



# **Scottish Formers Competitions**

## **Information Booklet**

## INTRODUCTION

The Formers Competition is an ADULT event, run to give beginners and ex-gymnasts an opportunity to test their skills in a competitive but fun environment.

Pat English, who sadly passed away recently, was instrumental in setting up and organising this annual event. He would have been happy to see as many adult gymnasts participating in and enjoying the event as possible!

Where an intending entrant - to the Formers Competition - wishes to take part in an event not listed on the following pages we will apply our own Scottish Rules.

*The main objectives of the Formers Competition are: -*

To give full opportunity for all adults to take part in their chosen discipline and to run the event in a stress free situation i.e. reduced judging and routine requirements.

Further to this, we recognise that not everyone wishes to compete but would perhaps want to be a part of the club and to this end we will welcome you as a judge, recorder, organiser, announcer, spectator, tea maker, etc, etc.

**There is a place for everyone if you care to find it!**

Further information and encouragement can be had from: -

Shona Neal Tel or text 07866 314 103 or email [mcdonaldneal@yahoo.co.uk](mailto:mcdonaldneal@yahoo.co.uk)

Or

Hazel Ardern, 5 Glenburn Drive, INVERNESS IV2 4ND  
Or [hazel.ardern@hotmail.co.uk](mailto:hazel.ardern@hotmail.co.uk)

## GENERAL RULES FOR ALL DISCIPLINES

### Eligibility

Each competitor **must be a current member of** their national or regional gymnastics association. Competitors at Formers level must have full competitive membership whilst those competing at Beginner or Intermediate level may have a recreational membership. Touring guests from outside of the UK are required to be a member of their respective Association.

Any former competitive gymnast should have retired from mainstream international team or individual events for at least 2 years before they can enter for Adult competitions.

Trampolinists will have retired from competition for one year at Grade 4 competitions. Regional mainstream gymnasts should have retired for at least 1 year before they can enter for Adult competitions.

Beginners are those new recreational gymnasts entering for the first time, and those who may have practised recreational gymnastics when younger. An Intermediate level will be offered for Women's Artistic 17-29 age group only, for former club gymnasts. Competitors in all other categories should enter at Formers level if they have previously competed outwith their club, even if they are unable to fulfil all the requirements. The organisers retain the right to request a competitor moves up to Formers level where they deem appropriate.

Status of medal winners will be checked after the event.

Formers who elect to return to mainstream competitions will, again, have to serve out their retiral period before returning to the Adult section.

### Judging

The Judges will mark the execution of the exercises presented, taking into account the difficulty of the routine. It should be stressed however that difficulty will not be the principle criteria used in the assessment of the final score.

On the following pages you will find some helpful direction to the construction of your exercises for your particular discipline.

Score enquiries. Enquiries for the A score only are allowed, provided that they are made verbally to the judge immediately after publication of the score. A gymnast or coach may only enquire about their own A score.

Gymnasts who wish general feedback on their routines and guidance for future development may approach the relevant judge at the end of the competition. Any discussion will be at the judge's own discretion.

### **Bonus Points**

For each year that a competitor is over the minimum age for their category that competitor shall receive the appropriate bonus points at 0.1 for each year, up to the maximum of 0.9. Competitors under 20 will receive no age bonus. Competitors over 70 will receive 0.1 for each year over 60. The bonus points will be added to the competitors FINAL OVERALL SCORE. Where age groups are combined due to small numbers of competitors, bonus points will be allocated in a manner appropriate to the mix of competitors.

### **Format**

The INDIVIDUAL and TEAM competitions for male and female will be open to those in the age categories of: -

- Over 17 years
- Over 30 years
- Over 40 years
- Over 50 years
- Over 60 years

with the competitor's age taken from January 1st in the year of competition.

A TEAM competition will be run within the framework of the individual competition and all members of a team **must** be entered into the individual competition. Teams may be made up from the Beginners, Intermediate and/or Formers classes.

