



NORTH OF
ENGLAND
GYMNASTICS
ASSOCIATION



GENERAL GYMNASTICS HANDBOOK



COMPETITION RULES
AND REGULATIONS 2019

GENERAL RULES

These competition rules should be read in conjunction with the North of England General Gymnastics Code of Points.

1. All gymnasts must hold at least Bronze membership to British Gymnastics and must be members of a gymnastic club affiliated to NEGA. All coaches must be current members of British Gymnastics. Coaches must hold an appropriate and current BG coaching qualification at Level 2 or above. Competitions are open to both boys and girls.
2. The competition year is from January 1st to December 31st. Gymnasts ages will be determined as the age reached during the year of the competition. All gymnasts must be aged 8 years or over in the year of competition. Unless otherwise stated, age groups will be 8 years in the Year of competition; 10 and Under; 12 and Under; 14 and Under and Senior.
3. Competition entries should be sent, by email with a copy in writing, using the General Gymnastics Competition Entry Form. Entry dates will be published and the Closing Date will generally be 28 days before the competition.
4. Entry fees **MUST** accompany each entry. Cheques made payable to General Gymnastics Technical Committee. The entry fee for all individual competitions is £5.00. For the Partner Competition, the fee is £6.00 and the Group Challenge fee is £10. Late or incorrect entries or entries submitted without fees will be returned to the sender.
5. Gymnasts with a recognised Disability can be accommodated at GGTC events. Coaches should provide appropriate evidence of the disability with the entry. Further information is available in the relevant BG documentation on the BG website.
6. Whenever possible, withdrawals from competitions should be notified to the competition organiser in advance of the competition date. Late withdrawals should be notified to the competition controller as soon as possible on the day of the event.
7. All Clubs taking part may be requested to provide volunteers willing to assist with the smooth running of the competition. All teams should endeavour to provide a Judge.
8. The competition rules will state the times allowed for the Floor exercise. Exercises are timed from 'the gymnast's first movement to the last position, which should coincide with the end of any music'. As a general rule, music by Disney, Andrew Lloyd Webber and Cirque du Soleil should not be used as it may contravene the relevant licensing requirements. Music must be on an individual CD, clearly marked with the gymnast's name. Music on i-pads, phones and similar devices is not acceptable. Music can be checked <https://www.british-gymnastics.org/clubs/club-membership/music-licensing-ppl-prs>
9. Gymnasts and coaches should be dressed neatly and appropriately. Jewellery of any kind may not be worn. Hair grips, slides etc must be secure and safe. Make up, glitter spray and similar adornments are not permitted as this can mark the apparatus and create a hazard for others.
10. There are regulations regarding gymnast's eligibility to enter the different tiers of competition. It is anticipated that coaches will use their experience and discretion to enter and progress gymnasts through the competition programme appropriately.

Competition Entries to: Mrs Enid Harrison, 3, Granwood Road, Eston, Middlesbrough. TS6 9HX. Enid.harrison@british-gymnastics.org. General Enquiries to the General Gymnastics Chair, Mrs M. Sunley, myrtlemsunley@hotmail.com

GENERAL GYMNASTICS COMPETITION LEVELS

In most GGTC competitions there will be **FOUR LEVELS** of competition entry. All gymnasts must enter their true age group.

- Gymnasts with Bronze membership may enter **ALL** GGTC organised competitions and where appropriate, they will be promoted through the system based on scores achieved
- Gymnasts who currently hold or who have at any time, held Silver membership may enter **at Club level or above**. They will be promoted to the next level based on scores achieved.
- The responsibility for the initial level of entry rests with the coach and judgement should be based on a gymnast's prior experience and current levels of performance set against the specific competition requirements. The Committee can advise if requested to do so.

RECREATION LEVEL. Age groups: 8/U; 10/U; 12/U; 14/U; Senior.

This is a competition for Gymnasts with little previous competition experience. Typically, the floor routines will be composed largely of GE elements. Gymnasts will find acrobatic flight elements and the Composition Requirements challenging. They will perform GE or lower value vaults. Gymnasts at this level may not use front or back somersaults in their floor exercise.

In this section, in some competitions, Club teams of 5 gymnasts may be entered. The scores of all gymnasts in the team will count towards the team score.

