



# North West WTC



# Competition Handbook 2013

# NW WTC & National WTC Competition Calendar 2013

Date	Competition	Venue	Closing Dates	
2 <sup>nd</sup> / 3 <sup>rd</sup> Feb	GM Grades	Robin Park Sports Centre, Wigan		
10 <sup>th</sup> Feb	C&M Grades	Liverpool		
2 <sup>nd</sup> / 3 <sup>rd</sup> Feb (TBC)	Lancashire Grades	Preston		
23 <sup>rd</sup> / 24 <sup>th</sup> Feb	NW Grades – Regional Finals for County Teams (grades 14,13,12,11,10,9)	Robin Park, Wigan	Mon	11 <sup>th</sup> February
23 <sup>rd</sup> / 24 <sup>th</sup> Feb	National GrCades 8, 7, 6, 5 and Compulsory 5, 4, 3,	Robin Park, Wigan	Fri	1 <sup>st</sup> February
10 <sup>th</sup> March	NW British Schools TRIAL (FIG Junior & Senior rules)	TBC	TBC	TBC
2 <sup>nd</sup> /3 <sup>rd</sup> Mar	English Championships	Europa Centre, Kent		
17 <sup>th</sup> Mar	Compulsory Level 2 & Espoirs	Pipers Vale GC, Ipswich	Noon	1 <sup>st</sup> February
22 <sup>nd</sup> / 23 <sup>rd</sup> Mar	The British Championships (Juniors / Seniors)	Echo Arena Liverpool	Noon	8 <sup>th</sup> February
24 <sup>th</sup> Mar	The British Championships Apparatus Finals (Espoirs / Juniors / Seniors)	Echo Arena Liverpool	N/A	N.A
20 <sup>th</sup> / 21 <sup>st</sup> Apr	National Grades Finals Grades 8,7,6,5	Cocks Moors Woods <b>Birmingham</b>	Noon	11 <sup>th</sup> March
27 <sup>th</sup> / 28 <sup>th</sup> Apr	The British Compulsory Level 4 & 3 Championship	Cocks Moors Woods <b>Birmingham</b>	Noon	11 <sup>th</sup> March
28 <sup>th</sup> April	C & M Floor and Vault	Crewe & Nantwich GC		
5 <sup>th</sup> May	BSGA British Schools Apparatus Championships	Benfield Ctr, Newcastle		
11 <sup>th</sup> / 12 <sup>th</sup> May	NW Floor and Vault	Robin Park Sports Centre, Wigan	Fri	5 <sup>th</sup> April
18 <sup>th</sup> / 19 <sup>th</sup> May	The British Women's Team Championship	Guildford Spectrum	Noon	5 <sup>th</sup> April
19 <sup>th</sup> May	C & M 4 Piece Invitational Championships	Liverpool		
1 <sup>st</sup> / 2 <sup>nd</sup> Jun	GM Open	Robin Park Sports Centre, Wigan		
29 <sup>th</sup> / 30 <sup>th</sup> Jun	The Challenge Cup Espoire Junior & Senior British re-qualifiers	Guildford	noon	17 <sup>th</sup> May
	GM Floor and Vault	Robin Park Sports Centre, Wigan		
21 <sup>st</sup> / 22 <sup>nd</sup> Sept	NW Age Groups (incl Reg Level 5) Invitational / Open Teams	Robin Park Sports Centre, Wigan	Fri	16 <sup>th</sup> August
12 <sup>th</sup> Oct	The Bill Slater Club Teams Championship	Europa Kent	Noon	30 <sup>th</sup> August
12 <sup>th</sup> Oct	Compulsory Level 2 re-take (In Age)	Europa Kent	Noon	30 <sup>th</sup> August
19 <sup>th</sup> / 20 <sup>th</sup> Oct	GM 4 Piece Team Selection	Robin Park Sports Centre, Wigan		
2 <sup>nd</sup> / 3 <sup>rd</sup> Nov	British Age Group Champs Voluntary Finals Level 4, 3 & 2. Training day 05 November	Guildford	Noon	23 <sup>rd</sup> September
3 <sup>rd</sup> Nov	C & M 4 Piece Team selection	Liverpool		
9 <sup>th</sup> / 10 <sup>th</sup> Nov	North West Individual & Apparatus Championships Pre-novice, Novice, Regional Level 4, Regional Level 3, Mod FIG FIG	Robin Park Sports Centre, Wigan	Fri	11 <sup>th</sup> October
24 <sup>th</sup> Nov	Inter – county teams (Pre-novice – FIG)	Robin Park Sports Centre, Wigan	Mon	4 <sup>th</sup> November

# NORTH WEST WTC COMPETITION FEES

From 1<sup>st</sup> January 2013, NW competitions will be charged as follows:

## **Competition Entry Fees**

BDP Compulsory Levels 4 & 3	£20.00 per gymnast
Compulsory Level 5	£20.00 per gymnast
National Club Grades 8, 7, 6, 5	£20.00 per gymnast
NW Floor and Vault	£15.00 per gymnast
Individual Apparatus (FIG)	£20.00 per gymnast
BDP Voluntary Age Groups	£20.00 per gymnast
NW Pre-Novice and Novice Championships	£20.00 per gymnast
NW Levels 4 & 3 (Out of Age)	£20.00 per gymnast

NW Regional Club Grades finals (Teams of 4)	£80 per team
Inter County Teams (4 piece)	£80 per team

Pre Novice & Novice, Level 4 (Teams of 5)	£70 per team
Levels 4 (Teams of 5)	£70 per team
Level 3 / Modified Twin Challenge (Teams of 2)	£35 per team

BSGA Team Trials	£5.00 per gymnast
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**Clarification: Competition/trial entry fees are non returnable after the closing date.**

<b>Judging Fee:</b> <small>(one judge required for up to 15 gymnasts entered)</small>	£25 per day club
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<b>Apparatus Fee</b> (cheque will be returned to clubs if they send two volunteers or more to help in the clearing away of equipment)	£50 per club
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<b>Protest Fees</b>	£10.00 (per protest)
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**Non-Participation Fee**  
(Compulsories, National Club Grades, Vol Age Groups, BSGA) £20.00 per gymnast

## **NW Compulsory Team Training Events 2013:**

Gymnasts qualifying to represent the NW in a national final must attend compulsory training sessions. This applies to team members and reserves.

There will be one compulsory training session for each of the following national competitions:

- National Club Grades (1 session)
- Compulsory Levels 3 and 4 – National Finals (1 session)
- Voluntary Age Group Finals (1 session)
- British Schools Team Competition

Venues, times and dates to be confirmed following the qualifiers

Non participation cheques will be cashed for gymnasts that fail to attend team training sessions or the national final.

Clubs that fail to pay the appropriate fees will not be permitted to enter subsequent competitions until all outstanding amounts have been paid in full.

# COACHING RULES AND REQUIREMENTS

**For all 4 and 5 piece competitions coaches must hold the following coaching qualifications to accompany gymnasts onto the competition floor:**

## **Women's Artistic**

Level 2 coach (coach)\*  
Level 3 coach (club coach)  
Level 4 coach (Senior Club Coach)  
HPC  
IPC

Additional modules signed off by mentors – written evidence of must be brought to all competitions.

