



8th & 9th June 2019

University of Bolton Stadium

(formally known as the Macron Stadium)

Sports Arena

Address

Premier Suite
Ground floor
Macron Stadium
De Havilland Way
Bolton
BL6 6SF

For level 1 it is a strip of Non-sprung / Sprung floor– the gymnasts will have maximum 2m x 12m.

For level 2 & 3 it is half of a Non-sprung floor – the gymnasts will have maximum 6m x 12m.

For Level 3 boys & girls Pre Novice and above the gymnasts have a full sprung floor and music.

Parking

Car park on site

Food and Drink

There will be a tuck shop area for, coffees, teas, sandwiches and other hot food items can be bought here. Please ensure spectators are careful with hot drinks into the Sports Arena due to health and safety.

Photography

There will be official photographers DE photos at the event, the photos will be available to purchase on the Day and will also be uploaded online. Please remember not to use flash photography.

Leotard Stall

We will have a supplier selling leotards on site.

COMPETITION FEES

Competition Fee £26.50 per gymnast

Judging fee if not providing a judge £50 per club

Protest Fee - it's a friendly comp :o)

Gymnasts will receive a participation medal, Gift and Certificate.

Medals will awarded on each piece and overall

There will be artistry awards for Pre novice and above

Gymnasts will need to make their own number using the theme Pirates or Mermaids a rosette will be awarded for best numbers chosen by judges

Deadline for entries is Saturday 20th April 2019

Competition Ages:

We are allowing Children aged 3 and above to compete in this competition.

Pre novice upwards will be ages 6+ only.

OTHER INFORMATION

Coaching Qualification:

This is a friendly competition so we will not be checking coaches qualifications, however please ensure you have a coach qualified for the skills the gymnasts are doing and the skills are competition ready.

We are happy for trainee coaches to take gymnasts round the competitions as long as there is a main coach responsible for them there on the day.

The Competition Year

This will be 1st January to 31st December. Gymnasts' ages will be the age they turn that year (like grades) eg if a child is 5 turning 6 she will be in the 6yrs.

We will be allowing age 6, 7 + competing in the pre novice, novice level of the competition.

Coaches Attire

Please wear clothes!

The theme is Pirates and Mermaids, fancy dress or themed accessories are optional.

Judges Attire

Judges must wear smart clothing, something brightly coloured for example a yellow scarf or pink shirt or can dress up in either Pirate or mermaid fancy dress (it's a fun and friendly comp)

Trainee judges are encouraged to sit in with qualified judges at the competition for experience – please ensure they are also dressed in judges attire.

Coaches at Apparatus

It is strongly recommended that a coach should remain near the apparatus on vault. Judges will not deduct a mark due to the presence of the coach for the vault. The criterion does not permit the coach to touch the gymnast or during her routine unless it is to prevent an accident. If a coach supports a gymnast on vault the gymnast will score 0.00

Unsportsmanlike Behaviour of Coach or Gymnast

Infringements will be penalized as detailed in the Code of Points. If a club is seen to be a little... pushy (!!) you might not get an invite next year – this is a relaxed friendly competition!

Jewellery

No jewellery may be worn at any competition. Gymnasts and Coaches will be asked to remove extra jewellery items. Please tape up wedding rings if they cannot be removed.

Girls in Shorts

If older girls want to wear shorties then we are happy to allow this with no penalty if it makes them feel more comfortable. This is monitored at club's discretion.

Spectators (a) Spectators are not allowed on the competition floor. Please remind your parents to keep hold of their little spectators and not allow them to play on apparatus! (b) Flash photography is not permitted .

GIRLS AND BOYS LEVEL 1

Who can take part?

Children who participate in Badge/Beginner classes only. Children participating in Leisure Centre / Community Club programmes. Age 3 +

Regular class times of 45mins per week or one hour per week maximum. (in some circumstances gymnasts may do this competition if they really struggle to handstand flat back in level 2 and are still a low level although may train 2 hours a week) Usually gymnasts' first competition or for very inexperienced competitors.

VAULT

2m Block LONGWAYS - squat on or straddle on, walk to the end stretch jump off – start value 12.50

FLOOR Start value 14.00

for each missing element they will lose 0.5 from D score

SET FLOOR SEQUENCE.

Must be completed in the following order

- 1) 1 footed balance (leg optional)
- 2) 2 steps forward, Forward Roll to Pike (hold pike shape for 2 seconds)
- 3) straddle shape (hold for 2 seconds)
- 4) Back support (hold for 2 seconds)
- 5) Turn to front support (hold for 2 seconds)
- 6) Bunny hop in to stand
- 7) Stand up star jump
- 8) Cartwheel **or** Forward roll to stand

GIRLS & Boys LEVEL 2

Who can take part?