CLUB LEVEL. Age groups: 10/U; 12/U; 14/U; Senior

Gymnasts who hold Silver membership may enter at this level. The floor routines will typically be composed largely of 'A' elements. Gymnasts in this section will be beginning to master acrobatic elements and series with flight but at a level below the Connection Value requirements shown in the GGTC Code of Points. They may also be entering regional artistic competitions at a beginner level.

COMPETITION LEVEL. Age groups: 10/U; 12/U; 14/U; Senior

This is a competition for gymnasts who may have been promoted from Club level and an entry point for those who have had experience of competing in events in a similar discipline, for example, regional level Artistic Gymnastics, national level TeamGym, Acrobatics and Tumbling competitions.

Floor routines will mainly include A and B elements. Gymnasts will be developing skills towards mastering the Composition Requirements and working towards Connection Value.

OPEN COMPETITION. Age groups: 12/U; 14/U; Senior.

This competition is for those promoted from Competition level and for the more experienced gymnasts who may also take part in competitions in other disciplines at a higher level.

SPORT FOR ALL

This is a **Beginner** level competition for the inexperienced gymnast. Gymnasts should not have competed in any other competitions, (including 'friendly' or 'Floor work only' competitions), other than as members of a School Team, prior to this event. It is an individual event.

Ages: 8 years in the year of competition, 10 years and Under, 12 years and Under and Senior. Minimum age 8 years in the year of competition.

VAULT:

Box for all ages. May be set at approximately	85 – 110cm as available
All ages	- Squat on, extended jump off Difficulty Value 0.50
	- Straddle or Through Vault. Difficulty Value 1.40
12/U and Senior - Handspring	Difficulty Value 2.00

FLOOR: For all age groups -

Time 45 to 70 seconds. Gymnasts should include EIGHT different elements from the list given below. Girls should choose four elements from the 'gymnastic' and four from the 'acrobatic' list. Boys may, if they wish, choose up to six acrobatic skills but they must include at least two gymnastic skills. Gymnasts may work with or without music. All elements will have a value of 0.1 marks. Repeated elements will not be given value.

Requirements:

8 elements, value 0.1 each (0.8). Additional elements may be included but will not be valued for Difficulty. Saltos should not be included.

Gymnastic Elements	Acrobatic Elements
Split leap	Cartwheel - 2 hands
Stag leap	Cartwheel - 1 hand
Stretched jump with full turn	Backward walkover
Cat leap and with half or full turn	Backward roll - choice of ending on feet
Star Jump	Forward roll - choice of ending on feet
Straddle jump	Handstand forward roll
Tuck Jump and with half turn	Forward walkover
Scissor Jump, legs straight	Handstand and stand
Pike jump	Headstand legs tucked or straight
Body wave	Backward roll to handstand
Splits	Round off
Full (360°) spin on one foot	Cartwheel with clear flight phase
Bridge	Back flip to one or two feet
Arabesque or Y balance 2 second hold	Handspring
Half lever – 2 second hold	Free cartwheel

Composition Requirement:	One acrobatic element with flight.	0.5
	A series of two jumps or leaps joined together directly or linked with dance steps	0.5

Technical performance and Artistry 10.00 marks.

Specific Penalties:	Use of the floor space, levels and directions	→ 0.5
	Variety in the choice of elements	→ 0.5
	Artistry in Choreography and Linking movements	→ 0.5
	Rhythm, tempo and musical interpretation	→ 0.5

(D) Difficulty and Composition) 0.8 + 1.00 + (E) Technical Performance and Artistry 10.00
= Maximum Score 11.80

GENERAL GYMNASTICS FLOOR and VAULT COMPETITION

This is an individual competition at all levels of entry. Competitions are based on the North of England General Gymnastics Code, with the following exceptions:

VAULT: All Vault Difficulty Values are listed in the North GGTC Code of Points.

Recreation Level: All gymnasts will use a Box set at 85 – 105cm as available.

Club Level: All gymnasts will use either a Box set at approximately 105 cm or a Platform Vault set at 110 or 120cm

Competition Level: All gymnasts will use a Platform Vault set at 120 cm except 10 & Under gymnasts who may choose to use a Platform at 110 cm.

Open Competition: All gymnasts will use a Platform Vault set at 125 cm

RECREATION LEVEL: Floor Exercise

Maximum Time 1 minute. Overtime penalty 0.3. No minimum time

Difficulty requirement: 8 GE or A elements selected from the Code.

