Gymnasts may only compete in ONE grade/level per competition year.

### **Coach Qualifications**

Entries for competition will only be accepted with a suitably qualified coach. Assisting coaches (Level 1 and above) may be accredited, at the discretion of the Competition Organiser, to be present in the competition arena to assist with the pastoral care of the gymnasts.

### **Age Policy**

Gymnasts age will be taken as the age reached in the year of the competition.



**Year born eligibility for WAG national competitions  
and WTC regional competitions 2020**

**(see BG competition handbook for eligibility criteria for National Compulsory and  
NDP grades competitions)**

<https://www.british-gymnastics.org/technical-information/competition-handbooks/womens-artistic/11055-womens-artistic-national-competition-handbook-2020-v1/file>

Age	Year Born	National Compulsory Elite Levels	NDP National Grades	NDP Regional Grades	West Mids Regional Competitions
Min age 8	2012	No National compulsory level	NDP Club Grade 6 (Not eligible: a pass at any Compulsory or National Grade)		WM Compulsory 5 In Age Level 5
Min age 9	2011	Compulsory 4	NDP Club Grade 6		WM Preliminary National Grade 5 (new in 2020) for 9 & 10 year olds WM Out of Age Lev 5 WM In Age Lev 4
Min age 10	2010	Compulsory 4 OOA Compulsory 3	National 4	Regional 4	WM Preliminary National Grade 5 (new in 2020) for 9 & 10 year olds WM Out of Age Lev 4 WM In Age Level 3
Min age 11	2009	Compulsory 3 OOA Compulsory 2	National 3	Regional 3	WM Out of Age Lev 4/3 WM In Age Level 2
Min age 12	2008	Compulsory 2 OOA Compulsory 1	National 2	Regional 2	WM Out of Age Lev 4/3/2 Espoir Regional Championships
Min age 13	2007		National 1	Regional 1	WM Out of Age Level 4/3/2 WM Espoir Regional Championships
Espoir (12-13)	2007-08	British Championships	Challenge Cup		WM Out of Age Level 4/3/2 WM Espoir Regional Championships
Junior (14-15)	2006-05	British Championships	Challenge Cup		WM Out of Age Level 4/3/2 WM Junior Regional Championships
Senior (16+)	2004 or before	British Championships	Challenge Cup		WM Out of Age Level 4/3/2 WM Senior Regional Championships

Subject to performance level, the top 4 gymnasts will represent the West Midlands at National Age Group Finals and National and Compulsory Elite Grades Finals. Gymnasts in 5<sup>th</sup> and 6<sup>th</sup> places will be nominated as travelling and non-travelling reserves.

The region does not currently offer a Compulsory Level 1 competition.

The region has introduced a new Preliminary / National Grade 5 for gymnasts who are working towards national grades and for whom club 5 does not offer sufficient challenge.

## West Midlands Regional Competitions

### West Midlands Grades competitions

In addition to the BG national NDP and compulsory grading structure offered within the region, in 2018 the region introduced a pre-compulsory grade 5 competition for gymnasts preparing for the compulsory 5 grade the following spring. In 2020 we have introduced a new **Preliminary / National Grade 5** for gymnasts who are working towards national grades and for whom club 5 does not offer sufficient challenge.

### Recreational Novice Competition

This regional competition is open to any gymnast aged 8 years upwards (in the year of the competition) who has not competed in a full four-piece competition, other than this one, at any time. Only three of the four pieces of apparatus need be competed. (Gymnasts may compete on all four pieces but only the best three scores will count).

Gymnasts can repeat this Competition as many times as they like provided they have not competed any four-piece Competitions (ie a competition which requires a gymnast to compete on all 4 apparatus). The Novice Competition does not count as a four-piece competition even if the gymnast does perform on all four pieces since the scores are only taken from the best three offered.

Gymnasts who have only competed in Club Grade 6 or Level 5 events (or equivalent) and more than 4 years ago may revert to this competition if they wish.

### Pre-level 5 and Level 5

Open to any gymnast who has not competed in an individual Regional competition above level 5 previously, or who has not achieved the score which requires them to move to level 4. (pre level 5 is only open to gymnasts aged 8 and 9 in the competition year)

### In Age Levels 4, 3 & 2.

All in age gymnasts may enter the level of competition in their appropriate age year. Subject to performance level, the top 4 (plus gymnasts with qualifying score) form the regional team for National Finals, where such national Finals are available. Gymnasts who enter Compulsory Level 2 and 1 must compete in age at regional voluntary competitions or enter at F.I.G.

### Out of Age Levels 4, 3 & 2.

Out of Age competitions are open to gymnasts up to 3 years above the minimum age for each competition. Thus level 4 out of age 12+ has a top age of 15 years. Coaches are reminded that there are no 'pass' marks for age group competitions and gymnasts may

progress through the levels without reaching the score at which gymnasts must move up. Gymnasts who achieve the following scores are however **required** to progress to the next level to ensure fair competition. Coaches may wish to progress gymnasts to the next level at their discretion even when they have not achieved the score at which they are required to do so. **Please note any individual national or regional 4-piece competition (except the Regional Novice Competition) will be used to identify whether a gymnast has achieved the score at which they must progress to the next level.** All gymnasts who compete in compulsory grade 2 or 1 must compete in Regional FIG competition.

Score achieved in National, Regional or County Competition in previous years	20120 Competition
Level 5 score of: <b>Less than 43.00 in any in-age or out-of-age individual regional competition in 2018/19</b> Less than 42.50 in any in-age or out-of-age individual regional competition in 2017 Less than 45.00 in any individual regional competition in 2016	5
Level 5 scores of: <b>43.00 or more in any in-age or out-of-age individual regional competition in 2018/19</b> 42.50 or more in any in age or out of age individual regional competition in 2017 45.00 or more in any individual regional competition in 2016	4
Level 4 scores of: <b>41.00 or more in any in-age or 42.00 or more in any out of age individual regional or national competition in 2018/19</b> 42.50 or more in any in-age or out-of-age individual regional or national competition in 2017 45.00 or more in any individual regional or national competition in 2016	3
Level 3 scores of: <b>40.00 or more in any in-age or 43.00 or more in any out-of-age individual regional or national competition in 2018/19</b> 41.50 or more in any in-age or 43.00 or more in any out-of-age individual regional or national competition in 2017 45.00 or more in any individual regional or national competition in 2016	2
Level 2 scores of: <b>38.00 or more in any in-age or 45 in any out-of-age individual regional or national competition in 2018/19</b> 43.00 or more in any in-age or out-of-age individual regional or national competition in 2017 45.00 or more in any individual regional or national competition in 2016	FIG

### Regional Teams

Gymnasts may move to a higher level to make up a team but may compete at only one level in each team competition.

### Regional Team Apparatus

Gymnasts may move to a higher level to make up a team but may compete at only one level in each team competition.

### **John Reeves Inter County Memorial Competition**

All members of the County Teams must be current active members of the County Squad organisations or the Regional Development Group (i.e. participating in WM Regional Squad and aged 10 – 11 years old), as notified to the W.T.C. (See County Coach responsibilities in Regional Handbook). County Squad and Regional Squad membership lists to be sent to Regional Competition Organiser (Philippa Morgan) at the start of the year and after any mid-year trial.

The following gymnasts are **not eligible** to enter the John Reeves Inter County Memorial Competition: National and Regional Squad gymnasts, including those who have been full members of the Regional Squad during the current or preceding year (this is any gymnast named in the full regional squad even when not attending squad training); any gymnast who has competed for the Region in National Age Group Championships or Compulsory Grades Championships or any gymnast eligible by virtue of score to compete in National Finals in the current year at Compulsory and or In Age levels (including 2 & 1) and any gymnast who has competed at FIG in any regional or national individual competition. Gymnasts named within the regional squad development group (ie age 11 years or younger), and are therefore not full members of the regional squad may compete.

Coaches with Regional Squad responsibilities will ensure that the list of gymnasts selected is sent to the Competition Organiser.

### **Pre-compulsory grade 5**

Open to gymnasts who are due to compete at compulsory grade 5 in the following year. This competition has a modified code/programme and gives gymnasts an opportunity of a 'practice' event ahead of the regional event in the spring of the following year.

### **Competition Entries**

**Entry Process** - Entry to all WTC competitions are Online only via the British Gymnastics website portal. All entries must be submitted by the stipulated closing date and time.

**Methods of Payment** - Payment will be payable at the time of entry using the BG Portal and payment systems.

**Late Entries** - Late entries will only be considered in exceptional circumstances All requests for a late entry must be made by emailing the competition organiser within 7 days of the closing date. In the unlikely event of a late entry being accepted, payment of double the normal entry fee stated for the competition will be required for individual competitions and double the normal entry fee stated for team competitions. If the draw has already been made, if accepted, late entries will be placed in a group at the discretion of the Organiser

**Withdrawal and Substitutions** - Amendments to an entry before the closing date will not incur a penalty and in the case of withdrawals, the entry fee will be refunded. Entry fees are non-refundable after the closing date.

**Any queries or requested changes to the competition programme must be sent by email to the Competition Organiser and will always be receipted. If you do not receive a receipt please try alternative ways to contact the organiser – no receipt received is an indicator that your email has not been received and therefore you cannot assume it has been accepted.**

In the case of a team entry, if a club wishes to make a substitution (due to the withdrawal of a previous entrant), they can only do so up to noon on the Friday before the event. Substitutions will not incur a fee however there is no guarantee that the substituted names will be included in the programme.

