



Yorkshire Women's Artistic Gymnastics

# SQUAD CRITERIA 2021

Yorkshire Gymnastics Association  
Women's Artistic Technical Committee

# YORKSHIRE WOMEN'S ARTISTIC GYMNASTICS - SQUAD 2021

## Section 1 - General Information

**Note to coaches: Please read the information in this handbook carefully before considering gymnasts for nomination.**

### Squad Structure

Yorkshire Women's Artistic Squad 2021 will consist of 6 squad sessions in addition to the trial increased from 5 sessions in 2019.

As in previous years places will be allocated based on the results of a trial.

In addition, 5 places will be reserved for the top scoring 8 years olds, the top scoring 9 year olds and the top scoring 10 years olds. The age of the gymnast is based on their gymnastic age 2021. If insufficient gymnasts in these age groups take part to fill these places the unfilled places will be allocated to the next 11+ aged gymnasts listed by trial results.

Once the Home Country /BG Squad is announced for 2021 automatic places will be offered to Yorkshire gymnasts who achieve places on Home Country or BG Squad in 2021.

Gymnasts who trial will have a profile of their trial results sent to their coach.

The squad structure will be a Junior Squad and a Senior Squad on Squad session days morning or afternoon to be confirmed by the Squad Director.

The age split will be determined by the age range and numbers once the list of successful triallists are known.

Expert coaches will be in attendance at the squad sessions.

Squad fees for the year will be £60 payable prior to the start of the first squad session via bank transfer, non-refundable for sessions not attended. Payment must be made to finalise acceptance of places.

## **Squad Kit**

Kit remains unchanged from 2019 so gymnasts and coaches who have already bought the current kit will be able to continue wearing it throughout 2021.

All gymnasts and coaches who successfully secure a Yorkshire Squad place for 2021 should attend in Yorkshire kit.

## **Code of Conduct**

In addition, all gymnasts and coaches must sign, return and abide by the Yorkshire Squad Code of Conduct. Failure or refusal to sign the Code of Conduct will be taken as a decision to relinquish the place on the Squad and admittance will be refused.

Club, National or International branded kit may not be worn to Squad Sessions.

## **Safety and Welfare**

Safety and welfare announcements will be given by the Squad Director or the person nominated by the Squad Director at the start of each session and at the trial. Each coach will be required to sign to state that they have received this guidance. Refusal to sign will be considered a breach of the Code of Conduct and the participation will be refused, this may result in gymnast participation also being refused if alternative coaches are not available.

## **Nominations and Participation**

Nomination of gymnasts is considered an acceptance to abide by the criteria and rules of the Yorkshire WA Gymnastics Squad for that year.

Nomination of gymnasts is considered an acceptance of the appeals process outlined below.

Participation in the squad trial is considered an acceptance to abide by the criteria, rules and judging scores allocated on the day.

Nominations for trial will close on the published date and will be via an online form on the Yorkshire WA gymnastics website.

## Appeals

Appeals may be made anytime between the end of the trial and the public announcement of the final squad line up by the WA.

Appeals will be accepted on the grounds that it is believed that the recording, typing or allocation of scores has been incorrect. In the event that there has been a proven administration error appeals will be upheld.

Appeals will not be accepted on the grounds of disputing the score given by the qualified and authorised judge. The score recorded by the judge on the day will be upheld. The judge's decision is final.

Appeals will not be accepted on the grounds that a gymnast did not perform as expected by the coach.

Appeals will be considered by a panel consisting of the Chairperson of the Women's Technical Committee, the Squad Director and one other member of the Women's Technical Committee. The decision of this panel on all appeals is final.

## Trial and Criteria

Listed below is the Squad trial criteria for 2021 with diagrams and additional guidance. If there are any questions or clarifications required regarding the criteria please contact the Squad Director on [squad.yorkswagymnastics@gmail.com](mailto:squad.yorkswagymnastics@gmail.com) no later than 1 week before the trial. The Squad Director and/or the Women's Technical Committee will endeavour to answer queries that it receives after the deadline above however this cannot be guaranteed. We recommend early careful reading of the criteria and rules.

Please note that changes may be made to the criteria at the discretion of the organisers for timing, logistics and safety reasons. The Squad Director and Women's Technical Committee reserves the right to make these changes for the above reasons without notice if required.

The final structure of the trial will be issued once all nominations are closed and numbers are known. The current intention is to maintain the trial structure from 2020. This will involve gymnasts receiving a set amount of time on bars, beam and floor to show their skills, judges scoring any skill they see within that time that meets the criteria.

