

## GENERAL INFORMATION...

### HOW TO ENTER

Entry is via the [Club Store on JoinIn](#) (Club Events). *You will need to be signed in to do this.*

Closing date for entries: [SEE EMAIL / WEBSITE MAIN EVENT PAGE](#)

Age categories will apply at each Stage where necessary

Exact timings for each Stage will be published after the closing date.

### GENERAL RULES

Minimum age: 5 years on 1<sup>st</sup> January

Club Uniform must be worn

Hair must be tied back securely

All jewellery must be removed

All general club rules apply to events

Gymnasts must arrive on time to warm up and practice.

Please also see the [Terms and Conditions for DISPLAYS & COMPETITIONS which are available on the club website HERE](#)

**Routines need to be learned / memorised at home and there will be an opportunity to practice the skills within class.**

### SPECTATORS:

Each participant receives one free spectator pass for the competition day with their entry. Additional spectators are encouraged and charged at £2 per person with these funds going directly to our Leadership Academy to go toward the training and development costs for our Young Leaders and Coaches.

### Additional Practice Session (where applicable)

If an additional practice session is available, gymnasts will be added to this as part of their sign-up to the Event however this part is not compulsory. If you do not wish to attend the practice session, please let us know by email.

Our GfA Competitions are intended to be fun and friendly events, and this the atmosphere will be relaxed with an emphasis on taking part and each child doing their best.

### SCORING:

**DIFFICULTY:** 10 elements will be counted, up to a Difficulty Value (DV) of 3.00. This is your total "Difficulty Value" or "DV".

**EXECUTION:** 10.00 points will be allocated for execution. Your deductions are taken out of this.

**ARTISTRY:** Up to 3.00 points will be given for Artistry which includes performance, style, dance steps, fluidity, overall impression.

The maximum score you can get is 16.00 if your DV is 3.00. If your difficulty value is less than 3 then your maximum score will be less. HOWEVER, you can get up to 0.6 deductions on an element if it is not performed well so it is better to choose elements you can perform well even if this means your DV is lower

# GfA INTERMEDIATE & ADVANCED COMPETITION RULES Routine Composition

You will be performing a FLOOR Routine on mats 4m x 12m. Individual choice of elements fulfilling the requirements.

The routine should include a variety of dance steps / movements between elements

**SPECIFIC REQUIREMENTS:** When choosing the elements for your routine, you need to make sure you fulfil the specific requirements of the competition. These are shown below.

You can use this sheet to write down which skills you are going to choose to fulfil each requirement before you plan the order and directions for your routine.

CODE	Specific Requirements: <u>10</u> elements including...		
<b>BAL</b>	Any balance or hold x 1		
<b>STR</b>	Strength Element x 1		
<b>LIM</b>	Limbers Element x 1		
<b>FL/RO</b>	Additional limbers/flexibility element x 1		
<b>1-1-1</b>	Linked series of 3 skills x1		
<b>X-X</b>	2 linked cartwheels (2 handed or one handed) x 1		
<b>LJSR</b>	Any Leap, Jump, Spin or Roll x 1		
<b>ADD</b>	Your choice of any additional element from the list		
<b>Other requirements</b>			
<i>Use the whole of the floor area (4m x 12m)</i> <i>Movement in all directions (forward, sideways, backwards)</i> <i>Linking movements or dance steps to create a flowing routine</i>			

**Optional Routines:** You can perform the elements in any order. You must complete a TARIFF SHEET declaring all elements in the order you have chosen once you have created your routine. You must hand the Tariff Sheet in at the beginning of the competition.

**Set Routines:** Included in this pack are 3 different “Set Routines” to help you out. You could use one of these routines if you like and just add start and finish positions and dance steps/movements in between the skills. If you do this, you can just use the correct set routine tariff sheet and add your name but you must make sure you perform the elements in the prescribed order.

ALTERNATIVELY... You may want to use a set routine as a starting point then swap in different elements where you can and would like to or change the order of the elements. If you do this, you will need to complete an “Optional Routine’ tariff sheet before the day of the competition.