Where it is necessary to substitute a coach the club must inform the Competition Organiser Department, so the coach can be checked for membership, awards and safeguarding, before they can be accredited for the competition.

Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute must inform the Organiser immediately on arrival at the venue and produce their coaching award certificate, current BG membership card and a current BG specific DBS certificate.

Terms & Conditions of entry to all competitions – see BG handbook

**Judges** – the competition programme cannot operate without judges. A nominated judge/s is therefore required in order to complete any online entry. It is essential the nominated judge **is aware of and has agreed to the nomination** – if the judge later withdraws from the competition, the club's entry is at risk of being rejected on the grounds of the club not meeting the entry requirements. Clubs are advised to speak to colleagues from other clubs to request help should they be unable to nominate a judge from within the club before entering the competition. Where a judge from another club is available and agrees, the club can then advise the competition organiser who will override the judge nomination requirement for that entry only. **If a club is unable to nominate a judge after attempts have been made to recruit a judge from elsewhere in the region they should contact the Judging Convenor for assistance.** There is no longer the option to pay an additional fee to enter a competition without a nominated judge.

## General Regulations

### Volunteers

**The WTC will act to protect any volunteers working on their behalf. All WM WTC events operate a zero tolerance approach to foul language or any abusive or aggressive behavior. Anyone found breaking these rules will be asked to leave the competition arena and, if necessary, the venue. Please help us ensure the competition arena has a friendly atmosphere (adapted from the BG National Finals workplan information)**

**Registration** - Only register your Gymnast(s)/Club/Region when those competing in that section of the event have arrived at the event and intend to compete. Please inform the registration desk of any withdrawals as soon as possible

### Competition Attire and Conduct -

**Gymnasts;** Refer to the Women's Artistic Code of Points

**Coaches;** **Coaches must wear a tracksuit with full length sports leggings/sports trousers with a collared polo shirt or club/regional t-shirt and appropriate gym/training shoes. The wearing of GBR or Home Nations attire at BG Events is strictly forbidden. Coaches should be mindful of having hair in the style that is safe for the Gymnast. 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. Exceptions are as per Health & Safety Guidance: Safe Coaching (taken from BG competition handbook 2020)**

Coaches must not leave the floor at any time during the competition except for comfort breaks. Coaches must not communicate with anyone in the audience either verbally; text / phone or by sign at any time.

**Judges**<sup>[L]<sub>SEP</sub></sup>; Refer to the Women's Artistic Code of Points <sup>[L]<sub>SEP</sub></sup>

Judges must check with the judging convener one week prior to the Competition if they have not already been advised, to confirm which apparatus they are judging. If for any reason a judge finds they are unable to judge, they must let the Judging Convener know as soon as possible, with a name of a substitute judge of the equivalent qualification who is available.

Judges must prepare before the competition by checking any rules and recent rule clarifications relevant to the apparatus / competition they are judging. Judges should whenever possible practice judging routines on the designated apparatus either in a club or using video / DVD

Judges must arrive in plenty of time for the judges meeting. Mobile phones must not be used at the judging table. Judges must only leave the judging table for toilet and meal breaks and must not move around the competition arena or audience if they have finished early. Head judges must stand to greet each rotation of gymnasts – other judges may remain seated.

Judges (other than head judges or instructed to do so by head judge) must not speak to coaches / offer advice. Head judges should do so only in relation to the conduct of the competition.

Judges must be prompt and fair. It is not a requirement that judges agree on every point. They are not expected to agree with everything the head judge says, but should respect the head judge. If judges have made their view known they can agree to differ or in the case of an unacceptable difference in scores – the head judge has the right to ask a judge to change their score.

Score sheets must be completed and submitted promptly after each rotation and before the start of the next rotation competing. Judges must focus on their own competition. Head judges may need to communicate to clarify queries about the rules, but in general should wait until asked for an opinion.

If a judge has concerns about the conduct of another judging panel, they must raise it with the competition organiser or the Judging Convenor if present. If a judge is unhappy with the way their panel was run, they must address their concerns to the competition organiser or judging convenor after the competition.

Requests can be made to adopt reasonable clothing modifications at any BG competition on religious grounds <sup>[L]<sub>SEP</sub></sup> only. All requests must be emailed to the competition Organiser at least four weeks before the competition closing date, to allow sufficient time for full consideration of the application and any possible health and safety implications. <sup>[L]<sub>SEP</sub></sup>

For competitors, coaches and judges, chewing gum is not allowed at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony. <sup>[L]<sub>SEP</sub></sup> Apart from as required for the running of the competition, gymnasts, coaches, judges and officials 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 in the main arena during the event.

## Order of Performance

The order of competing for individual events and team events shall be decided according to the competition arrangements made by the Organiser or such officials as may be authorised by the Technical Committee. For the purpose of maintaining a smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the TC reserve the right to alter the grouping of gymnasts and/or running order of performances as may be deemed necessary by the Organiser or authorised officials.

**Music** - All music for competition routines must conform to the relevant licensing requirements. Details may be found in the British Gymnastics National Competition Handbook. The coach will bring a copy of the gymnast's music on a CD, clearly marked with the Gymnast's name and Club to the Registration, in a protective case, at the start of the competition. A sticky label with the Gymnast's name and competition number will be applied to the CD case at the time of registration.

**Competition Apparatus** - Unless otherwise stated, the equipment at WTC competitions will be to current FIG specifications.

Tall Gymnasts – Uneven Bars - 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.

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 by email to the Competition organiser at the time of competition entry. The bars will be raised in accordance with the FIG/WTC regulations.

## Inquiries

All inquiries must be made to the Competition Organiser within 15 minutes of the coach receiving the score slip. If necessary, a coach should register their intention to inquire by approaching the Competition Organiser. If a coach has approached the judging panel and discussed a gymnast's score, they may not register an inquiry. A coach may only inquire about the D score. The WTC cannot accept any video or photographic analysis at an event

Gymnasts who are in a medal position are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony in order to collect their award in person.

**Tenure of trophies** – where trophies are presented, it is the responsibility of the winning club to arrange for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the Organiser prior to the competition the following year by either making arrangements for it to be delivered to the competition venue on the day, or returning it to the competition organiser at least one week prior to the competition. Failure to do this or loss of trophy will incur a cost to the individual / club

## Etiquette for National Competitions

The team manager will be appointed by the WTC and the manager's decision is final in all matters relating to the running of the event. Specifically the manager will determine and register the order of work for the event. All gymnasts must be correctly dressed in Regional

Leotards and Tracksuit and with correct coloured scrunchies. All Coaches must arrive in good time for registration. Coaches must be appropriately dressed in Regional White polo shirt and navy/black tracksuit trousers. Regional jackets are also available for coaches. Regional clothing must be ordered and purchased with sufficient time for delivery prior to the competition. Orders for Leotards must be accompanied by correct size/gymnast measurements (This will be done after the Regional Competition leading to Finals so coaches must remain behind to deal with clothing) Parents or clubs on behalf of parents will need to pay a deposit for clothing.

The WMAGA ask all coaches and gymnasts to treat all equipment used for events with respect to avoid damage and the need for costly repairs or replacement. Should any advice be required about appropriate use of the equipment at events, please approach the Competition Organiser.



## Regional Challenge

Entry fee £30.00 per gymnast

Age criteria 12+

### Rules

- i) Competition for Level 2 and FIG gymnasts only
- ii) Competitions will be run on Out of Age Level 2 rules for all level 2 gymnasts and full FIG for all Espoir, Junior and Senior FIG.
- iii) This competition will run alongside the Grades competitions
- iv) A rosette will be awarded to the gymnast with the highest score on each apparatus as well as a medal to the top 3 overall gymnasts in each level.

## Regional Novice Competition

**Entry fee** £30.00 per gymnast

**Age Groups** 3 separate levels / competitions: beginner; intermediate and advanced  
There are no specific age ranges for each and coaches should enter gymnasts at their discretion to the level they are most suited to based on the code requirements for the level (see separate code)

### Eligibility

Open to any gymnast who has not competed in a full four-piece competition, other than this one, at any time. Only three of the four pieces of apparatus need be competed. (Gymnasts may compete on all four pieces but only the best three scores will count) Gymnasts can repeat this Competition as many times as they like provided they have not done a four-piece Competition at any time. The Recreational Novice does not count as a four-piece competition even if the gymnast does perform on all four pieces since the scores are only taken from the best three offered.

**Gymnasts who have only competed in Club Grade 6, 5 or Level 5 events will not be eligible to enter the novice competition for 2 years after the date of the event.**

### Apparatus

For details of where to obtain details of Competition Rules and of apparatus specifications see Appendix F.

The inclusion of extra moves or moves not in the published rules will gain no credit for content, etc. but will incur execution penalties. In composing floor routines, coaches should bear in mind that the floor is unlikely to be sprung.

## Level 5 competition

<b>Entry Fee</b>	£30.00 per gymnast
<b>Age Groups</b>	Three age groups - Aged 8 (in year of competition) 9 &10 (in year of competition) 11&12 (in year of competition)
<b>Eligibility</b>	See page 12.

A rosette will be awarded to the gymnast with the highest score on each apparatus as well as a medal to the top 3 overall gymnasts in each age group.

