



Welsh Gymnastics  
Gymnasteg Cymru

# Llawlyfr Cystadleuaeth Artistig Menywod 2023

## Women's Artistic Competition Handbook 2023

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## Section 1 – Version History

The Women's Artistic Technical Panel (WTP) 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 1.1 03/02/2023

- Amendment on judging requirement wording
- Updated competition dates
- Updated pre level 4 rules
- Welsh Championships medals

### Version 1.2 10/02/2023

- Clarification on judge availability requests
- Additional compulsory 4 and 3 competition

### Version 1.3 24/02/2023

- Update to NDP 4, 3, 2, 1 Eligibility and Reserve in line with BG handbook

### Version 1.4 16/03/2023

- Amended protest fees
- Exception added regarding number of coaches for area teams

### Version 1.5 20/03/2023

- Correction of Neyland Cup age ranges

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

- Competition Co-Ordinator Olympic Disciplines – Will Fraser-Coombe  
[will.fraser-coombe@welshgymnastics.org](mailto:will.fraser-coombe@welshgymnastics.org)
- Women's Artistic Technical Panel Lead – Carol Sargeant  
[carolsargeant@hotmail.com](mailto:carolsargeant@hotmail.com)
- Women's Artistic National Competition Organiser – Samantha Elliott  
[selliott.competitions@gmail.com](mailto:selliott.competitions@gmail.com)
- Women's Artistic Queries  
[womensartistic@welshgymnastics.org](mailto:womensartistic@welshgymnastics.org)
- Women's Artistic Judging – For any judging queries, please make contact via the Facebook page (Welsh Gymnastics WTC Information / Updates) or email –  
[womensartistic@welshgymnastics.org](mailto:womensartistic@welshgymnastics.org)

## 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.

### Welsh Championships

To compete at the Welsh Championships in either open or closed categories, gymnasts must be eligible to compete at the British Championships / senior gymnasts who are eligible for qualification to the British Championships through the WTC Cup.

#### **Open:**

All Around (Trophy 1<sup>st</sup> + 1-3 medals + 4-6 certificates)

Apparatus (1-3 Apparatus)

#### **Closed:**

All Around (1-3 medals + 4-6 certificates)

Apparatus (1-3 Apparatus)

### NDP Grades

For eligibility into NDP Grade events please refer to the British Gymnastics eligibility requirements found within the BG Competition Handbook. Gymnasts would not be able to compete a club / regional or national grade and a compulsory grade within the same year.

## 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 WA competition – please see the table in section 15.

Welsh Gymnastics retain the rights to utilise the power of discretion to ensure any judgement made is with the best interests of the gymnasts involved.

### 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

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 be qualified to the level of all the skills being performed by the gymnasts for which they are responsible. Coaches must have current safeguarding and DBS certificates. Please see Safeguarding section.

### Supervised Coaches

*Please note that Supervised Coaches' requirements have now reverted to pre-COVID levels.*

To be a Supervised Coach you must be a minimum of Level 2. 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. Assisting 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.

### Choreographer

Choreographers' Membership level must be Competitive Gymnast, Assistant Coach (if Level 1), Coach or Life Member of Welsh / British Gymnastics before being allowed to participate in a Welsh Gymnastics Event. Choreographers must have current safeguarding and DBS certificates. Please see Safeguarding section.

### 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 and DBS certificates 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 (2022-2024). From time to time, Welsh Gymnastics may invite international judges to officiate at WG events; as such, they will not require WG/BG membership.

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.

### Coach Qualifications

When submitting entries for a WG 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. Supervising Coaches must be a minimum of level 2.

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 and that of the Supervising Coaches, Assistant Coaches, Chaperones & Choreographers.

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.

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.

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.

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, Lead Coaches, Supervised Coaches, Assisting Coaches, and Chaperones 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.

Initial Safeguarding training, which is valid for 3 years, must either be a face-to-face workshop or an online classroom and delivered by a recognised training organisation. 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/virtual course an online refresher update course is available [here](#). 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.

British Gymnastics & Welsh Gymnastics accept training from the following providers:

- Local Authority Safeguarding
- FA Safeguarding
- UK Coaching Safeguarding and Protecting Children
- NHS Safeguarding
- Specific professional prior learning (Social Worker, Teacher, Police Officer etc)
- (Or Home Country equivalent approved by Scottish Gymnastics/Welsh Gymnastics/Gymnastics N Ireland)

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

### Policy for the Participation of Trans People in Gymnastics Competitions

For more information, please refer to the policy for the participation of trans people in gymnastics competitions which can be found [here](#).

