




Eastern Counties Gymnastics Association

# General Gymnastics Competition Handbook

# 2020



## Welcome to General Gymnastics in the East Region!

This handbook will give you all the information you will need in order to enter General Gymnastics competitions in the East Region – please read through carefully. In particular, please with regards to the change of the eligibility ruling, number of hours at Level 1, introduction of over 18's for level 3 upwards and the introduction of level 6 for the 2020 season.

The aim of General Gymnastics in the East Region is to provide positive and friendly competitive opportunities for gymnasts in the East Region. In order to do this, it's important to us to provide a level playing field as best we can. We do this by setting the technical rules you'll find in this handbook, but equally important is your input and involvement as coaches and club leaders. It's important that gymnasts are prepared and entered at a level appropriate to their abilities and that at the events, clubs, coaches and committee members work together to create a positive, fun experience for our gymnasts.

It is never an exact science to define what makes a 'General' gymnast. The only way we can technically define this is through training hours - the rules state that our events are aimed at gymnasts training less than 2 hours per week for level 1, 4 hours per week at our levels 2-3, or less than 6 hours per week at our levels 4-6. These hours include gymnastics training across all disciplines, so if a gymnast trains in 'general' for 6 hours and also in 'acro' for 2 hours, they are training 8 hours in total and therefore not eligible.

Four hours training in one environment can create a totally different gymnast to four hours in a different environment. The natural talent and ability of the gymnast needs to also be considered. This is where your judgment comes in. Please help us provide the best 'level playing field' as possible by carefully considering what skills and levels to enter your gymnasts in. Please ensure your gymnasts are able to perform their skills well, but are also suitably challenged.

We rely on your judgment and honesty when entering gymnasts in our events. Please help us to create what our gymnasts need – positive, fun, friendly and fair competitive experiences.

We look forward to welcoming you to our events soon.

Bradley Thompson – Chair 2020

Chair of the East Region General Gymnastics Technical Committee

# The General Gymnastics Technical Committee (GGTC) 2020

## Contact Details

Elected Committee Members		
<b>Chairman</b>		
Bradley Thompson	07734 910069	ecga.general@outlook.com
<b>Secretary</b>		
Vacant		
<b>Competition Secretary</b>		
Terry Gasking	01502 716852	tgasking@btinternet.com
<b>Judging Convenor</b>		
Merry Raymond		general@meridiangymnasticsclub.co.uk
Clare Barnes		
<b>Technical Adviser</b>		
Donald Carr	07736 868735	doncathy@btinternet.com

## Regional Representatives

<b>Bedfordshire</b>		
Pat Warne	01582 454934	Galaxygymnastics06@gmail.com
<b>Cambridgeshire</b>		
Merry Raymond	07889 773222	general@meridiangymnasticsclub.co.uk
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Vacant		
<b>Norfolk</b>		
Alf Dyer	01502 582688	dyer110@btinternet.com
<b>Suffolk</b>		
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## Competition Schedule 2020

Event	Venue	Date	Closing Date
Level 1 & 2 Regional Individual Apparatus Final	Pipers Vale	14/06/2020	10/05//2020
Level 3 & 4 Regional Individual Apparatus Final	Pipers Vale	28/06/2020	24/05/2020
Levels 5 & 6 Regional Individual Apparatus Final	Pipers Vale	12/07/2020	14/06/2020
Levels 1 - 6 Floor & Vault Club Teams	Pipers Vale	26/07/2020	28/06/2020
Tumbling and Trampette	Pipers Vale	22/11/2020	25/10/2020

# GENERAL INFORMATION

1. British Gymnastics (BG) regulations will apply at all GGTC Regional Competitions - unless stated otherwise.
2. The safety of all participants (gymnasts, coaches and officials) is the primary consideration. All BG policies and procedures will be rigorously applied with regards to health and safety, welfare and child protection
3. It is the club's responsibility to advise parents and spectators of expected behaviour at general events. They are not allowed to enter the competition arena.
4. All competitions in the ECGA General Gymnastics Programme are intended for general gymnasts. A gymnast is deemed to be a general gymnast if he / she trains: Level 1 - 2hrs Max | Levels 2-3 - 4hrs Max | Levels 4-6 - 6hrs Max. Gymnast must have been training for the relevant weekly time period for a minimum of 12 months, regardless of previous level and discipline.

## 1. INFORMATION RELATING TO COACHES

- a) **Welfare:** Coaches are reminded of their responsibility in relation to the safety of their gymnasts in the competition environment. This will specifically include ensuring the gymnasts are adequately prepared (physically and psychologically) for performing their routines. There will be a named Welfare Officer present at each Regional Final.
- b) **Qualification Guide:** British Gymnastics require that the coach at competitions must be Level 2 or higher and it is the responsibility of the Club entering the gymnasts to ensure the coach(es) responsible have undergone appropriate training and are qualified and competent for the skills being performed by their gymnasts. Level 1 coaches may assist Level 2 or above coaches. A General Gymnastics Level 2 or above can accompany gymnasts in all General events.
- c) **Code of Conduct:** As well as the FIG Code of Conduct as defined by the Code of Points, all regional member clubs have agreed to abide by the "ECGA Code of Conduct" adopted by the region. A copy of the Code can be downloaded from the regional web site. [www.british-gymnastics.org/east](http://www.british-gymnastics.org/east)

- d) **Electronic Devices:** Apart from the running of the competition – gymnasts, coaches, judges and officials must not use mobile phones, tablets and any other electronic devices on the competition floor during an event, unless previously agreed and authorised by the GGTC committee.
- e) **Hair / Jewellery:** Coaches must ensure that their long hair is either braided / tied back so as not to obscure their vision. Coaches will not be allowed on the competition floor if wearing any jewellery.
- f) **Code of Dress:** All participants at an event are required to adhere to the BG Code of Dress as defined by the FIG sport specific code. Coaches must wear a tracksuit or collared polo shirt or club T-shirt and tracksuit bottoms and suitable footwear. Judges must wear the uniform as prescribed by the FIG, ie dark blue suit – skirt or trousers (black is acceptable - men may wear grey trousers) & white blouse or shirt. Failure to adhere to any of the regulations regarding coaches and judges may result in expulsion from the competition arena.

## 2. INFORMATION RELATING TO GYMNASTS

- a) **Age:** A gymnast's age is determined as the age reached during the period 1st January to 31st December 2020.
- b) The minimum age of a gymnast to enter a regional general event is eight (8) years old in the year of competition. The rules and entry form for each competition will state the age groups applicable.
- c) **Membership:** All gymnasts must hold current British Gymnastics Bronze membership or above for all regional general competitions. All participants in regional competitions must belong to an ECGA affiliated club at the time of entry.
- d) **Hair / Jewellery:** Gymnasts must ensure long hair is either braided / tied back so as not to obscure their vision. All relevant BG policies regarding the wearing of jewellery will apply.
- e) **Code of Dress:** Boys to wear shorts and leotard or close fitting t-shirt (tucked in) only during competitions – no long trousers or socks permitted. Female gymnasts are to wear a leotard. Close fitting shorts are also permitted in the same colour of the bottom section of the leotard and be free of adornments, diamantes etc.



### 3. INFORMATION RELATING TO COMPETITION / EVENTS

- a) **Eligibility:** All competitions in the ECGA General Gymnastics Programme are intended to only train limited times per week, combined across all gymnastic disciplines:

Level 1 - 2hrs Max | Levels 2-3 - 4hrs Max | Levels 4-6 - 6hrs Max

Gymnast must have been training for the relevant weekly time period for a minimum of 12 months, regardless of previous level across all disciplines. Dispensation from the GGTC for gymnasts who are not eligible for this ruling can be granted prior to the event.

The competition organiser reserves the right to exclude a gymnast from an event if they rule the gymnast is deemed to be ineligible, prior to and during an event. The coach will be notified, and the gymnast will be allowed to compete and receive a score but will not medal or qualify for any qualifying place. It is the coaches responsibility to ensure gymnasts train the correct hours and are entered into the correct level for their ability.

- b) **Sensitivity:** Sensitivity will be shown towards any gymnast who, due to proven needs, wishes to compete at a lower level than determined either in the general rules or in the competition specific eligibility rules.
- c) **Disability:** Where a gymnast with Downs Syndrome wishes to enter a competition, the mandatory clearance for the condition known as Atlanto-Axial Instability required by BG will apply. A copy of the completed clearance form must be attached to the entry form. Failure to do so will result in the competitor (and partner where appropriate) being refused entry to the competition arena and warm up areas on the day of the competition.
- d) **Competition Entry:** All gymnasts must at the time of entry have current BG membership of minimum bronze level and be a member of a club affiliated to ECGA.

Competition entry forms can be downloaded from the regional web site, and must be completed and e-mailed to the competition organiser, in "Word or Excel" format only.

The entry will not be accepted until the correct entry fee is received. Entry fee must be by club cheque or Bank transfer to: Name: ECGA, sort code: 53 81 16, account number: 82038678, reference number: as shown on the entry form.

The competition programme will be e-mailed to the named club contact at least two weeks before the competition.

- e) **Event programme:** In order to maintain a regular competition, the GGTC reserves the right to change the working order and / or time of commencement of the competition round. The GGTC reserves the right to combine age groups and / or levels dependent upon the number of gymnasts entered, and this will be advised on the programme for the day in advance. All gymnasts must register by the advised time and remain in the venue.
- f) **Technical Meeting:** A technical meeting will take place at each round of a regional event and all coaches accompanying gymnasts will be required to attend.
- g) **Floor Music:**  
All floor music should be submitted at least one week before the competition, via e-mail as an attachment to **[gymcompmusic@gmail.com](mailto:gymcompmusic@gmail.com)**. The music tracks should be labelled in the following way: Comp number - Name - Level - Club Please bring a backup copy of all music on the day either on CD or on a data stick just in case of any technical problems. We do not require you to hand this in, just have it available with you. Please note Disney, Andrew Lloyd Webber and Cirque de Soleil music can't be used.
- h) **Photography:** In the interests of child protection, photographs and videos may only be taken during regional events in accordance with conditions set by BG. Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use or for publication in printed or electronic form, such as on websites. Some photos may be published by Clubs, but this may only be done in accordance with the BG Child Protection Policy. The full policy can be found at [www.british-gymnastics.org](http://www.british-gymnastics.org). Photographs will be taken for promotional purposes and may appear on GGTC social media and website. If any gymnast does not consent to this, please indicate on the entry form.
- i) **Protest:** In the unlikely event of a protest, it must be put in writing detailing the reason for protest and given to the Competition Organiser (with £10.00 fee) within 15 minutes of the coach receiving the score slip. A coach may protest D score only. The GGTC cannot accept any photographic or video analysis at an event.

j) **Judges:** All judges provided must be a BG current cycle qualified judge in men's or women's artistic, floor and vault qualified, or have attended a General Gymnastics judging workshop on the current cycle. Please make sure that the judge you nominate has agreed to do so. Only judges stated on the entry form in advance will be allowed onto the competition floor.

**Nomination of judges:** Regional Final event – apparatus levels:

Each county is required to provide a minimum of three (3) judges for each session of each regional finals event entered. This does not need to be the same person every session but there needs to be a minimum of three (3) judges per county present at each session. If insufficient judges are supplied by a county, a penalty of £25 per judge per session will be invoiced to the county. If a judge cannot attend at any point they may be replaced by another judge, which could be from any club or county who is suitably qualified. If no judge is supplied the £25 penalty will apply.

**Nomination of judges:** Direct to regional events, club teams and tumble and trampette: A minimum of one judge per club is to be provided. If a club is unable to provide a judge for the competition; double entry fee will be applied.