**Regional Champion** will be declared when Compulsory 5 and In Age Level 5 scores are added together provided that gymnast has passed the grade and achieved the required score to move up one level for the following year. If not, the award will go to the highest scoring gymnast who has done so and, if none has, then NO Champion will be declared.

## Pre-Level 5 competition

<b>Entry Fee</b>	£30.00 per gymnast
<b>Age Groups</b>	Only available for gymnasts aged 8 or 9 in the year of the competition

This competition is designed for gymnasts who are not yet ready to compete in the full level 5 competition. A modified competition code has been designed specifically for this event.

Gymnasts can only compete this competition once. Having competed this pre-5 level, gymnasts may move to out of age level 5 in the following year, or move straight to level 4.

Medals will be presented to the top three gymnasts. A rosette will be awarded to the gymnast with the highest score on each apparatus.

## **Pre-Compulsory Grade 5 competition**

**Entry Fee** £30.00 per gymnast

**Age Groups** Only available for gymnasts aged 7 in the year of the competition

Open to gymnasts who are due to compete at compulsory grade 5 in the following year. This competition has a modified code/programme and gives gymnasts an opportunity of a 'practice' event ahead of the regional event in the spring of the following year. Gymnasts can only compete this competition once. Having competed this pre-compulsory grade 5, gymnasts may move to compulsory grade 5 or Club Grade 6 in the following year.

Medals will be presented to the top three gymnasts. A rosette will be awarded to the gymnast with the highest score on each apparatus.

## **Preliminary National Grade 5 competition**

**Entry Fee** £30.00 per gymnast

**Age Groups** Only available for gymnasts aged 9 & 10 in the year of the competition

Open to gymnasts who have competed Club grade 6 or Compulsory Grade 5 and working towards national grades. Gymnasts in this preliminary grade are gymnasts for whom the Club Grade 5 does not offer sufficient challenge.

Medals will be presented to the top three gymnasts. A rosette will be awarded to the gymnast with the highest score on each apparatus.

## In Age Levels 2, 3 & 4

**Entry fee** £30.00 per entry

### Age Groups

Level 4: Open to all 9 year olds  
Level 3: Open to all 10 year olds  
Level 2: Open to all 11 year olds

### Eligibility

All gymnasts In Age may enter correct level of competition in their appropriate age year. Top 4 (plus gymnasts with qualifying score) go to National Finals.

### National Finals

Team of 4 + 1 reserve in each age group will be entered by the Region. A nominated non-travelling reserve will be named.

**Teams** - Where a team manager is appointed for either for the whole team or for an individual Age Group, Grade or Level that manager's decision is final in all matters relating to the Competition and must be observed by all coaches accompanying gymnasts.

**Regional Champions** in each age group will be declared when the appropriate Compulsories and Age Group scores are added together provided the gymnast has passed the grade and achieved the required score to move up one level for the following year. If not, the award will go to the highest scoring gymnast who has done so and, if none has, then no Champion will be declared.

9 yrs + Compulsory Level 4  
10 yrs + Compulsory Level 3  
11 yrs + Compulsory Level 2

N.B.: 1. West Midlands gymnasts who enter Compulsory Level 2 must compete in age at Regional Voluntary Competitions or enter at FIG Level.

A rosette will be awarded to the gymnast with the highest score on each apparatus as well as a medal to the top 3 overall gymnasts for each level.

## Out of Age Levels 4, 3 & 2

**Entry Fee** £30.00 per entry

### Age Groups

**Level 4 :** Two age groups -  
10 & 11 Years  
12 -15 Years

**Level 3 :** Two age groups -  
11 & 12 Years  
13 -16 Years

**Level 2 :** Two age groups -  
12 & 13 Years  
14-18 Years

**Eligibility:** see page 12

A rosette will be awarded to the gymnast with the highest score on each apparatus as well as a medal to the top 3 overall gymnasts in each level and age group.

All specific rules and requirements are laid out in the West Midlands Out of Age Levels 4, 3 and 2 rules published each year.

Vault heights specified within these rules are as follows:

Level 4;	age 10 / 11 years	115cm (max age 14 years)
	age 12+ years	120 cm (max age 15 years)
Level 3;	age 11/12 years	120cm (max age 15 years)
	age 13+ years	125cm (max age 16 years)
Level 2;	all ages	125cm

## Regional (FIG) Championships

**Entry fee** £30.00 per gymnast

**Age Groups** Three age groups :-

Espoire	FIG	12 to 13 Years.
Junior	FIG	14 to 15 Years
Senior	FIG	16 + Years

### Eligibility

West Midlands' gymnasts who compete in compulsory Level 2 & 1 must compete at in-age regional voluntary competitions or enter at FIG.

FIG rules as per FIG at British Championships

A rosette will be awarded to the gymnast with the highest score on each apparatus as well as a medal to the top 3 overall gymnasts in each age group.

## **Regional Club Team Championships FIG and Levels 2, 3, 4 & 5**

**Entry Fee**                **£90.00 per Team.**

### **Eligibility**

Gymnasts may move one level higher to make up a team but may compete at only one level in each team competition. Their eligibility status will not be affected providing they do not compete on all four pieces of apparatus.

**Apparatus** For details of where to obtain details of Competition Rules and of apparatus specifications see Appendix F

### **Age Groups**

Level 5 – age 8 & 9 Years  
Level 4 – age 10 years & under  
Level 4 – age 11-15 years  
Level 3 – age 9 - 16 years  
Level 2 – age 10 +  
FIG – age 11+

Out-of-Age rules will be used except bars where in-age gymnasts may opt to use single bar where in-age rules require single bar. Gymnasts who do not qualify for a level by age (i.e. are under age) may be included provided they are only one year below the minimum age for level

### **Vault Heights**

Level 5	see level 5 rules for specific vault requirements
Level 4 10 & under	115 cm
Level 4 other ages	120cm
Level 3	120 cm
Level 2	125 cm
FIG	125 cm

### **Rules**

At Level 5, 4 & 3 teams consist of 6 named gymnasts with any 5 gymnasts to compete on each piece of apparatus. The lowest mark on each piece is dropped.

At Level 2 and FIG Teams consist of 5 named gymnasts with any 4 gymnasts to compete on each piece of apparatus. The lowest mark on each piece is dropped.

Teams to be named on Official Working Order Sheet at Registration of each Competition. (see appendix)

If any gymnast not included on the official entry form is declared at registration, they must prove their eligibility before the start of the competition. All gymnasts' names, including reserves, must be named on the entry form to be eligible to compete. Gymnasts who have transferred from other clubs and not on the entry forms at the time entries are submitted will not be eligible



## Regional Team Apparatus Championships (Levels 5, 4, 3, 2, FIG)

### Entrance fee

**£40.00 per Team.**

**Special Note - Eligibility Rules.** Gymnasts may move to a higher level to enable a team to compete, but cannot move down a level from any previous individual regional or national event. Gymnasts may compete at one level only (ie one team) in this competition.

### Age groups

Level 5	8/9 Years
Level 4	10 Years and under 11 Years plus
Level 3	Open entry – Out-of-Age rules apply
Level 2	Open Entry – Out-of-Age rules apply
FIG	Open Entry - FIG senior rules apply

### Eligibility

As per rules for In and Out of Age Competitions

### Rules

For each apparatus the team nominates and competes 1 gymnast. A team consists of 4 or 5 named gymnasts (4 compete and 1 reserve). The 4 competing gymnasts and apparatus to be worked must be declared on the Official Working Order Form at Registration of each Competition. (See Appendix). Any substitutions to the team must be validated and agreed with the competition organiser 24 hours prior to the event at the latest. Later changes may not be accepted. The competition will be run on a warm up, compete apparatus basis.

## John Reeves Memorial Inter County Championships

### Entry Fee

**£90.00** per Team

Two teams – one senior and one junior as set out in the rules

### Eligibility

All members of the County Teams must be current active members of the County Squad organisations, as notified to the W.T.C. (See County Coach responsibilities in Regional Handbook). Entries to be made by designated County Coaches.

The following gymnasts may not enter the John Reeves Inter County Memorial Competition:

- a. National and regional squad gymnasts, including those who have been members of the Regional Squad during the current or preceding year (gymnasts who take part in Regional Development Group training (ie age 11years and younger are **not** excluded).
- b. Any gymnast who has represented the Region, including any gymnast who is travelling reserve and has met the eligibility score to compete as an individual, or any gymnast eligible by virtue of score to compete in In-Age National Finals (where this is available) or Compulsory Grades Finals (including National Level 2);
- c. Any gymnast who has been invited (even if the place is declined) to join the full Regional Squad in the current year;
- d. Any gymnast already required to compete at F. I. G. Level.

### Rules

There will be one team from each County as Seniors & Juniors. Teams will compete to Out-of-Age Rules. The senior team consists of 6 named gymnasts, three at Level 2 and three at Level 3. The lowest score at each level will be dropped. The Junior team consists of 6 named gymnasts, three at Level 4 and three at Level 5. The lowest score at each level will be dropped.

Teams to be named on Official Working Order Sheet at Registration of each Competition. (See Appendix)

If any gymnast not included on the official entry form is declared at registration they must prove their eligibility prior to competing i.e. must be registered as County Squad Members by mid-January of the competition year.

