



Schools Competition Rules

August 2023 – June 2024

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Scottish Gymnastics Contacts

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General Regulations

Scottish Schools Competition

There will be 2023-24 Schools Finals Competition. The event on Saturday 1st June 2024 has been cancelled. Alternative dates are being considered for later in the year.

Membership and Entry Fees

Entries fees for the Scottish Schools Competition will be updated in the coming months.

Judging

All competitors will be judged in accordance with Scottish and British Schools rules as shown in the Schools rules book.

For Scottish Gymnastics school competition, a team will consist of 3 to 5 gymnasts with the top three scores to count on each apparatus (unless otherwise stated).

Levels & Progression Rules (These rules aim to promote progression at all levels)

Level (Pre L1 – L3/ Sec L1 – L3) - If a team medal at the Championships, it is mandatory for all gymnasts to progress to the next level. If a gymnast medals 1st – 6th overall or on apparatus they must also move up to the next level.

Level 3 – Any gymnast who has competed at 4/6 Piece Competitive but has not competed for 2 years can compete at Level 3.

Level 4 – Any gymnast who is, or has been, part of any gymnastics performance pathway programme, or is/has ever competed in Scottish Gymnastics Championships for any discipline must compete at level 4. Gymnasts who have competed for any of the below disciplines at the levels stated must also be entered into level 4. (Gymnasts are not allowed to move back down Levels)

There will be NO LEVEL 4 competition this year at the Scottish Schools Event – Regions can continue to run their own Level 4 competitions using rules at their discretion.

Disciplines	Competition Level
Artistic	Above floor and vault – Any 4-Piece Gymnasts must do Level 4
Teamgym	Above Level 5
Acrobatic	Above Grade 2
Rhythmic	Above Level 2
Tumble/Trampoline	Above NDP 1

If you are unsure if your gymnast has taken part in any competition, please get in touch with your **Regional Co-Ordinator** and they will help to identify the appropriate level.

The overall responsibility lies with teachers/coaches to ensure that if their gymnasts can progress to the next level (regardless of the above mandatory requirements), that they do so.

The top 2 teams in each level per region; Pre-Level 1, Level 1, Level 2 and Level 3 qualify for Scottish Championships (1st and 2nd / Joint 1st). Only if there is a joint 2nd will 3 teams qualify.

If your team qualifies for the Scottish finals and you do not intend to participate in the finals, you must inform your Regional Organiser immediately after the heats have taken place.

If a gymnast can perform the required number of skills from the skills boxes in a specific level, then that is the category they should compete in.

On the day (Scottish Schools Competition)

Late registration may result in disqualification.

General warm up is for jogging, stretching and certain skills but in the interest of health and safety no flighted skills such as round off/back flip /handspring are allowed. Please check with the Floor Manager if in doubt. Gymnasts will be given apparatus warm up time before competing on each piece.

Once a team has started to compete there can be no substitutions in the event of an injury and the judges' decision is final, no protests are allowed.

Any queries regarding scores/judging should be directed through the Floor Manager– Judges should not be approached directly.

Programme times are approximate, rotation can run ahead of schedule. Gymnasts and coaches must be prepared to be called at any time after their registration. All schools should advise parents etc. of the above information to ensure that spectators arrive in good time to see their gymnasts compete or medal presentations.

No gymnast may use any piece of apparatus without their coach/teacher being present. Coaches/teachers are responsible for the safety of their gymnasts both on and off the competition floor at all times.

Access to Warm Up Area

Access to the warm up hall will be limited to the appropriate number of coaches/teachers as defined. Coach/teacher must be present in the warm up area at all times when there are competitors warming up. On arrival, coaches/teachers will need to register and collect accreditation from the **Competition Organiser**.

Gymnast Attire

Appropriate attire is required for the competition and schools must have teams in matching outfits. Leotards, shorts/t-shirts or leggings/t-shirts are all suitable.

Coach/Teacher

By entering Scottish Gymnastics schools' events you are accepting the following terms - Coaches/teachers must be suitably qualified to the level of skills being performed by their gymnasts and must be present on the competition floor with their competing gymnasts. If you have more than one team competing at the same time you must have enough coaches to stay with the competing gymnasts.

