



Adults Competition

Sunday 16th August 2015

Competition Handbook

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Dear Coaches,

Introduction

We are going to be running a friendly adult gymnastics competition on Sunday 16th August. The competition is for anyone over the age of 18 who wishes to compete regardless of your experience or ability. We welcome you whether you are a complete beginner or retired from the sport. The competition should be a fun experience to meet new people and try out some new or old skills. We will be doing the following disciplines:-

Disciplines

The competition will contain the following disciplines:

Women's Artistic Apparatus

- Vault
- A-bars
- Beam
- Floor

Men's Artistic Apparatus

- Floor
- Pommel Horse
- Rings
- Vault
- Parallel Bars
- High Bar

We will also be holding trampoline as a separate competition

Rules

Please find attached a copy of the rules for the competitions.

Age Groups

Age groups will be decided dependant on number of entries per level.

Our predicted age groups will be:

18-29, 30-39 and 40+

Competitors will receive a bonus of 0.05 per piece for every year above their base year of the age group. The age groups will be dependent on the age at 01.01.15.

Levels

Novice- Never competed in gymnastics/trampoline under the age 18 or unable to fulfil a single requirement in intermediate.

Intermediate- Competed to county level or are able to fulfil requirements.

Pro- Competed at regional level or above or are able to fulfil requirements.

You can enter a different level per apparatus dependent on ability.

Awards

There will be medals awarded for individual apparatus. We will also have some special awards.

Cost to Enter

The cost to enter will be £5 per apparatus for the first 4 pieces. The cost after 4 pieces will be £2.50 per additional apparatus. To enter the trampoline competition the cost would be £10.00, there would be a £5.00 discount if you were competing in the gymnastics competition as well.

Eligibility

Must be a bronze member of British Gymnastics. Any former competitor must have retired for at least 2 years from any British Gymnastics competition pathway.

Coaches

We would prefer it if you could bring a coach with you on the day. However, if this will not be possible please notify us in advance and we will try to provide a suitable coach for you dependent on your level. Please be aware that if this coach is not comfortable with any of the skills you are attempting to perform on the day they do reserve the right to insist that you do not compete this skill.

Music

This should be sent in advance via email. It is advisable to bring a spare copy with you.

Equipment

The majority of our equipment is Gymnova. We do have a few pieces of continental equipment. Please note that on beam our mount and dismount are at the same end if you need a run approach. We have a 24m run up for vault. Our trampoline is gymnova 4 x 4 and has gymnova surrounding matting. Please note: - Our ceiling clearance is 7.9mtrs.

Judges

We would be very grateful if clubs would be able to help out by bringing a judge on the day, if you could let us know in advance whether you are able to provide it would be appreciated.

Spectators & Facilities

You are welcome to bring spectators. We have a balcony with seating. The cost to spectators will be £3 per adult and £1 for children & concessions.

We do not have a cafe, however, we do have food and drink vending machines. We also have a coffee machine at the cost of £1.50 and slush machine at the cost of £1.00.

What to wear

We would insist that you please follow British Gymnastics guidelines with regards to training attire. This means that you do not have to wear a leotard.

Closing date

The closing date for this competition will be Sunday 19th July.

Contact details & Location

Jessica for Gymnastic entries or queries
Louise for Trampoline entries or queries

jessica_hill@live.com
louise@colchestergymnastics.com

01206 844188

Colchester School of Gymnastics
Brinkley Grove Road
Myland
Colchester
Essex
CO4 5DS

Nearest train station:

Colchester North Station. There is also the number 65 bus which leaves from this station and stops at the end of our road. It is an approximate 10 minute bus journey and 2 minute walk from the bus stop to the gym.

Accommodation:

Premier Inn Colchester- A12 - approximate 5 minute drive
Premier Inn Colchester Central- approximate 10 minute drive
Holiday Inn Colchester - approximate 15 minute drive

We look forward to hearing from you.

Best Wishes,

Jessica Hill & Louise Pennell
Colchester School of Gymnastics

RULES

Vault

Gymnasts will perform two vaults with the highest scoring to count.

Total Score = E score + D score + Age Bonus

Novice/ Intermediate

Age Group	Vault Height	
	Men	Women
18-29	Pro -135cm, Intermediate/novice 125cm or above	Pro 125cm Intermediate 120cm or above Novice 115cm or above
30-39	125cm or above	115cm or above
40-49	120cm or above	110cm or above
50-59	115cm or above	100cm or above
60+	115cm or above	100cm or above

Any Competitors 50+ may choose to use a trampette for takeoff.

