North West WTC

Competition Handbook

2014

Calendar 2014

Date	Event	Venue	Closing Date
1-2 February	GM Grades	Wigan	13 January
15-16 February	British University Championships	Aldershot	BGA online
2 March	Cheshire & Merseyside Grades	Crewe	7 February
14-16 March	English Championships	Wigan	Noon 3rd February
28-30 March	British Championships	Liverpool –Echo Arena	BGA online
5-6 April	NW National Grades & Compulsories	Wigan	17 March
3-4 May	National Compulsory 4 & 3	Birmingham	18 April - TBC
12-18 May	European Championships	Bulgaria	
18 May	C&M Floor and Vault	Crewe	25 April
17-18 May	National Club Grades	Birmingham	18 April -TBC
31 May - 1 June	National Compulsory 2 & 1	Ipswich	18 April
14-15 June	GM Open	Wigan	19 May
21-22 June	Challenge Cup	Guildford	9 May
29 June	C&M 4 Piece Invitational	TBA	2 June
26-27 July	GM Floor & Vault	Wigan	23 June
25 July – 3 August	Commonwealth Games	Glasgow	
6 September	British Teams	Stoke	25 July
7 September	BG Inter-Regional Teams	Stoke	25th July
13-14 September	Bill Slater	Stoke	1 August
20-21 September	NW FIG/Age Groups/Team Challenge	Wigan	1 September
3-13 October	World Championships	China	
4th October	North West Festival of Gymnastics	Wigan	TBA
18-19 October	NW 4 Piece Championships	Wigan	29 September
25-26 October	Rushmoor Rosebowl	Rushmoor	TBA
2 November	C&M 4 Piece	TBA	8 October
1-2 November	National Age Groups	Guildford?	17 October
8-9 November	GM 4 Piece	Wigan	20 October
15-16 November	English Novice/Intermediate Championships	Leicester	TBA
22-23 November	NW Floor & Vault	Wigan	3 November
5-7 December	BG Espoir Championships & World Cup	Glasgow	24 October
13-14 December	NW Inter County Team Championships	Wigan	1 December

NORTH WEST WTC COMPETITION FEES

From 1st January 2014, NW competitions will be charged as follows:

Competition Entry Fees

All 4 and 5 piece competitions	£20 per gymnast
All Floor and Vault competitions	£15 per gymnast
Pre Novice & Novice, Level 4 (Teams of 5)	£70 per team
Level 3 / Modified Twin Challenge (Teams of 2)	£35 per team
NW Regional Club Grades finals (Teams of 4)	n/a
Inter County Teams (4 piece)	n/a

Clarification: Competition/trial entry fees are non returnable after the closing date.

Judging Fee: see page 15 competition overview

Inquiry Fees £10.00 (per inquiry)

COACHING RULES AND REQUIREMENTS

For all 4 and 5 piece competitions coaches must hold the following coaching qualifications to accompany gymnasts onto the competition floor:

Women's Artistic

Level 2 coach (coach)*
Level 3 coach (club coach)
Level 4 coach (Senior Club Coach)
HPC
IPC

Additional modules signed off by mentors – written evidence of must be brought to all competitions.

Men's Artistic
(not permitted to coach beam)

Level 2 coach (coach)
Level 3 coach (club coach)
Level 4 coach (Senior Club Coach)
HPC
IPC

For all the Floor and Vault competition coaches must hold the following coaching qualifications to accompany gymnasts onto the competition floor:

Women's Artistic
Level 1 coach (only under the supervision of a level 2 or higher coach).
Level 2 coach (coach)*
Level 3 coach (club coach)
Level 4 coach (Senior Club Coach)
HPC
IPC

Additional modules signed off by mentors – written evidence of must be brought to all competitions.

Men's Artistic
Level 1 coach (only under the supervision of a level 2 or higher coach).
Level 2 coach (coach)
Level 3 coach (club coach)
Level 4 coach (Senior Club Coach)
HPC
IPC

Pastoral Care
Clubs may request additional coaches (including level 1 coaches) to accompany groups of gymnasts at competitions for pastoral care. Requests must be submitted in writing to the competition organiser at least 3 weeks before the event giving clear reasons for the request. This may not exceed the permitted number of coaches in attendance. There will be a limit at each competition on the number of pastoral coaches permitted.

Only coaches who hold the appropriate qualifications will be permitted to take an active coaching role at NW competitions.

Pastoral coaches at Level 1 or with General Gymnastics qualifications may provide pastoral care and assist with moving springboards.

All coaches attending WTC events must be aware of the following:

Coaches have a responsibility in relation to the safety of their gymnasts in the competition environment. This specifically includes ensuring the gymnasts are adequately prepared (physically and psychologically) for performing their routines in a competition situation.

All coaches in attendance at a NW WTC event must hold appropriate qualifications for the skills being competed by their gymnast and bring evidence of this to the event. It is the responsibility of the club and the coach to ensure appropriate training and qualification has been successfully completed by the nominated coach. The minimum qualification required for a WTC event is Level 2.

Coaches that who intend their gymnasts to compete elements above their level of qualification must submit written notification of the skills being performed together with evidence of the appropriate module signed off by their mentor. Full contact details of the mentor who has signed the module off must also be provided. A form is supplied at the end of this handbook. Attach the form together with the evidence of the completed and signed off .module

This evidence must be sent together with the entry form to the competition organiser (by email) by the entry deadline for the competition.

The criteria for coaches at a regional qualifier are the same as stated on the entry form for the National final.

A Men's Artistic Coach may take gymnasts on Vault, Bars and Floor as long as their training and qualifications cover the skills being performed.

Coaches taking gymnasts round at NW competitions must hold a full or joint BG membership for the current year (or a life membership).

Coaching Attire

- Coaches must wear a tracksuit or tracksuit bottoms and T-shirt / polo shirt with suitable footwear.

    - Boots, 'hi-top' baseball boots or sandals are not permitted.
    - Sleeveless tops / vest tops / strappy tops are not permitted
    - Shorts or leggings are not permitted.

- Coaches attending National Finals must wear the prescribed NW kit (tracksuit bottoms, polo shirt and jackets provided)

Coaches at Apparatus

- Only one coach per gymnast is permitted for individual competitions. For team competitions, 2 coaches per team are permitted.

- On A-bars the coach should remain at the apparatus throughout the routine (see FIG CoP). A second coach or another gymnast (see FIG CoP) is allowed at the apparatus to move the springboard, but must then leave the apparatus immediately.

- It is strongly recommended that the coach should remain near the apparatus on vault and (at the end of the) beam for dismounts.

- Coaches may not stand on the landing area (mat) of the vault. Any breach of this rule will incur a 0.5 penalty (see FIG CoP). The coach's presence on the matting during the beam exercise, other than the dismount, will incur a 0.5 penalty (see FIG CoP). The onus is on the coach to be present only at the dismount and not during the whole routine.

- Coaches may not interfere with, move or alter the settings on apparatus in any way during the routine (see FIG CoP).

General Competition Etiquette

- Coaches must not approach any panel judges or adult helpers for scores or other information at any point in the competition.

- Coaches must not approach the master scorer for details of their gymnasts' or any other gymnasts' scores at any point during the day. Coaches must not stand behind the master scorer's desk at any point during the competition. Scores will be issued to clubs and judges at the end of each presentation. Scores handed out at the competition are provisional scores only and are (very occasionally) subject to alteration following appropriate checks. This will only happen where genuine errors are known to have been made and have been substantiated.

- Results will be published on the North West website. They may not be published elsewhere until such time as they are published on the NW website. Scores will not be given in electronic form to anyone on the day of the competition.

Unsportsmanlike Behaviour of Coach or Gymnast

Infringements will be penalised with yellow and red cards and the appropriate deduction (see FIG CoP).

Technical Briefing Meeting

Before the start of the competition or rounds of a competition (as notified by the Competition Organiser) a Technical Briefing will take place. Attendance is compulsory by all coaches on the floor. The time will be printed in the programme or an announcement made at the start of each event.

Jewellery (coaches)

All jewellery must be removed whilst supporting/lifting gymnasts at any NW competition.

