



Men's Artistic

Competition Handbook

2020



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Section 1 - Version History

The Men's Artistic Technical Committee (MTP) reserves the right to make amendments to this handbook. Notification of a change to the handbook will be communicated through the Welsh Gymnastics website and an updated version will be made available to download at the time of change.

Version 1.0 – Original

Any enquiries regarding competitions should be directed to one of the following:

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Section 2 - Eligibility

Welsh Championship Titles

To compete and win Welsh titles, gymnasts must fulfil the eligibility requirements as specified below:

- Be eligible to hold a UK Passport
- Hold correct British / Welsh Gymnastics membership

and

- Be born in Wales;

or

- Mother, father or grandparents of the gymnast born in Wales;

Or

- Live in Wales and have done so for a continuous period that exceeds 48 months

For full details of eligibility information and evidence requirements please click [here](#)

Welsh Open Events

Any invited gymnasts are eligible to compete in Open events provided they fulfil the relevant membership requirements.

NDP Grades

For eligibility into NDP Grade events please refer to the British Gymnastics eligibility requirements found within the BG Competition Handbook.

Section 3 - Qualifications and Membership

All persons attending WG events in an official capacity, whether as a gymnast, coach, judge or TP member are required to hold current BG/WG membership in line with the level of competition entered and awards held.

• Gymnasts

In normal circumstances, gymnasts should be a member of a WG/BG registered club. In exceptional cases, where a gymnast does not belong to a WG/BG registered club they must contact Welsh Gymnastics and request entry into the Event. If granted such gymnasts will be given the classification as being Unattached. In such circumstances the gymnasts must nominate a Supervising Coach and must also meet all other membership requirements.

For all Grades competitions, gymnasts must hold current WG/BG membership at the time of Regional Preliminaries. Anyone discovered to have been without the correct level of membership for these competitions will be disqualified.

For gymnast membership type required for each specific MA competition – please see the table in section 14.

Coach Qualifications and Membership

All Coaches entered into the event entry MUST be the same ones attending the event. It is unacceptable to enter a coach you know will not be attending. The Lead Coach has the ultimate responsibility for all the participants from their club/region and that of the Supervising Coaches, Assistant Coaches, Chaperones & Choreographers.

- In an individual competition one coach per gymnast is allowed from any two nominated, male or female
- In a team competition two coaches are allowed per team.

• Lead Coaches

Lead Coaches have a duty of care towards their performers and have a responsibility to ensure that all of the coaches under their supervision are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically and psychologically, for performing their routines in a competition situation.

Lead coaches' membership level must be Coach or Life Members of BG/WG and coaches must be qualified to the level of the skills being performed by all Gymnasts in the club/region before being allowed to participate in a WG/BG Event. Coaches must have current safeguarding

and enhanced DBS certificates, please see Safeguarding section. With the explicit authorisation, the lead coach may authorise other coaches from their club/region to coach skills at a maximum of one level higher than that coaches' qualification but has responsibility for ensuring that they are competent to do so. If coaching at one level higher than their current qualification, coaches must have completed the relevant course or module of the next coaching level covering those skills, although they may not yet be signed off as qualified. When submitting entries for a WG/BG event, clubs/regions must ensure that where applicable the nominated Lead Coach is qualified to the level of performance of all the participants from their club/region. For further information on the changes introduced this year for Lead and Supervised coaches, please refer to the BG Handbook.

- **Coaches**

Supervised coaches' membership level must be Coach or Life Members of BG/WG and coaches must be qualified to a minimum of level 2. Coaches must have a current safeguarding and an enhanced DBS certificate. Please see Safeguarding section.

- **Supervised Coaches**

With the explicit authorisation of the lead coach, supervised coaches may coach skills at the maximum of 1 level higher than their current qualification before being allowed to participate in a WG/BG Event, in this instance the supervised coaches must have completed the relevant course or module of the next coaching level covering those skills, although they may not yet be signed off as qualified. For further information on the changes introduced this year for Lead and Supervised coaches, please refer to the BG Handbook.

- **Assisting Coaches**

Assisting coaches' Membership level must be Assistant Coach (if Level 1), Coach or Life Members of WG/BG before being allowed to participate in a BG Event. Coaches must have a current safeguarding & DBS certificate. Please see Safeguarding section.

Additional Assisting Coaches (Level 1 and above) may be accredited, at the discretion of the Organiser, to be present in the competition arena to assist with the pastoral care of the gymnasts. Assisting coaches may not coach the gymnasts unless they fulfil the requirement of holding a recognised qualification suitable to the level of skills being performed.