Vaults you are able to perform

Vault	Value (D-score + E-score of 10.0)	Level
Feet on jump off vaults	12.0	Novice
Through vaults/Straddle over	12.5	Novice
Handspring	13.0	Novice/Intermediate
½ on ½ off	13.5	Intermediate
½ on full off	14.0	Intermediate
Handspring full off	14.0	Intermediate

Novice -

A handspring is the maximum vault you may perform in the novice category; if you wish to do a more complex vault please enter the intermediate category.

Intermediate -

Vaults with a somersault cannot be performed at intermediate level. If you wish to perform a somersault vault please enter the pro category.

A Bars

Novice

Gymnasts who are capable of performing an upstart or any B elements should enter the intermediate category. Also please note that the novice category is meant for gymnasts who haven't competed under the age of 18, however should you feel you are unable to meet any of the requirements of intermediate you may enter novice. This would be at yours and your coaches discretion.

Total Score = E score + D score + Age Bonus

D Score - 6 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

Value of elements

Un-coded elements = 0.3

A value elements = 0.5

CR Requirements (Each one is worth 0.5 once if present in the routine)

1. Close Bar Element
2. One Bar Change
3. Swing Element
4. Half Turn
5. Dismount (0.3 for un-coded, 0.5 for A)

Examples of un-coded moves eligible for CR requirements (more are available please check)

1. Upward circle, mill circle
2. Climb on - jump to catch, squat on/straddle on
3. Empty swings
4. Swing half turn (half turn will also count on a dismount)
5. Undershoot, straddle undershoot, swing and drop off with half turn

You may cover more than one CR with a single element, for example a swing half turn would cover CR's 3 and 4.

Anything that looks like an element will be credited as such.

A Bars

Intermediate

Gymnasts who are capable of performing giants any C elements or more than two B elements should enter the Pro category. Please note: - You may perform elements of a higher value but they will be downgraded.

Total Score = E score + D score + Age Bonus

D Score - 6 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

Value of elements

Un-coded elements = 0.1

A value elements = 0.3

B value elements = 0.5

CR Requirements (Each one is worth 0.5 once if present in the routine)

1. Close Bar Element
2. One Bar Change
3. Swing Element
4. Half Turn
5. Dismount (0.3 for un-coded, 0.5 for A)

Examples of moves eligible for CR requirements (more are available please check)

1. Back hip circle, clear hip
2. Squat on/straddle on, sole circle, Mo shoot
3. Long upstart, baby giant
4. Straddle undershoot half turn, half turn upstart, swing half turn (half turn will also count on a mount or dismount)
5. Straddle undershoot, back away, swing half turn off

You may cover more than one CR with a single element, for example a straddle undershoot half turn would cover the CR's 4 and 5.

Anything that looks like an element will be credited as such.

Beam

Novice

Gymnasts who are capable of performing any B elements should enter the intermediate category. Also please note that the novice category is meant for gymnasts who haven't competed under the age of 18, however should you feel you are unable to meet any of the requirements of intermediate you may enter novice. This would be at yours and your coaches discretion.

Total Score = E score + D score + Age Bonus

D Score - 6 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

Value of elements

Un-coded elements = 0.3

A value elements = 0.5

CR Requirements (Each one is worth 0.5 once if present in the routine)

1. Spin (Minimum half)
2. Large Leap
3. Two connected jumps/leaps
4. Acrobatic Element
5. Dismount (jump = 0.3, acrobatic (e.g. round off) = 0.5)

Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Half spin/full spin
2. Split leap, split jump, star jump, straddle jump, sissone
3. Can choose from some of the following ones or ones listed above, catleap, tuck jump, straight jump, twiddle jump, W jump etc.
4. Bunny hop, shoulder stand, handstand, cartwheel, forward roll etc
5. Jumps of the end (e.g. straight, tuck, straddle, star etc) Cartwheel off, round off, handspring, free round off

You may cover more than one CR with a single element, for example split leap connected to a tuck jump would cover the CR's 2 and 3.

Artistry deductions as per code of points.

Anything that looks like an element will be credited as such.

Beam

Intermediate

Gymnasts who are capable of performing any more than two B elements or any C elements should enter the Pro category. Please note: - You may perform elements of a higher value but they will be downgraded.