**Judges reward system:**

To encourage and reward judging at our events, we will award a pin (or similar item) to judges who over the course of 2020 complete full, all day regional GG events as judges as follows:

2 events - bronze judge's award

3 events – silver judge's award

4+ events - gold judge's award

k) **Late Entries:** Late entries will not be accepted.

l) **Spectator Entry:** Entry to spectators to General Gymnastics events will be by programme purchase.

m) **Changes:** Amendment to rules and regulations made after the publication of the Regional General Handbook will be available for download from the regional website. [www.british-gymnastics.org/east](http://www.british-gymnastics.org/east)

n) **Level:** Gymnasts may only compete at one level in the competition year in an individual apparatus competition. (Example: Gymnasts can not compete level 2 and then level level 3 in the same competition year.) This does not apply to Tumbling and Trampette of the teams competitions.

o) **Late arrival on competition days:** Please be on time for events. If a gymnast arrives late but by the end of general warm-up they may compete. If they arrive after the end of general warm up but before the start of the first rotation, the competition manager may use their discretion if it's appropriate for the gymnast to compete or not. If a gymnast arrives after the first rotation has started they will not be permitted to compete. In all these occurrences, clubs must ensure any late gymnasts complete a sufficient warm-up.

p) **Chairman's Medal:** Additional special awards for those going above and beyond to demonstrate the spirit of general gymnastics may be awarded by the chairman (or agreed deputy) at each event. These can be nominated by clubs, coaches, judges or officials. The aim is to reward the spirit of general gymnastics. To nominate, please write the nominee's name, the nominators name and the reason for nomination and pass to the chairman or competition manager during the event.

q) **Lone Competitor:** Where a gymnast is a lone competitor in any competition, their final score is calculated as a percentage of the start value for medal allocation purposes. The following percentages apply;

Start Value 100 %

Gold 80% to 100%

Silver = 60% to 79.9%

Bronze = Less than 59.9%

See scoring requirements at the end of this document.

r) **Element Clarification:** All elements and skills' names in our handbook are defined within the relevant artistic code of points. These will be applied by the judges and be used to clarify the skill. It is the club's responsibility to ensure the code of points is used to correctly to define the skills.

# Eastern Counties Gymnastics Association | Disability Gymnastics

Gymnastics for children with disabilities are to be included in the General Gymnastics competition programme. They will perform in a separate section in the competition – Disability Gymnastics – and not compete against those without disabilities.

In order to allow the judges to make allowances for the gymnasts' disabilities, coaches will need to enter the disability on the entry form according to the list below which will additionally detail the degree of the disability. The profile of each gymnast should be determined by the coach in consultation with the gymnast and his or her parents. Once a gymnast has competed within a particular disability profile, that profile may not be changed for a subsequent competition without applying to the GGTC stating the reason why a different profile is now applicable. Coaches are asked to be fair with their assessment. Failure to do so may result in a formal statement from a doctor or health professional for future entries.

Where a disabilities gymnast with Downs Syndrome wishes to enter a competition, the mandatory clearance for the condition known as Atlanto-Axial Instability required by BG will apply. Details are on the BG website. A copy of the completed clearance form must be attached to the entry form. Failure to do so will result in the competitor (and partner where appropriate) being refused entry to the competition arena and warm up areas on the day of the competition.

Initially, the competitions will be gender specific but open age group although, depending on the size of the entry, the organiser may introduce age banding. This will introduce a measure of competition for the gymnasts rather than a host of "sole competitor" winners.

Coaches accompanying the gymnasts will need to speak to the judges prior to their competing to explain the help / special equipment they will need to enable them to compete.

## Disability Profiles

For clarification and the guidance of coaches, the definition of the term; disability, is that made by the World Health Organisation in 1980; "A disability is any restriction or lack (resulting from impairment\*) of ability to perform an activity in the manner or within the range considered normal for a human being"

\*"An impairment is any loss or abnormality of psychological, physiological, or anatomical structure or function"

For the purpose of this rule book, disability profiles are defined as follows:

1. Intellectual, language and other psychological disabilities (including hyperactivity, attention deficit disorder and dyslexia)
2. Hearing disabilities (including deafness and inner ear balance disorders)
3. Sight disabilities (including blindness, partial sightedness and tunnel vision)
4. Reduced or impaired internal organ function with no other physical manifestation (including coeliac disease, cystic fibrosis, asthma and some types of epilepsy)
5. Muscular and Skeletal, resulting in reduced limb or trunk function (including growth disorders, club foot, limb palsy and paralysis).

Each profile is further divided into Slight (A), Moderate (B) or Severe (C). Thus a gymnast with the profile

3A may be highly functioning but partially sighted and a gymnast with the profile 5C may be confined to a wheelchair and require special arrangements to compete.

Where a gymnast presents with a number of disabilities, the profile selected should reflect the disability which most affects their performance. For example, a Downs Syndrome gymnast may be profiled as 1 or 5 (A, B or C) depending on the severity of the effects on the gymnast.

Details of any special equipment or arrangements required by gymnasts with a disability should be provided to the competition organiser with the entry form. The competition organiser will try to incorporate these arrangements into the competition in a way which is sensitive to the needs of all gymnasts taking part in the competition. Any 'special equipment' should be provided by the club / coach / gymnast.

Gymnasts with disabilities should progress through the General Gymnastic competitions in the same way as gymnasts without disabilities. Should Special Olympics Rule competitions be introduced in the future, gymnasts cannot compete in both competitions if they are held on the same day

# Apparatus Championships | Level 1 Rules

Level 1 - Individual Apparatus Competition for Female & Male gymnasts who must be entered via qualification at county events.

The top three highest placed gymnasts on each piece, at each level and age group will qualify through to the regional final. In the event of a third-place tie, all gymnasts in third place will qualify to the regional final. The 4th qualifying gymnast can be used as a traveling reserve, the gymnasts must be named on the entry form and already traveling due to qualifying on another piece. Do not list a gymnast that has not qualified on another piece, gymnasts should not travel unless they are in the top 3 on a piece of apparatus. This gymnast must be the next highest scorer on that piece from the counties traveling Gymnasts. This gymnast can be used as the replacement up until the end of full body warm up. i.e. If the 3rd placed gymnast on vault does not attend the event the reserve can be used as long as they have qualified on another piece.

Designed for gymnasts who have not previously competed and / or are competent to enter at this level.

There are four pieces of apparatus - gymnasts may choose to compete on one or more pieces.

Age groups						
Level 1	8	9	10-11	12-13	14-16	
Hours trained			Up to 2 Hours			

Vault		
Compositional Requirements (CR)		DV
Any two vaults may be performed the best score to count.		
Permitted Vault	From run and jump from spring board, stretch jump to land	1.20
Height	Landing mat to a height of 30cm	

Floor	
SV 3.00 + Artistry bonus 0.5 for M/F	Compositional Requirements (CR) 6 elements performed in any order each element 0.5. Girls with music (Penalty of 1.0 mark without music) 70 seconds maximum
CR	<ol style="list-style-type: none"> <li>An acrobatic element without flight</li> <li>A balance or strength element</li> <li>A leap or jump</li> <li>Half turn spin on one foot or half turn jump</li> </ol>
Permitted Elements	Acrobatic Cartwheel, teddy roll 180°, kick towards handstand, forward or backward roll to stand or straddle stand
	Balance Arabesque (chest lifted and leg to 45° minimum), Y-balance, V sit with hand support, 1 leg stand free leg in attitude, frog balance, bridge, splits, shoulder stand with or without hand support
	Leap /Jump Straight jump, tuck jump, star jump, cat leap, scissor leap, ½ turn jump, ½ turn spin
Strength	Half pike lever with one leg (held 2 seconds), front support and lower to floor with control
Barred Elements	Any element not on the permitted list.



# Apparatus Championships | Level 1 Rules

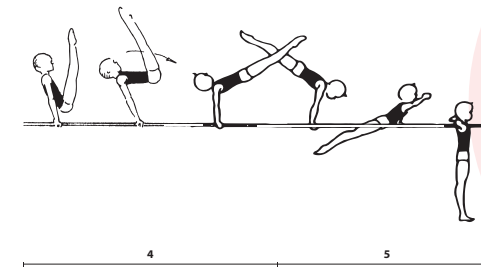
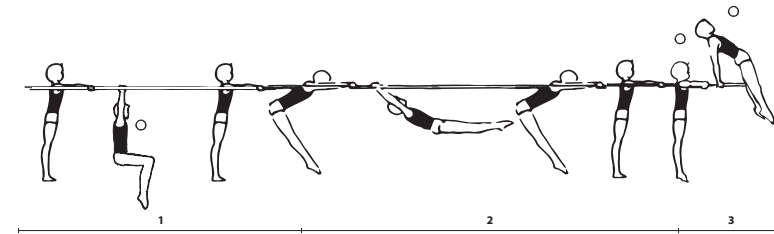
Asymmetric Bars / Horizontal Bar	
<b>SV 2.00</b>	<b>Compositional Requirements (CR)</b> 4 elements in the set order below order each element 0.5.
<b>CR</b>	Fixed routine to the 5 elements below
<b>Permitted Elements</b>	<ol style="list-style-type: none"> <li>1. Standing with the bar at shoulder height or above, jump to front support (1 or 2 spring boards or a block may be used)</li> <li>2. Hold front support position for 2 sec (pelvis touching bar)</li> <li>3. Cast towards horizontal return to bar with slight body alignment allowance.</li> <li>4. Forward circle dismount to hang under the bar with straight or bent arms and lower with straight legs with control to the floor or hang</li> </ol>
<b>Barred Elements</b>	Any element not on the permitted list.
<b>Equipment</b>	Male & Female single bar only at height to be set no lower than shoulder height of gymnast (Lower than shoulder height will receive a penalty). (1 or 2 spring boards may be used) (wood or metal bar may be used)

Beam (Bench)											
<b>SV 2.50</b> + Artistry bonus 0.5	<b>Compositional Requirements (CR)</b> 5 elements performed in any order each element 0.5. Minimum one length of the bench, 70 seconds maximum. 70 seconds maximum										
<b>CR</b>	<ol style="list-style-type: none"> <li>1. Mount</li> <li>2. A balance element</li> <li>3. Half turn on two feet</li> <li>4. A leap or jump</li> <li>5. Straight jump dismount from the end or the side</li> </ol>										
<b>Permitted Elements</b>	<table border="1"> <tr> <td>Mount</td> <td>Squat on, straddle on</td> </tr> <tr> <td>Balance</td> <td>Arabesque (chest lifted and leg to 45° minimum), Y-balance, V-sit with hand support, 1 leg stand with free leg in attitude</td> </tr> <tr> <td>Leap/Jump</td> <td>Straight jump, tuck jump, star jump, cat leap, scissor leap</td> </tr> <tr> <td>Turns</td> <td>Stretched or crouched</td> </tr> <tr> <td>Dismount</td> <td>Straight jump</td> </tr> </table>	Mount	Squat on, straddle on	Balance	Arabesque (chest lifted and leg to 45° minimum), Y-balance, V-sit with hand support, 1 leg stand with free leg in attitude	Leap/Jump	Straight jump, tuck jump, star jump, cat leap, scissor leap	Turns	Stretched or crouched	Dismount	Straight jump
Mount	Squat on, straddle on										
Balance	Arabesque (chest lifted and leg to 45° minimum), Y-balance, V-sit with hand support, 1 leg stand with free leg in attitude										
Leap/Jump	Straight jump, tuck jump, star jump, cat leap, scissor leap										
Turns	Stretched or crouched										
Dismount	Straight jump										
<b>Barred Elements</b>	Any other element not on the permitted list.										
<b>Equipment</b>	Two wooden gymnastic benches joined end to end (Girls or boys). If competing Parallel Bars may not compete Beam										

# Apparatus Championships | Level 1 Rules

Parallel Bars	
SV 2.50	<b>Compositional Requirements (CR)</b> 5 elements in the set order below order each element 0.5.
CR	Fixed routine to the 5 elements below
Permitted Elements	<ol style="list-style-type: none"> <li>1. Grasp bar, tuck hang, thighs to 90°, hold 3 secs, lower to floor or block.</li> <li>2. Float swing must be extended, return to floor or block</li> <li>3. Jump to upper arm support, hold for 3 secs</li> <li>4. Lift legs to straddle support, hold for 3 secs</li> <li>5. Flick legs to swing backwards to drop off to floor</li> </ol>
Equipment	Boys or Girls. Height to be set at the shoulder height of gymnast (or higher). Shoulders above the bars will receive a penalty. If competing bench may not compete Parallel Bars

## ECGA General Gymnastics Parallel Bars | Level 1



# Apparatus Championships | Level 2 Rules

Level 2 - Individual Apparatus Competition for Female & Male gymnasts who must be entered via qualification at county events.