## **Men's Artistic** **(not permitted to coach beam)**

Level 2 coach (coach)  
Level 3 coach (club coach)  
Level 4 coach (Senior Club Coach)  
HPC  
IPC

**For all the Floor and Vault competition coaches must hold the following coaching qualifications to accompany gymnasts onto the competition floor:**

## **Women's Artistic**

Level 1 coach (only under the supervision of a level 2 or higher coach).  
Level 2 coach (coach)\*  
Level 3 coach (club coach)  
Level 4 coach (Senior Club Coach)  
HPC  
IPC

Additional modules signed off by mentors – written evidence of must be brought to all competitions.

## **Men's Artistic**

Level 1 coach (only under the supervision of a level 2 or higher coach).  
Level 2 coach (coach)  
Level 3 coach (club coach)  
Level 4 coach (Senior Club Coach)  
HPC  
IPC

## **Pastoral Care**

Clubs may request additional coaches (including level 1 coaches) to accompany groups of gymnasts at competitions for pastoral care. Requests must be submitted in writing to the competition organiser at least 3 weeks before the event giving clear reasons for the request.

This may not exceed the permitted number of coaches in attendance. There will be a limit at each competition on the number of pastoral coaches permitted.

Only coaches who hold the appropriate qualifications will be permitted to take an active coaching role at NW competitions.

Pastoral coaches at Level 1 or with General Gymnastics qualifications may provide pastoral care and assist with moving springboards.

All coaches attending WTC events must be aware of the following:

Coaches have a responsibility in relation to the safety of their gymnasts in the competition environment. This specifically includes ensuring the gymnasts are adequately prepared (physically and psychologically) for performing their routines in a competition situation.

All coaches in attendance at a NW WTC event must hold appropriate qualifications for the skills being competed by their gymnast and bring evidence of this to the event. It is the responsibility of the club and the coach to ensure appropriate training and qualification has been successfully completed by the nominated coach. The minimum qualification required for a WTC event is Level 2.

Coaches that intend their gymnasts to compete elements above their level of qualification must submit written notification of the skills being performed together with evidence of the appropriate module signed off by their mentor. Full contact details of the mentor that has signed the module off must also be provided. A form is supplied at the end of this handbook. Attach the form together with the evidence of the completed and signed off .module

This evidence must be sent together with the entry form to the competition organiser (by email) by the entry deadline for the competition.

The criteria for coaches at a regional qualifier are the same as stated on the entry form for the National final.

A Men's Artistic Coach may take gymnasts on Vault, Bars and Floor as long as their training and qualifications cover the skills being performed.

Coaches taking gymnasts round at NW competitions must hold a full or joint BG membership for the current year (or a life membership).

### Coaching Attire

- Coaches must wear a tracksuit or tracksuit bottoms and T-shirt / polo shirt with suitable footwear.
  - Boots, 'hi-top' baseball boots or sandals are not permitted.
  - Sleeveless tops / vest tops / strappy tops are not permitted
  - Shorts or leggings are not permitted.
- Coaches attending National Finals must wear the prescribed NW kit (tracksuit bottoms, polo shirt and jackets)

### Coaches at Apparatus

- Only one coach is permitted to stand at apparatus during the routine. Any other coaches must remain seated in the areas provided for gymnasts and coaches.
- On A-bars the coach may remain at the apparatus throughout the routine (see current FIG Regulations).
- It is strongly recommended that a coach should remain near the apparatus on vault and at the beam for dismounts. Coaches may not stand on the landing area of the vault. Any breach of this will incur a 0.5 penalty. The coach's presence on the matting during the beam exercise, other than the dismount, will incur a 0.5 penalty.

The onus is on the coach to be present only at the dismount and not during the whole routine.

- Coaches may not interfere with, move or alter the settings on apparatus in any way during the routine.
- Gymnasts must mount and dismount at different ends of the beam (as per code of points). Side mounts are permitted.

## General Competition Etiquette

- Coaches may not approach judges whilst they are actively judging. Carbon copies of judging slips will be made available to coaches at all NW competitions. In the interests of sharing information with coaches, **D panel judges only** may be approached at the end of a rotation only when they have finished marking the final gymnast in the rotation and have submitted all score slips to the master score desk. However protests must be submitted in writing using the prescribed process outlined later in this handbook.
- Coaches may not approach adult helpers or E panel judges for scores or other information at any point in the competition.
- Coaches may not approach the master scorer for details of their gymnasts' or any other gymnasts' scores at any point during the day. Coaches may not stand behind the master scorer's desk at any point in the competition. Scores will be issued to clubs and judges at the end of each round or after each presentation. Scores handed out at the competition are provisional scores only and are (very occasionally) subject to alteration following appropriate checks. This will only happen where genuine errors are known to have been made and have been substantiated.
- Results will be published on the North West website. They may not be published elsewhere until such time as they are published on the NW website. Scores will not be given in electronic form to anyone on the day of the competition.

## Unsportsmanlike Behaviour of Coach or Gymnast

Infringements will be penalised as detailed in the Code of Points with yellow and red cards.

## Technical Briefing Meeting

Before the start of the competition or rounds of a competition (as notified by the Competition Organiser) a Technical Briefing will take place. Attendance is compulsory by all coaches on the floor. The time will be printed in the programme.

## Jewellery (coaches)

All jewellery must be removed whilst handling / supporting gymnasts at any NW competition.

## Mobile Phones / Cameras

Coaches may not use mobile phones or photographic equipment at any point during the competition.

## Drinks

Coaches may not bring hot drinks are not permitted onto the competition floor

## Gum

Chewing gum is not permitted.

# Protests

If there is a query on a score, coaches may ask the D panel judge which element or elements has/have not been awarded.

Beyond this, judges will not review or discuss that score, or reasons for their decisions unless correct procedure is followed i.e. a formal written protest is made via the competition organiser using a formal protest sheet. Protests may be made against the difficulty score (D score) or execution score (E score) for the coach's own gymnast. Comparative scores of other gymnasts may not be considered. Video footage cannot be considered and will not be used in the settlement of protests.

The score will be reviewed by the apparatus panel who may seek advice from other senior judges if needed. Coaches, parent helpers or any other interested party will not be permitted to be present while the review takes place and must move completely away from the judges at this time. Written notification of the result of the review will be provided by the apparatus panel via the head judge.

A protest sheet is included at the back of this handbook.



# Apparatus



Wherever possible the apparatus at NW WTC competitions will be to FIG specifications, which includes height and width for A-bars, height of beam and vault, beam and vault run-up and landing areas.

## **Vault:**

125cm from the floor to the top of the vault.

20cm FIG specification matting + 10cm supplementary matting with markings as specified for vault landing.

For round off entry vaults, the safety collar must be in place. A mat for hand placement will be provided.

Springboards – hard and soft coil boards will be provided. For all competitions below the level of FIG ESPOIR turbo boards will also be available.

