



MENS ARTISTIC

2024 Welsh Regional Grades

MAG TP Presentation



Agenda

- 1. New Grades Overview**
- 2. Welsh Regional Grades - Key Dates and Entry Process**
- 3. Judging Considerations**



New Grades Overview - Routines

Each age category will have **3 routines per apparatus** to choose from:-

- Marked out of **8.0**
- Marked out of **9.0**
- Marked out of **10.0**

Gymnasts have the **freedom to move between the routines** on each apparatus to suit their individual needs.



X2 Pathways / Strands

Bob Carrier Competition

(Formerly known as the National Club Grades)

Has a difficulty cap of **60.00pts**

Purpose: encourage participation whilst still allowing for gymnasts to showcase their strengths and offer an option to reduce routine difficulty in the case of injury management or apparatus challenges

Paul Blakeborough Competition

(Formerly known as the National Elite Grades)

No restriction on difficulty at either the higher end or the lower end of the difficulty scale

Purpose: intended to challenge the top gymnasts whilst giving the freedom to adjust the difficulty if needed.



New Grades Overview - Age Groups

National Setworks Championships
Bob Currier Competition
(Team and Individual)
Bob Currier Trophy

National Finals Age Group		
Regional entry		
Level 6	U14	6/6/3
Level 5	U13	6/6/3
Level 4	U12	6/6/4
Level 3	U11	6/6/4
Level 2	U10	6/6/4
Level 1	O8/U9	6/6/4

GYMNASTS MAY ONLY COMPETE IN ONE
COMPETITION IN ANY ONE YEAR BUT MAY
TRANSFER ACROSS IN EITHER DIRECTION IF
THEIR PERFORMANCE LEVEL REQUIRES IN
SUBSEQUENT YEARS

National Setworks Championships
Paul Blakeborough Competition
(Team and Individual)
Paul Blakeborough Trophy

National Finals Age Group		
Regional entry		
Level 6	U14	6/6/3
Level 5	U13	6/6/3
Level 4	U12	6/6/3
Level 3	U11	6/6/3
Level 2	U10	6/6/4
Level 1	O8/U9	6/6/4

WG Level 0 - 8 In Year (NOT A BRITISH FINALS QUALIFIER)



Additional Information

- No 'Out of Age' Categories
- Awards will include:-
 - ➡ 1st Place AA Trophy for each Level / Age Group + Pathway
 - ➡ 1-3 AA Medals for each Level / Age Group + Pathway
 - ➡ 4-6 Place AA Ribbons for each Level / Age Group + Pathway
 - ➡ 1st Place Medal for apparatus winners for each Level / Age Group + Pathway



Welsh Regional Grades - Key Dates

Competition Date

**8th
September**

Last Entry Changes

**1st
September**

Entry Deadline

**14th
July**



Welsh Regional Grades - Entry Process

14th July	Entry Deadline	Via Sport80 + Coaches to stipulate pathway + routines onto a OneDrive Document
1st September	Last Changes to Entries	Via the OneDrive Document, coaches to make any changes to pathway and routines. NOTE: No additional gymnasts can be entered at this point
8th September	Competition Day	<u>No Changes</u> can be made at this point



Please be aware...

- **Routines will be judged based on the difficulty score that was nominated or submitted.**
- **Example** - if a gymnast submits a routine with a difficulty score of 9.00 but performs a routine with a difficulty score of 8.00, they will still be judged based on the submitted difficulty score of 9.00.



British Finals Entry Process

Regional Entry:

- **Selections are up to the region:** same format as nationals, one combined event, or individual selection
- **6 weeks out:** Teams entered with names that can be changed
- **4 weeks out:** Names confirmed
- **1 week out:** Changes due to injury/illness.
- **On the day:** Team coaches to submit team tariff sheets.
- **Sheets copied and given to judge panels.**

British
Gymnastics

NATIONAL NETWORKS CHAMPIONSHIPS

CONFIRMATION OF EXERCISE VALUE

REGION

COMPETITION

Bob Currier ☐

Paul Blakeborough ☐

LEVEL

1 / 2 / 3 / 4 / 5 / 6

Bib	Surname, First name	PPP								TOTAL

Example:

Bib	Surname, First name	PPP								TOTAL
123	James May	8	10	8	8	9	9	8		60

Submission

Date	Time	Signature of the head coach	Signature of the Events Team

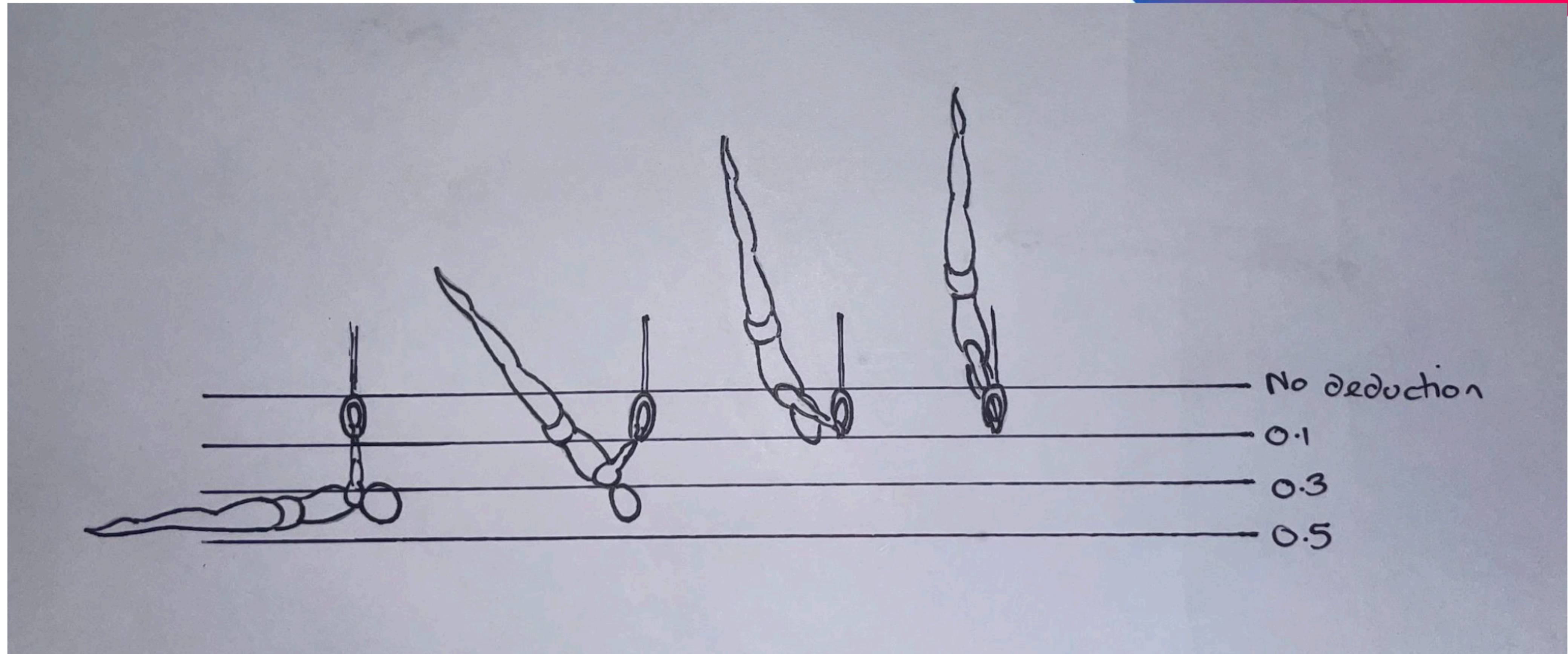
Deadline for submitting this form:

TEAM REGISTRATION

Judging Considerations

Rings

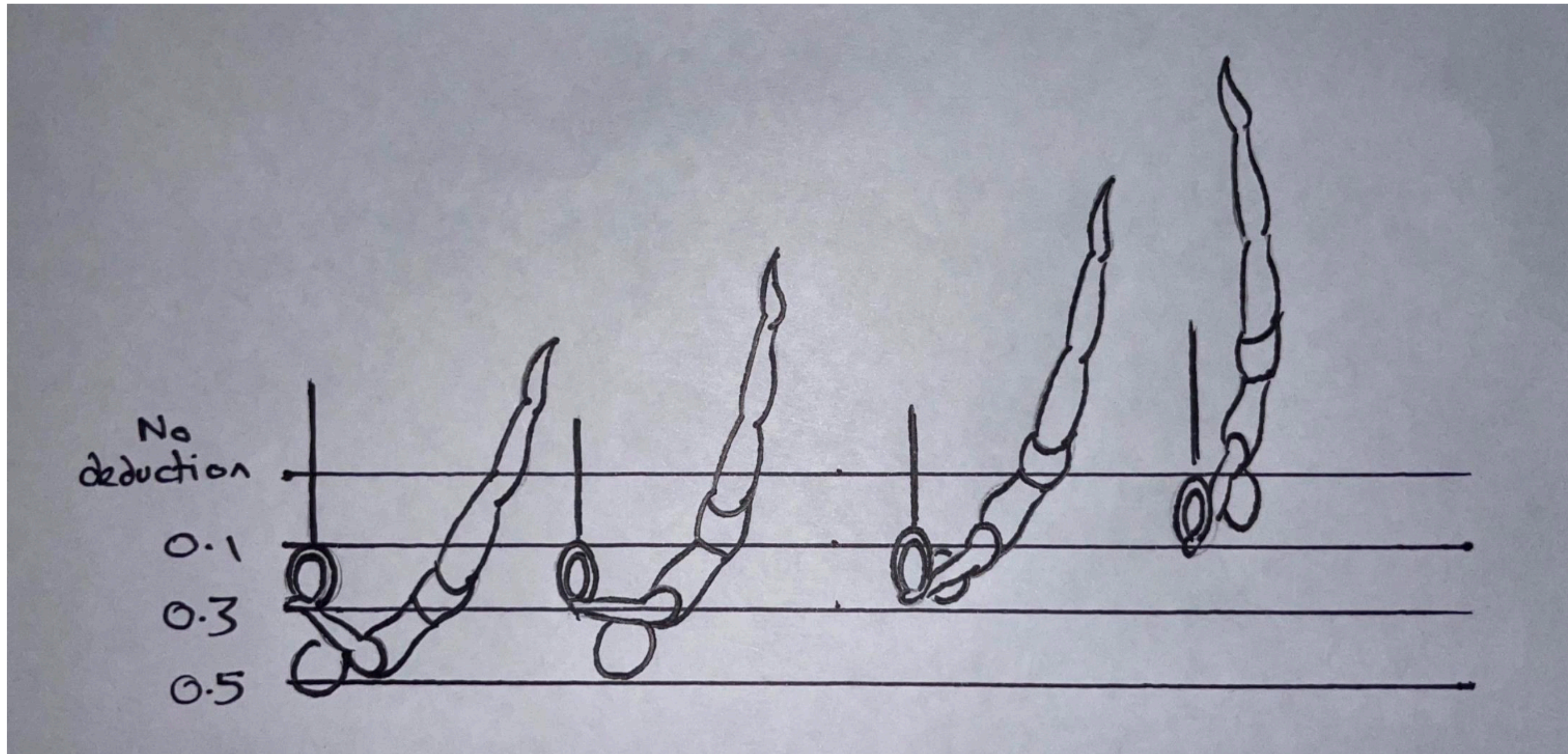
Back Swing Deductions



- 0.5 deduction: No visible rise of the shoulders with heels equal to or lower than the shoulders
- 0.3 deduction: Slight rise of the shoulders but lower than the bottom of the rings with heels higher than shoulders
- 0.1 deduction: Shoulder rise above the bottom of the rings with heels moving towards the vertical
- No deduction: Shoulders above the top of the ring with heels moving towards handstand
