

YORKSHIRE WOMEN'S ARTISTIC COMPETITION HANDBOOK



2019

Rules and Regulations
Issue: Mar 2019 v.2i

Yorkshire Gymnastics Association
Women's Artistic Technical Committee

INTRODUCTION

The purpose of this handbook is to provide a guide to Yorkshire Women's Artistic Gymnastics competitions from March 2019

All the information included within this handbook can be found on the Yorkshire Gymnastics Association website at

<http://www.yorkshirewagymnastics.org/handbook>

FIG Code of points can be found at

<http://www.yorkshirewagymnastics.org/handbook>

or

<http://www.fig-gymnastics.com/vsite/vnavsite/page/directory/0,10853,5187-188050-205272-nav-list,00.html>

N.B. Unless otherwise specified in this handbook BG and FIG rules apply.

WOMENS ARTISTIC TECHNICAL COMMITTEE 2019

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Competition Organiser (Door)	Jackie Wilson	
Competition Organiser (National)	Eva Clapton	
Competition Organiser (Floor)	Gill Nobbs	
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Welfare Officer	Helen Monks	welfare@yorkshirewagymnastics.org

USEFUL ADDRESSES AND CONTACTS :

Yorkshire Gymnastics Regional Presidents : Judy Clarke and Alec Smith

Yorkshire Gymnastics Regional Chairperson: Christine Bowker christine.bowker@ntlworld.com

Yorkshire Gymnastics Regional Secretary: Sharon Parrett YGASecretary@outlook.com

Yorkshire Gymnastics Regional Treasurer : Mike Armitage

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CALENDAR

2019 Competitions

9th/10th March 2019 - Grades 6/5

Catterick Leisure Centre,
Gough Road, Catterick Garrison,
North Yorkshire, DL9 3EL

**30th/31st March 2019 – NDP, Compulsory 5-3
and Regional Grades**

Catterick Leisure Centre,
Gough Road, Catterick Garrison,
North Yorkshire, DL9 3EL

29th/30th June 2019 - Level 6 & 5 (Individual)

Concord Leisure Centre
Sheffield, S5 6AE

13th/14th July 2019 - Level 7, 4, 3 & FIG (Individual)

(FIG Competition is a Challenge Cup Qualifier)

Concord Leisure Centre
Sheffield, S5 6AE

22nd September 2019 - Yorkshire In Age & Catch All

(Includes: In Age Levels 4,3, In Age and Out of Age Level 2 Individuals,
Compulsory resits/late grades, Challenge Cup Qualifier
& Rosebowl/Bill Mcloughlin Trial)

Diamonds Gym Club, HX3 6TN

19th/20th October 2019 - Level 6 & 7 (Teams)

Catterick Leisure Centre
Catterick Garrison
DL9 3EL

16th/ 17th November 2019 - Level 5 – 3 & FIG (Teams)

Concord Leisure Centre
Sheffield, S5 6AE



YORKSHIRE COMPETITION STRUCTURE 2019

YORKSHIRE INDIVIDUAL COMPETITIONS

Gymnasts may only enter **ONE** Yorkshire WAG individual level competition per calendar year, except for FIG Challenge Cup qualifying competitions.

YORKSHIRE TEAM COMPETITIONS

Gymnasts may only enter **ONE** Yorkshire WAG team competition per calendar year.

YORKSHIRE ANNUAL GRADES COMPETITIONS

Grades competitions will be held within the region once per year except for Compulsory Grades. A second opportunity to take or resit Compulsory Grades is offered in the autumn. Please refer to the NDP Grades handbook (published by BG) for details of requirements.

As stated the region will also offer a second opportunity to take late or resit Compulsory Grades at the 'Catch All' competition in the autumn. This is a pass or fail opportunity and no medals will be issued.

Compulsory Grade 5: Gymnasts wishing to follow the compulsory pathway must enter 'in age'

NATIONAL FINAL ELIGIBILITY

Gymnasts are eligible to represent and be a part of the Yorkshire Team at the Compulsory Grade 4 & 3 national finals if they have passed the grade 'In Age' and placed in the top 4 in Yorkshire's qualifying competitions. Gymnasts are eligible for entry funding for this entry if they have met the Yorkshire funding score. The qualifying competitions are held in the spring. The second opportunity to take Compulsory Grades in the autumn is not classed as a qualifying competition.

Gymnasts are eligible to represent and be a part of the Yorkshire Team at the National Grades 4,3,2 & 1 national finals if they have passed the grades and placed in the top 4 in Yorkshire's qualifying competitions. Gymnasts are eligible for entry funding for this entry if they have met the Yorkshire funding score.

Gymnasts are eligible to represent and be a part of the Yorkshire Team at the Voluntary In Age 4 & 3, national finals if they have placed in the top 4 in Yorkshire's qualifying competitions. Gymnasts are eligible for entry funding for this entry if they have met the Yorkshire funding score.

Gymnasts are eligible to enter as an individual for Voluntary In Age national finals if they have achieved the British Gymnastics qualification score and criteria in the Yorkshire qualifying competition. As these entries are representing clubs rather than representing Yorkshire, they are not eligible for Yorkshire entry funding.

The region is driving for improvement nationally and is encouraging gymnasts to be capable and ready before being put forward nationally.

ENTRY TO YORKSHIRE LEVELS COMPETITIONS

BENCH MARKS FOR VOLUNTARY AGE GROUP OUT OF AGE GYMNASTS

(These do not apply to 'in age' gymnasts at level 4,3 and 2)

FROM 2019 COMPETITIONS ONWARDS

Level 7 - If they achieve **44.00** must move to Level 6

Level 6 - If they achieve **45.50** must move to Level 5

Level 5 - If they achieve **45.00** must move to Level 4

Level 4 - If they achieve **45.00** must move to Level 3

Level 3 - If they achieve **46.00** must move to Level 2

Any gymnast who reaches the new benchmark in the previous year must move up a level for the next year's competitions. Competition entry forms will be checked.

OTHER RESTRICTIONS

- Gymnasts who have **entered** compulsory 5 can only enter Minimum Voluntary 5
- Gymnasts who have **passed** compulsory 4 can only enter Minimum Voluntary 4
- Gymnasts who have **passed** compulsory 3 can only enter Minimum Voluntary 3
- Gymnasts who have **passed** Compulsory 2 can only enter Minimum Voluntary 2
- Gymnasts who have **passed** any National Club Grade must enter a minimum of Voluntary 4
- Gymnasts who have **competed** at Challenge Cup can only enter Yorkshire FIG
- Gymnasts who have **competed** at English Championships can only enter Yorkshire FIG
- Gymnasts who have **competed** at Scottish Championships can only enter Yorkshire FIG
- Gymnasts who have **competed** at Welsh Championships can only enter Yorkshire FIG
- Gymnasts who have **competed** at British Championships can only enter Yorkshire FIG

N.B.

The 'English Championships' does not include the English Bronze, Silver and Gold.

*Adi Stan (British Teams) **do not** restrict gymnasts to Yorkshire FIG entry.*

There are no restrictions for Regional Grades to enter a certain level.

The WTC welcomes appeals regarding gymnast eligibility should there be extenuating circumstances.