- **Chaperones**

Additional Chaperones may be accredited; at the discretion of the Organiser, to be present in the warm-up arena to assist with the pastoral care of the gymnasts. Chaperones may not coach the gymnasts. Chaperones must be a minimum of 18 years old. Individuals must have current WG/BG membership and Safeguarding award and will only have access to the warm-up hall when in attendance at an event.

- **Judges**

Judges must have current WG/BG membership, relevant to their qualification and must also hold a current cycle of judging award (Cycle 14).

WG/BG does not require judges to complete a criminal record check to judge at WG competitions, as the role that judges fulfil at the event no longer falls within enhanced DBS eligibility. However, some judges are actively involved in club gymnastics and may provide judging instruction to children in a training environment or carry out a supervisory role (or may complete a criminal record check by virtue of another role they undertake e.g. coach). As not all judges use their qualification in the same way, it is the club's responsibility to assess the role the judge is undertaking and determine whether the activities involved fall within the eligibility criteria for an enhanced criminal record check. WG/BG no longer requires all judges to complete safeguarding training, but clubs should ensure any judge who supervise or instructs children has completed appropriate training.

If it is found that a club is in breach of these policies WG reserves the right to reject an entry on the grounds of gymnast safety or, if discovered post performance, to disqualify the competitor and remove their score(s) from the official results.

Section 4 - Safeguarding

All Coaches are required to hold a current BG specific enhanced DBS certificate and have current Safeguarding and Protecting Children Awareness training at the time of the event. Coaches who do not fulfil this requirement will not be accredited or allowed to participate at WG/BG Events.

All Gymnasts must always have an accredited coach present on the competition floor. If a Gymnast attends a competition without a Supervising Coach they will not be allowed to compete.

The SPC must be renewed every three years and be valid both at the time of entry and through to the end of the Event. For members who have previously completed a face to face course an online refresher update course is available. Coaches are responsible for checking the expiry date of their safeguarding and ensuring they have sufficient time to renew their award prior to the closing date of the event.

A nominated Welfare Officer will be present at all WG Competitions.

Disclosure

Policy for the Participation of Trans People in Gymnastics Competition

For information on Transgender, please refer to the British Gymnastics Transgender Policy which can be found here; <https://www.british-gymnastics.org/documents/clubs-schools-and-leisure-centres/9680-transgender-policy-and-guidance-2018-v2-0/file>

Section 5 - Competition Entries

Entry Process

Entry to the majority of Area and National WG Events are online. Complete instructions for adding an entry via the GymNet online Entry Portal are available to download from the BG website. All entries must be fully submitted electronically to WG/BG by the stipulated closing date and time. Where a competition entry is not available via GymNet, the entry form should be completed in full and returned by the entry deadline.

If a club enters a gymnast into an event they are assumed to be confirming that the gymnast is eligible to compete (according to the rules in place). Should a gymnast be deemed ineligible prior to the event, the gymnast will not be permitted to compete, and the score will not stand (if the competition has begun). A refund will not be permitted.

Prior to the event, an entry may only be amended by the person making the original entry.

Volunteers

No competition entries will be accepted without a nominated volunteer. Volunteers / clubs will be allocated a role for the day of the competition and this will be communicated via the Competition Organiser. It is the responsibility of a club to communicate this with their nominated volunteer. If a club or area's volunteer (or an appropriate replacement) does not attend on the day of the competition, then a fine of £50 will be applied. Should a nominated volunteer (or appropriate replacement) fail to attend the nominated event, a £50 (per day) fine will be applied. Volunteers must also be available to assist the whole section of competition assigned – should the volunteer leave part way through, the fine will be applied to the GymNet shopping basket via the Welsh Gymnastics office staff.

Please note that for MA competitions, volunteers must be 16+ years or 13+ with a Sport Leaders Qualification.

Judges

Clubs and Areas entering competitions are required to nominate and supply a judge or judges for the days on which their gymnasts are competing. If a club or region's competitors cover various age groups / grades it will be necessary to provide a judge for each day of their competition. The number of judges required is as below:

Up to 16 competitors – 1 judge per whole day

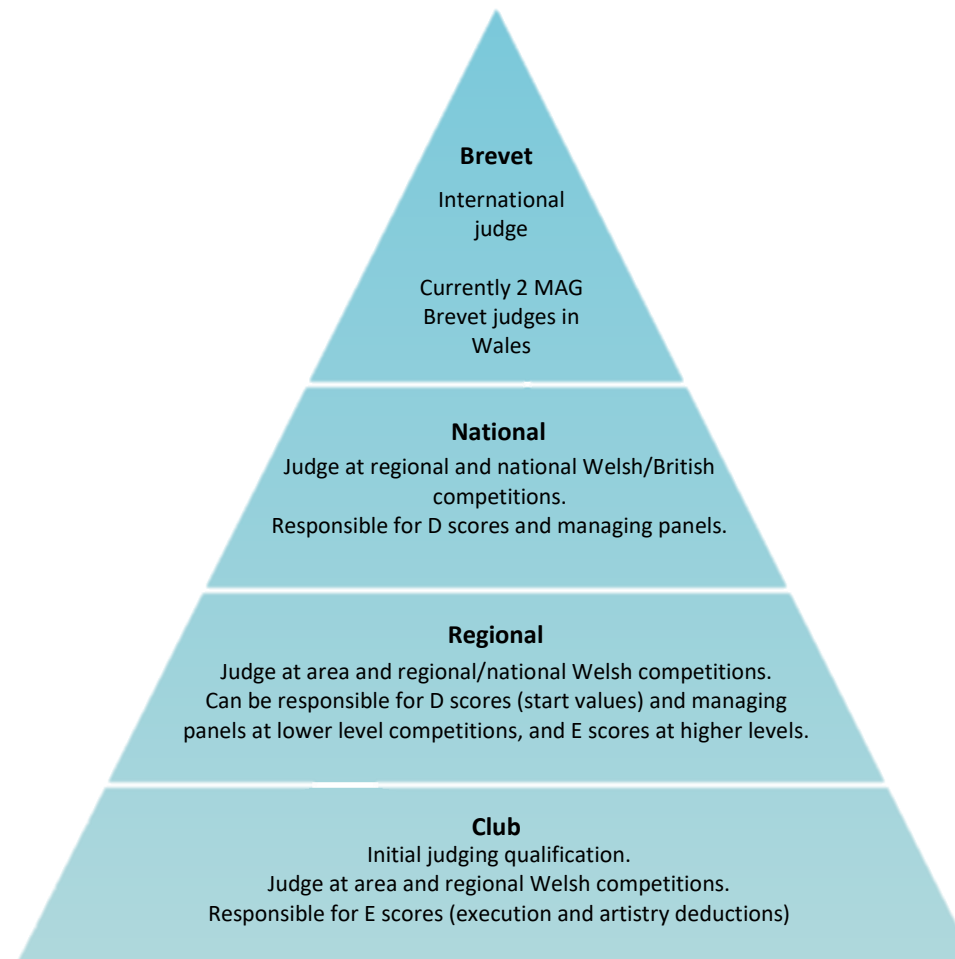
16-32 competitors – 2 judges for whole day

32-48 competitors – 3 judges covering both days

If the club cannot provide a judge, that club may not enter the competition (this includes Area qualifiers). If a club provides one judge, then the club may enter up to 16 gymnasts across the event groups. If a club provides more than one judge, proportionately more gymnasts may be entered. No entries will be accepted without a nominated named judge. Clubs will have to limit their competitors if they do not have a sufficient number of judges.

Should a nominated judge (or appropriate replacement) fail to attend the nominated event, a £100 (per day) fine will be applied. Judges must also be available to judge the whole day of competition – should the judge leave part way through the fine will be applied to the GymNet shopping basket via the Welsh Gymnastics office staff.

These rules must be enforced to ensure that all competitions can run. It is important that we have club judges and enough numbers of regional (or higher) judges at each competition to ensure fairness and expertise to recognise the work that our gymnast and coaches are producing. For grades, it is essential to have 5 regional judges, 1 on each piece. Areas need to ensure that this stipulation from BG is met when holding area grades competitions. Clubs need to be mindful of this when nominating judges.



Disability Gymnastics

Disability Gymnastics is designed to provide competition and development for people whose disability or impairment restricts their mainstream competitive opportunities. The competition categories are based on a two thronged classification system;

- 1 – Physical disability
- 2 – Intellectual disability

All clubs and coaches must inform Welsh Gymnastics of any gymnasts which have medical conditions that require special consideration at WG events. This information should be shared with Welsh Gymnastics at the point of competition entry and will enable WG to make the necessary adjustments where possible to cater for the additional needs of each gymnast.

Gymnasts will be required to provide proof of disability at least six weeks before the event, which should be sent to the Welsh Gymnastics Office.

Late Entries

Late entries will only be considered in exceptional circumstances and only up to 7 days after the closing date.

In the unlikely event of a late entry being accepted, payment of two times the normal entry fee stated for the competition will be required for individuals (including partnerships and groups). For team late entries the fee will also be double (including clubs and areas). However, the late entry payments will be capped at £1000 (i.e. the additional payment over and above the normal entry fee per gymnast / partnership / group / team will be capped at £1000).

Late entries must be made in writing to the relevant Welsh Gymnastics staff member and will then be referred to the Organiser for consideration. The Organiser and Welsh Gymnastics will have absolute discretion whether to accept a late entry.