- Hip angle and body shape deductions will be applied to all elements as per FIG guidelines in addition to the deductions stated above.

Rings

Front Swing Deductions

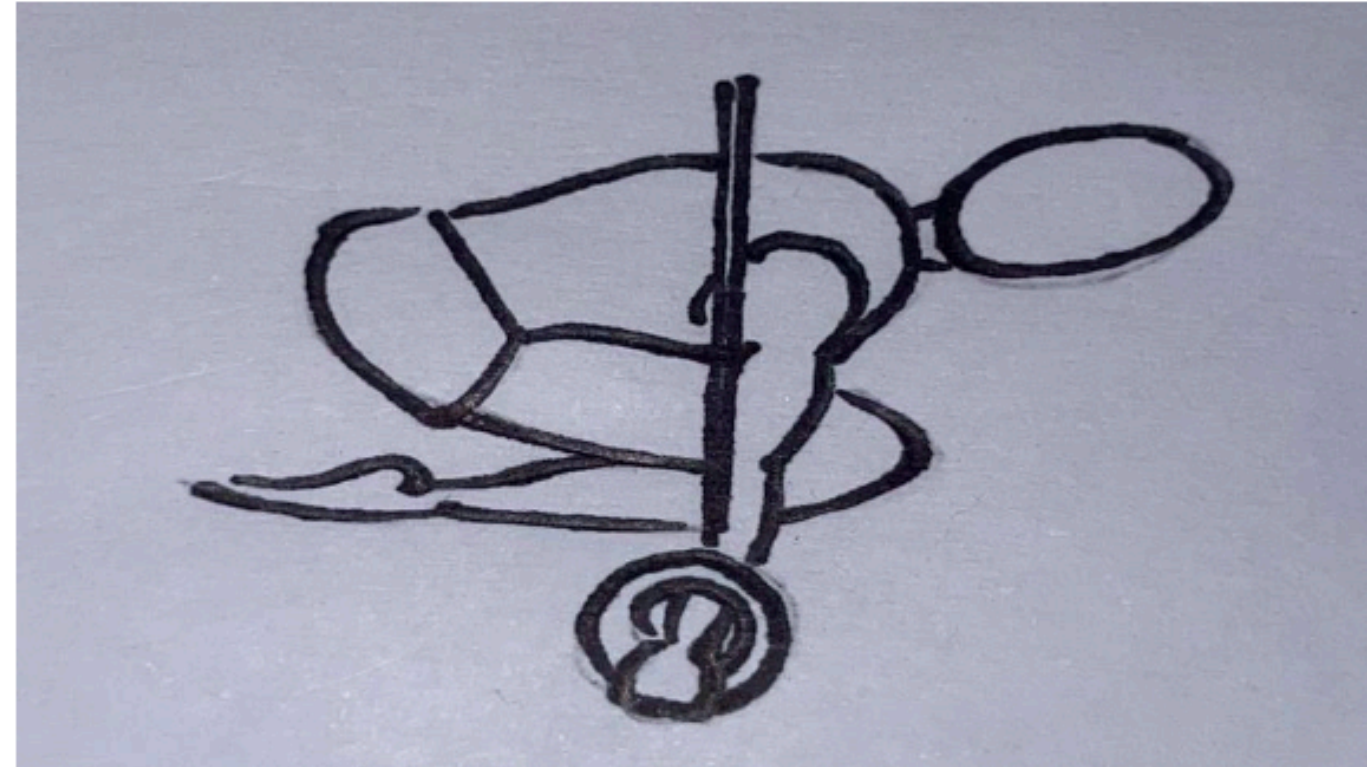


- 0.5 deduction: No visible rise of the shoulders
- 0.3 deduction: Slight rise of the shoulders but lower than the bottom of the rings
- 0.1 deduction: Shoulder rise above the bottom of the rings
- No deduction: Shoulders above the top of the rings
- Hip angle and body shape deductions will be applied to all elements as per FIG guidelines in addition to the deductions stated above.

