

NORTH OF
ENGLAND WTC

WOMENS '
ARTISTIC
COMPETITION
HANDBOOK
2010

WOMEN'S COMPETITION GENERAL REGULATIONS

1. Unless otherwise stated the following regulations will apply at all W.T.C. Regional Competitions.

2. B.G.A. Membership

- (a) **Gymnasts** – must be Associate, Full, Joint or Life members of B.G. in order to enter a BG Competition. All gymnasts must also be members of a gymnastic club affiliated to the N.E.G.A.
- (b) **Coaches** – must be Full, Joint or Life members of B.G. and qualified to Level 2 Coach or above before being allowed to participate in a BG competition. The name of the attending coaches together with the membership numbers and qualification must be entered on the gymnast's competition entry form.
- (c) **Judges** – all judges at Regional competitions must be Associate, Full, Joint or Life Members of the B.G.A.

3. Entry Forms

Entry forms are included in this handbook. Only correctly completed entry forms will be accepted and must be submitted no later than the time stated on the closing date. The entry fee must be enclosed.

4. Entry Fees/Late Entries

All cheques should be made payable to North of England WTC

The team competition entry fee £25.00

Individual entry fees are £10.00

Late entries will only be accepted upon payment of 2 times the normal fee. Late entries are accepted up to 14 days before the event.

The WTC reserves the right to change the working order to maintain a regular competition format. All gymnasts and coaches must register by the advised time on the programme and remain in the venue.

5. Team Competitions

Team structure for clubs will be: -

Teams of maximum 5 gymnasts, minimum 3, with the top 3 scores to count. Teams must be clarified on registration at the competition, otherwise the first 5 listed gymnasts' scores will be used.

6. Withdrawals

Whenever possible the Competition Organiser should be notified of any withdrawals prior to the event. Late withdrawals should be made on arrival at the event.

7. Apparatus

- (a) Wherever possible the equipment at W.T.C. Competitions will be to F.I.G. specifications.
- (b) Yurchenko Vault – a Yurchenko safety block **MUST** be placed around the springboard. A hand placement mat may be used for the round off.

8. Protest Fees

Protests should be handed to the Competition Organiser within 15 minutes of the gymnast completing the protested apparatus and must include: -

- The gymnasts number
- The declared score
- The technical reason for the protest
- The protest fee of £5-00

9 Tall gymnasts

Both bars must be raised by 5cm where a gymnast's feet touch the floor in hang on HB or hips touch the floor in hang on LB. The request should be made with the competition entry form.

10. Code of Practice for Health and Safety at Regional Competitions

To protect the gymnast from injury due to inadequate preparation and/or poor professional judgement at competitions. To ensure that no (BG) coach shall through failure to comply with such measures as may be necessary, put the gymnast at risk of injury. To protect the gymnast from sustaining injury in competitions and/or displays from professional negligence of a BGA coach.

Complaints may only be submitted to one of the following: -

- (i) The Chair of the WTC
- (ii) Head Judges officially appointed for the event.

All complaints will be the subject of an official investigation, which may lead to a disciplinary action which, could result in suspension by the Women's Technical Committee.

* In the interests of the gymnasts safety, any skills that are deemed dangerous by the Coaching Panel, will not be permitted to be performed/competed. The decision by the Coaching Panel is absolute and final.

11. Coaches in Attendance

- (i) 2 coaches per team will be allowed in the competition arena. (Minimum of 1 female as the FIG ruling).
- (ii) Coach 1 must have a minimum Women's Artistic Coach qualification. This applies to National, Regional and County competitions.
- (iii) Coach 2 must have a minimum of Women's Artistic Assistant Club Coach qualification*
- (iv) Coaches should be suitably dressed.

** it is the responsibility of the club entering a gymnast to ensure that the coach in attendance (minimum Level 2) has undergone appropriate training for the skills being competed by their gymnast.*

When submitting an entry for a regional event, the onus is on the club to ensure that the coaches attending to the participants are qualified to the level of the participants' performance.

Coaches MUST wear a tracksuit and suitable footwear.

12. The WTC Competition Year

This will be 1 January – 31 December. Gymnast's ages will be the age reached in the year of competition.

13. Coaches at Apparatus

It is strongly recommended that a coach should remain near the apparatus on A/Bars, Vault and Beam Dismount. Judges will not deduct due to the presence of the coach. The criteria does not permit the coach to touch the gymnast during her routine unless it is to prevent an accident. The onus is on the coach to be present at the dismount and not during the whole routine.