## **Weightings and Score Calculations**

As in previous years the gymnasts score will be calculated in the following manner,

Each section, Strength, Flexibility, Vault, Bars, Beam and Floor will be ranked with the top gymnast(s) in that section receiving full marks and the lowest gymnast receiving the lowest mark.

The ranking score is based on the number of gymnasts in the trial. For example, if 150 gymnasts take part the gymnast who ranks 1<sup>st</sup> on Floor will receive 150 points, the gymnast who ranks 150<sup>th</sup> will receive 1 point. This ensures that all sections receive equal benefit and that a gymnast's performance in all areas is taken equally into consideration.

The ranking score from all 6 sections will be added to the Competition and Age weightings as per section 9 to give the gymnasts final score.

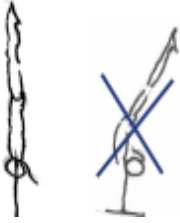

Please note that due to cancelled competitions in 2020, competition results for 2019 will be allowed for levels and grades where the gymnast did not compete in 2020.

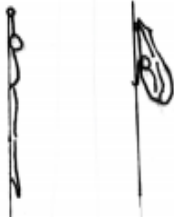
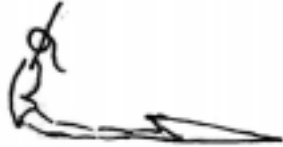

The gymnasts' places are then allocated by their ranking based on their overall score.

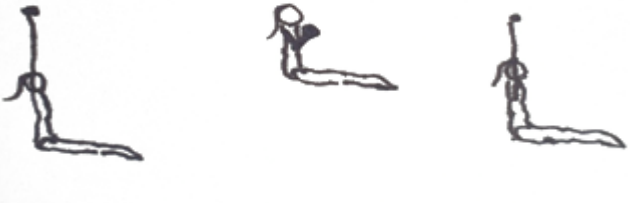
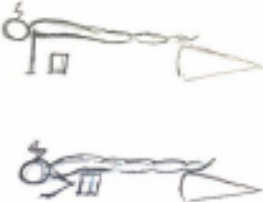


**IMPORTANT NOTICE : Please note that for progression and also due to the impact of Covid 19 restrictions skills may not be supported by coaches and there will be no skills performed into pits. Coaches may stand between the bars and at the end of beam for dismounts. Additional coach interaction such as standing on the podium or alongside the beam during the performance of skills will result in a 0 score for those skills.**

## YORKSHIRE WOMEN'S ARTISTIC GYMNASTICS - SQUAD CRITERIA 2021 WITH GUIDANCE AND DIAGRAMS

### SECTION 3 STRENGTH





Activity	Scoring	Guidance	Diagram
Held Handstand with legs together.	<b>3 points</b> for every 5 seconds held, up to a maximum of 30 seconds hold	<ul style="list-style-type: none"> <li>* Clock starts when the legs are joined together.</li> <li>* Clock stops, as soon as gymnasts hands, arms move or legs waiver within 10° of handstand.</li> <li>* No points for banana shape.</li> </ul>	
Continuous straddle lever to handstand and back down to controlled straddle lever	<b>5 points</b> for every controlled and continuous lever to handstand and return completed. Maximum 30 seconds for this exercise.	<ul style="list-style-type: none"> <li>* Each <b>continuous</b> lever must show, the start straddle lever, the handstand and then return to the straddle lever position.</li> <li>* Must show the correct technique and shape for both the levers and handstands.</li> <li>* Gymnasts may pause in either the lever or the handstand providing they do not touch the floor with any body part other than their hands.</li> <li>* If the gymnasts touch the floor with another body part the timing and counting will stop.</li> <li>* Gymnasts may restart for additional attempts within the allocated 30 seconds, the timer will not stop during the allocated time.</li> <li>^ Bent (frog legs) will not count.</li> </ul>	






