

# Conditions of Control Competitions

Control competitions are used as an indicator to support selection decisions for representative events for Scottish Gymnastics (SG) and will simulate as best as possible a competition experience.

The control competition will be used anywhere between 2 – 12 weeks out from the representative event related to selection and will take the format of either a 'soft' control or 'hard' control environment. These conditions are clarified below:

## ***Soft Control***

A soft control competition will be used from 5 weeks+ out from the event in question and will take into account that the gymnast(s) may not yet be full competition ready with all skills. Judges will be casually dressed at soft control events and their role will be to record D & E scores, assess whether composition requirements were awarded, and will allow new skills to be observed under competition conditions separately to the competition routines. This information will be shared with coaches following the control.

The following apparatus conditions apply for soft controls:

- Vault:
  - Soft landing permitted – i.e. mats built up to correct landing height in pit (if available) or comp base landing mats removed and replaced with soft matting.
- Bars:
  - Additional 10cm mat for dismount or flight elements permitted
  - Coach shadowing flight elements permitted – judges will note level of support
  - 10 – 12 weeks out possible to perform flight elements separate to routines
- Beam:
  - Beam pad permitted – judges will note where it is used
  - Dismount to soft landing permitted - i.e. mats built up to correct landing height in pit (if available) or comp base landing mats removed and replaced with soft matting.
- Floor:
  - Landing pads on floor corners for tumbles permitted
  - Possible for coach to shadow D or higher level tumbles
  - Possible to perform extra tumbles onto level mat in a pit

## ***Hard Control***

A hard control will be used in the 5 weeks leading up to the event in question and will expect gymnasts to demonstrate routines which are fully competition ready and they would anticipate competing if they were selected. Judges will appear in formal judging attire and will judge routines under full competition conditions and record the D & E scores and assess whether composition requirements were awarded. This information will be shared with coaches following the control.