



British
Gymnastics
More than a sport

Southern Region

GfA Floor and Vault

Competition Handbook 2016



GFA FLOOR AND VAULT COMPETITIONS - GENERAL REGULATIONS

1. REGULATIONS

Unless otherwise stated the following regulations will apply at all Southern Region GfA Floor & Vault competitions.

2. BRITISH GYMNASTICS MEMBERSHIP

Gymnasts – Must be a minimum of bronze members to enter GfA Floor & Vault competitions.

Coaches – Must be current, fully paid members of BG, holding the appropriate coaching qualification, enhanced DBS and SPC certificate.

Judges - Must be current, fully paid, members of BG, holding the appropriate judging qualification (minimum Intro to).

Clubs – Must be affiliated to British Gymnastics in order to participate in GfA Floor & Vault competitions.

3. ENTRY PROCESS

Entries will be made online via GymNET. Please see attached online guide to support your entry process.

4. ENTRY FEES

An entry fee of £10 per gymnast will apply for all GfA Floor & Vault Competitions. Entries will not be complete until payment has been made either via GymNET or cheque payable to British Gymnastics.

5. LATE ENTRIES

No late entries will be accepted. The South Region GfA Team reserve the right to close entries early if the maximum number of competitors is reached.

6. COACHES IN ATTENDANCE

According to the rules and regulations of BG, a coach must have the correct qualification to train gymnasts and enter them into competitions at the appropriate level. Only level 2 and above coaches may put gymnasts on the floor, a level 1 may assist under the direction of a level 2. It is a coach's responsibility to ensure that all of their coaching qualifications are held by BG and appear on the database. Coaches must wear appropriate gymnastic clothing such as club tracksuit or sweatshirt / polo shirt. Coaches may be asked by the competition organiser to leave the competition area should they not have appropriate attire.

7. WARMS UP

A general warm up area will be provided at all competitions. Please note that a suitably qualified coach must be in attendance with the gymnasts. All competitors will also be entitled to the following apparatus warm up (provided they are present at the specified warm up time).

1. Floor – 5 minute apparatus warm up on the competition floor
2. Vault – 2 touch warm up on competition vault

8. RULE CHANGES

The South Region GfA team reserves the right to amend competition rules as necessary.

9. GYMNAST ATTIRE

Tight fitting shorts and t-shirt or leotards with or without tight fitting shorts, Gymnastics shoes may be worn. No jewellery as per BG policy.

10. MUSIC

Music must be emailed electronically to the competition organiser in MP3 format by the stated time. Clubs should also provide a clearly marked CD with the name of the gymnast, club and competition number at the time of registration. It is recommended that coaches carry a back-up copy of all music.

11. CLUBS PROVIDING JUDGES

In an attempt to ensure that there are sufficient judges at competitions it is expected that all clubs competing at a Southern Region GfA Floor & Vault competition will provide at least one qualified judge. This should normally be somebody from that club, but it is permissible to nominate and provide a judge from another Club to fill this place. Judges must hold an Intro to Judging qualification minimum. Club may also nominate as judge qualified in MAG / WAG / TEAM

Clubs will only be able to enter gymnasts if you provide a judge for the duration of the competition

12. USE OF PHOTOGRAPHIC AND FILMING EQUIPMENT AT COMPETITIONS

This will be in line with the guidelines from British Gymnastics for protection of gymnasts.

13. 'OFFICIALS AREA' AT COMPETITIONS

It is important that the access to the 'Officials Area' – (Scorers, music, judges area etc) is restricted to authorised persons only. Gymnasts / spectators will not be allowed to be in this area without the permission of the competition organising team.

14. MARCH-ON and PRESENTATIONS

1. There will be march-on for all competitors at the start and end of the competition.
2. March-on at the start of the competition should be in club kit.
3. Gymnasts should be in club kit for medal presentations.

15. AWARDS

Medals will be presented for Bronze, Silver and Gold positions overall and a trophy will be presented to the overall winner. Certificates will be awarded to all participants.

16. TRAINING HOURS

To ensure a fair competition we have enforced the below maximum training hours per week.

