

***SOUTH WEST AMATEUR  
GYMNASTIC  
ASSOCIATION***

***2008***

***W.T.C. Competition  
Handbook***

## Who is who?

### **WOMEN's ARTISTIC CONVENOR:- Robin Leeworthy**

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### **JUDGING CONVENOR/ ORGANISER OF WEST COUNTRY LEAGUE :- Shirley Clements**

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### **SW COMPETITION ORGANISER. :- Sian Lythell**

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### **SW SQUAD COACHES :- FRANKI GEE and RACHEL LEVICK**

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### **TREASURER:- Sara Gibbons**

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### **CHAIRMAN :- Mike Euridge**

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### **SWAGA NEWS:-Derek Potter**

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### **REGIONAL COACHING CO-ORDINATOR : Mark Pocock**

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## The National Women's Technical Committee 2008

Chair	Lyn Fairbrother	01344 776 828	<a href="mailto:Lyn_fairbrother@hotmail.com">Lyn_fairbrother@hotmail.com</a>
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### System National Coaches

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Corina Morosan	0845 129 7 129	corina.morosan@british-gymnastics.org

## GYMNASTIC PUBLICATIONS

Copies of the following publications

- 1) British Gymnastics 2008 WTC National Competition Handbook
  - 2) The current F.I.G. Code of Points (Available by downloading it from the FIG website)
  - 3) The current Club Grades book 6-5-4-3-2-1 (or Brendene Hardy)
  - 4) Compulsory Levels 4-3-2 book (or Ross Grant)
  - 5) National Age Group Rules (BG website)
- Can be obtained from

British Gymnastics Publications  
 Ford Hall  
 Lilleshall National Sports Centre  
 Newport  
 Shropshire  
 TF10 9NB

## SW W.T.C COMPETITION DATES 2008

Date	Competition	Venue	Closing date
1st March	Compulsory level 4 &3	Melksham	8.2.08
2nd March	SW Club Grades 4-1	Melksham	8.2.08
4 <sup>th</sup> May	SW Springboard	Melksham	13.4.08
18th May	SW Intercounties	Forest of Dean	26.4.08
15th June	SW FIG and Challenge Cup	Melksham	24.5.08
6 <sup>th</sup> July	SW Club Grades 6-1	Poole	14.6.08
28th September	SW Age Groups and D.Leeworthy Cup	City of Bristol	6.9.08
16th November	SW Alpha Factor	City of Bristol	25.10.08
7th December	SW Club Grades 6-1	Plymouth	15.11.08
7th December	SW Club Grades 6-1	Forest of Dean	15.11.08

## COMPETITION RULES 2008

British Gymnastics regulations as published in the W.T.C. Competitions handbook will apply to all S.W.A.G.A. competitions with the exceptions as detailed. Copies of the handbook are available from the events Co-ordinator at Lilleshall, can be downloaded from British Gymnastics website [www.british-gymnastics.org/](http://www.british-gymnastics.org/)  
The rules as in the current F.I.G. code will be stringently applied with the exception of the rule governing gymnasts not wearing numbers on their leotards, for which there will be no deduction.

**Membership** All gymnasts competing in SW competitions must hold current competitive Associate membership of BG. All coaches must be full members of BG and be qualified at the appropriate level for the gymnast competing.. All clubs must be affiliated to BG and to SWAGA.

**Jewellery** No jewellery may be worn by gymnast or coaches at SW competitions

**Music tapes** At all competitions, the music should be at the beginning of a clean cassette and marked with the gymnast's name, club and competition number on the cassette and box. The competition organiser reserves the right to refuse a tape not correctly marked. If a gymnast wishes to use a C.D. for her floor music it should be marked the same as cassette tapes.

**Judges** Any club wishing to enter an event must provide at least one qualified judge for the competition at their own expense.

**Raffle** Clubs entering SW events must bring a raffle prize with them on the day of competition.

**Vaulting Table** A vaulting table will be used at all Regional events, with landings as per FIG Specifications i.e a 20 cm landing biscuit, plus a 10cm landing pad (or tumbler) when competitions are warm ups for national events or lead to a team selection for a national final.

For round off vaults a Yurchenko safety block **MUST** be used around the springboard in the correct orientation. A hand placement mat may be used for the round off and should be supplied by the gymnast.

**Entry Fees** :£15 per individual payable by the closing date to S.W.A.G.A. Inter county entry fees £40 per team. When changes to regulations occur, these will be implemented after their publication in "The Gymnast" or in the case of specific S.W.A.G.A. rulings, after their publication in the W.T.C. minutes.