## Appendices Contents

	<b>Appendices</b>	
	Hosting Competition – Check List	
	Working Order Form Team Competitions	
	Working Order Form Individual Apparatus Competitions	
	West Midlands GA rules (including rules adopted by the region which have been produced by East Midlands GA and used in Miss Quattro competitions)	

## Competition hosts information

As host club you will need to provide the following for **each round** of competition:

- 2 adults for gymnast registration

You will be provided with stickers with each gymnast's name and competition number which you will need to stick onto their floor music and arrange into the competition groups. Highlight on the programme provided the gymnasts as they register and note any withdrawals. Withdrawals to be given to the competition announcer.

- 2 adults to man entry desk

Audience members will need to pay to enter the competition 2 adults required for each round to take money.

- 2 adults for photo registration

Any person wishing to take photos or videos throughout the competition will need to register by completing the form provided and paying £1. Provided sticker to be issued upon registering.

- 2 runners per group (this will include back to back competitions, where you will need 4 per apparatus / group including rest)

Runners can be gymnasts, they will be responsible for ensuring gymnasts are lined up in front of the correct judges at the correct time and for taking score slips from the judges to the scoring table and relevant coaches. Please ensure that appropriate runners are provided and understand what is expected of them. Younger gymnasts may be better paired with older gymnasts.

- Water and sweets for judge's tables. Please ensure that enough bottled water is brought for the judges throughout the day and some sweets are provided.

You will be able to run raffles throughout the day in order to raise funds for your club.

On behalf of the WTC many thanks for your help.

## **GUIDELINES FOR FLOOR MUSIC RECORDINGS**

Disney music or any music by Andrew Lloyd-Webber is not permitted. Any routines performed to music that contravene this rule will be treated as having no music and penalised accordingly.

Only put ONE copy of music on the CD.

**The CD should be labelled with the gymnast's name and Club**

Take a spare copy of your music to the competition, just in case the unthinkable happens!

## TEAM COMPETITIONS – COMPETITION ORDER

**Please complete all sections and print a copy to hand in with entry & ensure you make a copy for each coach with your team**

### COPY FOR JUDGES TABLES

<b>TEAM NAME:</b>		<b>TEAM NAME:</b>	
<b>VAULT</b>		<b>BARS</b>	
NUMBER	NAME	NUMBER	NAME

<b>TEAM NAME:</b>		<b>TEAM NAME:</b>	
<b>BEAM</b>		<b>FLOOR</b>	
NUMBER	NAME	NUMBER	NAME

### COPY FOR ANNOUNCER

<b>TEAM NAME:</b>		<b>TEAM NAME:</b>	
<b>VAULT</b>		<b>BARS</b>	
NUMBER	NAME	NUMBER	NAME

<b>TEAM NAME:</b>		<b>TEAM NAME:</b>	
<b>BEAM</b>		<b>FLOOR</b>	
NUMBER	NAME	NUMBER	NAME

## Team Apparatus Championships

*Please add named gymnasts per apparatus*

*Please complete, print to hand in at registration at the competition.*

*Please remember to make a copy of this form for each coach  
with your team*

---

### COPY FOR JUDGES TABLES

TEAM NAME: .....

NAME	APPARATUS
	VAULT
	BARS
	BEAM
	FLOOR
	RESERVE

---

### COPY FOR ANNOUNCER

TEAM NAME: .....

NAME	APPARATUS
	VAULT
	BARS
	BEAM
	FLOOR
	RESERVE

## Compulsory Grade 5

### VAULT

**D Score 4:00**

#### **Straight front somersault from springboard to feet immediate fall to front**

Height : 30cm safety mat with additional 20cm mat to fall onto front.

Run and hurdle step onto springboard, arm swing into straight front somersault to feet on safety mat, and immediate fall forwards onto front.

#### **Run up distance max 25m**

Gymnast to perform two vaults with the average score to count

FIG deductions for running out apply

If a VOID vault is performed (Zero) the gymnast may have a second attempt but will incur a penalty of 1.00

#### Specific Apparatus Deductions (E Panel)

<i>Faults</i>	<i>0.10</i>	<i>0.30</i>	<i>0.50</i>
Lack of acceleration during run up	x	x	
<b>First Phase onto board</b>			
Feet landing off centre in any direction	x		
Arms not behind body in hurdle step	x	x	
Thumbs not close to body in fwd swing of arms	x	x	
<b>1<sup>st</sup> Flight – take off from board to inverted</b>			
Lack of heel drive	x	x	
Hip angle (Excessive dish/pike/arch)	x	x	x
Bent legs	x	x	x
Leg or knee separation	x	x	
Failure to pass through vertical	x		
<b>2<sup>nd</sup> Flight – from inverted to feet</b>			
Height	x	x	X
Failure to maintain correct body position (excessive arch/tuck)	x	x	x
Failure to maintain stretched body	x	X	
Bent knees	x	X	X
Leg or knee separation	x	X	
Insufficient length	x	X	
Arms not at ears	x	x	X
Dynamics throughout	x	x	X
<b>Landing faults</b>			
Under or over rotation	x	x	
Deviation from straight line (First contact)	x	x	
Legs apart	x		
Failure to maintain correct body position during fall	x	x	
Jumping onto front		x	



**BARS**

<b>Strap bar height 2.50m (approx)</b>	<b>D Score 4.00 Maximum</b>	<b>Use FIG deduction throughout except where specified</b>
<b>Value of element as specified in text</b>	<b>No attempt at an element VM + 2.00</b>	<b>Casts and circle deductions as per text</b>

<b>Value</b>	<b>Elements (must be in this order)</b>	<b>Notes</b>
<b>0.50</b>	Chin up circle over to front support	Lack of body extension 0.10 – 0.30 Failure to make 90deg elbow angle – non attempt Chin level with bar 0.30 Chin resting on bar 0.30 Poor technique (arch/leg swing to instigate circle) 0.10 – 0.30 Failure to circle over to front support VM
<b>0.50</b>	Cast to horizontal (Emphasis on shape) and push away into	Cast penalties as per compulsory 4 book Below 45 deg from bar – VM Legs straddled or apart – 0.10-0.30 Arch- 0.1, 0.3, or 0.50 Bent arms – 0.1, 0.3, or 0.50 Bent legs – 0.1, 0.3 or 0.50
<b>0.50 – Front swing</b> <b>0.50 – back swing</b> <b>0.50 – front swing</b> <b>0.50 - back swing</b> <b>0.50 – front swing</b> <b>0.50 – back swing</b>	3x swings to (minimum) horizontal each side  All 3 swings to be judged	Chest in, flat hips, bum squeezed, ears covered. Swing deductions: Above 45deg – no deduction 45deg- 65deg – 0.10 65deg – 90deg – 0.30 Below Horizontal – VM Body alignment – 0.1-0.30 Head out – 0.10-0.30 Head too far in – 0.10 Lack of kick/extended hang under bar 0.10 – 0.30 <b>Additional Swing 0.50 each</b>
<b>0.50</b>	Back giant circle through handstand	GBR circle penalties except VM = 0.50 Below 90deg – no attempt Deductions on upswing Deductions as per swings and; Body alignment in handstand = 0.10 – 0.30 Hip angle = 0.10 – 0.30
<b>0.50</b>	Back giant circle through handstand	GBR circle penalties except VM = 0.50 Below 90deg – no attempt Deductions on upswing Deductions as per swings and; Body alignment in handstand = 0.10 – 0.30 Hip angle = 0.10 – 0.30
<b>0.50</b> <b>Coach can assist the controlled stopping of the gymnast</b>	Back giant circle through handstand	GBR circle penalties except VM = 0.50 Below 90deg – no attempt Deductions on upswing Deductions as per swings and; Body alignment in handstand = 0.10 – 0.30

Hip angle = 0.10 – 0.30

**BEAM****Optional routine with compulsory elements on optional order****Time: 1.30 (Max)****D Score 4.00 maximum****Use FIG deductions**

<b>General</b> If a fall occurs between two connected elements the gymnast must complete the elements after the fall If the gymnast falls between the dismount connection, the whole connection may be repeated once  <b>All holds must be 2 seconds</b>	<b>VM and No attempt for missing an element</b>  <b>0.30 Lack of hold</b>  <b>No attempt = VM + 2.00</b>
--	--

Value	Elements (Optional order)	Notes
<b>0.50</b>	Mount – optional entry to half pike lever hold (2 secs) (2 springboards allowed)	Feet brushing beam – 0.10 Lack of extension in support – 0.1-0.30 Bent arms / legs – 0.1, 0.3, 0.5
<b>0.50</b>	Split handstand hold (2 secs)	FIG split deductions apply
<b>0.50</b>	Backward Walkover (must be in the same length as the split handstand)	Lack of splits: >0 – 20 – Deduct 0.10 >20 – Deduct 0.30
<b>0.50</b>	Split jump (135 deg minimum)	Lack of splits: >0 – 20 – Deduct 0.10 >20 – 45 degs Deduct 0.30 Less than 45 degs VM
<b>0.50 + 0.50</b>	Straight jump into tuck jump	Linked as per FIG requirements Series break – 0.30
<b>0.50 + 0.50</b>	Releve on 1 foot hold with arms down (2 secs) into releve on 1 foot hold with arms up (2 secs) into ½ spin If fall between any part of series the rest must still be performed	Stop in connection – 0.30 Spin not completed exactly – VM Lack of continuity – 0.30 Turn not on toes – 0.30
<b>0.50 + 0.50</b>	Cartwheel into straight jump dismount	Lack of extension in support – 0.10/0.30 Lack of height in jump – 0.10/0.30 Stop between elements – 1.00 Landing out of line with beam – 0.10/0.30