At this level, **ALL** elements will be awarded 0.1 in value.

Gymnasts are **not allowed** to include front or back somersaults.

Composition Requirements: There are FIVE Composition Requirements.

1. One element showing Balance OR Strength OR Flexibility
2. Girls - A series of at least two DIFFERENT leaps chosen from the Code performed with a one foot take off and landing and linked together directly or indirectly, using small running steps, hops and chasse, to create a flowing, travelling pathway. Jumps from 2 feet to 2 feet should not be included. One leap should strive to show 140 degree of split.

Boys – A series of at least 2 DIFFERENT jumps or leaps connected with or without additional steps.

3. One series of at least two acrobatic elements joined together in a forward/sideways direction.
4. One series of at least two acrobatic elements joined together in a backward direction
5. Dismount – one acrobatic element with flight. This may be a single element or combined in a series with other acrobatic or gymnastic (dance) elements.

*The elements in a series must be continuous and must travel in one direction.

(D) Difficulty 0.8. + CR 2.5 + (E) Technical Performance and Artistry 10.00 Maximum Score 13.3

Clarification: At this level, where gymnasts have been taught to 'stretch' between acrobatic skills, the series should be counted. E.g. round off, stretch with arms above head, controlled sit to backward roll. Cartwheel – Cartwheel with leg extension in between. Technical errors should be penalised in the Technical Performance section.

CLUB LEVEL: Floor Exercise:

Maximum Time 1 minute 15 seconds Overtime penalty 0.3. No minimum time

Difficulty Requirements 8 GE or A value elements

Composition Requirements:

1. One element showing Balance OR Strength OR Flexibility
2. Girls - A series of at least two DIFFERENT leaps chosen from the Code performed with a one foot take off and landing and linked together directly or indirectly, using small running steps, hops and chasse, to create a flowing, travelling pathway. Jumps from 2 feet to 2 feet should not be included. One leap should show 140 degree of split.
- Boys – A series of at least 2 DIFFERENT jumps or leaps connected with or without additional steps.
3. One acrobatic series forwards/sideways - at least one acrobatic element with flight
4. One acrobatic series backwards with at least two acrobatic elements with flight
5. Dismount – A series of at least two acrobatic elements including one acrobatic flight element of A value.

*The elements in a series must be continuous and travel in one direction.

(D) Difficulty 0.8 (maximum 8 x 0.1) + CR 2.5 + (E) Technical Performance and Artistry 10.00
Maximum Score 13.3

COMPETITION LEVEL

All rules and requirements for this level are as published in the GGTC Code of Points
Maximum Time 1 minute 30 seconds Overtime penalty 0.3. No minimum time

(D) Difficulty 1.6 (maximum 8 x 0.2) + CR 2.5 + Connection Value 0.2
(E) Technical Performance and Artistry 10.00
Maximum Score 14.30

Connection Value:

An Acrobatic series of at least two flight elements forward/sideways including a forward/side salto	0.1
An Acrobatic series of at least two flight elements backward including a backward salto	0.1

OPEN LEVEL

Rules for this level are as published in the GGTC Code of Points.
Time 1 minute 30 seconds Overtime penalty 0.3. No minimum time

(D) Difficulty 1.6 and Additional Value 0.1 for a salto with 180° twist or more.
The element will only have value once in the exercise. + CR 2.5 + Connection Value 0.4
(E) Technical Performance and Artistry 10.00

Rules and Regulations.

This is an individual competition at all levels of entry. Competitions will be based on the North of England General Gymnastics Code, with the following exceptions:

Floor and Vault: Please refer to the Floor and Vault Competition Rules for all levels. Boys will perform a Conditioning Set instead of a Bench/Beam exercise

Beam Mounts:

At Recreation and Club Level all mounts will be given 0.1 value. At Competition and Open Level all mounts will be given 0.2 value. Mounts may be counted as one of the 8 required elements for Difficulty, but not to meet the 'Element 2' requirements.

Clarification Beam all Levels – attempted elements will be given CR value even if the gymnast fails to complete the move, providing the attempt was genuine. E.g. just placing the hands on the beam and lifting one leg is not attempting a 'handstand' but lifting both feet off the beam – even at a low level – is an attempt. Judges should penalise technical errors from the Technical Performance deductions.

RECREATION LEVEL:

Bench: (Girls only) 14/U and Senior Girls may choose to use a floor level beam.