Maximum Training Hours (per week)				
White	Blue	Bronze	Silver	Gold
1	2	4	5	7

By entering the Southern Region GfA Floor & Vault competitions you are agreeing to adhere to the General Regulations listed above.

Failure to comply with any of the above regulations could see your team excluded from the competition and no refunds will be given under these circumstances.

17. AWARD CATEGORIES

Awards will be made in the following categories:

White: U8; U10; U12; U14; 14+

Blue: U8; U10; U12; U14; 14+

Bronze: U10; U12; U14; 14+

Silver: U10; U12; U14; 14+

Gold: U10; U12; U14; 14+

There will be **no separate categories** for male/female gymnasts – both genders will be awarded in the same category.



18. EQUIPMENT

Floor

White, Blue: Strip of floor

Bronze, Silver, Gold: 12 x 12m sprung floor

Vault



Table Vault



Cross Vault



Soft Module Vault

	White	Blue	Bronze	Silver	Gold
Under 8	Soft Module Vault 95cm	Soft Module Vault 95cm	x	x	x
Under 10	Cross Vault 100cm	Cross Vault 100cm	Cross 100cm / Table 110cm	Cross 100cm / Table 110cm	Cross 100cm / Table 110cm
Under 12	Cross Vault 110cm	Cross Vault 110cm	Cross 110cm / Table 110cm	Cross 110cm / Table 110cm	Cross 110cm / Table 110cm
Under 14	Cross Vault 110cm	Cross Vault 110cm	Cross 110cm / Table 110cm	Cross 110cm / Table 110cm	Cross 110cm / Table 110cm
14+	Cross Vault 120cm	Cross Vault 120cm	Cross 120cm / Table 120cm	Cross 120cm / Table 120cm	Cross 120cm / Table 120cm

For Bronze, Silver and Gold, clubs may choose which equipment to use. Gymnasts will be awarded in the same category, regardless of the equipment they choose.

19. CREATING YOUR ONLINE ENTRY

All entries will now be made online. We have created a handy guide to ensure you follow the correct process.

1. Log into GymNET via your club login
2. Go to Club management > Event Entry
3. Find Southern Region GfA Floor & Vault Competition > Click green icon to create entry

Competition categories are listed according to vault equipment. Please ensure that you enter your gymnasts into the correct category.

Floor Requirements				
White	Blue	Bronze	Silver	Gold
10 skills per routine (0.5 each)				
Performed on a strip of floor (no music/choreography to be included)		Performed on 12mx12m sprung floor (45-90 seconds music for girls - no vocals)		
White	Blue	Bronze	Silver	Gold
A skills only	A skills only	A & B skills only 4 B skills minimum	A, B & C skills 5 B skills minimum 1 C skill minimum	A, B & C skills 5 B skills minimum 3 C skills minimum
Competition requirements (0.5 per requirement)				
White	Blue	Bronze	Silver	Gold
None	1. Balance (B): Held for 2 seconds			
	2. Strength (S) OR Flexibility (F) skill			
	3. Acro series: 2 linked acrobatic skills (at least 1 skill must be flighted in Silver/Gold)			
	4. Mixed series: skill + jump/leap OR jump/leap + skill			
	5. Gym series: 2 jumps/leaps/spins linked (continuous steps/chasses permitted) OR second different acro series (at least 1 skill must be flighted in Silver/Gold)			
Music				
Floor music cannot be owned by Andrew Lloyd Webber, Disney or Cirque du Soleil. For clarification on music, please search on: http://repsearch.ppluk.com/ARSWeb/appmanager/ARS/main?cont=A				
Any music listed on the link above may be used. Any banned music will incur a ZERO score				
Music may use voice as an instrument, however, no vocals				
Age Groups				
Gymnasts must reach their 6th birthday by the weekend of the competition to compete at White/Blue				
Gymnasts must reach their 8th birthday by the weekend of the competition to compete at Bronze and above				
Additional Rules				
A 'C' skill cannot replace a 'B' skill				
Each skill can receive value once, however, may still incur execution deductions				
Two series cannot be linked - two skills must be separately connected per series				
Clothing (NO jewellery as per BG jewellery policy)				
Tight fitting shorts & t-shirt OR leotard - tight fitting shorts may be worn. Gymnastics shoes may be worn. Incorrect clothing will incur 0.5 penalty from final score				