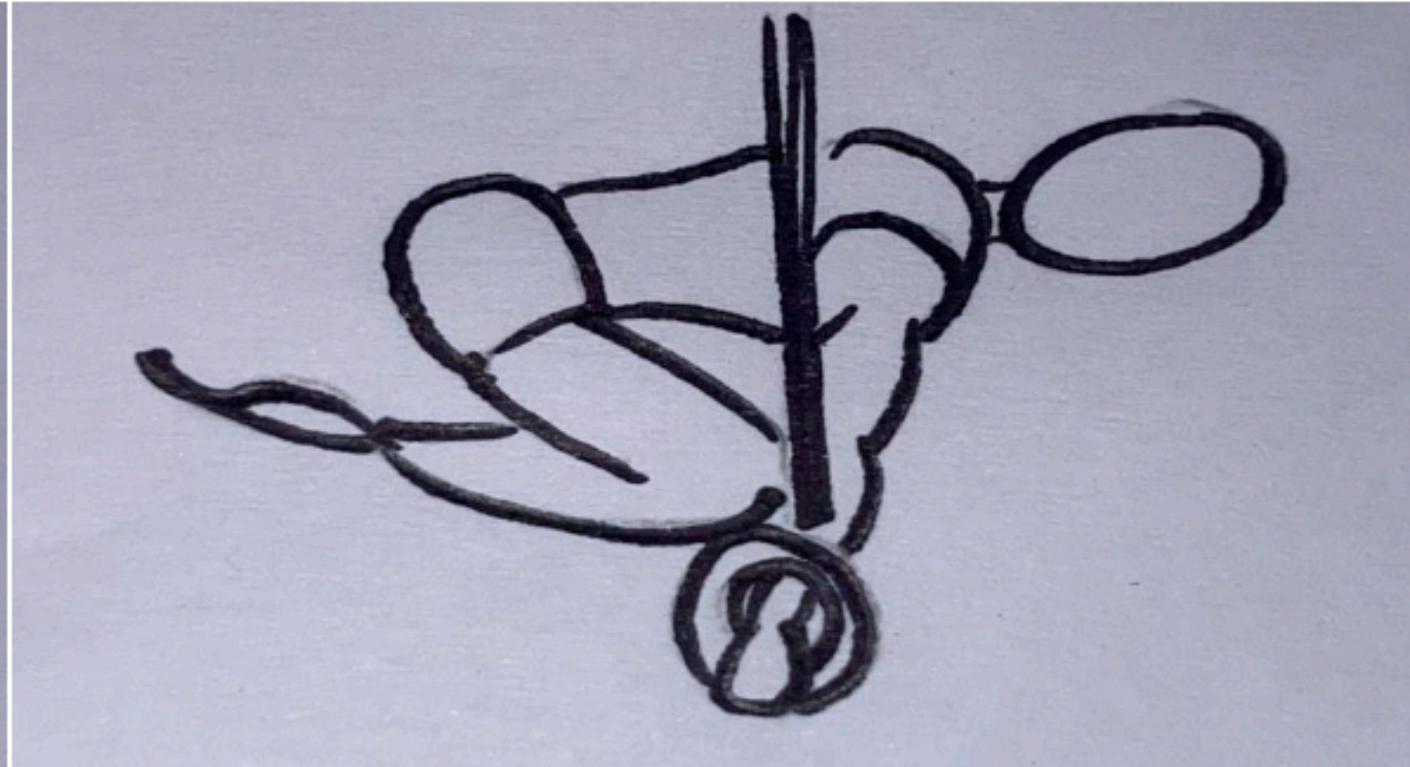
Rings

Tucked Planche Deductions

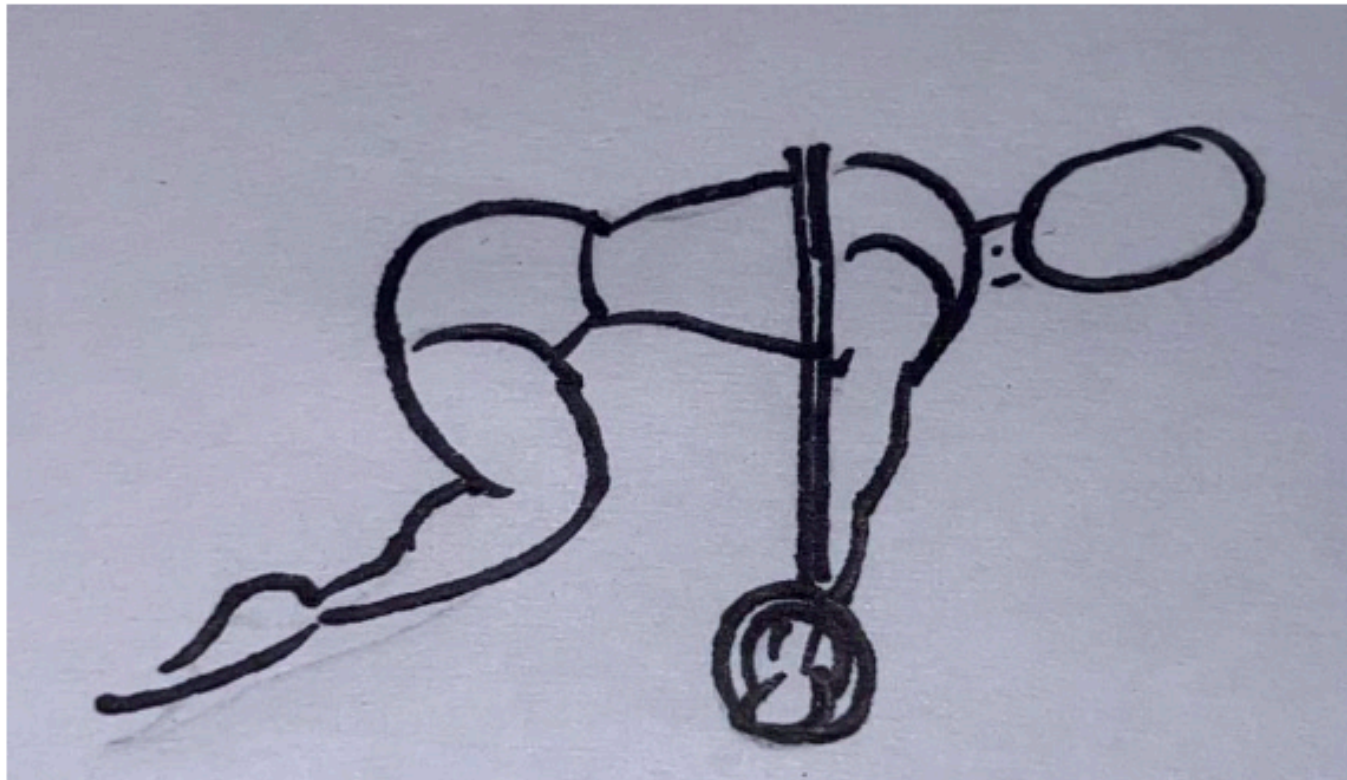
0.5 Deduction



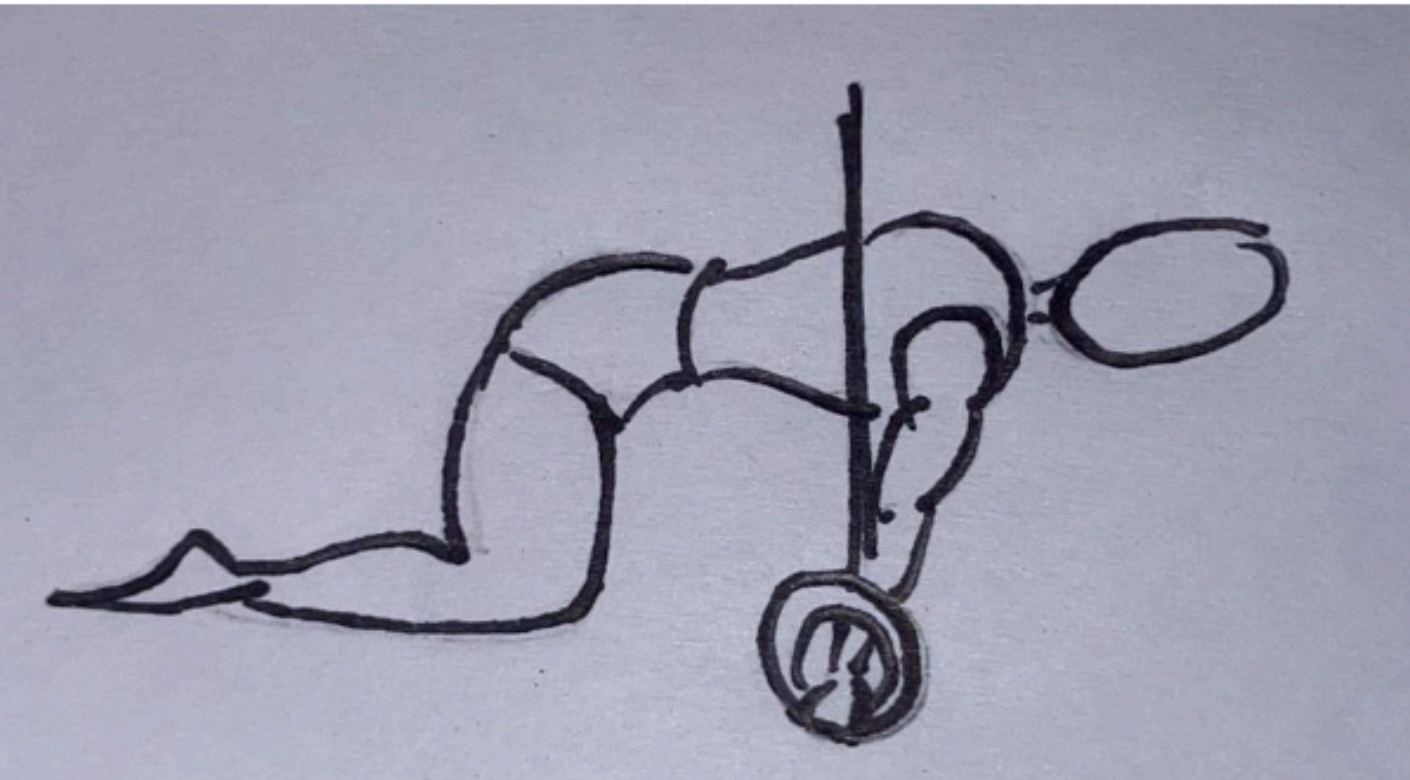
0.3 Deduction



0.1 Deduction



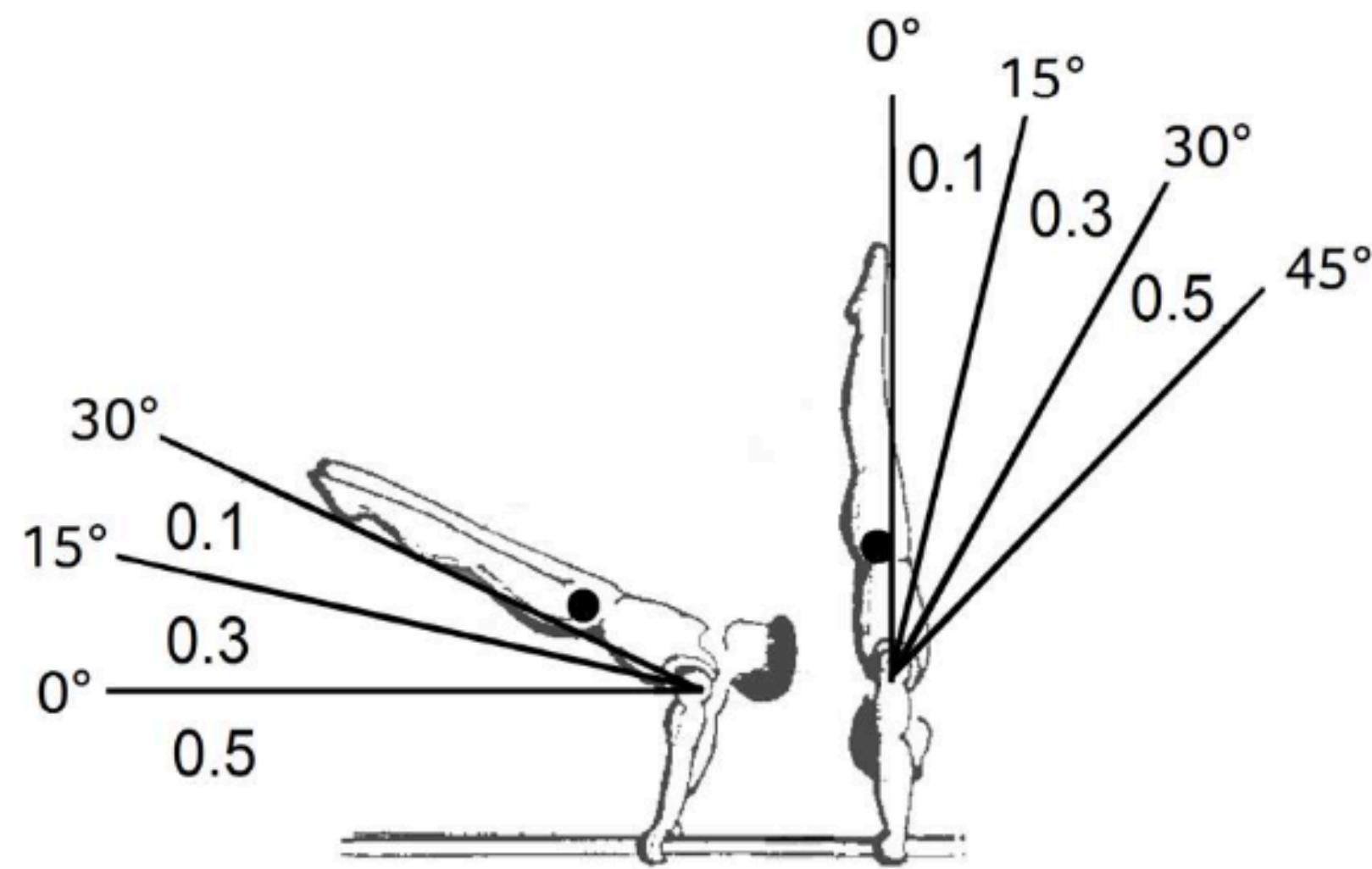