APPLICATION FOR LEVEL RE-DESIGNATION

Gymnasts Name			
Club (including previous club if less than a year at the current club)			
Coach Name			
Coach Qualification			
Coach Telephone			
E-Mail address			
Competitions competed with scores in chronological order	Competition	Score	Date
	1		
	2		
	3		
Days and Hours training each week			
Current WTC Designation			
Level to be Re-designated to			
Supporting Reasons			

Please complete this form and e-mail or return to the secretary of the WTC for consideration at the next WTC meeting. secretary@yorkshirewagymnastics.org Please abide by the Data Protection Act 2018 in submitting this form and ensure

For Office Use only:

Date Received Date Replied

2019 YORKSHIRE COMPETITION AGE GROUPS FOR LEVELS/INDIVIDUALS/TEAMS

Level Age Groups

LEVEL 7 Individual & Team

(Teams of 5 compete, 4 to count)

7-8 (Mini)

9/10 (Junior)

11+ (Senior)

LEVEL 6 Individual & Team

(Teams of 5 compete, 4 to count)

7-8 (Mini)

9-10 (Junior)

11+ (Senior)

LEVEL 5 Individual & Team

(Teams of 5 compete, 4 to count)

Age 8-10 (Junior)

Age 11+ (Senior)

LEVEL 4 Individual & Team

(Teams of 5 compete, 4 to count)

Age 9 +

(Voluntary In Age Level 4/3/2 held separately)

LEVEL 3 Individual & Team

(Teams of 5, 4 compete & 3 count)

Age 10+

(Voluntary In Age Level 4/3/2 held separately)

Level 2 Individual & Team

(Teams of 5, 4 compete & 3 count)

Age 11+

(Voluntary In Age Level 4/3/2 held separately)

FIG Individual & Team

(Teams of 5, 4 compete & 3 count)

Age 11+

Grade Age Groups

Club Grade 6

Age 8

Age 9+

Club Grade 5

Age 9

Age 10+

Regional & National Grade 4

Minimum age 10

Regional & National Grade 3

Minimum age 11

Regional & National Grade 2

Minimum age 12

Regional & National Grade 1

Minimum age 13

Compulsory Grades

5 - In Age Only (Age 8)

Compulsory 4 & 3 (and when held, 2 & 1) will have In Age and Out of Age as separate competitions.

Year of Birth Calculator 2019

Year of Birth Calculator	
Y of B	Age in 2019
2014	5
2013	6
2012	7
2011	8
2010	9
2009	10
2008	11
2007	12
2006	13
2005	14
2004	15
2003	16
2002	17
2001	18
2000	19

EXCEPTIONS TO COMPLETE A TEAM

In order to complete a team the following exceptions are allowed:

A gymnast may be temporarily moved up 1 level for a team competition to complete a team. The following year, she may return to her lower level providing she **has not** exceeded the benchmark score.

A gymnast may be temporarily moved up 1 age group (e.g. a 7 year old moved up to the 9/10 age group) for a team competition to complete a team. A maximum of 2 gymnasts per team is allowed.

AGE GROUPS

Competitions age groups will be as specified above. Age groups with large numbers of competitors may be split prior to the competition after entries have been received, at the discretion of the competition organisers. These will be published on the final schedule.

If there are sufficient gymnasts to be viable Yorkshire will consider a separate Espoir FIG age category judged on the FIG junior code. This decision will be at the WTC discretion.

AGE OF GYMNASTS

All ages are for the gymnast's age in the year of competition. For example, in 2019, a child born 01/01/11 is classed as 8, as is a child born 31/12/11. Gymnasts must compete in the correct age group for individual competitions.

COMPETITION ENTRY FORM RULES

Entry deadline is one calendar month before the competition. ALL entries must be submitted using the direct online system:- www.gymdata.co.uk

BG Membership numbers and Date of Birth **MUST** be shown on all entry forms. Each club is responsible for its member's BG membership and must ensure each gymnast has the correct membership by the time of the competition.

N.B. Please ensure that you read the guidelines surrounding Late Entries and Judge Nominations as these rules can affect entry fees and numbers of gymnasts eligible to enter.

ENTRIES AND PAYMENT

- 1) Log in using the login and password provided by Gymdata (if you do not have this please contact support@gymdata.co.uk)
- 2) Select Future events click on the event you want to register for and then register Gymnasts.
- 3) High Bar request or quiet music should be included in the special requirement field.
- 4) Music should be submitted with the entry using the online system
(any problems please get in touch with either Gymdata on the email above or the competition organisers)
- 5) Payment may be made by bank transfer to HSBC Sortcode: 40-27-15 Account: 80014958
- 6) **TO COMPLETE YOUR ENTRY** email the following information by the deadline to entryvalidation@yorkshirewagymnastics.org
 1. No.of gymnasts entered
 2. Accompanying coach and their qualification
 3. Nominated judge(s) name, qualification and contact details.
 4. Amount paid via bank transfer.

LATE ENTRIES

Late entries will only be accepted upon receipt of triple the entry fee. The competition organiser will have the final say on accepting late entries. Entry forms with no nominated judge will be charged at double the normal fee. This ruling will be strictly enforced.

JUDGE NOMINATIONS

Each club entering the competition must nominate the required number of Women's Artistic judges for every day of competition.

Any club not supplying a Judge for the whole of the weekend or 1 judge for the whole of Saturday and 1 judge for the whole of Sunday must pay double entry fees and follow the rules stated below.

If you are unable to supply a judge please look on the Yorkshire Women's Artistic Website for contact details of judges or get in touch with the Judging Co-ordinator **before the entry deadline** who **may** be able to supply you with judge contact details. (You will have to pay travel and accommodation expenses). Please remember the required number of judges are necessary to validate your entry (see below).

If a judge does not turn up, fails to fulfil the judging commitment or the specified number of judges from a club do not judge for the whole event, the WTC will fine the club £200 or double entry fees whichever is the greater. The club **will not** be allowed to enter subsequent competitions until the invoice is paid.

N.B. If the club is new or has specific reasons why a judge is not available, please contact the competition organiser who may be able to allocate another role such as announcer, scorer, welfare officer or first aider to avoid this charge (this is at the discretion of the competition organiser and cannot be guaranteed)

JUDGE NOMINATION RULES

1. If only 1 judge is named on the entry form for each day, then the entry will be limited to 15 gymnasts or 3 teams *
2. If only 2 judges are named on the entry form for each day, then the entry will be limited to 30 gymnasts or 6 teams per event *
3. If only 3 judges are named on the entry form for each day, then the entry will be limited to 45 Gymnasts *
4. If only 4 judges are named on the entry form for each day, then the entry will be limited to 60 Gymnasts *
5. If 5 judges are named on the entry form for each day, then the entry can be up to 75 Gymnasts.
6. If no judge is nominated double entries fees will apply and must be paid at the time of entry.

Clarification:

2 people can cover a weekend by one person judging 1 day and a different person judging the second day. In this instance, it is not the same person judging both days. However, the 2 people count as a single judge nomination.

Clubs **cannot** have nominated judges to cover part days. Each nominated judge must judge the whole day for which they have been nominated.

INCOMPLETE ENTRY FORMS

Incomplete entry forms, or those deemed invalid by the Competition Co-ordinator, will not be processed and will be returned to the club.

PLEASE NOTE:

Competition Dates will be adhered to wherever possible. However, the WTC reserves the right to change competition details as follows;

- if entries are over-subscribed, additional days may be added. Conversely if entries are small, competitions may be amalgamated or reduced to one day.
- to combine age categories if numbers entered into the competition are small.
- if BG changes its dates.
- if unforeseen circumstances dictate a change in date/venue.

The WTC reserves the right to change the working order to maintain a regular competition structure format. All gymnasts and coaches must arrive in good time to register for their competition. **Gymnasts must remain in the arena from registration to the start of their competition. Gymnasts must attend the presentation ceremony as per FIG regulations section 2 page 3 2017 COP.**

ENTRY FEES FOR 2019 COMPETITIONS

INDIVIDUAL COMPETITIONS

Individual entry is £25 per gymnast for 2019 competitions.

TEAM COMPETITIONS

Team entry is £125 per team for 2019 competitions.