Leg lifts from long hang on wall bars	As many as possible in 45 seconds. 1 point for every completed leg lift	* Toes must touch the bar above the head with straight legs throughout. * If legs are bent or toes do not touch or pass the bar, then the leg lift will not be counted.									
Back Lifts to vertical - arms by ears throughout	As many as possible in 30 seconds. 1 point for every successfully completed back lift	* Feet under the springboard, * Arms must stay by ears throughout the exercise, * Performed next to the wall to show the vertical position * Shoulders must meet the scale for the vertical position to count.									
Standing long jump x 3 attempts	Longest jump out of the 3 attempts to count. 1 point per each 5 cm over body length.	* The distance will be calculated by the length of the jump minus the height of the gymnast. N.B. Height to be measure to the top of the head from flat feet against a wall.	Gymnasts height to be included on nomination.								
Hang on the bar and lift to extended straddle fold	As many as possible in 45 seconds. 1 point for every successfully completed straddle fold	* Each one should start and finish in straddle hold at horizontal. * Straight legs throughout the element for it to be counted.									
20 metre sprint	Timed: Points = height divided by time x 10.	<p>Example</p> <table border="0" style="width: 100%; text-align: center;"> <tr> <td style="width: 25%;">Gymnast Height at nomination</td> <td style="width: 25%;">Time of 20 metre sprint</td> <td style="width: 25%;">Height/time</td> <td style="width: 25%;">X 10 for points</td> </tr> <tr> <td>1.51</td> <td>3.02</td> <td>0.50</td> <td>5.00</td> </tr> </table>		Gymnast Height at nomination	Time of 20 metre sprint	Height/time	X 10 for points	1.51	3.02	0.50	5.00
Gymnast Height at nomination	Time of 20 metre sprint	Height/time	X 10 for points								
1.51	3.02	0.50	5.00								




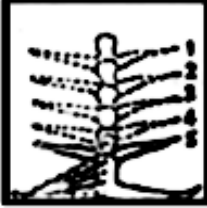
<p>Pike Chin Ups</p>	<p>PIKE CHIN UPS As many as possible in 45 seconds. 1 point for every successfully completed piked chin up</p>	<p>PIKE CHIN UPS * Hands in over grasp, * Legs in straight horizontal position, * chin to go over the bar. N.B If legs drop below horizontal or bend, that is the end of the attempt.</p>	
<p>Press Ups with feet on springboard</p>	<p>As many as possible in 45 seconds, 1 point for ever one completed correctly</p>	<p>* Must be done with good body position otherwise it will not count, * No arch in back etc and chest must touch the object which is in place, * Feet flat and only feet on the springboard</p>	
<p>Horizontal Hold, lying on front, hips on edge of tumble track</p>	<p>Hold for 45 seconds, 1 point for every 5 seconds held. Legs held by coach or weighted equipment below knee (Covid 19 dependant)</p>	<p>* Straight line from hip to shoulder, * Arms crossed over chest, * If body shape drops or raises from the horizontal position this will be the end of the attempt</p>	<p>HIPS ON EDGE OF TUMBLE TRACK</p> 
<p>Horizontal Hold, lying on back, hips on edge of tumble track</p>	<p>Hold for 45 seconds, 1 point for every 5 seconds held. Legs held by coach or weighted equipment below knee (Covid 19 dependant)</p>	<p>* Straight line from hip to shoulder, * Arms crossed over chest, * If body shape drops or raises from the horizontal position this will be the end of the attempt</p>	<p>HIPS ON EDGE OF TUMBLE TRACK</p> 



## SECTION 4 FLEXIBILITY

Bridge	Scored 1- 5 as per diagram	To score 5 the gymnast must have a strong bridge shape with shoulders in front of hands, straight legs and arms, feet together and hands no wider than shoulder width. (In line with grades conditioning sets)	
Pike fold sat on floor	Scored 1- 5 as per diagram	To score 5 a gymnast must have a flat back, no gaps between chest and thighs, straight and fully extended arms and legs (In line with grades conditioning sets)	
Pike fold stood on foam beam	Scored 1- 5 as per diagram	To score 5 a gymnast must have a flat back, no gaps between chest and thighs, straight and fully extended arms and legs (In line with grades conditioning sets) Hands cannot be placed behind the beam.	
Straddle fold - Foam Beams or Velcro used to ensure straddle not box split	Scored 1- 5 as per diagram	To score 5 a gymnast must have a flat back, chest fully to floor, straight and fully extended arms and legs, knees facing the ceiling (In line with grades conditioning sets)	