**GfA INTERMEDIATE & ADVANCED - Elements to choose from**

<b>Any balance or hold</b>	<b>DV</b>
One foot stand leg bent in front at 90°	0.1
One foot stand leg straight 45° - 90°	0.1
Tuck hold (no hand support)	0.1
Arabesque (fee leg 45° or higher)	0.2
V-sit hold without hand support (pike or straddle)	0.2
Pike leg lift and hold	0.2
Japana leg lift & hold	0.2
Y balance	0.3
Arabesque (fee leg above horizontal)	0.3

<b>Limbers Element</b>	<b>DV</b>
D stretch, knees together	0.1
Push to Bridge	0.1
Handstand to bridge	0.1
Back bend to bridge	0.1
Kick over from bridge	0.2
Tic Tock	0.2
Front limber	0.2
Forward walkover	0.3
Backward walkover	0.3

<b>2 linked cartwheels</b>	<b>DV</b>
Cartwheel, chasse, cartwheel	0.1
With no additional steps in between...	
Cartwheel with both hands x 2	0.1
Ttwo cartwheels, one with both hands, one with one hand (any order)	0.2
2 1 handed cartwheels on alternate hands (First hand, second hand or vice versa)	0.3
<i>The cartwheels can start and finish sideways, facing forwards, backwards and in either a lunge or dish stand</i>	

<b>Linked series of 3 different travelling skills OR 2 travelling skills and a jump</b>	<b>DV</b>
Forward roll, straight jump, cartwheel	0.1,0.1,0.1
Forward roll, cartwheel to dish, backward roll	0.1,0.1,0.1
Round off, jump half turn, cartwheel	0.2,0.1,0.1
Handstand forward roll, step out to cat leap, cartwheel	0.1,0.1,0.1
Round off, straight jump, backward roll	0.2,0.1,0.1
Forward walkover, cat leap, cartwheel	0.3,0.1,0.1
Cartwheel, backward walkover, tuck jump	0.1,0.3,0.1

<b>OTHER SKILLS (where not included above) – if your choice of skill is not listed, ask your coach</b>	
Dive Cartwheel	0.2
Front Handspring	0.3

<b>Strength Element</b>	<b>DV</b>
Push up to 90°	0.1
Burpee	0.1
Rolling squat jump to 90o squat	0.1
Push up to 90° elbows in	0.2
Single leg squat and stand	0.2
Pike lever, hips & one foot raised	0.2
Straddle/Pike half lever	0.3
Handstand 2" legs together	0.3
Handstand 2" legs split or stag	0.3

<b>Flexibility Element</b>	<b>DV</b>
Pike fold to 45°	0.1
Japana fold to 45°	0.1
D stretch, knees together	0.1
Deep lunge chest up	0.1
D stretch, knees together	0.1
Splits to 160° (both legs straight)	0.2
Japana flat	0.3
Pike Fold (flat)	0.3
Any Splits	0.3

<b>Leaps, Jumps &amp; Spins</b>	<b>DV</b>
Half Spin on one foot	0.1
Full spin on one foot	0.2
Full spin free leg lifted above 45° and straight	0.3
Straight jump half turn	0.1
Tuck or star Jump	0.1
Straight jump full turn	0.2
W-Jump, Pike or straddle Jump	0.3
Split leap or jump to 160°	0.2
Split leap or jump to 180°	0.3

<b>Rolls</b>	<b>DV</b>
Forward roll to stand	0.1
Backward roll to stand	0.1
Circle roll in Straddle	0.1
Side roll from knees to knees	0.1
Butterfly roll from knees to stand	0.1
Forward roll to Straddle Stand	0.2
Backward roll to Straddle Stand	0.2
Handstand forward roll	0.2
Forward roll to Straddle hold	0.3
Forward roll to Pike Hold	0.3
Backward roll to Pike Stand	0.3
Backward roll to Front Support	0.3
Handstand forward roll to dish stand (no bend of arms or knees)	0.3

Back handspring (flic)	0.3
Free Cartwheel (ariel)	0.3

**These are some examples of the most common elements and combinations that you could choose. If you have an idea for an element or combination that is not on this list, please check with your coach whether it is allowed and what the value would be.**

**GfA INTERMEDIATE & ADVANCED**  
**COMPETITION TARIFF SHEET**

**Optional Routine**

**NAME:** \_\_\_\_\_ . **Competition NUMBER:** \_\_\_\_\_

Order	Requirement CODE	Element(s) to be performed	DV	Judges deductions.
<b>1</b>				
<b>2</b>				
<b>3</b>				
<b>4</b>				
<b>5</b>				
<b>6</b>				
<b>7</b>				
<b>8</b>				
Total DV:				