A team shall be defined as follows: -

**Women/Men:** shall comprise of at least two but not more than four members. The highest 7 scores (Women) or 9 scores (Men) will be taken for the TEAM TOTAL. The highest two age bonuses will be added to the total score.

**Mixed:** shall comprise of at least one woman and one man, but not more than four members. The highest 9 scores will be taken for the team total. Otherwise the same rules as above.

AN INDIVIDUAL MAY BE ENTERED FOR **ONE** ARTISTIC TEAM ONLY.

## Artistic Competitions

### **APPARATUS**

The WOMEN may choose any TWO, or more, from:

**Vault, asymmetric bars, beam or floor.**

The MEN may choose any THREE, or more, from:

**Floor, pommels, rings, vault, parallel bars or horizontal bar.**

A competitor may elect to work more events than the minimum number specified. In this case the highest two scores, for women, and the highest three scores for men, will count towards their final overall score

### **Routine requirements**

The following general requirements shall apply to the competition:

<b>Women</b>	Vault	height to be either 1.2M or 1.25M. (40+ and beginner groups may choose to use trampette for take off but this will incur a 0.5 penalty).
	Bars	50+ age groups may elect to work " <i>High and Low</i> " bars.
	Beam	Maximum time for the routine = 1 minute 20 seconds.
	Floor	routine to last between 70-90 seconds
<b>Men</b>	Floor	Routine to last between 50-90 seconds.
	Poms	No specific requirements.
	Rings	No specific requirements.
	Vault	Height to be 1.35M for ages up to 40+ and 1.25 for the senior age groups (60+ Group may choose to use trampette for take off).
	P.Bars	A combination of skills above and below the bars.
	H.Bar	No specific requirements.

## Men's Artistic Rules

Beginners will be judged using the Formers 40+ rules. Beginners DV will be capped at 1.2 to encourage progression into the Formers Competition where DV is not restricted. Beginners are not allowed to compete Salto vaults.

### Exercise Evaluation

#### **A Score: Floor, Pommels, Rings, PBars, HBar**

<b>Difficulty Value (DV)</b>	A = 0.1
	B = 0.2
	C = 0.3
	D = 0.4

DV = The sum of the eight highest difficulty elements.

**All non coded recognisable gymnastic and acrobatic moves will be awarded 0.1 DV.**

#### **Element Group Requirements (EGR)**

These are specific to each apparatus and are awarded 0.5 once if present in the routine. Unlike FIG, EGR do not need to be contained within the eight highest DV elements.

#### **Connection Value (CV)**

As per FIG

Total A Score = DV + EGR

#### **B Score: All pieces**

Deductions are from 10.00 for execution and artistry. Compositional faults are not deducted in this competition.

Final Score = A Score + B Score

#### **Vault**

Two vaults will be allowed. Highest score counts.

A Score = DV as listed in the current code of points.

B Score = Execution penalties deducted from 10.00

Final Score = A Score + B Score

Vaults that are not coded will receive 0.0 A Score, however they will be judged out of 10.00 and awarded a B Score, which will be their Final Score.

## Specific Age Group Rules

Formers will be judged as per the following age groups:

### **17+ Age Group**

#### **Floor EGR**

Forwards salto acro series of 3 elements  
Backwards salto acro series of 3 elements  
Balance  
Strength element  
Dismount (last series 2 acro elements)

#### **Pommels EGR**

Coded mount  
Side/cross travel  
Single leg circle  
Group 4 element  
Dismount

#### **Rings EGR**

Kip or swing element  
Swing to handstand  
Strength element  
Hold above rings  
Dismount

#### **P Bars EGR**

Support element 2 bars  
Element above bars  
Long swing  
Handstand element  
Dismount

#### **H Bar EGR**

Long upstart to handstand  
Flight element  
Giant swing with turn  
El/ dorsal/ rear element  
Dismount