The top three highest placed gymnasts on each piece, at each level and age group will qualify through to the regional final. In the event of a third-place tie, all gymnasts in third place will qualify to the regional final. The 4th qualifying gymnast can be used as a traveling reserve, the gymnasts must be named on the entry form and already traveling due to qualifying on another piece. Do not list a gymnast that has not qualified on another piece, gymnasts should not travel unless they are in the top 3 on a piece of apparatus. This gymnast must be the next highest scorer on that piece from the counties traveling Gymnasts. This gymnast can be used as the replacement up until the end of full body warm up. i.e. If the 3rd placed gymnast on vault does not attend the event the reserve can be used as long as they have qualified on another piece.

Designed for gymnasts who have competed at Level 1 and / or are competent to enter at this level.

There are four pieces of apparatus - gymnasts may choose to compete on one or more pieces.

Age groups							
Level 2	8	9	10-11	12-13	14-15	16-17	
Hours trained			Up to 4 Hours				

Vault		
Compositional Requirements (CR)		DV
Two vaults to be performed the best score to count.		
Permitted Vault	From run and jump from springboard, stretch jump to land on top of block, showing an arm swing into kick to handstand fall to flat back.	1.40
Height	Landing mat / firm block to 60cm	

Floor	
SV 3.00 + Artistry bonus 0.5 for M/F	Compositional Requirements (CR) 6 elements performed in any order each element 0.5. Girls with music (Penalty of 1.0 mark without music) 70 seconds maximum
CR	<ol style="list-style-type: none"> <li>Two acrobatic elements directly connected moving in the same direction or line, without flight</li> <li>A balance or strength element</li> <li>Two jump or leap elements directly connected</li> <li>Half turn spin on one foot or half turn jump.</li> </ol>
Permitted Elements	Acrobatic Cartwheel, handstand, cartwheel with one hand, forward or backward roll to stand or straddle stand. (Maximum of two rolls per routine, one forward and one backward)
	Balance Arabesque (chest lifted and leg to 45° minimum), Y-balance, V sit without hand support, 1 leg stand free leg in attitude, frog balance, bridge, splits, shoulder stand with and without hand support
	Leap /Jump Straight jump, tuck jump, star jump, cat leap, scissor leap, straight jump ½, ½ spin
	Strength Press-up with control, half lever piked or straddled, held for 2 seconds
Barred Elements	Any element not on the permitted list.

# Apparatus Championships | Level 2 Rules

Asymmetric Bars / Horizontal Bar	
<b>SV 2.00</b>	<b>Compositional Requirements (CR)</b> 4 elements in the set order below order each element 0.5.
<b>CR</b>	Fixed routine to the 5 elements below
<b>Permitted Elements</b>	<ol style="list-style-type: none"> <li>1. Circle up from one or two feet, (1 or 2 spring boards may be used)</li> <li>2. Cast and return to bar</li> <li>3. Cast and return to bar</li> <li>4. Cast to push backwards dismount to stand</li> </ol>
<b>Barred Elements</b>	Any element not on the permitted list.
<b>Equipment</b>	Male & Female single bar only. (1 or 2 spring boards may be used) (wood or metal bar may be used)

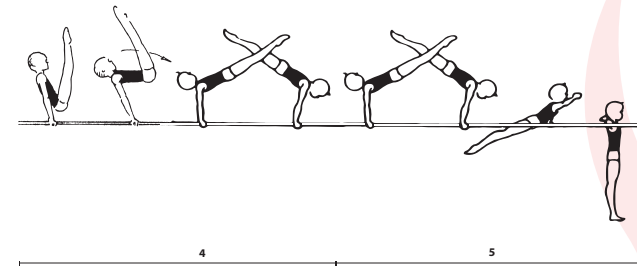
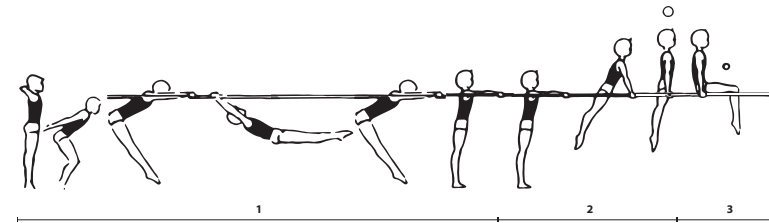
Beam													
<b>SV 3.00</b>	<b>Compositional Requirements (CR)</b> + Artistry bonus 0.5 6 elements performed in any order each element 0.5. Minimum one length of the bench, 70 seconds maximum 70 seconds maximum												
<b>CR</b>	<ol style="list-style-type: none"> <li>1. Mount</li> <li>2. A balance element</li> <li>3. An acrobatic element</li> <li>4. Half turn on two feet</li> <li>5. A leap or jump</li> <li>6. Star jump dismount from side or end</li> </ol>												
<b>Permitted Elements</b>	<table border="1"> <tbody> <tr> <td>Mount</td> <td>Squat on, straddle on, from two feet to two feet jump</td> </tr> <tr> <td>Balance</td> <td>Arabesque (chest lifted and leg to 45° minimum), Y-balance, V-sit with hand support, 1 leg stand with free leg in attitude</td> </tr> <tr> <td>Leap /Leap/ Jump</td> <td>Straight jump, tuck jump, star jump, cat leap, scissor leap</td> </tr> <tr> <td>Turns</td> <td>Stretched or crouched</td> </tr> <tr> <td>Acrobatic</td> <td>Kick towards handstand and land in lunge – body and first leg to 45° minimum, second leg move towards the first and must leave the beam, but does not need to join, forward roll</td> </tr> <tr> <td>Dismount</td> <td>Star jump</td> </tr> </tbody> </table>	Mount	Squat on, straddle on, from two feet to two feet jump	Balance	Arabesque (chest lifted and leg to 45° minimum), Y-balance, V-sit with hand support, 1 leg stand with free leg in attitude	Leap /Leap/ Jump	Straight jump, tuck jump, star jump, cat leap, scissor leap	Turns	Stretched or crouched	Acrobatic	Kick towards handstand and land in lunge – body and first leg to 45° minimum, second leg move towards the first and must leave the beam, but does not need to join, forward roll	Dismount	Star jump
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Leap /Leap/ Jump	Straight jump, tuck jump, star jump, cat leap, scissor leap												
Turns	Stretched or crouched												
Acrobatic	Kick towards handstand and land in lunge – body and first leg to 45° minimum, second leg move towards the first and must leave the beam, but does not need to join, forward roll												
Dismount	Star jump												
<b>Barred Elements</b>	Any other element not on the permitted list.												
<b>Equipment</b>	Floor beam (Girls only).												



# Apparatus Championships | Level 2 Rules

Parallel Bars	
SV 2.50	<b>Compositional Requirements (CR)</b> 5 elements in the set order below order each element 0.5.
CR	Fixed routine to the 5 elements below
Permitted Elements	<ol style="list-style-type: none"> <li>1. From standing between the bars, jump to float swing land at the back</li> <li>2. Jump to support with straight arms, hold for 3 secs</li> <li>3. Tuck "L" sit, thighs at 90° feet pointing downwards, hold for 3 secs</li> <li>4. Flick to swing backwards</li> <li>5. Swing forwards, backwards to land between the bars</li> </ol>
Equipment	Boys only. Height to be set at the shoulder height of gymnast (or higher). Shoulders above the bars will receive a penalty.

## ECGA General Gymnastics Parallel Bars | Level 2



# Apparatus Championships | Level 3 Rules

Level 3 - Individual Apparatus Competition for Female & Male gymnasts who must be entered via qualification at county events.

The top three highest placed gymnasts on each piece, at each level and age group will qualify through to the regional final. In the event of a third-place tie, all gymnasts in third place will qualify to the regional final. The 4th qualifying gymnast can be used as a traveling reserve, the gymnasts must be named on the entry form and already traveling due to qualifying on another piece. Do not list a gymnast that has not qualified on another piece, gymnasts should not travel unless they are in the top 3 on a piece of apparatus. This gymnast must be the next highest scorer on that piece from the counties traveling Gymnasts. This gymnast can be used as the replacement up until the end of full body warm up. i.e. If the 3rd placed gymnast on vault does not attend the event the reserve can be used as long as they have qualified on another piece.

Designed for gymnasts who have competed at Level 2 and / or are competent to enter at this level.

There are four pieces of apparatus - gymnasts may choose to compete on one or more pieces.

Age groups							
Level 3	8	9	10-11	12-13	14-15	16-17	18+
Hours trained			Up to 4 Hours				

Vault		
Compositional Requirements (CR)		DV
Two vaults to be performed the best score to count.		
Permitted Vault	Handspring flat back	2.00
Height	From run and jump from spring board, handspring flat back 8, 9, 10-11 Landing mats at 60cm 12-13 & 14-15 Landing mats at 90cm 16-17 & 18+ years Landing mats at 110cm	

Floor		
SV 3.50 + Artistry bonus 0.5 for M/F	Compositional Requirements (CR) 7 elements performed in any order each element 0.5. Girls with music (Penalty of 1.0 mark without music) 90 seconds maximum	
CR	<ol style="list-style-type: none"> <li>Two acrobatic elements directly connected moving in the same direction or line, one with flight</li> <li>A balance or strength element</li> <li>Two jump or leap elements directly connected or a mixed series of one acro and one dance element</li> <li>Full turn spin on one foot or full turn jump</li> </ol>	
Permitted Elements	Acrobatic	Cartwheel, handstand, cartwheel with one hand, handstand forward roll, forward or backward roll to stand or straddle stand, forward or backward walkover, tucked headstand,
	Flighted acrobatic	Dive cartwheel, round-off
	Balance	Arabesque (chest lifted and leg to 45° minimum), Y-balance, V sit without hand support, bridge, pike or straddle lever, splits, shoulder stand without hand support
	Leap /Jump	Tuck jump, star jump, cat leap, scissor leap, split leap, stag leap, straddle jump, full turn jump, full turn spin
	Strength	Swedish fall to press up with one leg held up, half lever piked or straddled
Barred Elements	Any element not on the permitted list.	

# Apparatus Championships | Level 3 Rules

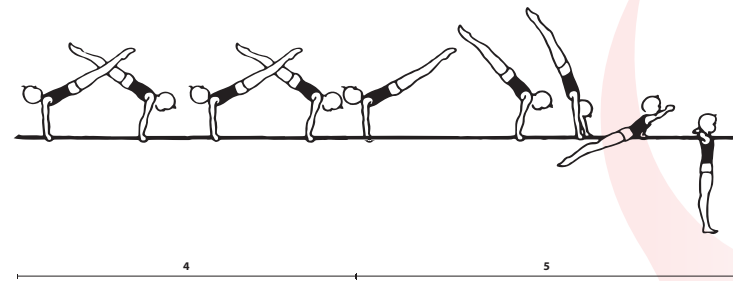
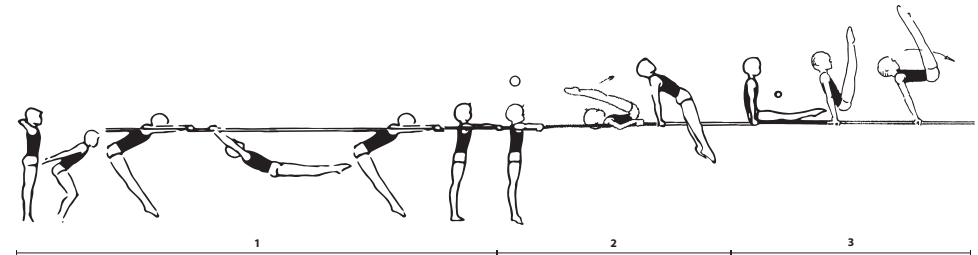
Asymmetric Bars / Horizontal Bar	
SV 2.00	<b>Compositional Requirements (CR)</b> 4 elements in the set order below order each element 0.5.
CR	Fixed routine to the 5 elements below
Permitted Elements	1. Circle up from one or two feet 2. Cast and return to bar 3. Cast into back-hip circle 4. Cast to choice of dismount: push backwards dismount to land, OR Squat on and jump forwards - bonus of 0.5 OR Straddle undershoot - bonus of 0.5
Barred Elements	Any element not on the permitted list.
Equipment	Male & Female single bar only. (1 or 2 spring boards may be used) (wood or metal bar may be used)

Beam	
SV 3.00	<b>Compositional Requirements (CR)</b> 6 elements performed in any order each element 0.5. Minimum two lengths of the beam: 0.2 deduction for one length 70 seconds maximum
CR	1. Mount 2. A balance element 3. An acrobatic element 4. Half turn spin on one foot 5. A leap or jump 6. Straddle jump dismount from end of beam
Permitted Elements	Mount Squat on, straddle on, jump to front support swing leg over beam to cross sit
	Balance Arabesque (chest lifted and leg to 45° minimum), Y-balance, V-sit with no hand support
	Leap /Leap/ Jump Straight jump switch feet, tuck jump, star jump, cat leap, scissor leap, ½-turn spin
	Acrobatic Forward roll, cartwheel, kick towards handstand – leading leg to vertical, second leg to 90° minimum
	Dismount Straddle jump
Barred Elements	Any other element not on the permitted list.
Equipment	Height of 125cm + 20 cm safety mat underneath (Girls only).

