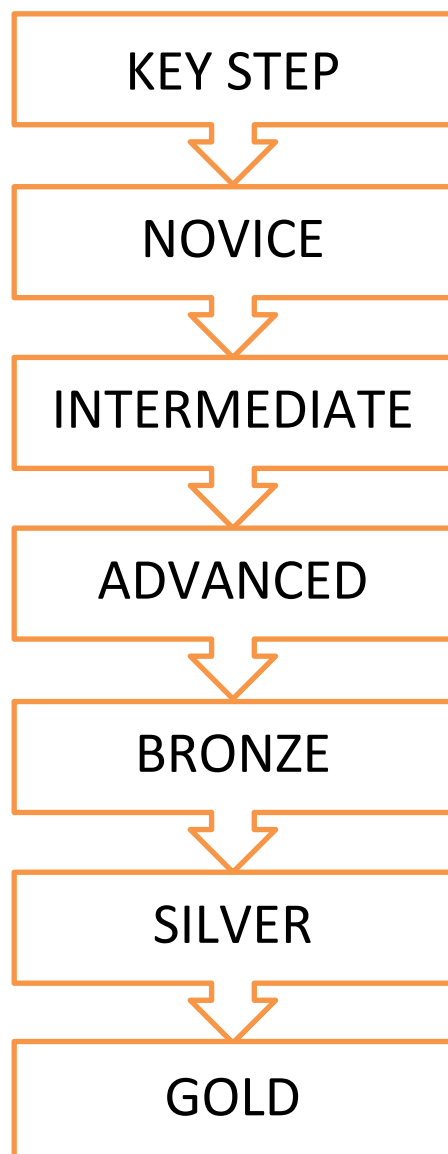


# GENERAL GYMNASTICS FLOOR & VAULT COMPETITIONS



GENERAL GYMNASTICS operates under the international FIG Gymnastics for All (GfA) discipline rules and guidelines, which are also fully supported by British Gymnastics.

Within GfA, the FIG encourages the widest possible participation through displays and other non-competitive events. FIG and UEG competitive involvement is delivered by the appropriate disciplines, e.g. MA & WA, which provide competitions involving relevant apparatus.

However, in the UK it is widely accepted that people who engage in gymnastics at participation level, enjoy performing floor sequences and routines, as well as vault. Almost all gymnastics clubs offer these opportunities to their members.

Consequently, although we operate under the GfA umbrella, we are offering a Floor and Vault competition system. We recognise that some gymnasts may at times also take part in very low level Bars or Beam events and, subject to certain conditions, can be still be classed as General gymnasts and participate in F & V events. In keeping with GfA principles, we want to attract wide participation and the following rules are intended to ensure that only gymnasts with similar training opportunities compete against each other.

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## Section 1 - General Rules and Guidelines for General Gymnastics (GG) Floor & Vault (F & V) Competitions



This competition programme is designed and structured for gymnasts participating in General Gymnastics classes. Specifically:

- Gymnasts attending General classes and who are acquiring and improving their skills
- Gymnasts who no longer wish to specialise in Artistic or other FIG or UEG competitive discipline competitions, and have stopped such training (see Transfer Rules)
- Ex high level gymnasts who may now be coaching but still have a high personal skill performance level (see Transfer Rules)

### Fairness

To ensure a competitive level playing field, entry levels will be split according to the number of hours of gymnastics involvement undertaken by the gymnast. This includes ALL coached hours in any BG discipline, gymnastics activity such as Cheer, school gym clubs where run by a BG qualified coach, and time part spent in own training during coaching, etc. A category system will apply:

- Novice and Intermediate – category A up to 2 hours, category B up to 4 hours. (see Section 3 for gymnasts who reduce their training – all levels)
- Advanced, Bronze, Silver and Gold – category 1 up to 5 hours, category 2 over 5 hours to a maximum of 8 hours

Competition organisers, whose decisions are final, may take action against clubs whose gymnasts' performance points to non-compliance with the above. Coaches will be required to confirm involvement hours with a signature on the entry form. The GGTC will publish details of a verification / disciplinary process for use where there is reason to believe that these guidelines are not being followed. This will include referral to County GG Committees.