No deduction



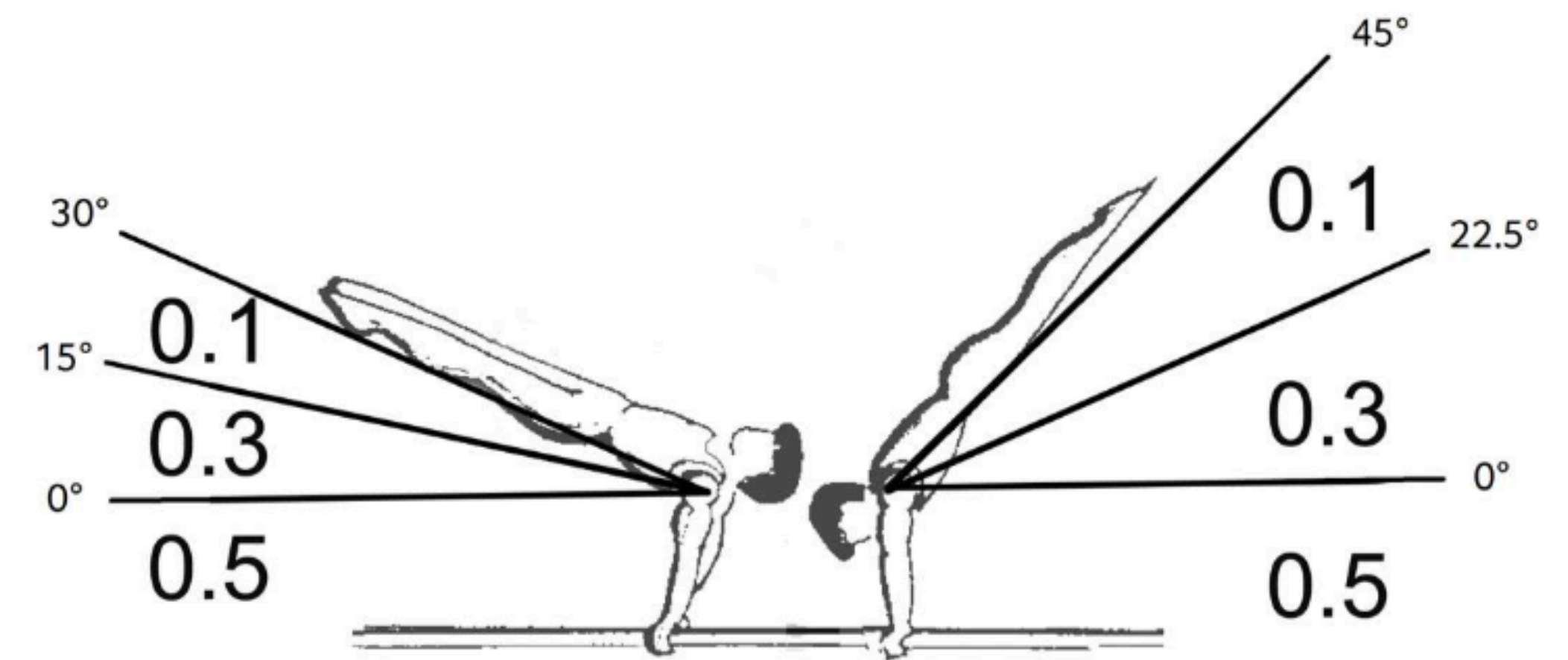
- 0.5 deduction: Knees are in front of the cables
- 0.3 deduction: Knees are level of slightly behind the cables
- 0.1 deduction: Gymnast is showing a clear 'opening' of the hip angle but it is less than 90°
- No deduction: Gymnasts shows clear 90° (or greater) angle from the hip joint to the knees
- Body position, arm bend, touching the cables with your arms etc will all be judged as per FIG in addition to the above deductions