## **30+ Age Group**

### **Floor EGR**

Forwards salto acro series of 2 elements  
Backwards salto acro series of 2 elements  
Balance  
Strength element  
Dismount (last series 2 acro elements)

### **Pommels EGR**

Coded mount  
Side/ cross travel  
Single leg circle  
Group 4 element  
Dismount

### **Rings EGR**

Kip or swing element  
Swing to hold  
Strength element  
Hold above rings  
Dismount

### **P Bars EGR**

Support element on 2 bars  
Element above bars  
Long swing  
Handstand element  
Dismount

### **H Bar EGR**

Long upstart to handstand  
Near bar element  
Giant swing with turn  
Forward and backward element  
Dismount

## **40+ Age Group and Beginners**

### **Floor EGR**

Forwards acro series of 2 elements  
Backwards acro series of 2 elements  
Balance on 1 leg held for 2 seconds  
Strength element  
Dismount (last series 2 acro)

### **Pommels EGR**

Coded mount  
Change of direction  
Single leg swings within the exercise  
Double leg swings within the exercise  
Dismount

### **Rings EGR**

Kip or swing element  
Swing to hold or crucifix  
Front or back lever  
A held position or scale (2 secs)  
Dismount

### **P Bars EGR**

One skill performed below the bars  
One skill start above the bars  
Balance or held position (2 secs)  
Handstand within the exercise  
Dismount

### **H Bar EGR**

Long upstart  
Show hip touch/swinging bar work  
Turning element  
One grip change  
Dismount

## Women's Artistic Rules

The rules have been adapted to mirror changes to the current code of points cycle 13 which now has greater focus on artistry.

### **Exercise Evaluation**

#### **A Score: Bars, Beam and Floor**

<b>Difficulty Value (DV)</b>	A = 0.1
	B = 0.2
	C = 0.3
	D = 0.4

All DV as per current FIG rules at the time of competition.

DV = The sum of the eight highest difficulty elements.

#### **Short routines**

There is a requirement for a minimum of 5 elements on each apparatus. 1.0 will be deducted for each missing element below this (eg a 3 move routine will incur a 2.0 deduction).

**All non coded recognisable gymnastic and acrobatic moves will also be awarded 0.1 DV. For example, cartwheel and cat leap on floor, forward roll on beam, circle up on bars etc.**

#### **Element Group Requirements (EGR)**

These are specific to each apparatus and are awarded 0.5 once if present in the routine. EGR do not need to be contained within the eight highest DV elements. If a gymnast performs all EGR within a routine then they will be awarded an additional bonus of 0.5. This will be added by the judging panel to the final score on that piece.

#### **Artistry**

A bonus of 0.1 to 0.5 will be awarded to gymnasts who demonstrate excellent artistry on beam and floor. The bonus will be added by the judging panel to the final score. Artistry will be divided up into the following points.

#### **On beam, 0.1 awarded for each of the following points:**

- Confidence of performance
- Personal style
- Rhythm throughout the routine
- A section of dance performed sideways on the beam. This is demonstrated through a series of movements involving the arms body and legs, this can be performed in standing or seated on the beam.
- Use of the entire length of the beam

**On floor, 0.1 awarded for the following requirements:**

- Confidence
- Expressiveness
- Creativity of dance and transitions
- Rhythm maintained throughout the routine (eg no long pauses in the corners prior to tumbles)
- Routine demonstrating movements in straight lines, curves and with changes of direction

**On bars, a bonus of 0.5 will be awarded for an element (not including the dismount) performed on the High Bar.** Remember elements only count once in a routine and are valued in chronological order.

**Connection Value (CV)**

As per FIG

Total A Score = 8 highest DV + EGR

**B Score: Vault, Bar, Beam and Floor**

Deductions are from 10.00 for execution and artistry.

Final Score = A Score + B Score

**Vault**

A Score = DV as listed in the current code of points.