Mobile Phones / Cameras

Coaches/Judges/Officials may not use mobile phones or photographic equipment at any time during the competition.

Drinks

Coaches must not bring hot drinks onto the competition floor.

Gum

Chewing gum is not permitted.

Inquiry

If there is a query on a score, coaches may make a verbal inquiry to the judge in charge of the event (at end of rotation) who will query with the appropriate judges which element or elements has/have not been awarded.

Beyond this, judges will not review or discuss that score, or reasons for their decisions unless correct procedure is followed i.e. a formal written inquiry is made via the competition organiser using a formal inquiry sheet. Inquiries may be made against the difficulty score (D score) or execution score (E score) for the coach's own gymnast. Comparative scores of other gymnasts may not be considered. Video footage cannot be considered and will not be used in the settlement of inquiries.

The score will be reviewed by the apparatus panel who may seek advice from other senior judges if needed. Coaches, parent helpers or any other interested party will not be permitted to be present while the review takes place and must move completely away from the judges at this time. Written notification of the result of the review will be provided by the apparatus panel via the head judge.

An inquiry sheet is included at the back of this handbook.

NB. Once a verbal inquiry has been made, a written inquiry CANNOT follow up and will not be accepted (see BG Handbook page 16 re: Inquiries).

Apparatus

Wherever possible the apparatus at NW WTC competitions will be to FIG specifications, which includes height and width for A-bars, height of beam and vault, beam and vault run-up and landing areas.

Vault:

The appropriate Vault height will be measured from the floor to the top of the vault.

20cm FIG specification matting + 10cm supplementary matting with markings as specified for vault landing.

For round off entry vaults, the safety collar must be in place. A mat for hand placement will be provided.

Springboards – hard and soft coil boards will be provided. For all competitions below the level of FIG Espoir turbo boards will also be available.

Bars:

Low bar 170cm / High bar 250 (both +/- 1 cm) from the floor to the top side of the bars.

Maximum width between bars, inside bars on diagonal is 180cm.

Minimum width between bars, inside bars on diagonal is 130cm.

20cm FIG specification matting with 10cm supplementary landing mat.
*** For Compulsory and Voluntary Level 3, and Compulsory Level 5, additional 20cm matting will be provided with the roll up supplementary matting on top (as in National Finals).*

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.

For NW competitions where a single bar is used this may be raised so that the gymnast's feet in long hang clear the matting.

The request for the bars to be raised must be made with the competition entry form. The bars will be raised in accordance with the FIG/WTC regulations.

Unauthorised raising of the bars will be penalised in accordance with the FIG regulations.

Grades - Bars

Matting for Compulsory 3, Compulsory 5, Regional Grade 14 and Regional Grade 13 Bars will be as follows:

Standard biscuit mats with 30cm supplementary mats on top and a roll out 5 cm mat on top.

Beam:
Height - 125cm from the floor to the top of beam.

20cm FIG specification matting with 10cm supplementary landing mat.

Grades - Beam
Matting for Regional Grade 14 and Regional Grade 13 Beam will be as follows:

Standard biscuit matting with additional 30cm mat between beam legs. Springboards may not be placed on top of the 30cm supplementary mat.

Floor:
12m x 12m FIG specification floor area

Only apparatus supplied at the request of the NW WTC may be used at NW events.

Supplementary mats are not permitted on the floor area, other than where specified in National Compulsory rules.

General Competition Information

The NW WTC Competition Year
This will be 1st January to 31st December.

Gymnasts' ages will be the age reached in the year of the competition. Therefore a gymnast aged 9 on 31st December will compete in the Age 10 category from January 1st.

Trophies
The gymnast's club assumes total responsibility for any returnable individual NW WTC trophy once presented, and for its safe return to the competition organiser before next year's championships. This also applies to the club winners of the teams and to the County winners of the Grades Team Championships.

Competitions with returnable trophies:

NW Regional Grades Teams (shields) Individuals (cups)	NW National Grades(Cups)	NW Compulsory Grades(Cups)	NW Combined Comp/Vol (Large Shields) and Individual Vol Age Groups (Pewter Cups)	NW Teams (Small shields)	NW Inter-County Teams (Cups)

Clubs are responsible for returning trophies in time for the following competition. If returning them on the weekend of the competition they should be cleaned and polished and ready to present to this year's winners.

If gymnasts leave the club all returnable trophies must be recovered by the club and returned to the NW in time for the competition.

Clubs entering all NW WTC competitions must provide an adult helper if requested, runner and suitably qualified judge as described in the specific competition regulations. Judges fees will be required from all clubs that that do not send the appropriate number of judges or where their judge does not attend for full days.

Photography
Official photographers may be present at North West Region WTC events & images may be published by North-West Region WTC. By entering for NW events, there is an acceptance that the participants may be photographed.

It is the responsibility of the club to ensure that all parents or guardians are aware of this policy before returning the entry forms

No person other than the NW official photographer will be permitted onto the competition floor to take photographs. Images will be published in line with the guidance on 'Use of imagery on the Internet and other forms of media' contained in the BG Health, Safety and Welfare Policy.

Spectators at NW WTC Events

SAFEGUARDING GYMNASTS:
Spectators, including 'club' photographers, are not permitted onto the competition floor at any time during the competition or during presentations and must remain behind the barriers. This includes the period after presentations where gymnasts have started General Warm-up for the next round of competition.

Flash photography is not permitted at any time during the competition warm-up or event.

Gymnasts are not permitted to leave the competition floor during the competition for any reason except to go to the toilet, without the permission of the judges at their apparatus. Gymnasts are not permitted to go into the audience at any point during active competition.

COMPETITION ENTRY
The closing date for all NW WTC events will be midnight on the advertised day.

Gymnasts must be registered with both the North West and British Gymnastics by 12 noon on the Friday before the event. Gymnasts who are not members of both the NW and BGA will NOT be permitted to compete.
Coaches will be required to register at the event. Coaches who do not hold a current safeguarding and CRB/DBS will not be allowed on the competition floor. These can now be checked through BG membership by the NW WTC.

Transferring clubs

The following rules will apply to gymnasts that transfer between clubs:
All transfers must adhere to the NW transfer policy. In non-amicable transfers it is the responsibility of the first club to notify the Regional and County Competition Organisers as well as the NW Executive Secretary that the transfer is non-amicable.

If the transfer issue is then resolved by the clubs, both clubs will need to confirm this to the Competition Organiser.

In amicable situations for individual gymnasts:
If the previous Club and the new Club are in harmony, the gymnast will be able to compete for the new Club immediately, enter team or individual events and may wear the new Club's colours.

In non-amicable situations for individual gymnasts:
Where the previous Club and the new Club are not in agreement, the gymnast will be able to train with the new Club immediately, but may not represent the new Club in team or individual events, or wear the new Club's colours for twelve months in competition. However, the gymnast may participate in individual events during this period and may enter individual competitions as 'unattached'.

Notification of transfers:
Clubs must inform the NW Executive Secretary in writing of any transfer between clubs during the year. All gymnasts that have transferred from one club to another must be indicated on entry forms. Failure to notify the Competition Secretary could result in the gymnast being unable to compete.

Important information regarding gymnasts 'dropping back' levels:

Gymnasts are not permitted to drop back a level once they have competed at a higher level. However it is recognised that in a very small number of cases there may be valid reasons for requesting that a gymnast moves back a level. A form is provided at the end of this handbook which must be submitted to the WTC where such circumstances exist. This must be submitted to the Chair of the WTC for consideration at a WTC meeting. It will be accompanied by scores from all competitions (including friendly competitions) and a detailed statement from the coach giving specific reasons for the request.

Gymnasts who finish in the top three in the NW must move up a level (or more) at all NW competitions including County competitions. The WTC reserves the right to adapt this rule dependent on competition numbers.