### Gymnasts new to competition and continuing the programme

While in most cases gymnasts will start at Key Step or Novice levels, the basic principle is that gymnasts should enter at the level appropriate to their ability. As an example, a gymnast who has been attending classes for a long time and can perform B and C skills well, and now decides to enter their first competition, should enter at Intermediate or Advanced level. After their first competition gymnasts can progress through the levels.

### Gymnasts who have competed in FIG or EUG Performance Discipline competitions (see also section 3)

Gymnasts cannot compete both in Artistic, Acrobatic etc., competitions, and F & V competitions. To do so would place them at a significant advantage and deny the non-performance gymnasts a fair result. However, once no longer active on the performance pathway, gymnasts can transfer into GG F & V competitions, subject to rules regarding how recently apparatus competitions were performed (see transfer rules, below).

### Ex high level gymnasts no longer in specific training but working in a club training environment

Even after a long break the standard of these gymnasts will still be far ahead of others. These gymnasts may compete at Gold level Category 2 only.

## Section 2 - General Entry Rules – for gymnasts moving up within the GG F & V pathway



**Note to coaches – subject to age and hours rules, the gymnast may be entered at any level and SHOULD be entered at the level appropriate to their skill and performance ability**

Level	Age rules	Entry eligibility and entry score rules	Score rules regarding moving up
Key Step	<ul style="list-style-type: none"> <li>Minimum 5 on the day of the event, maximum 7 in the year of competition</li> </ul>	<ul style="list-style-type: none"> <li>Gymnasts who have never competed in a County or Regional competition</li> <li>OR who have scored less than 22.00 in County / Regional Key Step event</li> </ul>	<ul style="list-style-type: none"> <li>7 year olds can move to Novice level irrespective of score, at the discretion of the coach</li> </ul>
Novice	Age in the year of the competition (minimum age 7 on the day of competition)	<ul style="list-style-type: none"> <li>Gymnasts who have never competed in a County or Regional competition</li> <li>OR who have scored below 23.00 at Novice Level previously</li> </ul>	<ul style="list-style-type: none"> <li>Once a score of 23.00 has been achieved the gymnast must move up</li> <li><b>Note</b> – if the gymnast has improved significantly since their last Novice event you should consider Intermediate entry even if the previous score was under 23.00</li> </ul>
<b>Entry Guide - Intermediate to Gold level</b>	<ul style="list-style-type: none"> <li><b>Gymnasts may enter at any of these levels at the coaches discretion</b></li> <li><b>If the gymnast did not trigger their move up score at their last competition but has since improved significantly, the coach should consider entry at the next level</b></li> </ul>		
Intermediate	<ul style="list-style-type: none"> <li>Age in the year of the competition (minimum age 7 as in Novice above)</li> </ul>	<ul style="list-style-type: none"> <li>Gymnasts who have already competed at Intermediate and scored below 25.00</li> <li>Gymnasts who have scored 23.00 or higher at Novice</li> </ul>	<ul style="list-style-type: none"> <li>Once a score of 25.00 has been achieved the gymnast must move up</li> </ul>
Advanced	<ul style="list-style-type: none"> <li>Age in the year of the competition</li> </ul>	<ul style="list-style-type: none"> <li>Gymnasts who have already competed at Advanced and scored below 25.50</li> <li>Gymnasts who have scored 25.00 or higher at Intermediate</li> </ul>	<ul style="list-style-type: none"> <li>Once a score of 25.50 has been achieved the gymnast must move up</li> </ul>
Bronze	<ul style="list-style-type: none"> <li>Age in the year of the competition</li> </ul>	<ul style="list-style-type: none"> <li>Gymnasts who have already competed at Bronze and scored below 26.00</li> <li>Gymnasts who have scored 25.50 or higher at Advanced</li> </ul>	<ul style="list-style-type: none"> <li>Once a score of 26.00 has been achieved the gymnast must move up</li> </ul>
Silver	<ul style="list-style-type: none"> <li>Age in the year of the competition</li> </ul>	<ul style="list-style-type: none"> <li>Gymnasts who have already competed at silver and scored below 26.50</li> <li>Gymnasts who have scored 26.00 or higher at Bronze</li> </ul>	<ul style="list-style-type: none"> <li>Once a score of 26.50 has been achieved the gymnast must move up</li> </ul>
Gold	<ul style="list-style-type: none"> <li>Age in the year of the competition</li> </ul>	<ul style="list-style-type: none"> <li>Gymnasts who have already competed at Gold</li> <li>Gymnasts who have scored 26.50 or higher at Silver</li> </ul>	