Leg lift holds – front right	Scored 1- 5 as per diagram	To score 5 the gymnast must have 2 straight legs, back flat against a wall and the raised leg above 120°	 A diagram showing a person standing with their back against a wall. The right leg is raised and bent at the knee, with the foot touching the wall. Five dashed lines radiate from the hip to show the angle of the leg, with the highest line labeled '120°'.
Leg lift holds – front left	Scored 1- 5 as per diagram	To score 5 the gymnast must have 2 straight legs, back flat against a wall and the raised leg above 120°	 A diagram showing a person standing with their back against a wall. The left leg is raised and bent at the knee, with the foot touching the wall. Five dashed lines radiate from the hip to show the angle of the leg, with the highest line labeled '120°'.
Leg lift holds - back right	Scored 1- 5 as per diagram	A wall may be used for balance. To score 5 the gymnast must have 2 straight legs, body remaining vertical and the raised leg above 100°	 A diagram showing a person standing with their back to a wall. The right leg is raised and bent at the knee, with the foot touching the wall. Five dashed lines radiate from the hip to show the angle of the leg, with the highest line labeled '100°'.
Leg lift holds - back left	Scored 1- 5 as per diagram	A wall may be used for balance. To score 5 the gymnast must have 2 straight legs, body remaining vertical and the raised leg above 100°	 A diagram showing a person standing with their back to a wall. The left leg is raised and bent at the knee, with the foot touching the wall. Five dashed lines radiate from the hip to show the angle of the leg, with the highest line labeled '100°'.
Leg lift hold – side right	Scored 1- 5 for each hold (each leg) as per diagram	To score 5 the gymnast must have 2 straight legs, body remaining vertical and the raised leg above 120°	 A diagram showing a person standing with their side to a wall. The right leg is raised and bent at the knee, with the foot touching the wall. Five dashed lines radiate from the hip to show the angle of the leg, with the highest line labeled '120°'.

Leg lift hold – side left	Scored 1- 5 for each hold (each leg) as per diagram	To score 5 the gymnast must have 2 straight legs, body remaining vertical and the raised leg above 120°	
Splits - Left Leg	Scored 1- 5 as per diagram	All splits will be performed on a Velcro strip to guide on alignment. To score 5 a gymnast will have extended straight legs, square hips, be in line with the Velcro strip and be the hips be fully to the floor (As per grades conditioning sets)	
Splits - Right Leg	Scored 1- 5 as per diagram	All splits will be performed on a Velcro strip to guide on alignment. To score 5 a gymnast will have extended straight legs, square hips, be in line with the Velcro strip and be the hips be fully to the floor (As per grades conditioning sets)	
Splits - Box	Scored 1- 5 as per diagram	All splits will be performed on a Velcro strip to guide on alignment. To score 5 a gymnast will have extended straight legs, be in line with the Velcro strip and the thighs be fully to the floor (As per grades conditioning sets)	

## SECTIONS 5 – 8 SKILLS

### SCORING

**Value A = 0 Score** – Cannot or did not show the requirement. Attempted the requirement but did not meet the technical requirements of the skill.

**Value B** = Performed element with major execution / technical errors. (Judging guidance deductions between 0.6 and 0.9+ or a Fall)

**Value C** = Performed element with minor execution/technical errors (Judging guidance deductions between 0.3 and 0.5)

**Value D** = Performed element to a high competition standard (Judging guidance deductions between 0.1 and 0.2)

## SECTION 5 - VAULT

Gymnasts will only be given one score per category. Please read the criteria carefully to avoid gymnast disappointment at receiving 0 scores for repeated categories.

Video evidence **WILL NOT** be accepted for any vault categories, skills must be performed on the day.

Gymnasts may perform 2 vaults which should be chosen from 2 different categories from the list (1-7) below.

Gymnasts may only perform 2 vault categories.

If gymnasts should not perform vaults from more 2 categories. If this occurs then the **FIRST 2** vault categories performed will count - **NOT** the highest scoring.

If gymnasts perform 2 vaults types from the same category then **ONLY ONE** vault (the first performed) will count.

If the Skill/Element is completed but with a fall the maximum score will be a B. Skills/Elements may be repeated in the allocated time.

Coaches may instruct the gymnasts verbally to repeat skills where necessary during the allocated time.

### Examples for clarification,

*Example 1: Gymnasts performs Category 1A and Category 4 – **Both Vaults would Count***

*Example 2 : Gymnasts performs Category 1A and Category 1D – **Only the first vault would count***

*Example 3: Gymnast performs Category 4 Tsukahara vault and another Category 4 Tsukahara vault - **Only the first vault** would count as these have the same value and these also have the same entry.*

*Example 4: Gymnasts performs Category 4 Tsukahara vault and a Category 4 Yurchenko vault. The second vault would count as it has a different entry and would therefore count as a Category 7 vault - **Both vaults would count.***

**If you have any queries/concerns about whether a chosen combination of vaults would count contact the Squad Director prior to the trial to confirm.**