AMENDMENTS AND REFUNDS

Entry Fees are non-refundable AFTER the closing date

Amendments to the entry before the closing date will be allowed, In the case of withdrawals before the closing date, the entry fee will be refunded.

NATIONAL FINAL ENTRY FEE FUNDING

Yorkshire WTC will fund the entry fee for National Finals for gymnasts who are representing Yorkshire and achieve the following scores. Coaches of gymnasts who are eligible and wish to enter but do not meet the required score for Yorkshire funding should contact the committee Chair to make arrangements for self-funding of the entry fees. (For team competitions this will be ¼ of the team entry fee). Self-funding gymnasts who represent Yorkshire and achieve the score at the National Final or achieve a result in the top half of the competition results will have their entry fee refunded.

Compulsory 3 – 57.50	National 4 Grade – 60
Compulsory 4 – 58	National 3 Grade – 60
Voluntary 4 – 46	National 2 Grade – 60
Voluntary 3 – 42	National 1 Grade – 58

YORKSHIRE REGIONAL & GENERAL COMPETITION RULES

FLOOR MUSIC

The following music is not allowed: Cirque du Soleil, Disney, Walt Disney, Andrew Lloyd Webber unless identified as registered on PPL in line with British Gymnastics regulations. For any clarification please consult BG and the PPL Website www.ppluk.com

Each different piece of music should be submitted with the entry using the online entry system. Where a CD is necessary, each different piece of music must be supplied on a separate CD or other reliable and effective format and a duplicate should be available. Please check with the organiser which formats are available. All music should be labelled with the gymnast's name and club. Music length is as per FIG rules, maximum 90 seconds, except for Level 7 which is 30 – 60 seconds.

MOBILE PHONES

Apart from where required for the running of the competition (WTC Officials and Competition Organisers) gymnasts, coaches, judges and officials **MUST NOT use mobile phones or devices in the competition arena as per BG guidelines.**

PRESENTATION OF AWARDS

NDP & Compulsory Grades (excluding autumn Compulsory late takes and resits)

Overall Medals of Gold Silver and Bronze **will be** awarded for the first 3 places including in competitions of only 3 gymnasts.

4,5,6 Ribbons **will be** awarded in competitions of 15 or more competitors

4,5,6 Ribbons **will not be** awarded in competitions of 14 or less competitors

Trophies **will not be** awarded

Please note that gymnasts must pass the grade in order to receive an award.

Individual Levels

Overall Medals of Gold Silver and Bronze **will be awarded** for the first 3 places including in competitions of only 3 gymnasts.

The Gold medal winner **will be awarded** an individual trophy.

Competitions of 6 or less competitors **will not be** awarded apparatus medals but 4,5,6 place overall ribbons **will be awarded**.

Competitions of 7 or more competitors **will be awarded** apparatus medals but 4,5,6 place overall ribbons **will not be** awarded.

Competitions of 15 or more competitors **will be awarded** apparatus medals AND 4,5,6 place overall ribbons **will be awarded**.

Team Levels

Overall Team Medals of Gold Silver and Bronze **will be awarded** for the first 3 team places.

The winning team **will be awarded** the appropriate Yorkshire trophy for 1 year and **will be awarded** an additional trophy for the club to keep.

Apparatus medals, Individual trophies and 4,5,6 place ribbons **will not be awarded.**

Please note: It is the responsibility of the recipient club to arrange for engraving of the Yorkshire trophy and to return annual trophies on or before the competition day in the following year. Failure to return a trophy will result in the Club being charged the cost of replacing the trophy.



PARENTS AT EVENTS

All Clubs take responsibility for the actions of their parents. No parent is allowed on the competition arena and must not approach active coaches or judges. In the event of a child welfare issue the designated welfare officer should be alerted.

USE OF PHOTOGRAPHY/VIDEO/DIGITAL CAMERA EQUIPMENT

The use of flash photography and video whilst the gymnasts are performing their routines or during the warm-up sessions is not allowed in the arena by anyone.

SPECTATOR ENTRY FEE

Spectators will be charged an entrance fee of £5 at the venue. Concessions children under 16 and OAP £3. It is the club's responsibility to inform parents of this charge. This fee may vary according to the size/price of the venue.

YORKSHIRE WOMENS ARTISTIC WEBSITE

Updates and information for Coaches and Judges can be found on the on the YWAG Website.

WORKING ORDER

Individual competitions

1. Competitors compete in programme numerical order.
2. Competitors advance one place in the order of competing and the first competitor becomes last competitor in each subsequent apparatus in the working order.
3. The working order of individuals is determined by the competition organiser to provide the most effective use of time and circulated approximately 2 weeks prior to competition.
4. Withdrawn gymnasts are discounted from the competition working order.

Team competitions

1. Teams compete in programme order.
2. Gymnasts in a team compete in their coach's preferred order.
3. Teams withdrawn from the competition are discounted from the competition working order.

COMPETITION ETIQUETTE

Yorkshire Women's Artistic Competitions operate within BG and FIG guidelines and rules regarding competition etiquette, welfare and codes of conduct. Please refer to FIG Code of Points and British Gymnastics Guidance

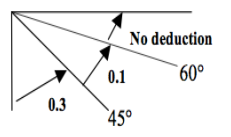
RESPONSIBILITY OF PARTICIPATING CLUBS

In order to succeed as a region, teamwork is needed throughout. It is anticipated that each Club entered in the competition will be responsible for providing some of the volunteers that will be needed for the successful running of the competition.

Duties may include Runners, Timekeepers, Catering, Scorer, Door People, Raffle Running, This is not an exhaustive list. The exact roles needed will depend on the competition and venue.

YORKSHIRE LEVEL 7-5 AND OUT OF AGE 4 -2 COMPETITION RULES

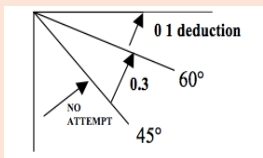
For up to date In Age Group rules please see the British Gymnastics Website www.british-gymnastics.org

Yorkshire Level 7 - All Apparatus				
FIG rules apply except where stated.				
The E-score will be deducted from 10.00 using FIG deductions for execution, artistry and composition. No DV for barred elements N.B Music from Disney, Andrew Lloyd Webber and Cirque du Soleil can only be used in line with British Gymnastics PPL rules.				
	Vault	Bars	Beam	Floor
Apparatus	Springboard covered by 5cm mat on 60cm height block or mats, with level mats behind springboard, overall height 80 cm. All ages springboard on 60cm block or mats	Low bar	Fig height beam and 10cm landing mat as per FIG	12m x 12m Mats or Sprung Floor
No. of Elements / Short Exercises	2 x Vaults performed (better score to count)	Set routine If a gymnast does not attempt the required number of elements they will be deducted 1.0 for each non-attempted element	Gymnasts perform a routine with 6 elements including dismount. Beam routine max 60 seconds (1.00 deduction if routine is overtime). If a gymnast does not attempt the required number of elements they will be deducted 1.0 for each non-attempted element	Gymnasts perform a routine with 7 elements including dismount. Floor routine max 60 seconds (1.00 deduction if routine is overtime). If a gymnast does not attempt the required number of elements they will be deducted 1.0 for each non-attempted element
Barred Elements	Only listed moves can be performed.	Set routine	Only listed moves or A elements can be performed.	Only listed moves or A elements (no saltos) can be performed.
D Score Information	The D-score will be determined by the vault performed using the difficulty values below.	The D Score is composed of 4 elements worth 0.6 each.	The D-Score is composed of 4 Compositional Requirements worth 0.5 each Total = 2.0 plus 6 elements (which may include the CR's) worth 0.1 from uncoded list ie 6 elements at 0.1 each=0.6	The D-Score is composed of 4 Compositional Requirements worth 0.5 each Total = 2.0 plus 7 elements (which may include the CR's) worth 0.1 from uncoded list ie 7 elements at 0.1 each=0.7
Compositional Requirements	Handspring Flat Back - 2.20	1. Upward circle from 1 or 2 feet – 2 springboards may be used if the gymnast cannot reach the bar using 1 board. 2. Cast towards horizontal & return to front support  3. Cast into back hip circle 4. Squat on jump off dismount or straddle/pike undershoot dismount	1. Mount - Squat On, Jump to Front Support or any mount no higher than A value. 2. Tuck jump, Straight Jump or any A value jump, leap or hop. 3. Lunge towards handstand and return to lunge position (both feet must leave the beam) or FWD roll 4. ½ spin	1. Round off or Cartwheel with optional entry/exit to stand 2. Backward Roll (feet to tuck/pike/straddle stand, deductions for bent arms apply) 3. Handstand (optional exit) 4. Cat, Scissor Leap, Tuck, Star jump, ½ turning Stretch Jump or any A value jump, leap or hop.
Uncoded permitted elements			Any CR listed above DV 0.1 Additional uncoded moves listed below valued @ 0.1 -Balance for 2 secs: Arabesque, Pike V Sit (no hands on beam), Straddle ½ Lever (not if used as the mount to the routine), pike ½ lever (seat lever) Dismount: roundoff, run & 2 footed stretch jump	Any CR listed above DV 0.1 Additional uncoded moves listed below valued @ 0.1 -Forward Roll to stand -Backward/Forward walkover/Tic Toc -½ Spin
Bonus/Penalties				
Additional Information		No E-panel deduction of 0.5 for the empty swing automatically performed after the back hip circle.		

