

# BURY SPECTRUM GYMNASTICS CLUB

## ABC COMPETITION

This is an individual apparatus competition. There will be 3 levels of difficulty with A being the easiest and C being the hardest.

- This is an individual apparatus competition for various abilities levels
- Minimum age of entry 7 in the year of the competition  
Age groups:      7-8      9-10      11-12      13+
- We expect that you will enter your gymnast into the appropriate level for their ability
- Gymnasts can enter any individual apparatus and at any level according to their strengths e.g. level C on floor, level A on bars, level C Vault
- Gymnasts are permitted to wear fitted shorts or legging and/or a fitted top over their leotard with no penalty applied
- All routines will be marked out of 10.00 plus the individual tariff for the elements
- Providing routines consist of the minimum number of moves including, non-coded moves (5 for bars and 8 for beam and floor) no penalty will apply. If less than the minimum number of moves are performed, there will be a 1.0 mark penalty for each of the missing moves e.g. Level A beam: 2 A skills, 1 B skill, 2 non coded skills = 6 moves therefore 2 missing moves so a 2.0 penalty is applied. The routine starts out of 8.0 + tariff of 2.0 = 10.00 – deductions = final score
- See attached sheet for list of non coded moves
- 1 coach per gymnast is allowed. 1 coach with a minimum of level 2 must be present from each club. Additional coaches may be level 1 but must be qualified to the level of the gymnasts performance.

## **LEVEL - A**

### **VAULT**

- |                         |        |      |
|-------------------------|--------|------|
| • 1 Layer box flat drop | TARIFF | 1.00 |
| • 2 layer box flat drop | TARIFF | 2.00 |
| • 3 layer box flat drop | TARIFF | 3.00 |
| • 4 layer box flat drop | TARIFF | 4.00 |

### **BARS**

A routine will consist of 5 elements

Maximum tariff 2.5 i.e. 5 A moves

Non coded moves may be used to make up the 5 moves but will not be scored

2 B moves may be used and down graded to A value

### **BEAM**

A routine will consist of 8 elements

Maximum tariff 4.0 i.e. 8 A moves

Non coded moves may be used to make up the 8 moves but will not be scored

2 B moves may be used and down graded to A value

### **FLOOR**

Music between 60 and 90 sec

A routine will consist of 8 elements

Maximum tariff 4.0 i.e. 8 A moves

Non coded moves may be used to make up the 8 moves but will not be scored

2 B moves may be used and down graded to A value

N.B. If gymnasts have more than 2 B moves included within their routine it is expected that they will enter a higher level competition on that piece of apparatus

## **LEVEL - B**

### **VAULT**

• Handspring	TARIFF	1.00
• ½ on	TARIFF	2.00
• Handspring 1/2 off	TARIFF	2.00
• ½ on ½ off	TARIFF	3.00
• ½ on 1/1 off	TARIFF	4.00
• Handspring 1/1 off	TARIFF	4.00

### **BARS**

A routine will consist of 5 elements

Maximum tariff 2.5 i.e. B moves

Non coded moves and A moves may be used to make up the 5 moves but will not be scored

2 C moves may be used and down graded to B value

### **BEAM**

A routine will consist of 8 elements

Maximum tariff 4.0 i.e. 8 B moves

Non coded moves and A moves may be used to make up the 8 moves but will not be scored

2 C moves may be used and down graded to B value

### **FLOOR**

Music between 60 and 90 sec

A routine will consist of 8 elements

Maximum tariff 4.0 (8 B moves)

Non coded moves and A may be used to make up the 8 moves but will not be scored

2 C moves may be used and down graded to B value

N.B. If gymnasts have more than 2 C moves included within their routine it is expected that they will enter a higher level competition on that piece of apparatus

## **LEVEL - C**

### **VAULT**

- |                                     |        |      |
|-------------------------------------|--------|------|
| • Tucked Tsukahara or Yurchenco     | TARIFF | 1.00 |
| • Piked Tsukahara or Yurchenco      | TARIFF | 2.00 |
| • Straight Tsukahara or Yurchenco   | TARIFF | 3.00 |
| • Handspring Front tucked           | TARIFF | 3.00 |
| • Handspring Pike tucked            | TARIFF | 4.00 |
| • Tsukahara or Yurchenco straight ½ | TARIFF | 4.00 |
| • Tsukahara or Yurchenco tuck 1/1   | TARIFF | 4.00 |

### **BARS**

A routine will consist of 5 elements

Maximum tariff 2.5 i.e. 5 C moves

Non coded moves and A and B moves may be used to make up the 5 moves but will not be scored

Up to 2 D moves may be used and down graded to C value

### **BEAM**

A routine will consist of 8 elements

Maximum tariff 4.0 i.e. 8 C moves

Non coded moves, A and B moves may be used to make up the 5 moves but will not be scored

Up to 2 D moves may be used and down graded to C value

### **FLOOR**

Music between 60 and 90 sec

A routine will consist of 8 elements

Maximum tariff 4.0 i.e. 8 C moves

Non coded moves, A and B may be used to make up the 5 moves but will not be score

Up to 2 D moves may be used and down graded to C value

## **NON CODED MOVES**

### **BARS**

1. Upward circle
2. Cast to horizontal of above horizontal
3. Squat on
4. Pike on
5. Straddle on
6. Baby Giant low bar
7. Baby giant high bar
8. Straddle on under shoot
9. Pike on undershoot
10. Back away from cast

### **BEAM**

1. Squat on
2. Straddle on
3. Tuck jump
4. Cat leap
5. Sizzor kick
6. Spin  $\frac{1}{2}$  turn
7. Forward roll
8. Handstand
9. Round off dismount
10. Handspring dismount

### **FLOOR**

1. Forward roll
2. Backward roll
3. Handstand forward roll
4. Backward roll to handstand
5. Cartwheel
6. Tuck jump
7. Cat leap
8. Scizzor kick
9. Jump  $\frac{1}{2}$  turn
10. Spin  $\frac{1}{2}$  turn