Using TWO wooden gymnastic benches joined end to end. Mats will be placed around but not on the bench.

'Difficulty Requirements: At least 8 GE or A elements (value for all elements given as 0.1) selected from the 'Floor' section or specific dismount section of the Code of Points. The chosen elements must include at least ONE element selected from

A forward roll from feet to feet,
A backward roll from feet to feet,
A cartwheel (two hands),
A handstand held 2 seconds,
Splits (front or side)

Composition Requirements: 5 x 0.5

Attempted Element 1

Attempted Element 2

A balance.

A full spin 360° on one foot.

A leap or jump with 140° split

Element 2 may be a further element selected from the list above or any other acrobatic element or different balance, full spin, leap or jump not used to meet the Composition Requirements. The element must be performed on the beam and not as a mount or dismount.

Specific Apparatus Deductions - → 0.3 each for failure to

- Complete a maximum of four lengths of the apparatus
- Use the whole apparatus, including different levels and directions
- Include a mount onto and from the apparatus dismount (0.3 each)

- Show changes in speed and variation in rhythm
- Include creative choreography and linking movements

(D) Difficulty $8 \times 0.1 + CR 2.5 + (E)$ Technical Performance and Artistry 10.00
Maximum Score 13.3.

BAR

Using a single bar from an Asymmetric Bar, Parallel Bar or Low Bar as available.
Gymnasts perform a Set exercise

From standing position. 1. Circle over the bar 2. Show front support position.
3. Cast to horizontal and return to front support.
4. Cast to horizontal and return to front support.
5. Undershoot with hips to the bar and stand.

(D) Five required elements $5 \times 0.1 = 0.5$. Technical Performance 10.00. Maximum 10.50
Special penalties: Extra Beat/Swing 0.5 Failure to attempt an element 1.0
Support from Coach to complete/attempt element 2.0

Conditioning Set Recreation Level (Boys Only)

Performed on a on a single strip of mat.

1. From standing, forward roll to 'long sit' position.
Arms sideways and at shoulder height; legs straight and together; heels lifted off the floor.
2. Raise arms above head and lie down into an extended position on back – Push to Bridge – show the position and then lie down again.
3. With body stretched show 'dish shape' and then half sideways roll into 'dish shape' on front.
4. Lie down and then push up to a front support position - Complete 3 press ups, ending in front support position.
5. From front support – jump feet up towards hands – immediately jump upwards to show a straight jump, rebound into a star jump (6.) and then immediately into a straight jump with 180° turn. (7)
8. Take one step forwards into a Y balance position with the free leg held. Hold the balance for 2 seconds, and then stand with feet together.
9. Straight jump with 360° turn
10. Raise arms above head and turn 90° on toes into a sideways position.
Lift leg into Cartwheel. Close feet together to end.

Judging:

(Difficulty) $10 \times 0.2 = 2.0$. (E) Technical Performance and Artistry 10.00. Maximum Score 12.00

Failure to attempt any element 1.00

CLUB LEVEL:**Beam:** (girls only)

The height for Club Level will be 105cm with approximately 20cm of fixed matting and additional matting of approximately 30cm placed under the entire length of the beam. An additional mat may be requested for landing.

Difficulty Requirements: At least 8 GE or A elements selected from the 'Floor' section or specific dismount section of the Code of Points. All elements will be given 0.1 value. The chosen elements must include TWO different elements selected from

- A forward roll from feet to feet,
- A backward roll from feet to feet,
- A cartwheel (two or one hand),
- A handstand held for 2 seconds,
- A handstand roll
- A walkover forward
- A walkover backward
- Round off on the beam

Composition Requirements: 5 x 0.5

- Attempted Element 1
- Attempted Element 2
- A balance.
- A full spin on one foot.
- A leap or jump with 140-degree split.

Specific Apparatus Deductions - → 0.3 each for failure to

- Complete a minimum of three and maximum of five lengths of the apparatus
- Use the whole apparatus, including different levels and directions
- Include a mount onto and dismount from the apparatus (0.3 each)
- Show changes in speed and variation in rhythm
- Include creative choreography and linking movements

(D) $8 \times 0.1 = 0.8$ + CR 2.5 + Technical Performance and Artistry 10.00
Maximum Score 13.3

Bars:

Using a single bar from an Asymmetric Bar, Parallel Bar or Low Bar as available. Gymnasts perform a Set exercise.