## 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.

For Welsh finals (e.g., regional grades and classic challenge) two coaches per team can be submitted for the entry. If there are safety / welfare concerns for a gymnast additional coaches can be entered. Please liaise with the competition organiser and any area lead making the entry if this is necessary for any of your gymnasts following area qualifications. Please be aware, that this will be at the discretion of the competition organiser as they will also need to take into account if there are any restrictions around venue capacity and risks assessments at the venue.

### 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 per day 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 WA 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 day(s) 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 (please see below). Numbers of gymnasts are across the full competition, not per day. Whilst we will do our best to put judges on the same day as their club's competing gymnasts, this is not a guarantee. Club's need to provide judge availability to the competition organiser before the entry deadline. The number of judges required is as below:

- 1 – 8 gymnasts entered – 1 judge for one whole day
- 9 – 16 gymnasts – 1 judge that can judge two whole days, or 2 judges that can judge one whole day each
- 17 + gymnasts – 3 judges across both days

If a club is unable to provide the proportionate number of judges, they will be unable to enter the competition (this includes Area qualifiers). In exceptional circumstances, where a club is unable to provide judges, they must request permission in writing from the competition organiser to enter without a judge and a £100 fine per judge / day will be added to the club's GymNet shopping basket.

Should a nominated judge (or appropriate replacement) fail to attend the nominated event or withdraw within 48 hours of the competition start date (without replacement), a £200 (per judge / 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.

**From April 2020 WG have implemented a 3-strike rule - If a club's judge fails to attend or leaves part way through the nominated event, on three occasions over a two year period, the club will be unable to enter any WG competitions/events for one year.**

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.

It is the Head Judge's responsibility to ensure that his/her apparatus is the correct specification.

## 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. 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.

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 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.

Please note that changes to nominated team members will not be made less than seven days 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 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 WG/ 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.

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.

## 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 where relevant. 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 two weeks before the start of the competition.

### Access to Warm up Hall

Access to the warm-up hall (where relevant) 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 warmup 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 WTP protest forms are available from the Competition Organiser and must be completed and returned to them within 15 minutes of the coach receiving the score slip. There is a £50 fee for the first protest, £100 for the second, and £200 for the third. A coach may protest the D score only.

Photographic analysis/evidence will not be accepted at an event.

### Privacy

The full Welsh Gymnastics Privacy Notice can be downloaded [here](#).

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.

At some events, Welsh Gymnastics may produce event merchandise (e.g., event t-shirts). These may include the names and/or clubs of the gymnasts taking part.

Where competing gymnasts have a disability, it may be necessary to share the details of this disability with Performance staff and the Technical Panel in order to discuss if modifications to rules and processes are appropriate arising from this disability.

The scores and results will be published on the WG website on the specific event page.

## Section 7 - Music

All music for competition routines must be uploaded onto the GymNET portal at the latest two weeks before the competition date (see event page for specific time and date). Instructions for submitting music electronically may be found within the BG Online Entry Guide.

Clubs also need to bring a copy of the music for their club on a singular memory stick. Please ensure all tracks are labelled with the gymnast's full name and club. Please note that we cannot always accommodate iPads and iPods so please do not rely upon this method. Please ensure that the memory sticks are collected following the competition. Welsh Gymnastics / TP's cannot be held responsible for any music not collected.

### Late Music Submission

Late submission of music will attract a fee of £10.00 per gymnast/partnership/group/team. This fee will be added to your club basket. There will be a cap of £50 for late submission of music per competition. Music not uploaded by the deadline cannot be guaranteed to be uploaded on the day.

### Music Licensing

All music used in competition routines must conform to the relevant licensing requirements. Details may be found at the following link.

Certain tracks belonging to Disney, Andrew Lloyd Webber and Cirque du Soleil can be used but this should be checked on the PPL website to confirm the track is included within their repertoire. To check tracks go to <http://www.ppluk.com/> scroll to the bottom of the page and click on 'PPL Repertoire Search' enter the artists name and title. Any music listed as part of the search can be used.

If the track is not included within the listed tracks the club must apply directly to Disney, Andrew Lloyd Webber or Cirque du Soleil to use the track and pay the relevant licensing fees.



## Section 8 – Video, Film, and Photography

All WG competitions are large events where filming and photography by WG approved photographers and the media will take place. 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-party organisations for journalistic/promotional purposes.

Any gymnast or parent who does not wish themselves or their child to be photographed/filmed at the Event must advise the Welsh Gymnastics Event Organiser. We will ensure that any identifiable images of the participant are not published.

Any person wishing to use video, film or take photographs must abide by the BG Photography at Gymnastics Events policy, which can be downloaded [here](#) . Photos may only be taken for personal use. Unless specifically accredited, 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's Safeguarding Policy, and the BG Health, Safety & Welfare Policy, both of which can be downloaded [here](#) or the Photography Policy, linked above.