**FLOOR** Optional routine with compulsory elements in optional order

<b>Time: 1.30 (max)</b>	<b>D Score 4.00 maximum</b>	<b>Use FIG deductions</b>
<b>General</b> All elements in an acrobatic series must be completed continuously		<b>VM and No attempt for missing an element</b>  <b>Series break = 0.30</b>  <b>No attempt = VM +2.00</b>

Value	Elements (Optional order)	Notes
<b>0.50 each?</b>	Round off into 2 flicks rebound jump to be performed on a parallel line in front of head judge approximately 1m into the floor area (as per national compulsory 4 rules)	Lack of flight – 0.1/0.30 Lack of extension in jump 0.1 Stop between any element – 1.00 Both hands and both feet on parallel line except for the flicks where hands are shoulder width apart. During round off or flicks if both limbs are not touching the line, and on one side, they will receive a 0.50 penalty each time
<b>0.50 + 0.50</b>	Tucked front somersault into immediate hurdle step into handspring to 2 feet into immediate rebound stretch jump	Lack of flight – 0.10/0.30 No rebound jump – 0.50
<b>0.50 + 0.50</b>	Straight jump into straddle jump	Lack of splits: 0- 20degs – 0.10 20 – 45 degs – 0.30 Less than 45degs – VM Series break 0.3
<b>0.50 + 0.50</b>	Cat leap into cartwheel or forward walkover	Linked as per FIG requirements Series break 0.30
<b>0.50 + 0.50 + 0.50</b>	Split leap on one leg step into immediate hop with leg at horizontal step into split leap on the opposite leg	Directly linked with no steps, chasse's or hops Lack of splits: 0- 20degs – 0.10 20 – 45 degs – 0.30 Less than 45degs – VM Series break 0.3 each time
<b>0.50</b>	Full turn jump	<b>Element penalties – As CoP</b>
<b>0.50</b>	Backward roll to 45 support with straight arms– finishing in front support	Bent arms in roll – 0.10 / 0.30 / 0.50 <45 – VM Head sticking out 0.10 Arch 0.10 / 0.30 Bent legs 0.10 / 0.30 / 0.50 Shape not maintained in front support landing – 0.30
<b>0.50 + 0.50</b>	½ spin step into ½ spin (either direction but must be on different legs)	Lack of continuity – 0.30

## RANGE AND CONDITIONING

**Compulsory elements must be performed in this order. Deviation from text – deduct 0.50**

<b>D Score 4.00 maximum</b>	<b>Use FIG deductions Unless specified</b>
<b>General FIG penalties to apply throughout All holds must be for 2 seconds. Failure to hold – 0.30 each time If a fall occurs gymnast should await confirmation from the head judge and restart the routine from the next value part</b>	<b>VM and No attempt for missing an element  Lack of hold = 0.30  No attempt = VM + 2.00</b>

<b>Value</b>	<b>Elements (In order of text)</b>	<b>Notes</b>
<b>0.50</b>	Standing leg lift on first leg, show position, circle free leg to side, show position, continue to circle leg backwards to arabesque, show position, return to stand	Chest position horizontal in arabesque – 0.10/0.30 Hips and shoulders not parallel – 0.10/0.30 Lack of control in transitions – 0.1/0.3/0.50
<b>0.50</b>	Standing leg lift on second leg, show position, circle free leg to side, show position, continue to circle leg backwards to arabesque, show position, return to stand	Lack of splits: Leg at horizontal – no deduction 0-20 deg below horiz – 0.10 20 – 45 deg below horiz – 0.30 More than 45 deg below horizontal - VM
<b>0.50</b>	Pike fold hold (2 seconds)	
<b>0.50</b>	Backward roll with straight arms to front support	
<b>0.50</b>	Draft feet into straddle lever HOLD	Legs resting on arms – 0.30 Feet below hips – 0.10/0.30
<b>0.50</b>	Lift to straddle stand	Feet brushing floor in transition – 0.20 Feet hitting floor in transition – 0.50
<b>0.50</b>	Straddle press to handstand – show position – legs together	Legs apart - 0.10/0.30 Straddle lift - VM
<b>0.50</b>	Controlled lower to bridge	Lack of control – 0.10/0.30 Feet / legs apart – 0.10/0.30
<b>0.50</b>	Lift leg to show split bridge and kick through split handstand to stand	Lack of splits: Leg at vertical – no deduction 0-20 deg below vertical – ded 0.10 20 – 45 deg below vertical – ded 0.30 More than 45 deg below vertical – VM Leg twisted/body alignment – 0.1/0.30/0.50 Excessive push from supporting leg – 0.10/0.30
<b>0.50 + 0.50 + 0.50 + 0.50</b>	Straddle jump into immediate split jump into split jump on the other leg into ½ turn jump. Linked but not rebounding. Minimum 135 degrees	Lack of splits: 0-20 deg split missing – deduct 0.1 20-45 deg split missing – deduct 0.30 More than 45 deg split missing – VM Leg twisted / body alignment – 0.1/0.30/0.50

## Preliminary National Grade 5

This is a new level of national grade designed to bridge the gap between Club grade 6 / compulsory grade 5 and national grade 4/compulsory grade 4. It is a regional level competition only and is intended for gymnasts who will be working towards national grade 4 / compulsory grades in the future

The competition is only open to gymnasts aged 9 – 11 in the year of the competition

Pass mark:

Pass	50.00
Commended	55.00
Distinction	60.00

## Preliminary National Grade 5

### VAULT

**D Score 4:00**

#### **Handspring Flat back**

Height : 110cm Safety mats behind vaulting table

Run and hurdle step onto springboard, arm swing into handspring flat back vault onto safety mat stack behind vaulting table.

#### **Run up distance max 25m**

Gymnast to perform two vaults with the best score to count

FIG deductions for running out apply

If a VOID vault is performed (Zero) the gymnast may have a second attempt but will incur a penalty of 1.00

#### Specific Apparatus Deductions (E Panel)

<i>Faults</i>	<i>0.10</i>	<i>0.30</i>	<i>0.50</i>
Lack of acceleration during run up	x	x	
<b>First Phase onto board</b>			
Feet landing off centre in any direction	x		
Arms not behind body in hurdle step	x	X	
Poor coordination of arm swing	x	X	
<b>1<sup>st</sup> Flight</b>			
Hip angle (Excessive dish/pike/arch)	x	X	
Arch	x	X	
Bent legs	x	X	x
Leg or knee separation	x	X	
Failure to pass through vertical	x		
<b>Repulsion</b>			
Shoulder angle on contact with vault	x	x	
Bent arms	x	x	X
Walking on hands	X per step		
Double bounce on hands			1.00 mark
<b>2<sup>nd</sup> Flight</b>			
Height	x	x	X
Failure to maintain stretch body	x	x	
Bent knees	x	x	X
Insufficient length	x	x	
Landing with hands still touching (Or would be if placed down)			x
Dynamics throughout	x	x	
<b>Landing faults</b>			
Under or over rotation	x	x	
Deviation from straight line (First contact)	x	x	
Legs apart	x	x	
Failure to land on back (Landing in dish)		x	

**BARS**

<b>Strap bar height 2.50m (approx)</b>	<b>D Score 4.00 Maximum</b>	<b>Use FIG deduction throughout except where specified</b>
--	-----------------------------	--

<b>Value of element as specified in text</b>	<b>No attempt at an element VM + 2.00</b>	<b>Casts and circle deductions as per text</b>
--	---	--

<b>Value</b>	<b>Elements (must be in this order)</b>	<b>Notes</b>
<b>0.50</b>	Chin up circle over to front support	Lack of body extension 0.10 – 0.30 Failure to make 90 deg elbow angle – non attempt Chin level with bar 0.30 Chin resting on bar 0.30 Poor technique (arch/leg swing to instigate circle) 0.10 – 0.30 Failure to circle over to front support VM
<b>0.50</b>	Cast to 45° (Emphasis on shape) and push away into	Cast penalties as compul 4 book Below 90 ° – VM Legs straddled or apart – 0.10/0.30 Arch – 0.10, 0.30 or 0.50 See cast diagram in compulsory book
<b>0.50 – Front swing</b>	Forward swing to 45°	Swing penalties as per compulsory 4 book Below Horizontal – VM Head out – 0.10 Head too far in – 0.10 Lack of kick/extended hang under bar 0.10 – 0.30 <b>Additional Swing 0.50 each</b> <b>Swing straight over bar 0.50</b>
<b>0.50 – Back swing</b>	Back swing to 45° (No hecht action required)	<b>Chest in, flat hips, bum squeezed, ears covered</b> Swing deductions: Above 45 degs – no deduction 45 – 65 degs – 0.10 65 – 90 degs- 0.30 Below horizontal – VM Body alignment 0.1 – 0.50 Head out – 0.10/0.30 Head too far in – 0.10 Lack of kick/extended hang under bar 0.10 – 0.30 <b>Additional Swing 0.50 each</b>
<b>0.50 each</b>	3x Backward giant circle through handstand	GBR circle penalties except VM = 0.50 Below 90 degs – non attempt Deductions on upswing Deductions as per swings and; Body alignment in handstand = 0.10 – 0.30 Hip angle = 0.10 – 0.30