### **SW Compulsory Level 4 & 3., Melksham, 1.3.08**

Open only to gymnasts of the correct age to compete in the years National Final. A team will consist of the 4 gymnasts with the highest qualifying scores each member of the team must have obtained a total minimum of 40.00. Individuals who do not qualify for the team may enter the National Final direct, providing they have scored at Level 4 – 47.50 with at least 9.50 on Range & Conditioning.

Level 3 – 50.00 with at least 10.00 on Range & Conditioning.

- 1) Current British Gymnastics regulations apply.
- 2) An individual may revert to the team before the start of the finals as a replacement, having entered as an individual. No refund of entry fee will be made by British Gymnastics.
- 3) Gymnasts in the team at the National Final will wear Regional leotards and track suits. These may be purchased from Nia Edwards. ([nia\\_edwards@hotmail.co.uk](mailto:nia_edwards@hotmail.co.uk))
- 4) ***Out of Age gymnasts may compete to the same rules but do not have a National Final.***
- 5) If a gymnast in Compulsory 3 achieves an overall pass mark of **50.00**, but fails to achieve the requisite minimum mark on Range and Conditioning (**10**) she may re-take it at a Regional or National Competition. The re-take must be judged by two independent National or Brevet Judges who are not connected to the gymnast club, and may **ONLY** be attempted **ONCE** If the gymnast fails to score the minimum of 10.00 at the re-take, she **HAS to re-take the complete Compulsory Level 3 again.**

Note:- Level 4 Vault – Two (2) vaults with best vault to count

Level 3 Vault – Two (2) vaults with scores averaged

**NOTE: Compulsory Level 2 is direct entry to National Final, but a practice event will take place on the same date as the regional final for compulsory levels 4 & 3.**

In the event of a tie which effects a team place, where ranking order is essential, a count back in Olympic order will take place to select the final team

## SW Club Grades Final 4-1 2<sup>nd</sup> March 2008 ,Melksham

- 1) This is the only SW grades event which leads to selection for the national final
- 2) Open to gymnasts as described in the British Grades handbook with minimum ages as detailed
- 3) Current British Gymnastics Grades regulations apply.
- 4) The 4 highest scoring gymnasts at each grade and nominated reserve will go forward as a team to the National Finals.
- 5) Gymnasts in the team at the National Finals will wear the Regional leotards and track suits.
- 6) Direct entry to Region.
- 7) ONLY ONE (1) GRADE OR COMPULSORY LEVEL MAY BE TAKEN PER YEAR

**Notes:-** Other SW Club Grade events will take place at different venues in the SW each year e.g. in Poole in July, and Plymouth and the Forest of Dean in December. These will be for club grades 6-1 . Gymnasts who missed the regional compulsory championships through illness or injury may apply to the SW WTC chairman to take their compulsory grade at one of these events. These grades events are for grading purposes only , no medals will be awarded. In the event of a tie which effects a team place ,where ranking order is essential, a count back in Olympic order will take place to select the final team

## SW Springboard Championships, Melksham, 4.5.08

- 1) Open to all SW gymnasts who have not scored 42 or more in the SW Alpha Factor or who have not entered any national voluntary competition or the SW Age groups, FIG or Challenge Cup.
- 2) Age groups 9/10 ; 11/1; 13/14 ; 15+
- 3) A club team section also exists in this competition. A team consists of 3 gymnasts , one gymnast from three of the four age groups in the competition.
- 4) The following uncoded elements may be used for 9/10- 11/12 years

<p><b><u>Vault</u></b>            9\10 yrs – flat back will be judged out of 12.00.            Handspring over block will be judges at 12.4. Blocks are usually 1m wide.</p> <p>All age groups will be 2 vaults best one to score.            Maximum vault tariff for the three older age groups is 4.00</p>	<p><b><u>Bars</u></b>            Cast above 45°            Squat onto Low Bar            Tucked sole circle            Backward hip circle            ¾ Giant from LB to HB</p> <p><b><u>Dismounts</u></b>            Straddle on undershoot            Backaway not from handstand</p>
<p><b><u>Beam</u></b>            Forward roll            Handstand [hold 2 seconds]            Cat leap            Tuck jump</p> <p><b><u>Dismounts</u></b>            Roundoff            Handspring</p>	<p><b><u>Floor</u></b>            Cartwheel            Backward walkover            Forward walkover            Valdez            Backward roll to handstand            Handstand forward roll            Headspring            Cat leap            Tuck jump            Wolf jump/hop</p>

- 5) Please see South West web site for the latest & complete rules for this competition.