Yorkshire Level 6 - All Apparatus

FIG rules apply except where stated.

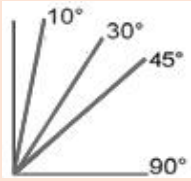
The E-score will be deducted from 10.00 using FIG deductions for execution, artistry and composition. No DV for barred elements
N.B Music from Disney, Andrew Lloyd Webber and Cirque du Soleil can only be used in line with British Gymnastics PPL rules.

	Vault	Bars	Beam	Floor
Apparatus	Springboard covered by 5cm mat on 60cm height block or mats, with level mats behind springboard, overall height 80 cm. All ages Springboard on 60cm block or mats	FIG Bar Heights As per FIG raised bar height to be requested at time of competition entries.	FIG height beam with FIG landing mat	12m x 12m Mats or Sprung Floor
No. of Elements / Short Exercises	2 x Vaults performed (better score to count)	Gymnasts perform a routine with 6 highest elements including dismount. If a gymnast does not attempt the required number of elements they will be deducted 1.0 for each non-attempted element	Gymnasts perform a routine with 8 highest elements including dismount. If a gymnast does not attempt the required number of elements they will be deducted 1.0 for each non-attempted element	Gymnasts perform a routine with 8 highest elements to count. If a gymnast does not attempt the required number of elements they will be deducted 1.0 for each non-attempted element
Barred Elements	Only listed moves can be performed.	B Value moves and above	Acrobatic B Value moves, C value moves and above	Salto's & B Value moves and above
D Score Information	The D-score will be determined by the vault performed using the difficulty values below.	The D-Score is composed of 4 Compositional Requirements worth 0.5 each Total = 2.0 plus 6 elements (which may include the CR's) worth 0.1 from uncoded list ie 6 elements at 0.1 each=0.6	The D-Score is composed of 4 Compositional Requirements worth 0.5 each Total = 2.0 plus 8 elements (which may include the CR's) Uncoded list and A = 0.1, Allowed B Moves = 0.2	The D-Score is composed of 4 Compositional Requirements worth 0.5 each Total = 2.0 plus 8 elements (which may include the CR's) worth 0.1 from uncoded list ie 8 elements at 0.1 each=0.8
Compositional Requirements	Handspring Flat Back - 2.00 Handspring to feet on mat - 2.80	1. Upward circle from 2 feet – two springboards may be used if a gymnast cannot reach the bar using 1 board. 2. Forward circle / Back hip circle / Seat circle 3. ¾ giant from LB to HB or ¾ giant from a cast on HB  4. Cast above horizontal into an element.	1. Any A valued mount or Squat On 2. Split Leap or Jump with 180° split/straddle (As per FIG requirements) 3. Forward/Backward Roll or Cartwheel or Back Walkover 4. ½ spin immediate ½ turn on 2 feet	1. Series of 2 flight elements 2. Backward roll to front support (straight arms) or Handstand forward roll (straight arms) 3. Forward or back walkover, tinsica or valdez, tic toc. 4. Dance passage to include split leap with 180° split (As per FIG requirements)
Permitted Elements		Any CR listed above DV 0.1 A Coded elements @ 0.1 Additional uncoded moves listed below valued @ 0.1 - Squat on - Tucked Sole Circle - 3/4 giant on low bar - counter swing - swing in hang 180° turn - Dismount: Straddle / pike underswing shoot	Any CR listed above DV 0.1 A Coded elements @ 0.1 Additional uncoded moves listed below valued @ 0.1 - Leaps / Jumps: Tuck, Stretch Jump, Star Jump - Balance for 2 secs: Arabesque above horizontal, Pike ½ lever (seat lever) Straddle ½ Lever (not if used as the mount to the routine) - Other Elements : ½ spin - Dismount: roundoff, handspring.	Any CR listed above DV 0.1 A Coded elements @ 0.1 Additional uncoded moves listed below valued @ 0.1 - Leaps: Scissor leap - Jumps: Tuck, Tuck ½ turn. - Backward roll through handstand, - Cartwheel/1 handed Cartwheel/ Cartwheel with flight - Handstand pirouette 180°
Bonus/Penalties				
Additional Information		One move may be repeated for DV on a different bar. No E-panel deduction of 0.5 for the empty swing automatically performed after the back hip circle or 3/4 giant.	Min 3 Acro & Min 3 Dance + 2 optional as per FIG Allowed B Dance elements = 0.2	Min 3 Acro & Min 3 Dance + 2 optional as per FIG

Yorkshire Level 5 - All Apparatus

FIG rules apply except where stated.

The E-score will be deducted from 10.00 using FIG deductions for execution, artistry and composition. No DV for barred elements
N.B Music from Disney, Andrew Lloyd Webber and Cirque du Soleil can only be used in line with British Gymnastics PPL rules.