### Section 3 – Specific Entry Rules



1. Gymnasts entering General F & V competitions must not be part of an FIG or UEG Performance Discipline squad, which includes being on the NDP (Grades) pathway. Names of gymnasts entering at BSG levels will be passed to the relevant regional TC. These gymnasts will be classed as General gymnasts and will not be able to enter Regional WA / MA / Acro / TG Grades or Voluntary competitions for the next 12 months. If exceptional circumstances arise, application should be made to the GGTC & WTC/MTC/AGTC/TGTC, as applicable, whose joint decision will be final. Applications should include a CV.
2. Gymnasts entering General F & V competitions must not have competed in any FIG or UEG Performance discipline event within the past 12 months. For events more than 12 months ago see Transfer Rules.
3. Gymnasts who have competed in low level apparatus competitions may enter F & V competitions, provided that their apparatus routines consisted only of skills within the GG coaching syllabus. They may only enter at Intermediate Category B, or above.
4. Gymnasts who reduce their training hours must wait 6 months before entering at a lower category.
5. Gymnasts must be members of British Gymnastics. Proof of membership may be asked for at registration.
6. Only correctly completed entry forms will be accepted and must be submitted no later than the closing date. Late entries will not be accepted. The correct entry fee and separate participation fee, if applicable, must be enclosed.
7. In age group competitions different ages may be grouped together depending on numbers entered, as decided by the Competition Organiser.
8. Each club will be required to nominate a judge for the event, who must have given their permission to be nominated.
9. Each club must nominate 2 volunteers to assist with the running of the event.
10. It is the responsibility of clubs to ensure that their volunteers have a clear understanding of what is required of them in terms of time and task.
11. Coaches have responsibility for ensuring the good behaviour of their supporters.
12. Floor Music: Competitors may not use any form of original music from Andrew Lloyd - Webber, Disney, Pixar or Cirque du Soleil.
13. Music must be provided on a properly formatted individual CD and clearly labelled with the gymnast's name and club, and should be collected at the end of the competition. Electronic uploads of music may also be acceptable – the organisers will advise.

### Section 4 - Transfer Rules

1. Gymnasts who have competed in FIG or UEG Performance Discipline events more than 12 months prior to the General competition may apply for transfer to General Gymnastics at Silver or Gold levels only to the Regional GGTC, who will decide on acceptance.
2. A gymnastics CV must accompany all applications.
3. Once within GG, no return to the FIG or UEG Performance disciplines will be permitted for 12 months after the F & V competition. Ex high level performers may compete at Gold Category 2 level only.
4. GGTC decisions on these matters shall be final.