Team Managers:

At all team finals a team manager will be appointed. This is usually a coach selected by the region (or the county) however a coaching qualification is not essential for this role. The main duties of the team manager are listed below:

1. Complete the entry form for teams and submit the entry on time

2. Make hotel reservations (if needed)

3. Ensure appropriate entry fees are paid

4. Co-ordinate and lead team training events (or work alongside an appointed team coach to oversee the training events)

5. Collect training fees from gymnasts at each training event

6. Keep a register of gymnasts at team training

7. Complete and submit the working order for the finals (as follows):

   Gymnasts to compete in reverse order, on each apparatus, as placed in the qualifiers

   Working order for NW teams:

   4th placed gymnast competes 1st,
   3rd placed competes 2nd,
   2nd placed competes 3rd
   1st placed competes last

8. Distribute information about the finals to all gymnasts and coaches

9. Distribute information about team training events to all coaches and gymnasts

10. Create CD sleeves for all team members ahead of the competition

11. Ensure gymnasts and coaches all receive the team clothing ahead of the finals

12. Collect floor music from gymnasts and register gymnasts at the finals

Judging

All judges **must** wear the official FIG judging uniform at all levels of competition:

Female judges
Navy blue suit with either a skirt or trousers, white shirt/blouse and suitable shoes. If unavailable, please wear a navy cardigan and trousers/skirt. No jeans, strappy or inappropriate tops.

Male judges
Dark blazer/jacket, grey trousers, white shirt with tie.

Responsibilities
Club secretaries/coaches must ensure that the judge is available for the duration of the competition and make sure all information such as judging panels, timetable, programme etc. is given to them prior to the competition.

Judges will be required to judge all competitions for the full days for which they have been nominated. Substitutions must not be made without prior consultation and agreement with the Judging Convenor.

Arrive in plenty of time for the advertised judges' meeting.

Ensure you possess and have studied the current rules for the competitions you will be judging and have suitable recording materials.

During the competition phase, do not have contact with coaches or gymnasts or members of the audience, or talk inappropriately to your panel's judges as this can be misinterpreted by spectators and other coaches.

Do not leave the competition area without informing your D Judge as this could delay the competition.

Always behave in a professional manner and judge impartially without bias.

Competitions Overview:

NW GRADES	FORMAT	MEDALS	MUSIC	MINIMUM JUDGES REQUIRED ALL COMPETITIONS	MEMBERSHIP REQUIRED:	ENTRY FEES
Compulsory Level 5	Individual Championships	Overall medals to top 3 Trophy to winner	Gymnast's own music on CD only. Max length – as CoP No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed.	**Dependent on number of gymnasts competing:** **1 (entered) gymnast per weekend** no judge required **2-8 (entered) gymnasts per weekend** 1 judge **per day** that gymnasts are competing **9-14 (entered) gymnasts per weekend** 2 judges per weekend i.e. if all gymnasts are competing on one day - 2 judges on that day **or** if gymnasts are competing on both days - 1 judge on each day **15-25 (entered) gymnasts per weekend** 3 judges per weekend i.e. 2 judges on one day and 1 on the other **26 or more (entered) gymnasts per weekend** 4 judges per weekend i.e. 2 judges on each day **A fee of £30 is payable for clubs unable to supply each required judge (or official approved by the NW WTC) or if a judge fails to show up**	NW Membership and BG Bronze membership	£20.00
Compulsory Levels 4 & 3	Team selection for National finals – top 4 plus 5th place (reserve)	Overall medals to top 4 Trophy to winner			NW Membership and BG Silver membership	£20.00
National Club Grades 8,7,6,5	Team selection for National finals – top 4 plus 5th place (reserve)	Overall medals to top 4 Trophy to winner			NW Membership and BG Silver membership	£20.00
County team finals for Regional Club Grades 14, 13 (in age only) AND 12, 11, 10, 9	Overall County Champions declared based on In-Age team scores Teams of 4 plus 5,6th place compete as individuals	Overall medals to top team in each age category Shields to winning teams			NW Membership and BG Silver membership	

NORTH WEST FLOOR AND VAULT	FORMAT	MEDALS	MUSIC	JUDGES REQUIRED	MEMBERSHIP REQUIRED	ENTRY FEES
Pre-novice, Novice Intermediate and Open	Individual Championships	Apparatus medals to top 3 on each piece and overall medals to top 3 in each age category. Trophy to overall NW Champions.	Gymnast's own music on CD only. Max length – as CoP No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed	See criteria on Page 15	NW Membership and BG Bronze membership	£15.00

NORTH WEST INTER REGIONAL TEAM SELECTION	FORMAT	MEDALS	MUSIC	JUDGES REQUIRED	MEMBERSHIP REQUIRED	ENTRY FEES
Full FIG	Selection for BG National Inter Regional Team Championships	None. Trial.	Gymnast's own music on CD only. Max length – as CoP No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed	See criteria on Page 15	NW Membership and BG Silver membership	TBC

NW & INVITATIONAL TEAM CHALLENGE and FIG	FORMAT	MEDALS	MUSIC	JUDGES REQUIRED	MEMBERSHIP REQUIRED	ENTRY FEES
Pre-Novice	5 in a team, 4 to compete on each piece, 3 scores to count towards the team total	Overall Team medals for top 3 teams. Trophy for winning team Moving up rule will be applied from individuals only. Gymnasts finishing in the top team are not required to move up next year unless they finish in the top 3 of the individual event later in the year.8	Gymnast's own music on CD only. Max length – as CoP No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed.	See criteria on Page 15	NW Membership and BG Bronze membership	£70 per team
Novice						£70 per team
Regional Level 4 (out of age)						£70 per team
Regional Level 3 rules (out of age) *(for Reg L3 and Mod FIG gymnasts)*	2 in a team Gymnasts compete 2 pieces each. All 4 pieces must be competed.					£35 per team

NW VOLUNTARY AGE GROUPS	FORMAT	MEDALS / TROPHIES	MUSIC	JUDGES REQUIRED	MEMBERSHIP REQUIRED:	ENTRY FEES
NW Voluntary Level 5		NW Champion declared Combined Champion declared	Gymnast's own music on CD only. Max length – as CoP No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed.	See criteria on Page.15	NW Membership and BG Bronze membership	£20.00
BDP Voluntary Level 4	Team selection for National finals – top 4 plus 5th place (reserve)	Apparatus medals to top 3 on each piece and overall medals to top 4 in each age group Trophy to overall winners. Combined trophy for overall placed gymnast (compulsory Score plus Voluntary score) Medals to top 3. Shield to winner in each age group			NW Membership and BG Silver membership	£20.00
BDP Voluntary Level 3	Team selection for National finals – top 4 plus 5th place (reserve)				NW Membership and BG Silver membership	£20.00
BDP Voluntary Level 2 (NW)	Individual Championships	NW Champion declared Combined Champion declared			NW Membership and BG Silver membership	£20.00
FIG (Espoir, Junior, Senior)	Individual Championships				NW Membership and BG Bronze membership	£20.00

NW PRE-NOVICE, NOVICE & REGIONAL LEVELS 4 & 3 AND REGIONAL MODIFIED FIG INDIVIDUAL CHAMPIONSHIPS	FORMAT	MEDALS	MUSIC	JUDGES REQUIRED	MEMBERSHIP REQUIRED:	ENTRY FEES
Pre – Novice	Apparatus and Overall Individual Championships	Apparatus medals to top 3 on each piece and overall medals to top 3 in each age category. Trophy to overall NW Champions.	Gymnast's own music on CD only. Max length – as CoP No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed.	See criteria on Page 15	NW Membership and BG Bronze membership	£20.00
Novice						£20.00
Regional Level 4						£20.00
Regional Level 3						£20.00
Regional Modified FIG						£20.00

NW INTER-COUNTY TEAM CHAMPIONSHIPS	FORMAT	MEDALS	MUSIC	JUDGES REQUIRED	MEMBERSHIP REQUIRED:	ENTRY FEES
Pre – Novice Age 8 Age 9 One team for each age category Novice Age 9 Age 10 One team for each age category Regional L4 Juniors One team Regional L3 Juniors One team Regional Modified FIG One team Teams to be selected at their County Championships – top 5 in each eligible age group to compete in the NW finals. Scores must be submitted.	Team Championships only 5 in a team, 4 compete, 3 scores to count	Overall medals to top 3 teams on each piece and overall medals to top 3 individuals in each age category. Trophy to overall NW Champions.	Gymnast's own music on CD only. Max length – as CoP No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed.	See criteria on Page 15	NW Membership and BG Bronze membership	

Floor and Vault Rules 2014

Coaches and gymnasts should concentrate their efforts towards the accuracy of the technical execution of the skill.