Total Score = E score + D score + Age Bonus

D Score - 6 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

Value of elements

Un-coded elements = 0.1

A value elements = 0.3

B value elements = 0.5

CR Requirements (Each one is worth 0.5 once if present in the routine)

1. Spin (minimum half)
2. Large Leap
3. Two connected jumps/leaps (must include large leap)
4. Acrobatic Element
5. Dismount (0.1 for un-coded, 0.3 for A 0.5 for B)

Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Half/Full spin
2. Split leap, split jump, star jump, straddle jump, sissone
3. Can choose from some of the following ones linked to the ones above, catleap, tuck jump, straight jump, twiddle jump, W jump etc.
4. Bunny hop, shoulder stand, handstand, cartwheel, forward roll etc
5. Cartwheel off, round off, handspring, free round off, front/back somersault

You may cover more than one CR with a single element, for example split leap connected to a tuck jump would cover the CR's 2 and 3.

Artistry deductions as per code of points.

Anything that looks like an element will be credited as such.

WAG Floor

Novice

Gymnasts who are capable of performing any more than one somersault or any B elements should enter intermediate. Also please note that the novice category is meant for gymnasts who haven't competed under the age of 18, however should you feel you are unable to meet any of the requirements of intermediate you may enter novice. This would be at yours and your coaches discretion.

Total Score = E score + D score + Age Bonus

D Score - 6 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

Value of elements

Un-coded elements = 0.3

A value elements = 0.5

CR Requirements (Each one is worth 0.5 once if present in the routine)

1. Spin
2. Dance passage/Leap series containing one 180° split connected either directly or indirectly
3. Forward/sideward element
4. Backward Element
5. Dismount (0.3 for un-coded, 0.5 for A)

Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Full spin
2. Split leap/sissone/stag leap to catleap, W-hop etc.
3. Cartwheel, round off, handstand forward roll, forward roll, handspring, front somersault, one handed cartwheel, forward walkover etc.
4. Backward roll to pike/straddle/tuck, flick, tuckback, backward walkover.
5. Any of the elements in group 3 or 4.

Artistry deductions as per code of points. There will be 0.3 deduction for not performing a spin element e.g. a full spin.

Anything that looks like an element will be credited as such.

WAG Floor

Intermediate

Gymnasts who are capable of performing any more than a full twist or any C elements should enter the Pro category. Please note: - You may perform elements of a higher value but they will be downgraded.

Total Score = E score + D score + Age Bonus

D Score - 6 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

Value of elements

Un-coded elements = 0.1

A value elements = 0.3

B value elements = 0.5

CR Requirements (Each one is worth 0.5 once if present in the routine)

1. Spin
2. Dance passage/Leap series containing one 180° split connected either directly or indirectly
3. Forward/sideward element
4. Backward Element
5. Dismount (0.1 for un-coded, 0.3 for A, 0.5 for B)

Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Coded spins up to a value of B
2. Split leap/changeleg to catleap, W-hop, changeleg half, catleap 1 ½ etc.
3. Cartwheel, round off, handstand forward roll, forward roll, handspring, front somersault, one handed cartwheel, forward walkover etc.
4. Backward roll to pike/straddle/tuck, flick, tuckback, backward walkover half twist, full twist etc.
5. Any of the elements in group 3 or 4.

There will be 0.3 deduction for not performing a spin element e.g. a full spin.

Anything that looks like an element will be credited as such.

MAG Floor

Novice

Gymnasts who are capable of performing any more than one somersault or any B elements should enter intermediate. Also please note that the novice category is meant for gymnasts who haven't competed under the age of 18, however should you feel you are unable to meet any of the requirements of intermediate you may enter novice. This would be at yours and your coaches discretion.

Total Score = E score + D score + Age Bonus

D Score - 6 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

Value of elements

Un-coded elements = 0.3

A value elements = 0.5

CR Requirements (Each one is worth 0.5 once if present in the routine)

1. A non-acrobatic element
2. Forward element
3. Backward element
4. Sideward element
5. Dismount (0.3 for un-coded, 0.5 for A)

Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Half lever, arabesque, splits, front support, back support, Swedish fall, any jumps.
2. Handstand forward roll, forward roll, dive roll, front somersault, handspring etc.
3. Backward roll to pike/tuck/straddle/handstand, flick, tuck back somersault etc.
4. Cartwheel, round off, side somersault etc.
5. Any of the elements in group 3 or 4.

Anything that looks like an element will be credited as such.

MAG Floor

Intermediate

Gymnasts who are capable of performing any more than a full twist or any C elements should enter the Pro category. Please note: - You may perform elements of a higher value but they will be downgraded.