Children who participate in Badge/Beginner/development classes only. Ideally class times of 1-3 hours per week maximum. (unless gymnast is really struggling with level pre novice requirements – coaches please be fair in the level of gymnasts entering. Must not have participated in any grades or Pre-Novice competitions

VAULT - Must perform the same vault twice

Choice of

Squat on a 60cm block step handstand push to land in flatback. Start Value 12.00

Or

Straight jump on a 60cm block step handstand push to flatback (grade 6 vault) . Start Value 12.50

FLOOR

Set routine completed in the following order

Start value 14.00

for each missing element they will loose 0.5 from D score

1. Forward roll to stand
2. cartwheel ¼ turn (beam cartwheel)
3. Backward roll to straddle stand (hold straddle with a flat back for 2 seconds)
4. Place hands on the floor show front support (hold for 2 seconds)
5. Turn over to back support (hold for 2 seconds)
6. Bridge (hold for 2 seconds) rock and roll to stand or **bonus of 0.5 for bridge kick over**
7. Arabesque (hold for 2 seconds)
8. Star Jump

For Gymnasts who train a maximum of 4 hours a week

Boys Level 3 Floor area is 3 strips of floor -

<p>BOYS COMPETITION</p>	<p>Level 3 - Floor & Vault</p>			
<p>VAULT</p>	<p>2 vaults, best score to count Minimum 60cm foam box with soft matting on top. Handstand flatback 2.0 Gymnasts born 2011, 2012, 2013 - 60cm foam box minimum 1 mat on top. Gymnasts born 2010, 2009, 2008 –60cm foam box minimum 2 mats on top Gymnast born 2007 and older – 60cm foam box minimum 2 mats on top</p>			
<p>FLOOR</p> <p>An example routine could have: * Stretch jump (NAE) * Forwards roll to sit in pike (FE) * Lie to dish shape hold 2 secs * seal roll (SE) * Teddy bear roll (BE) * tuck jump</p> <p>= 1 from each list + 2 additional skills</p>	<p>Non acrobatic elements</p> <p>0.1 each Stretch Jump, Dish shape held for 2 secs, Arch shape held for 2 secs, V sit held for 2 secs, Front or Back support for 2 secs, Stretch jump with half turn, Shoulder stand 2 secs to stand, Japan, <u>u</u>pana, Bridge, Tuck jump, Star jump, Headstand, Handstand (not held) Cross or side splits</p>	<p>Forward elements</p> <p>0.1 each</p> <p>Forward roll to stand, Forward roll, to straddle stand, Forward roll to sit - straddle or pike Handstand Forward Roll</p>	<p>Backward elements</p> <p>0.1 each</p> <p>Backward roll to stand Backward roll to straddle stand Backward roll to Handstand Backward Walkover</p>	<p>Sideways elements</p> <p>0.1 each</p> <p>Teddy Bear roll Cartwheel Seal Roll / Log Roll Round off</p>

BOYS LEVEL 4- For Gymnasts who train a maximum 6 hours a week

<p>BOYS COMPETITION</p>		<p>Level 4 Floor & Vault - Full sprung floor.</p>			
<p>VAULT Vaulting Table</p>		<p>Vault Table Under 10 - 100cm Under 12 - 110cm 12 & over -120 cm Squat on jump off – 10.5 Squat through- 11.00 Handspring – 12.00</p>			
<p>FLOOR</p>		<p>Floor- From the following list of elements there are 4 element groups to be fulfilled, which have a value of 0.5. 8 skills, 1 element from each element group must be included i.e. forward, backward, sideways and non acrobatic. These elements must be chosen from the respective level entered Missing an element 1.00 point deduction.</p> <p>8 moves to be selected. This will give a maximum start value of 12.00</p> <p>0.5 awarded per group list requirement for completing a skill from that group list + 0.5 per additional skill up to a maximum of 4 additional skills. All skills are worth 0.1</p>			
	<p>Level 4 skills</p> <p>.....</p>	<p>Non acrobatic elements</p> <p>Tuck jump 1/2 turn Stretch Jump Full Turn. Straddle half lever (2 secs hold) Pike Half Lever Arabesque (chest Horizontal) Handstand to straddle lever Y balance</p>	<p>Forward elements</p> <p>Handstand forward roll (held for 2 secs) Forward roll with straight legs Hecht dive roll Handspring Front Salto Flyspring Roundoff</p>	<p>Backward elements</p> <p>Back roll thru handstand to front Support Backward roll to handstand. Back Salto Tuck Back Flick Backward Walkover</p>	<p>Sideways elements</p> <p>Cartwheel to Cartwheel (leg to 90 degrees or above between) Cartwheel to handstand held (2 secs) Roundoff Arial Cartwheel</p>