		Pre-Novice Floor & Vault 2014	Novice Floor & Vault 2014	Intermediate Floor & Vault 2014	Open Floor and Vault 2014
		No Grades No County, Regional or above Pre-Novice competitions in 2013. Must not have finished in the top 3 in County or Regional F+V Pre-novice championships in 2013. (Does not apply to age 6 category moving to age 7 who may compete again in Pre-novice as they are too young to compete at Novice level.)	Up to and including Regional Club grade 13. No County, Regional or National Voluntary competitions above Novice in 2013. Must not have finished in the top 3 in County or Regional F+V Novice championships in 2013	Up to and including Regional Club grade 12. No County, Regional or National Voluntary competitions in 2013. (including BUSA) Must not have finished in the top 3 in County or Regional F+V Intermediate championships in 2013	Up to and including Regional Club grade 9. No County, Regional or National Voluntary competitions in 2013. (including BUSA)
	DIFFICULTY VALUE	(Max 6 A elements) (5 elements + dismount) FIG or NW elements will be recognised NW A = 0.1, FIG A=0.3 One element can satisfy more than one CR Any elements above an FIG A (0.5 deduction)	(Max 1 B element) (6 elements + dismount) FIG or NW elements will be recognised NW A = 0.1, FIG A=0.3, FIG B = 0.5 Elements only count once One element can satisfy more than one CR Any elements above an FIG B (0.5 deduction)	(Max 3B elements) (7 elements + dismount) FIG or NW elements will be recognised NW A = 0.1, FIG A=0.3, FIG B = 0.5 Elements only count once One element can satisfy more than one CR Any elements above an FIG B (0.5 deduction)	(Max 3 B/C elements) (7 elements + dismount) FIG elements will be recognised NW elements will be counted towards number of required moves but not DV. FIG A=0.3, FIG B/C = 0.5 Elements only count once One element can satisfy more than one CR Any elements above an FIG C (0.5 deduction)
VAULT		**Ages** 6, 7, 8 ~0.80m crash mats (for flat back) 9, 10,11,12,13+ ~1.10m crash mats (for flat back) 6, 7, 8 ~ 1.0m cross horse 9, 10, 11, 12 1.10m table or cross horse Age 13+ 1.20m table or cross horse 2 vaults, best score to count All ages: one or two boards (0.50 penalty for 2 boards) Squat or straddle on, jump off 0.8 Straddle over/squat through 1.2 Handspring flat back 1.4 Handspring 2.4 Half on 2.4	**Ages** 8, 9, 10 ~1.10m crash mats (for flat back) 8, 9, 10, 11 12 1.10m table or cross horse 13+ 1.20m table or cross horse 2 vaults, best score to count One board Handspring flat back 1.4 All other vaults as per Code of Points	**Ages** 8, 9, 10, 11 12 1.10m 13+ 1.20m Two vaults, best score to count All ages: Table vault One board All vaults as per Code of Points	**Ages** 9, 10, 11, 12 1.10m table 13+ 1.20m table Two vaults, best score to count All ages: Table vault One board All vaults as per Code of Points
	Barred Elements	Ages 6, 7, 8 handspring - barred element All other age groups –all other vaults except those listed above.	Any vault higher than 3.0 D score	Any vault higher than 3.8 D Score	Any vault higher than 3.8 D Score
FLOOR	**CR's** **2.5 max** ***All levels: Min 2 acro lines for dismount to count.***	▪ Passage of dance with 2 different leaps or hops (FIG/NW) ▪ Acro element ▪ NW or FIG Coded (acrobatic) dismount Missing CR 0.5 deduction from D score **Acro line** will be any acro series or an acro element performed on its own	▪ Passage of dance with 2 different leaps or hops; 1 with 180° split (FIG/NW) ▪ 360°Turn on one foot ▪ Fwd/swd & bwd acro elements ▪ An acro line (min one element, must be with flight) ▪ Coded (acrobatic) dismount FIG = 0.5 NW = 0.3 Missing CR 0.5 deduction from D score **Acro line** will be any acro series or an acro element with flight performed on its own	▪ Passage of dance with 2 different leaps or hops; one with 180° split ▪ 360°Turn on one foot ▪ Flighted acro elements in different directions (fwd/swd and bwd) ▪ An acro series with a salto ▪ Coded (acrobatic) dismount FIG = 0.5 NW = 0.3 Missing CR 0.5 deduction from D score **Acro line** will be as Code of Points	▪ Passage of dance with 2 different leaps or hops; one with 180° split ▪ 360°Turn on one foot ▪ Flighted acro elements in different directions (fwd/swd and bwd) ▪ An acro series with a salto ▪ Coded (acrobatic) dismount FIG = 0.5 Missing CR 0.5 deduction from D score **Acro line** will be as Code of Points
	Barred Elements	**<u>Barred elements</u>** All saltos and aerials Any elements above an FIG A Barred elements: no DV, no CV, no CR and do not count for number of elements in routines	**<u>Barred elements</u>** Any elements above a B Barred elements: no DV, no CV, no CR and do not count for number of elements in routines	**<u>Barred elements</u>** Any elements above a B Barred elements: no DV, no CV, no CR and do not count for number of elements in routines	**<u>Barred elements</u>** Any elements above a C Barred elements: no DV, no CV, no CR and do not count for number of elements in routines
	Short routines	*A routine with less than 5 elements in total – deduct 1 mark for each missing element*	*A routine with less than 6 elements in total – deduct 1 mark for each missing element*	*A routine with less than 7 elements in total – deduct 1 mark for each missing element*	*As Code of Points*

NW Four Piece Rules 2014

NWGA Competition Rules (January 2014) - 4 piece Regional Rules

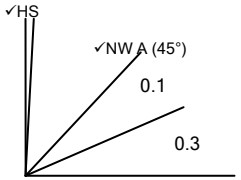
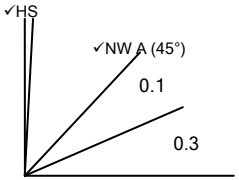
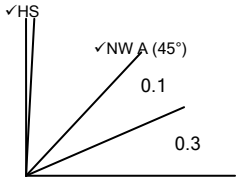
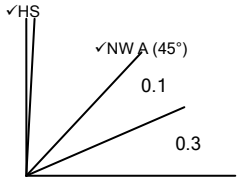
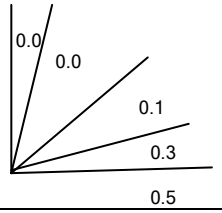
	Pre-Novice 2014	Novice 2014	Regional Level 5 2014	Regional Level 4 2014	Regional Level 3 2014	Regional Modified FIG 2014
Entry Regulations	Up to & including • Regional Club Grade 12 • No National Grades • No Compulsory Levels No gymnasts placed 1st, 2nd or 3rd at County or NW Championships in 2013* refer to page 17 No county, regional or national voluntary competitions above pre-novice level (where gymnast has competed across all 4 pieces) in 2013	Up to & including • Regional Club Grade 10 • National Grade 8 • No Compulsories above L5 No gymnasts placed 1st, 2nd or 3rd at County or NW Championships in 2013* refer to page 17 No county, regional or national voluntary competitions above novice level or L5 (where gymnast has competed across all 4 pieces) in 2013	In-age gymnasts only. Gymnasts aged 8 in the year of competition who intend to follow the elite pathway.	Up to & including • All Regional Club Grades • National Grade 7 • No Compulsories above L4 No gymnasts placed 1st, 2nd or 3rd at County or NW Championships in 2013* refer to page 16 No county, regional or national voluntary competitions above Level 4 (where gymnast has competed across all 4 pieces) in 2013	Up to & including • All regional Club Grades • National Grade 6 • No Compulsories above L3 No gymnasts placed 1st, 2nd or 3rd at County or NW Championships in 2013* refer to page 16 No county, regional or national voluntary competitions above Level 3 (where gymnast has competed across all 4 pieces) in 2013	Any grades except pass at Compulsory 2 within the last 12 months No county, regional or national voluntary competitions above Level 2/Mod FIG (where gymnast has competed across all 4 pieces) in 2013 No requirement to move to FIG in 2015 if the gymnast is placed in top 3
Ages	8, 9, 10, 11, 12+ (in year of competition)	9, 10, 11, 12, 13+ (in year of competition)	Age 8 only (Born 2006)	L4 Junior (2003 & 2004) L4 Senior (2002 & older)	L3 Junior (2002 - 2004) L3 Senior (2001 & older)	Espoir/Level 2 (2001 - 2003) Junior/Senior (2000 & older)
General requirements	8 elements (must include dismount) Best 8 elements to count Max 5 acro to count (BB & FX) **FIG A 0.1** NWA's allowed but with **no** DV but **WILL** count towards CR's & number of elements required **No elements above an A** *No DV or CR if performed but penalties will apply*	8 elements (must include dismount) Best 8 elements to count Max 5 acro to count (BB & FX) **FIG A 0.1** **B 0.2** NWA's allowed but with **no** DV but **WILL** count towards CR's & number of elements required **No elements above a B** *No DV or CR if performed but penalties will apply*	8 elements (must include dismount) Best 8 elements to count Max 5 acro to count (BB & FX) **NWA 0.1** All other values as per Code of Points	8 elements (must include dismount) Best 8 elements to count Max 5 acro to count (BB & FX) **FIG A 0.1** **FIG B 0.2** **FIG C 0.3** NWA's allowed but with **no** DV but **WILL** count towards CR's & number of elements required **No elements above a C** *No DV or CR if performed but penalties will apply*	8 elements (must include dismount) Best 8 elements to count Max 5 acro to count (BB & FX) **FIG A 0.1** **FIG B 0.2** **FIG C 0.3** **FIG D 0.4** No NWA's to count **No elements above a D** *No DV or CR if performed but penalties will apply*	8 elements (must include dismount) Best 8 elements to count Max 5 acro to count (BB & FX) **FIG A 0.1** **FIG B 0.2** **FIG C 0.3** **FIG D 0.4** **FIG E 0.5** No NWA's to count **No elements above an E** *No DV or CR if performed but penalties will apply*