# Apparatus Championships | Level 3 Rules

Parallel Bars	
SV 2.50	<b>Compositional Requirements (CR)</b> 5 elements in the set order below order each element 0.5.
<b>CR</b>	Fixed routine to the 5 elements below
<b>Permitted Elements</b>	<ol style="list-style-type: none"> <li>1. From standing between the bars, jump to float swing land at the back IMMEDIATE jump to support on upper arms, hold for 3 secs</li> <li>2. Kip fold to straddle support, hold for 3 secs</li> <li>3. Lift to half lever, hold for 3 secs, shoot legs forward</li> <li>4. Swing backwards, forwards, backwards, forwards, backwards to perform</li> <li>5. Front flank dismount</li> </ol>
<b>Equipment</b>	Boys only. Height to be set at the shoulder height of gymnast (or higher). Shoulders above the bars will receive a penalty.

## ECGA General Gymnastics Parallel Bars | Level 3





# Apparatus Championships | Level 4 Rules

Level 4 - Individual Apparatus Competition for Female & Male gymnasts who must be entered via qualification at county events.

The top three highest placed gymnasts on each piece, at each level and age group will qualify through to the regional final. In the event of a third-place tie, all gymnasts in third place will qualify to the regional final. The 4th qualifying gymnast can be used as a traveling reserve, the gymnasts must be named on the entry form and already traveling due to qualifying on another piece. Do not list a gymnast that has not qualified on another piece, gymnasts should not travel unless they are in the top 3 on a piece of apparatus. This gymnast must be the next highest scorer on that piece from the counties traveling Gymnasts. This gymnast can be used as the replacement up until the end of full body warm up. i.e. If the 3rd placed gymnast on vault does not attend the event the reserve can be used as long as they have qualified on another piece.

Designed for gymnasts who have competed at Level 3 and / or are competent to enter at this level.

There are four pieces of apparatus - gymnasts may choose to compete on one or more pieces.

Age groups							
Level 4		9	10-11	12-13	14-15	16-17	18+
Hours trained			Up to 6 Hours				

Vault		
<b>Compositional Requirements (CR)</b>		<b>DV</b>
Any two vaults may be performed the best score to count. Hands must make a full 180 turn on turning vault		
<b>Permitted Vault</b>	Handspring flat back	<b>2.00</b>
	½ on to flat lie on firm mats	<b>2.50</b>
<b>Height</b>	10-11 & 12-13 Landing mats at 90cm 14-15, 16-17 & 18+ years Landing mats at 110cm	

Floor		
<b>SV 4.00</b> + Artistry bonus 0.5 for M/F	<b>Compositional Requirements (CR)</b> 8 elements performed in any order each element 0.5. Girls with music (Penalty of 1.0 mark without music) 90 seconds maximum	
<b>CR</b>	<ol style="list-style-type: none"> <li>Two acrobatic elements directly connected moving in the same direction or line, minimum of one element with flight</li> <li>A balance or strength element</li> <li>Two jump or leap elements directly connected or a mixed series of one acro and one dance element</li> <li>Full turn spin on one foot or full turn jump</li> </ol>	
<b>Permitted Elements</b>	<b>Acrobatic</b>	Handstand hold for 2 sec, cartwheel with one or two hands, handstand forward roll with straight arms, forward or backward roll to stand or straddle stand, forward or backward walkover, headstand with straight legs
	<b>Flighted acrobatic</b>	Dive cartwheel, round off, handspring, back flick, free cartwheel
	<b>Balance</b>	Arabesque (chest lifted and leg to 45° minimum), Y-balance, V sit without hand support, bridge, pike or straddle lever, splits
	<b>Leap /Jump</b>	Tuck jump, star jump, cat leap, scissor leap, split leap, stag leap, straddle jump, full turn jump, full turn spin.
	<b>Strength</b>	From straddle stand elephant lift to handstand optional exit, straddle lever to straddle stand, press up with clap to straight arms
<b>Barred Elements</b>	Any element not on the permitted list.	

# Apparatus Championships | Level 4 Rules

Asymmetric Bars	
<b>SV 2.50</b>	<b>Compositional Requirements (CR)</b> 5 elements in the set order below order each element 0.5.
<b>CR</b>	Fixed routine to the 5 elements below
<b>Permitted Elements</b>	<ol style="list-style-type: none"> <li>1. Circle up from one or two feet</li> <li>2. Cast into back-hip circle</li> <li>3. Cast to squat on, or stoop on (pike), transfer to the high bar</li> <li>4. Swing forward and back</li> <li>5. Swing forward and back, dismount to the rear</li> </ol>
<b>Barred Elements</b>	Any element not on the permitted list.
<b>Equipment</b>	Girls only. (1 or 2 spring boards may be used)

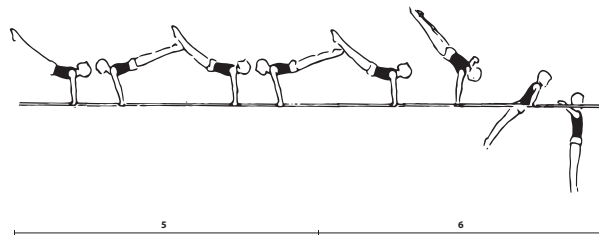
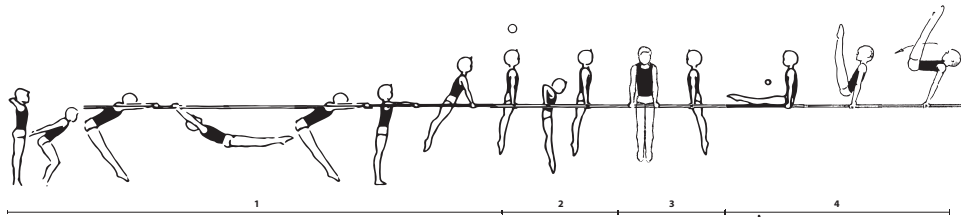
Beam											
<b>SV 3.00</b> + Artistry bonus 0.5	<b>Compositional Requirements (CR)</b> 6 elements performed in any order each element 0.5. Minimum two lengths of the beam: 0.2 deduction for one length 90 seconds maximum										
<b>CR</b>	<ol style="list-style-type: none"> <li>1. Mount</li> <li>2. A balance element</li> <li>3. An acrobatic element on the beam</li> <li>4. Half turn spin on one foot, immediate two-footed half turn</li> <li>5. A leap or jump</li> <li>6. Dismount</li> </ol>										
<b>Permitted Elements</b>	<table border="1"> <tbody> <tr> <td>Mount</td> <td>Squat on, straddle on, forward roll on, jump to front support swing leg over beam to cross sit</td> </tr> <tr> <td>Balance</td> <td>Arabesque (chest lifted and leg to 45° minimum), Y-balance, V sit with no hand support</td> </tr> <tr> <td>Leap /Leap/ Jump</td> <td>Changement jump (straight jump with switch of feet and return to original position), tuck jump, star jump, cat leap, scissor leap, ½-turn spin on one-foot immediate two-footed ½ turn</td> </tr> <tr> <td>Acrobatic</td> <td>Free forward roll, cartwheel, handstand to vertical</td> </tr> <tr> <td>Dismount</td> <td>Round of</td> </tr> </tbody> </table>	Mount	Squat on, straddle on, forward roll on, jump to front support swing leg over beam to cross sit	Balance	Arabesque (chest lifted and leg to 45° minimum), Y-balance, V sit with no hand support	Leap /Leap/ Jump	Changement jump (straight jump with switch of feet and return to original position), tuck jump, star jump, cat leap, scissor leap, ½-turn spin on one-foot immediate two-footed ½ turn	Acrobatic	Free forward roll, cartwheel, handstand to vertical	Dismount	Round of
Mount	Squat on, straddle on, forward roll on, jump to front support swing leg over beam to cross sit										
Balance	Arabesque (chest lifted and leg to 45° minimum), Y-balance, V sit with no hand support										
Leap /Leap/ Jump	Changement jump (straight jump with switch of feet and return to original position), tuck jump, star jump, cat leap, scissor leap, ½-turn spin on one-foot immediate two-footed ½ turn										
Acrobatic	Free forward roll, cartwheel, handstand to vertical										
Dismount	Round of										
<b>Barred Elements</b>	Any other element not on the permitted list.										
<b>Equipment</b>	Height of 125cm: (Girls only).										

# Apparatus Championships | Level 4 Rules

Horizontal Bar	
SV 2.50	Compositional Requirements (CR) 5 elements in the set order below order each element 0.5.
CR	Fixed route to the 5 elements below
Permitted Elements	<ol style="list-style-type: none"> <li>1. From long hang, chin up then circle up to front support</li> <li>2. Circle down to long hang</li> <li>3. Trolley swing into two swings</li> <li>4. Immediate swing to half turn (hand placement optional)</li> <li>5. Swing forwards, Backwards and dismount to rear of swing</li> </ol>
Equipment	Boys Only. Set Routine can use wood or metal bar

Parallel Bars	
SV 3.00	Compositional Requirements (CR) 6 elements in the set order below order each element 0.5.
CR	Fixed routine to the 6 elements below
Permitted Elements	<ol style="list-style-type: none"> <li>1. From standing between the bars, jump to float swing land at the immediate jump to front support with straight arms Hold for 3 secs.</li> <li>2. Dip to 90°</li> <li>3. Half turn (Either direction)</li> <li>4. Lift to Half lever, hold for 3 secs, shoot legs forward.</li> <li>5. Swing backwards, forwards, backwards, forwards, backwards to perform</li> <li>6. Flank dismount with half turn</li> </ol>
Equipment	Boys only. Height to be set at the shoulder height of gymnast (or higher). Shoulders above the bars will receive a penalty.

ECGA General Gymnastics Parallel Bars | Level 4



# Apparatus Championships | Level 5 Rules

Level 5 - Individual Apparatus Competition for Female & Male gymnasts who must be entered via qualification at county events.

The top three highest placed gymnasts on each piece, at each level and age group will qualify through to the regional final. In the event of a third-place tie, all gymnasts in third place will qualify to the regional final. The 4th qualifying gymnast can be used as a traveling reserve, the gymnasts must be named on the entry form and already traveling due to qualifying on another piece. Do not list a gymnast that has not qualified on another piece, gymnasts should not travel unless they are in the top 3 on a piece of apparatus. This gymnast must be the next highest scorer on that piece from the counties traveling Gymnasts. This gymnast can be used as the replacement up until the end of full body warm up. i.e. If the 3rd placed gymnast on vault does not attend the event the reserve can be used as long as they have qualified on another piece.

Designed for gymnasts who have competed at Level 4 and / or are competent to enter at this level.

There are four pieces of apparatus - gymnasts may choose to compete on one or more pieces.