A Moves		B Moves		C Moves	
Group 1 - Acrobatic Moves					
Backward roll piked to stand	S	Back Flip Step Out		Backward Somersault (any shape) with 1/2 or 1/1 twist	
Backward roll to front support (held)	S	Back Flip to Two Feet		Backward Somersault tucked, straight or piked	
Backward roll to straddle stand with flat back (held)	S	Backward Walkover	F	Backward roll to handstand with straight arms	S
Backward roll tucked		Backward Roll Handstand	S	Dive forward roll or Hecht Roll (must show flight)	
Cartwheel front to back (1/4 turn)		Forward Walkover	F	Flyspring	
Cartwheel (side to side)		Forward walkover to Backward Walkover (Tic-toc)	F	Free cartwheel	F
Circle or Teddy bear roll - 360°		Forward roll Piked to Stand	F S	Free Walkover	F
Forward roll straddled to stand		Handspring to Two		Front somersault (any shape) with 1/2 or 1/1 turn	
Forward roll tucked to stand		Handstand through Bridge to stand	F S	Front somersault- tucked, straight or piked	
From front support, jump in and up		Round off		Handspring to one (must show flight phase)	F
Handstand forward roll		Tinsica	F	Handstand forward roll piked to stand	S
One handed cartwheel (arm optional)				Jump Backward with 1/2 turn to Handspring forward	F
				One handed walkover	F
				Side somersault tucked or piked	
				Valdez	F
				Whip Salto Backward	
Group 2 - Strength, Balance & Flexibility : All Balance & Flexibility moves for a minimum of 2 seconds (0.30 deduction for less)					
Arabesque	B	From front support, straddle or pike cut to rear support	S	From splits or straddle press to handstand	F S B
Back support turn to front support or Vice Versa	S	Handstand 1/2 turn	S	From standing elephant lift to handstand	S B
Dead Man - drop to front support	S	Japana, flat back, chest to floor, legs at max of 90°	F	From straight leg headstand press to handstand	S B
Dish to arch OR arch to dish	S	Pike fold	F	Handstand pirouette (1/1 turn)	S
Frog balance	B	Shoulder stand (straight arms behind head)	S B	Pike lever	S B
From floor push to Bridge, lower to floor	F	Swedish fall with on leg raised	S	Russian lever	F S B
Front or back support lower push up (press up or tricep dip)	S	V sit without hand support	S B	Straddle half lever	S B
Handstand	S B	Y balance	F B	Tucked top planche	S B
Headstand - return to feet	B			Wide arm handstand, hands greater than shoulder width	S B
Shoulder stand with arm support	B				
Splits side or box (without hand support)	F				
V sit with hand support	B				
Group 3 - Jumps, leaps and spins					
Cat leap		Catleap 1/2		Catleap 1/1	
Half Spin on toes		Full Spin on Toes		Double Spin	
High Hop - Extended		Jump Backward 1/2 Turn to Front Support		Full spin with free leg above horizontal throughout turn	
High Hop - 1/2 Turn		Scissor Kick (both legs above horizontal)		Piked jump (feet hip height)	
Star Jump		Shoushonova tucked		Ring Leap or Jump	
Straight Jump - Extended		Sissone (min 120° split)		Shoushonova straddled (feet to hip height)	
Straight Jump 1/2 Turn		Split Leap / Jump or side leap (180° separation)		Split leap change	
Tuck Jump		Stag leap or jump (back leg straight)		Tuck jump 1/1	
		Straddle jump (feet hip height)		W Jump or Hop 1/2	
		Straight jump 1/1 turn			
		Tuck jump 1/2			
		W Jump or Hop			