VAULT

	Pre-Novice 2014	Novice 2014	Regional Level 5 2014	Regional Level 4 2014	Regional Level 3 2014	Regional Modified FIG 2014
ONE board allowed for all Levels	Age 8 - handspring flatback only - ~90cm soft matting Age 9 - handspring flatback only - ~110 soft matting 10, 11 110 table 12 & over 120 table Max D score = 2.6 Vault > 2.6: VOID VAULT (0.00) 2 vaults - best to count	Age 8 - handspring flatback only - ~90cm soft matting 9, 10 110 table Max D score = 3.2 Vault > 3.2: VOID VAULT (0.00) 2 vaults - best to count 11, 12, 13 & over 120 table Max D score = 3.4 Vault > 3.4: VOID VAULT (0.00) 2 vaults - best to count	In age only (age 8) - 80cm soft matting Handspring to feet - fall to front (see Age Group Level 4 rules) D Score - 3.5 2 vaults - best to count All other vaults = VOID (0.00)	Juniors 120 table Seniors 125 table 2 vaults - best to count Max D score (Junior) = 3.4 Vault > 3.4: VOID VAULT (0.00) Max D score (Senior) = 4.0 Vault > 4.0: VOID VAULT (0.00)	Juniors & Seniors 125 table One vault Max D score = 4.2 Vault > 4.2: VOID VAULT (0.00)	Espoir/level 2, Junior/Senior 125 table One vault Max D score = 4.4 Vault > 4.4: VOID VAULT (0.00)

Coaches are not permitted to stand on the vault landing area during the vault. Penalty -0.5

BARS

	Pre-Novice 2014	Novice 2014	Regional Level 5 2014	Regional Level 4 2014	Regional Level 3 2014	Regional Modified FIG 2014
Compositional Requirements 0.5 each REPEATED ELEMENTS WILL NOT RECEIVE DV or COUNT TOWARDS NUMBER OF ELEMENTS (as CoP rules) - EXCEPT FOR Giant Circle at Regional Level 5, 4 and 3 THE COACH MUST STAND AT THE APPARATUS THROUGHOUT THE EXERCISE	• Mount NWA/FIG A = 0.5 • Bar change (flight not nec) • Element started and finished on the LB (not MT) • Close bar element (NW/FIG) • Dismount NWA/FIG A = 0.5	• FIG mount • Bar change (flight not nec) • Cast above horizontal (of the shoulders) - legs together or straddled • Close bar element - min FIG A • Dismount A = 0.5 NWA = 0.3	The only CR required at this level is the DISMOUNT. The gymnast will receive 2.50 for CR's as long as she performs a routine with an A dismount. If she performs a higher value dismount or an unpermitted uncoded dismount she will receive 2.00 CR. **Dismount *A only allowed* OR NO DV/CR**	• Bar change (flight not nec) • Cast above 45° - legs together or straddled • B (min) element (not MT or DMT) - either bar • Close bar element (non-flighted) - min FIG A • Dismount FIG A or B = 0.5 OR straddle/stoop/clear undershoot = 0.3	• Flight element LB to HB • Cast to handstand - legs together or straddled - maybe with turn • B (min) element started and finished on the HB • Close bar element (non-flighted) - min. B • Dismount B = 0.5 A = 0.3	• Flight element **HB to LB** • Cast to handstand - legs together or straddled - maybe with turn • B (min) element started and finished on the HB • Close bar element (non-flighted) - min. B • Dismount C = 0.5 B = 0.3
	Cast penalties (Reg. NW rules)  **CoP 0.5 penalty** for bar change without element **will not** be taken	**Cast penalties (Reg. NW rules)**  **CoP 0.5 penalty** for bar change without element **will not** be taken	**Cast penalties (Reg. NW rules)**  **CoP 0.5 penalty** for bar change without element **will not** be taken	**Cast penalties (Reg. NW rules)**  **CoP 0.5 penalty** for bar change without element **will not** be taken	**Cast penalties:** As Code of Points	**Cast penalties:** As Code of Points
Additional elements allowed	NW Junior Code (NW A's)	NW Junior Code (NW A's)	NW Junior Code (NW A's) Giant may be repeated once for DV (and as counting element)	Selected (*) elements from NW Junior Code (NW A's) Giant may be repeated once for DV (and as counting element)	Giant may be repeated once for DV (and as counting element)	None
Angle of completion (clears, stalders, endos)		**Angle of completion penalties (Regional NW rules)**  				
Barred elements	All elements above an A Back away/ Front away	All elements above a B Giants (backwards or forwards)	See 2014 L4 BDP Voluntary Age Groups for list of barred elements	All elements above a C Any double salto dismount	All elements above a D	All elements above an E
Short Routines	**less than 4 elements - 1 mark for each missing element**	**less than 5 elements - 1 mark for each missing element**	**less than 4 elements - 1 mark for each missing element**	**Less than 6 elements - 1 mark for each missing element**	**Less than 6 elements - 1 mark for each missing element**	**Less than 7 elements - 1 mark for each missing element**