## VAULT

Category		Values	A	B	C	D
1	Prep Vault Set: Soft Vault 120cm with mats piled level <b>For 10 Year Olds and Under Only</b> Prep Vault Set: Soft Vault 110cm with mats piled level	Category 1A - Handspring to stand, fall forward Category 1A - <b>For 10 Year Olds and Under Only</b> Handspring to stand, fall forward on 110cm	0	1	2	3
		Category 1B - Tsukahara Prep to shoulder stand Category 1B - <b>For 10 Year Olds and Under Only</b> Tsukahara Prep to stand on 110cm	0	1	2	3
	Vault Set Up: Table Vault 125cm to Firm Landing (No Pits)	Category 1C - ½ On ½ Off (Complete ½ On not a ¼ On)	0	1	2	3
		Category 1D - ½ On 1/1 Off (Complete ½ On not a ¼ On)	0	1.5	2.5	4
2	Prep Vault Set: Soft Vault 120cm with mats piled level <b>For 10 Year Olds and Under Only</b> Prep Vault Set: Soft Vault 110cm with mats piled level	Category 2 - Round Off to stand Category 2- <b>For 10 Year Olds and Under Only</b> Round Off to stand on 110cm	0	0.5	1	1.5
3	Prep Vault Set: Soft Vault 120cm with mats piled level <b>For 10 Year Olds and Under Only</b> Prep Vault Set: Soft Vault 110cm with mats piled level	Category 3 - Yurchenko prep to shoulder stand Category 3- <b>For 10 Year Olds and Under Only</b> Yurchenko prep to stand on 110cm	0	2	3	4
4	Vault Set Up: Table Vault 125cm to Firm Landing (No Pits)	Category 4 – FIG Tariff 3.3 -3.7	0	2	4	6
5	Vault Set Up: Table Vault 125cm to Firm Landing (No Pits)	Category 5 – FIG Tariff 3.8 - 4.0	0	3	5	7
6	Vault Set Up: Table Vault 125cm to Firm Landing (No Pits)	Category 6 – FIG Tariff 4.2 and above	0	4	6	8
7	Vault Set Up: Table Vault 125cm to Firm Landing (No Pits)	Category 7 –A second DIFFERENT ENTRY vault for option 4, 5, or 6.	Same values as Options 4, 5, 6.			

## SECTION 6 - BARS

Coaches should assume that the A bars will have the low bar in for all skills. The intention is to have the low bar in for all skills, logistics/planning on the day may mean that this will not be the case under which circumstances this will be the same set up for all gymnasts.

Gymnasts will only be given one score per category. Please read the criteria carefully to avoid gymnast disappointment at receiving 0 scores for repeated categories. For example if a gymnast performs 8A and 8B these are the same category and only the higher score will count.

Coaches may stand between the Bars however if coach support is required/occurs the skill element will incur an A value and 0 Score.

If the Skill/Element is completed but with a fall the maximum score will be a B. Skills/Elements may be repeated. Skills/Elements may be repeated in the allocated time.

Use of pads or additional matting will result in an A Value and 0 Score for that skill/element with the exception of a pad on the low bar, however if the gymnast hits or touches the pad they will receive an A Value and 0 Score.

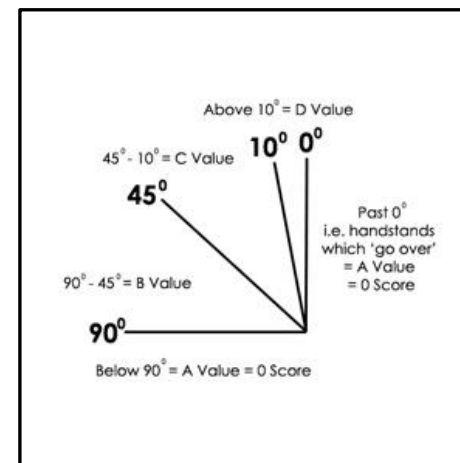
If the gymnast is 10 or under Categories 11 and 12 may be performed on metal or wooden bar. If the gymnast is 11 or over the skill/element must be performed on wooden bar. Gymnasts 11 or over performing the skill/element on a metal bar will receive an A Value and 0 Score.

Categories 14 and 15 will be by **video evidence only and cannot be performed over a pit or with coach support or with additional matting and MUST be performed on an A bar set up with the low bar in situ**. This must be submitted no later than one week prior to the trial to the Squad Director on [squad.yorkswagymnastics@gmail.com](mailto:squad.yorkswagymnastics@gmail.com). Coaches will receive a receipt of the submitted score. Multiple videos of different skills within one category **should not** be submitted, the first video received for each category (14 and 15) will be scored and the gymnast will receive one score from each category only.

Video evidence **WILL NOT** be accepted for any other bar categories. Skills/elements for other categories must be performed on the day.