Coaches must be qualified to UKCC Level 2/Gymnastics Activity Instructor (GAI)/Scottish Coaching Certificate Level 2. Teachers must be qualified through their teaching qualification to teach gymnastics.

Dress Code/Attire : Teachers/Coaches must be dressed appropriately for the Competition – Polo Shirt/T-Shirt with Track Bottoms/Full Length Leggings – school logo/name should be visible. Hair must be tied up and no jewellery is permitted.

Health and Safety

The safety of all participants (gymnasts, coaches and officials) is the primary consideration. All Scottish Gymnastics policies will be rigorously applied with regards to health, safety and welfare and child protection. Coaches are reminded of their responsibility in relation to their gymnasts – in the competition environment this will specifically include ensuring the gymnasts are adequately prepared (physically and psychologically) for performing their routines in a competition situation. Anyone requiring first aid assistance should speak to either a member of the events team or the competition organiser.

Medical Provision

Anyone requiring First Aid assistance should speak to either the Competition Organiser or the first aiders present at the competition. It is recommended that all coaches have a First Aid kit with them for minor injuries.

At all Scottish Gymnastics events an official medical team will be appointed and will be available to treat gymnasts who sustain an injury at the event. The medical team are not able to treat pre-existing or chronic injuries.

Any injury occurring during the official training or competition must be reported to the medical team, to ensure a record can be kept of treatment given and by whom.

Food and Drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies.

Babies and Young Children

In the interests of safety, for the smooth running and professional presentation of the events, babies and young children are not permitted to enter the warm up hall or field of play, even if they are being supervised by an adult.

Video, Film & Photography

In accordance with current Scottish Gymnastics policy, flash photography is not permitted during the warm up or competition phases of any Scottish Gymnastics event. Scottish Gymnastics accredited photographers may be present at Scottish Gymnastics events and in some cases, events may be videoed. Images/footage from the event may be used by Scottish Gymnastics and our partners for the purposes of promotion, education and development of the sport. They may also be shared with relevant third part organizations for journalistic/promotional purposes.

Schools must ensure that gymnasts/parents are informed of the photography arrangements for the relevant event. Any gymnast or parent who does not wish themselves or their child to be photographed/filmed at the event must advise Scottish Gymnastics Events Department.

The Scottish Gymnastics photography guidelines are available on the Scottish Gymnastics website.

Clarification of Method of Scoring/Judging

Floor

Pre level 1 & level 1 gymnasts can score a possible 14 (6 skills).

Level 2 gymnasts a possible 15 (8 skills) and Level 3 gymnasts a possible 17 (8 skills with flowing linkages up to 2.0).

The gymnast's final score will have TWO components: D-score and E-score.

Example of a Level 2 score.

The D-score (Difficulty): Each gymnast will receive marks for the skills and requirements included in the routine. i.e. 8 elements from the list of set elements, 0.5 each = 4.00.

Balance	=	0.50
Jump	=	0.50
D-score	=	5.00

The E-score (Execution) – Each gymnast starts with an E-score of 10.00. Deductions will be taken every time the performance is less than perfect.

- | | |
|--|------|
| • Small errors eg; 1 step on landing | 0.10 |
| • Medium errors eg; Bent arms | 0.30 |
| • Large errors eg; Deep squat on landing vault | 0.50 |
| • Very large errors eg; A fall | 1.00 |

E-score = 10.00 minus total of deductions eg; 10.00 minus 4.00

E-score = 6.00

The D-score and E-score are added together to give the Final score.

Eg; 5.00 + 6.00 FINAL SCORE = 11.00

Scottish Schools Gymnastics Championships Competition Rules Pre-Level 1

Age group	Primary 1 – 3 pupils only
Aim	To encourage and enable primary pupils to participate in a fun, friendly, basic gymnastics competition. This is the first step on the Scottish Schools competition ladder. The purpose is to help children learn basic gymnastic skills at this stage with a view to progressing these movement skills throughout primary and secondary school years.
Format	A team competition in Floor and Vault. A team will consist of 3 to 5 competitors with three scores to count on each apparatus. Teams can comprise 5 boys, 5 girls or any combination of the two.
Winners	The winning team will be the one with the 3 highest floor and 3 highest vault scores added together to give the team total.
Floor rules	<p>Using a strip of mats 2m wide and 6m long perform 6 skills in a sequence. Skills may be taken from the optional list or if preferred gymnasts may perform any pre -set sequence from the selected sequence sheet.</p> <p>Sequences whether optional or pre-set will be judged in the same way. Pre-set sequences are there to provide an easy and quick option for staff/gymnasts to get working on a sequence.</p> <p>Do not require any linking moves. 6 skills only are to be performed.</p>

Judging

D-score = Each skill is 0.5 value = 3 marks

Presentation: judges are looking for good posture with body extension through arms legs and feet eg pointed toes = 1 mark

E-score = Deductions made from 10.