BEAM

	Pre-Novice 2014	Novice 2014	Regional Level 5 2014	Regional Level 4 2014	Regional Level 3 2014	Regional Modified FIG 2014
Compositional Requirements 0.5 each	• A connection of at least 2 different dance elements • ½ turn (min) on one foot • An acro element started and finished on the beam • A 2nd acro element started and finished on the beam • Dismount FIG A = 0.5 NWA = 0.3 NB. Acro element for pre-novice CR - **a handstand may be used (FIG A or NWA)**	• A connection of at least 2 different dance elements • Turn (from Group 3) • Leap or jump with 180° split/straddle* • Acro elements in different directions (fwd/swd **and** bwd) - can include dismount • Dismount FIG A = 0.5 NWA = 0.3	• Connection of at least 2 different dance elements • ½ turn (min) on one foot • Leap or jump with 180° split/straddle* • Acro elements in different directions (fwd/swd **and** bwd) • Dismount - **FIG A or NWA only** FIG A = 0.5 NWA = 0.3	• A connection of at least 2 different dance elements one with 180° split/straddle* • Turn (from Group 3) • Acro elements (performed on the beam) in different directions (fwd/swd **and** bwd) • Acro series performed on the beam (not mount or dismount) - 2 elements: at least 1 with flight • Dismount FIG A or B = 0.5	• A connection of at least 2 different dance elements one with 180° split/straddle* • Turn (from Group 3) • Acro elements (performed on the beam) in different directions (fwd/swd **and** bwd) • Acro series performed on the beam (not mount or dismount) - 2 elements: both with flight • Dismount B = 0.5 A = 0.3	• A connection of at least 2 different dance elements one with 180° split/straddle* • Turn (from Group 3) • Acro elements (performed on the beam) in different directions (fwd/swd **and** bwd) • Acro series performed on the beam (not mount or dismount) - 2 flighted elements: 1 being a salto • Dismount C = 0.5 B = 0.3
Penalties - exceptions	**CoP 0.1 artistry penalty** for 'Mount not from the table of elements' **will not** be taken	**CoP 0.1 artistry penalty** for 'Mount not from the table of elements' **will not** be taken	**CoP 0.1 artistry penalty** for 'Mount not from the table of elements' **will not** be taken			
Additional elements allowed	NW Junior Code (NW A's)	NW Junior Code (NW A's)	NW Junior Code (NW A's)	Selected (*) elements from NW Junior Code (NW A's)	None	None
Barred elements	All elements above an A	All elements above a B	See 2014 L4 BDP Voluntary Age Groups for list of barred elements	All elements above a C All saltos / aerials	All elements above a D	All elements above an E
BONUS	Exercise without falls 0.5 (all CR's must be fulfilled to gain this bonus - includes if gymnast performs NWA dismount)	Exercise without falls 0.5 (all CR's must be fulfilled to gain this bonus - includes if gymnast performs NWA dismount)	Exercise without falls 0.5 (all CR's must be fulfilled to gain this bonus - includes if gymnasts performs NWA dismount)	Exercise without falls 0.5 (all CR's must be fulfilled to gain this bonus)	Exercise without falls 0.5 (all CR's must be fulfilled to gain this bonus - includes if gymnast performs A dismount)	Exercise without falls 0.5 (all CR's must be fulfilled to gain this bonus - includes if gymnast performs B dismount)
Short Routines	Less than 7 elements - 1 mark for each missing element.	Less than 7 elements - 1 mark for each missing element.	As Code of Points	As Code of Points	As Code of Points	As Code of Points

***LEAP (180° split) RULE – in new CoP split can now be in CROSS, SIDE or STRADDLE position (still 180°)**

FLOOR

	Pre-Novice 2014	Novice 2014	Regional Level 5 2014	Regional Level 4 2014	Regional Level 3 2014	Regional Modified FIG 2014
Compositional Requirements 0.5 each	• A dance passage with 2 different leaps or hops • Acro line of 2 (min) different flight elements • Acro element (fwd/swd **and** bwd) • Spin (min 360°) • Dismount ** A = 0.5 NWA = 0.3	• A dance passage of at least 2 different leaps or hops including 180° split/straddle* • Acro line of 2 (min) different flight elements, one being a salto backwards • Forward salto or aerial • Spin (min 360°) • Dismount ** A = 0.5 NWA = 0.3	• A dance passage of at least 2 different leap/hops one with 180° split/straddle* • Acro line with salto • Series of 3 flighted elements with hand support (flics can be repeated) • Acro elements (fwd/swd **and** bwd) • Dismount ** A salto only	• A dance passage of at least 2 different leaps/hops one with 180° split/straddle* • B (min) leap/jump/hop • Saltos (fwd/swd **and** bwd) • Salto in the **straight** position (fwd or bwd - may be twisting but not whip salto) • Dismount ** FIG A or B = 0.5	▪ A dance passage of at least 2 different leaps/hops one with 180° split/straddle* • B (min) spin ▪ Saltos (fwd/swd **and** bwd) ▪ Salto with LA turn (min 180°) ▪ Dismount ** B = 0.5 A = 0.3	• A dance passage of at least 2 different leaps/hops one with 180° split/straddle* • B (min) **forward** salto • Saltos fwd/swd **and** bwd) • Salto with LA turn (min 360°) • Dismount ** C = 0.5 B = 0.3
****Dismount and acro lines** **All levels: Min 2 acro lines for dismount to count**	DISMOUNT = an acro element **with flight** performed on its own or in a series. Example below	DISMOUNT = an acro series (min 2 flight elements) **or** a (forward) salto performed on its own or in a series. An aerial or a standing back salto **is not** an acro line. Example below	DISMOUNT = Salto (A only) - as Code of Points Example below	DISMOUNT = Salto (max diff C) - as Code of Points Example below	DISMOUNT = Salto (max diff D) - as Code of Points Example below	DISMOUNT = Salto (max diff E) - as Code of Points
Additional elements allowed	NW Junior Code (NW A's)	NW Junior Code (NW A's)	NW Junior Code (NW A's)	Selected (*) elements from NW Junior Code (NW A's)	None	None
Barred elements	All elements above an A All backward saltos (**all ages**) All forward saltos (**including aerials**) for gymnasts in age category 8 and 9	All elements above a B All B valued saltos	See 2014 L4 BDP Voluntary Age Groups for list of barred elements	All elements above a C	All elements above a D	All elements above an E
Short Routines	Less than 7 elements - 1 mark for each missing element.	Less than 7 elements - 1 mark for each missing element.	As Code of Points	As Code of Points	As Code of Points	As Code of Points

****DISMOUNT RULE (ACRO LINES): at all levels, the dismount will be an acrobatic line as stated above, but it must not be the opening (or only) acrobatic line. Dance elements or elements not fulfilling the dismount criteria, may be performed after the dismount acrobatic line for the dismount CR to be still credited. Some examples below:-**

Eg 1 **Pre-novice** - 1st acrobatic line = round off flick; 2nd acrobatic line = handspring. A forward roll performed after this is OK as it does not fulfil the criteria of dismount CR - 'acro element with **flight**' - DMT CR of 0.50 credited
Eg 2 **Novice** - 1st acrobatic line = round off flick tuck; 2nd acrobatic line = handspring front somi. A handspring performed after this is OK as it is not an acrobatic **series** and does not fulfil the criteria of dismount CR - 'acro **series** with flight'. However, should a round off flick on its own be performed (instead of a handspring) - although this is an acro series with flight - the round off and the flick have already been performed (i.e. are **repeated elements**) and so DMT CR would NOT be credited (0.00)
Eg 3 **Regional Level 5** - 1st acrobatic line = round off 2 flicks; 2nd acrobatic line = handspring front somi. A dance series performed after this is OK as it does not fulfil the criteria of dismount CR - 'A' salto (CoP rules) - DMT CR of 0.50 credited
Eg 4 **Regional Level 3 or 4** - 1st acrobatic line = round off flick full twist; 2nd acrobatic line = straight front. A free cartwheel performed after this is OK as it does not fulfil the criteria of dismount CR - 'A or B salto (CoP rules) - DMT CR of 0.50 credited
*** LEAP (180° split) RULE - in new CoP split can now be in CROSS, SIDE or STRADDLE position (still 180°)**

NWGA WTC Junior Code – Elements marked with an asterisk will count as NW A's for Regional Level 4

BARS

* Cast (legs together) to 45° from HS

* Squat onto LB - jump to HB (must catch)

* Tucked sole circle - jump to HB (must catch)

* Straddle on undershoot (dismount)

* ¾ giant from LB to HB

Upward hip circle (mount)

Stoop on undershoot (dismount)

Hip circle undershoot (dismount)

Piked ¾ sole circle dismount

¾ giant from HB to HB

BEAM

* Cat leap

* Tuck jump

* Forward roll

Squat on (mount)

Straddle on (mount)

Jump to straddle ½ lever, hold (mount)

Jump to two feet (mount)

Jump to one foot (mount)

Stretch jump

Changement

Stretch jump ½ turn

Scissor leap

½ spin on 1 foot

Backward roll

Handstand (not held for 2 seconds)