14. Technical Briefing

Before the start of the competition or rounds of competition (as notified by the competition organiser) a Technical Briefing will take place.

15. Jewellery

Jewellery is not permitted, this includes coaches, where only wedding rings are allowed. This also includes any body piercings.

16. Music

All voluntary music must be at the beginning of a cassette tape or on a CD, clearly marked with the gymnast's name and club.

17. Judges

All Clubs taking part in competitions at all levels are expected to provide at least one qualified judge willing to officiate at the event. **MINIMUM CLUB JUDGE.**
Clubs who enter more than 6 gymnasts must provide 2 or more Judges. The first two judges must be a minimum of CLUB JUDGE.

If there is an excess number of nominated judges, some may be placed on a reserve list to avoid the panels being too large.

Clubs who are not able to provide a judge must pay £20.00 (on a separate cheque made payable to NEGA WTC)

BGA - British Gymnastics Association

NEGA - North of England Gymnastics Association

WTC - Women's Technical Committee

NB – 2007 brought about many changes to the Code of Points. The Coaching Panel reserve the right to make amendments to rules and regulations if deemed to be necessary.

NORTH OF ENGLAND GYMNASTICS ASSOCIATION WTC 2010 COMPETITION DATES

Date Competition Closing Date Venue

Date	Competition	Closing Date	Venue
28 th Feb	Regional Club Grades 14, 13 + 12	28 th January	Newcastle
14 th March	Compulsory Levels 4 & 3 Level 2 Control Club Grades 11, 10, 9, 8 7 6 & 5	14 th February	Newcastle
13 th June	Regional Novice/Intermediate	13 th May	Newcastle
26 th Sept	Regional Voluntary Levels 4 3 & 2 In and out of age	26 th August	South Durham
10 th Oct	North Open*	5 th Sept	South Durham
14 th Nov	Regional Pre-Elite & Elite Championships	14 th October	Newcastle

*The North Open is a new invitational competition for 2010, details and entry information will follow in the new year.

Uncoded Elements – North of England Gymnastics 2010

BARS

Upward hip circle(mount)
Forward hip circle
Squat on to LB
Back sole circle (tucked legs)
Straddle on undershoot (dismount)
Stoop on undershoot (dismount)
Hip circle undershoot (dismount)
Pike sole circle dismount (dismount)
 $\frac{3}{4}$ giant to hb

BEAM

Jump to Japana (mount)
Squat on (mount)
Straddle on (mount)
Jump to straddle $\frac{1}{2}$ lever, hold (mount)
Jump to two feet (mount)
Jump to one foot (mount)
Stretch jump
Changement
Cat leap
Scissor leap
Tuck jump
 $\frac{1}{2}$ spin
Handstand
Forward roll
Backward roll
Y stand (without hand support)
Roundoff (dismount)
Cartwheel $\frac{1}{4}$ turn (dismount)
Handspring (dismount)
Handspring $\frac{1}{2}$ (dismount)
Free roundoff (dismount)

FLOOR

Cat leap
Scissor leap
Tuck jump
W jump
Pike jump
Stretch jump
Stag leap
Cartwheel
Dive cartwheel
Forward Roll
Backward Roll
Backward Roll to Handstand
Backward Walkover (also with $\frac{1}{2}$ turn)
Valdez (also with $\frac{1}{2}$ Turn)
Forward walkover
Tick - tock

LEVELS 4 3 & 2

Rules and Regulations – refer to National Handbook

CLUB GRADES 5 - 14

Rules and Regulations – refer to National Handbook

REGIONAL CLUB GRADES – age categories

Club Grade 14	8 years (2000 born)	10 & Under	11 and over
Club Grade 13	9 years (1999 born)	11 & Under	12 and over
Club Grade 12 to 9	11 & Under	13 & Under	Senior

Please take note of the minimum age as stated in the book.

Teams can only comprise of gymnasts in each age group - ages cannot be mixed. Maximum 5 in a team 3 scores to count.

Due to the large number of entries expected please remember that any club entering 6 gymnasts or more must supply 2 or more judges.