From standing: 1. Circle up to front support
2. Cast to above horizontal and return to the bar
3. Cast to above horizontal and backward hip circle
4. Cast and straddle on to the bar 5. Straddle undershoot dismount.

(D) $5 \times 0.1 = 0.5$ + (E) Technical Performance 10.00. Maximum 10.50

Special penalties: Extra Beat/Swing 0.5 Failure to attempt an element 1.0
Support from Coach to attempt/complete element 2.0

Conditioning Set Club Level (Boys Only)

Performed on a on a single strip of mat.

1. From standing at the end of the mat, forward roll to straddle stand – show position
2. From straddle stand Forward roll to 'long sit' position.
Arms sideways and at shoulder height; legs straight and together; heels lifted off the floor.
3. Raise arms above head and lie down into an extended position on back – Push to Bridge – show the position and then lie down again.
4. Sit up and fold forwards to hold 'pike fold' position for 2 seconds with legs straight.
5. Turn through side support to front support position - Complete 3 press ups, ending in front support position.
6. Jump feet towards hands and jump upwards to show a straight jump, followed by a tucked jump
7. Take one step forwards into a handstand – hold for 2 seconds, then stand with feet together.
8. Straight jump with 360° turn
9. Raise arms above head and turn 90° on toes into a sideways position.
10. Lift leg into Cartwheel, followed immediately by second Cartwheel. Close feet together to end.

Judging:

(Difficulty) $10 \times 0.2 = 2.0$. (E) Technical Performance and Artistry 10.00. Maximum Score 12.00

Failure to attempt any element 1.00

COMPETITION LEVEL:**Beam: (girls only)**

The height for Competition Level will be 120cm with approximately 20cm of fixed matting. An additional mat of approximately 30cm, may be placed under the beam. An additional mat may be requested for landing.

Difficulty Requirements: 8 recognised GE, A, B elements selected from the 'Floor' section or specific dismount section of the Code of Points. All elements will be given 0.2 in value.

Composition Requirements: 5 x 0.5

- Attempted Acrobatic Element 1
- Attempted Acrobatic Element 2
- A balance
- A full spin on one foot.
- A leap or jump with minimum 140-degree split.

(Elements such as jumps, leaps, Y balance and splits are Gymnastic (dance), not Acrobatic elements)

Specific Apparatus Deductions - → 0.3 each for failure to

- Complete a minimum of three and maximum of five lengths of the apparatus
- Use the whole apparatus, including different levels and directions
- Show changes in speed and variation in rhythm
- Include creative choreography and linking movements
- Include a mount and dismount (0.3 each)

(D) Difficulty 1.6 + CR 2.5 + Technical Performance and Artistry 10.00
Maximum Score 14.1

Bar:

Using a single bar from an Asymmetric Bar, Parallel Bar or Low Bar as available. Gymnasts perform the following exercise:

From standing.

1. Circle up to front support OR Float and Upstart to Front support
2. Cast towards handstand and backward hip circle, OR Straddle Float and Upstart
3. Cast towards handstand backward hip circle,
4. Either Cast and squat two feet on to the bar. 5. Stretch jump upwards to dismount.
OR Cast and Straddle on to the Bar 5. Straddle undershoot with 180 turn to dismount

(D) 5 x 0.1 - 0.5. Technical Performance 10.00.
Bonus 0.2 for any Upstarts. Maximum score 10.90

Special Penalties: Extra Swing 0.5 Failure to attempt an element 1.0
Support from Coach 2.0

BOYS Conditioning Set – please see 'Open Level Section'

OPEN LEVEL:**Beam: (girls only)**

The height for Open Level will be as for FIG. i.e. 125cm with approximately 20cm of fixed matting. An additional small mat may be requested for landing.

Difficulty Requirements: 8 recognised GE, A, B elements selected from the 'Floor' section or specific dismount section of the Code of Points. All elements will be given 0.2 in value.

Composition Requirements: 6 x 0.5

- Attempted Acrobatic Element 1
- Attempted Acrobatic Element 2
- A balance
- A full spin on one foot.
- A leap or jump with minimum 140 degree split.
- A Combination of two elements without a pause or additional steps – may be gymnastic, acrobatic or a mixed combination. May include other elements counting for Difficulty or be a combination of different elements. A fall between the two elements will invalidate the combination.