### **SW INTER COUNTIES, Forest of Dean,18.5.08**

- 1) This competition will be run by the counties in turn. For 2008, the county will be Gloucester.
- 2) Each county must nominate two judges for each round, these may be the same two judges for the entire day or they may change but a county must be represented all day.
- 3) All counties that enter, must be affiliated to S.W.A.G.A.
- 4) Team Medals are available from Sian Lythell, the SW WTC competition organiser but this **MUST** be organised with Sian in advance. No individual medals are needed but if a county wants to give out any additional awards they may do so.
- 5) Counties organising the competition may choose to have a novelty theme to the competition if they wish
- 6) Gymnasts will compete on floor and vault only. All gymnasts may compete two vaults the best score will count.
- 7) All counties may enter a maximum of 4 teams. U-12 FIG, U-12 Modified, 12+ FIG and 12+ Modified. Teams will consist of a maximum of 6 gymnasts with the top 4 scores on each piece of apparatus making up the team score. No gymnast may compete in more than 1 team.
- 8) Gymnasts who turn 12 in the year of competition (i.e born in 1996) may compete as either U-12's or O12's.
- 9) For gymnasts competing in the modified section there is no requirement of a double BA salto on floor (just a salto with 360° BA turn), and the last salto need only be of a B value for the EGR to be given.
- 10) The vault height for U-12's modified team must be the same for all the team. **BUT** it may be at any height from 1.15-1.25. . All other categories must vault at 1.25m.
- 11) If a venue can only provide a soft landing area for vault this is permitted , **BUT** all teams must be notified of this in advance.

### **SW FIG and Challenge Cup , Melksham 15<sup>th</sup> June 2008**

Open to gymnasts who are working at F.I.G. level (at coaches discretion)

If coaches are uncertain, they should contact the WTC Chairman for advice.

#### **SW FIG.**

- 1) Age groups U-13 years, 14/15 Years, 16+ years
- 2) Age taken at midnight 31.12.07/1.1.2008

All age groups will be judged on current F.I.G. code. As this competition is to be used as a warm up for the British championships, any BG additional rules for a particular age group will also be used. (E.g. Juniors and Espoirs must show at least one leap or jump on beam and floor showing a complete 180 degree splits . On bars they must show one cast or straddle up to handstand.The deduction for any of these missing requirements is 1 mark)

- 3) Apparatus dimensions will be as current F.I.G. specification.
- 4) An additional landing mat of 10cm must be used for landings on vault, bars and beam.
- 5) On floor, a safety mat of up to 10cm will be allowed for double back Saltos and D & E Saltos.

#### **SW CHALLENGE CUP**

- 1) Age groups 12/13 years, 14+ years
- 2) Age taken at midnight 31.12.07/1.1.2008
- 3) All age groups will be judged on current F.I.G. code with the following exceptions. Short routines will be deducted as follows 6 moves will have a B score out of 9, 5 moves will have a B score out of 8 , 4 moves will have a B score out of 7 etc. Dismounts on all pieces need only be a 'C' value to gain 0.5 for the EGR, and 'B'; dismounts will be given 0.3 of the EGR.

### **SW Voluntary Age Group Championships 9-10-11 years, City of Bristol, 28.9.08**

- 1) Open to all gymnasts in the ages above
- 2) Age 8/9 – Level 4 Age 10 – Level 3 Age 11 – level 2
- 3) Current British Gymnastic rules apply
- 4) Please note if 8 year olds enter this competition they are eligible to win any medals if they are placed BUT they cannot be included in the SW team.They MAY ALSO NOT enter the SW Alpha factor.
- 5) The highest 4 scores in the 9 and 10 year old age group and a nominated reserve who may have qualified as an individual will go forward as a team to the National Finals PLUS any individual gymnast who scores at least (As National WTC rules, age 9- 44.00) (As National WTC rules, age 10-46.00), who did not make the teams. She must also have a carry forward score from the same years compulsory 4 & 3, national competition for her age. Level 2's may be entered by their clubs as individuals provided they have passed compulsory level 3.
- 6) Gymnasts in the teams at the National Finals will wear the Regional leotards and tracksuits.These may be purchased from Nia Edwards.( [nia\\_edwards@hotmail.co.uk](mailto:nia_edwards@hotmail.co.uk))
- 6) Any gymnast who qualifies for the national final as an individual may revert to the team if necessary before the start of the finals as a replacement. No refund of entry fee will be made by British Gymnastics.
- 7) Apparatus must be set up following BG or where appropriate FIG guidelines..
- 8) In the event of a tie which effects a team place ,where ranking order is essential, a count back in Olympic order will take place to select the final team

### **SW DAPHNE LEEWORTHY CUP, City of Bristol, 28.9.08**

Open to gymnasts aged 12+ who are working at F.I.G. level, whether they are Challenge or British championship level gymnasts. Entering this competition does not preclude Challenge level gymnast from entering the SW Alpha Factor. The results of this competition will be used to select the SW team for the Rushmoor Rosebowl 2008.

