

BURY SPECTRUM GYMNASTICS CLUB

NOVICE RULES 2013

AGE GROUPS

U8, U10, U12, U14, O14 in the year of the competition. Minimum age 7 in the year of the competition.

Advanced for gymnasts training for more than 6 hours per week

Age groups may be split depending on numbers

ELIGIBILITY

Open to girls who have not previously competed in a 4 piece County or above competition and who will not be entering such a competition that year, including British Club Grades.

Girls competing in Friendly competitions & 'Suffolk' Grades are eligible.

Open to boys who have not previously competed in a 6 piece competition or Regional Grades and who will not be entering such a competitions that year Boys competing in Friendly competitions are eligible.

EQUIPMENT:-

Full floor area 12 m x 12 m

Vault to firm mats 60 / 90 110 cm high 1 springboard

Competition Beam or Conditioning area

'A' Bars or 'P' Bars

VAULT:

Choice of heights to mats only

1) Handspring to flat back	60 cm	S.V. - 1.00
2) Handspring to flat back	90 cm	S V - 1.40
3) Handspring to flat back	110 cm	S V - 1.90

VAULT JUDGING GUIDE

FIRST FLIGHT

Poor technique - hip angle / arch 0.10 0.30 0.50

REPULSION PHASE

Poor technique - shoulder angle on contact with mat 0.10 0.30 0.50

Lack of repulsion 0.10 0.30 0.50

Bent arms 0.10 0.30 0.50

SECOND FLIGHT

Failure to maintain straight body position 0.10 0.30 0.50

LANDING

Failure to land in tension on flat back or slight dish 0.10 0.30 0.50

GENERAL

Insufficient dynamics 0.10 0.30 0.50

Lack of body tension in any phase 0.10 0.30

Legs separate 0.10 0.30

Knees bent 0.10 0.30

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FLOOR:

- 1) **Music:** Girls, choice of music,(no vocals.)
Boys, No musical accompaniment
 - 2) **Time:** 60 - 90 seconds
 - 3) **Content:** 6 elements from the attached list
 - 4) **Composition:**
 - 2 Elements from list 1 (Dance Elements)
 - 2 Elements from list 2 (Gymnastic Elements)
 - Any 2 other elements (either list)
 - Elements only count once in chronological order
- Elements should be linked with dance steps, poses, etc.

Judging

- Marked out of 13.00.
- > 0.50 Bonus for exceptional performance/presentation & amplitude
- If less than 6 elements performed (Non attempt) = 1.00 penalty each move missing

Penalties: As per general table of faults

Elements not from the 2 groups	1.00
Absence of series of 2 elements	1.00
Poor linkage of series	0.10 0.30 0.50
Insufficient use of floor area	0.10 0.30
Under / Over time	0.30
Lack of element touching floor	0.10
No penalty for extra moves	

List 1 Dance Elements

Split or stag leap/ jump
Cat leap / Cat Leap 1/2 /, 1/1/ or 1 1/2
Scissors leap
Stretched jump /Stretch jump 1/2 1/1/ or 1 1/2
Tucked jump / Tucked jump 1/2 , 1/1 / or 1 1/2
Tuck jump one leg extended (W jump)
Sissone
Straddle jump
1/1 spin on one foot
Arabesque- 90% or Y balance (2 seconds)
Straddle lever or 1/2 lever (2 seconds)

List 2 Gymnastic Elements

Handstand or 1/2 or 1/1
Handstand or 1/2 or 1/1
Handstand Forward Roll
Headstand (optional leg position)
Forward roll to stand
Backward roll or to handstand
Cartwheel (any kind)
Back walkover
Forward Walkover
Round off
Back flip
Handspring
Splits
Bridge
Tic Toc

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GIRLS

BARS

Marked out of 13.00 plus Bonus for amplitude up to 0.50 Total 13.50

Upward circle
Backhip circle
Cast return to bar

Optional dismounts

1. Cast Straddle on undershoot
2. Cast Squat on jump off
3. Cast push back to stand.

BEAM

Marked out of 13.00 plus Bonus up to 0.50 Total 13.50

1. 2 Lengths of beam
2. Content. 6 'A' moves
3. Composition 1 acro move to be included in the six moves
2 of the six moves to be joined
Elements should be linked with dance steps, poses etc.
Elements will count ONCE ONLY

JUDGING PENALTIES

Each missing element	1.00
Missing Acro move	0.50
Absence of series of 2 elements	0.50
Each technical or amplitude fault	0.10 0.30 0.50
Insufficient linkages between elements	0.10 0.30 0.50
Excessive linkages between elements	0.10 0.30 0.50

MOVES

MOUNT

Squat on
Straddle on
Straddle Lever
Feet through to sit
Front support leg over

DISMOUNT

Round Off
Hand Spring
Front Somi
Straddle Jump

MOVES ON THE BEAM

Forward Roll or Free Roll
Cartwheel
Back Walkover
Handstand Held
Russian Lever
Split Leap
Tuck jump
Cat leap
Sissone
½ or 1/1 Spin on toe
Arabesque

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BOYS

'P' BARS

Marked out of 13.00 plus Bonus for amplitude and / or presentation up to 0.50 Total 13.50

Missing Element 1.00

Jump to support with help of coach if necessary

One dip

Three swings to front straddle bars

Three swings to layaway dismount

CONDITIONING SET

Marked out of 13.00 plus Bonus for Presentation up to 0.50 Total 13.50

Missing Element 1.00

From standing with stick shoulder width apart

- Stretch up arms above head
- arch, dish, arms behind shoulders bend at hip bring arms over to floor release stick
- leg lift into handstand forward roll straddle sit, reach forward chest to floor bring legs around
- arch, rock three times turn over to dish, rock three times
- push to bridge lay down
- Tuck. turn over to knees arch body holding ankles
- Rock forward, push to press up position, squat in stand up.