Deduction of 0.1 if gymnast each time a gymnast requires prompt from coach to a maximum of 0.3. Judges are looking for a well presented sequence with gymnast performing to best of ability, remembering the sequence.

Floor Routine : No deductions if performance on one mat

Final score = D-score + E-score.

Maximum score = 14 marks.

Floor Skills

Pre-Level 1

Optional list - 6 skills to be selected from the following list and performed on a 6m strip of mats.

Skills
Pencil roll
Forward roll to tuck sit
Forward roll to stand
Circle roll/Teddy bear roll 180 degrees
Backward roll to finish on knees
Backward roll to stand
Cartwheel
Single leg balance
Front support
Back support
Shoulder stand
V sit balance
Bridge (push up from floor return to floor)
Japan
Straight stretched jump from 2 feet to land on 2 feet
Star jump from 2 feet to land on 2 feet

Advice to coaches/teachers

When putting the sequence together try to encourage the gymnast to enter and exit the skills neatly. For example when moving from floor to standing the gymnast can perform a rocking action backwards and forwards from a seated position to gain momentum to stand on feet and thereby keep the flow of the sequence.

All sequences must start and finish with the gymnast in a standing stretched body position as shown on pre-set sequence page.

Pre-set sequences

Sequence 1

Forward roll to tuck sit

Shoulder stand

Teddy bear roll

Back support lower to floor then rock back and forward to stand up

Single leg balance

Star jump

Sequence 2

Pencil roll

Bridge- push up from floor return to floor

Teddy bear roll

Front support –jump feet in to crouch and stand up

Forward roll to stand

Straight stretched jump

Sequence 3

Single leg balance

Forward roll to tuck sit

Teddy bear roll

Back support

Front support jump feet in to crouch and stand

Star jump

Sequence 4

Forward roll to stand

Star jump

Single leg balance

Forward roll to tuck sit

From sitting move into backwards roll to finish on knees

Front support jump feet in to crouch and stand

Sequence 5

Forward roll to stand

Forward roll to tuck sit

V sit balance

Teddy bear roll

Front support jump feet in to crouch

Star jump

NB These sequences are only examples to show how simple skills can be put together fluently. You may use the pre-set sequences as shown alternatively you may alter the order of skills if you wish or select from the optional skills list.

Vault Rules

Pre-Level 1

Each gymnast will perform 2 vaults (the same or different) selected from the vault list. The better of the two scores will count.

D-score

Vault A = 3.5 marks

Vault B = 4 marks

E-Score

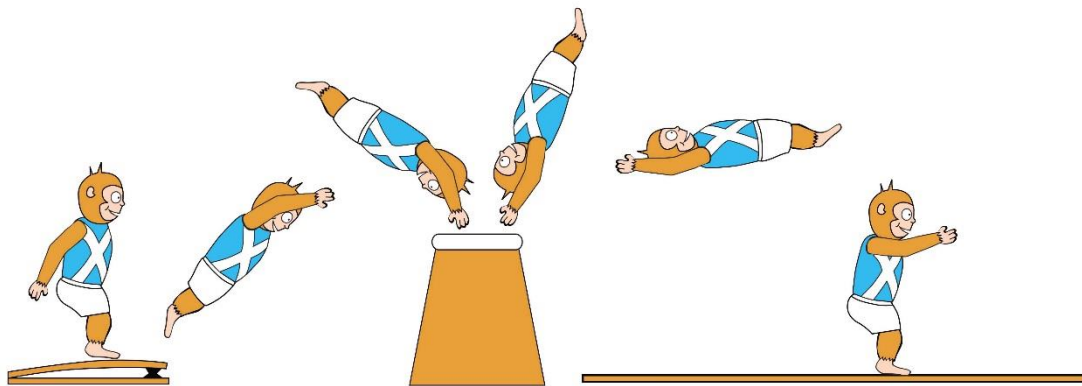
Maximum is 10 marks.