**Coach can assist the controlled stopping of the gymnast at the conclusion of the routine  
BONUS – 0.5 for cast to handstand (Straddle cast permitted)**

**BEAM****Optional routine with compulsory elements on optional order**

<b>Time: 1.30 (Max)</b>	<b>D Score 4.00 maximum</b>	<b>Use FIG deduction</b>
-------------------------	-----------------------------	--------------------------

<b>General</b> If a fall occurs between two connected elements the gymnast must complete the elements after the fall If the gymnast falls between the dismount connection, the whole connection can be repeated once  All holds must be 2 seconds	<b>VM and No attempt for missing an element</b>  <b>0.30 Lack of hold</b>  <b>No attempt = VM + 2.00</b>
---	--

<b>Value</b>	<b>Elements (Optional order)</b>	<b>Notes</b>
<b>0.50</b>	Mount – Japana hold (2 seconds)	Not held – VM Torso not close to the beam – 0.1/0.30 Lack of flexibility – 0.1/0,30
<b>0.50 + 0.50</b>	Split jump into stretch jump	Linked as per FIG requirements Element penalties – As CoP Series break – 0.5 Elements performed in a different order 0.30
<b>0.50</b>	Any one of the following elements: Split leap Sissone Straddle jump	Element penalties – As CoP
<b>0.50</b>	Backward Walkover	Element penalties – As CoP Lack of splits >0 – 20 – Deduct 0.10 >20 – Deduct 0.30
<b>0.50</b>	Cartwheel	Element penalties – As CoP
<b>0.50</b>	Full spin	Element penalties – as CoP
<b>0.50</b>	Front somersault dismount	Element penalties – As of CoP Take off from one foot – VM Somi not tucked – VM Landing out of line with beam – 0.10 / 0.30



## **FLOOR**

### **Optional routine with compulsory elements in optional order**

<b>Time: 1.30 (max)</b>	<b>D Score 4.00 maximum</b>	<b>Use FIG deductions</b>
-------------------------	-----------------------------	---------------------------

<b>General</b> All elements in an acrobatic series must be completed continuously	<b>VM and No attempt for missing an element</b>  <b>Series break = 0.30</b>  <b>No attempt = VM +2.00</b>
--	---

<b>Value</b>	<b>Elements (Optional order)</b>	<b>Notes</b>
<b>0.50 each</b>	Round off into 3 flicks rebound jump	Element penalties – As CoP Stop between any element – 1.00
<b>0.50 + 0.50 + 0.50</b>	Handspring to 1 – run – handspring to 2 into immediate rebound stretch jump	Element penalties – As CoP Lack of flight 0.10 / 0.30 No rebound jump 0.50
<b>0.50 + 0.50</b>	Flick into straddle jump	Element penalties – as CoP Series break – 0.30
<b>0.50</b>	Full turn jump	Element penalties – As CoP
<b>0.50 + 0.50</b>	Dance series: split leap, split leap	Linked as per passage of dance requirements (steps/chasses/hops permitted) Lack of splits: 0 – 20 degs – deduct 0.10 20 – 45 degs – deduct 0.30 Less than 45 degs – VM Series break 0.50
<b>0.50</b>	Backward roll to handstand with straight arms	Element penalties as per CoP Bent arms in roll – 0.10 / 0.30 / 0.50 Handstand not achieved VM
<b>0.50 + 0.50</b>	Full spin step into ½ spin, can be in either direction by must be on different legs	Lack of continuity 0.30

## RANGE AND CONDITIONING

**Compulsory elements must be performed in this order. Deviation from text – deduct 0.50**

D Score 4.00 maximum		Use FIG deductions Unless specified
<b>General</b> FIG penalties to apply throughout All holds must be for 2 seconds. Failure to hold – 0.30 each time If a fall occurs gymnast should await confirmation from the head judge and restart the routine from the next value part Gymnast may start off the strip of matting then step onto mat for forward roll with no penalty Maximum time for exercise 1 minute		VM and No attempt for missing an element  Lack of hold = 0.30  No attempt = VM + 2.00
Value	Elements (In order of text)	Notes
0.50	From pike stand – press to handstand <b>HOLD handstand for 2 seconds</b>	Handstand not held for 2 seconds = VM Jump to handstand instead of lever VM Bent legs 0.10/0.30/0.50 Bent arms 0.10/0.30/0.50 Alignment in handstand 0.10/0.30
0.50	<b>Step down to return to standing</b> ½ turn in handstand, split legs and step down, join feet together with arms by ears. If fall occurs in handstand, gymnast may kick back up to handstand and perform ½ turn and step down	Handstand ½ turn not performed – non attempt ½ turn not completed – VM Late turn (after handstand) / lack of control in turn 0.1/0.30 Bent legs 0.1/0.3/0.50
0.50	Starting in crouch position – forward roll ( <b>Bent or straight arms, pause in shoulder stand not necessary</b> ) to straddle ½ lever <b>HOLD with feet higher than hips for 2 seconds</b> Lower to straddle sit position	Straddle lever not held for 2 secs = VM Legs held at horizontal = 0.10 Legs held below horizontal 0.30 Legs bent in hold = 0.10/0.30/0.50
0.50	Without changing leg position – lift arms above head and keeping back straight – lean forwards to Japana position <b>HOLD for 2 seconds</b>	Japana position not held = VM Back not straight during lean forwards = 0.10 Widening legs before Japana fold = 0.10/0.30 Torso not close to floor in held position = 0.10 / 0.30
No value	Take legs backwards (may use hands in transition phase) and passing through box splits – join legs together with arms by ears – Push to press up position with toes pointed	Lack of flexibility in box split = 0.10/0.30 Bent legs = 0.10/0.30 Flexing feet/foot during transition phase = 0.10
0.50	Swing one leg around to sit in forward splits – Take hands off floor <b>HOLD for 2 seconds with arms sideways at horizontal</b>	Splits not held for 2 seconds = VM Lack of flexibility in splits = 0.10/0.30 Hands touching floor in held position = 0.30
0.50	½ turn to splits on the other leg (May use hands without penalty) <b>HOLD for 2 seconds with arms sideways at horizontal</b>	Splits not held for 2 seconds = VM Lack of flexibility in splits = 0.10/0.30 Hands touching floor in held position = 0.30
0.50	Bring back leg forwards to long sit with legs together – Lift arms to ears and pike fold placing hands flat on floor at the side of feet <b>HOLD for 2 seconds</b>	Pike fold not held for 2 seconds = VM Insufficient pike fold position = 0.10/0.30 Hands not in prescribed position in fold – 0.10 Knees bent in held position = 0.10/0.30
0.50	Return to sit – Lower to back – Push to bridge with feet together. Straighten legs and <b>HOLD for 2 seconds</b>	Bridge position not held = VM Insufficient shoulder extension = 0.10/0.30 Knees bent in held position = 0.10/0.30/0.50 Feet apart at any point = 0.10
0.50	Lift one leg straight to vertical (may move supporting leg) and <b>HOLD position for 2 seconds</b> . Kick over through split handstand to stand.	Position not held for 2 secs – VM Lack of split = 0.10/0.30 Failure to kick over to stand = 1.0 (fall) Bent legs = 0.10/0.30/0.50
Lack of fluency / pace throughout the exercise (Going too slowly throughout / holding positions for too long) = 0.10/0.30		

### West Mids Pre Level 5 (voluntaries)

<b>Difficulty value</b>	Elements will be recognised according to FIG Code of Points and specific J and routine elements listed below. FIG execution penalties will be applied. BARS/BEAM/FLOOR 8 A or J elements including dismount; BEAM/FLOOR 2 acro elements and 3 dance plus 3 optional elements. Barred elements are not allowed & no difficulty value will be awarded if performed. Un-coded (J) elements as listed below will be recognised. SAME ELEMENT can only count once.			
<b>Short exercises</b>	BARS – routine as prescribed below (no short routine if whole routine performed). <b>Beam &amp; Floor - minimum 7 elements required on beam and floor (inc dismount). Deduct 1.00 for each missing element (i.e. 6 elements in routine, deduct 1.00; 5 elements deduct 2.00 etc.)</b>			
<b>VAULT</b>	<b>NOTES</b>	<b>BARS</b>	<b>BEAM</b>	<b>FLOOR</b>
<b>(Tariff 13.5)</b> Red block 80cm sideways, 20cm landing mat, handspring over the block to fall forwards onto front.  2 attempts. <b>Highest score counts</b>	<b>Barred elements</b>		Salto (including no salto dismounts) hops/leaps/jumps with LA turn; hops/leaps/jumps to front support; any element higher than B value	Hops/leaps/jumps with LA Turn except those listed below; hops/leaps/jumps to front support; any salto; elements higher than B value
	<b>Recommended elements</b>	<b>Additional 20cm mats throughout.</b> Routine in 2 sections: LB – circle up, cast into back hip circle, squat on jump off to land HB – coach lifts gymnast to hang on HB. Chin circle up, cast return to bar, cast into straddle shoot to land (landing penalties apply to both landing phases; gymnasts expected to show control and height in the jump from LB)	Mounts: squat on, straddle on, straddle lever, japana Sissone & split leap; straddle jump (Cross or side); wolf jump; spin on one foot; handstand hold (cross or side); cartwheel Dismount: round off / handspring / free round off (barani), cartwheel jump (jump will count as a J element)	Variety of dance elements; sissone/split leap; straddle jump / straddle piked jump; tuck jump/cat leap; wolf jump or hop; round off/flick; full spin  c/wheel, fwd wo, bwo, valdez, h/s fwd roll, bwd roll to h/s
	<b>All J and un-coded elements 0.1 each and count towards element total and CR's</b>	See routine above	Squat on or straddle on, japana mount; fwd roll; handstand; tuck jump; stretch jump; half spin; round off dismount; handspring dismount. No deduction for an unrecognised / uncoded mount	Cartwheel; bwd walkover; fwd walkover; valdez; bwd roll to handstand; handstand fwd roll; handspring; handspring; cat leap; tuck jump; wolf jump; vertical jump with 180 deg LA turn
	<b>CR 0.5 each</b>	See routine above If all routine performed, CR total 2.00	<ul style="list-style-type: none"> <li>• 2 acro elements (including rolls and handstands)</li> <li>• half spin on one foot</li> <li>• leap or jump with 180 split (all attempts credited)</li> <li>• a further leap or jump</li> </ul>	<ul style="list-style-type: none"> <li>• Full spin</li> <li>• Round off</li> <li>• 2<sup>nd</sup> flighted element (can be in series / acro line but does not have to be)</li> <li>• Passage of dance with 2 diff coded or J elements; one to show 180 deg split</li> <li>• 2x non flighted acro (see J elements above); non-flighted element can be credited at any time in routine (incl after acro / acro line)</li> </ul>
	<b>Bonus</b>	Bonus for cast to or above horizontal (0.3)	Bonus for routine with no falls and all CR's with less than 2.00 deductions (0.3)	Bonus for round off flick linked (0.3) <b>Bonus only awarded if NO FALL</b>
	Composition	As FIG No cast penalties if cast reaches horizontal or above	As FIG	As FIG