Total Score = E score + D score + Age Bonus

D Score - 6 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

Value of elements

Un-coded elements = 0.3

A value elements = 0.5

CR Requirements (Each one is worth 0.5 once if present in the routine)

1. A non-acrobatic element
2. Forward element
3. Backward element
4. Sideward element
5. Dismount (0.1 for un-coded, 0.3 for A, 0.5 for B)

Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Half lever, arabesque, splits, front support, back support, Swedish fall, any jumps.
2. Handstand forward roll, forward roll, dive roll, front somersault, handspring punch front half etc.
3. Backward roll to pike/tuck/straddle/handstand, flick, tuck back somersault, Arabian, full twist etc.
4. Cartwheel, round off, side somersault etc.
5. Any of the elements in group 3 or 4.

Anything that looks like an element will be credited as such.

Pommel Horse

Novice

Gymnasts who are capable of performing double leg circles and above should enter intermediate. Also please note that the novice category is meant for gymnasts who haven't competed under the age of 18, however should you feel you are unable to meet any of the requirements of intermediate you may enter novice. This would be at yours and your coaches discretion.

Total Score = E score + D score + Age Bonus

D Score - 6 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

Value of elements

Un-coded elements = 0.3

A value elements = 0.5

CR Requirements (Each one is worth 0.5 once if present in the routine)

1. Show front support
2. Show back support
3. Leg swings single
4. Scissor element
5. Dismount (0.3 for un-coded, 0.5 for A)

Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Single leg swings in front support, back support or straddle support (all will count as separate elements)
2. Squat through to back support
3. Simple leg in or out elements

Anything that looks like an element will be credited as such.

Pommel Horse

Intermediate

Gymnasts who are capable of performing any B elements should enter the Pro category. Please note: - You may perform elements of a higher value but they will be downgraded.

Total Score = E score + D score + Age Bonus

D Score - 6 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

Value of elements

Un-coded elements = 0.1

A value elements = 0.3

B value elements = 0.5

CR Requirements (Each one is worth 0.5 once if present in the routine)

1. Show front support
2. Show back support
3. Leg swings single
4. Scissor element
5. Dismount (0.1 for un-coded, 0.3 for A, 0.5 for B)

Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Single leg swings in front support, back support or straddle support (all will count as separate elements)
2. Squat through to back support
3. Simple leg in or out elements

Anything that looks like an element will be credited as such.

Rings

Novice

Gymnasts who are capable of performing any B elements should enter intermediate. Also please note that the novice category is meant for gymnasts who haven't competed under the age of 18, however should you feel you are unable to meet any of the requirements of intermediate you may enter novice. This would be at your and your coaches discretion.

Total Score = E score + D score + Age Bonus

D Score - 6 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

Value of elements

Un-coded elements = 0.3

A value elements = 0.5

CR Requirements (Each one is worth 0.5 once if present in the routine)

1. A held position (2 seconds)
2. A strength position
3. A forward swing element
4. A backwards swing
5. Dismount (0.3 for un-coded, 0.5 for A)

Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Inverted hang, ½ lever below rings, back planche, front or back lever or shoulder stand etc.
2. Half lever above the rings, straddle lever above rings, muscle up etc.
3. Basic forward swing, swing to inverted hang, dislocation etc.
4. Basic backward swing, inlocation etc.
5. Basic tuck back somersault, swing to drop off.

Anything that looks like an element will be credited as such.

Rings

Intermediate

Gymnasts who are capable of performing any more than B elements should enter the Pro category. Please note: - You may perform elements of a higher value but they will be downgraded.

Total Score = E score + D score + Age Bonus

D Score - 6 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

Value of elements

Un-coded elements = 0.1

A value elements = 0.3

B value elements = 0.5

CR Requirements (Each one is worth 0.5 once if present in the routine)

1. A held position (2 seconds)
2. A strength position
3. A forward swing element
4. A backwards swing
5. Dismount (0.3 for un-coded, 0.3 for A, 0.5 for B)

Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Inverted hang, ½ lever below rings, back planche, front or back lever or shoulder stand etc.
2. Half lever above the rings, straddle lever above rings, muscle up, crucifix, handstand etc.
3. Basic forward swing, swing to inverted hang, dislocation etc.
4. Basic backward swing, inlocation etc.
5. Basic tuck back somersault, swing to drop off, straight half twist dismount.

Anything that looks like an element will be credited as such.