Parallel Bars

Swings



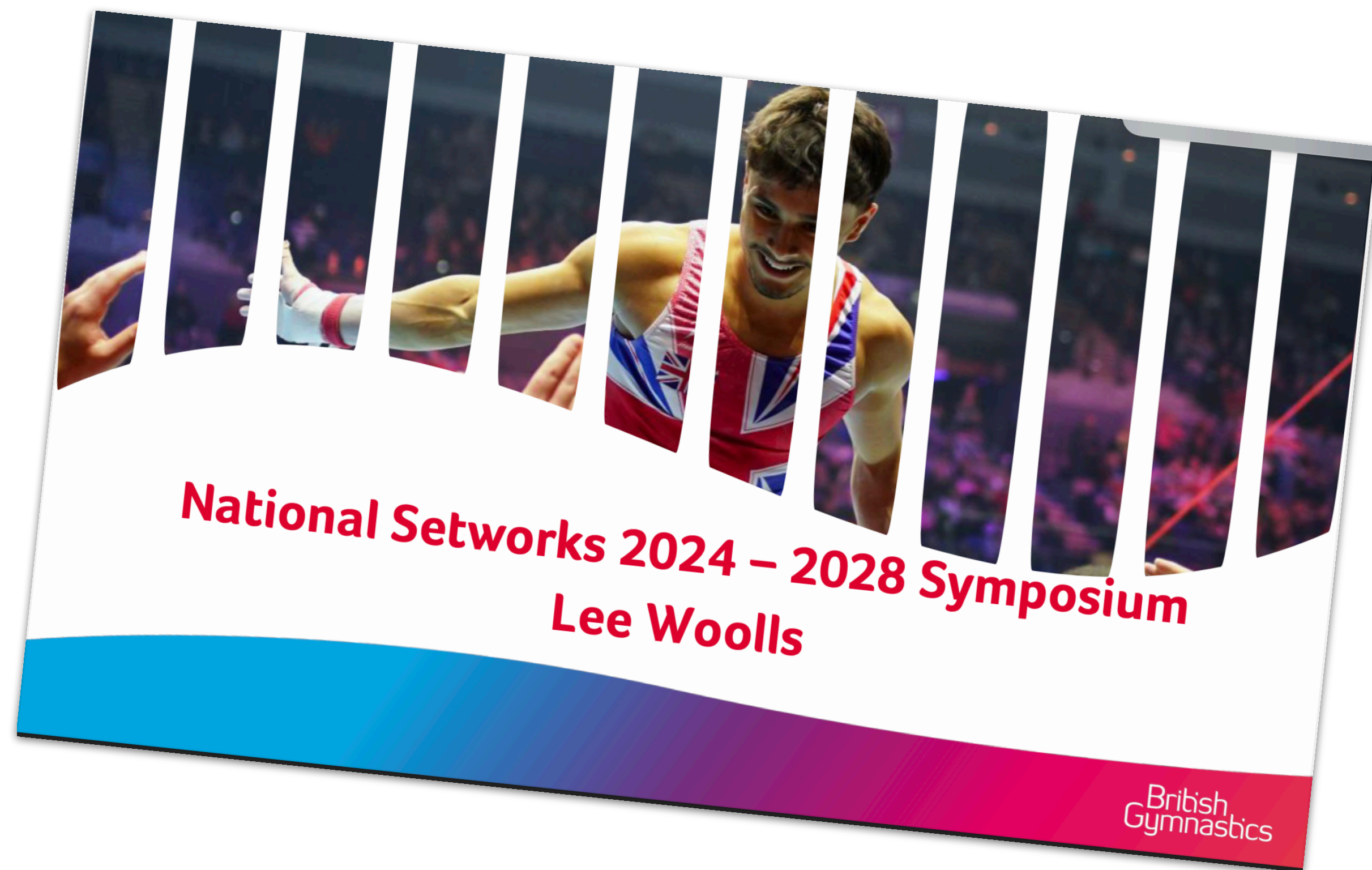
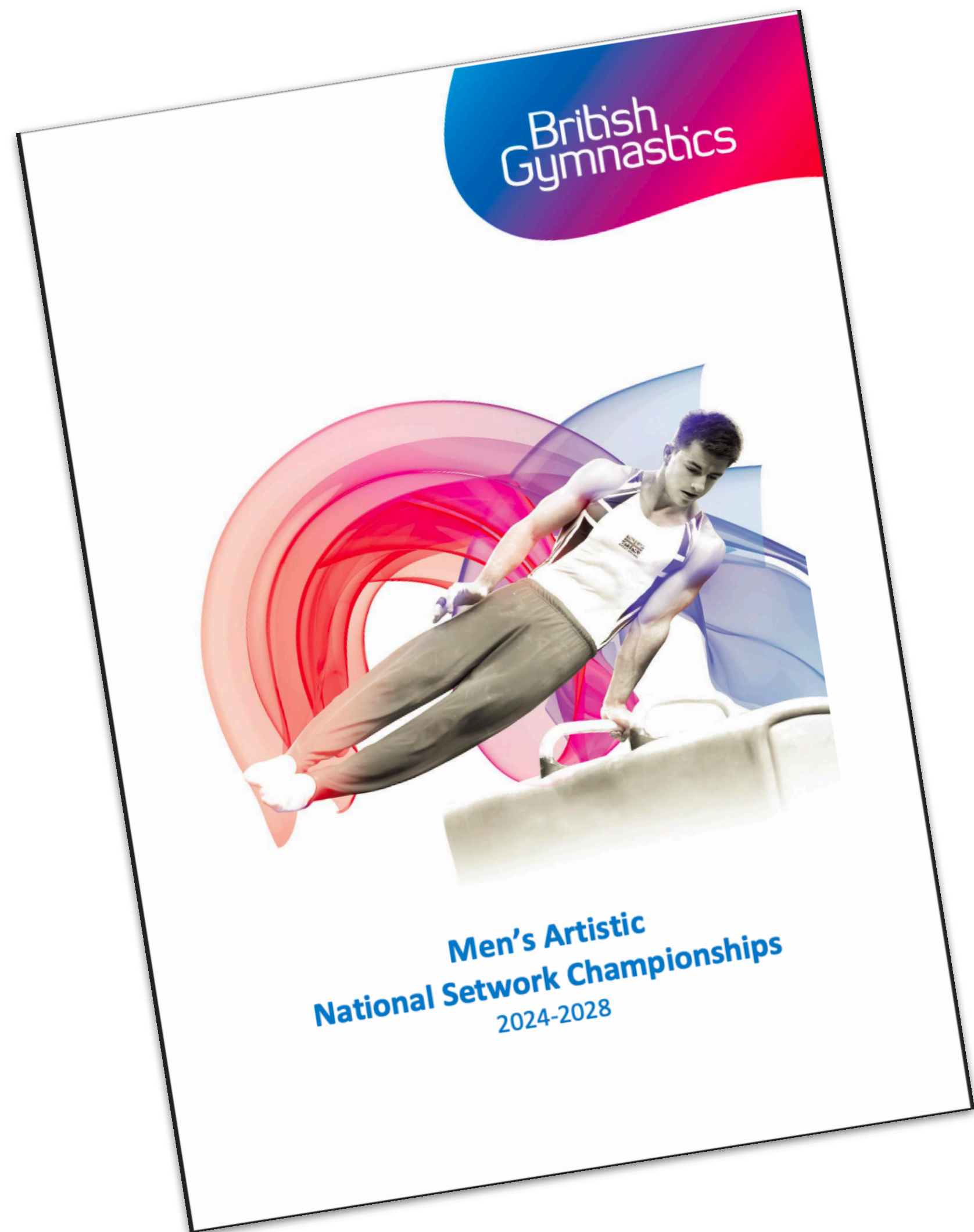
Skills to handstand angle deductions



Swing towards handstand deductions



Key Documents



Any Questions???