## **Bars:**

Low bar 170cm / High bar 250 (both +/- 1 cm) from the floor to the top side of the bars  
Maximum width between bars, inside bars on diagonal is 180cm  
Minimum width between bars, inside bars on diagonal is 130cm

20cm FIG specification matting with 10cm supplementary landing mat.

*\*\* For Compulsory and Voluntary Level 3, and compulsory level 5, additional 20cm matting will be provided with the roll up supplementary matting on top (as in National Finals).*

The take off board may be placed on the supplementary mat.

The supplementary mat may not be moved during the exercise.

Both bars may be raised by 5cm or 10cm where a gymnast's feet touch the basic matting while she is hanging on high bar or hips touch the basic matting while she is hanging on low bar.

For NW competitions where a single bar is used this may be raised so that the gymnast's feet in long hang clear the matting.

The request for the bars to be raised must be made with the competition entry form. The bars will be raised in accordance with the F.I.G./W.T.C. regulations.

Unauthorised raising of the bars will be penalised in accordance with the F.I.G. regulations.

## **Grades - Bars**

Matting for Compulsory 3, Compulsory 5, Regional Grade 14 and Regional Grade 13 Bars will be as follows:

Standard biscuit mats with 30cm supplementary mats on top and a roll out 5 cm mat on top.



**Beam:**

125cm from the floor to the top of beam.

20cm FIG specification matting with 10cm supplementary landing mat.

**Grades - Beam**

Matting for Regional Grade 14 and Regional Grade 13 Beam will be as follows:

Standard biscuit matting with additional 30cm mat between beam legs. Springboards may not be placed on top of the 30cm supplementary mat.

**Floor:**

12m x 12m FIG specification floor area.

Only apparatus supplied at the request of the NW WTC may be used at NW events.

Supplementary mats are not permitted on the floor area.

# General Competition Information

## The NW WTC Competition Year









This will be 1<sup>st</sup> January to 31<sup>st</sup> December.

Gymnasts' ages will be the age reached in the year of the competition. Therefore a gymnast aged 9 on 31<sup>st</sup> December will compete in the Age 10 category from January 1<sup>st</sup>.

## Trophies

The gymnast's club assumes total responsibility for any returnable individual NW WTC trophy once presented, and for its safe return to the competition organiser before next year's championships. This also applies to the club winners of the teams and to the County winners of the Grades Team Championships.

Competitions with returnable trophies:

NW Regional Grades  Teams (shields)  Individuals (cups)	NW National Grades(Cups)	NW Compulsory Grades(Cups)	NW Combined Comp/Vol (Large Shields)  and  Individual Vol Age Groups (Pewter Cups)	NW Teams (Small shields)	NW Inter-County Teams (Cups)
 			 		

Clubs are responsible for returning trophies in time for the following competition. If returning them on the weekend of the competition they should be cleaned and polished and ready to present to this year's winners.

If gymnasts leave the club all returnable trophies must be recovered by the club and returned to the NW in time for the competition.

**Clubs entering all NW WTC competitions** must provide an adult helper, runner and suitably qualified judge as described in the specific competition regulations. Judges fees will be required from all clubs that for any judges that do not send a judge or where their judge does not attend for full days.

## **Photography**

Official photographers may be present at North West Region WTC events & images may be published by North-West Region WTC. By entering for NW events, there is an acceptance that the participants may be photographed.

It is the responsibility of the club to ensure that all parents or guardians are aware of this policy before returning the entry forms

No person other than the NW official photographer will be permitted onto the competition floor to take photographs. Images will be published in line with the guidance on 'Use of imagery on the Internet and other forms of media' contained in the BG Health, Safety and Welfare Policy.

## **Spectators at NW WTC Events**

### **SAFEGUARDING GYMNASTS:**

Spectators, including 'club' photographers, are not permitted onto the competition floor at any time during the competition or during presentations and must remain behind the barriers.

Flash photography is not permitted at any time during the competition warm-up or event.

Gymnasts are not permitted to leave the competition floor during the competition without the permission of the judges at their apparatus. Gymnasts are not permitted to go into the audience at any point during active competition.

# Transferring clubs

## **The following rules will apply to gymnasts that transfer between clubs:**

All transfers must adhere to the NW transfer policy. In non-amicable transfers it is the responsibility of the first club to notify the regional and county competition organisers as well as the NW executive sec that the transfer is non amicable.

If the transfer issue is then resolved by the clubs, both clubs will need to confirm this to competition organisers.

### **In amicable situations for individual gymnasts:**

If the previous Club and the new Club are in harmony, the gymnast will be able to compete for the new Club immediately, enter team or individual events and may wear the Club's colours.

### **In non-amicable situations for individual gymnasts:**

Where the previous Club and the new Club are not in agreement, the gymnast will be able to train with the new Club immediately, but may not represent the new Club in team or individual events, or wear the new Club's colours, for twelve months in competition. However, the gymnast may participate in individual events during this period and may enter individual competitions as 'unattached'.

### **Notification of transfers:**

Clubs must inform the NW executive secretary in writing of any transfer between clubs during the year. All gymnasts that have transferred from one club to another must be indicated on entry forms. Failure to notify the competition secretary could result in the gymnast being unable to compete.

## **Important information regarding gymnasts 'dropping back' levels:**

Gymnasts are not permitted to drop back a level once they have competed at a higher level, however it is recognised that in a very small number of cases there may be valid reasons for requesting that a gymnast moves back a level. A form is provided at the end of this handbook which must be submitted to the WTC where such circumstances exist. This must be submitted to the Chair of the WTC for consideration at a WTC meeting. It will be accompanied by scores from all competitions (including friendly competitions) and a detailed statement from the coach giving specific reasons for the request.

Gymnasts who finish in the top three in the NW must move up a level (or more) at all NW competitions including County competitions.

## Team Managers:

At all team finals a team manager will be appointed. This is usually a coach selected by the region (or the county) however a coaching qualification is not essential for this role. The main duties of the team manager are listed below:

1. Complete the entry form for teams and submit the entry on time
2. Make hotel reservations (if needed)
3. Ensure appropriate entry fees are paid
4. Co-ordinate and lead team training events (or work alongside an appointed team coach to oversee the training events)
5. Collect training fees from gymnasts at each training event
6. Keep a register of gymnasts at team training
7. Complete and submit the working order for the finals (as follows):

Gymnasts to compete in reverse order, on each apparatus, as placed in the qualifiers

Working order for NW teams:

4<sup>th</sup> placed gymnast competes 1st,  
3<sup>rd</sup> placed competes 2nd,  
2<sup>nd</sup> placed competes 3<sup>rd</sup>  
1<sup>st</sup> placed competes last

8. Distribute information about the finals to all gymnasts and coaches
9. Distribute information about team training events to all coaches and gymnasts
10. Create CD sleeves for all team members ahead of the competition
11. Ensure gymnasts and coaches all receive the team clothing ahead of the finals
12. Collect floor music from gymnasts and register gymnasts at the finals

# Judging

All judges must wear the official FIG Judging uniform:

## **Female judges**

Navy blue suit with either skirt or trousers, white shirt/blouse and suitable shoes. If unavailable, please wear a navy cardigan and trousers/skirt. No jeans, strappy or inappropriate tops.