Parallel Bars

Novice

Gymnasts who are capable of performing any B elements should enter intermediate. Also please note that the novice category is meant for gymnasts who haven't competed under the age of 18, however should you feel you are unable to meet any of the requirements of intermediate you may enter novice. This would be at your and your coaches discretion.

Total Score = E score + D score + Age Bonus

D Score - 6 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

Value of elements

Un-coded elements = 0.3

A value elements = 0.5

CR Requirements (Each one is worth 0.5 once if present in the routine)

1. One skill performed above to bars
2. An element showing upper arm support
3. A balance or held position for 2 seconds
4. A half turn
5. Dismount (0.3 for un-coded, 0.5 for A)

Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Basic swing
2. Swing in upper arms, kip from upper arms, front or back up rise
3. Half lever, straddle lever, handstand, shoulder stand
4. Simple half turn in support
5. Face vault, flank vault etc

Anything that looks like an element will be credited as such.

Parallel Bars

Intermediate

Gymnasts who are capable of performing any C elements should enter Pro category. Please note: - You may perform elements of a higher value but they will be downgraded.

Total Score = E score + D score + Age Bonus

D Score - 6 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

Value of elements

Un-coded elements = 0.1

A value elements = 0.3

B value elements = 0.5

CR Requirements (Each one is worth 0.5 once if present in the routine)

1. One skill performed above to bars
2. An element showing upper arm support
3. A balance or held position for 2 seconds
4. A half turn
5. Dismount (0.3 for un-coded, 0.5 for A)

Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Basic swing
2. Swing in upper arms, kip from upper arms, front or back up rise
3. Half lever, straddle lever, handstand, shoulder stand
4. Simple half turn in support
5. Face vault, flank vault etc

Anything that looks like an element will be credited as such.

High Bar

Novice

Gymnasts who are capable of performing giants or B elements should enter intermediate. Also please note that the novice category is meant for gymnasts who haven't competed under the age of 18, however should you feel you are unable to meet any of the requirements of intermediate you may enter novice. This would be at yours and your coaches discretion.

Total Score = E score + D score + Age Bonus

D Score - 6 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

Value of elements

Un-coded elements = 0.3

A value elements = 0.5

CR Requirements (Each one is worth 0.5 once if present in the routine)

1. Long hang swing
2. Close bar element
3. Half turn
4. One grip change
5. Dismount

Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Basic swing, upstart
2. Back hip circle, circle up, front hip circle, back hip circle etc
3. Swing with half turn, undershoot with half turn (half turn can be performed in the dismount)
4. Any hand change
5. Swing and drop off, undershoot, back away.

Anything that looks like an element will be credited as such.

High Bar

Intermediate

Gymnasts who are capable of performing any more than a B element should enter Pro category. Please note: - You may perform elements of a higher value but they will be downgraded.

Total Score = E score + D score + Age Bonus

D Score - 6 highest elements + dismount

E Score - Deductions taken from 10.0

Short exercise deduction - 4 elements or less = 5.0 marks

You may perform 5 elements with no deduction from the E score

Value of elements

Un-coded elements = 0.1

A value elements = 0.3

B value elements = 0.5

CR Requirements (Each one is worth 0.5 once if present in the routine)

1. Long hang swing
2. Close bar element
3. Half turn
4. One grip change
5. Dismount

Examples of un-coded/coded moves eligible for CR requirements (more are available please check)

1. Basic swing, upstart, giant
2. Back hip circle, circle up, front hip circle, back hip circle, clear hip etc
3. Swing with half turn, undershoot with half turn (half turn can be performed in the dismount)
4. Any hand change, blind turn
5. Swing and drop off, undershoot, back away.

Anything that looks like an element will be credited as such.

Women's Pro Level

The Pro level competition will be based on the FIG Women's artistic code of points 2013-2017.

Judging will be as per FIG rules with the following exceptions to the CR requirements and value of elements.

A/Un-coded value elements = 0.1

B value elements = 0.2

C value elements = 0.3

D value or above elements = 0.4

Floor

1. Forwards/sideways and backwards elements
2. Dance passage containing two different leaps or hops connected directly or indirectly. One of them must have 180° split in either cross/side or straddle position.
3. Salto with 360° turn
4. Salto
5. Dismount (A value = 0.3, B value = 0.5)

Beam

1. Dance connection on two leaps/jumps, one of them must have 180° split in either cross/side or straddle position.
2. Minimum of a full spin
3. Acrobatic series containing at least one flight element.
4. Acrobatic elements in different directions forward/sideways and backwards
5. Dismount (A value = 0.3, B value = 0.5)

Bars

1. Coded flight element from low bar to high bar
2. Close bar element
3. Different grips
4. Non flight element with 180° turn
5. Dismount (A value = 0.3, B value = 0.5)

Vault is as per FIG Code

Men's Pro Level

The Pro level competition will be based on the FIG Men's artistic code of points 2013-2017.