Flash photography 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 believe that any unsuitable photos are being taken, you should report your concerns to the WG-appointed Welfare Officer at the Event.

## Section 9 - 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 10 – Safe Trips

Any attendance at competitions needs to be in line with British Gymnastics' safe trip policy. To access this, please click [here](#).

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 11 - Drug Free Sport

The testing programme may affect any elite gymnast performing at a national standard. For more information please see the anti-doping section of our website [here](#) or read the BG policy [here](#).

## Section 12 - Competition Attire

- Please see British Gymnastics Competition at Events for Gymnasts Policy [here](#).
- All gymnasts and coaches must march on in competition attire.
- Jewellery, body piercing and similar adornments are not allowed. Newly pierced stud earrings need to be covered with protective tape. 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's Health & Safety Guidance: Safe Coaching document, which can be downloaded [here](#).
- 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. 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.

Noncompliance may result in the removal of the coach and, consequently, for Health and Safety reasons, their gymnast from the competition.

## Section 13 - Terms and Conditions of Entry to All Competitors

In addition to WG General Rules & Regulations

- 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.
- By submitting an inquiry, you agree to pay a fee which will be added to the club/region basket.
- 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.
- You agree to abide by the WG/BG Photography at Gymnastics events policy.
- 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 14 - 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
If applicable - Each gymnast should have a back-up copy of their floor music on a CD / USB clearly marked with the gymnast's name, number and club.	1.0 marks deducted from the gymnast's final score
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 leotards. There will not be a deduction if a gymnast decides to wear plain shorts or a unitard providing the body of the leotard/unitard is matching.	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	0.5 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 15 - National Competition Calendar

Competition Name	Venue	Date(s)	Closing Date	Membership Level
South East Grades	CNGA	February 18 <sup>th</sup> - 19 <sup>th</sup>	13 <sup>th</sup> January	Bronze / Silver
South Central Grades	CNGA	February 25 <sup>th</sup> – 26 <sup>th</sup>	13 <sup>th</sup> January	Bronze / Silver
West Area Grades	TBC	TBC	TBC	Bronze / Silver
Welsh Artistic Championships	SWNC, Cardiff	March 10 <sup>th</sup> – 12 <sup>th</sup>	1 <sup>st</sup> February	Silver
North Area Grades	Deeside	17 <sup>th</sup> – 19 <sup>th</sup> March	17 <sup>th</sup> February	Bronze / Silver
Compulsory Grades (4-2) + National Grades (5-1) FIG Challenge Qualifier	SWNC, Cardiff	April 1 <sup>st</sup> -2 <sup>nd</sup>	3 <sup>rd</sup> March	Silver
Regional Grades Finals (6-1) and Disability Grades	Llanelli GC	April 22 <sup>nd</sup> and 23 <sup>rd</sup>	TBC	Bronze / Silver

					£20 per individual for Disability Grades (to include certificate & badge)
Neyland Cup Floor & Vault	SWNC, Cardiff	June 10 <sup>th</sup>	12 <sup>th</sup> May	Bronze / Silver	£60 Team (up to 5 in a team)
South Central Classic Challenge Championships & Voluntary Disability Competition (Zinc & Copper)	CNGA	7 <sup>th</sup> – 8 <sup>th</sup> October	TBC	Bronze	£15 per individual
South East Classic Challenge Championships & Voluntary Disability Competition (Zinc & Copper)	CNGA	September 30 <sup>th</sup> – 1 <sup>st</sup> October	TBC	Bronze	£15 per individual
North Area Classic Challenge (Bronze Silver, & Gold) Voluntary Levels (4-2) FIG Challenge	TBC	September 30 <sup>th</sup> – 1 <sup>st</sup> October	TBC	Silver	£15 per individual
North Classic Challenge Championships & Voluntary Disability Competition (Zinc & Copper)	Deeside	September 15 <sup>th</sup> – 17 <sup>th</sup>	TBC	Bronze	£15 per individual
West Classic Challenge Championships & Voluntary Disability Competition (Zinc & Copper)	TBC	TBC	TBC	Bronze	£15 per individual
Classic Challenge Finals (Zinc & Copper)	Deeside	October 14 <sup>th</sup> - 15 <sup>th</sup>	6 <sup>th</sup> October	Bronze	£80 per team

Classic Challenge Championships (Bronze, Silver & Gold) FIG Challenge Qualifier Voluntary Levels (4-2) & Pre-Level 4	SWNC, Cardiff	October 21 <sup>st</sup> – 22 <sup>nd</sup>	22 <sup>nd</sup> September	Silver	£15 per individual
Compulsory 4 and 3	TBC	TBC	TBC	Silver	£20 per individual (to include certificate & badge)

## Section 16 - Competition Apparatus

Unless otherwise stated, the equipment at WTC competitions will be to current FIG specifications.