(Elements such as jumps, leaps, Y balance and splits are Gymnastic (dance), not Acrobatic elements)

Specific Apparatus Deductions - → 0.3 each for failure to

- Complete a minimum of three and maximum of five lengths of the apparatus
- Use the whole apparatus, including different levels and directions
- Show changes in speed and variation in rhythm
- Include creative choreography and linking movements
- Include a mount and dismount (0.3 each)

(D) Difficulty 1.6 + CR 3.0 + Technical Performance and Artistry 10.00
Maximum Score 14.6

Bar:

Using a set of Asymmetric Bars, gymnasts perform the following exercise.

From standing.

1. Circle up to front support OR Upstart to Front support
2. Cast towards handstand and backward hip circle OR Straddle Float and upstart to Front support
3. Cast and Squat OR Straddle two feet onto the bar
4. Jump to Catch the High Bar and immediately three quarter circle to Front Support OR Long Upstart to Front Support
5. Straddle on and undershoot with 180 turn to dismount

(D) 5 x 0.1 – 0.5. Technical Performance 10.00.

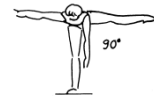
Possible Bonus 0.2 for every Upstart (0.6 maximum). Maximum Score (10.50) 11.10

Special Penalties: Extra Swing 0.5 Failure to attempt an element 1.0
Support from Coach 2.0

Conditioning Set Competition and Open Level (Boys Only)

Performed on a on a single strip of mat.

1. From standing at the end of the mat, forward roll to straddle stand – show position
2. From straddle stand position, straddle lift to handstand, hold for 2 seconds and forwards roll forwards to long sitting position
Arms sideways and at shoulder height; legs straight and together; heels lifted off the floor.
3. Straddle legs and fold forwards to hold 'japana' position for 2 seconds.
4. Sit up and lift to half lever in straddle position – 2 second hold.
5. Join legs together and turn through side support to front support position - Complete 5 press ups, ending in front support position.
6. Jump feet towards hands and jump upwards to show a straight jump, followed by a straddle jump
7. Take one step forwards into a side balance – hold for 2 seconds, and then stand with feet together.
8. Straight jump with 360° turn
9. Raise arms above head and turn 90° on toes into a sideways position.
10. Lift leg into Cartwheel with a quarter turn, followed immediately by Backward roll to handstand and stand.



Judging:

(Difficulty) $10 \times 0.2 = 2.0$. (E) Technical Performance and Artistry 10.00. Maximum Score 12.00

Failure to attempt any element 1.00

GENERAL GYMNASTICS PARTNER CHALLENGE COMPETITION

This is a Pairs competition.

- Pairs may be Boys; Girls or Mixed.
- Gymnasts entering this event **may not** also enter the Group Challenge
- There will be **TWO** sections only:
- **'RECREATION'** Level
- Age groups - Both gymnasts aged 8 and under; both gymnasts aged 10 and under; both gymnasts aged 12 and under; both gymnasts aged 14 and under; Senior.
- **'CLUB'** Level
- Age groups - Both gymnasts aged 10 and under; both gymnasts aged 12 and under; both gymnasts aged 14 and under; Senior.

Rules and Regulations as in the General Gymnastics Code and also

VAULT: Recreation level Gymnasts may use a Box at 3 or 4 layers – approximately 85 - 105 as available

Club Level Gymnasts may use a Box at approximately 105cm or a Platform at 110 or 120cm

All Vault Difficulty Values are listed in the North GGTC Code of Points.

Both gymnasts must vault at the same height. Two attempts each.

Gymnast scores averaged to give total for vault

FLOOR EXERCISE:

Time 50 to 90 seconds. Use of music is optional. The majority of the programme should be matched and synchronised. To gain value, Difficulty Elements and Composition Requirement elements should be the same and should be performed at the same time or very close in time. The only exception to this is the Movement in Pairs with body contact. For example, one gymnast may perform a handstand and the other support the legs. No value will be awarded for Difficulty if gymnasts perform a different element e.g. one gymnast does a forward roll and the other a backward roll, this would be judged only as a 'linking' skill.