Judges use only...		
Starting Score (total DV +10)		(a)
+ Artistry score +		(b)
Starting Score (before deductions) (a) + (b)		(c)
- Deductions for elements not shown (0.3 each) -		(d)
- Execution Deductions -		(e)
FINAL SCORE (c)-(d)-(e)		

## GfA INTERMEDIATE & ADVANCED COMPETITION TARIFF SHEET

# Set Routine 1

**NAME:** \_\_\_\_\_ . **Competition NUMBER:** \_\_\_\_\_

Order	Requirement CODE	Element(s) to be performed	DV	Judges deductions.
<b>1</b>	<b>BAL</b>	One foot stand leg bent in front at 90°	0.1	
<b>2</b>	<b>LJSR</b>	Forward roll to Straddle Stand	0.2	
<b>3</b>	<b>STR</b>	Burpee ( <i>front support jump to crouch, straight jump</i> )	0.1	
<b>4</b>	<b>1-1-1</b>	Forward roll, Straight jump, cartwheel	0.1- 0.1-0.1	
<b>5</b>	<b>LIM</b>	Handstand to bridge	0.1	
<b>6</b>	<b>FLEX</b>	Pike or Japana Fold to 45°	0.1	
<b>7</b>	<b>X-X</b>	Cartwheel, chasse, cartwheel	0.1	
<b>8</b>	<b>ADD</b>	Straight Jump full turn	0.2	
Total DV:			<b>1.2</b>	

Judges use only...

Starting Score (total DV +10)	11.2	(a)
+ Artistry score +		(b)
Starting Score (before deductions) (a) + (b)		(c)
- Deductions for elements not shown (0.3 each) -		(d)
- Execution Deductions -		(e)
FINAL SCORE (c)-(d)-(e)		

## GfA INTERMEDIATE & ADVANCED COMPETITION TARIFF SHEET

# Set Routine 2

**NAME:** \_\_\_\_\_ . **Competition NUMBER:** \_\_\_\_\_

Order	Requirement CODE	Element(s) to be performed	DV	Judges deductions.
<b>1</b>	<b>BAL</b>	Arabesque (fee leg 45° or higher)	0.2	
<b>2</b>	<b>LJSR</b>	Backward Roll to Straddle Stand	0.2	
<b>3</b>	<b>STR</b>	Pike lever, hips & one foot raised	0.2	
<b>4</b>	<b>1-1-1</b>	Round off, jump half turn, cartwheel	0.2,0.1,0.1	
<b>5</b>	<b>LIM</b>	Handstand to Bridge	0.1	
<b>6</b>	<b>FLEX</b>	Kick over from Bridge	0.2	
<b>7</b>	<b>X-X</b>	2 cartwheels, one handed and two hands	0.2	
<b>8</b>	<b>ADD</b>	Straight Jump full turn	0.2	
Total DV:			1.7	

Judges use only...

Starting Score (total DV +10)	11.7	(a)
+ Artistry score +		(b)
Starting Score (before deductions) (a) + (b)		(c)
- Deductions for elements not shown (0.3 each) -		(d)
- Execution Deductions -		(e)
FINAL SCORE (c)-(d)-(e)		

## GfA INTERMEDIATE & ADVANCED COMPETITION TARIFF SHEET

### Set Routine 3

**NAME:** \_\_\_\_\_ . **Competition NUMBER:** \_\_\_\_\_

Order	Requirement CODE	Element(s) to be performed	DV	Judges deductions.
<b>1</b>	<b>BAL</b>	Y Balance	0.3	
<b>2</b>	<b>LJSR</b>	Straight Jump full turn	0.2	
<b>3</b>	<b>STR</b>	Handstand 2" legs together	0.3	
<b>4</b>	<b>1-1-1</b>	Round off, Straight jump, Backward roll	0.2, 0.1, 0.1	
<b>5</b>	<b>LIM</b>	Forward Walkover	0.3	
<b>6</b>	<b>FLEX</b>	Japana Flat	0.3	
<b>7</b>	<b>X-X</b>	Two one handed cartwheels (each a different hand)	0.3	
<b>8</b>	<b>ADD</b>	Backward walkover	0.3	
Total DV:			2.4	

Judges use only...

Starting Score (total DV +10)	12.4	(a)
+ Artistry score +		(b)
Starting Score (before deductions) (a) + (b)		(c)
- Deductions for elements not shown (0.3 each) -		(d)
- Execution Deductions -		(e)
FINAL SCORE (c)-(d)-(e)		