## **Male judges**

Dark blazer/jacket, grey trousers, white shirt with tie.

## **Responsibilities**

Club Secretaries/Coaches must ensure that the judge is available for the duration of the competition before nominating them on the entry form and make sure all information such as judging panels, timetable, programme etc. is given to them prior to the competition

Judges will be expected to judge all competitions for the full days they for which they have been nominated. Substitutions must not be made without prior consultation and agreement with the judging convenor.

Arrive in plenty of time for the advertised judges' meeting.

Ensure you possess and have studied the current rules for the competitions you will be judging and have suitable recording materials.

During the competition phase, do not have contact with coaches or gymnasts or members of the audience, or talk inappropriately to your panel judges as this can be misinterpreted by spectators and other coaches.

Do not leave the competition area without informing your D Judge as this could delay the competition.

Always behave in a professional manner and judge impartially without bias.

Where there is a requirement to provide a *regional* judge, the judging fee must be submitted if only a club judge has been nominated.

# Competitions Overview:

NW GRADES	FORMAT	MEDALS	MUSIC	JUDGES REQUIRED	MEMBERSHIP REQUIRED (Gymnasts):	PARTICIPATION FEE	ENTRY FEES
Compulsory Level 5	Individual Championships	Overall medals to top 3 Trophy to winner	Gymnast's own music on CD only.  Max length 1 min 30 secs  No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed.	Min Regional 1 x regional per club  £25 per day fee for not providing a judge	NW Membership and BG Bronze membership		£20.00
Compulsory Levels 4 & 3	Team selection for National finals – top 4 plus 5 <sup>th</sup> place (reserve)	Overall medals to top 4 Trophy to winner		Min Regional 1 x regional per club. For 15 gymnasts or more additional judges will be required and the same judging fees due.  -£50.00 fee (per missing judge) for not providing a judge / judges on both days	NW Membership and BG Silver membership	£20.00 per gymnast –(linked to team training sessions for NW team members)	£20.00
National Club Grades 8,7,6,5	Team selection for National finals – top 4 plus 5 <sup>th</sup> place (reserve)	Overall medals to top 4 Trophy to winner		National Judges will be needed. If they are not nominated by their clubs, they can apply directly to Mrs C McLaughlin to request that they be included on the judging panels	NW Membership and BG Silver membership	£20.00 per gymnast –(linked to team training sessions for NW team members)	£20.00
County team finals for Regional Club Grades  14, 13 (in age only) AND 12, 11, 10, 9	Overall County Champions declared based on In-Age team scores	Overall medals to top team in each age category Shields to winning teams		Per County: Min 3 x Regional & 3 x Club judges  - £50.00 fee for each missing judge	NW Membership and BG Silver membership	£40 per team	£80 (team)

BRITISH SCHOOLS TRIAL Date & Venue TBC	FORMAT	MEDALS	MUSIC	JUDGES REQUIRED	MEMBERSHIP REQUIRED (Gymnasts):	PARTICIPATION FEE	ENTRY FEES
FIG: Junior and Senior rules (Sunday)	Team selection for British Schools – Top 5 (Juniors) Top 6 (Seniors)	Team Places only	Gymnast's own music on CD only.  Max length 1 min 30 secs  No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed	Min 1 regional judge per club	NW Membership and BG Silver membership (BSGA membership details needed)	£20.00 per gymnast – (linked to team training sessions and the BSGA apparatus final for NW team members)	£15  (includes BSGA membership)

<b>NORTH WEST FLOOR AND VAULT 11<sup>th</sup> and 12<sup>th</sup> May</b>	FORMAT	MEDALS	MUSIC	JUDGES REQUIRED	MEMBERSHIP REQUIRED (Gymnasts):	PARTICIPATION FEE	ENTRY FEES
Pre-novice, Novice and Intermediate	Individual Championships	Apparatus medals to top 3 on each piece and overall medals to top 3 in each age category.  Trophy to overall NW Champions.	Gymnast's own music on CD only.  Max length 1 min 30 secs  No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed	Min 1 regional or club judge per club  Clubs entering 15 gymnasts or more must supply a second judge. Additional judging fee will be required for not providing a second judge.  Additional Judges will be needed. If they have not been nominated by their clubs, they can apply directly to Mrs C McLaughlin to request that they be included on the judging panels	NW Membership and BG Bronze membership	£15.00 per gymnast	£15

<b>NW &amp; INVITATIONAL TEAM CHALLENGE 22nd / 23rd Sept 2013</b>	FORMAT	MEDALS	MUSIC	JUDGES REQUIRED	MEMBERSHIP REQUIRED:	PARTICIPATION FEE	ENTRY FEES
Pre-Novice	5 in a team,  4 to compete on each piece,  3 scores to count towards the team total  2 in a team Gymnasts compete 2 pieces each. All 4 pieces must be competed.	Overall Team medals for top 3 teams. Trophy for winning team  Moving up rule will be applied from individuals only. Gymnasts finishing in the top team are not required to move up next year unless they finish in the top 3 of the individual event later in the year.8	Gymnast's own music on CD only.  Max length 1 min 30 secs  No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed.	Min Regional 1 x regional judge  Clubs entering 15 gymnasts or more must supply a second judge. Additional judging fee will be required for not providing a second judge.  Additional Judges will be needed. Judges not nominated by their clubs, they can apply directly to Mrs C McLaughlin to be included on the judging panels	BG Bronze membership	£25 per team	£70 per team
Novice						£25 per team	£70 per team
Regional Level 4 (out of age)						£25 per team	£70 per team
Regional Level 3 rules (out of age) (for Reg L3 and Mod FIG gymnasts)						£25 per team	£35 per team



<b>NW VOLUNTARY AGE GROUPS</b> 22nd / 23rd Sept 2013	FORMAT	MEDALS / TROPHIES	MUSIC	JUDGES REQUIRED	MEMBERSHIP REQUIRED:	PARTICIPATION FEE	ENTRY FEES
NW Voluntary Level 5		NW Champion declared  Combined Champion declared			BG Bronze membership		£20
BDP Voluntary Level 4	Team selection for National finals – top 4 plus 5 <sup>th</sup> place (reserve)	Apparatus medals to top 3 on each piece and overall medals to top 4 in each age group Trophy to overall winners.  Combined trophy for overall placed gymnast (compulsory Score plus Voluntary score)	Gymnast's own music on CD only.  Max length 1 min 30 secs	Min Regional 1 x regional judge  Clubs entering 15 gymnasts or more must supply a second judge. Additional judging fee will be required for not providing a second judge.	BG Silver Mebership	£20.00 per gymnast –(linked to compulsory team training session for NW team members)	£20
BDP Voluntary Level 3	Team selection for National finals – top 4 plus 5 <sup>th</sup> place (reserve)	Medals to top 3. Shield to winner in each age group	No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed.	National Judges will be needed. Judges not nominated by their clubs, they can apply directly to Mrs C McLaughlin to be included on the judging panels	BG Silver Mebership		£20
BDP Voluntary Level 2 (NW)	Individual Championships	NW Champion declared  Combined Champion declared			BG Silver Mebership		£20
FIG (Esp, Jun, Sen)	Individual Championships				BG Bronze membership		£20.00