Difficulty Requirements:

Elements will be given value ONCE only. To gain the marks for Difficulty, both gymnasts must perform the same elements, however they will not be penalised for using a different 'side' i.e. one balances on right leg, one on left, one cartwheels right, one left. The programme must include the following

One spin minimum 360° on one foot	value 0.3
Two Jumps or Leaps joined together in a series either directly or indirectly	0.6
One Balance element, on any part of the body showing a 2 sec. hold	0.3
One example of Movement in Pairs - with body contact	0.4
One acrobatic series, minimum 2 elements, one with flight	0.6**
One other leap, jump, spin, balance or acrobatic element	0.3

At Club Level **

One acrobatic series, minimum 2 elements, two with flight	0.6**
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Synchronisation: The majority of the programme should be synchronised. Errors will be penalised (0.1 per gymnast each time) within Technical performance.

The balance element should not include holding hands or partner contact. There must be a minimum 2 sec. hold.

The movement in pairs work must include contact but need not be a held balance.

Composition and Choreography Requirements: 1.5

(maximum penalty 0.3 in each area)

The exercise should

- Use the whole floor area
- Show work at different levels on and off the floor
- Show work in different directions – Forwards, Backwards, Sideways
- Show creative links and connections
- Show clear connection with the music

(D) Difficulty 2.5 + CR 1.5 + (E) Technical Performance and Artistry 10.00
Maximum Score 14.0

This is a Group competition for groups of 4 to 6 gymnasts. Groups may be made up of Girls, Boys or 'Mixed'. Mixed teams do not need to have an equal number of boys or girls.

- Gymnasts entering this event **may not** also enter the Partner Challenge.
- This is a competition available at **THREE** levels Recreation, Club and Competition
- Age groups – All gymnasts aged 10 and under; All gymnasts aged 12 and under; All gymnasts aged 14 and under; Senior.
- Rules are the same for all ages.

Rules and Regulations as in the General Gymnastics Code and also -

VAULT:

Gymnasts may use a Box (110 approx) Or a Platform 110 or 120cm
 All Vault Difficulty Values are listed in the North GGTC Code of Points.
 All gymnasts in a Group must vault at the same height on the same apparatus. One attempt is allowed for each gymnast. The highest four scores are averaged to give the team score

FLOOR EXERCISE:

Time 50 to 90 seconds. Use of music is optional. The majority of the programme should be matched and synchronised. A small section of work in canon may be included. To gain value, all gymnasts must complete the same Difficulty Requirements **at the same time**. The only exception to this is in the Group work which may be performed in 2's, 3's or as a whole group and should show body contact e.g. leap frog.

No value will be awarded for Difficulty if gymnasts perform a different element e.g. two do a forward roll and two a backward roll.

Elements must be fully completed by ALL the gymnasts to gain value, e.g. 3 gymnasts complete a balance on one foot held for 2 seconds, but one gymnast 'wobbles and falls' – no value for the Balance awarded.

Difficulty Requirements:

Elements will be given value ONCE only. To gain the marks for Difficulty, ALL gymnasts must perform the same elements **at the same time**, however they will not be penalised for using a different 'side' i.e. some balance on right leg, some on left, some cartwheel right, some left.

The programme must include the following

One spin minimum 360° on one foot	0.3
Two Jumps or Leaps joined together in a series either directly or indirectly	0.6
One Balance element, on any part of the body showing a 2 sec. hold	0.3
One example of Group work in 2's 3's or whole group - with body contact	0.4
One acrobatic series, minimum 2 elements, each with flight	0.6***
One other leap, jump, spin, balance or acrobatic element	0.3

Recreation Level ***

One acrobatic series, minimum 2 elements, one element with flight	0.6***
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Composition and Choreography Requirements: 1.8
(maximum penalty 0.3 in each area)

The exercise should

- Use the whole floor area
- Show work at different levels on and off the floor
- Show work in different directions – Forwards, Backwards, Sideways
- Show at least 3 different **Formations** e.g. square, line, circle, diamond, triangle
- Show creative links, connections and transitions between formations
- Show a clear connection with the music

Synchronisation: The majority of the programme should be synchronised. Errors will be penalised (0.1 per gymnast each time) within Technical performance.

The balance element should not include holding hands or body contact. There must be a minimum 2 sec. hold. The movement in pairs or groups must include contact but need not be a held balance.