	Vault	Bars	Beam	Floor
Apparatus	8/10 Years (Junior) - Table 110 cm 11+ (Senior) - Table 110 cm	FIG Bar Regulations As per FIG raised bar height to be requested at time of entry	Fig Beam Regulations	Fig Floor Regulations
No. of Elements / Short Exercises	2 x Vaults performed (better score to count) Max tariff 2.80 (as per 2017 FIG code)	Gymnasts perform a routine with 8 highest elements including dismount to count A routine with < 5 elements will be deducted 1.0 for each missing element <5. (i.e. 4 elements = 1.00 deduction, 3 elements = 2.00 deduction etc.)	Gymnasts perform a routine with 8 highest elements including dismount to count. FIG short routine rules apply.	Gymnasts perform a routine with 8 highest elements including dismount to count. FIG short routine rules apply.
Barred Elements	No vaults with 1/1 (full turn) in any flight phase Any vault above 2.80 value	C Value moves and above, Giants. Dismounts: double backway and saltos with full turns	C Value moves and above. Dismounts: B value and above	C Value moves and above Dismounts: B value and above
D Score Information	The D-score will be determined by the vault performed using the 2017 FIG Code of Points	The D-Score is composed of 4 Compositional Requirements worth 0.5 each Total = 2.0 plus 8 highest elements (which may include the CR's)	The D-Score is composed of 4 Compositional Requirements worth 0.5 each Total = 2.0 plus 8 highest elements (which may include the CR's)	The D-Score is composed of 4 Compositional Requirements worth 0.5 each Total = 2.0 plus 8 highest elements (which may include the CR's)
CRs		1. Any FIG Coded mount credited 2. Element started and finished on HB 3. Cast to 45° or above. 4. Close bar element (NOT forward or back hip circles. Downgraded to B value short clear will meet CR but not B bonus criteria) <div style="text-align: center;">  </div>	1. Connection of minimum 2 different dance elements: -to include 1x leap/jump/hop with 180° split (cross or side) or straddle position (As per FIG requirements) 2. Turn from Group 3 3. Acro elements b'wd (rolls allowed) 4. Acro elements f'wd/s'ways (rolls allowed)	1. Dance passage to include minimum 2 x different leaps or hops: To include 1 x leap or hop with 180° split (cross or side) / straddle (as per FIG requirements) 2. B Value dance element not as part of CR1 dance series 3. One of the following: - R/Off- Flic- Somi* - R/Off- Somi* - R/Off - 3 x Flic (Triple flic) 4. One of the following: - H/spring to 1 direct into h/spring to 2 - Run h/spring to 2 into run front somi - H/spring to 2 directly into flyspring - H/spring to 2 directly into front somi* - Front somi walkout into another flight element* - 2 directly connected front somis*
Permitted Elements		A Coded elements @ 0.1 B Coded elements @ 0.2 Additional uncoded moves listed below or as part of CRs valued @ 0.1 Upward hip circle mount Cast above 45° with straight body Squat onto Low Bar, jump to High Bar Backward sole circle tucked ¼ Giant circle from LB to HB ¼ Giant circle from cast N.B Straddle shoot without ½ turn not credited	A Coded elements @ 0.1 B Coded elements @ 0.2 Additional uncoded moves listed below or as part of CRs valued @ 0.1 Dance: Stretch jump / Stretch jump with ½ turn / Tuck jump / Scissor leap / Changement Holds: Arabesque [above horizontal] – 2 seconds / Y stand [not held with hand] – 2 seconds Acro: Forward roll / Backward roll	Any CR listed above DV 0.1 A Coded elements @ 0.1 B Coded elements @ 0.2 Additional uncoded moves listed below valued @ 0.1 Backward roll to handstand Handstand forward roll Forward walkover Backward walkover Valdez Cartwheel 1 handed Cartwheel Cartwheel with flight Catleap Tuck Jump
Bonus/ Penalties		Straddle cast to handstand – 0.5 First B move performed without a fall and credited in the routine - 0.5 (excluding higher valued / barred moves that have been devalued)	First B move (excluding split leap or split jump) performed without a fall and credited - 0.5 Routine performed without a fall AND with all 4 CRs credited – 0.5	*If CR 3 & 4 both include a directly linked Salto a bonus of 0.5 is awarded. (The eligible series are *) FIG rules acro after dismount will not be counted.
Additional Information	Attempted vaults with a higher tariff than 2.80 are barred and will score 0.00	A FIG coded element may be repeated for DV . No deduction for the empty swing automatically performed after the back hip circle on high bar or 3/4 giant on high bar or for uncharacteristic movement, i.e bar change without an element	Min 3 Acro & Min 3 Dance + 2 optional as per FIG	Min 3 Acro & Min 3 Dance + 2 optional as per FIG CR3 and CR4 must be performed without dance steps CR3 and CR4 must be performed for dismount to be awarded.

Yorkshire Level 4 - All Apparatus

FIG rules apply except where stated.

The E-score will be deducted from 10.00 using FIG deductions for execution, artistry and composition. No DV for barred elements
N.B Music from Disney, Andrew Lloyd Webber and Cirque du Soleil can only be used in line with British Gymnastics PPL rules

	Vault	Bars	Beam	Floor
Apparatus	Vault Table 120cm	FIG Bar Regulations As per FIG raised bar height to be requested at time of entry	Fig Beam Regulations	Fig Floor Regulations
No. of Elements / Short Exercises	2 x Vaults performed (better score to count) Max tariff 3.00 (as per 2017 FIG code)	Gymnasts perform a routine with 8 highest elements including dismount to count A routine with < 5 elements will be deducted 1.0 for each missing element <5. (I.e. 4 elements = 1.00 deduction, 3 elements = 2.00 deduction etc.)	Gymnasts perform a routine with 8 highest elements including dismount to count. FIG short routine rules apply.	Gymnasts perform a routine with 8 highest elements including dismount to count. FIG short routine rules apply.
Barred Elements	No vaults with salto Any vault above 3.00 value	D Value moves and above	D Value moves and above	D Value moves and above
D Score Information	The D-score will be determined by the vault performed using 2017 FIG Code of Points.	The D-Score is composed of 4 Compositional Requirements worth 0.5 each Total = 2.0 plus 8 highest elements (which may include the CR's)	The D-Score is composed of 4 Compositional Requirements worth 0.5 each Total = 2.0 plus 8 highest elements (which may include the CR's)	The D-Score is composed of 4 Compositional Requirements worth 0.5 each Total = 2.0 plus 8 highest elements (which may include the CR's)
Compositional Requirements		<ol style="list-style-type: none"> Giant FIG Close bar element (not forwards or back hip circle) Cast to handstand (straddled or straight legs) Long Upstart 	<ol style="list-style-type: none"> Connection of minimum 2 different dance elements: -To include 1x leap/jump/hop with 180° split/straddle (as per FIG split requirements) Turn from Group 3 1 x acrobatic series with 2 elements [minimum] - 1 x with flight [not salto] not connected into dismount Acro elements in different directions [fwd./swd & bwd] 	<ol style="list-style-type: none"> Dance passage to include minimum 2 x different leaps or hops:- To include 1x leap/jump/hop with 180° split/straddle (as per FIG split requirements) Acro line with min B Salto 3 Acro lines with saltos in different directions. 2 x min B value different dance elements not as part of CR1 dance series
Permitted Elements		A Coded elements @ 0.1 B Coded elements @ 0.2 C Coded elements @ 0.3 Additional uncoded moves listed below or as part of CRs valued @ 0.1 Squat onto low bar - jump to catch high bar Tucked leg sole circle The above will not incur 0.50 deduction for "Jump from LB to HB". The tucked sole circle will not incur bent leg penalties. All other FIG deductions apply)	A Coded elements @ 0.1 B Coded elements @ 0.2 C Coded elements @ 0.3 Additional uncoded moves listed below or as part of CRs valued @ 0.1 Forwards Roll	A Coded elements @ 0.1 B Coded elements @ 0.2 C Coded elements @ 0.3 Additional uncoded moves listed below or as part of CRs valued @ 0.1 Cartwheel Backward walkover Forward walkover Valdez Tic toc Backward roll to handstand
Bonus/Penalties				
Additional Information	Attempted vaults with a higher tariff than 3.00 are barred and will score 0.00 In team competitions the time to adjust the vault height is part of the apparatus warm up time. Additional time will not be allowed.	Giant may be repeated a second time for DV Empty swing will be deducted after the back-hip circle Uncharacteristic movement will be deducted, i.e. bar change without an element except squat on	Min 3 Acro & Min 3 Dance + 2 optional as per FIG	Min 3 Acro & Min 3 Dance + 2 optional as per FIG Max 4 x Acro Lines

Yorkshire Level 3 - All Apparatus

FIG rules apply except where stated.