Deductions will be made for poor execution eg lack of extension through body arms and legs, lack of flight, steps on landing.

Helpful tips for good execution of the vault.

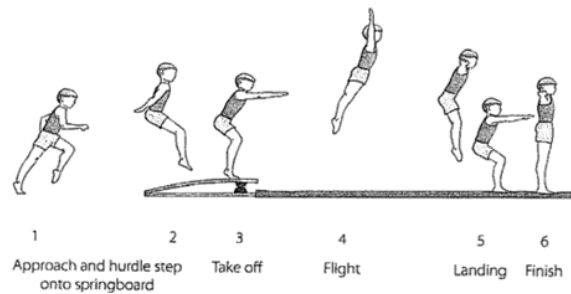
- The box (or small table) height should be set at a level that allows the gymnast to safely squat onto the box onto their feet and should be no higher than 1 metre.
- Judges are looking for strong take off upwards and full stretch in body in flight.
- Maintain body tension to hold shape in the air
- Keep chest up and focus straight ahead.
- Arms swing up to assist flight.
- Land on both feet with flexion (bend) at hip and knee not more than 90 degrees keeping chest up and focus forward
- 'Stick' the landing on the mat by keeping the heels down and do not take additional steps for control
- Arms should adjust to maintain balance

Final score = D score + E score



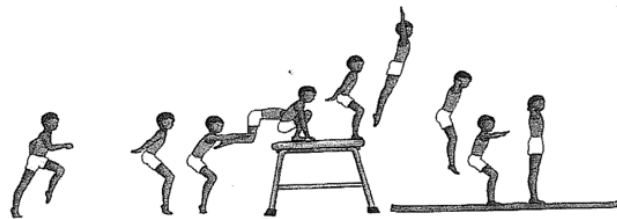
Vault list

Vault A - From a two or three step approach, take off from springboard, straight jump to land with control.



Vault B – box lengthways and at height to suit gymnast (springboard optional)

From a few short running steps take off from springboard and jump to squat on box, from two feet perform an immediate straight jump off to land with control on mat.



Vault A : Landing on a 30cm Crash Mat

Vault B : Advised to use a springboard – place in front of trestle table – recommended trestle table height – 60cm and lengthways mean narrow side facing gymnast.

Springboards : Springboards or Junior springboards can be used

Scottish Schools Gymnastics Championships Competition Rules Level 1, Level 2 and Level 3

Age Groups	Primary (P1-P7) and Secondary (S1-S6)
Aim	To encourage school gymnasts to participate and compete at the level appropriate to their ability.
Format	A team competition in Floor and Vault. A team will consist of 3 to 5 competitors with three scores to count on each apparatus. Teams can comprise up to 5 boys, 5 girls or any combination of the two.
Winners	Individual entries compete for 1 st , 2 nd and 3 rd place medals in floor, vault and overall. Team entries compete for 1 st - 6th place medals/rosettes with the 3 highest floor and 3 highest vault scores added together to give the team total. The winning team will be the one with the 3 highest floor and 3 highest vault scores added together to give the team total.
Progression	If a gymnast medals (team or individual competition) at the Championships, (Pre Level 1 – Level 3) it is mandatory for them to progress to the next level.
Linkages	Linkages Should be used in Level 3

Floor Rules Level 1 – 3

Level 1

Using a strip of mats 2m wide and 12m long, perform SIX skills selected from the categories listed. Selected skills MUST include: ONE JUMP and ONE BALANCE

Level 2

Using a strip of mats 2m wide and 12m long, perform EIGHT skills selected from the categories listed. Selected skills MUST include: ONE JUMP and ONE BALANCE

Level 3

Using a strip of mats 2m wide and 12m long, perform EIGHT skills selected from the categories listed. Selected skills MUST include: ONE JUMP/LEAP/SPIN and ONE BALANCE

LINKAGES – Linkages for Level 3 up to 2.0 marks. The eight skills should be linked to give continuity. Skills must not be repeated though link moves may be.