Categories requiring handstand as part of the criteria (Categories 8, 11, 12 and 18B) will incur the following automatic maximum values for the height of the handstand in addition to any other deductions. **PLEASE NOTE A HANDSTAND TO WITHIN THESE DEGREES DOES NOT AUTOMATICALLY MEAN THAT THE SKILL WILL RECEIVE THIS VALUE OTHER DEDUCTIONS WILL STILL APPLY - THIS IS THE MAXIMUM SCORE THE SKILL/ELEMENT CAN RECEIVE NOT THE MINIMUM.**

Coaches may instruct the gymnasts verbally to repeat skills where necessary during the allocated time.



## BARS

Category			Values	A	B	C	D
8	One of these elements to count – (highest scoring)	Category 8A - Wooden Bar - Straddle Cast To Handstand		0	0.5	1	1.5
		Category 8B - Wooden Bar - Straight Cast To Handstand		0	1	1.5	2
		Category 8C - Wooden Bar – Upstart Straddle Cast To Handstand		0	1	1.5	2
		Category 8D - Wooden Bar – Upstart Straight Cast To Handstand		0	1.5	2	2.5
9	1 of these (highest value) to count only	Category 9A - Metal Bar - Giants Backwards (From Cast Or Element Not Counterswings)		0	0.5	1	1.5
		Category 9B - Wooden Bar - Giants Backwards		0	1	1.5	2
10	1 of these (highest value) to count only	Category 10A - Metal Bar - Giants Forwards (From Cast Or Element Not Counterswings)		0	0.5	1	1.5
		Category 10B - Wooden Bar - Giants Forwards		0	1	1.5	2
11	Note: Gymnasts aged 10 & under ONLY may complete these elements on metal bar	Category 11 - Wooden Bar - 1 <sup>st</sup> Close Bar Element To Handstand (Excl Hip & Sole Circle)		0	0.5	1	2
12	Note: Gymnasts aged 10 & under ONLY may complete these elements on metal bar	Category 12 - Wooden Bar - 2 <sup>nd</sup> Different Close Bar Element To Handstand (Excl Hip & Sole Circle)		0	0.5	1	2
13		Category 13 - Flight Element From L/Bar To H/Bar		0	0.5	1	2
14	VIDEO EVIDENCE ONLY	Category 14 - Flight Element From H/Bar To L/Bar - Video Evidence Only		0	1	2	3
15	VIDEO EVIDENCE ONLY	Category 15 - Flight Element From H/Bar To H/Bar - Video Evidence Only		0	2	2.5	3.5
16		Category 16 - Wooden Bar - Non Flight Element With 180 <sup>o</sup> Turn		0	1	1.5	2
17		Category 17 - Wooden Bar - Non Flight Element With 360 <sup>o</sup> Turn		0	1.5	2	2.5
18	1 type of dismount to count – (highest scoring)	Category 18A - Dismount A Element		0	0	0.5	1
		Category 18B - Dismount A Element From Handstand With Straight Salto		0	0.5	1	1.5
		Category 18C - Dismount B Element		0	1.0	1.5	2.0
		Category 18D - Dismount C Element		0	1.5	2.0	2.5

## SECTION 7 – BEAM



Gymnasts will only be given one score per category. Please read the criteria carefully to avoid gymnast disappointment at receiving 0 scores for repeated categories.

For example, if a gymnast performs 19A and 19B these are the same category and only the higher score will count.

Coaches may stand in for Beam dismounts only however if coach support is required/occurs the dismount will incur an A value and 0 Score.

If the Skill/Element is completed but with a fall the maximum score will be a B. Skills/Elements may be repeated in the allocated time.

Use of beam pads or additional matting is not allowed and will result in an A Value and 0 Score for that skill/element.

Video evidence **WILL NOT** be accepted for any beam categories. Skills/elements must be performed on the day.

Coaches may instruct the gymnasts verbally to repeat skills where necessary during the allocated time.