### Vault

- Maximum run allowed 25 metres.
- 125cm from the floor to the top of the table unless specified in the rules.
- 20cm FIG specification matting + 10cm supplementary matting with markings as specified or vault landing.
- For round off entry vaults, the safety collar must be in place.
- Mat for hand placement will be provided.
- Springboards – unless stated otherwise only hard and soft coil boards will be provided.

### Uneven Bars

- Low Bar 175cm / High Bar 255cm from the floor to the top side of the bars.
- 20cm FIG specification matting with 10cm supplementary landing mat.
- The take-off board may be placed on the supplementary mat.
- The supplementary mat may not be moved during the exercise.
- Both bars may be raised by 5cm where gymnasts' feet touch the basic matting while she is swinging on the high bar or hips touch the basic matting while she is hanging on the low bar.
- The request for the bars to be raised must be made with the competition entry form.  
The bars will be raised in accordance with the FIG/WTC regulations.
- Unauthorised raising of the bars will be penalised in accordance with the FIG regulations.

### Balance Beam

- 125cm from the floor to the top of the beam
- 20cm FIG specification matting with 10cm supplementary landing mat

### Floor

- 12m x 12m FIG specification floor area

Only apparatus supplied at the request of the WTP may be used at National events.

Please see the directives relating to floor music (Section 7).

## Section 17 - Grades

For detail on the Grades structure and criteria please see the British Gymnastics website (GymNET) or liaise with the WG office. Please note that the grade undertaken by a gymnast may impact upon the voluntary competition entered later in the year, thus it is the responsibility of the coach to select the most appropriate grade and pathway. There is an expectation that gymnasts are appropriately prepared for their grading and that the correct pathway is chosen, considering a gymnast's likely development and progression. Gymnasts would not be able to compete a club / regional or national grade and a compulsory grade within the same year. Clubs should also check that gymnasts hold the correct insurance to take part in Grades events. There is information in Section 15 of this handbook – for more information please liaise with the Welsh Gymnastics office.

**All Clubs should please note the following:**

*For all Grades competitions there must be a minimum of two judges one each piece of apparatus and at least ONE must be qualified to a regional level or above.*



Competition	Grade	Requirements to be selected to National/Regional Finals
Club + Regional Grades	6-1	<p>Top 5 gymnasts qualify to <b>Welsh Final</b>. There is no maximum age for gymnasts making the team for the Welsh Final. The team will comprise 5 to compete on each piece and the top 3 scores to count.</p> <p>No minimum score required.</p> <p>Area Competition Organiser/Floor Manager to submit team entries to WG.</p>
National Grades	5-1	<p>Top 5 to qualify as part of the team to <b>British Finals</b> with a score of 50.00+ or above for National Grades 4-1. No reserve.</p> <p>No individual entries. PLEASE NOTE – the R&amp;C WILL be performed at the National Final. Please refer to BG rulings for detail / clarifications as this document is final.</p> <p>There is <u>no</u> National Finals for National 5.</p>
Compulsory Grades	4-2	<p><b>Compulsory 4</b> - There will be <u>no</u> National Finals for Compulsory 4.</p> <p><b>Compulsory 3</b> - Top 4 to qualify as part of the team for British Finals (minimum age of 10) with a score of 51.00 + with minimum 10.00 on range and conditioning. Gymnasts who do not finish in the top 4 regionally and achieve a minimum score (56.5 with 10.00 + on R &amp; C) may enter the British Finals as an individual.</p> <p><b>Compulsory 2</b> - Clubs are responsible for entering gymnasts into British Compulsory 2. Gymnasts must have passed Compulsory 3 to enter.</p>

### National Grades

Please note that a National Grade 5 Competition will be added to the competition calendar in 2022. Gymnasts (2012-2014) working towards National/Compulsory Grades will be eligible to enter this competition. Rules will be based on the 2020 East Region Rules:

<https://www.british-gymnastics.org/documents/regions-and-home-countries/east/disciplines-2/womens-3/10745-preliminary-national-grade-judging-book-2020/file>

Please note that the National Grade 5 vault can be set at ANY height.

### Compulsory Grades – 4-2

**There will not be a British Final for Compulsory 4.**

**British Compulsory Grade 2** – These Grades are individual only – clubs are responsible for completing their own BG entry form.

### Club and Regional Grades

Certificates and badges are now included in the competition entry fee. They will be available on the day to all gymnasts that score the required pass mark. The Area Competition Organiser should liaise with the Performance Support Officer in Welsh Gymnastics and bulk order Grade 6-1 certificates and badges for their Area round/qualifier.