<b>NW PRE-NOVICE, NOVICE &amp; REGIONAL LEVELS 4 &amp; 3 AND FIG INDIVIDUAL CHAMPIONSHIPS 9<sup>th</sup> &amp; 10<sup>th</sup> November</b>	<b>FORMAT</b>	<b>MEDALS</b>	<b>MUSIC</b>	<b>JUDGES REQUIRED</b>	<b>MEMBERSHIP REQUIRED:</b>	<b>PARTICIPATION FEE</b>	<b>ENTRY FEES</b>
Pre – Novice	Apparatus and Overall Individual Championships	Apparatus medals to top 3 on each piece and overall medals to top 3 in each age category.  Trophy to overall NW Champions.	Gymnast's own music on CD only. Max length 1 min 30 secs  No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed.	Min Regional 1 x regional judge	NW Membership and BG Bronze membership	N/A	£20.00
Novice				Clubs entering 15 gymnasts or more must supply a second judge. Additional judging fee will be required for not providing a second judge.		N/A	£20.00
Regional Level 4				National Judges will be needed Judges not nominated by their clubs, they can apply directly to Mrs C McLaughlin to be included on the judging panels		N/A	£20.00
Regional Level 3				N/A		£20.00	
Regional FIG				N/A		£20.00	

<b>NW INTER-COUNTY TEAM CHAMPIONSHIPS</b>	<b>FORMAT</b>	<b>MEDALS</b>	<b>MUSIC</b>	<b>JUDGES REQUIRED</b>	<b>MEMBERSHIP REQUIRED:</b>	<b>PARTICIPATION FEE</b>	<b>ENTRY FEES</b>
<p>Pre – Novice Age 8 (in age), Age 9 (out of age) One team for each age category</p> <p>Novice Age 9 (in age) Age 10 (out of age) One team for each age category</p> <p>Regional L4 – (Juniors) One team</p> <p>*Regional L3 (Juniors) - One team</p> <p>*FIG (incl Regional FIG)</p> <p>Teams to be selected at their County Championships – top 5 in each eligible age group to compete in the NW finals. Scores must be submitted.</p> <p>*If entries in the three counties are insufficient to send teams at level 3 and above, the WTC may review selection method for these teams only.</p>	<p>Team Championships only</p> <p>5 in a team, 4 compete, 3 scores to count</p>	<p>Overall medals to top 3 teams on each piece and overall medals to top 3 individuals in each age category.</p> <p>Trophy to overall NW Champions.</p>	<p>Gymnast's own music on CD only. Max length 1 min 30 secs</p> <p>No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed.</p>	<p>Min 1 judge (regional or above) per county/IOM per day. £50.00 fee per full weekend) for not providing a judge. Clubs will not be expected to send a judge on days their club not competing. It is the responsibility of the club to ensure that they have sufficient judges on the form to judge when they are needed.</p>	<p>NW Membership and BG Bronze membership</p>	<p>N/A</p>	<p>£80.00</p>

# NW Floor and Vault Rules 2013



# NWGA County Competition Rules (from January 2013) – Floor and Vault Rules

	Pre-Novice Floor & Vault 2013	Novice Floor & Vault 2013	Intermediate Floor & Vault 2013	
	<p>No Grades</p> <p>No county, regional or above voluntary competitions above pre-novice 2 piece in the preceding competition year</p> <p>Must not have finished in the top 3 in the county or regional F &amp; V Pre-Novice Championships in preceding competition year. (Does not apply to Age 6 category moving to Age 7 who may compete again in pre-novice as they are too young to compete at Novice Level)</p>	<p>Up to &amp; including</p> <ul style="list-style-type: none"> <li>Regional Club Grade 13</li> </ul> <p>No county, regional or national voluntary competitions above novice 2 piece in the preceding competition year</p> <p>Must not have finished in the top 3 in the county or regional F &amp; V Novice Championships in preceding competition year.</p>	<p>Up to and including</p> <ul style="list-style-type: none"> <li>Regional Club Grade 12</li> </ul> <p>No county, regional or national voluntary 4 piece competitions (including BUSA) in the preceding competition year</p> <p>Must not have finished in the top 3 in the county or regional F &amp; V Intermediate Championships in preceding competition year.</p>	
<b>DIFFICULTY VALUE</b>	<p>Max 6 A elements (5 elements + dismount) FIG or NW elements will be recognised NW A = 0.1, FIG A = 0.3 One element can satisfy more than one CR Any elements above an FIG A (0.5 deduction)</p>	<p>(Max 1 B element) (6 elements + dismount) FIG or NW elements will be recognised NW A = 0.1, FIG A = 0.3, FIG B = 0.5 Elements only count once One element can satisfy more than one CR Any elements above an FIG B (-0.5 each)</p>	<p>(Max 3 B/C elements) (7 elements + dismount) FIG or NW elements will be recognised NW A = 0.1, FIG A = 0.3, FIG B/C = 0.5 Elements only count once One element can satisfy more than one CR Any elements above an FIG B (-0.5 each) Can they perform C's</p>	
<b>VAULT</b>	<p><b>Options (ages)</b></p> <p>6, 7, 8      ~0.80m crash mats (for flat back) 9, 10      ~1.10m crash mats (for flat back) 6, 7, 8      1.00m cross horse 9, 10, 11, 12      1.10m table or cross horse Age 13+      1.20m table or cross horse</p> <p>2 vaults, best score to count All ages: one or two boards (0.50 penalty for 2 boards)</p> <p>Straddle on/squat on, jump off      0.8 Straddle over/squat through      1.4 Handspring flat back      1.4 Handspring      2.4</p>	<p><b>Ages</b></p> <p>8, 9, 10, 11 12      1.10m 13+      1.20m</p> <p>2 vaults, best score to count</p> <p>All ages: cross horse or table</p> <p>All ages: one board</p> <p>Straddle over/squat through      1.4 Handspring flat back      1.4 All other vaults as per Code of Points</p>	<p><b>Ages</b></p> <p>U12      1.10m 12+      1.20m</p> <p>Two vaults, best score to count</p> <p>All ages: table vault</p> <p>One board</p> <p>All vaults as per Code of Points</p>	
	<b>Barred Elements</b>	<p>Ages 6, 7, 8 handspring - barred element All other age groups - any vault higher than 2.4 D score</p>	<p>Any vault higher than 3.0 D score</p>	<p>Any vault higher than 3.8 D Score</p>
<b>FLOOR</b>	<p><b>CR's 2.5 max</b></p> <ul style="list-style-type: none"> <li>Passage of dance with 2 different leaps or hops (FIG/NW)</li> <li>Acro element</li> <li>NW or FIG Coded (acrobatic) dismount</li> </ul> <p><i>All levels: Min 2 acro lines for dismount to count.</i></p> <p>Missing CR - 0.5 from D score</p> <p>For Pre - Novice: <b>Acro line</b> will be any acro series or an acro element performed on its own</p>	<ul style="list-style-type: none"> <li>Passage of dance with 2 different leaps or hops; 1 with 180° split (FIG/NW)</li> <li>360° Turn on one foot</li> <li>Fwd/swd &amp; bwd acro elements</li> <li>An acro line (min one element must be with flight)</li> <li>Coded (acrobatic) dismount FIG = 0.5 NW = 0.3</li> </ul> <p>Missing CR - 0.5 from D score</p> <p>For Novice: <b>Acro line</b> will be any acro series or an acro element with flight performed on its own</p>	<ul style="list-style-type: none"> <li>Passage of dance with 2 different leaps or hops; one with 180° split</li> <li>360° Turn on one foot</li> <li>Flighted acro elements in different directions (fwd/swd and bwd)</li> <li>An acro series with a salto</li> <li>Coded (acrobatic) dismount FIG = 0.5 NW = 0.3</li> </ul> <p>Missing CR - 0.5 from D score</p> <p>For Intermediate: <b>Acro line</b> will be as code of points</p>	
	<b>Barred Elements</b>	<p><b>Barred elements (0.5 deduction each time)</b> All saltos and aerials Any elements above an FIG A Barred elements: no DV, no CV, no CR and do not count for number of elements in routines</p>	<p><b>Barred elements (0.5 deduction each time)</b> Any elements above a B Barred elements: no DV, no CV, no CR and do not count for number of elements in routines</p>	<p><b>Barred elements (0.5 deduction each time)</b> Any elements above a C Barred elements: no DV, no CV, no CR and do not count for number of elements in routines</p>
	<b>Bonus (CV):</b>	<p><i>Coaches and gymnasts should concentrate their efforts towards the accuracy of the technical execution</i></p>	<p><i>Coaches and gymnasts should concentrate their efforts towards the accuracy of the technical execution</i></p>	<p><i>Coaches and gymnasts should concentrate their efforts towards the accuracy of the technical execution</i></p>
	<b>Short routines</b>	<p><i>A routine with less than 5 elements in total – deduct 1 mark for each missing element</i></p>	<p><i>A routine with less than 6 elements in total – deduct 1 mark for each missing element</i></p>	<p><i>A routine with less than 7 elements in total – deduct 1 mark for each missing element</i></p>