Teachers/coaches. If your team qualifies for the Scottish finals and you do not intend to participate in the finals you must inform your Regional Organiser immediately after the heats have taken place.

Floor Skills

Level 1

Rolls

- Pencil Roll 360 degree rotation showing dish and arch shapes
- Forward Roll to stand
- Backward Roll - to crouch
- Teddy Bear/Circle Roll - one half circle
- Backward Roll to Straddle (bent leg entry)
- Forward roll to straddle

Balances

- Shoulder Balance with hands supporting hips
- Balance on one foot – leg extended sideways, <math><90^\circ</math>
- Headstand – tucked
- V-Sit Balance without hand support
- Frog balance

NB All balances must be held for 3 seconds

Acro

- Front Support jump to crouch with immediate stretched rebound jump
- Cartwheel (either front or side entry) with side exit
- Cartwheel with quarter turn inwards to finish with feet together
- Kick to Handstand

Flexibility

- Bridge - must start on floor & return to floor
- Splits – front or side
- Japana

Jumps

- Star jump
- Straight jump with half turn

NB All jumps to take off and land on two feet

Level 2

Rolls

- Forward Roll to straddle stand
- Backward Roll to stand – showing the push
- Backward Roll to straddle stand – straight leg entry
- Backward Roll to front support
- Handstand Forward Roll

Balances

- Headstand – tucked - must return to feet
- Handstand (held for 2 seconds)
- Shoulder balance with no hands
- Arabesque
- Y Balance – leg held above waist height
- L support

NB All balances must be held for 3 seconds except handstands which must be held for 2 seconds.

Acro

- 2 cartwheels connected
- One hand cartwheel (either hand)
- Round Off
- Bridge Kick walkover
- Back walkover

Flexibility

- Bridge with one leg raised – must start on floor & return to floor
- Splits – front or side

Jumps/spins/leaps

- Straight jump with half turn
- Straight jump with full turn
- Spin 180°

NB Jumps must take off and land on two feet

Level 3

Rolls

- Forward Roll to pike stand
- Backward Roll to stand – straight leg entry
- Backward Roll to Handstand
- Handstand Forward Roll with straight arms

Balances

- Headstand – straight – must return to feet (Legs must be straight on entry)
- Handstand (held for 2 seconds)
- Y Balance – leg held above waist height
- Straddle lever
- Planche

NB All balances must be held for 3 seconds except handstands which must be held for 2 seconds.

Acro

- Free cartwheel
- 2 cartwheels connected
- One hand cartwheel (either hand)
- Round Off
- Back Flip – must land on 2 feet together
- Handspring to one foot
- Handspring to two feet
- Handstand Pirouette –180 degrees
- Front walkover

Flexibility

- Bridge walk out/kick over
- Splits – front or side

Jumps/Leaps/Spins

- Straight jump with full turn
- Straddle jump
- Split leap
- Scissor leap (Scissor Kick)
- Spin 360°

Vault Rules

Primary School children will vault over a vault box or a vault table at 1m or as near this height as the equipment will allow.

Secondary School children will vault over a vault box or a vault table at either 1m or 1m 25cm or as near this height as the apparatus will allow.

Each team member will be allowed TWO attempts.

Different vaults may be attempted. The higher score to count.
Coaches/teachers must be present at the VAULT during warm up and competition vaults.

ONLY THE FOLLOWING VAULTS MAY BE USED

D-score is the same for both Primary and Secondary

Level 1 Gymnasts	D-Score	Level 2 & 3 Gymnasts	D-score
Straddle through	5.0	Handspring	6.0
Squat through	5.0	Squat through	5.0
Squat on with immediate straight jump off	4.0	Straddle through	5.0
ABOVE VAULTS USE VAULT BOX/TABLE		ABOVE VAULTS USE VAULT BOX/TABLE	
Handstand flatback 90cm	4.5	Handstand flatback 110cm	4.5
ABOVE VAULT USES STACK OF BLOCKS/CRASHMATS – NO VAULT BOX/TABLE		ABOVE VAULT USES STACK OF BLOCKS/CRASHMATS – NO VAULT BOX/TABLE	

E-score = 10.00 minus total deductions for errors of execution.

F.I.G. Deductions will be applied unless specified below.