B Score = Execution penalties deducted from 10.00

Final Score = A Score + B Score

Squat/stoop through and straddle over vaults will be given a DV of 1.5. Squat on, jump off vaults or other vaults that are not coded will receive 0.0 A Score, however they will be judged out of 10.00 and awarded a B Score, which will be their Final Score.

**Specific Age Group Rules**

Beginners will be judged using the Formers 40+ rules, irrespective of age-group, with the following limitations.

- Beginners may use squat/straddle vaults and handspring vaults.
- Bars - A elements only, no upstarts, no salto dismounts.
- Beam – A elements only, no acro flight elements, no salto dismounts.
- Floor – A elements only, no saltos, no more than 2 connected flight elements.

Intermediates (17-29 age group only) will be judged using the Intermediate rules with the following limitations.

- Vault – no salto vaults.
- Bars – A elements only.
- Beam – A acro elements (no flight) only, A and B dance elements.
- Floor – A acro elements only, A and B dance elements.

**Beginners and Intermediates - invalid elements (ie those of higher difficulty than allowed) will receive execution deductions, but will not be credited with their value or be permitted to be a part of a composition requirement.**

To find out how elements are valued, please see the FIG Code of Points for WA gymnastics, available to download on the FIG website – [www.fig-gymnastics.com](http://www.fig-gymnastics.com), under rules, disciplines, Women's artistic – WAG CoP 2013-2016.

Formers will be judged as per following age groups:

**Vault: All Age Groups**

Two vaults will be allowed. Highest score counts.

Beginners/40+ gymnasts may use the trampette for vault. A deduction of 0.5 will be made from the final score by the judging panel in this circumstance.

**20+ Age Group**

**Bars EGR:- 0.5 awarded once if present in the routine. 0.5 bonus if all awarded.**

- A current coded mount
- Two Bar Changes
- Handstand
- A value dismount

**Beam EGR:- 0.5 awarded once if present in the routine. 0.5 bonus if all awarded.**

- One acrobatic flight element
- Full turn on one leg
- One large leap
- Minimum A dismount

**Floor EGR:- 0.5 awarded once if present in the routine. 0.5 bonus if all awarded.**

- One acrobatic series with a Salto (a series consists of a minimum of three elements)
- Two different Saltos within the exercise
- A two-leap series, each from a one-footed take off
- Minimum full turn on one leg

### **30+ Age Group**

**Bars EGR:- 0.5 awarded once if present in the routine. 0.5 bonus if all awarded.**

- A mount (does not need to be coded)
- One Bar change
- A cast to 90 degrees or higher
- Minimum A dismount

**Beam EGR:- 0.5 awarded once if present in the routine. 0.5 bonus if all awarded.**

- Full spin on one leg
- One large leap
- One acrobatic element (not necessarily with flight)
- Minimum A dismount

**Floor EGR:- 0.5 awarded once if present in the routine. 0.5 bonus if all awarded.**

- One acrobatic series with a Salto (a series consists of a minimum of three elements)
- A two-leap series, each from a one-footed take off
- A movement in which the torso touches the floor
- Minimum full turn on one leg

### **40+ Age Group and Beginners**

**Bars EGR:- 0.5 awarded once if present in the routine. 0.5 bonus if all awarded.**

- A mount (does not need to be coded)
- One Bar change
- A cast to 45 degrees or higher
- Dismount (does not need to be coded)

**Beam EGR:- 0.5 awarded once if present in the routine. 0.5 bonus if all awarded.**

- One large leap
- Half turn on one leg
- A balance on one foot of 2 second duration
- A movement close to the beam (torso or bottom should touch the beam)

**Floor EGR:- 0.5 awarded once if present in the routine. 0.5 bonus if all awarded.**

- A two-leap series, each from a one-footed take off
- Minimum full turn on one leg
- A series of three elements containing one acrobatic flight move \*\*\*
- A movement close to the floor (as on beam)

\*\*\* An acrobatic flight move is one which shows a degree of flight from hands to feet, or feet to hands and displays good technique eg, roundoff, handspring, backflip, dive cartwheel, free cartwheel etc, this list is not exhaustive. Saltos are also classified as flight moves.