Age groups							
Level 5			10-11	12-13	14-15	16-17	18+
Hours trained			Up to 6 Hours				

Vault		
<b>Compositional Requirements (CR)</b>		<b>DV</b>
Any two vaults may be performed the best score to count. Hands must make a full 180 turn on turning vault		
<b>Permitted Vault</b>	½ on to flat lie (to mats at table height)	<b>2.20</b>
	Handspring to stand (Over table)	<b>2.50</b>
	½ on to stand (Over table)	<b>2.70</b>
<b>Height</b>	Vault table 110cm or 120cm	

Floor		
<b>SV 4.00</b> + Artistry bonus 0.5 for M/F	<b>Compositional Requirements (CR)</b> 8 elements performed in any order each element 0.5. Girls with music (Penalty of 1.0 mark without music) 90 seconds maximum	
<b>CR</b>	<ol style="list-style-type: none"> <li>Two acrobatic elements directly connected moving in the same direction or line, both with flight</li> <li>A balance or strength element</li> <li>Two jump or leap elements directly connected or a mixed series of one acro and one jump or leap element</li> <li>Full turn spin on one foot or full turn jump</li> </ol>	
<b>Permitted Elements</b>	Acrobatic	Handstand held for 2 seconds, cartwheel with one hand, handstand forward roll with straight arms, forward or backward walkover, pike to handstand with straight legs
	Flighted acrobatic:	Dive cartwheel, round off, handspring, back flick, free cartwheel, front and back tucked salto
	Balance	Arabesque (chest lifted, leg to 90°), Y-balance, V sit without hand support, bridge, pike or straddle lever, splits
	Leap /Jump	Tuck jump with half turn, cat leap, scissor leap, split leap, stag leap, straddle jump, pike jump, W jump, full turn jump, full turn spin
	Strength	Headstand push to handstand (tucked knees in headstand permitted), straddle lever lift to handstand optional exit, handstand lower to piked or straddle lever, endo roll (forward roll to straddle lever & lift to handstand), Russian lever held 2 secs
<b>Barred Elements</b>	Any element not on the permitted list.	



# Apparatus Championships | Level 5 Rules

Asymmetric Bars	
<b>SV 3.00</b> + 0.5 bonus for each upstart	<b>Compositional Requirements (CR)</b> 6 elements in the set order below order each element 0.5.
<b>CR</b>	Fixed routine to the 6 elements below
<b>Permitted Elements</b>	<ol style="list-style-type: none"> <li>Circle up from two feet. Option to float upstart for 0.5 bonus (1 or 2 spring boards may be used)</li> <li>Cast into back-hip circle</li> <li>Cast to squat on, or stoop on (pike), transfer to the high bar.</li> <li>Swing into baby giant. Option to long upstart for 0.5 bonus</li> <li>Cast into back-hip circle</li> <li>Straddle on undershoot dismount.</li> </ol>
<b>Barred Elements</b>	Any element not on the permitted list.
<b>Equipment</b>	Girls only.

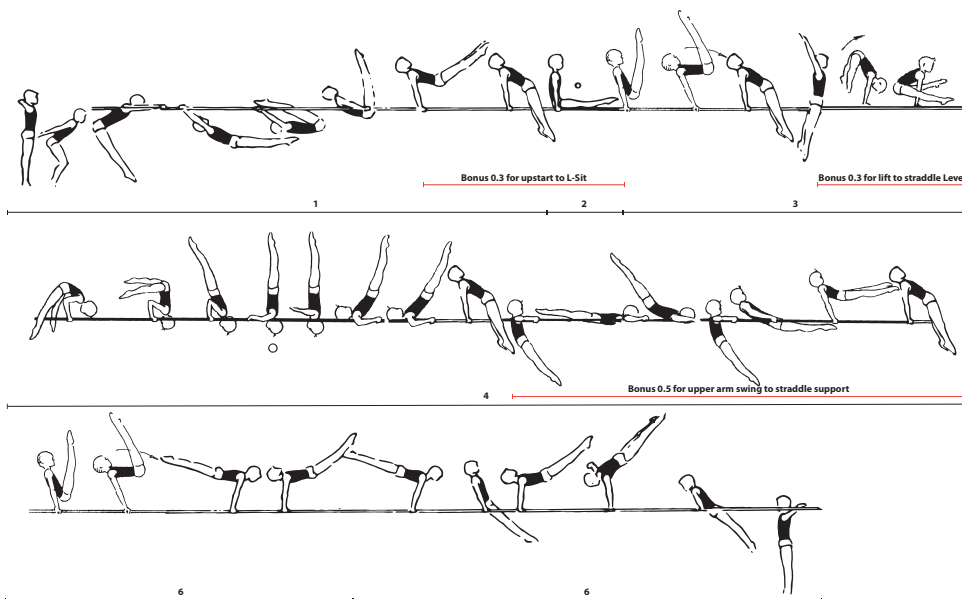
Beam											
<b>SV 3.50</b> + Artistry bonus 0.5	<b>Compositional Requirements (CR)</b> 7 elements performed in any order each element 0.5. Minimum two lengths of the beam: 0.2 deduction for one length 90 seconds maximum										
<b>CR</b>	<ol style="list-style-type: none"> <li>Mount</li> <li>A balance element</li> <li>An acrobatic element on the beam</li> <li>Full turn spin</li> <li>Two (2) dance elements directly connected</li> <li>Dismount</li> </ol>										
<b>Permitted Elements</b>	<table border="1"> <tbody> <tr> <td>Mount</td> <td>Squat on, straddle on, forward roll on</td> </tr> <tr> <td>Balance</td> <td>Arabesque (chest lifted and leg to 90°), Y-balance, V sit with no hand support, bridge, splits (any direction)</td> </tr> <tr> <td>Leap /Leap/ Jump</td> <td>Scissor leap, tuck jump, ½ turn straight, ½ turn tuck, cat leap, split leap or jump, sissone (to 135 degree split), full turn spin</td> </tr> <tr> <td>Acrobatic</td> <td>Cartwheel, handstand held for 2 seconds, forward walkover, backward walkover, free roll, handstand forward roll</td> </tr> <tr> <td>Dismount</td> <td>Round off, handspring, front tuck somersault</td> </tr> </tbody> </table>	Mount	Squat on, straddle on, forward roll on	Balance	Arabesque (chest lifted and leg to 90°), Y-balance, V sit with no hand support, bridge, splits (any direction)	Leap /Leap/ Jump	Scissor leap, tuck jump, ½ turn straight, ½ turn tuck, cat leap, split leap or jump, sissone (to 135 degree split), full turn spin	Acrobatic	Cartwheel, handstand held for 2 seconds, forward walkover, backward walkover, free roll, handstand forward roll	Dismount	Round off, handspring, front tuck somersault
Mount	Squat on, straddle on, forward roll on										
Balance	Arabesque (chest lifted and leg to 90°), Y-balance, V sit with no hand support, bridge, splits (any direction)										
Leap /Leap/ Jump	Scissor leap, tuck jump, ½ turn straight, ½ turn tuck, cat leap, split leap or jump, sissone (to 135 degree split), full turn spin										
Acrobatic	Cartwheel, handstand held for 2 seconds, forward walkover, backward walkover, free roll, handstand forward roll										
Dismount	Round off, handspring, front tuck somersault										
<b>Barred Elements</b>	Any other element not on the permitted list.										
<b>Equipment</b>	Height of 125cm: (Girls only).										

# Apparatus Championships | Level 5 Rules

Horizontal Bars	
<b>SV 3.00</b> + 0.5 bonus for upstart	<b>Compositional Requirements (CR)</b> 6 elements in the set order below order each element 0.5.
<b>CR</b>	Fixed route to the 6 elements below
<b>Permitted Elements</b>	<ol style="list-style-type: none"> <li>From long hang, chin up to circle up to front support.</li> <li>Cast into back hip circle into drop into undershoot to swing backwards</li> <li>Swing forwards into ½-turn, swing forwards, swing backwards</li> <li>Swing forward into immediate up-rise or long upstart (0.5 bonus for long upstart only)</li> <li>Immediate back hip circle</li> <li>Immediate cast to straddle undershoot with half turn</li> </ol>
<b>Equipment</b>	Boys Only. Set Routine can use wood or metal bar

ECGA General Gymnastics Parallel Bars | Level 5

Parallel Bars	
<b>SV 3.00</b> + 1.1 bonuses available	<b>Compositional Requirements (CR)</b> 6 elements in the set order below order each element 0.5.
<b>CR</b>	Fixed routine to the 6 elements below
<b>Permitted Elements</b>	<ol style="list-style-type: none"> <li>From standing between the bars, float upstart to straddle support on the bars, hold for 3 secs OR From standing between the bars, float upstart to "L" sit, hold for 3 secs (0.3 Bonus)</li> <li>If performed 1a "L" sit hold for 3 secs</li> <li>Lift legs forward to straddle support on the bars, move hands forward OR Lift legs backwards and upwards, then forwards to straddle lever, lower legs to the bars (0.3 bonus)</li> <li>Lift to shoulder stand, roll forward to straddle support OR Lift to shoulder stand, roll forward to back up rise, swing forward to straddle the bars (0.5 Bonus)</li> <li>Lift legs, kip forward, swing backward, forward, backward, forward to perform</li> <li>Flank vault dismount with half turn</li> </ol>
<b>Equipment</b>	Boys only. Height to be set at the shoulder height of gymnast (or higher). Shoulders above the bars will receive a penalty.



# Apparatus Championships | Level 6 Rules

Level 6 - Individual Apparatus Competition for Female & Male gymnasts who must be entered via qualification at county events.

The top three highest placed gymnasts on each piece, at each level and age group will qualify through to the regional final. In the event of a third-place tie, all gymnasts in third place will qualify to the regional final. The 4th qualifying gymnast can be used as a traveling reserve, the gymnasts must be named on the entry form and already traveling due to qualifying on another piece. Do not list a gymnast that has not qualified on another piece, gymnasts should not travel unless they are in the top 3 on a piece of apparatus. This gymnast must be the next highest scorer on that piece from the counties traveling Gymnasts. This gymnast can be used as the replacement up until the end of full body warm up. i.e. If the 3rd placed gymnast on vault does not attend the event the reserve can be used as long as they have qualified on another piece.

Designed for gymnasts who have competed at Level 5 and / or are competent to enter at this level.

There are four pieces of apparatus - gymnasts may choose to compete on one or more pieces.

Age groups							
Level 6				12-13	14-15	16-17	18+
Hours trained				Up to 6 Hours			

Vault		
<b>Compositional Requirements (CR)</b>		<b>DV</b>
Any two vaults may be performed the best score to count. Hands must make a full 180 turn on turning vault		
<b>Permitted Vault</b>	Handspring to stand	<b>2.00</b>
	½ on to stand	<b>2.20</b>
	½ on ½ off	<b>2.80</b>
	1/1 off	<b>3.00</b>
	½ on 1/1 off	<b>3.00</b>
<b>Height</b>	Vault table 110cm or 120cm	

Floor		
<b>SV 4.50</b> + Artistry bonus 0.5 for M/F	<b>Compositional Requirements (CR)</b> 9 elements performed in any order each element 0.5. Girls with music (Penalty of 1.0 mark without music) 90 seconds maximum	
<b>CR</b>	Three acrobatic flighted elements directly connected in the same direction or line, include at least one salto A balance or strength element Two leaps or jumps elements directly connected or a mixed series of one acro and one leap or jump element Full turn spin on one foot or full turn jump One somersault - Forwards or backwards	
	<b>Permitted Elements</b>	
	Acrobatic	Handstand full turn, cartwheel with one hand, handstand forward roll with straight arms, forward or backward walkover, pike to handstand with straight legs,
	Flighted acrobatic:	Dive cartwheel, Round off, Handspring to one foot, Handspring to two feet, Flyspring, Back flick, Free cartwheel, Front and back tucked salto 'A' value only (No Whips), Free forward walkover, Back flick to front support
	Balance	Arabesque – (chest lifted, leg to 90degrees), Y-balance, pike or straddle lever, splits
	Leap /Jump	Tuck jump with half turn, cat leap, scissors leap, split leap, stag leap, split leap ¼ turn, split leap leg change, sissone, straddle jump, pike jump, W jump, straight jump full turn,
	Spins	Full spin or any 'A' or 'B' Coded spin element for COP
	Strength	Headstand push to handstand (tucked knees in headstand permitted), straddle lever lift to handstand optional exit, handstand lower to piked or straddle lever, endo roll (forward roll to straddle lever & lift to handstand), Russian lever held 2 secs, Chest roll to Handstand
<b>Barred Elements</b>	No Twisting saltos or whips, Leaps or jumps above 'B' in FIG COP or element not on the permitted list.	