The E-score will be deducted from 10.00 using FIG deductions for execution, artistry and composition. No DV for barred elements
N.B Music from Disney, Andrew Lloyd Webber and Cirque du Soleil can only be used in line with British Gymnastics PPL rules

	Vault	Bars	Beam	Floor
Apparatus	Vault Table 125cm	FIG Bar Regulations As per FIG raised bar height to be requested at time of entry	Fig Beam Regulations	Fig Floor Regulations
No. of Elements / Short Exercises	2 x Vaults performed (better score to count) Max tariff 4.00 (as per 2017 FIG code)	Gymnasts perform a routine with 8 highest elements including dismount to count A routine with < 5 elements credited will be deducted 1.0 for each missing element <5. (i.e. 4 elements = 1.00 deduction, 3 elements = 2.00 deduction etc.)	Gymnasts perform a routine with 8 highest elements including dismount to count. FIG short routine rules apply.	Gymnasts perform a routine with 8 highest elements including dismount to count. FIG short routine rules apply.
Barred Elements	Any vault above 4.00 value	E Value moves and above	E Value moves and above	E Value moves and above
D Score Information	The D-score will be determined by the vault performed using 2017 FIG Code of Points.	The D-Score is composed of 4 Compositional Requirements worth 0.5 each Total = 2.0 plus 8 highest elements (which may include the CR's)	The D-Score is composed of 4 Compositional Requirements worth 0.5 each Total = 2.0 plus 8 highest elements (which may include the CR's)	The D-Score is composed of 4 Compositional Requirements worth 0.5 each Total = 2.0 plus 8 highest elements (which may include the CR's)
Compositional Requirements		<ol style="list-style-type: none"> 1. Cast to Handstand Straight or Straddled 2. Giant 3. Close bar element (not A value) 4. 180° non-flight element [not mount] or a second (different) close bar element 	<ol style="list-style-type: none"> 1. Connection of minimum 2 different dance elements: -To include 1x leap/jump/hop with 180° split/straddle (as per FIG split requirements) 2. Turn from Group 3 3. 1 x acrobatic series with 2 flight elements (can be same element repeated i.e. flic flic) 4. Acro elements in different directions [fwd./swd & bwd] 	<ol style="list-style-type: none"> 1. Dance passage to include minimum 2 x different leaps or hops: -To include 1 x leap or hop with 180° split/straddle (as per FIG split requirements) 2. 1 x min C value dance element not as part of CR1 dance series 3. Salto bwd and salto fwd (no aerials) in the same or different acro line 4. Acro line with 360° min LA turn <p>CRs 3 and 4 must be part of an acro line</p>
Permitted Elements		A Coded elements @ 0.1 B Coded elements @ 0.2 C Coded elements @ 0.3 D Coded elements @ 0.4	A Coded elements @ 0.1 B Coded elements @ 0.2 C Coded elements @ 0.3 D Coded elements @ 0.4	A Coded elements @ 0.1 B Coded elements @ 0.2 C Coded elements @ 0.3 D Coded elements @ 0.4
Bonus/Penalties			0.3 – Series of 2 different flight elements 0.3 – Connection of 2 different spins or 0.3 for a full spin and 180° split jump FIG bonuses will also apply	
Additional Information			Min 3 Acro & Min 3 Dance + 2 optional as per FIG	Min 3 Acro & Min 3 Dance + 2 optional as per FIG

YORKSHIRE COMPULSORY 5 COMPETITION RULES (2019)

VAULT:

D Score : 4.00

$\frac{3}{4}$ straight front salto from the springboard to land flat on the back on a 60cm mat stack OR optional one 20cm mat higher for bonus of 0.5 (only applicable if the E deductions are 1.0 or less)

Faults	0.1	0.3	0.5
Run up distance less than 17m or more than 25m deduction		x	
Lack of acceleration during run up	x	x	
First phase onto the board			
Feet landing off centre in any direction	x		
Arms not behind the body in hurdle step	x	x	
Thumbs not close to side of body in forwards movement of the arms	x	x	
Second phase take off from the board to inverted position			
No heel drive into salto	x	x	
Excessive pike/arch into inverted position	x	x	x
Arms not finishing by ears in inverted position	x	X	
Brush mat with hands		X	
Bent legs	x	x	x
Insufficient height/rotation into the inverted position	x	x	x
Leg or knee separations	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	
Landing Faults			
Failure to land flat eg. Shoulders first, heels first or piked	x	x	x
Deviation from straight line (first contact)	x	x	
Legs apart on landing	x		
Legs bent on landing	x	x	x
Weight / support / impact on hands	Invalid Vault = 0		
Performance of tuck or pike salto	2.00 penalty (in addition to execution deductions)		

BARS:

Strap Bar height 2.5m

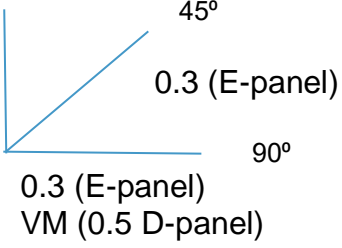
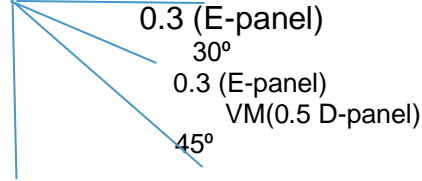
D-Score 4.00 plus bonus

Value of element taken as specified in text

No attempt at an element VM + 2.00

Cast and swing deductions taken according to diagrams

Use FIG deductions throughout the exercise except where specified

VALUE	ELEMENTS (exercise must be performed in this order)	NOTES
0.5	Mount – From long hang, in regular grip, trolley swing	
0.5	Long upstart	
0.5	Cast with straight arms to (minimum) 45°	 <p>45° 0.3 (E-panel) 90° 0.3 (E-panel) VM (0.5 D-panel)</p> <p>Cast with straddle and/or hips bent is not allowed (VM)</p>
	Swing forwards to (minimum) horizontal Swing backwards to (minimum) horizontal	 <p>0.3 (E-panel) 30° 0.3 (E-panel) VM(0.5 D-panel) 45°</p>
0.5	Swing forwards to (minimum) horizontal	As per above diagram
0.5	Swing backwards to (minimum) horizontal	As per above diagram
0.5	Swing forwards to (minimum) horizontal	As per above diagram
0.5	Swing backwards to (minimum) horizontal	As per above diagram
0.5 bonus	Swing forwards and backward giant circle through handstand**	Emphasis is to be on correct technical performance – poor body shapes (eg. Arch in body, legs apart, legs bent, arms bent etc) will receive execution deductions

N.B Coach can assist the gymnast to stop at the end of the routine

BEAM:

Time 1.30 max

D-score 4.00 plus bonus

Use FIG execution deductions, including artistry and specific apparatus deductions

All holds must be 2 seconds – 0.3 deduction for lack of hold on value elements

Ankle raise/releve work in each length – 0.5 deduction if no releve work in each length

Missing element – VM

No attempt at an element – VM + 2.00

VALUE	ELEMENTS (performed in optional order)	NOTES
0.5	Squat on mount (directly or indirectly) into:	
0.5	Pike ½ lever HOLD (2 secs)	<ul style="list-style-type: none">• Feet at horizontal 0.1• Feet below horizontal 0.3
1.00	Kick to split handstand (show position – no hold required)	
1.00	Back walkover	
0.3	Releve on 1 foot with arms down HOLD (2 secs)	No connection 0.3 (taken only once)
0.3	Releve on other foot with arms above head HOLD (2 secs) and then set for spin	
0.5	½ spin forwards into immediate	
0.5	½ turn	
0.3	Straight jump	No connection 0.3 (taken only once)
0.3	Connected to Straight jump	
0.5	Connected to Split jump	
0.5	Split jump performed separately	
0.5	From cross stand, cartwheel to cross stand	No connection 0.3
0.5	Straight jump	

Bonus:

0.3 if the split handstand and the backwalkover are connected

0.2 for each releve which is held for 2 secs (may be awarded twice)

0.3 straddle jump or split leap performed instead of the split jump performed separately

FLOOR:

D-score 4.00

All elements in an acrobatic series on floor must be completed continuously

Use FIG execution deductions, including artistry and specific apparatus deductions. However, adjustments should not be taken for a gymnast positioning themselves on the line for the series which is to be performed on a line.