- Stop on top of box = 0.5
- Full support by coach = 2.0
- Touch with one hand only = 1.0
- Spotting by coach on landing = 1.0

Final score = D-score + E-score

Scottish Schools Gymnastics Championships Competition Rules Level 4

Age Groups	Primary (P1-P7) and Secondary (S1-S6)
Aim	To encourage school gymnasts to participate and compete at the level appropriate to their ability.
Format	Individual and team competition. A team will consist of 3 to 5 competitors with three scores to count on each apparatus. Teams can comprise 5 boys, 5 girls or any combination of the two.
Winners	Individual entries compete for 1 st , 2 nd and 3 rd place medals in floor, vault and overall. Team entries compete for 1 st , 2 nd and 3 rd place medals with the 3 highest floor and 3 highest vault scores added together to give the team total.

RULES FOR LEVEL 4 AS PER BGSA HANDBOOK

[LINK TO HANDBOOK](#)

**PLEASE NOTE THERE WILL BE NO SCOTTISH GYMNASTICS LEVEL 4
COMPETITION IN 2023-24 – LEVEL 4 COMPETITIONS CAN BE HELD
IN EACH REGION**

REGIONAL CO-ORDINATORS

Regional Co-ordinators listed are there to help schools with any queries for the Regional Heats or Scottish Gymnastics Schools Competition.

REGION	REGIONAL CO-ORDINATOR	E-MAIL	REGIONAL QUALIFIER DATES	REGIONAL QUALIFIER LOCATION
Aberdeen	Unknown			
Argyle & Bute	Unknown			
Clarkmannanshire	Unknown			
Dumfries & Galloway	Lorna Lumb Sandra Proudfoot	Lorna.lumb@dumgal.gov.uk Sandra.proudfoot@dumgal.gov.uk	3rd March 2024	DG1, Hoods Loaning, Dumfries
Dundee	Unknown			
East Ayrshire	Laura Cathie	laura.cathie@eastayrshire.org.uk		
East Dunbartonshire				
East Renfrewshire PRI	Craig Gordon	gordonc4@ea.e-renfrew.sch.uk	7 th December 2023	Barrhead Foundry
East Renfrewshire SEC	Craig Gordon	gordonc4@ea.e-renfrew.sch.uk	7 th December 2023	Barrhead Foundry
Edinburgh & Lothian	Kerry Jones	Kerry.Jones@jamesgillespies.edin.sch.uk	22 nd March 2024	James Gillespie's High School
Falkirk	Billy Brotton	billy.brotton@falkirkcommunitytrust.org		
Fife Primary	Jennifer Noble	jennifer.noble@fife.gov.uk	6 th February 2024	St Andrews RC High School
Fife Secondary	Jennifer Noble	jennifer.noble@fife.gov.uk	6 th February 2024	St Andrews RC High School
Glasgow Primary	Julie McAdam	gw11mcadamjulie@glow.ea.glasgow.sch.uk		
Glasgow Secondary	Julie McAdam	gw11mcadamjulie@glow.ea.glasgow.sch.uk		
Highland	John Humphries Hazel Ardern	john@invernessgymnastics.com Hazel@invernessgymnastics.com		
North Ayrshire	Laura Cathie	laura.cathie@eastayrshire.org.uk		
North Lanarkshire PRI	Megan Brechin	BrechinM@northlan.gov.uk		
North Lanarkshire SEC	Megan Brechin	BrechinM@northlan.gov.uk		
Perth & Kinross	Laura Munro	Lmunro@liveactive.co.uk	9 th February 2024	Bell's Sports Centre
South Ayrshire PRI	Dawn Telford	Dawn.telford@dundonaldgymnasticsclub.co.uk	26 th March 2024	Whitletts Activity Centre
South Ayrshire SEC	Dawn Telford	Dawn.telford@dundonaldgymnasticsclub.co.uk	7 th November 2024	Whitletts Activity Centre
South Lanarkshire PRI	Unknown			
South Lanarkshire SEC	Unknown			
Stirling	Angela Hunter	huntera@activestirling.org.uk		
West Lothian PRI	Kim O'Connor	Kim.oconnor@westlothian.org.uk		
West Lothian SEC	Kim O'Connor	Kim.oconnor@westlothian.org.uk		