Late entry requests may be placed on a reserve list and clubs notified if their entry is accepted following a withdrawal, up to 1 week prior to the event.

Withdrawals and Substitutions

Amendments to an entry before the closing date will not incur a penalty. Any changes made after the closing date will be charged an administration fee (equivalent to a late entry fee), which will be added to the club's GymNet. Amendments must be made in writing to the relevant Welsh Gymnastics staff member and will then be referred to the Organiser for consideration. The Organiser and Welsh Gymnastics will have absolute discretion whether to accept the amendment. In the case of withdrawals, the entry fee will be refunded – prior to the closing date. Entry fees are non-refundable after the closing date. .

Please note that changes to nominated team members will not be made less than two weeks prior to the event. Changes must be made in email / writing to the WG office as an amendment to the entry form.

Where it is necessary to substitute a coach the club must inform the Welsh Gymnastics and the Competition Organiser, so the coach can be checked for membership, awards and safeguarding, before they can be accredited for the Event.

Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute must inform the Organiser immediately on arrival at the venue and produce proof of their coaching award certificate, current BG membership, a current BG enhanced DBS and a Safeguarding Certificate.

Where there are specific rules and/or processes please refer to the specific event pages.

Non-Participation Fee

By entering a gymnast or a team into an event, the enterer accepts that, should any gymnast or team fail to register to compete by the end of registration for a competition, the appropriate fee for nonparticipation will be added to the club basket.

Fees will be charged as follows:

£15 – Individual

£30 – Team

Should a gymnast be withdrawn, for whatever reason, the club or coach must inform the Competition Organiser and Events Department in writing via email or notifying the Competition Organiser/registration desk up to the close of registration for the relevant session.

Failure to inform the Competition Organiser/Registration desk as laid out above will result in the non-participation fee being charged.

Section 6 - General Regulations

Coaches must make adequate provision for the “supervision” of their gymnasts upon arrival at the venue. Gymnasts will not be allowed to register or begin warm up without their coach present.

Registration

Only register your Gymnast(s)/Club/Area when those competing in that section of the event have arrived at the event and intend to compete. Please inform the registration desk of any withdrawals as soon as possible.

During registration, coach accreditation/passes will be issued. Abuse of accreditation/passes may result in disciplinary action taken by WG.

Specific registration processes where appropriate can be found in the event work plan/running order.

Order of Performance

The order of competing for individual events and team events shall be decided according to the competition arrangements made by the Organiser or such officials as may be authorised by the Technical Panel. Please note that the event timings/days that are initially provided are subject to change and will be dependent on the number of gymnasts that enter the competition. For the purpose of maintaining the smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the TP reserve the right to alter the grouping of gymnasts and/or running order of performances as may be deemed necessary by the Organiser or authorised officials, up to the start of warm up. In order to maintain a regular competition, Welsh Gymnastics and the Competition Organiser, reserve the rights to change the working order and/or time of commencement of the competition round. Once underway the order of performance will only be changed, at the discretion of the Competition Organiser, in extenuating circumstances when a gymnast may be temporarily unable to compete.

Wherever practical the Organiser shall produce and circulate to all participating clubs and publish on the WG website, a provisional start list and running order for an event at least 2 weeks before the start of the competition.

Access to Warm up Hall

Access to the warm-up hall will be limited to the appropriate number of Coaches, Chaperones and Choreographers (where applicable) as defined in the specific details section for each Event. On arrival, coaches will need to register and collect their accreditation from registration. In the case of events spanning more than one day, accreditation will be issued for each day.

Abuse of accreditation may result in disciplinary action being taken by WG.

Judges will not be allowed into the warm-up hall, once the judges meeting has taken place.

Food and Drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies.

Babies and Young Children

In the interests of safety, for the smooth running and professional presentation of the events, babies and young children are not permitted to enter the warm up hall or field of play, even if they are being supervised by an adult.

Medical Provision

Anyone requiring First Aid assistance should speak to either the Competition Organiser or allocated medical staff. It is recommended that all coaches have a First Aid kit with them for minor injuries. When in attendance the medical team will be available to treat gymnasts who sustain an injury at the event. The medical team are not able to treat pre-existing or chronic injuries.

Any injury occurring during the official training or competition must be reported to the medical team, to ensure a record can be kept of treatment given and by whom. The decision of the Organiser, based upon the recommendation of the WG appointed medical officer as to the gymnast's health and medical status and their ability to compete at the Event is absolute and final.