Area Club & Regional Grades 6 – 1 – are held in each Area and the medals / awards presented are at the discretion of the Competition Organiser for each Area. The top 5 scoring gymnasts make up the team for the Welsh Final.

Welsh Club & Regional 6-1 – At the Welsh Final the team score will comprise the highest 3 scores on each apparatus.

## Section 18 - Voluntary Programme

### The Neyland Cup (Floor and Vault)

- Please see attached rules.

### Classic Challenge Championships – Zinc + Copper

- The Zinc and Copper Levels will take place in Areas.
- Club teams in the Area competitions can consist of 3-5 gymnasts, 3 scores to count on each piece.
- The top 5 gymnasts in each age group/level making up the team for the Welsh Finals.
- 2 coaches per team can be submitted for entry to Welsh Finals. For more information, please see section 5.

### Classic Challenge Championships – Bronze, Silver, and Gold

- Bronze, Silver, and Gold levels will be a Regional (Welsh) Competition.
- In the Welsh Regional Competition, teams will comprise of 4 to compete, 3 scores to count on each piece.
- The top 6 overall scoring gymnasts, in each level, from across all the age groups will make up the Team for the National Final. A travelling reserve for each level will also be selected.

### Voluntary Levels

- There will be no National Finals for Voluntary Level 4. Gymnasts must have passed Compulsory Level 4 to enter their regional competition.
- Voluntary Level 3 will have regional team entry at National Finals for the top 4 gymnasts. Gymnasts must have passed Compulsory Level 3 to enter their regional qualifier. Gymnasts who do not place in the top 4 regionally and achieve a minimum score of 46.00 will be allowed to enter as an individual.
- Voluntary Level 2 will be direct entry to National Finals. Clubs are responsible for entering gymnasts into British Voluntary 2. To enter Voluntary Level 2 gymnasts must be a minimum of 11 years and have achieved a pass at Compulsory Level 3 in 2022 or taken Compulsory Level 2 in 2023.

### Pre-Level 4

- This competition will be a Regional (Welsh) Competition.
- The 2023 competition is for gymnasts born in 2014 and 2015.

### FIG Challenge Qualifier

- There will be no national FIG Challenge Qualifier in 2023. The regional FIG Challenge Qualifiers will determine the score to be achieved in order to progress to the WTC Cup 2024 at Aspire, Junior & Senior if required (as per BG competition handbook). Wales will be running 2 regional qualifier opportunities alongside Welsh Compulsory and National grades and the Welsh Classic Challenge / Voluntary Levels competition.

Each year, gymnasts may only compete in one Welsh voluntary competition, as detailed on the table. It is the responsibility of the coach to select the appropriate competition pathway.

A gymnast may not compete in both the Classic Challenge Championships **and** FIG Challenge Qualifier or Compulsory Grades in the same year.

Area competitions/qualifiers may choose to amend the team format to suit their own requirements. In all events where team medals are awarded the Team score will comprise the highest 3 scores on each apparatus.

### Eligibility and Criteria

Please see appended documents (Neyland Cup + Pre-Level 4).

NDP/Compulsory Grades + Classic Challenge Criteria available via GymNet.

IMPORTANT - Please note that as per the COP on floor, acro elements should not be performed after the final acro line (dismount).

For the 2023 Voluntary Disability Competition rules please click [here](#)

Voluntary Competitions - Age in Year										
	8	9	10	11	12	13	14	15	16	16+
<b>Zinc</b> Classic Challenge Championships	8 Years	9 Years	10/11 Years		12 Years+					
<b>Copper</b> Classic Challenge Championships		9 Years	10/11 years		12 Years +					
<b>Bronze</b> Classic Challenge Championships			10/11 Years		12/13 Years		14 Years +			
<b>Silver</b> Classic Challenge Championships					12/13 years		14+ Years			
<b>Gold</b> Classic Challenge Championships							14+ Years			
Pre-Level 4	8/9 Years									
Espoir Challenge					12/13 years					
Junior Challenge							14/15 years			
Senior Challenge									16+ years	
Espoir					Welsh Artistic Championships					
Junior							Welsh Artistic Championships			
Senior									Welsh Artistic Championships	