# NW Four Piece Rules 2013



## NWGA Competition Rules (January 2013) - 4 piece Regional Rules

	Pre-Novice 2013	Novice 2013	Regional Level 5 2013	Regional Level 4 2013	Regional Level 3 2013	Regional FIG 2013
<b>Entry Regulations</b>	Up to & including <ul style="list-style-type: none"> <li>Regional Club Grade 12</li> <li>No National Grades</li> <li>No Compulsory Levels</li> <li>No gymnasts placed 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> (at NW/County Championships) in the preceding year</li> <li>No county, regional or national voluntary competitions above pre-novice level (where gymnast has competed across all 4 pieces) in the preceding competition year</li> </ul>	Up to & including <ul style="list-style-type: none"> <li>Regional Club Grade 10</li> <li>National Grade 8</li> <li>No Compulsories above L5</li> </ul> No gymnasts placed 1 <sup>st</sup> , 2 <sup>nd</sup> or 3 <sup>rd</sup> (at the NW) in 2012  No county, regional or national voluntary competitions above novice level or L5 (where gymnast has competed across all 4 pieces) in the preceding competition year	In-age gymnasts only.  Gymnasts aged 8 in the year of competition and intend to follow the elite pathway.	Up to & including <ul style="list-style-type: none"> <li>All Regional Club Grades</li> <li>National Grade 7</li> <li>No Compulsories above L4</li> <li>No gymnasts placed 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> (at the NW) in 2012</li> </ul> No county, regional or national voluntary competitions above Level 4 (where gymnast has competed across all 4 pieces) in the preceding competition year	Up to & including <ul style="list-style-type: none"> <li>All regional Club Grades</li> <li>National Grade 6</li> <li>No Compulsories above L3</li> <li>No gymnasts placed 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> (at the NW) in 2012</li> </ul> No county, regional or national voluntary competitions above Level 3 (where gymnast has competed across all 4 pieces) in the preceding competition year	Any grades except pass at Compulsory 2 within the last 12 months  No county, regional or national voluntary competitions above Level 2 / Mod FIG (where gymnast has competed across all 4 pieces) in the preceding competition year  No requirement to move to FIG in 2013 if the gymnast is placed in top 3
<b>Ages</b>	8, 9, 10, 11, 12, 13+ (in year of competition)	9, 10, 11, 12, 13+ (in year of competition)	Age 8 only (Born 2005)	L4 (Jun - 2002 & 2003 ) L4 (Sen - 2001 & older)	Open Age 2002 & older	Esplor, Junior, Senior
<b>General requirements</b>	8 elements (must include dismount)  Best 8 elements to count Max 5 acro to count (BB & FX)  <b>FIG A 0.1</b>  NWA's allowed but with <b>no</b> DV but <b>WILL</b> count towards CR's & number of elements required  <b>No elements above an A</b> <i>No DV or CR if performed but penalties will apply</i>	8 elements (must include dismount)  Best 8 elements to count Max 5 acro to count (BB & FX)  <b>FIG A 0.1</b> <b>B 0.2</b>  NWA's allowed but with <b>no</b> DV but <b>WILL</b> count towards CR's & number of elements required  <b>No elements above a B</b> <i>No DV or CR if performed but penalties will apply</i>	8 elements (must include dismount)  Best 8 elements to count Max 5 acro to count (BB & FX)  <b>NWA 0.1</b> All other values as per Code of Points	8 elements (must include dismount)  Best 8 elements to count Max 5 acro to count (BB & FX)  <b>FIG A 0.1</b> <b>FIG B 0.2</b> <b>FIG C 0.3</b> NWA's allowed but with <b>no</b> DV but <b>WILL</b> count towards CR's & number of elements required  <b>No elements above a C</b> <i>No DV or CR if performed but penalties will apply</i>	8 elements (must include dismount)  Best 8 elements to count Max 5 acro to count (BB & FX)  <b>FIG A 0.1</b> <b>FIG B 0.2</b> <b>FIG C 0.3</b> <b>FIG D 0.4</b>  No NWA's to count  <b>No elements above a D</b> <i>No DV or CR if performed but penalties will apply</i>	8 elements (must include dismount)  Best 8 elements to count Max 5 acro to count (BB & FX)  <b>FIG A 0.1</b> <b>FIG B 0.2</b> <b>FIG C 0.3</b> <b>FIG D 0.4</b> <b>FIG E 0.5</b>  No NWA's to count  <b>No elements above an E</b> <i>No DV or CR if performed but penalties will apply</i>