### West Mids Level 5 (in and out of age comps)

<b>Difficulty value</b>	Elements will be recognised according to FIG Code of Points and specific J elements listed below. FIG execution penalties will be applied. BARS/BEAM/FLOOR 8 elements including dismount; BEAM/FLOOR 3 acro elements and 3 dance with 2 optional elements. Barred elements are not allowed & no difficulty value will be awarded if performed. Un-coded (J) elements as listed below will be recognised. SAME ELEMENT can only count once EXCEPT ON BARS where each element may be repeated once.			
<b>Short exercises</b>	Minimum 7 elements required on beam and floor (inc dismount). Deduct 1.00 for each missing element. BARS - 5 elements required. Deduct 1.00 for each missing element (i.e. 4 elements in routine, deduct 1.00; 3 elements deduct 2.00 etc.)			
<b>VAULT – choice of 1 of each or 2 same vaults; higher score counts</b>	<b>NOTES</b>	<b>BARS</b>	<b>BEAM</b>	<b>FLOOR</b>
<b>VAULT 1 (Tariff 13.5) Straight front somersault</b> from board to single height safety mat (30cm) immediate drop to front on mat.	<b>Barred elements</b>	Dismount higher than salto bwd straight; bwd or fwd giant; elements higher than B value	Any salto (other than dismount); hops/leaps/jumps with LA turn; hops/leaps/jumps to front support; any element higher than B value	Hops/leaps/jumps with LA Turn except those listed below; hops/leaps/jumps to front support; any salto; elements higher than B value
	<b>Recommended elements</b>	Upstarts; back hip circle (will not receive 0.5 penalty for empty swing); backaway from handstand. NB upward circle will not receive DV but can be used as a mount (penalties will apply)	Sissone & split leap; straddle jump (Cross or side); wolf jump; spin on one foot; handstand hold (cross or side); cartwheel	Variety of dance elements; sissone/split leap; straddle jump / straddle piked jump; tuck jump/cat leap; wolf jump or hop; round off/flick; full spin
	<b>All J and un-coded elements 0.1 each and count towards element total and CR's</b>	Cast above horizontal; tucked sole circle; ¾ giant from LB to HB; squat on; straddle undershoot dis (will fulfill dismount CR)	Squat on mount; fwd roll; handstand (can be used as acro element); tuck jump; stretch jump; half spin; round off dismount; handspring dismount.	Cartwheel; bwd walkover; fwd walkover; valdez; bwd roll to handstand; handstand fwd roll; headspring; handspring; cat leap; tuck jump; wolf jump; vertical jump with 180 deg LA turn
	<b>CR 0.5</b>	<b>Award 2.00 if all present</b> <ul style="list-style-type: none"> <li>• 5 elements</li> <li>• 1 bar change</li> <li>• Cast to horizontal (straight body)</li> </ul> <b>Penalty 2.00 deduction for use of one bar only.</b>	<ul style="list-style-type: none"> <li>• Connection of min 2 diff dance elements (one leap/jump/hop with 180 degree split)</li> <li>• Turn on 1 foot (1/2 spin only)</li> <li>• 1 fwd/swd acro element</li> <li>• 1 bwd acro element</li> </ul>	<b>Award 2.00 if all present</b> <ul style="list-style-type: none"> <li>• Full spin</li> <li>• Round off flick</li> <li>• Passage of dance with 2 diff coded or J elements; one to show 180 deg split</li> </ul>
<b>VAULT 2: (Tariff 13.0) Handspring</b> over 80cm surface (coaching block and 20cm mat) to land upright before a controlled drop to front on additional 20cm mat.	<b>Bonus</b>	Bonus awarded if no fall and when deductions = less than 2.00 0.5 <b>Awarded in addition to or even if the above is not awarded:</b> 0.3 awarded for upstart with no fall (awarded once) 0.5 awarded for upstart to handstand with no fall (second opportunity for bonus)	Bonus only awarded if deductions = less than 2.00 in total 0.5 awarded for routine without fall provided all CR's fulfilled; <b>Awarded in addition to or even if the above is not awarded:</b> 0.3 awarded for cartwheel or round off into dismount	0.3 for salto as a single element (e.g. front somi) 0.5 for salto in acro line (opportunity for second bonus) <b>Bonus only given if NO FALL</b> Saltos must have 2-foot take off, bonus not given for aerials (free cartwheel, free walkover etc) <b>Each bonus can only be awarded once (no additional bonus for additional saltos )</b>
	<b>Composition</b>	As FIG	As FIG	As FIG

West Midlands Gymnastics Out of Age Group Championships 2020				
Level 4 10+ years				
Difficulty Value A= 0.1; B=0.2; C=0.3;D=0.4; E=0.5; F=0.6; G=0.7	Only FIG coded elements and uncoded elements listed below may be used. Elements will be given difficulty value according to current FIG code of points. FIG execution penalties will be applied. <b>BARS, BEAM &amp; FLOOR</b> – 8 highest value elements INCLUDING dismount; BEAM & FLOOR – scoring elements made up of 3 acro and 3 dance elements and 2 optional. Recommended elements are guidelines for a programme of development and other elements may be used. Barred elements are not allowed and no difficulty value will be given if performed. SAME ELEMENT can only count once EXCEPT ON BARS where each FIG coded element may be repeated once for DV. IMPORTANT –at all levels coaches should concentrate their efforts towards the accuracy of technical execution.			
Short Exercises	FIG rules apply re acro lines (max 4) on floor. <b>On bars an exercise with LESS THAN 5 ELEMENTS will be deducted 1.00 for each missing element.</b>			
<b>VAULT</b>		<b>A BARS</b>	<b>BEAM</b>	<b>FLOOR</b>
Any vault with difficulty value not exceeding 3.50	NOTES	The cast must be within 45 degs of handstand (can be straddled); back hip circle will accrue penalties and potential penalties of extra swing (0.5), cast penalties (0.3); gymnasts may be better repeating an upstart rather than performing hip circle	Barred elements: saltos fwds or swds off 2 feet(mount or content);	Barred elements: double salto; twist with more than 360 degs
Yurchenko vaults will attract a 0.5 bonus (salto required)	<b>Recommended elements</b>	<ul style="list-style-type: none"> <li>• Giant circle bwd to handstand</li> <li>• Short clear circle (min 45 deg above bar)</li> <li>• Cast to handstand with 180 deg LA turn</li> <li>• ½ turn upstart</li> <li>• dismount – downswing and straight bwd salto</li> <li>• straddle undershoot with ½ turn</li> </ul>	<ul style="list-style-type: none"> <li>• sissone and split leap</li> <li>• straddle jump</li> <li>• wolf jump</li> <li>• spin on one foot; turns on one foot</li> <li>• flick</li> <li>• walkover</li> <li>• cartwheels</li> <li>• body waves</li> </ul>	<ul style="list-style-type: none"> <li>* salto bwd with 360 deg turn</li> <li>* salto bwd /fwd tucked / piked / straight</li> <li>* change leg split leap</li> <li>* split leap</li> <li>* tuck jump and cat leap with 360 deg turn</li> <li>* wolf jump ½ turn</li> <li>* handspring</li> <li>* full spin</li> </ul>
Height: 10-11 years 115 cm 12+ yrs 120cm; 1 x springboard	<b>Uncoded elements (0.1 each)</b>	Casts greater than 45 deg above bar Squat on to LB Tucked sole circle ¾ giant from LB to HB Dismounts – straddle undershoot (will fulfill dismount CR)	Tuck jump Squat on	Cartwheel Bwd & fwd walkover Valdez Headspring Tuck jump Vertical jump 360 deg turn
2 vaults performed, higher score to count (can be the same vault)	<b>CR:</b> Award 0.5 for any with a 'x' Any with 'tick' must be performed to be awarded 0.5	2 bars - Flight HB → LB or LB → HB x - Flight to catch same bar x - Close circle element group 2/4/5 ✓ - 360 deg non flight turn (not mt) x	- Connection of minimum of 2 different dance elements (1x leap / jump / hop with 180 deg split) ✓ - Turn on one foot (spin) ✓ - Acro element with flight ✓ - Acro elements in different directions (fwd/swds & bwd) ✓	- Passage of 2x different dance elements (min) (1x leap/jump/hop with 180 deg split) ✓ - Full spin on one foot (min360°) ✓ - 2x saltos in diff directions (fwd/swd & bwd) must be performed within acro lines ✓ - 1 acro line with 2 different saltos ✓
	<b>CV/Bonus</b>	Giant bwd without fall (awarded x1) 0.5	Exercise with no fall with all CR's fulfilled = 0.5 Any connection between (given in addition to or even where the above bonus is not achieved): 2x leap/jump/hop with 180 deg split in both 0.3 Acro series incl 1 flight element no fall 0.5	Passage of 2x leaps with 180 split (both) 0.3 Salto with full twist 0.5