## Floor and Vault Competition – The Neyland Cup Rules

- This is a team competition, therefore individual entries will not be accepted. Teams must comprise of between 3-5 gymnasts; the highest 3 scores on vault and floor will count towards the final team score. Medals will be awarded to the top 3 teams in each of the 4 categories with ribbons awarded to the 4<sup>th</sup> place team. In addition, individual awards will be presented for Artistry on floor and highest E (execution) score on vault and floor.
- The theme of the 2023 competition will be **Movies and Musicals**
- It is the responsibility of the coach to select the most appropriate level for their gymnast. No Compulsory gymnasts / those who have entered National 3 should enter the Level 1 competition. No gymnasts who have passed Compulsory 3, National Grade 1 or above should enter either the Level 1 or 2 competition.
- Clubs will need to enter **1 team in 4 of the categories** to be eligible for the Neyland Cup. A club may enter a maximum of 12 teams (2 in each category) but must nominate which teams they wish to put forward for the Neyland Cup. Clubs should note that if they choose to enter more than 4 teams, they will need to provide 2 judges.
- The top 4 club team scores from different categories will be used to calculate the final score. The winning club at the end of the competition will be awarded the Neyland Cup!

	Level 1 Floor and Vault	Level 2 Floor and Vault
<b>10 in Year and under (2013-2015)</b>	<p><b>Vault:</b> Vaulting table 100cm, 110cm or 120cm 2 vaults to be performed, best vault to count No vault higher in difficulty than 2.4</p> <p><b>Floor:</b> 8 highest counting elements (3 x Dance, 3 x Acro and 2 x Optional). No acro elements count after last acro line. Difficulty for this competition is capped at 1.0 (e.g. 6 x A/uncoded elements and 2xB). Therefore, a gymnast's maximum score (without any bonuses) will be 13.0 (0.5 for each requirement and 1.0 in difficulty).</p>	<p><b>Vault:</b> Vaulting table 110cm or 120cm 2 vaults to be performed, best vault to count No vault higher in difficulty than 3.0</p> <p><b>Floor:</b> 8 highest counting elements (3 x Dance, 3 x Acro and 2 x Optional). No acro elements count after last acro line. No elements higher than B value may be performed.</p>

	<p><u>Requirements (each worth 0.5):</u></p> <ul style="list-style-type: none"> <li>• Dance passage (minimum 2, 1 with 135 degree split)</li> <li>• Acro line with min 2 flight elements</li> <li>• Mixed series with one acro element and one dance element directly connected</li> <li>• Second different acro line with min 1 flight element (salto not required)</li> </ul> <p><u>Bonus (if successfully completed):</u> <u>Awarded once only:</u> Leap / jump achieving 180 degree split (0.5) Salto (not aerial) fwd (0.2) Salto bwd (0.2)</p> <p><u>Uncoded elements (worth 0.1):</u> Backward roll to; pike stand, front support or handstand, Backward walkover, Forward walkover, Valdez, Handstand forward roll, Cartwheel.</p>	<p><u>Requirements (each worth 0.5):</u></p> <ul style="list-style-type: none"> <li>• Dance passage (minimum 2, 1 with 180 degree split / straddle)</li> <li>• Acro line (minimum of two connected flight elements) with salto</li> <li>• Mixed series with one acro element and one dance element directly connected</li> <li>• Second acro line with minimum two flight elements</li> </ul> <p><u>Bonus (if successfully completed):</u> <u>Awarded once only:</u> Straight salto forwards or backwards (0.2) B value spin (0.2) Leap / jump achieving 180 degree split (0.5) 3 or more B leaps/jumps (0.2)</p>
<p><b>12 in Year and Under (2011-2012)</b></p> <p><b>13+ Years</b></p>	<p><b>Vault:</b> Vaulting table 110cm, 120cm or 125cm 2 vaults to be performed, best vault to count No vault higher in difficulty than 3.0</p> <p><b>Floor:</b> 8 highest counting elements (3 x Dance, 3 x Acro and 2 x Optional). No acro elements count after last acro line. Difficulty for this competition is capped at 1.0 (e.g. 6 x A/uncoded elements and 2xB). Therefore, a</p>	<p><b>Vault:</b> Vaulting table 120cm or 125cm 2 vaults to be performed, best vault to count No vault higher in difficulty than 3.5</p> <p><b>Floor:</b> 8 highest counting elements (3 x Dance, 3 x Acro and 2 x Optional). No acro elements count after last acro line. No elements higher than C value may be performed.</p>