## VAULT

	Pre-Novice 2013	Novice 2013	Regional Level 5 2013	Regional Level 4 2013	Regional Level 3 2013	Regional FIG 2013
<b>ONE board allowed for all Levels</b>	8, 9, 10, 11 110 table 12, 13 & over = 120 table  2 vaults - best to count  Max D score = 2.6 Vault > 2.6: VOID VAULT (0.00)	8, 9, 10, 11 110 table 12, 13 & over = 120 table  2 vaults - best to count  Max D score = 3.4 Vault > 3.4: VOID VAULT (0.00)	In age only (age 8) 110 table  2 vaults - best to count  Handspring only permitted All other vaults = VOID (0.00)	Juniors 120 table Seniors 125 table  2 vaults - best to count  Max D score (Jun) = 3.4 Vault > 3.4: VOID VAULT (0.00) Max D score (Sen) = 4.0 Vault > 4.0: VOID VAULT (0.00)	Open Age 125 table  2 vaults - average vault  Max D score = 4.2 Vault > 4.2: VOID VAULT (0.00)	Esplor, Junior, Senior 125 table  One vault  Max D score = 4.4 Vault > 4.4: VOID VAULT (0.00)

Coaches are not permitted to stand on the vault landing area during the vault . Penalty 0.5

# BARS

	Pre-Novice 2013	Novice 2013	Regional Level 5 2013	Regional Level 4 2013	Regional Level 3 2013	Regional FIG 2013
<b>Compositional Requirements 0.5 each</b>  <b>REPEATED ELEMENTS WILL NOT RECEIVE DV or COUNT TOWARDS NUMBER OF ELEMENTS (as CoP rules) – EXCEPT FOR Giant Circle at Regional Level 5, 4 and 3</b>	<ul style="list-style-type: none"> <li>Mount : NWA/FIG A = 0.5</li> <li>Bar change (flight not nec)</li> <li>Element started and finished on the LB (not mount)</li> <li>Close bar element (NW/FIG)</li> <li>Dismount NWA/FIG A = 0.5</li> </ul>	<ul style="list-style-type: none"> <li>FIG mount</li> <li>Bar change (flight not nec)</li> <li>Element started and finished on HB</li> <li>Close bar element - min FIG A</li> <li>Dismount A = 0.5 NWA = 0.3</li> </ul>	<p style="text-align: center;"><b>(2 bars)</b></p> <ul style="list-style-type: none"> <li>Flight element from HB to LB &amp; LB to HB</li> <li>Flight element on same bar</li> <li>2 x Grips + Close circle element (non flight)</li> <li>360° non flight element (not mount)</li> <li>Dismount - A only allowed* *B/C/D or more – No DV or CR</li> </ul>	<ul style="list-style-type: none"> <li>Bar change (flight not nec)</li> <li>Element with handstand</li> <li>B (min) element started and finished on the LB (not mount)</li> <li>Close bar element - min FIG A</li> <li>Dismount FIG A or B = 0.5 OR straddle undershoot = 0.3</li> </ul>	<ul style="list-style-type: none"> <li>Flight element LB to HB</li> <li>Element with handstand</li> <li>B (min) element started and finished on the HB</li> <li>Close bar element - min. B</li> <li>Dismount B = 0.5 A = 0.3</li> </ul>	<ul style="list-style-type: none"> <li>Flight element from HB to LB</li> <li>Close bar element</li> <li>A 2<sup>nd</sup> close bar element - min. B</li> <li>Different grips (not cast, MT or DMT)</li> <li>Dismount C = 0.5 B = 0.3</li> </ul>
	<p><b>Cast penalties</b></p> <p><b>No penalties</b> for bar change without element</p>	<p><b>Cast penalties</b></p> <p><b>No penalties</b> for bar change without element</p>	<p><b>Cast penalties</b></p> <p><b>No penalties</b> for bar change without element</p>	<p><b>Cast penalties:</b> As Code of Points</p> <p><b>No penalties</b> for bar change without element</p>	<p><b>Cast penalties:</b> As Code of Points</p>	<p><b>Cast penalties:</b> As Code of Points</p>
<b>Additional elements allowed</b>	NW Junior Code (NW A's)	NW Junior Code (NW A's)	NW Junior Code (NW A's)  Giant may be repeated once for DV ( and as counting element)	Selected (*) elements from NW Junior Code (NW A's)  Giant may be repeated once for DV ( and as counting element)	Giant may be repeated once for DV ( and as counting element)	None
<b>Angle of completion (clears, stalders, endos)</b>						
<b>Barred elements</b>	All elements above an A Back away/ Front away	All elements above a B Giants (backwards or forwards)	See 2012 L4 BDP Voluntary Age Groups for list of barred elements	All elements above a C Any double salto dismount	All elements above a D	All elements above an E
<b>Short Routines</b>	less than 4 elements – 1 mark for each missing element	less than 5 elements – 1 mark for each missing element	less than 4 elements – 1 mark for each missing element	Less than 6 elements – 1 mark for each missing element	Less than 6 elements – 1 mark for each missing element	Less than 7 elements – 1 mark for each missing element



# BEAM

	Pre-Novice 2013	Novice 2013	Regional Level 5 2013	Regional Level 4 2013	Regional Level 3 2013	Regional FIG 2013
<b>Compositional Requirements 0.5 each</b>	<ul style="list-style-type: none"> <li>A connection of at least 2 different dance elements</li> <li>½ turn (min) on one foot</li> <li>An acro element started and finished on the beam</li> <li>A 2<sup>nd</sup> acro element started and finished on the beam</li> <li>Dismount</li> </ul> <p style="text-align: right;">FIG A = 0.5 NWA = 0.3</p>	<ul style="list-style-type: none"> <li>A connection of at least 2 different dance elements</li> <li>Turn (from grp 3)</li> <li>Leap or jump with 180° split/straddle*</li> <li>Acro elements in different directions (fwd/swd <b>and</b> bwd) - can include dismount</li> <li>Dismount</li> </ul> <p style="text-align: right;">FIG A = 0.5 NWA = 0.3</p>	<ul style="list-style-type: none"> <li>Connection of at least 2 different dance elements</li> <li>½ turn (min) on one foot</li> <li>Leap or jump with 180° split/straddle*</li> <li>Acro elements in different directions (fwd/swd <b>and</b> bwd)</li> <li>Dismount - <b>FIG A or NWA only</b></li> </ul> <p style="text-align: right;">FIG A = 0.5 NWA = 0.3</p>	<ul style="list-style-type: none"> <li>A connection of at least 2 different dance elements one with 180° split/straddle*</li> <li>Turn (from grp 3)</li> <li>Acro elements (performed on the beam) in different directions (fwd/swd <b>and</b> bwd)</li> <li>Acro series performed on the beam (not mount or dismount) – 2 elements: at least 1 with flight</li> <li>Dismount</li> </ul> <p style="text-align: right;">FIG A or B = 0.5</p>	<ul style="list-style-type: none"> <li>A connection of at least 2 different dance elements one with 180° split/straddle*</li> <li>Turn (from grp 3)</li> <li>Acro elements (performed on the beam) in different directions (fwd/swd <b>and</b> bwd)</li> <li>Acro series performed on the beam (not mount or dismount) – 2 elements: both with flight</li> <li>Dismount</li> </ul> <p style="text-align: right;">B = 0.5 A = 0.3</p>	<ul style="list-style-type: none"> <li>A connection of at least 2 different dance elements one with 180° split/straddle*</li> <li>Turn (from grp 3)</li> <li>Acro elements (performed on the beam) in different directions (fwd/swd <b>and</b> bwd)</li> <li>Acro series performed on the beam (not mount or dismount) - 2 flighted elements: 1 being a salto</li> <li>Dismount</li> </ul> <p style="text-align: right;">C = 0.5 B = 0.3</p>
<b>Penalties - exceptions</b>	Mount can be from FIG code or NW code without incurring a penalty	Mount can be from FIG code or NW code without incurring a penalty	<b>No penalty for:</b> -More than 1 x 180° turn on 2 feet with straight legs [throughout exercise] -Mount not from table of elements			
<b>Additional elements allowed</b>	NW Junior Code (NW A's)	NW Junior Code (NW A's)	NW Junior Code (NW A's)	Selected (*) elements from NW Junior Code (NW A's)	None	None
<b>Barred elements</b>	All elements above an A	All elements above a B	See 2012 L4 BDP Voluntary Age Groups for list of barred elements	All elements above a C All saltos / aerals	All elements above a D	All elements above an E
<b>BONUS (will be added to the D score)</b>	Exercise without falls 0.5 (all CR's must be fulfilled to gain this bonus)	Exercise without falls 0.5 (all CR's must be fulfilled to gain this bonus)	Exercise without falls 0.5 (all CR's must be fulfilled to gain this bonus)	Exercise without falls 0.5 (all CR's must be fulfilled to gain this bonus)	Exercise without falls 0.5 (all CR's must be fulfilled to gain this bonus)	Exercise without falls 0.5 (all CR's must be fulfilled to gain this bonus)
<b>Short Routines</b>	Less than 7 elements – 1 mark for each missing element.	Less than 7 elements – 1 mark for each missing element.	As Code of Points	As Code of Points	As Code of Points	As Code of Points