Arabesque above horizontal and less than 180 deg split

Round off (dismount)

Free round off (dismount)

Handspring (dismount)

FLOOR

* Cartwheel

* Backward Roll to Handstand

* Backward Walkover

* Forward walkover

* Valdez

* Headspring

Tic toc

Scissor leap

Stag leap

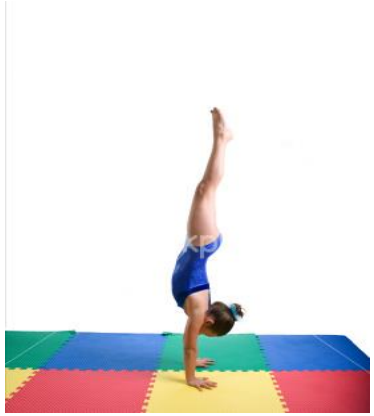
Forward Roll

Backward Roll

Cat Leap

Tuck Jump

NW Compulsory Level 5 Rules



NORTH WEST GYMNASTICS 2014
COMPULSORY LEVEL 5

Eligibility: For NW gymnasts aged 8 years in the year of competition
(This is an 'In-Age' competition only. **For the 2014 competition gymnasts' year of birth must be 2006)**

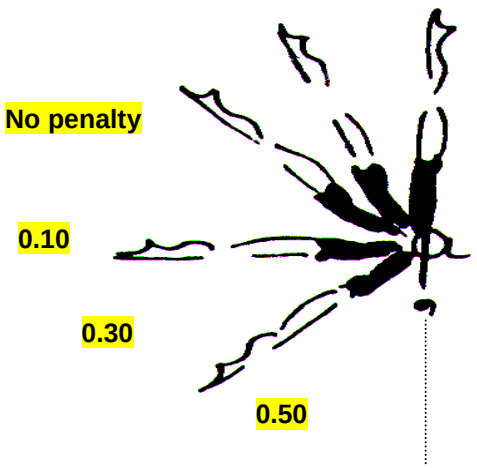
This competition is designed for NW gymnasts with the potential and desire to follow the elite compulsory route. They may not compete in Club Grade 14 in the same year, but may revert back to club grades the following year if they wish.

This competition will be run alongside the Compulsory 4 & 3 and National Club Grades qualifying competitions.

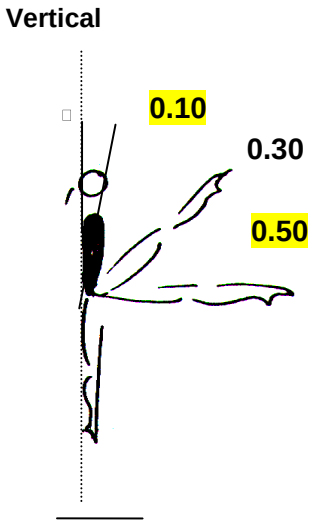
Gymnasts will also have the opportunity to enter a Voluntary Level 5 alongside the voluntary levels 4, 3 and 2 and there will be a presentation for the combined NW Compulsory and Voluntary Champion and runners up as with levels 4, 3 and 2.

Compulsory Level 5 - BARS PENALTIES

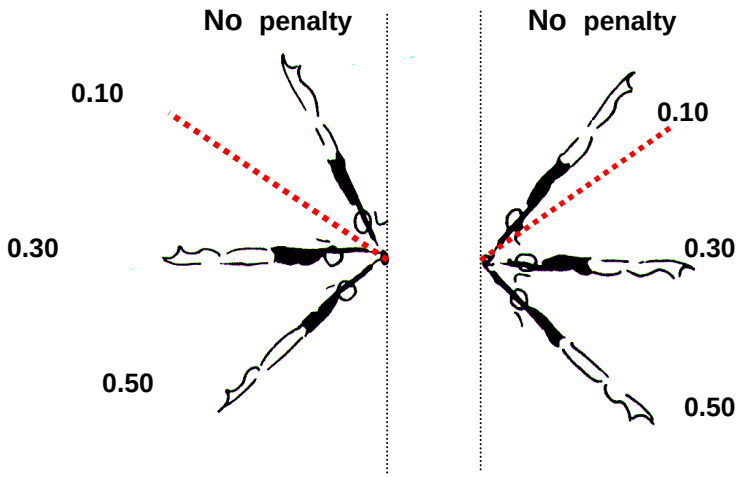
Cast penalties for Compulsory Level 5



Leg lift penalties for Compulsory Level 5



Swing penalties for Compulsory Level 5



N.B If gymnast swings to handstand and goes over the bar (giant circle) a deduction of 0.3 will be takes each time to a maximum of 0.6.

Compulsory Level 5
VAULT

D Score 13.50 - 2 vaults – highest score to count . Collar must be used.

Handspring to feet, fall to front. Mats/platform at 60 cm with extra crash mat for fall to front .

Penalties:

Pre-First Flight					
Lack of dynamics in run approach		0.10		0.30	
Incorrect foot position on springboard	0.10				
Incorrect arm swing pre-first flight		0.10			
(arms must swing through with hands close to thighs)					
First Flight					
Pike in hips		0.10		0.30	0.50
Bent legs		0.10		0.30	0.50
Legs separated	0.10		0.30		
Repulsion Phase					
Bent arms		0.10		0.30	0.50
Shoulder angle	0.10		0.30		
Bent legs	0.10		0.30	0.50	
Second Flight					
Bent legs		0.10		0.30	0.50
Legs separated	0.10		0.30		
Lack of height		0.10		0.30	
Failure to maintain extended hip angle	0.10		0.30		
Landing penalties					
Lack of hip extension on landing from handspring		0.10		0.30	0.50
Feet in front of torso on landing from handspring	0.10		0.30		
Lack of extension in body on fall to front	0.10				

In addition to the above, apply all other FIG General Penalties.

Compulsory Level 5
BARS

D Score 13.50

Routine on single polished bar Height 240cm – gloves and loops. (Gloves and loops will not be provided)

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
In gloves and loops hang from the HB in regular grip. Show hang position.		Lack of body extension in hang Pike at hips	0.10 0.30 0.10 0.30 (>135°)
Leg lift to bar. Lower to hang	0.5	Shoulder angle Failure to reach horizontal Horizontal - 90° (See diagrams) Lack of body extension in hang Pike at hips in hang	0.10 0.30 VM 0.10 0.30 0.10>135° 0.30<135°
Chin to bar Pullover to front support show front support position.	0.5 0.5	Failure to make 90° elbow angle Chin not level with the bar Failure to pull over to front support Poor technique (using arch or swing of legs to pull over) Lack of body extension in front support	VM 0.30 VM 0.10 0.30 0.10 0.30
Cast above horizontal	0.5	Poor shape in any phase Bent arms Cast penalties (See diagrams)	0.10 0.30 0.50 0.10 0.30 0.50
Swing forwards and backwards x 3 times	3 swings @ 0.5 each	Poor rhythm in swings Swing penalties (See diagrams) Poor body shape in any phase	0.10 0.30 0.10 0.30 0.50 0.10 0.30
Coach to stop the swing and bring the gymnast to extended hang position after the third backswing.		Lack of body extension in hang Pike at hips in hang	0.10 0.30 0.10>135° 0.30<135°

Gymnasts may not drop down from the bar to the floor unaided at the end of the routine. The coach must be present to release and support her to the floor.

In addition to the above, apply all other FIG General Penalties. Omission/non attempt of an element - 2.00 plus VM. Spotting - 2.00 plus VM.

N.B If gymnast swings to handstand and goes over the bar (giant circle) an empty swing deduction of 0.3 will be takes each time to a maximum of 0.6.

Compulsory Level 5
BEAM

D Score 13.50 Optional dance – Elements may be performed in any order. 1 safety mattress will be placed under the beam.