(D) Difficulty 2.5 + CR 1.8 + (E) Technical Performance and Artistry 10.00
Maximum Score 14.3

ADULT GYMNASTICS FLOOR, VAULT and APPARATUS COMPETITION

- Gymnasts may enter Floor and Vault only
- Or compete in the Apparatus Competition by entering any four of the five pieces of apparatus offered.
- The competition is open to both Men and Women over the age of 18 in the year of competition, who have NOT competed in any other MA, WA, General Gymnastics Competition during the current competition year.
- Age groups 18 – 25 years; 26 – 40 years; Senior.
- The following rules are a supplement to the North GGTC Code of Points.

1. VAULT: All Vault Difficulty Values are listed in the North GGTC Code of Points.

All gymnasts will use either a Box set at approximately 110 cm or a Platform Vault set at 110 or 120cm or 130cm

2. FLOOR EXERCISE:

Maximum Time is 1 minute 30 seconds. No minimum time

Difficulty Requirements: 8 GE, A or B value elements, valued at 0.2 each.

Composition Requirements:

1. One element showing Balance OR Strength OR Flexibility
2. A series of at least two DIFFERENT leaps or jumps linked together directly or indirectly, using small running steps, hops and chasse, to create a flowing, travelling pathway.
3. One acrobatic series forwards/sideways - at least one acrobatic element with flight
4. One acrobatic series backwards with at least one acrobatic element with flight
5. Dismount – A series of at least two acrobatic elements including one acrobatic flight element of A value.

*The elements in a series must be continuous and travel in one direction.

(D) Difficulty 1.6 (maximum 8 x 0.2) + CR 2.5 + Salto Bonus (0.4) (E) Technical Performance and Artistry 10.00 Maximum Score 14.1

3. BAR

Either – scored from 10.50

Using a single bar from an Asymmetric Bar, single Low Bar as available.
Gymnasts perform a Set exercise

From standing. 1. Circle over the bar 2. Show front support position.
3. Cast to horizontal and return to front support. 4. Cast to horizontal and return to front support. 5. Cast away from the bar backwards to stand.

(D) Five required elements $5 \times 0.1 = 0.5$. Technical Performance 10.00. Maximum 10.50
Special penalties: Extra Swing 0.5 Failure to attempt an element 1.0

OR

Bars: scored from 11.60

A set of Asymmetric Bars or a Single Bar, Gymnasts perform a Voluntary exercise to include up to 8 different, recognised bar elements valued at 0.2 each

(D) $8 \times 0.2 = 1.6$. Technical Performance 10.00. Maximum Score 11.60

Special Penalties: Extra Swing 0.5

4. BEAM

Using a low beam/higher beam with matting underneath as available at the host Club.

Difficulty Requirements: At least 8 GE, A or B elements selected from the 'Floor' section or specific dismount section of the Code of Points. All elements, including the mount and dismount, will be given 0.2 in value. The chosen elements must include TWO different acrobatic elements

Composition Requirements: 5×0.5

- Attempted Acrobatic Element 1
- Attempted Acrobatic Element 2
- A balance.
- A full spin on one foot.
- A leap or jump.

Specific Apparatus Deductions: → 0.3 each for failure to

- Complete at least three lengths of the apparatus
- Include different levels and directions
- Include a mount onto and dismount from the apparatus (0.3 each)
- Show changes in speed and variation in rhythm
- Include creative choreography and linking movements

(D) $8 \times 0.2 = 1.6 + CR 2.5 + Technical Performance and Artistry 10.00$
Maximum Score 14.1

5. CONDITIONING SET

Performed on a on a single strip of mat.

11. From standing at the end of the mat, forward roll to straddle stand – show position
12. From straddle stand Forward roll to 'long sit' position.
Arms sideways and at shoulder height; legs straight and together; heels lifted off the floor.
13. Fold forwards to hold 'pike fold' position for 2 seconds with legs straight.
14. Sit up and then turn to show side support then through to front support position.
15. Complete 3 press ups, ending in front support position.
16. Jump feet towards hands and jump upwards to show a straight jump
17. Followed immediately by a tucked jump
18. Take one step forwards into a handstand – hold for 2 seconds, and then stand with feet together.
19. Straight jump with 360° turn
20. Backward roll with legs together or to straddle stand. Join legs together
21. Raise arms sideways to horizontal and balance on one leg, free leg bent at the knee. Stand
22. Turn sideways and Cartwheel. Close feet together to end

Judging:

(Difficulty) $12 \times 0.2 = 2.4$. (E) Technical Performance and Artistry 10.00. Maximum Score 12.40. Failure to attempt any element 1.00