If coaches are uncertain, they should contact the WTC Chairman for advice.

- 1) All age groups will be judged on current F.I.G. code. Short routines rules as per FIG will be used for this competition
- 2) Apparatus dimensions will be as current F.I.G. specification.
- 3) An additional landing mat of 10cm must be used for landings on vault, bars and beam.
- 4) On floor, a safety mat of up to 10cm will be allowed for double back Saltos and D & E Saltos
- 5) In the event of a tie which effects a team place ,where ranking order is essential, a count back in Olympic order will take place to select the final team

### **SW ALPHA FACTOR City of Bristol, 16.11.08**

- 1) Open to all gymnasts aged 8 plus who have not been entered in the SW Age group championships. Please note 8 year olds must chose whether to enter this competition or the SW age groups!
- 2) Older gymnasts who are not eligible for the British championships or who have not achieved the required score in the 2008 British championships and so must attempt to re-qualify via the national challenge cup may enter the FIG section only.
- 3) See the appendix for the rules. These should be used in conjunction with the 2008 Age group guidelines.

### **OTHER COMPETITIONS AVAILABLE TO SW AFFILIATED CLUBS**

- 1) **WEST COUNTRY LEAGUE**, an inter club team event for SW clubs and clubs in South Wales.of three levels and two divisions. Please contact Shirley Clements if your club is interested in competing.

## Transfer of Gymnasts Between Clubs

It is assumed that transfer will always be at the direction of the gymnast/parent or guardian who must be the primary signatory on the transfer form. The transfer may be with the full agreement and co-operation of the two Clubs involved (amicable) or may be only with the support of the new Club against the wishes of the old Club (non-amicable)

### **In amicable situations for individual gymnasts**

If the previous Club and the new Club are in harmony, the Transfer Form should be signed initially by the gymnast (or parent/guardian) and by the Secretary or other authorised signatory of both the former and new Club. The fully completed Transfer Form should then be registered with the Membership Department of British Gymnastics. Upon written acknowledgement of receipt of the form by British gymnastics, the gymnast will be able to compete for the new Club immediately, enter team or individual events and may wear the Club's colours.

A copy of the Transfer Form and BG acknowledgement should also be sent to the Regional Competition Organiser.

### **In non-amicable situations for individual gymnasts**

Where the previous Club and new Club are not in agreement, the Transfer Form will be signed by the gymnast (or parent/guardian) and by the Secretary or other authorised signatory of the new Club and registered with British Gymnastics Membership Department. Upon written acknowledgement of receipt of the form by British Gymnastics, the gymnast will be able to train with the new Club immediately, **but may not represent the new Club in team or in individual events, or wear the new Club's colours for twelve months, however, the gymnast may participate in individual events during this period and may enter individual competitions as "UNATTACHED"**

The Regional Competition Organiser **MUST** be sent a copy of the Non-amicable transfer form

## **COACH QUALIFICATION**

**When submitting entries for a Regional event, the onus is on the Club and Coaches to ensure that the coaches attending to the participants are qualified to the level of the participants performance.**

The Competition Organiser **MUST** be informed in advance where it is necessary to substitute a coach. Where, through unforeseen circumstances, this is not possible, or when information has not previously been supplied, then the following applies.

- a. The substitute coach must inform the Competition Organiser immediately on arrival at the venue
- b. The substitute must produce their Coaching Award Certificate and current BG Membership card
- c. Failure to comply with the above regulations **WILL** result in the coach(s) being excluded from the competition

## **RULES CONTINUED**

### **Code of Dress**

All participants at an event are required to adhere to the British Gymnastics Code of Dress and as defined by the FIG sport specific code. Coaches **MUST** wear a tracksuit or collared polo shirt or club T-shirt & tracksuit bottoms and suitable footwear.

### **Jewellery**

British Gymnastics have a zero tolerance of the wearing of jewellery.  
**THIS APPLIES TO COACHES AS WELL AS GYMNASTS**

The wearing of any kind of jewellery is forbidden at competitions or whilst training. The only exception to this rule is where wedding bands cannot be removed from the finger, in this case the wedding ring must be covered by tape to ensure safety.