**Intermediates (17-29 only)**

**Bars EGR:- 0.5 awarded once if present in the routine. 0.5 bonus if all awarded.**

- A mount (does not need to be coded)
- One Bar change
- A cast to 45 degrees or higher
- Dismount (does not need to be coded)

**Beam EGR:- 0.5 awarded once if present in the routine. 0.5 bonus if all awarded.**

- One large leap
- Full turn on one leg
- A balance on one foot of 2 second duration
- An acro element

**Floor EGR:- 0.5 awarded once if present in the routine. 0.5 bonus if all awarded.**

- A two-leap series, each from a one-footed take off
- Minimum full turn on one leg
- A series of three elements showing 2 different acro flight moves
- A movement close to the floor (torso or bottom should touch floor)

## Trampoline Rules

A competition trampoline will be provided. Currently, at our usual venue, this is an 'in ground' trampoline, with limited space around.

Socks or trampoline/gymnastics shoes must be worn. For your own safety, bare feet are not allowed.

**Teams:** shall comprise of not more than four members. No more than two members from the same age group may form the team. A mixed team must include at least one man and one woman.

The highest 3 scores will be taken for the TEAM TOTAL. In addition the top two age bonuses for the team will be added to the team total.

Teams can be made up of gymnasts from the Beginners and/or Formers classes.  
Age bonus:

For each year that a competitor is over the minimum age for their category that competitor shall receive the appropriate bonus points at 0.1 for each year, up to the maximum of 0.9. The bonus points will be added to the competitors FINAL OVERALL SCORE. If there are insufficient entry numbers, then a system of age bonus of 0.1 per 5 years will be applied, ie age 17-24 no bonus, age 25-29 0.1 bonus etc. This will be at the judges' discretion.

## Routine Requirements

The following general requirements will apply to the competition:

Trampolinists will require to perform one compulsory and one voluntary routine with the scores from each to count toward the total score.

Routines will consist of TEN elements of forward, backward or no rotation, twisting or non-twisting. They should show a lack of travel, good maintenance of height, and good form, control and execution.

### ***The Compulsory routine:***

#### **Beginners**

Either:

1	Full twist	0.2
2	Straddle jump	-
3	Seat drop	-
4	Half twist to seat	0.1
5	Half twist to feet	0.1
6	Pike jump	-
7	Back drop	0.1
8	½ twist to feet	0.2
9	Tuck jump	-
10	Half twist jump	0.1
		0.8

Or: A routine of your own choice with a tariff between 0.6 and 1.9.\*

#### **Formers**

Either:

1	Back somersault (tuck)	0.5
2	Straddle jump	-
3	Back somersault (tuck) to seat	0.5
4	Half twist to feet	0.1
5	Half twist jump	0.1
6	Pike jump	-
7	Back drop	0.1
8	Half twist to feet	0.2
9	Tuck jump	-
10	Front somersault (tuck)	0.5
		2.0

Or: A routine of your choice with a minimum tariff of 1.8. There is no maximum tariff for the Formers' category.\*

\* But please note that the tariff of your compulsory routine does not count toward your score, so there is no reason to make it very difficult unless you want to!  
If you choose to make up your own routine you will be required to write it down, hand it to the Head Judge before the competition, and then stick to it.

### ***The Voluntary routine:***

#### **Beginners**

A routine of your own choice with a maximum tariff of 1.9.

#### **Formers**

A routine of your own choice. There is no maximum tariff.

If you want, you can repeat your Compulsory routine as your Voluntary.

There is no minimum tariff within the voluntary routine, but remember the tariff does count toward your score.

### **How will the trampoline competition be judged and scored?**

(This is for information only – you don't **need** to know this to take part!)

On your compulsory routine, you will be marked only for execution (or "form").

On your voluntary routine, you will be marked for both execution and difficulty (or "tariff").