Judging will be as per FIG rules with the following exceptions to the value of elements.

A/Un-coded value elements = 0.1

B value elements = 0.2

C value elements = 0.3

D value or above elements = 0.4

For this competition dismounts will be awarded 0.3 for A value and 0.5 for B value dismounts. For safety reasons no roll out elements higher than A value are to be performed.

Trampoline

Novice Set

Either tuck back somersault or jump full turn
Straddle
Seat landing
½ turn to seat landing
½ twist to feet
Pike jump
Back landing
½ twist to feet
Tuck jump
Either tuck front somersault or jump full turn

Optional Novice Voluntary

Must include one somersault and one body landing - no difficulty score but 0.5 bonus for two somersaults.

Intermediate Set

Back somersault tucked - 0.5 bonus for pike or straight
Straddle
Tucked Barani - 0.5 bonus for pike or straight
Jump half turn
Pike
Back landing or 0.5 bonus for tuck back somersault to seat landing
½ turn to feet
Tuck jump
Pike jump
Pike front somersault

Optional Intermediate Voluntary

Must include a minimum of three somersaults and a maximum of 7, difficulty will be awarded. There is a 0.3 bonus available for a ¾ front somersault ball out barani or ¾ back somersault cody. Each somersault must not exceed 0.6 in difficulty

Optional Pro Set

- Minimum of 8 somersaults, must include one somersault with at least 360 twist.
- Must include ¾ Front somersault ball out barani or ¾ back somersault cody
- There is a 0.5 bonus for a double somersault

Optional Pro Voluntary

Minimum of 8 somersaults - difficulty will be awarded.

Adults Competition Entry Form 16th August 2015

Entries must be received by 19th July 2015

Competitors Name	
Email	
Contact Number	
Date Of Birth	
Age at 1 st January 2015	
BG Membership number	
Club	

Please select from the following categories: -

Artistic Apparatus	Level	Please Tick
Pommel Horse	Novice	<input type="checkbox"/>
	Intermediate	<input type="checkbox"/>
	Pro	<input type="checkbox"/>
Rings	Novice	<input type="checkbox"/>
	Intermediate	<input type="checkbox"/>
	Pro	<input type="checkbox"/>
High Bar	Novice	<input type="checkbox"/>
	Intermediate	<input type="checkbox"/>
	Pro	<input type="checkbox"/>
Floor (MAG)	Novice	<input type="checkbox"/>
	Intermediate	<input type="checkbox"/>
	Pro	<input type="checkbox"/>
Vault (MAG)	Novice	<input type="checkbox"/>
	Intermediate	<input type="checkbox"/>
	Pro	<input type="checkbox"/>
Parallel Bars	Novice	<input type="checkbox"/>
	Intermediate	<input type="checkbox"/>
	Pro	<input type="checkbox"/>

Artistic Apparatus	Level	Please Tick
Beam	Novice	<input type="checkbox"/>
	Intermediate	<input type="checkbox"/>
	Pro	<input type="checkbox"/>
A-Bars	Novice	<input type="checkbox"/>
	Intermediate	<input type="checkbox"/>
	Pro	<input type="checkbox"/>
Floor (WAG)	Novice	<input type="checkbox"/>
	Intermediate	<input type="checkbox"/>
	Pro	<input type="checkbox"/>
Vault (WAG)	Novice	<input type="checkbox"/>
	Intermediate	<input type="checkbox"/>
	Pro	<input type="checkbox"/>

Trampoline	Please Tick
Novice	<input type="checkbox"/>
Intermediate	<input type="checkbox"/>
Pro	<input type="checkbox"/>

To enter the trampoline competition the cost would be £10.00, there would be a £5.00 discount if you were competing in the gymnastics competition as well.

The cost to enter will be £5 per apparatus for the first 4 pieces.
The cost after 4 pieces will be £2.50 per additional apparatus.

Please send your completed entry form together with the entry fee (cheques made payable to Colchester School Of Gymnastics) to either Jessica or Louise, Colchester School Of Gymnastics Brinkley Grove Road Colchester Essex CO4 5DS
You may pay by Bacs our details are: - Account no. 00024367 Sort code 405240 (ref- club, name & adult competition)