<b>WMAGA Out of Age Group Championships 2020</b>				
<b>Level 3 11+ years</b>				
<b>Difficulty Value</b> A= 0.1; B=0.2; C=0.3;D=0.4; E=0.5; F=0.6; G=0.7	Only FIG coded elements may be used. Elements will be given difficulty value according to current FIG code of points. FIG execution penalties will be applied. <b>BARS, BEAM &amp; FLOOR</b> – 8 highest value elements INCLUDING dismount; BEAM & FLOOR – scoring elements made up of 3 acro and 3 dance elements and 2 optional. Recommended elements are guidelines for a programme of development and other elements may be used. Barred elements are not allowed and no difficulty value will be given if performed. SAME ELEMENT can only count once EXCEPT ON BARS where each coded element may be repeated once for DV. IMPORTANT –artistry deductions on beam and floor will be applied as in Code of Points articles.			
<b>Short Exercises</b>	FIG rules apply for Beam and Floor (min 2 max 4 acro lines). Short routines rules as per FIG. All elements can be included in counting elements even where dismount, or number of acro / dance els not achieved. On bars an exercise with LESS THAN 5 ELEMENTS will be deducted 1.00 for each missing element.			
<b>VAULT</b>		<b>A BARS</b>	<b>BEAM</b>	<b>FLOOR</b>
Any vault with difficulty value not exceeding 3.70	NOTES	Bars – in age gymnasts may perform on single bar without penalty in team competitions. FIG cast penalties apply	Barred elements: saltos fwd/ or swds off 2 feet (mount or content); free cartwheel or free walkover allowed Uncoded elements – No DV or CR	Barred elements: double salto piked
All Yurchenko vaults will attract a 0.5 bonus (must include salto)	<b>Recommended elements</b>	<ul style="list-style-type: none"> <li>• Upstart clear hip circle to handstand</li> <li>• Cast to handstand</li> <li>• Bwd giant</li> <li>• Back hip circle</li> <li>• Undershoot half turn</li> <li>• Repeat upstart</li> <li>• ½ turn upstart</li> </ul> Uncoded (J) elements may be performed but will receive no value, no DV and wont count towards elements total except for: <ul style="list-style-type: none"> <li>• casts (see note)</li> <li>• squat on to low bar</li> <li>• tucked sole circle</li> </ul>	* Mount – press to handstand; leap to 1 foot * Change leg split leap * Back flick (variations without turn) * spin variations * variation of turns on other body parts * walkovers * pike and wolf jumps cat leaps & tuck jumps with 180 deg LA turn	* salto bwd with 720 deg turn * round off whip * salto fwd tucked / piked with 180 deg turn * handspring straight salto * Flyspring * dance with use of good body mvt * variety of dance elements * split leap * straddle jump with 180/360 deg turn * change leg split leap *pike / wolf jump variations * double spin * salto bwd with 360 deg twist
Height: 120 cm				
2 vaults performed, higher score to count (can be the same vault)	<b>CR:</b> Award 0.5 for any with a 'x' Any with 'tick' must be performed to be awarded 0.5	2 bars - Flight HB → LB or LB → HB x - Flight to catch same bar x - Close circle element group 2/4/5 ✓ - 360 deg non flight turn (not mt) x No penalty for jump to high bar Back hip circle will not count as a close element circle	- Connection of minimum of 2 different dance elements (1x leap / jump / hop with 180 deg split) ✓ - Turn on one foot (spin) ✓ - Acro series with 1 flight element ✓ - Acro elements in different directions (fwd/swds & bwd) ✓	- Passage of 2x different dance elements (min) (1x leap/jump/hop with 180 deg split) ✓ - 1x Acro line (2 diff saltos) ✓ - 2x saltos in diff directions (fwd/swd & bwd) ✓ - straight salto fwd/bwd with min ½ twist within an acro line ✓
	<b>CV/Bonus</b>	Giant bwd without fall (awarded x1) 0.5	Exercise with no fall with all CR's fulfilled = 0.5 Any connection between: 2x leap/jump/hop with 180 deg split in both 0.3 Any additional flighted acro element over CR 0.3 Acro series wth 2 flighted elements 0.5	Salto with 360 deg twist 0.3 Passage of 2x leaps with 180 split (both no tolerance for bonus to be achieved) 0.3

<b>WMAGA Out of Age Group Championships 2020</b>				
<b>Level 2 12+ years</b>				
<b>Difficulty Value</b> A= 0.1; B=0.2; C=0.3;D=0.4; E=0.5; F=0.6; G=0.7	Only FIG coded elements may be used. Elements will be given difficulty value according to current FIG code of points. FIG execution penalties will be applied. <b>BARS, BEAM &amp; FLOOR</b> – 8 highest value elements INCLUDING dismount; BEAM & FLOOR – scoring elements made up of 3 acro and 3 dance elements and 2 optional; Recommended elements are guidelines for a programme of development and other elements may be used. Barred elements are not allowed and no difficulty value will be given if performed. SAME ELEMENT can only count once. NO REPETITION of elements allowed. IMPORTANT –artistry deductions on beam and floor will be applied as in Code of Points articles.			
<b>Short Exercises</b>	FIG rules apply for Beam and Floor (min 2 acro lines). On bars an exercise with LESS THAN 5 ELEMENTS will be deducted 1.00 for each missing element.			
<b>VAULT</b>		<b>A BARS</b>	<b>BEAM</b>	<b>FLOOR</b>
Any vault with difficulty value not exceeding 4.10	NOTES		Barred elements: saltos fwd (mount or content); free cartwheel or free walkover allowed	Barred elements: direct connections from a salto with 720 deg twist
One vault only  All Yurchenko vaults will attract a 0.5 bonus (salto required)	<b>Recommended elements</b>	* Giant circle bwd with 180/360 deg turn * Casts completed within 45 deg of handstand * Giant circle fwd with 180 deg turn to handstand * Giant circle fwd in L grip * Close circle elements to handstand	Connection of: * Spin (Variations above horizontal) * Leaps with 360 deg turn * Change leg split leap Connections between *Acro and artistic elements *Previously learnt elements	* salto bwd with 720 deg turn * salto fwd with 360/540/720 turn * salto fwd step out Arabian * Connection of recommended elements * Hops/jumps/leaps with 360 deg turn * split leap with up to 180 deg turn * change leg split leap with up to 540 deg LA turn * straddle jump / straddle piked jump with up to 540 deg turn * pike/wolf jump with up to 540 deg turn * tour jete * spin (360 deg ) with free leg above horiz * spin (720 -1080 deg LA turn) free leg optional
Height 125cm		FIG penalties apply for casts, turns in handstand etc		
	<b>CR:</b> Award 0.5 for any with a 'x' Any with 'tick' must be performed to be awarded 0.5	2 bars - Flight HB → LB or LB → HB ✓ - Flight to catch same bar x - Close circle element group 2/4/5 ✓ - 360 deg non flight turn (not mt) x Back hip circle will not count as a close element circle	- Connection of minimum of 2 different dance elements (1x leap / jump / hop with 180 deg split) ✓ - Turn on one foot (spin) ✓ - Acro series with 2 flight elements ✓ - Acro elements in different directions (fwd/swds & bwd) ✓	- Passage of 2x different dance elements (min) (1x leap/jump/hop with 180 deg split) ✓ - 1x Acro line (2 diff saltos) ✓ - 2x saltos in diff directions (fwd/swd & bwd) ✓ - straight salto fwd/bwd with 360 deg twist (in acro line) ✓
	<b>CV/Bonus</b>	Turn in h/stand min 180 deg (no fall) 0.5 2 different grips 0.5 Giant bwd (without fall) (awarded x1) 0.5	Exercise with no fall with all CR's fulfilled = 0.5 Any connection between: 2x leap/jump/hop with 180 deg split in both 0.3 Acro series wth 2 elements, 1 flight, 1 salto 0.5 Salto (not mount or dismount) 0.3	2x saltos (1x 360 deg LA Turn, indirect – same acro line) 0.3 540 deg salto 0.3 Double salto bwds 0.5 Passage of 2x B leaps with 180 split (both) 0.3