# Apparatus Championships | Level 6 Rules

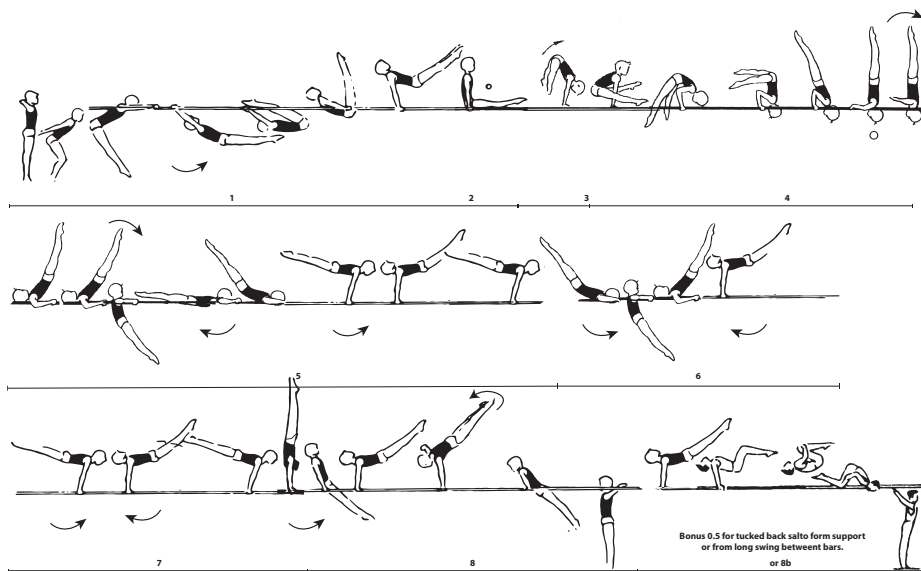
Asymmetric Bars	
<b>SV 3.50</b> + 0.5 bonus for salto dismount	<b>Compositional Requirements (CR)</b> 7 elements in the set order below order each element 0.5.
<b>CR</b>	Fixed routine to the 7 elements below
<b>Permitted Elements</b>	<ol style="list-style-type: none"> <li>1. Float upstart</li> <li>2. Cast into back-hip circle</li> <li>3. Cast to squat on or stoop (pike) on or <math>\frac{3}{4}</math> sole circle, transfer to the high bar.</li> <li>4. Long upstart</li> <li>5. Cast into swing into baby giant</li> <li>6. Cast into back-hip circle</li> <li>7. Pike or Straddle Undershoot <math>\frac{1}{2}</math>, or tucked back-away (0.5 bonus)</li> </ol>
<b>Barred Elements</b>	Any element not on the permitted list.
<b>Equipment</b>	Girls only.

Beam													
<b>SV 4.00</b> + Artistry bonus 0.5	<b>Compositional Requirements (CR)</b> 8 elements performed in any order each element 0.5. Minimum two lengths of the beam: 0.2 deduction for one length 90 seconds maximum												
<b>CR</b>	<ol style="list-style-type: none"> <li>1. Mount</li> <li>2. A balance element</li> <li>3. An acrobatic element on the beam with flight (can be connected to dismount)</li> <li>4. Full turn spin</li> <li>5. Two Jumps or Leaps elements directly connected one with a 135° split</li> <li>6. Dismount</li> </ol>												
<b>Permitted Elements</b>	<table border="1"> <tbody> <tr> <td>Mount</td> <td>Squat on, straddle on, forward roll on, Japana Mount, Jump to one foot, jump to clear straddle support or any 'A' or 'B' coded mount</td> </tr> <tr> <td>Balance</td> <td>Arabesque – (chest lifted, leg to 90°), Y-balance, pike or straddle lever, bridge, splits (any direction)</td> </tr> <tr> <td>Leap /Leap/ Jump</td> <td>Scissor leap, tuck jump, <math>\frac{1}{2}</math> turn straight, <math>\frac{1}{2}</math> turn tuck, cat leap, cat leap <math>\frac{1}{2}</math> turn, split leap or jump, sissone to 135°, full turn spin</td> </tr> <tr> <td>Acrobatic</td> <td>Handstand held for 2 seconds, forward walkover, backward walkover, free roll, handstand forward roll,</td> </tr> <tr> <td>Flighted Acrobatic</td> <td>Flick (any option), Round-off, Dive cartwheel, Handspring to one Cartwheel with flight,</td> </tr> <tr> <td>Dismount</td> <td>Round off, handspring, front tuck somersault, tuck back somersault, free round-off</td> </tr> </tbody> </table>	Mount	Squat on, straddle on, forward roll on, Japana Mount, Jump to one foot, jump to clear straddle support or any 'A' or 'B' coded mount	Balance	Arabesque – (chest lifted, leg to 90°), Y-balance, pike or straddle lever, bridge, splits (any direction)	Leap /Leap/ Jump	Scissor leap, tuck jump, $\frac{1}{2}$ turn straight, $\frac{1}{2}$ turn tuck, cat leap, cat leap $\frac{1}{2}$ turn, split leap or jump, sissone to 135°, full turn spin	Acrobatic	Handstand held for 2 seconds, forward walkover, backward walkover, free roll, handstand forward roll,	Flighted Acrobatic	Flick (any option), Round-off, Dive cartwheel, Handspring to one Cartwheel with flight,	Dismount	Round off, handspring, front tuck somersault, tuck back somersault, free round-off
Mount	Squat on, straddle on, forward roll on, Japana Mount, Jump to one foot, jump to clear straddle support or any 'A' or 'B' coded mount												
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Acrobatic	Handstand held for 2 seconds, forward walkover, backward walkover, free roll, handstand forward roll,												
Flighted Acrobatic	Flick (any option), Round-off, Dive cartwheel, Handspring to one Cartwheel with flight,												
Dismount	Round off, handspring, front tuck somersault, tuck back somersault, free round-off												
<b>Barred Elements</b>	Any other element not on the permitted list.												
<b>Equipment</b>	Height of 125cm: (Girls only).												

# Apparatus Championships | Level 6 Rules

Horizontal Bars	
<b>SV 3.50</b> + 0.5 bonus for salto dismount	<b>Compositional Requirements (CR)</b> 7 elements in the set order below order each element 0.5.
<b>CR</b>	Fixed route to the 7 elements below
<b>Permitted Elements</b>	<ol style="list-style-type: none"> <li>1. From long hang, trolley swing immediate long upstart</li> <li>2. Cast into back hip circle into drop into swing backward</li> <li>3. Swing forward into ½ turn, swing forwards, swing backwards, forwards into</li> <li>4. Immediate back up-rise or long upstart (0.50 bonus)</li> <li>5. Immediate clear hip circle to 45° into swing forwards</li> <li>6. Immediate back up-rise or long upstart (0.50 bonus)</li> <li>7. Cast to straddle on undershoot with ½ turn) or tucked back-away (0.50 bonus)</li> </ol>
<b>Equipment</b>	Boys Only. Set Routine can use wood or metal bar

ECGA General Gymnastics Parallel Bars | Level 6



ECGA General Gymnastics Parallel Bars | Level 6

2020

Parallel Bars	
<b>SV 4.00</b> + 0.5 bonus for salto	<b>Compositional Requirements (CR)</b> 8 elements in the set order below order each element 0.5.
<b>CR</b>	Fixed routine to the 8 elements below
<b>Permitted Elements</b>	<ol style="list-style-type: none"> <li>1. From standing between the bars, float upstart to "L" lever</li> <li>2. Hold "L" 3 seconds</li> <li>3. Lift into straddle lever</li> <li>4. Lift legs backwards into shoulder stand, roll forwards into</li> <li>5. Back uprise, swing forwards and backwards into</li> <li>6. Drop onto upper arms and front uprise</li> <li>7. Swing backwards, forwards and backward to handstand</li> <li>8. Swing forwards into flank vault dismount with ½ turn or (tucked back away from side or from long swing from end or between bars 0.50 bonus)</li> </ol>
<b>Equipment</b>	Boys only. Height to be set at the shoulder height of gymnast (or higher). Shoulders above the bars will receive a penalty.

## Apparatus | General Penalties

Fault	0.1	0.3	0.5 +
Bent arms or bent knees	X	X	X
Leg or knee separations	X	X	
Insufficient height of elements	X	X	
Feet not pointed / relaxed	X		
Body alignment	X		
Dismount too close to the apparatus (bars & beam)		X	
<b>Landing Faults (Max Penalties of 0.8 If No Fall)</b>			
Legs apart on landing	X		
Extra arm swing on landing	X		
Lack of balance on landing	X	X	
Extra steps on landing	X		
Large step / hop / jump on landing (More than 1 metre )		X	
Deep squat on landing			X
Body posture fault on landing	X	X	
Brushing or touching the apparatus on landing but not falling against apparatus		X	
Support on mat / apparatus with 1 or 2 hands			1.0
Fall on mat to knees or hips			1.0
Fall on or against apparatus			1.0
Failure to land feet first on landing from element			1
<b>Head Judge Deductions</b>			
Failure to present to judges before or after exercise		X	
Failure to land on supplementary landing mat on bars & beam (Levels 3-5)			X
Incorrect attire (jewellery, *leotard, bandage colour, shorts with adornment).		X	
Coach speaking or signalling to gymnast during exercise (except during fall period)			X

\*In Team competitions the colour / design of both boys and girls leotards must match.

Leotards with and without sleeves are considered the same as long as they are the same colour and design.

## Apparatus | Vault Penalties & Dynamics

Fault	0.1	0.3	0.5
<b>First Flight Fault</b>			
Missing degree of turn for ½ on vaults (Level 5)	X	X	
Hip angle	X	X	
Arch	X	X	
Bent knees / legs	X	X	X
Leg or knee separations	X	X	
<b>Repulsion Fault</b>			
Staggered hand placement	X		
Lack of arm circle before handstand in Level 2	X	X	
Shoulder angle	X	X	
Failure to pass through vertical	X		
Bent arms	X	X	X
Bent knees / legs	X	X	X
Lack of long axis turn in ½ on vaults	X	X	X
Only using one hand in handspring or ½ on vaults (HJ deduction from final score)			2.00
<b>SECOND FLIGHT Fault</b>			
Insufficient height	X	X	X
Failure to maintain stretched body	X	X	
Bent knees / legs	X	X	X
Leg or knee separations	X	X	
Insufficient length	X	X	
Deviation from straight line on landing	X		
<b>Landing Penalties</b>			
As per the General Table of Faults			
<b>Dynamics Bonus</b>			
Dynamics	X	X	
<b>*Invalid Vault, Scoring 0.00</b>			
Not landing feet first where required to do so	No Vault 0.00 Score		
Run up and touching springboard / vault / piled up mats, without performing a vault	No Vault 0.00 Score		
No touch with hands on vault or piled up mats	No Vault 0.00 Score		
Head touching vault / piled up mats	No Vault 0.00 Score		



# Apparatus | Floor Penalties & Bonus

Fault	0.1	0.3	0.5 +
<b>Head Judge Deductions</b>			
Completely missing an element from the exercise			1
Incomplete attempt of element (or no CR can be taken)			X
Absence of music or music with words			1.0
Landing/stepping out floor area with 1 foot or hand	X		
Landing/stepping out with both feet, hands or body part		X	
<b>Balance / Strength Elements - Faults</b>			
Not held for 2 secs (where stated for strength elements)	0.1	0.3	0.5 +
Arabesque, attitude – leg not at horizontal	X	X	
Pike V sit – lack of pike position	X	X	
Y balance – lack of split	X	X	
Bridge – shoulders not over hands	X	X	
Lack of control in strength elements	X	X	
<b>Leaps / Jumps - Faults</b>			
Lack of split position when required – 0–20° missing	X		
Lack of split position when required – 20–45° missing		X	
Knees / legs at horizontal in tuck jump, tuck jump ½ turn, cat leap, cat leap ½ turn, front leg in W jump, straddle jump, pike jump	X		
Knees / legs below horizontal in tuck jump, tuck jump ½ turn, cat leap, cat leap ½ turn, front leg in W jump, straddle jump, pike jump		X	
Legs more than 45° in scissor leap – no penalty			
Legs less than 45° in scissor leap	X	X	
Legs more than shoulder width in star jump – no pen.			
Legs less than shoulder width apart in star jump	X	X	
Two plus step without change of direction - Boys only	X		
<b>Acrobatic Elements - Faults</b>			
L1 – kick towards handstand – handstand at 45° – no pen.			
L1 – kick towards handstand – handstand less than 45°	X	X	
L1 – kick towards handstand – second foot not off floor			X
L3 – lack of height in dive cartwheel	X	X	
L4 & L5 – arms not straight in handstand forward roll	X	X	
Lack of split in acro elements where required	X	X	
Lack of tuck position in either front or back salto	X	X	
Swedish Fall - front support/prone leg at 45°/90°	X	X	X

Artistry - Bonus - Girls	0.1	0.3	0.5 +
Expressiveness	X		
Confidence	X		
Musicality	X		
Smooth transition between elements	X		
Creative & original transitions	X		
<b>Artistry - Bonus - Boys</b>			
Confidence	0.2		
Expressiveness	0.1		
Smooth transition between elements	0.2		

## Floor Artistry – (Girls)

**Confidence** – Sureness of performance. The gymnast must show good posture through use of head & shoulders with confident movements throughout the exercise.