<b>(2010+)</b>	<p>gymnast's maximum score (without any bonuses) will be 13.0 (0.5 for each requirement and 1.0 in difficulty).</p> <p><u>Requirements (each worth 0.5):</u></p> <ul style="list-style-type: none"> <li>• Dance passage (min 2, 1 with 135 degree split)</li> <li>• Acro line (minimum of two connected flight elements) with salto</li> <li>• Mixed series with one acro element and one dance element directly connected</li> <li>• Second acro line with min two flight elements (can include non flighted also)</li> </ul> <p><u>Bonus (if successfully completed):</u> <u>Awarded once only:</u> Leap / jump achieving 180 degree split (0.5) Saltos fwd/swd AND bwd (not including aerals) (0.5)</p> <p><u>Uncoded elements (worth 0.1):</u> Backward roll to; pike stand, front support or handstand, Backward walkover, Forward walkover, Valdez, Handstand forward roll, Cartwheel.</p>	<p><u>Requirements (each worth 0.5):</u></p> <ul style="list-style-type: none"> <li>• Dance passage (min 2, 1 with 180 degree split / straddle)</li> <li>• Saltos in different directions (both must be within acro lines)</li> <li>• Minimum of two FIG acro lines (minimum of two flight elements including a salto)</li> <li>• B value dismount (highest value salto in last acro line)</li> </ul> <p><u>Bonus (if successfully completed):</u> <u>Awarded once only:</u> Two directly connected somersaults (0.2) Salto with minimum of 360-degree twist (0.2) B (or higher) value spin (0.2) 3 or more B leaps/jumps (0.2)</p>
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## Pre-Level 4 Rules (8 and 9 in Year only – 2014 + 2015)

All routines to have a D Score of 4.0

0.5 to be taken by D Panel for incomplete element (value of the skill)

No attempt at an element = VM + 2.00

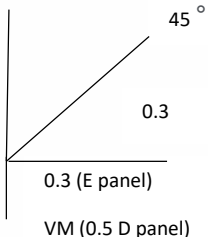
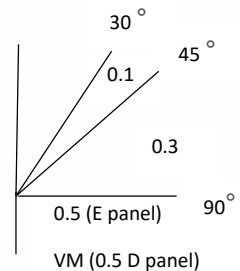
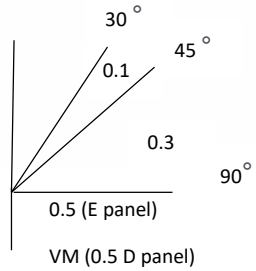
Lack of hold = 0.3

Using FIG deductions unless otherwise specified

**Vault:** springboard and 40cm landing mat (best score of 2 vaults to count) – tuck front somersault (The requirement is to land on feet and not fall forward).

Faults	0.1	0.3	0.5
• Run up distance Less than 17m or more than 25m deduction		X	
• Lack of acceleration, or deceleration shown, during run up	X	X	
First phase onto the board			
• Feet landing off centre in any direction	X		
Second phase take off from board to inverted			
• Insufficient height / rotation into the inverted position	X	X	X
• Leg or knee separations	X	X	
• Hands not placed on front of knee in tuck position		X	
• Insufficient tuck position (90 at hip and knee)	X	X	X
Third phase from inverted position to landing			
• Failure to maintain correct body position to landing (excessive pike)	X	X	X
• Leg or knee separations	X	X	
• Lack of extension before landing	X	X	X
Landing faults			
• Under rotation of salto			
○ Without falling backwards	X		
○ With fall backwards		X	
• Steps	X	X	Max .8
• Fall			1.00
• Jump after landing moving the centre of mass in the opposite direction	X	X	X
• Deviation from straight direction on landing (on 1 <sup>st</sup> contact)	X	X	
• Legs apart on landing	X		
• Dynamics throughout	X	X	
• Failure to land feet first – invalid vault			0.00

**Bars:** routine on loop bar – From hang, trolley swing, upstart, cast to 45 degrees above horizontal, 2 x swings to within 30 degrees of handstand (with heel drive), 3 x giants. (will be judged using compulsory 4 guidance for cast, pre giant swings)

General		
Value	Elements (exercise must be performed in this order)	Notes
0.50	Mount - from hang, trolley swing, upstart	
0.50	Long upstart	
0.50	Cast to 45° above horizontal  Emphasis on shape and body alignment	Cast with straddle and / or hips bent is not allowed (VM)  
0.50	Backward giant to within 30° of handstand, change direction	If attempt goes over the top deduct 0.5 extra swing, 2 <sup>nd</sup> time with 0.5, 3 <sup>rd</sup> time 1.00 fall, stop, and get back to start position to do the front giant.  
0.50	Forward giant to within 30° of handstand, change direction  If not heel driven deduct 0.5	If attempt goes over the top deduct 0.5 extra swing, 2 <sup>nd</sup> time with 0.5, 3 <sup>rd</sup> time 1.00 fall, stop, and get back to start position to do the backwards giant.  
0.50 x 2	Repeat both backward giant to within 30° and forward giant to within 30°	
0.50 x 3	3 x backward giant through handstand	Below 90° non attempt plus VM  Deductions on upswing If a shoulder angle is put in to slow down before the vertical Deduct 0.1 -0.3

**Beam:** a routine of 2 min lengths to include the following – Russian lever (held 2 seconds), 1/2 spin - 1/2 turn, split leap, split jump, backward walkover, cartwheel straight jump dismount.