Tenure of Trophies

All perpetual trophies remain the property of WG. Perpetual trophies are the responsibility of the winning club or area. The club or area are responsible for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the Organiser prior to the competition the following year by either; -

- Making arrangements for it to be delivered to the competition venue on the day.
- Returning it to the competition organiser at least one week prior to the competition.
- Returning it to the WG office at least one week prior to the competition.

Failure to do this or loss of a trophy will incur a cost to the individual / club.

Protests

Official MTP protest forms are available from the Competition Organiser and must be completed and returned (with £10.00 fee) to them within 15 minutes of the coach receiving the score slip. A coach may protest the D score only.

Photographic analysis/evidence will not be accepted at an event

Section 7 - Video, Film and Photography

If you agree for your club to enter you into a WG competition, we will use your personal information to confirm you have been entered into the correct category and to enable you to participate in the event. All WG competitions are large events where filming and photography by WG accredited photographers and the media will be taking place. In some cases, the events will be videoed. Images taken at our events may be used by WG for the purposes of promotion, education and development of the sport. They may also be shared with relevant third parties organisations for journalistic/promotional purposes. The results of WG competitions are published on the WG website.

Any gymnast or parent who does not wish themselves or their child to be photographed/filmed at the event must advise Welsh Gymnastics or the Event Organiser. Any person wishing to use video, film or take photographs must abide by the WG Photography at Gymnastics Events policy. 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 publication in printed or electronic form, such as on websites. Clubs may publish some photos but this may only be done in accordance with BG Safeguarding & Protecting Children Policy.

Flash may not be used at any time while gymnasts are warming up or competing. If you have concerns about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to the WG appointed Welfare Officer at the event.

Section 8 - Health & Safety

The health, safety and welfare of all participants (gymnasts, coaches and officials) is the primary consideration. All WG/BG policies and procedures will be rigorously applied with regards to health, safety, welfare and Safeguarding & Protecting Children.

Should at any time during a competition, a Welsh Gymnastics Floor Manager, TP member, Head Judge or National Coaching Team member/employed staff, believe the elements performed put the gymnast at risk, they will intervene and make a decision on whether the gymnast is capable of performing the skill/routine. A review and discussion with the personal coach and/or club will also take place post competition to ensure the safety and well-being of all gymnasts is paramount.

Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication in the main arena during the event. Such mobile devices may only be used for monitoring scores and results, where the BG Score App/or equivalent is in operation. It will be part of the role of the Floor Manager to monitor this area. Any coaches who are identified as filming their gymnasts' performances from the competition floor or using their devices in an inappropriate manner will be asked to leave the floor. This may also result in the removal of their gymnast(s) from the competition floor.

Section 9 - Overnight Stays

Government legislation requires that when a club takes a gymnast(s) under the age of 18 years on a journey involving an overnight stay, the club must ensure that there is a designated trained person responsible for child protection on the trip. To adhere to the CPSU child protection standards this person must not be related to or in a relationship with the coach attending the trip.

The training for the designated person should be WG/BG recognised Safeguarding and Protecting Children Awareness training or Home Country equivalent. For overnight trips the appropriate form needs to be completed in full and sent to British Gymnastics at least four weeks prior to travel so we can get your trip approved and endorsed by our insurers. Failure to inform British Gymnastics of any overnight stays may invalidate your insurance.

Please note that the WG/BG Membership Insurance does not cover Travel or Emergency Medical Expenses, we therefore recommend that where necessary you take out additional Travel Insurance.

Section 10 - Drug Free Sport

The testing programme may affect any elite gymnast performing at a national standard.

Please follow the link to read the BG policy; <https://www.british-gymnastics.org/technical-information/performance-gymnastics/anti-doping>

Section 11 - Competition Attire

- All gymnasts and coaches must march on in competition attire.
- Jewellery, body piercing and similar adornments are not allowed. Coaches will not be allowed on the competition floor if wearing jewellery (ear studs are permitted, wedding rings if taped). Exceptions are as per BG Body Piercing and Adornments Policy.
- Chewing gum is not allowed at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.
- As per BG protocol, coaches and volunteers should be in full length tracksuit bottoms/full length sports leggings, polo shirt / t-shirt and trainers or similar. Coaches will not be permitted onto the competition floor if they are not dressed appropriately (as set out in this section).
- No flip flops/sliders should be worn by coaches on the competition floor. Coaches will not be permitted onto the competition floor if they are not dressed appropriately (as set out in this section).
- Judges should dress appropriately, according to the relevant discipline.

Requests can be made to adopt reasonable clothing modifications at any WG competition. All requests must be on the official WG Clothing Modification Request Form and submitted with the competition entry at least four weeks before the competition closing date, to allow enough time for full consideration of the application and any possible health and safety implications.