N.B. The use of the line is as per Compulsory 4, please refer to BG compulsory 4 guides and videos for further information.

No attempt at an element – VM + 2.00

VALUE:	ELEMENTS (performed in optional order)	NOTES:
0.5 0.5 0.3	On a parallel line in front of the Head Judge approx. 1m into the floor area, Step hurdle round off Flic Straight jump	0.5 deduction if hands / feet are not on the line (up to a max of 1.5) 1.00 deduction if series not connected
1.00	Handspring to 2 rebound	Lack of flight on handspring 0.1, 0.3
1.00	Full spin to finish on toes with arms by ears	0.3 deduction if not finished on toes
0.5 0.5	Split leap step step Split leap on opposite leg	
1.00	Cat leap into cartwheel	No connection 0.3
1.00	Optional Jump: W-jump or Straddle jump or Split jump or Straight jump full turn	

RANGE AND CONDITIONING:

Firm, non-springy mat approx. 2m x 8m

Use FIG deductions throughout the exercise unless otherwise stated

No attempt at an element – VM + 2.00

VALUE:	ELEMENTS (must be performed in this order):	NOTES:
0.5	Standing forward leg lift on first leg, show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position, return to stand.	Chest below horizontal in arabesque 0.10, 0.30 Lack of amplitude in leg holds 0.10, 0.30
0.5	Standing leg lift on second leg, show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position, return to stand.	Chest below horizontal in arabesque 0.10, 0.30 Lack of amplitude in leg holds 0.10, 0.30
0.5	Pike fold with hands FLAT on floor (fingers facing backward) HOLD (2 secs)	No 2 second hold 0.3
0.3	Roll back to candle position/shoulder stand with hands behind head and fingers together	
0.5	Roll forwards to straddle ½ lever HOLD (2 secs)	No 2 second hold 0.3
0.5	Lift to handstand, show position and pike down to stand	
0.5	Kick to split handstand and lower to split bridge	
0.5	Join feet and hold bridge (2 feet on floor)	No 2 second hold 0.3
0.5	Kick back to split handstand on opposite leg and step down to join legs	
0.3	Straddle jump	Jumps to be linked but not rebounding • Split deductions apply • Lack of height in jumps 0.10, 0.30 • Loss of balance 0.10, 0.30
0.3	Split jump	
0.3	Split jump on opposite leg	
0.3	Straight jump	

COACHES REGULATIONS AND RULES

COACHES AT COMPETITIONS AND BG MEMBERSHIP

Lead or supervising Coaches must have current Gold, Joint Gold or Life members of BG and be qualified to the level of the moves being performed before being allowed to participate in a Regional Competition. They must have a current BG specific CRB/DBS certificate.

Assistant Coaches must be Silver (if Level 1) Gold, Joint Gold or Life Members of BG before being allowed to enter the competition arena.

All coaches must produce evidence of current BG Membership, DBS, Safeguarding and Qualifications at Coach Registration and have this evidence available on request whilst in the Competition Arena. Yorkshire WTC have introduced an opt in verification passcard system. A current YWTC passcard combined with a current BG membership card is acceptable evidence.

In order to accompany and have responsibility for gymnasts coaches must be qualified to coach the skills in their gymnast's routines and be a **minimum WA level 2 or equivalent.**

Coaches have a duty of care towards their performers and have responsibility to ensure that they 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. **All coaches must be qualified to coach the skills in their gymnast's routines.**

Level 1 Coach may only provide pastoral care, move the equipment, adjust apparatus and present the gymnast's competition number.

If it is found that a club is in breach of these policies, the WTC Chairman reserves the right to reject an entry on the grounds of gymnast safety.

In individual competitions, one coach per gymnast will be allowed in the competition arena. In team competitions a max of two coaches from three nominated on the entry form are allowed in the arena at any one time. One female coach and/or one male coach is permitted, or two female coaches.

A gymnast will not be allowed to warm up without a coach. Late arrivals will only be accommodated at the discretion of the competition organiser.

It is the club's responsibility to ensure there are sufficient coaches from their club to supervise the number of gymnasts / groups entered in the competition.

SAFEGUARDING

As of the 1st January 2013, all coaches taking part in any Yorkshire Regional, British Gymnastics National or International competition will be required to hold an up to date BG recognised Safeguarding and Protecting Children training certificate. Failure to comply with this requirement will result in you not being permitted to enter the competition as a coach.

HEALTH AND SAFETY

The safety of all participants (gymnasts, coaches and officials) is the primary consideration. All British Gymnastics policies and procedures will be rigorously applied with regards to health, safety and welfare and child protection.

CODE OF CONDUCT

As defined by the FIG Code of Points – infringements will be penalised as detailed in the Code.

COMPETITION ATTIRE - COACHES

Appropriate competition, gymnastic attire of club t-shirt or polo shirt, full length tracksuit and suitable footwear/trainers. Any coach not appropriately attired will be asked to leave the arena until correctly attired. In line with BG, leggings are only allowed if full length, plain and in a suitable thick dark material (i.e. not see through material or inappropriate patterns or colours). Tracksuit bottoms with ankle cuffs are allowed but should be true tracksuit bottoms and not jogging bottoms.

Long hair must be tied back.

Coaches will NOT be allowed on the competition floor if wearing jewellery (ear studs are permitted, wedding rings if taped).

No chewing gum.

No mobile phones or devices allowed in the competition arena.

APPARATUS

Should a coach consider a piece of apparatus unsafe or to have inadequate matting, this should be discussed with the Head Judge. Where no agreement can be reached, the Competition Organiser will be the final arbitrator and his/her decision is final.

COACHES AND JUDGES (APPEALS OR DISCUSSION)

A coach has a right to receive a D score and overall score for each performance prior to the presentation

A coach can appeal against a particular 'D' score. The protest must be submitted in writing to the Competition Organiser giving the gymnast's name and number, apparatus and the technical reason for the protest. The appropriate fee of £5 should accompany it. Any protest must be submitted before 15 minutes has elapsed since the score has been presented to the coach. The fee will be returned to the coach if the mark is amended.

No mark can be discussed with the judges during the course of the competition.

Coaches are allowed to ask for feedback about marks with the Head Judge **at the end of the competition**, only if there is time and the judge is happy to give feedback.

If a mark is discussed, then a protest may not be made. The coach should receive both the 'D' score and the 'E' score. Coaches should be polite and courteous at all times.

Under no circumstances should coaches approach judges with video footage of routines.

Optional pre-printed forms to help coaches structure an appeal are available at competitions.



GYMNAST REGULATIONS AND RULES

GYMNASTS' AGES

Gymnasts' ages will be the age reached in the year of competition. Competition Year is 1st January – 31st December - See Age chart at the beginning of the handbook for year of birth calculator.

MEMBERSHIP

All gymnasts must be a minimum SILVER member of a BG registered Club and affiliated to Yorkshire Gymnastics. Gymnasts membership and insurance must be current and up to date.

DRESS CODE OF GYMNASTS

All gymnasts are expected to be correctly dressed as defined by the F.I.G code of points. This permits the wearing of a catsuit or footless tights as long as they are skin tight and the same colour as the leotard. Gymnasts who choose to wear shorts to compete will receive a deduction as per the F.I.G code of points for incorrect attire.

No jewellery, body piercing or adornments of any kind are permitted.