## BEAM

Category			Values	A	B	C	D
19	1 acro series (highest value) to count only	Category 19A - <b>For 10 Year Olds and Under Only</b> - Acro Series Of 2 A elements (the elements can be repeated but cannot be rolls or held elements)	0	0.5	1	1.5	
		Category 19B - Acro Series Of Min 1 Flight Element	0	1	1.5	2	
		Category 19C - Acro Series Of 2 Flight Elements	0	2	2.5	3	
		Category 19D - Acro Series Of 2 Flight Elements – One Must Be A Salto/Aerial	0	2.5	3	3.5	
20		Category 20 - Forward, Backward Or Sideward Salto/Aerial N.B. Must be different to Salto/Aerial performed in category 19	0	1	2	3	
21		Category 21 - 2 <sup>nd</sup> Forward, Backward Or Sideward Salto Or Aerial N.B. Must be different to Salto/Aerial performed in categories 19 & 20	0	1	2	3	
22		Category 22 - Leap Series With Minimum 180 Deg Split Cross Or Side	0	1	1.5	2	
23	1 type of leap or jump (highest value) to count only	Category 23A - <b>For 10 Year Olds and Under Only</b> - B Value Leap Or Jump Or Above Must Be Different To Leap Series	0	1	1.5	2	
		Category 23B - C Value Leap Or Jump Or Above Must Be Different To Leap Series	0	1.5	2	2.5	
		Category 23C - D Value Leap Or Jump Or Above Must Be Different To Leap Series	0	2	2.5	3	
24	1 x Gymnastics turn from FIG Code Group 3 (highest value) to count only	Category 24A - A Element	0	0.5	1	1.5	
		Category 24B - B Element	0	1	1.5	2	
		Category 24C - C or Higher Element	0	1.5	2	2.5	

Beam Continued on next page

Beam Continued.

25	<b>1 type of dismount (highest value) to count only</b>	Category 25A - Dismount A Element	0	0.5	1	1.5
		Category 25B - Dismount 2 Connected A Elements	0	1	1.5	2
		Category 25C - Dismount B Element	0	1.5	2	2.5
		Category 25D - Dismount C Element	0	2	2.5	3
		Category 25E - Dismount – Flight Element <u>Into</u> A Value Salto <b>For 10 Year Olds and Under Only – 1 point bonus if completed</b>	0	2	2.5	3
		Category 25F - Dismount – Flight Element <u>Into</u> B Value Or Higher Salto <b>For 10 Year Olds and Under Only – 1 point bonus if completed</b>	0	2.5	3	3.5

## SECTION 8 – FLOOR

Gymnasts will only be given one score per category. Please read the criteria carefully to avoid gymnast disappointment at receiving 0 scores for repeated categories. For example if a gymnast performs 27A and 27B these are the same category and only the higher score will count.

Skills/elements may be performed as part of a routine or separately.

All floor skills/elements must be performed on the designated floor. No skills (elements) may be performed on a tumble track or into pits. Skills/elements not performed on the designated floor will result in an A value and 0 Score.

Coaches are not permitted on the floor area during the gymnasts performance.

Coach support is not allowed for double back somersaults and will result in an A value and 0 Score.

An additional landing mat may be used for double backs without incurring any penalty other than this the use of additional matting will result in an A Value and 0 Score for that skill/element.

Coaches may instruct the gymnasts verbally to repeat skills where necessary during the allocated time.

If the Skill/Element is completed but with a fall the maximum score will be a B. Skills/Elements may be repeated in the allocated time.

Video evidence **WILL NOT** be accepted for any floor categories, skills/elements must be performed on the day.

Please note it is recommended that coaches read the criteria carefully to avoid gymnasts performing skills which are not listed in the criteria, which will also use up gymnast's energy, result in a 0 score and cause gymnast disappointment.

## FLOOR

Category		Values	A	B	C	D
26		Category 26 - Double Back – Landing Mat Allowed (No Coach Support)	0	2	3	4
27	<b>1 backwards somersault (highest value) to count only (Somersault does not count towards Category 29)</b>	Category 27A - <b>For 10 Year Olds and Under Only</b> Hurdle Step Roundoff 3 Flicks	0	0.5	1	1.5
		Category 27B - <b>For 10 Year Olds and Under Only</b> Round Off Flick Tuck	0	1	1.5	2
		Category 27C - <b>For 10 Year Olds and Under Only</b> Round Off Flick Straight	0	1.5	2	2.5
		Category 27D - Salto with 360 <sup>0</sup> LA Turn	0	2	2.5	3
		Category 27E - Salto with 540 <sup>0</sup> LA Turn	0	2.5	3	3.5
		Category 27F - Salto with 720 <sup>0</sup> LA Turn	0	2.5	3	3.5
28	<b>1 forwards somersault (highest value) to count only</b>	Category 28A - <b>For 10 Year Olds and Under Only</b> Handspring to 1 immediate handspring to 2 Rebound Stretch Jump	0	0.5	1	1.5
		Category 28B - <b>For 10 Year Olds and Under Only</b> Tuck front rebound/jump into hurdle into handspring to 1 into handspring to 2	0	1	1.5	2
		Category 28C - <b>For 10 Year Olds and Under Only</b> Handspring to 1 into Handspring to 2 into Salto Forwards Tuck	0	2	2.5	3
		Category 28D - <b>For 10 Year Olds and Under Only</b> Handspring to 2 into Flyspring into Salto Forwards Tuck	0	2	2.5	3
		Category 28E - Straight Front Salto	0	1.5	2	2.5
		Category 28F - Proceeding Element into Straight Front Salto	0	2	2.5	3
		Category 28G - Straight Front Salto Punched Front Salto Series	0	2.5	3	3.5
		Category 28H - Straight Front Salto with 360 <sup>0</sup> + LA Turn	0	2.5	3	3.5