CLUB GRADES LEADING TO NATIONAL FINALS

Club Grade 8 to 5 Open age

Please take note of the minimum age as stated in the book

The top four scores over the 4 pieces will be the team for the National Finals - as long as they have passed their Range & Conditioning with 10 or more. The R & C score will not be added to the final total to find the overall winner. As a region there will be a separate presentation to reward those gymnasts with the top three highest scores in R & C. (for national grades only)

REGIONAL NOVICE AND INTERMEDIATE

Rules and Regulations – attached in handbook

Gymnasts who have competed at the National Compulsory Levels are not eligible to enter.

Novice gymnasts scoring over 44.00 must move to the Intermediate Championships in the following year.

Novice age groups – 8 years, 9 years, 11 and Under, 13 and Under and Senior

NOTE: For the team competition, the 8 years and 9 years gymnasts will NOT be combined. There will be 2 separate team and individual competitions.

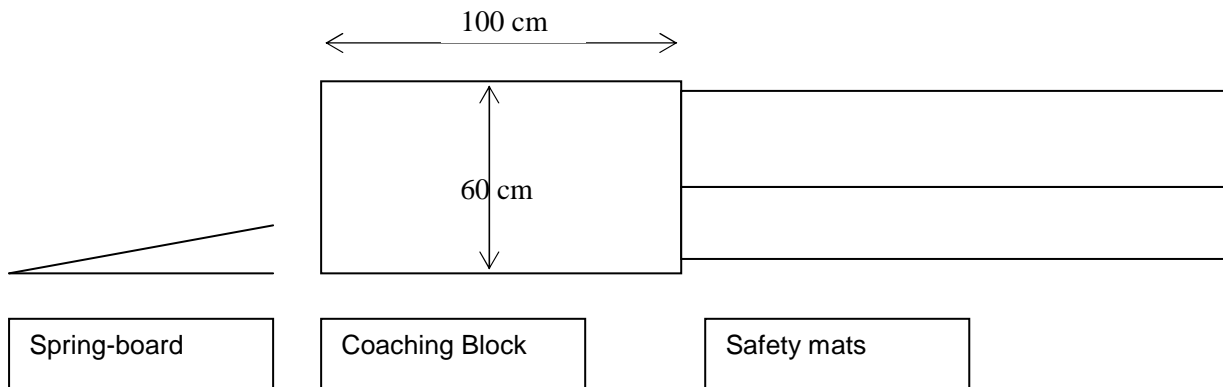
Intermediate age groups – 9 and Under, 11 and Under, 13 and Under and Senior.

Additional Vault for Novice Championships

(8 years, 9 years and 11 & under age groups)

This will have start value of 1.40

Handspring preparation equipment layout:



Please ensure that if your gymnast cannot vault safely over the table that you make use of the above option, to prevent any potential accident. Assisting the gymnast from the top of the vault will be judged a VOID vault.

REGIONAL VOLUNTARY AGE GROUPS

In-age Levels 4 3 & 2 - Rules and Regulations – refer to National Handbook

Out of age Levels 4 3 & 2 - Rules and Regulations – refer to Alpha Factor Rules 2010

REGIONAL PRE – ELITE

Age Groups - 9 Years & Under, 11 Years & Under, 13 Years & Under & Senior

VAULT HEIGHTS

9 Years & Under	-	Optional 115 to 125cm
11 Years & Under	-	Optional 120 or 125cm
13 Years & Under	-	125cms
Seniors	-	125cms

2 vaults – best vault to count

All gymnasts will work FIG Competition 1

Short Exercise – Bars only – Routines with less than 5 elements deduct 1.00 for each missing element

Short Exercise – Beam and Floor – Routines with less than 8 elements deduct 1.00 for each missing element

Gymnasts who score more than 44.00 in the Pre-Elite Championships must move up to the *Elite Championships*.

REGIONAL ELITE

All gymnasts will work FIG Competition 1

Age Groups - 10 & 11 Years, 13 Years & Under and Senior (minimum age 10 years)

VAULT HEIGHTS

10 & 11 Years	-	Option 120/125cm
13 Years & Under	-	125cm
Seniors	-	125cm

IMPORTANT NOTES:

Any gymnast who scored 44.00 or more at Regional novice level may not repeat this competition. She must move to Intermediate or Pre-Elite.

Any gymnast who scored 44.00 or more at Regional Intermediate level may not repeat this competition. She must move to Pre-Elite.

Gymnasts may compete at Pre-Elite and then repeat Novice or Intermediate provided that they have not scored themselves out of these events.

Gymnasts age 9 (who scored over 44.00 in 2009 pre-elite) may repeat in 2010 as there is no 9 years age group at the Regional Elite championships.