Floor Judging			
Artistry deduction throughout			
Insufficient flow of routine (dance, turns)	0.1	0.3	0.5
Insufficient variation of tempo / rhythm	0.1	0.3	0.5
Lack of range of moves/skills within the routine	0.1	0.3	0.5
Insufficient use of Floor area	0.1	0.3	0.5
Lack of dynamics throughout the routine	0.1	0.3	0.5
SPECIFIC FLOOR DEDUCTIONS			
Missing A, B, or C			0.5
B moves in White / Blue or C moves in Bronze			0.5
Touch of hair/leotard (each)	0.1		
Music and movement not in harmony	0.1	0.3	
Missing Competition Requirement (CR)			0.5
No music (girls)			0.5
Not ending in time with music	0.1		
EXECUTION DEDUCTIONS (Each time)			
Bent arms or bent knees	0.1	0.3	0.5
Balance / Flexibility (Group 2) not held for 2 sec		0.3	
Leg or knee separations	0.1	0.3	
Insufficient height of elements	0.1	0.3	
Insufficient split in dance elements	0.1	0.3	
Insufficient tuck/pike/stretch	0.1	0.3	
Body Alignment	0.1		
Feet not pointed/loose	0.1		
LANDING FAULTS (Each Time)			
Landing from tumbles (step)	0.1	0.3	
Trunk movements to maintain balance	0.1	0.3	
Extra Steps up to 0.8	0.1		
Very large step or jump		0.3	
Deep squat			0.5
All falls			
		1	

Vaults					
Equipment					
Vault Height & Type is dependant on Age Group/ Level (See Individual Competition information for details)					
	White	Blue	Bronze	Silver	Gold
Vault Tariffs and Levels					
Squat / straddle on, immediate straight jump off	10	X	X	X	X
Squat / straddle on, immediate star, tuck or straddle off	10.5	10.5	X	X	X
Layout Squat Over	11.5	11.5	11.5	11.5	X
Layout Straddle Over	11.5	11.5	11.5	11.5	X
Handspring	X	X	12.4	12.4	12.4
Handspring 1/2 on, straight off	X	X	X	12.6	12.6
Handspring on, 1/2 off	X	X	X	12.8	12.8
Handspring 1/2 on, 1/2 off	X	X	X	X	13
Handspring 1/1 off	X	X	X	X	13.2
Handspring 1/2 on, 1/1 off	X	X	X	X	13.4
Vaulting Judging					
Additional Information					
Gymnasts will only be allowed 2 practice vaults during the apparatus warm up.					
Gymnasts will perform 2 competition vaults (the same or different). The best scoring vault will count.					
Support from Coach	3.00 mark deduction from final score				
Coach leaning on/ touching apparatus	1.00 mark deduction from final score				
FIRST FLIGHT PHASE					
Incomplete turn	0.1	0.3	0.5		
Hip Angle	0.1	0.3			
Arch	0.1	0.3			
Bent Knees	0.1	0.3	0.5		
Leg or knee separation	0.1	0.3			
Insufficient layout in squat or straddle	0.1	0.3	0.5		1.00
REPULSION PHASE					
Staggered/alternate hand placement	0.1	0.3			
Bent Arms	0.1	0.3	0.5		
Shoulder Angle	0.1	0.3			
Touch with one hand					1.00
Failure to pass through vertical		0.3			
SECOND FLIGHT PHASE					
Lack of Height	0.1	0.3	0.5		0.8
Incomplete turn	0.1	0.3			
Insufficient length (distance)	0.1	0.3	0.5		
Bent Knees	0.1	0.3	0.5		
Leg or knee separation	0.1	0.3			
LANDING FAULTS					
Extra Steps each time	0.1				
Very large step (guideline – 1 metre) each time		0.3			
Extra arm swings	0.1				
Additional trunk movements to maintain balance	0.1	0.3			
Body posture fault	0.1	0.3			
Deep squat		0.3	0.5		
Deviation from centre line	0.1				
Brushing apparatus with hands/arms		0.3			
Support on mat or apparatus with 1 or 2 hands					1.00
Fall on mat to knees or hips					1.00
Fall on or against apparatus					1.00
INVALID VAULTS					
Run approach with touch of springboard or table	Void score 0.0				
No touch on vault table	Void score 0.0				