

BURY SPECTRUM

BURY FRIENDLY BADGE & BEGINNERS 4 PIECE COMPETITION 2013

Levels 1 - 5 open to any RECREATIONAL GYMNAST (training not more than 2 hours per week) who has not competed in any two or four piece competition, County or above.

Open to boys and girls

Lower age limit - must be 5 before the 1st of January (6 in the year of competition).

Advanced Badge level open to any 5/6 year old gymnasts training more than 2 hours a week.

Gymnasts may be prompted but must not be coached when being judged.

Requirements

Six floor or bench moves from any one level performed individually, *plus box move

Gymnast must return to a stretched position between each move

Gymnast will present at beginning and end of their performance (not after each move)

Box heights are as follows:-

Level 1	2 sections of box	(approx 55 cm)
Levels 2, 3 and 4	3 sections of box	(approx 80 cm)
Levels 5 and Advanced	3 sections of box	(approx 80 cm)

Marking

Each move will be marked out of 10.00. The final mark will be expressed as a proportion of ten.

Age.

Age will be as of the 1st of January. There will be competitions in the following age groups

	Age	Age	Age	Age	Age	Age	Age
Level 1	5 (07)	6 (06)	7 (05)				
Level 2	5 (07)	6 (06)	7 (05)	8 (04)	9 (03)		
Level 3	5 (07)	6 (06)	7 (05)	8 (04)	9 (03)	10 (02)	10+ (01>)
Level 4		6 (06)	7 (05)	8 (04)	9 (03)	10 (02)	10+ (01>)
Level 5			7 (05)	8 (04)	9 (03)	10 (02)	10+ (01>)
Level Adv	5 (07)	6 (06)					

BEGINNERS 4 PIECE (New Competition)

Open to any gymnast training more than 2- 5 hours per week, who has not competed in any two or four piece competition, County or above.

Age grouping will be set depending on entries

Vault 3 sections of box (approx 80 cm)

Bars Low Bar

Floor Beam

Floor Area

Only one coach per gymnast allowed on the floor

“Awards” Level and Level 1 Coaches will be allowed to take gymnasts around as long as there is a Level 2 Coach from their club in the competition area.

Correct dress code must be adhered to.