**Expressiveness** – How the gymnast presents themselves. The gymnast must connect with the audience & the judges & should involve them in their performance.

**Musicality** – The gymnast must interpret the style of the floor music using dance movements that are related to the music. The gymnast must demonstrate her ability to follow the musical beats in her routine.

**Smooth transition between movement & elements** - There must be a fluency to the exercise & the exercise should be connected without stops / pauses.

**Creative & original transitions** – The gymnast must cover as much of the floor area as possible using curves, straight lines, changes in direction & level.

**Floor Artistry – (Boys)** - Routines do not require chasses, skipping, running or hops. The whole floor area does not have to be covered. No more than two steps without change of direction will be penalised.

**Confidence** – (worth up to 0.2) Sureness of performance. The gymnast must show good posture through use of head & shoulders with confident movements throughout the exercise.

**Expressiveness** – (worth up to 0.1) How the gymnast presents themselves. The gymnast must connect with the audience & the judges & should involve them in their performance.

**Smooth transition between movement & elements** - (worth up to 0.2) There must be a fluency to the exercise & the exercise should be connected without stops / pauses.

## Apparatus | Beam Penalties & Bonus

Fault	0.1	0.3	0.5 +
<b>Head Judge Deductions</b>			
Completely missing an element from the exercise			1
Incomplete attempt of element (must touch / return to beam with at least one foot)			X No CR
<b>Specific Beam Fault</b>			
Excessive arm swing before elements	X		
Additional support of leg against side of beam		X	
Grasp on beam to avoid a fall			X
Additional movements to maintain balance	X	X	X
<b>BALANCE ELEMENTS</b>			
Not held for 2 secs		X	
Arabesque, attitude – leg not at horizontal	X	X	
Pike V sit – lack of pike position	X	X	
Y balance – Lack of split	X	X	
<b>**Leaps / Jumps</b>			
Lack of split position when required – 0 – 20 degree missing	X		
Lack of split position when required – 20 – 45 degree missing		X	
Knees at horizontal in tuck jump, tuck jump ½ turn, cat leap, cat leap ½ turn, front leg in W jump	X		
Knees below horizontal in tuck jump, tuck jump ½ turn, cat leap, cat leap ½ turn, front leg in W jump		X	
Legs more than 45° in scissor leap – no penalty			
Legs less than 45° in scissor leap	X	X	
Legs more than shoulder width apart in star jump – no penalty			
Legs less than shoulder width apart in star jump	X	X	
<b>Acrobatic Elements</b>			
Lack of split in acro elements where required	X	X	
Level 2 – kick towards handstand – handstand at 45° – no penalty			
Level 2 – kick towards handstand – handstand less than 45°	X	X	

Level Specific Faults	0.1	0.3	0.5
Level 2 – kick towards handstand – second foot not leaving beam			X
Level 2 – use of hands in tuck position to stand			X
Level 3 – 5 handstand at vertical - no penalty			
Level 3 – 5 handstand between vertical & 45°	X	X	
Level 3 – 5 handstand below 45°			X No CR
Level 5 – handstand – Not held for 2 secs		X	
<b>Artistry - Bonus</b>			
Confidence	X		
Personal Style	X		
Changes in rhythm & tempo	X		
Smooth transition between elements	X		
Creative & original transitions	X		

### Beam Artistry

**Confidence** – Sureness of performance. The gymnast must show good posture through use of head & shoulders with confident movements throughout the exercise.

**Personal style** – How the gymnast performs the routine. The gymnast must show movements that are finished to the maximum with touches of individuality during the routine.

**Changes in rhythm & tempo** – There must be changes of pace / speed in dance & movements showing both fast & slow aspects.

**Smooth transition between movement & elements** - There must be a fluency to the exercise & the exercise must be connected without stops / pauses.

**Creative & original transitions** – There must be changes in direction using forward, sideways & backward movements, changes in level using movements close to the beam.

## Apparatus | Asymmetric Bars Penalties

Fault	0.1	0.3	0.5 +
<b>Head Judge Deductions</b>			
Incomplete attempt of element			X
Completely missing element from routine			1.0
<b>Fault</b>			
Adjusted grip position	X		
Hit on the apparatus with feet			X
Hit on mat with feet			1
Insufficient height of dismount	X	X	
Intermediate swing			X
Empty swing			X
Front support position not held for 2 secs in Level 1		X	
Cast at horizontal or above – no penalty			
Cast up to 45° below horizontal	X		
Cast more than 45° below horizontal		X	
Body alignment in cast	X	X	
Swing forward in L4 at 45° – no penalty			
Swing forward in L4 below 45°	X	X	
Swing backward in L4 – heels level with bar – no pen.			
Swing backwards in level 4 - heels below level of LB	X	X	
Lack of control in forward circle dismount ( Level 1 )	X	X	

## Apparatus | Horizontal Bar Penalties

Fault	0.1	0.3	0.5 +
Bent knees during swing actions (each time)	X		
Layaway on back swing		X	
Legs apart or other poor execution during mount		X	
Bent arms on re-grasp	X	X	
Height of swings	X	X	X
Low amplitude on flight elements	X	X	
Intermediate swing		X	
Leg or knee separation	X	X	
Steps on landing	X	X	X
Deep squat on landing			X
Fall (onto floor or apparatus)			1.0
Hand support on floor or apparatus with 1 or 2 hands			X

## Apparatus | Parallel Bar Deductions

Specific Deduction / Fault	0.1	0.3	0.5+
Mount not from two feet	X		
Additional jump prior to mount			1.0
Legs apart on mount	X		
Lack of body extension in float or glide element	X	X	
Swing motion on mount jump to front support or upper arm (static)	X	X	
Bent arms in jump to support	X	X	X
Dropped shoulders on upper arm support	X		
Lack of lumber fold in upper arm kip to supports	X	X	X
Visible strength in swing element	X		
Lever hold elements at 90° at the hip. Deduct for above and below 90°	X	X	
Stepping or hand adjustment (per time)	X		
Lack of height on swing 90° or above feet not above bars 0.5 + Value 0 the mark	X	X	X
Lack of height in lift to swing element hip to shoulder height	X	X	X
Lack of angle in dip element	X	X	X
Lack of height in upper arm element ( Should be level with bar)	X	X	X
Hold elements	X		
<2secs	X		
<1secs	X		
Attempt			
No hip lift shown in straddle sit	X	X	
Non permitted touch with apparatus		X Brush	X Hit
Intermediate swing		X Half	X Full
Steps on landing up to 0.9 max	X	X	X
Hand remaining in contact with apparatus on landing			X

## Club Teams | Floor & Vault Competition

The teams' specific rules here are to be read in conjunction with the rest of this handbook, with reference to general entry conditions and levels rules.

Teams to consist of 3 or 4 gymnasts to perform on each piece

The top three scores on each piece to be counted towards a team total

Gymnasts may compete at ONE level higher than they have for individual competitions, as long as they are age eligible for that level, but must not compete at a lower level. This will not impact on the gymnast's individual competition level for subsequent years.

Teams may be made up of gymnasts from any of the level eligible age group 8-18+ years and be male or female or a mixed team.

The reserve gymnast must be named on the entry form and can be used as the replacement up until the end of full body warm up. This gymnast should travel and will be considered as part of the team and will receive a medal with the team. Certificates will be given to all team members listed on the entry form. Replacements to the team can be made up until the distribution of the final program at the competition secretaries' digression.

Maximum entry of one team per level, per club

Clarification to vaulting heights for Levels 1- 6 Floor & Vault Team Competition

### Level 3

Gymnasts aged 8, 9 and 10-11yrs have the option to vault at either 60cm or 90cm However, they must perform two vaults at the same height ie not one vault at 60cm and the other at 90 cm

Gymnasts aged 12-13 & 14-15yrs must vault at 90cm  
Gymnasts aged 16-17 & 18+yrs have the option to vault at either 90cm or 110cm  
However, they must perform two vaults at the same height  
ie not one vault at 90cm and the other at 110 cm

### Level 4

Gymnasts aged 9, 10-11 & 12-13yrs have the option to vault at either 90cm or 110cm. However, they must perform two vaults at the same height. ie not one vault at 90cm and the other at 110cm.  
Gymnasts aged 14-15, 16-17 & 18+yrs must vault at 110cm

# Tumbling & Trampoline Competition | Tumbling

The following age levels are available at each level for each gender:

Age groups							
Level 1	8	9	10-11	12-13	14-16		
Level 2	8	9	10-11	12-13	14-15	16-17	
Level 3	8	9	10-11	12-13	14-15	16-17	18+
Level 4		9	10-11	12-13	14-15	16-17	18+
Level 5			10-11	12-13	14-15	16-17	18+
Level 6				12-13	14-15	16-17	18+

Disability: There will be a Disability section available at all levels.

Level	1	2-3	4-6
Hours trained	Up to 2	Up to 4	Up to 6

## Notes

1. Tumbling runs should consist of fluid movement with no stop, steps, jumps or additional arm movements. Any evidence of these other than those described in the run will be considered as a stop.
2. Runs must finish in the same direction in which they started unless they are marked with an asterisk (\*) in which case they finish facing the opposite direction, facing the start position.
3. All jumps or salto's which are followed by a cartwheel or round off must be landed on two feet, with an immediate rebound to one foot. If the gymnast does not perform the rebound immediately following a two footed landing – the judges may consider this constitutes a stop.
4. All cartwheels with ¼ turn outwards or inwards should finish with the feet joined. Cartwheels sideways with the ¼ turn being performed as a step after the cartwheel will be considered as a stop. There should be NO steps.
5. The approach run may not be attempted more than three times. After three attempts with no element executed a void score will be awarded. Once an element is attempted the run is considered to have started.

6. Once a run has been started, it may not be repeated or restarted unless the judges consider that there is a valid reason for doing so (for example, someone running across the tumble run while competition is in progress).
7. All runs can start with as start with a short run unless indicated with a\*\* these must start from static two feet start.

## Apparatus

The run will comprise of a sprung tumbling track, a marked section of a sprung floor or two layers of gym mats with matted surround. Clubs will be notified on the programme of the types of run available. Where multiple tumble runs are available, the harder levels will be allocated to the runs with the most rebound

At each level, there are two compulsory runs. The final score of the two runs will be added together to determine ranking.

Level 1	
Run 1	**Forward Roll – Forward Roll – Straight Jump 180° Turn – Straight Jump – Tuck Jump*
Run 2	**Forward Roll – Straight Jump – Forward Roll – Star Jump – Tuck Jump

Level 2	
Run 1	**Forward Roll – Cartwheel ¼ Turn Inwards – Straight Jump 180° Turn – Forward Roll – Tuck Jump
Run 2	**Hurdle Step Cartwheel ¼ Turn Outwards – Straight Jump – Forward Roll – Star Jump – Tuck Jump

Level 3	
Run 1	**Round-Off – Straight Jump 180° Turn – Forward Roll – Straight Jump Step Out Into – Cartwheel ¼ Turn Inwards*
Run 2	Stretch Jump – Stretch Jump Step Out Into Cartwheel – Round Off – Straight Jump – Straight Jump 180° Turn

Level 4	
Run 1	Round-Off – Flick – Straight Jump 180° Turn – Straight Jump Step Out Into Cartwheel ¼ Turn Outwards - Tuck Jump
Run 2	Round-Off - Flick – Straight Jump 180° Turn – Straight Jump Step Out Into Round-Off – Flick

Level 5	
Run 1	Round-Off – Flick – Flick – Flick - Tuck Back Salto
Run 2	Tuck Front Salto – Round-Off – Flick – Flick – Tuck Jump

Level 6	
Run 1	Round-Off – Flick – Flick – Flick - Straight Back Salto
Run 2	Tuck Front Salto – Round-Off – Flick – Flick – Tuck Back Salto

## Tumbling | Execution Deductions

### Scoring

Each element in a run has a Value Mark (VM) of 0.5, each run has five elements and therefore has a start value of 2.5. If a move is completely omitted and no attempt made, there is a deduction of 1.00 per skill omitted.