## Section 5 – Coaching Qualifications



- The nominated lead coach must hold a qualification at Level 2 or above in General Gymnastics or Artistic Gymnastics.
- Coaches must hold an Award appropriate to the skills being performed by the gymnast.
- Level 1 coaches may assist a more highly qualified coach but only to the level to which they are qualified.
- ASC coaches may assist but only for those skills for which they are certificated, and must be directly supervised by a L2 or higher coach.
- Only the coaches nominated on the entry forms will be allowed onto the arena.
- Coaches must hold current BG membership, proof of which may be asked for at registration.

## Section 6 – Dress Code

- Coaches must wear a tracksuit or tracksuit bottoms & fleece, a collared polo shirt or club T-shirt which should have a neck line of a professional nature, and suitable footwear.
- Jewellery, body piercing and adornments are not permitted. Rings that cannot be removed must be sufficiently covered with protective tape.
- Long hair should be tied back.
- Long fingernails present a risk to the gymnast and the coach and should therefore be kept reasonably short.
- Dress code for Gymnasts: Leotards, full-length one piece leotard (unitard), shorts and close fitting T-shirt, leotard with leggings/footless tights or shorts will be allowed. For further guidance refer to the Dress Code on the BG web site.
- Gymnasts should work in bare feet. For reasons of safety covering the face or the head is not allowed.

## Section 7 - Welfare

- Event organisers will make every effort for a Welfare Officer to be present.
- The coach has a duty to ensure that the participant is adequately prepared for the event. During warm-up, judges may ask for a move to be removed if seemed unsafe to execute.
- It is the responsibility of the Competition Organiser / Welfare Officer as well as the coach NOT to let gymnasts continue to compete if they are showing signs of injury.
- It is the responsibility of the club to ensure that all parents/carers are aware of BG policy regarding photography.
- Coaches and officials are not permitted to video or photograph gymnasts, routines or any activity within the competition arena.
- Accredited photographers may be present at events. By entering an event, participants accept that they may be photographed.

## Section 8 - Floor and Routine Construction Rules



### Key Step, Novice and Intermediate Level

Floor routines will be performed along a strip of mats (2m x 12m max), moving up and down the strip as required. Max 90 seconds. No music allowed.

### Advanced Level

Floor routines will be performed within a 12m x 12m floor area, in the same space as is available to the gymnasts in their own clubs. There will be no penalty if the whole area is not used. Music must be used by female gymnasts. Time: 45 – 90 seconds.

### Bronze, Silver & Gold Levels

Floor routines will be performed on a 12m x 12m floor area. Music must be used by female gymnasts. Time: 45 – 90 seconds.

Novice Level	Intermediate Level	Advanced Level	Bronze, Silver & Gold Levels
<ul style="list-style-type: none"> <li>Maximum 10 elements from the list, linked to each other but without additional linkages.</li> <li>There must be two moves from each of the groups.</li> <li>No music allowed.</li> <li>May only perform elements from A and B lists.</li> <li>All entries and exits are optional but control must be shown</li> </ul>	<ul style="list-style-type: none"> <li>Maximum 10 elements from the list, linked to each other or with additional linkages e.g. Chasse.</li> <li>There must be two moves from each of the groups.</li> <li>No music allowed.</li> <li>May only perform elements from A, B and C lists, excluding C4 elements</li> </ul>	<ul style="list-style-type: none"> <li>Maximum 10 elements from the list, linked to each other or with additional linkages e.g. Chasse.</li> <li>There must be two moves from each of the groups.</li> <li>May only perform elements from A, B, C and D lists, excluding D4 elements</li> </ul>	<ul style="list-style-type: none"> <li>Must include 10 different elements from the list.</li> <li>At least two moves, but no more than four, must be from each of the groups.</li> <li>Links/dance moves should be used to connect the routine.</li> </ul>