The overall score will consist of:

**THREE compulsory form marks +  
THREE voluntary form marks + ONE  
voluntary tariff mark + age bonus.**

Ideally, the Judging Panel would consist of:

- 1 Chair (or Head Judge)
- 5 Form Judges
- 1 Tariff Judge

However, this will depend on availability, and there may be fewer judges on the day. If there is only one Form Judge, his/her mark will be multiplied by three. If there are two, their marks will be added together and the third mark will be obtained by using the average of the two judges' marks.

During the Compulsory routine, the job of the Tariff Judge is to check that the moves performed match what has been submitted by the performer.

The Head Judge decides if any penalty points should be applied, and if the routine is interrupted, tells the Form Judges how many moves to mark.

Examples of interrupted routines (marks given only up to the last move before the interruption):

- Doing the wrong move in the Compulsory
- Touching anything other than the trampoline bed, such as the springs, pads, or floor.
- Landing only on one foot
- Killing the elasticity of the bed between moves
- Landing in a non-recognised position (eg knee drop).

Examples of things penalty points are deducted for:

- Doing more than 10 moves
- Significant steps, staggers or wobbles after the last move, including putting your hands down or falling over. (You are allowed to take one single straight bounce at the end if you like.)
- Doing straight bounces between moves within the Voluntary
- Your coach or friends giving you verbal instructions or encouragement during your routine

## Calculating Tariff

If you want to make up your own routine, this is how you calculate its difficulty value, or tariff.

For each element, work out its difficulty score from the following table:

<b>Rotation</b>	<b>Value</b>	<b>Add Bonus</b>
¼ somersault	0.1	-
Completed somersault (360 deg)		0.1
½ twist	0.1	-
360 deg – 630 deg somi <u>without</u> twist, piked or straight		0.1
720 deg somi or more <u>with or without</u> twist, piked or straight		0.2

Source: Adapted from FIG Code of Points 2005 – Trampoline Gymnastics

Add up the values and bonuses of the 10 elements.

Remember: Each contact on the trampoline counts as one move. So for example, back drop to feet is two moves – one contact on the back, and then another when you are up on your feet again.

Here are some examples of tariff values for a few specific moves:

Tuck jump, straddle jump, or pike jump	0.0
Seat drop	0.0
½ twist to feet (from seat drop)	0.1
Back drop	0.1
½ twist to feet (from back drop)	0.2
Back somersault, tucked	0.5
Back somersault, piked or straight	0.6
Barani, tucked, piked, or straight	0.6

## Tumbling Rules

There are two competitions –a beginners competition and a formers competition. The entry numbers may dictate the format for running this event.

The final score will be a combination of the two runs.

There will be no gender difference.

### **Bonus Points**

For each year that a competitor is over the minimum age for their category that competitor shall receive the appropriate bonus points at 0.1 for each year, up to the maximum of 0.9. The bonus points will be added to the competitors FINAL OVERALL SCORE. If there are insufficient entry numbers, then a system of age bonus of 0.1 per 5 years will be applied, ie age 17-24 no bonus, age 25-29 0.1 bonus etc. This will be at the judges' discretion.

### **Beginners competition (tumbling)**

For the beginners competition gymnasts will be required to complete two runs which must contain five moves.

The gymnasts will construct two runs which must be different even though they can be similar.

The gymnasts must choose from the following moves which can be performed in any order. However, they must be performed in a straight line in one direction.

The moves are:

Straight jump

Tucked jump

Straddle jump

Forward roll

Handstand forward roll

Backward roll

Handspring to two feet

Cartwheel

Round-off

Jump half turn

Jump full turn

Pike jump

Backward roll handstand

Handspring to one foot

Gymnasts at this level can only repeat a single skill twice for example a gymnast could not perform three cartwheels in one tumble run. If however any skill is performed twice it can be together or at different points in the run.

Both runs will be marked out of 10.