No chewing gum.

No mobile phones or devices allowed in the competition arena.

Handguards, body bandages and wrist wraps are permitted. They must be securely fastened, in good repair and should not detract from the aesthetics of the performance. Bandages **MUST** be Skin-coloured or beige as per the FIG code.

In line with British Gymnastics rulings, hair must be secured to ensure that it does not touch the floor when the gymnast is in handstand.

TALL GYMNASTS

Both bars may be raised by 10cm where a gymnast's feet touch the basic matting while she is hanging on high bar or hips touch the basic matting while she is hanging on low bar.

Where a single bar is used, this may be raised so that the gymnast's feet in long hang clear the matting.

The request for the bars to be raised must be made with the competition entry form. If the bar is raised without prior request the gymnast will carry the penalty as per the FIG Code of Points.

As per British Gymnastics, requests for raised bar may be checked by the head judge on bars.

GYMNASTS ORDER OF PERFORMANCE

Please see General Rules for guidance

COMPETITION RULES

As per FIG rules (see link on first page for the FIG Code)



INDIVIDUAL RESPONSIBILITIES OF OFFICERS

DUTIES OF THE COMPETITION ORGANISERS

1. Receive from clubs all entries and appropriate fees in accordance with the competition entry rules.
2. To draw up a working order, prepare a printed programme and circulate it to the competing clubs at least 14 days prior to the competition.
3. On receipt of entries submit a list of nominated judges from the club entries to the Judging Convenor.
4. Obtain medals and trophies and request the return of trophies.
5. Organise all apparatus, public address system, officials, and assistants for the competition, and obtain as much assistance as necessary to run a competition. Liaise with the venue of the competition as necessary.
6. To liaise with the announcer, scorers, coaches, judges and runners to ensure the smooth running of the competition.
7. To ensure the competition rules and conditions are observed.
8. To convene a meeting of Head Judges and WTC members in attendance to deal with any problems or misconduct at any time in the competition, should it be necessary.
9. To receive written enquires about the D score from coaches pertaining to a gymnast's score, give them to the appropriate Head Judge and return the reply to the coach concerned.
10. Pay all eligible judges' expenses.
11. Submit to the Treasurer within 4 weeks of the competition a balance sheet of all income and expenditure incurred for the competition.
12. Provide a copy of all scores at the end of the competition. This must be given to the named coach of the club.

The Association, acting through the Competition Organisers or Chairperson, reserves the right to refuse any entry and to disqualify a competitor or team, if it is proved that an entry is not in accordance with the conditions of the competition.



RESPONSIBILITY OF JUDGING CONVENOR AND JUDGES

1. All judges must be appropriate members of B.G. (Silver or Gold)
2. Judges must wear the recognised F.I.G uniform.
3. Judges must attend the judges' meeting prior to the competition and be registered. The meeting is called by the Judging Convenor. The meeting will be chaired by the person nominated by the Judging Convenor.
4. Master/Head Judge of the event should check the apparatus before the competition along with the competition organiser(s).
5. The Head Judge of each apparatus panel will preside over a conference of the other panel judges to confer when a difference/split in scores so requires.
6. When leaving his/her seat, a judge must notify the Head Judge of their panel.
7. Judges should not communicate with coaches or spectators about aspects of performance, scores or other matters relevant to the competition in hand from the commencement of the Judges Meeting until the end of the competition.
8. Judges approached by coaches, gymnasts or parents in anyway outside of the rules of the competition must advise the Head Judge of their panel.
9. At all times judges must be impartial and unbiased. In the interests of fair play being seen to be done, judges must conduct themselves in a professional and unbiased manner throughout the duration of the competition.
10. In the event of a coach registering a protest regarding a D score received on a particular piece of apparatus, the Head Judge in consultation with the other judges, will review the routine and the score awarded and reply to the protest in writing.

APPARATUS REGULATIONS

All Levels will use the FIG specifications where possible unless stated otherwise on the competition criteria. These can be downloaded from the FIG Website using the following link

<http://www.fig-gymnastics.com/vsite/vnavsite/page/directory/0,10853,5187-188050-205272-nav-list,00.html>

VAULT:

1. For round off entry vaults, the safety collar MUST be in place.
2. 20cm FIG specification matting + 10 cm supplementary matting with markings as specified for vault landing
3. Maximum run allowed 25 metres

BARS:

1. Low bar 170cm / High bar 250cm (both +/- 1 cm) from the floor to the top side of the bars.
2. Maximum width between bars, inside bars on diagonal is 180cm.
3. 20cm FIG specification matting with 10cm supplementary matting.
4. The take- off board may be placed on the supplementary mat.
5. The supplementary mat may NOT be moved during the exercise.
6. Unauthorised raising of the bars will be penalised in accordance with the FIG regulations.

BEAM

1. 125cm from the floor to the top of beam
2. 20cm FIG specification matting with 10cm supplementary landing mat
3. The supplementary mat may not be moved during the exercise

FLOOR

1. 12m x 12m FIG specification floor area

COACHES AT APPARATUS

BEAM: A coach may approach the apparatus for BEAM DISMOUNTS ONLY. This does not permit the coach to touch the gymnast during her routine unless to prevent an accident. ***The coach must not move along in line with the gymnast during the routine or remain on the podium.***

A BARS: The coach may remain at the apparatus and stand between the bars if required throughout the routine and as above, should not touch the gymnast during the exercise. A second coach may be present to remove the board.

At other times coaches must remain in the designated area during performances. Infringements will will penalise coach and/or gymnast as per FIG regulations.

UNSPORTSMAN LIKE BEHAVIOUR OF COACH OR GYMNAST

Infringements will will penalise coach and/or gymnast as per FIG regulations.



TRANSFER PROCESS

Note: October 2018 – The transfer process continues to be reviewed in light of GDPR requirements. In the interim clubs should still inform the Chair/Secretary and the losing club of a transferring gymnast, the 6 month rule regarding competing continues to apply at present, and clubs are reminded to handle transfers in a professional and co-operative manner.

Yorkshire Women's Artistic Gymnastics has a transfer procedure for Women's Artistic Gymnasts transferring between clubs. A Yorkshire Women's Artistic Gymnast is defined as a gymnast that has entered any regional competition run by the Yorkshire WTC. This includes individual and team level competitions (level 7 through to FIG) as well as any grades.

If a gymnast is defined as a Yorkshire Women's Artistic gymnast as per the clarification above, the transfer process must be followed.

There is transfer period of 6 months for Yorkshire Women's Artistic Gymnasts. The period starts from the date that the Chairperson receives notification of the transfer.

During the 6 month transfer period gymnasts are allowed to enter Yorkshire WTC Individual Competitions (levels and grades) with Joint Club Credit. This means that the gymnast where possible has both the Gaining Club and the Losing Club listed alongside their name. Gymnasts are **not** able to enter Yorkshire WTC Team Competitions during this period.

The WTC has agreed that the transfer process can now be conducted via email without the need of a separate transfer form. The process is as follows;

- 1) On a gymnast transferring clubs, the Gaining Club will contact the Losing Club to advise that they are gaining the gymnast. Parents/Guardians/Gymnasts should be informed that this will occur.
- 2) The Gaining Club sends an email to the Yorkshire Women's Artistic Chairperson to advise that a transfer has taken place. The email should be sent to chairperson@yorkshirewagymnastics.org
- 3) The email and the date that it is received is logged. This is the date when the transfer period starts.
- 4) The Chairperson emails both the Gaining Club and the Losing Club to ensure that the process has been followed and to confirm the date when the transfer period started.
- 5) The Chairperson notifies the Competition Team to ensure that the rules around competing during the transfer period are applied to competition entries for this gymnast.



Yorkshire Gymnastics