<https://www.welshgymnastics.org/documents/2018-12-03-58-1-clothing-modification.docx>

Section 12 - Terms and Conditions of Entry to All Competitors

In addition to WG General Rules & Regulations -

- o All entrants agree to be treated by WG appointed medical staff only and be bound by the decision of WG medical staff in relation to their ability to compete in the competition.
- o By submitting an inquiry you agree to pay a fee which will be added to the club/region basket.
- o You agree to the storing of competition scores. WG will redact your details from the published results unless there is a justifiable reason to reject an objection to publication.
- o You agree to abide by the WG/BG Photography at Gymnastics events policy.
- o The person making the online entry on behalf of gymnast(s), a club or an area, undertakes to ensure that those who they are making an entry on behalf of are fully aware of and agree to abide by the contents of this handbook.

Section 13 - General Rules and Penalties

Rule	Penalty
Clubs must have an appropriately qualified coach on the competition floor	Gymnasts/Team Withdrawn from competition
Coach displaying aggressive behaviour/foul language	Removal of coach from the competition floor
Coaches must be appropriately dressed	Coach will not be permitted on the competition floor
Gymnasts, coaches and volunteers only permitted on competition floor	Unpermitted individuals will be asked to leave the competition floor and 0.5 deducted from the final score of gymnast and team
Gymnasts and coaches are not permitted to wear any jewellery	0.3 deducted from the score on the first piece of apparatus it was noticed
Gymnasts should not leave the competition floor without the permission of their coach and the judge on that apparatus	Disqualification
Team members must wear identical attire	0.3 deducted from score on apparatus where first noticed
Supports/bandages must be matched to the skin tone of the gymnast	0.3 deducted from score on apparatus where first noticed
Excessive use of chalk	0.1 deducted from the gymnast's score
Chewing gum is not allowed at any phase of the competition, including the opening and closing ceremonies and presentation of awards	Coach will be asked to leave the competition floor



Section 14 - National Competition Calendar

Competition Name	Venue	Date(s)	Closing Date	Membership Levels	Entry Fee
Welsh Championships (Open and Closed)	SWNC, Cardiff	March 28 th	February 14 th	Silver Competitive	£30 per Individual £100 per Team
Welsh Apparatus Challenge	SWNC, Cardiff	May 3 rd	March 20 th	Bronze Competitive	£15 per Individual
Disability Open Competition	SWNC, Cardiff	May 3 rd	March 20 th	Bronze Competitive/Silver	£15 per Individual
Welsh Regional Grades (Club & Elite)	SWNC, Cardiff	September 12 th	July 31 st	Silver Competitive	£20 per Individual
Preparation Grade 8	SWNC, Cardiff	September 12 th	July 31 st	Bronze Competitive	£15 per Individual
Dragon Cup (Floor and Vault)	SWNC, Cardiff	December 13 th	October 30 th	Bronze Competitive/Silver Competitive	£12 per Individual £36 per Team

Section 15 – 2020 Welsh Artistic Championships

Age Group	Year(s) of Birth	Code
U10	2010	U10 – See Appendix A for criteria
U12	2008 & 2009	FIG Junior Code 2017-2020, Cycle 14 with GBR amendments – See GB Handbook
U14	2006 & 2007	FIG Junior Code 2017-2020, Cycle 14 with GBR amendments – See GB Handbook
U16	2004 & 2005	FIG Code (FIG rules for specific elements that are prohibited for juniors will be applied)
U18	2002 & 2003	FIG Code
Senior	2001 +	FIG Code

Awards

Individual All Around	Top 1-6
Individual Apparatus	1 st Place
Team Competition (5/5/3)	Top 3 – Each Age Group



Section 16 – Welsh Apparatus Challenge Championships

Level 1 (Novice)	Under 10 (2010, 2011, 2012)	Level 2 (Intermediate)
	Under 12 (2008 & 2009)	
	Under 14 (2006 & 2007)	
	Under 16 (2004 & 2005)	
	16+ (2003+)	

Eligible gymnasts

Gymnasts who have not competed at the Welsh Championships within the same competition year.

Competition Structure

Individual All Around (Top 4 apparatus scores to make AA score)

Codes/Criteria

See Criteria in Appendix B



Section 17 – Disability Open Competition

Under 12 (2008, 2009 & 2010)	Competition A	Competition B	Open Competition
Under 14 (2006 & 2007)			
Under 16 (2004 & 2005)			
16+ (2003+)			

Eligible gymnasts

Any gymnast with a disability will be eligible to compete. This will be an open and closed competition.

Competition Structure

Individual All Around (Top 4 apparatus scores to make AA score).