Floor Continued on next Page

Floor Continued.

29	<b>1 series (highest value) to count only (Somersault does not count towards Category 27)</b>	Category 29A - Front Somi Walkout Round Off Flick Tuck	0	0.5	1	1.5
		Category 29B - Front Somi Walkout Round Off Flick Straight	0	1	1.5	2
		Category 29C - Front Somi Walkout Round Off Flick 1/1 Twist	0	1.5	2	2.5
		Category 29D - Front Somi Walkout Round Off Flick 2/1 Twist	0	2	2.5	3

30	<b>1 x Gymnastic turn from FIG Code Group 2 (highest value) to count only</b>	Category 30A - <b>For 10 Year Olds and Under Only</b> – A Value	0	0.5	1	1.5
		Category 30B - B Value	0	0.5	1	1.5
		Category 30C - C Value	0	1	1.5	2
		Category 30D - D Value or higher	0	1.5	2	2.5

31		Category 31A - <b>For 10 Year Olds and Under Only</b> -Dance Passage 2 X Different Leaps/Hops (1 Must Be B Value Or Above) from the FIG Code Of Points Connected Directly Or Indirectly, One With 180 Split, Cross, Side Or Straddle	0	1	1.5	2
		Category 31B - Dance Passage 2 X Different Leaps/Hops (1 Must Be C Value Or Above) from the FIG Code Of Points Connected Directly Or Indirectly, One With 180 Split, Cross, Side Or Straddle	0	1	1.5	2

**ALL THE ABOVE FLOOR ELEMENTS MUST BE PERFORMED ON THE DESIGNATED FLOOR. NOT ON TUMBLE TRACK AND PITS. MAY BE PERFORMED AS A ROUTINE OR SEPARATELY AND IN ANY ORDER**

## SECTION 9 - WEIGHTINGS

In addition to the above there will in 2021 be the following age and competition weightings. *Please note that due to cancelled competitions in 2020, competition results for 2019 will be allowed for levels and grades where the gymnast did not compete in 2020.*

### 2019 & 2020 Competitions

Grades	Weighting	Levels	Weighting
Club 6	6	Level 6 Age in 2021 11+	6
Club 5	7	Level 6 Age in 2021 7-10	8
Regional 4	8	Level 5 Age in 2021 12+	6
Regional 3	9	Level 5 Age in 2021 8-11	8
Regional 2	10	Level 4 OOA	10
Regional 1	11	Level 4 In Age	12
National 4	12	Level 3 OOA	13
National 3	13	Level 3 In Age	14
National 2	14	Level 2 OOA	15
National 1	15	Level 2 In Age	16
Compulsory 5	10	FIG	18
Compulsory 4	14		
Compulsory 3 (Passed in any year)	16		
Compulsory 2 (Passed in any year)	17		
Compulsory 1 (Passed in any year)	18		

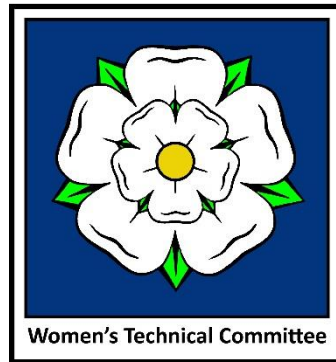
The weighting is calculated by dividing the figure above by the position in the competition. For example, Compulsory 1 first place = 18/1 – a competition weighting of 18, or Regional 4 eighth place = 8/8 – competition weighting of 1.

In addition there is an age allowance as follows (age in 2021 so for example born 2013 = 8 in 2021)

Age 7 = 9	Age 12 = 4
Age 8 = 8	Age 13 = 3
Age 9 = 7	Age 14 = 2
Age 10 = 6	Age 15 = 1
Age 11 = 5	Age 16+ = 0







© 2020 Yorkshire Gymnastics Women's Artistic Technical Committee. All rights reserved.