If elements are omitted from a run but the rest of the run is competed in the correct order, then the VM of the missing elements are deducted from the start value.

Performance of the elements in a run in an incorrect order will result in a deduction of 0.50 from the execution score (10.0). The decision of the judges is final in determining whether a run has missing elements, was performed with the elements in the incorrect order or both.

More than three approaches to a run without the performance of an element will result in a void score. The run starts when the gymnast places his/her hands on the floor for the first element.

Runs which contain a stop or pause will be subject to a competition specific deduction.

A stop may be identified when a gymnast leaves the tumble run without completing all the elements of the run or if the gymnast performs a step contrary to the requirements of the runs and noted allowances, or if the gymnast pauses mid-run for an amount of time (more than 2 seconds) which disrupts the smooth and timely performance of the run.

### Competition specific deductions

Elements performed in incorrect order	1.0
Stop (each)	0.8
Pause of less than 2 seconds (each)	0.5
Uneven tempo between elements - can be taken in addition to stop or pause each	0.3
Lack of continuity and flow (overall)	0.3 or 0.5
Lack of dynamics (overall)	0.1, 0.3 or 0.5

Execution deductions will be deducted from the execution score of 10.0, the remainder will be added to the start value to determine the final score (ie the run will be marked out of 12.5).

The final score of both runs will be added together to determine ranking.

When calculating the percentage score for the purpose of determining medal allocation for lone competitors; 25.00 (2 x 12.5) will be considered 100%.



# Tumbling & Trampoline Competition | Trampoline

The following age levels are available at each level for each gender:

Age groups							
Level 1	8	9	10-11	12-13	14-16		
Level 2	8	9	10-11	12-13	14-15	16-17	
Level 3	8	9	10-11	12-13	14-15	16-17	18+
Level 4		9	10-11	12-13	14-15	16-17	18+
Level 5			10-11	12-13	14-15	16-17	18+
Level 6				12-13	14-15	16-17	18+

Disability: There will be a Disability section available at all levels.

At each level, three jumps or somersaults will be performed.

The scores for all three jumps or somersaults will be added together to determine ranking.

## Notes

1. Coaches must stand at the trampoline during each run at a safe spotting distance or gymnast will receive a penalty.
2. Gymnast repeating a run will be penalised 1.0 a second repetition will be penalised 2.0

## Apparatus

The equipment will be set up in accordance with national safety guidelines and must be adhered to. The trampoline will be a standard sized trampoline with safety padding and will be inclined at a shallow angle with the top 40cm high. The landing area will consist of a safety mattress level in depth to the height of the trampoline.

Landing area should be securely fixed together with a top continuous length surface of tumble or agility mat.

The length of the run up will be approximately 5 metres, but can be extended for taller/older gymnast at the judges discretion. As a guide run up should not exceed 10 steps.



Level 1	
Gymnasts to perform 3 runs of different jumps as follows:	
Skill	Tariff
Straight Jump	10.50
Tuck Jump	11.00
Star Jump	11.00

Level 2	
Gymnasts to perform 3 runs of three different jumps from the list of value mark elements below. Somi's and Level 1 jumps not permitted	
Skill	Tariff
Straddle Jump	11.50
Pike Jump	11.50
Straight ½ turn Jump (180)	12.00
Straight Jump 1/1 turn (360)	12.50

Level 3	
Gymnasts to perform 3 runs to include two jumps and one Somi from the list of value mark elements:	
Skill	Tariff
Straddle Jump	11.50
Pike Jump	11.50
Straight ½ turn Jump (180)	12.00
Straight Jump 1/1 turn (360)	12.50
Front Somi in Tucked position	13.00
Front Somi in Piked position	13.50

Level 4	
Gymnasts to perform 3 runs to include one jump and two different Somi's from the list of value mark elements:	
Skill	Tariff
Straddle Jump	11.50
Pike Jump	11.50
Straight Jump 1/1 turn (360)	12.50
Front Somi in Tucked position	13.00
Front Somi in Piked position	13.50

Level 5	
Gymnasts to perform 3 runs to include three different Somi's from the list of value mark elements:	
Skill	Tariff
Front Somi in Tucked position	13.00
Front Somi in Piked position	13.50
Front Somi in Straight position	14.00
Front Somi in straight position with ½ twist after vertical	14.50

Level 6	
Gymnasts to perform 3 runs to include three different Somi's from the list of value mark elements:	
Skill	Tariff
Front Somi in Piked position	13.50
Front Somi in Straight position	
Front Somi in Straight position with ½ twist after vertical	14.50
Front Somi in Straight position with 360 twist	15.00

## Trampoline | Execution Deductions

FIRST FLIGHT	Small	Medium	Large
Bent knees	0.1	0.3	0.5
Leg separation	0.1	0.3	
Toes not pointed / feet relaxed	0.1		
Poor alignment of body position	0.1	0.3	
Insufficient height (consider size of gymnast)	0.1	0.3	0.5
SECOND FLIGHT	Small	Medium	Large
Bent knees	0.1	0.3	0.5
Toes not pointed / feet relaxed	0.1		
Insufficient tuck, pike, straddle shape	0.1	0.3	
Failure to maintain straight body shape in straight jumps with and without turn	0.1	0.3	
Failure to maintain straight body in straight front salto	0.1	0.3	
Legs separated	0.1	0.3	
Legs crossed	0.1		
Lack of extension before landing in all shapes	0.1	0.3	
Insufficient length (consider height of gymnast)	0.1	0.3	0.5
LANDING (Max 0.8 deduction without a fall)	Small	Medium	Large
Failure to land feet first			1.0
Knees / hips touching apparatus of mat			1.0
Support on mat with 1 or 2 hands			1.0
Brush / touch of landing mat without a fall		0.3	
Deep squat			0.5
Body posture	0.1	0.3	
Large step or jump (more than shoulder width)		0.3ea	
Extra steps / slight hop (less than shoulder width)	0.1ea		
Extra arm swings	0.1		
Lack of balance	0.1	0.3	
Under rotation of salto with no fall	0.1		
Under rotation of salto with a fall		0.3	
Not holding landing position for 3 secs		0.3	
Deviation from straight direction	0.1	0.3	
Up to ¼ turn either under or over rotated in Jumps / salto with turn	0.1	0.3	

OTHER DEDUCTIONS	Small	Medium	Large
First repetition			1.0
Second repetition			2.0
Performance of unrecognized element or unpermitted element No Value			0.00 Score
½ turn performed before vertical in straight front salto with ½ twist ( barani )			1.0
Failure to present to the judges before or after the Jump / salto		0.3	
Coach not at trampoline during run		0.3 each	
If a jump ½ turn is missing more than a ¼ turn then it will be awarded as a straight jump.			
If a jump full turn is missing more than a ¼ turn then it will be awarded as a jump ½ turn.			
If a straight front salto has any hip angle then it will be awarded as a pike salto.			
If a straight front salto with a ½ turn is missing more than a ¼ turn then it will be awarded as a straight front salto.			

# Loan Competitor | Qualifying Scores

## Vault

General Gymnastics Single Gymnast Medal Minimum -Vault				
Percentages based on greatest possible DV in each level. Bonuses are not included in this total. Single gymnasts must meet or exceed the total per column				
DV	Total Score	Gold	Silver	Bronze
Level 1				
1.2	11.2	8.96	6.72	Lower than value of Silver Position
Level 2				
1.4	11.4	9.12	6.84	Lower than value of Silver Position
Level 3				
2.0	12.0	9.6	7.2	Lower than value of Silver Position
Level 4				
2.5	12.5	10.0	7.5	Lower than value of Silver Position
Level 5				
2.7	12.7	10.16	7.62	Lower than value of Silver Position
Level 6				
3.0	13	10.4	7.8	Lower than value of Silver Position

## Floor

General Gymnastics Single Gymnast Medal Minimum - Floor				
Percentages based on greatest possible DV in each level. Bonuses are not included in this total. Single gymnasts must meet or exceed the total per column				
DV	Total Score	Gold	Silver	Bronze
Level 1				
3.0	13.0	10.4	7.8	Lower than value of Silver Position
Level 2				
3.0	13.0	10.4	7.8	Lower than value of Silver Position
Level 3				
3.5	13.5	10.8	8.1	Lower than value of Silver Position
Level 4				
4.0	14	11.2	8.4	Lower than value of Silver Position
Level 5				
4.0	14	11.2	8.4	Lower than value of Silver Position
Level 6				
4.5	14.5	11.6	8.7	Lower than value of Silver Position

## Asymmetric Bars

General Gymnastics Single Gymnast Medal Minimum - Girls' Bars				
Percentages based on greatest possible DV in each level. Bonuses are not included in this total. Single gymnasts must meet or exceed the total per column				
DV	Total Score	Gold	Silver	Bronze
Level 1				
2.0	12.0	9.6	7.2	Lower than value of Silver Position
Level 2				
2.0	12.0	9.6	7.2	Lower than value of Silver Position
Level 3				
2.0	12.0	9.6	7.2	Lower than value of Silver Position
Level 4				
2.5	12.5	10.0	7.5	Lower than value of Silver Position
Level 5				
3.0	13.0	10.4	7.8	Lower than value of Silver Position
Level 6				
3.5	13.5	10.8	8.1	Lower than value of Silver Position

## Horizontal Bar

General Gymnastics Single Gymnast Medal Minimum - Boys' Bars				
Percentages based on greatest possible DV in each level. Bonuses are not included in this total. Single gymnasts must meet or exceed the total per column				
DV	Total Score	Gold	Silver	Bronze
Level 1				
2.0	12.0	9.6	7.2	Lower than value of Silver Position
Level 2				
2.0	12.0	9.6	7.2	Lower than value of Silver Position
Level 3				
2.0	12.0	9.6	7.2	Lower than value of Silver Position
Level 4				
2.5	12.5	10.0	7.5	Lower than value of Silver Position
Level 5				
3.0	13.0	10.4	7.8	Lower than value of Silver Position
Level 6				
3.5	13.5	10.8	8.1	Lower than value of Silver Position

## Beam

General Gymnastics Single Gymnast Medal Minimum - Beam				
Percentages based on greatest possible DV in each level. Bonuses are not included in this total. Single gymnasts must meet or exceed the total per column				
DV	Total Score	Gold	Silver	Bronze
Level 1				
2.5	12.5	10.0	7.5	Lower than value of Silver Position
Level 2				
3.0	13.0	10.4	7.8	Lower than value of Silver Position
Level 3				
3.0	13.0	10.4	7.8	Lower than value of Silver Position
Level 4				
3.0	13.0	10.4	7.8	Lower than value of Silver Position
Level 5				
3.5	13.5	10.8	8.1	Lower than value of Silver Position
Level 6				
4.0	14.0	11.2	8.4	Lower than value of Silver Position

## P Bars

General Gymnastics Single Gymnast Medal Minimum - P Bars				
Percentages based on greatest possible DV in each level. Bonuses are not included in this total. Single gymnasts must meet or exceed the total per column				
DV	Total Score	Gold	Silver	Bronze
Level 1				
2.5	12.5	10.0	7.5	Lower than value of Silver Position
Level 2				
2.5	12.5	10.0	7.5	Lower than value of Silver Position
Level 3				
2.5	12.5	10.0	7.5	
Level 4				
3.0	13.0	10.4	7.8	Lower than value of Silver Position
Level 5				
3.0	13.0	10.4	7.8	Lower than value of Silver Position
Level 6				
4.0	14.0	11.2	8.4	Lower than value of Silver Position