Codes/Criteria

<https://www.british-gymnastics.org/technical-information/discipline-updates/mens-artistic/10564-mens-artistic-disability-code-of-points-2019-v1-0/file>



Section 18 – Welsh Regional Grades (Club and Elite)

Club Development Grades	Year(s) of Birth	Elite Development Grades
Level 1	2011	Level 1
Level 2	2010	Level 2
Level 3	2009	Level 3
Level 4	2008	Level 4
Level 5	2007	Level 5
Level 6	2006	Level 6

Awards

Individual All Around	Top 1-6
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Codes/Criteria

See BG Club Development and Elite Grades Handbook

British Club Development and Elite Grades Finals Team Selections

The Men's Technical Panel, along with the nominated Welsh National Coaches, will select team members for the above event based on the scores obtained from the Regional Welsh Grades Competition. Selection will be based on those gymnasts who will potentially provide the best result for a Welsh Team at the British National Finals.

Section 19 – Dragon Cup (Floor and Vault)

Club + National Levels	
Age Group	Year(s) of Birth
U8 (Club Level Only)	2012
U10	2010 & 2011
U12	2008 & 2009
U14	2006 & 2007
U16	2004 & 2005
Senior	2003+

Competition Structure

Individual and Team Competition (5/5/3)

Awards

Individual All Around	Top 1-6
Apparatus	Top 1-3
Team	Top 3

Codes/Criteria

See criteria in Appendix C of this Handbook.



Appendix A

Under 10 MAG Criteria – Welsh Championships

Gymnasts must be members of the Welsh Development or Elite Development Squad

Apparatus	Criteria
Floor	U12 Code (See BG Competition Handbook)
Pommel Horse	<ul style="list-style-type: none"> - Routine 1 - x7 Inward Loops - Routine 2 - x7 Outward Loops <p>Routines to be performed on a low pommel horse (no handles)</p> <p>Gymnasts to perform Routines 1 + 2</p> <p><i>The first and last circle of each routine will not be judged - as per the elite grades ruling.</i></p>
Rings	U12 Code (See BG Competition Handbook)
Vault	<ul style="list-style-type: none"> - Compulsory Vault - Handspring to stand, fall forward to prone (safety mats level with vault) <p>and</p> <ul style="list-style-type: none"> - Optional Vault 1 - Tsuk to stand , fall backwards to flat back (safety mats level with vault) <p>or</p> <ul style="list-style-type: none"> - Optional Vault 2 - Yurchenko to stand, fall backwards to flat back (safety mats level with vault) <p>Vault Height: 120cm</p> <p><i>Gymnasts to perform 2 vaults - Compulsory Vault and ONE of the optional vaults.</i></p>
Parallel Bars	<p>U12 Code (See BG Competition Handbook)</p> <p>Dismount Exception - option to include a flank dismount (A valued element)</p>
High Bar	Elite Grades Level 2 Routine (See BG Elite Grades Handbook)

Appendix B

Criteria to be added when amended

**Appendix D
Dragon Cup (MAG Floor and Vault)**

Club Level - Floor Exercise								
(12x12m square)								
Criteria	Maximum of 8 elements including the dismount to count. Repeated elements will not be counted but will incur execution deductions. Execution, Technical and Apparatus specific deductions as per FIG Junior Code				Maximum of 10 elements including the dismount to count. Repeated elements will not be counted but will incur execution deductions. Execution, Technical and Apparatus specific deductions as per FIG			
Age Group		Under 8 Year Born 2012	Under 10 Year Born 2010 and 2011	Under 12 Year Born 2008 and 2009	Under 14 Year Born 2006 and 2007	Under 16 Year Born 2004 and 2005	Men Born 2003 and earlier	
Short routines	Penalty (ND) 5+ elements 0.00 4 elements 2.00 3 elements 4.00 1-2 elements 6.00 No elements 10.00				Pen (ND) 7+ els 0.00 6 els 2.00 5 els 4.00 3-4 els 6.00 1-2 els 8.00 no els 10.00		Penalty (ND) 7+ elements 0.00 5 - 6 elements 4.00 3 - 4 elements 6.00 1 - 2 elements 8.00 no elements 10.00	
Exercise Content								
Difficulty Value	Award Uncoded Skill 0.1 A Skills 0.3 B Skills 0.5			Award Uncoded Skill 0.1 A Skills 0.3 B Skills 0.5 C Skills 0.7				
Element Groups (up to 5 skills in each element group can count towards elements required for exercise presentation)	Group	Award Once 1. Non Acrobatic 0.5 2. Forward Acrobatic 0.5 3. Backward Acrobatic 0.5 4. Dismount (Not from Group 1) 0.3 Uncoded Flighted skill 0.5 if minimum A skill			Award Once 0.5 0.5 0.5 0.3 B Skill 0.5 if minimum C skill			
Uncoded Skills								
(one element can only fulfil one element group i.e. roundoff used as a dismount will not be able to fulfil group 4 requirement)								
Element Group								
1	2	3	4					
Press to Handstand (Not Held)	Any Forward Roll Variation	Any Backward Roll Variation	N/A					
Swedish Fall	Round off (Flighted Skill)	Cartwheel						
Piked or Straddle Lever	Handstand Forward Roll	Backward roll through Handstand on straight arms						