### Formers competition (tumbling)

Each competitor will be required to perform two different runs. The runs must begin differently, one with a backwards skill and one with a forwards skill. These runs must be a minimum of 5 moves long and constructed by the gymnasts using the moves listed below. In addition, gymnasts can perform each move more than once and in any order.

The runs will be marked out of 10. As well as age bonus the skills will be tariffed accordingly, these will be as follows:

Round-off	0.1	Handspring	0.1
Flyspring	0.2	Barani to two feet	0.5
Tucked or Piked Front somersault walk out	0.3	Straight Front somersault walk out	0.3
Tucked Front somersault	0.3	Piked Front somersault	0.3
Straight Front somersault	0.4	Backflip	0.2
Tucked Back Somersault	0.3	Straight Back Somersault	0.4
Piked Back Somersault	0.3	Whips	0.3
Half twist	0.5	Arabian	0.5
Full twist	0.6	1 ½ Twist	0.7
Double Twist	0.8	Double Tuck Back	1.0

The following run would be marked thus,

- Round-off, flip, flip, whip, flip, tuck back somersault

10 for style and execution plus 1.3 tariff plus gymnast's age bonus.

The final score will be a combination of the scores for both runs. Please submit runs on paper when registering for the competition.

## Sports Acrobatics Rules

### **Competition Format**

**Pairs – Men, women, mixed.**

**Groups – Men (4's), women (trio)**

### **Routine Requirements**

Each pair or group will be required to perform one routine to music lasting between 2 minutes and 2 minutes 30 secs. The music should be instrumental, not vocal. The routine should contain a minimum of

- A tumble with three elements (moves should be linked and performed in synch) eg forward roll, cartwheel, backward roll or roundoff, backflip, back somi
- Two leaps or jumps in series (moves should be linked and performed in synch)
- Three balances.
- One tempo move (e.g. supported jump/pitch somersault). Specific examples include a supported straight/ star or tuck jump- base holds top around waist and assists the jump, the base's arms should extend to straight.

### ***Special Notes:***

The judging emphasis will be upon the execution and composition rather than difficulty although difficulty will be credited, The routine should make good use of floor space and have changes of tempo and height. Pairs/ groups should move in synchronicity with each other. The base in any pair should be the base for the whole routine.

## Rhythmic Gymnastics

Gymnasts should enter at a level appropriate to their level of experience. Dependent on number of entrants, age categories will be combined, and age bonuses will be awarded appropriately.

All rhythmic competitors must submit two copies of difficulty sheets for each routine at the time of registration (PDF file attached). Completed example sheets are also attached.

Only female competitors may enter the competition. Male gymnasts may perform a display routine.

### Apparatus

Gymnasts may choose up to three apparatus with which to perform. The highest two scores will be added to the age bonus to give the total score.

We are currently only able to offer an artistic gymnastic sprung floor, 12m x 12m.

### Routine Requirements

#### Beginners Competition

Beginners Competition Requirements file attached.

#### Max 9 difficulties\*

Min 2 max 4 from each body groups of leaps, balances and rotations (pages 17 -20 of code of points)

All should be performed with apparatus handling from fundamental or non fundamental groups (see pages 11 and 12 of Code of Points)

#### DER (Risk) as COP

Max 3. (1, 2 or more rotations).

Performed with one rotation = 0.1 value

No penalty if not attempted.

#### Dance steps

Max 4 of 5 seconds duration

Value 0.3



**Fundamental and non fundamental apparatus  
handling groups**

As per FIG Code of Points

Predominance of Fundamentals required  
i.e. more than 50%

\*Difficulties are now shown as 0.1, 0.2, 0.3 etc in the Code of Points.  
The Amended code (attached) shows 'x' moves scored at 0.1 which  
can be used in routines. Each will count as one difficulty.

**If you require any clarification please call Judy Warrack on  
01383 852 513**

Artistry will be judged using the Novice Execution sheet (see attached PDF file).

**Formers Competition**

The Formers Rhythmic Competition will be judged as per the FIG code (attached).