General	<ul style="list-style-type: none"> <li>If a fall occurs between two connected elements the gymnast must complete the elements after the fall.</li> <li>If the gymnast falls between the dismount connection, the whole connection may be repeated once.</li> </ul>	
Value	Elements (may be performed in any order)	Notes
	Mount – F.I.G optional Coded Mount (directly or indirectly) into:	All mounts without DV will be commonly recognised as “A” value, except straddle over to sit or squat on
0.50	Russian Lever with legs together – hold 2 sec	<p>The gymnast is allowed to sit on the beam before doing the Russian lever.</p> <p>Straight legs throughout</p> <p>Deductions for lack of fold 0.1, 0.3</p> <p>Lack of hold 0.3 penalty</p>
0.50	½ spin into	No connection 0.50 penalty
0.50	½ turn	
0.50	Split leap	
0.50	Split jump	
0.50	Backward walkover	
0.50	Cartwheel into	1.00 penalty for stop between cartwheel and stretch jump
0.50	straight jump dismount	

**Floor:** a routine to include the following – dance passage of two split leaps (1 on each leg), 1/1 spin, hurdle jump into roundoff 2 flicks (on a line approximately 1 metre in front of the judges), handspring to 1 foot, run, handspring to 2 feet into immediate rebound jump.

General	<ul style="list-style-type: none"> <li>All elements in an acrobatic series on floor must be completed continuously.</li> <li>The handspring to 1 leg step out must be performed with a brief joining of the legs in the flight phase.</li> <li>Attempt without performance of an element (e.g., additional hurdle) 0.30 deduction will apply (each time).</li> </ul>	
Value	Elements (may be performed in any order)	Notes
0.50 + 0.50	Dance passage of two split leaps (1 on each leg)	
0.50	1/1 spin	
0.50 0.50 0.50	On a parallel line 1 metre in front of the judges  Hurdle jump roundoff Flick Flick	Both hands and both feet on parallel line except for the flick where the hands are shoulder width apart. During the roundoff and flicks, (including its landing) – if both limbs are not touching the line, they will receive a 0.50 penalty each time to a maximum of 2.00  If series broken, deduct 1.00 each time  VM and non-attempt 2.00 deduction for missing series
0.50	Handspring to 1 run	Lack of flight in handsprings – 0.1, 0.3
0.50	Handspring to 2 rebound jump	No join of legs during handspring to 1 leg – 0.3

## Range and conditioning

General	<ul style="list-style-type: none"> <li>Compulsory routine must be performed in this order. Deviation from text – deduct 0.50</li> </ul>	
Value		Notes
0.5	Standing leg lift on first leg, show position, circle free leg to side, show position, continue to circle leg backwards to arabesque, show position, return to stand	Chest below horizontal in arabesque – 0.10 / 0.30 Hips and shoulders not parallel – 0.10 / 0.30 Lack of control in transitions 0.10 / 0.30 / 0.50
0.50	Standing leg lift on second leg, show position, circle free leg to side, show position, continue to circle leg backwards to arabesque, show position, return to stand	Lack of splits: Leg at horizontal -no deduction 0 – 20° below horizontal – deduct 0.10 20° - 45° below horizontal – deduction 0.30 More than 45° below horizontal = VM
0.50	Pike fold hold (2 seconds)	
0.50	Backward roll with straight arms to front support	
0.50	Drag feet in to straddle lever – HOLD	Legs resting on arms – 0.30 Feet below hips – 0.10 / 0.30
0.50	Lift to straddle stand	Feet brushing floor in transition – 0.30 Feet hitting floor in transition – 0.50
0.50	Straddle press to handstand – show position – legs together	Legs apart 0.10 / 0/30 Straddle lift – VM
0.50	Controlled lower to bridge	Lack of control – 0.10 / 0.30 Feet / legs apart – 0.10 / 0.30
0.50	Lift leg to show split bridge and kick through split handstand to stand	Lack of splits: Leg at vertical – no deduction 0 – 20° below vertical – deduct 0.10 20° - 45° below vertical – deduction 0.30 More than 45° below vertical = VM
0.50 + 0.50 + 0.50 + 0.50	Straddle jump into immediate split jump into split jump on other leg into ½ turn jump. Linked but not rebounding. Minimum 135°	Lack of splits: 0 – 20° split missing – deduct 0.10 20° - 45° split missing – deduction 0.30 More than 45° split missing = VM Legs twisted / body alignment – 0.10 / 0.3/ 0.50