- Gymnasts are encouraged to select moves from traveling, flight, balance, rotation, flexibility and strength to create a varied routine.
- At all levels up to two skills may be replaced by ones from the next higher category, though this will not raise the skill value. E.g. a Group 1'C' skill may replace a Group 1'B' skill, but the 'C' skill will be valued 0.3. Bonus skills cannot be upgraded.
- Elements will score once only in an exercise.
- Bonus** will only be awarded if the bonus skill carries less than 0.5 penalty.
- Bonus** skills should not be included in the Special Requirements or the Difficulty content but can be used to fulfil Group requirements.
- Gymnasts must have 8 elements before **bonus** skills can be given.
- Difficulty content can be included within the Special Requirements e.g. split leap (120 degree split), cat leap would give you the Special Requirement of 1x leap/jump series group 1 (B or above) and would also provide you with 2x B elements.
- An acrobatic flight **series** should consist of 2 or more elements to be classed as a series e.g. round off flic or handspring to 1 handspring to 2.
- A Leap / Hop **series** or passage is defined as a series of 2 different leaps, hops connected either directly or indirectly (with running, steps, small leaps, hops, chasse, turns). The object is to create a flowing / travelling movement pattern.
- Prompting the gymnast will be deducted at 0.1 each time or by 1.0 if it occurs throughout the routine.
- For Intermediate Level and above, coaches are required to complete Routine Intention sheets and submit them prior to the competition.

## Section 9 – Floor Judging

- The object of this competition structure is to encourage skill performance of high quality. The judging system will reinforce this, meaning that simple skills performed well may score higher than more advanced skills executed poorly. When constructing routines, technical execution should be a primary consideration for coaches and gymnasts.
- To re-enforce the above, marks will be deducted for poor execution during the whole routine. All moves and all links will attract deductions when performed poorly or not at all. These deductions will be 0.1, 0.3, or 0.5 depending on severity. Falls will be deducted at 0.5. Lack of links, where required, poor use of floor and excessive use of jumps and leaps will be deducted, depending on severity, under artistry.
- Where possible, judged and evaluated Intention Sheets will be available to coaches for performance feedback information after the competition has closed. Scores will not be altered.

## Section 10 – Key Step Competition

*This competition is for children attending 1 hour a week in a standard general gymnastics setting*

<b>REGIONAL GENERAL GYMNASTICS – KEY STEP CRITERIA</b>	
<b>FLOOR AND BODY MANAGEMENT ROUTINES</b>	<b>VAULT</b>
<ul style="list-style-type: none"> <li>• These routines will be performed on a floor strip</li> <li>• The sequences are ‘set’. They must be performed as written in the KS pack</li> </ul>	<ul style="list-style-type: none"> <li>• The 2 vaults shown as alternatives in the KS pack are combined into 1 activity: part (A) below will be followed immediately by part (B)</li> <li>• Performers are allowed 1 attempt at the combined activity</li> </ul>
Floor routine as in KS1	(A) Short running approach, springboard take off, stretch jump, controlled landing
Body Management routine as in KS1	(B) Short approach to a bench lengthways, squat on to the end, stand, controlled walk to end, straight jump off, controlled landing
<b>JUDGING</b>	
<b>KS 1 FLOOR and BODY MANAGEMENT ROUTINES</b>	<b>VAULT</b>
Routines will be judged in accordance with rules in the Key Step pack	
<ul style="list-style-type: none"> <li>• Routines will be judged out of 10.00</li> <li>• Each skill has a value of 1.00</li> <li>• Missing skills automatically lose 1.00</li> <li>• Maximum content score : Floor - 7.00; Body Management – 9.00</li> <li>• Flow / posture / body tension / overall impression: Floor - 3.00; Body Management - 1.00</li> </ul>	<ul style="list-style-type: none"> <li>• Jumping onto springboard / mounting the bench - 1.00 each</li> <li>• Control &amp; presentation of bench walk - 1.00</li> <li>• Flight off springboard /bench - 2.00 each</li> <li>• Control of landings - 1.00 each</li> <li>• Overall dynamics – 1.00</li> </ul>
<b>Maximum achievable score 10.00</b>	<b>Maximum achievable score 10.00</b>