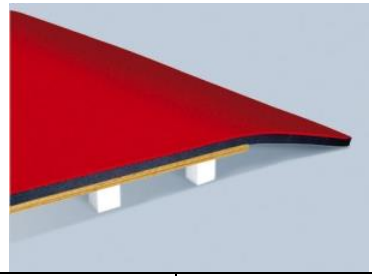
ELEMENT	VALUE	EXECUTION FAULTS	PENALTY
Japana mount	0.5	Feet below hips in straddle	0.10
Backwards walkover	0.5	Lack of split	0.10 0.30 <135°VM
½ spin to finish on toes, immediate ½ turn on two feet (continuing in same direction)	0.5	Not finishing on toes Toe not to calf Series break	0.30 0.30 0.30
Split jump	0.5	0.10 0.30 <135°VM	0.10 0.30
Straight jump immediate rebound into straight jump	0.5	Series break	0.3
Cartwheel ¼ inward turn	0.5	Failure of feet to touch the beam No ¼ (90°) inward turn Failure to pass through vertical	VM VM 0.10 0.30
Dismount - Two or more steps into stretch jump from two feet	0.5	Take off from one foot Lack of stretch in jump Insufficient height	VM 0.10 0.30 0.10 0.30

Placing the springboard on top of the safety mattress will incur a 0.5 penalty

In addition to the above, apply all other FIG General Penalties. Omission/non attempt of an element - 2.00 plus VM. Spotting - 2.00 plus VM.

Compulsory Level 5
FLOOR

D Score 13.50 Music 90 seconds max. Elements may be performed in any order

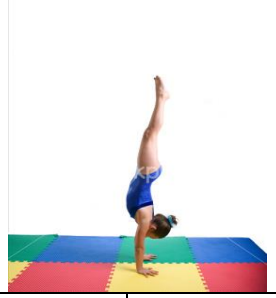


DESCRIPTION	VALUE	EXECUTION	PENALTY
From two feet: Hurdle step into round off flick (to 2 feet) straight jump	0.50	Landing flick to one foot Extra steps Pause between elements Lack of control on landing	VM 0.10 each 0.50 0.10 0.30
Handspring to two feet	0.50	Landing handspring to one foot Landing in deep squat Lack of flight	VM 0.10 0.30 0.50 0.10 0.30
Straight jump rebound straddle jump [in series] Must be performed in stated order	0.50	Elements not linked Legs below horizontal in straddle Lack of height in jumps Elements performed in the wrong order	0.50 0.30 0.10 0.30 VM
Full spin to finish on toes	0.50	Not finishing on toes Toe not to calf	0.30 0.30
Split leap	0.50	Insufficient height Insufficient split	0.10 0.30 0.10 0.30
Split jump	0.50	Insufficient height Insufficient split	0.10 0.30 0.10 0.30
Forward walkover	0.50	Lack of split	0.10 0.30 <135°VM

In addition to the above, apply all other FIG General Penalties. Omission/non attempt of an element - 2.00 plus VM. Spotting - 2.00 plus VM.

Compulsory Level 5
RANGE & CONDITIONING

D Score 13.50 On thin mats or solid floor



DESCRIPTION	VALUE	EXECUTION	PENALTY
Lift leg **at least 90°** forward, **hold** (min 2 seconds) and transfer to next position* - **hold** (*sideways, backwards). Lower leg to stand.	0.50	Obvious upper body compensation Leg not held Leg held below 90° (≤10° missing, >10° missing)	0.30 each time 0.30 each hold 0.10 0.30
Lift alternate leg **at least 90°** forward, **hold** (min 2 seconds) and transfer to next position* - **hold** (*sideways, *backwards). Lower leg to stand.	0.50	Obvious upper body compensation Leg not held Leg held below 90° (≤10° missing, >10° missing)	0.30 each time 0.30 each hold 0.10 0.30
Forward roll to straddle sit (straddle sit must be with extended knees to lift heels off the floor)	0.50	Hands close to feet in roll Heels not lifted clear of floor Leaning back to create heel lift	0.30 0.30 0.1
Transition to forward split (hold 2 seconds) Transition (½ turn) to alternative forward split (gymnast may use hands in transition. Box splits should be shown but does not need to be held). Forward split on opposite leg (hold 2 seconds) Return to straddle sit	0.50	Use of hands Hips out of alignment Lack of splits Not passing though box splits Split position not held	0.10 0.10 0.30 0.10 0.30 VM 0.10 0.30
Press to straddle lever (hold for 2 seconds) lift legs wide and circle to front support. (show position). Slide feet in to kneeling position. From kneeling, jump or press to handstand (hold 2 secs)	0.50	Not held for 2 seconds Feet not higher than hips in straddle lever Thighs touching/resting on arms in straddle lever Body alignment in front support Not held for 2 secs	VM 0.50 0.10 0.30 0.10 0.30 VM
Lower to bridge under control (hold 2 seconds) Lift one straight leg to vertical, kick to pass through split handstand to stand.	0.50	Lack of control Shoulders not over hands in bridge Bridge position not held Not passing through splits in handstand Hips out of alignment throughout kickover	0.10 0.30 0.10 0.30 VM 0.10 0.30 0.10 0.30
Straddle jump	0.5	Legs below horizontal in straddle	0.10 0.30

In addition to the above, apply all other FIG General Penalties. Omission/non attempt of an element - 2.00 plus VM. Spotting - 2.00 plus VM

Age Group Rules and FIG rules (Junior and Senior) are available to download from BG website

PRESS CONTROL AND CLICK ON THE LINK BELOW TO VIEW THE BG RULES FOR THESE COMPETITIONS

CLICK HERE

NORTH WEST WOMENS TECHNICAL COMMITTEE
CHILD PROTECTION PROCEDURES

Press **Control and click** on the picture below to access the Child Protection Policy online

The current policies can be viewed from the British Gymnastics website
Go to Home Page

USE OF VIDEO, FILM OR PHOTOGRAPHY AT NW WTC GYMNASTICS EVENTS POLICY STATEMENT

CAPTURING STILL AND MOVING IMAGES.

The NW WTC has adopted the current BG policy on photography. This can be viewed from the British Gymnastics website

Press **Control and click** on the picture below to access the Photography Policy online

NW Women's Technical Committee
Inquiry Form

Gymnast number:

Apparatus:

Gymnast (Grade / Level)

Coach to complete: Give full explanation of the reason for your Inquiry (D and/or E score):

Signed:_____

Written response (Apparatus master judge to complete)

Decision (for inquiry on D Scores)

☐ D score to remain ☐ D score amended: New D score = _____

Any subsequent adjustment to E score _____

Decision (for inquiry on E Scores)

☐ E score to remain ☐ E score amended: New E score = _____

Signed (Apparatus Judge (panel))

Signed (Head Judge (competition))

NW Women's Technical Committee

Safeguarding and Welfare

Form to apply for a gymnast to drop back a level

Gymnast name:	NW Membership No.
Club:	
Gymnast's most recent grade / level competed (& date)	
Gymnast has been with this club since: mm/yy _____ Previous club(s) attended (if any): _____	
Level the gymnast now wishes to compete at:	
Coach to complete: Give full explanation of the reason for your request on behalf of the gymnast:	
Signed (Coach): This application is endorsed by (Head coach of the club): (signed)	

Please attach all competition scores for this gymnast for their last two competition years (including friendly / invitational competitions) to barry1mclaughlin@aol.com

In circumstances where injury or illness is a reason for the request, any relevant doctor's or physiotherapist's letters that support this application should be scanned in and submitted where available.

NW Women's Technical Committee

Safeguarding and Welfare

Application to compete an element / elements above the level of the coach's WA qualification

This form may only be used where additional modules have been successfully completed and evidence of signing off by a mentor coach is available.

Gymnast name:	NW Membership No.
Club:	
Coach name:	
Coach qualification (WA Certification):	
Competition Date / Venue:	
Skills that the gymnast intends to perform (include Number and name of skill)	

APPARATUS	ELEMENT NUMBER	ELEMENT DESCRIPTION
VAULT		
BARS		
BEAM		
FLOOR		

Contact details for mentor coach

Name of Mentor coach:

Club:

Club telephone Number:

Mobile Number:

Other contact number:

Email address:

This form must be emailed to barry1mclaughlin@aol.com and no later than the entry date for the competition. A copy of the scanned in module sign-off documentation must also be sent. Forms that are late or incomplete will be rejected.