Girls Level 3 – 3 Strips of floor mats. Non sprung NO MUSIC

<p>Gils Competition</p>		<p>Level 3 Floor & Vault - Must not have competed in any NW or regional floor and vault competitions. Training hours maximum 5hours a week.</p>			
<p>VAULT Vaulting Table</p>		<p>Handspring Flatback – 12.00 Age 8 and under 0.80m crash mat. (1 block with 1 crash mat on top) Age 9 0.90m Flat back. (1 block with 2 crash mats on top) Age 10 and over 1.10m crash mat. (1 block with 2/3 mats on top)</p>			
		<p>8 moves to be selected. This will give a maximum start value of 12.00 Must include dance. NO MUSIC 0.5 awarded per group list requirement for completing a skill from that group list + 0.5 per additional skill up to a maximum of 2 additional skills. All skill values are 0.1 per element.</p>			
<p>FLOOR Level 3 skills</p>	<p>Spin</p> <ul style="list-style-type: none"> • Full spin <p>....</p>	<p>Leaps - must chose 2 to create a leap series</p> <ul style="list-style-type: none"> • Catleap • Scissor kick • Split leap • Stag leap • Catleap ½ turn • Assemble Jump (grade 6 leaps) • W jump hop 	<p>Forward/sideways elements</p> <ul style="list-style-type: none"> • Handstand forward roll • Hecht dive roll • Handspring • Roundoff • Forward walk over • Tic – toc • Handstand to bridge • Cartwheel 	<p>Backward elements</p> <ul style="list-style-type: none"> • Back roll to front support to splits • Backward roll to handstand. (straight or bent arms) • Back Flick • Backward Walkover 	<p>Jumps</p> <ul style="list-style-type: none"> • Tuck jump • Star jump • Stretch jump ½ • W jump • Tuck jump ½ • Split jump. • Straddle jump

Girls Pre Novice, Novice & Intermediate Following the NW handbook Rules

	Pre-Novice	Novice	Intermediate
ELIGIBILITY	Pre novice – Must NOT have competed in Club grade 6 or above	Novice – Must NOT have competed Regional Club 5 or above	Intermediate – Must NOT have competed in Regional grade 3 above.
AGES	6,7,8, 9, 10, 11, 12 & 13+ Age groups may be merged if insufficient numbers	7,8, 9, 10, 11, 12 & 13+ Age groups may be merged if insufficient numbers	8,9, 10, 11, 12 & 13+ Age groups may be merged if insufficient numbers
MOVING UP	As per moving up rules on Page 11	As per moving up rules on Page 11	As per moving up rules on Page 11
VAULT REQUIREMENTS	Age 8 Flat back to 0.80m crash mats Age 9 Flat back to 0.90m crash mats Age 10 Flat back to 1.00m crash mats OR 110 table Ages (10,) 11 & 12 1.10m table Ages 13 & over 1.20m table Handspring flat back D score 1.0 Ages 8 & 9 Max D score 1.0 Ages 10 & over Max D score 2.0 2 vaults, best score to count	Age 8 Flat back to 0.90m crash mats Age 9 Flat back to 1.00m crash mats Age 10 Flat back to 1.10m crash mats OR 110 table Ages (10 &) 11 1.10m table Ages 12 & over 1.20m table Handspring flat back D Score 1.0 Ages 8 & 9 Max D score 1.0 Ages 10 & 11 Max D score 2.8 Ages 12 & over Max D score 3.0 2 vaults, best score to count	Ages 9, 10 & 11 1.10m table Ages 12 & over 1.20m table Ages 9, 10 & 11 Max D score 3.0 Ages 12 & over Max D score 3.2 2 vaults, best score to count
FLOOR REQUIREMENTS <i>All levels must have (min) TWO acro lines to count dismount DV (see below for acro line specifications for each category)</i>	CR's x 4 (0.5 each) 1. A dance passage of 2 different leaps or hops 2. A spin (min 360°) 3. An acro element 4. An acro dismount (FIG or NW) Max D score 2.9	CR's x 4 (0.5 each) 1. A dance passage of 2 different leaps or hops, 1 with 180° split or straddle 2. A spin (min 360°) 3. Fwd/swd & bwd acrobatic elements 4. An acro line (min one element, must be flighted) Max D score 3.1	CR's x 4 (0.5 each) 1. A dance passage of 2 different leaps or hops, 1 with 180° split or straddle 2. A spin (min 360°) 3. Fwd/swd & bwd flighted acrobatic elements 4. An acro line with a salto

ACRO LINES	An acro line will be any acro series or an acro element performed on its own	An acro line will be any acro series with minimum ONE FLIGHTED element or a FLIGHTED acro element performed on its own	An acro line will be any acro series with minimum TWO FLIGHTED elements or a front salto (not aerial) performed on its own
ELEMENTS & NW JUNIOR CODE	Max 8 elements (including dismount) Max 1B dance element allowed NW Junior Code elements will be recognised and will be counted towards number of required moves but not credited DV	Maximum 8 elements (including dismount) Max 3B dance elements allowed NW Junior Code elements will be recognised and will be counted towards number of required moves but not credited DV	Maximum 8 elements (including dismount) NW Junior Code elements will be recognised and will be counted towards number of required moves but not credited DV
BARRED ELEMENTS	All saltos and aerials. No B acro elements - no DV, no CR and would not count for number of elements in routines	No B acro elements Any elements above a B - no DV, no CR and would not count for number of elements in routines	Any elements above a B - no DV, no CR and do not count for number of elements in routines.
SHORT ROUTINES	A routine with less than 5 elements in total – deduct 1 mark for each missing element	A routine with less than 6 elements in total – deduct 1 mark for each missing element	A routine with less than 7 elements in total – deduct 1 mark for each missing element