Club Level - Vault							
Age Group		Under 8 Year Born 2012	Under 10 Year Born 2010 and 2011	Under 12 Year Born 2008 and 2009	Under 14 Year Born 2006 and 2007	Under 16 Year Born 2004 and 2005	Men Born 2003 and earlier
Vault Height		Trampette + Saftey Mat	110cm (Table)	120cm (Table)	125cm (Table)	135cm (Table)	135cm (Table)
Criteria		SET VAULT: From raised block, step onto trampette, handspring onto back (60cm raised matted area)	2 vaults to be performed with the best score to count. The same vault may be repeated Technical and Apparatus specific deductions as per FIG Junior Code unless otherwise stated			2 different vaults to be performed. Average score taken from the 2 vaults. Technical and Apparatus specific deductions as per FIG Code unless otherwise stated.	
		Evaluation from 10.00 points.	Evaluation from 10.00 points plus vault difficulty value. Difficulty values as per FIG <u>plus</u>				
Uncoded Vault		Straddle over or Tuck Through Vault					
Difficulty Value		0.50					

National Level - Floor Exercise (12x12m square)							
Criteria	Maximum of 8 elements, 7 elements plus the dismount to count. Repeated elements will not be counted but will incur execution deductions. Execution, Technical and Apparatus specific deductions as per FIG Junior Code			Maximum of 10 elements, 9 elements plus the dismount to count. Repeated elements will not be counted but will incur execution deductions. Execution, Technical and Apparatus specific deductions as per FIG			
Age Group	Under 10 Year Born 2010 and 2011	Under 12 Year Born 2008 and 2009	Under 14 Year Born 2006 and 2007	Under 16 Year Born 2004 and 2005	Men Born 2003 and earlier		
Short routines	Penalty (ND)		Pen (ND)		Penalty (ND)		
	5+ elements	0.00	7+ els	0.00	7+ elements	0.00	
	4 elements	2.00	6 els	2.00	5 - 6 elements	4.00	
	3 elements	4.00	5 els	4.00	3 - 4 elements	6.00	
	1-2 elements	6.00	3-4 els	6.00	1 - 2 elements	8.00	
No elements	10.00	1-2 els	8.00	no elements	10.00		
	no els	10.00					
Exercise Content							
Difficulty Value	Award		Award				
	Supplementary 'A' Skills		0.1		A Skills		0.1
	A Skills		0.1		B Skills		0.2
	B Skills		0.2		C Skills		0.3
	C Skills		0.3		D Skills		0.4
	D Skills		0.4		E Skills		0.5
	E Skills		0.5		F Skills		0.6
	F Skills		0.6		G Skills		0.7
G Skills		0.7					
Element Groups (up to 5 skills in each element group can count towards elements required for exercise presentation)	Group	Award Once		Award Once		Award Once	
	1. Non Acrobatic	0.5		0.5		0.5	
	2. Forward Acrobatic	0.5		0.5		0.5	
	3. Backward Acrobatic	0.5		0.5		0.5	
4. Dismount (Not from Group 1)	0.3 A Skill 0.5 if minimum B skill		0.3 B Skill 0.5 if minimum C skill		0.3 C Skill 0.5 if minimum D skill		
Supplementary 'A' Skills For u10 and u12 Age Groups Only (one element can only fulfil one element group i.e. roundoff used as a dismount will not be able to fulfil group 4 requirement)							
Group	1	2	3	4			
	Backward roll to Handstand on straight arms	Round off	None	n/a			

National Level - Vault (Vaulting Table)					
Age Group	Under 10 Year Born 2010 and 2011	Under 12 Year Born 2008 and 2009	Under 14 Year Born 2006 and 2007	Under 16 Year Born 2004 and 2005	Men Born 2003 and earlier
Vault Height	110cm	120cm	125cm	135cm	135cm
Criteria	A gymnast must perform 2 vaults. The vault may be repeated without penalty. Both scores wil then be averaged to find a total score. Technical and Apparatus specific deductions as per FIG Junior Code unless otherwise stated.			2 vaults to be performed from different vault groups and with different flight phases. Technical and Apparatus specific deductions as per FIG Code unless otherwise stated. Average score of the 2 vaults taken.	
	Evaluation from 10.00 points plus vault difficulty value				