\*LEAP (180° split) RULE – in new CoP split can now be in CROSS, SIDE or STRADDLE position (still 180°)

# FLOOR

	Pre-Novice 2013	Novice 2013	Regional Level 5 2013	Regional Level 4 2013	Regional Level 3 2013	Regional FIG 2013
<p><b>Compositional Requirements 0.5 each</b></p> <p><i>All levels: Min 2 acro lines for dismount to count</i></p>	<ul style="list-style-type: none"> <li>A dance passage with 2 different leaps or hops</li> <li>Acro line of 2 (min) different flight elements</li> <li>Acro element (fwd/swd <b>and</b> bwd)</li> <li>Spin (min 360°)</li> <li>Dismount A = 0.5 NWA = 0.3</li> </ul> <p>For Pre - Novice: <b>Acro line</b> will be any acro element with flight performed on its own or in a series.</p>	<ul style="list-style-type: none"> <li>A dance passage of at least 2 different leaps or hops including 180° split/straddle*</li> <li>Acro line of 2 (min) different flight elements.</li> <li>Flighted elements (fwds/swd <b>and</b> bwd), one of which must be a salto or aerial</li> <li>Spin (min 360°)</li> <li>Dismount A = 0.5 NWA = 0.3</li> </ul> <p>For Novice: <b>Acro line</b> can be any acro series (with flight), or a salto performed on its own or in series. NB An acro element with hand support performed on its own or an aerial on its own <b>is not</b> an acro line.</p>	<ul style="list-style-type: none"> <li>A dance passage of at least 2 different leap/hops one with 180° split/straddle*</li> <li>Acro line with salto</li> <li>Series of 3 flighted elements with hand support (flics can be repeated)</li> <li>Acro elements (fwd/swd <b>and</b> bwd)</li> <li>Dismount A salto only</li> </ul> <p>Acro line can be any acro series (with flight) or a salto performed on its own</p>	<ul style="list-style-type: none"> <li>A dance passage of at least 2 different leaps/hops one with 180° split/straddle*</li> <li>B (min) spin</li> <li>Saltos (fwd/swd <b>and</b> bwd)</li> <li>Salto in straight position (fwd or bwd – may be twisting but not whip salto)</li> <li>Dismount FIG A or B = 0.5</li> </ul> <p>Acro lines – as Code of Points</p>	<ul style="list-style-type: none"> <li>A dance passage of at least 2 different leaps/hops one with 180° split/straddle*</li> <li>B (min) spin</li> <li>Saltos (fwd/swd <b>and</b> bwd)</li> <li>Salto with LA turn (min 180°)</li> <li>Dismount B = 0.5 A = 0.3</li> </ul> <p>Acro lines – as Code of Points</p>	<ul style="list-style-type: none"> <li>A dance passage of at least 2 different leaps/hops one with 180° split/straddle*</li> <li>B (min) <b>forward</b> salto</li> <li>Saltos fwd/swd <b>and</b> bwd)</li> <li>Salto with LA turn (min 360°)</li> <li>Dismount C = 0.5 B = 0.3</li> </ul> <p>Acro lines – as Code of Points</p>
<b>Additional elements allowed</b>	NW Junior Code (NW A's)	NW Junior Code (NW A's)	NW Junior Code (NW A's)	Selected (*) elements from NW Junior Code (NW A's)	None	None
<b>Barred elements</b>	All elements above an A	All elements above a B Saltos with 360° turn	See 2012 L4 BDP Voluntary Age Groups for list of barred elements	All elements above a C <b>Connections from</b> backward 540° salto	All elements above a D	All elements above an E
<b>Short Routines</b>	Less than 7 elements – 1 mark for each missing element.	Less than 7 elements – 1 mark for each missing element.	As Code of Points	As Code of Points	As Code of Points	As Code of Points

**DISMOUNT RULE:** at all levels, the dismount must be an acrobatic line but it may not be the opening acrobatic line. Dance elements may be performed after the acrobatic dismount and the dismount CR will still be credited

\* LEAP (180° split) RULE – in new CoP split can now be in CROSS, SIDE or STRADDLE position (still 180°)

# **NWGA WTC Junior Code – Elements marked with an asterisk will count as NW A's for Regional Level 4**

## **BARS**

- \* Cast (legs together ) to 45° from HS
- \* Squat onto LB - jump to HB
- \* Tucked sole circle - jump to HB
- \* Straddle on undershoot (dismount)
- \* ¾ giant from LB to HB
- Upward hip circle (mount)
- Stoop on undershoot (dismount)
- Hip circle undershoot (dismount)
- Piked ¾ sole circle dismount

### **A in new code so no longer in Junior Code**

Forward hip circle

## **BEAM**

- \* Cat leap
- \* Tuck jump
- \* Forward roll
- Squat on (mount)
- Straddle on (mount)
- Jump to straddle ½ lever, hold (mount)
- Jump to two feet (mount)
- Jump to one foot (mount)
- Stretch jump
- Changement
- Stretch jump ½ turn
- Scissor leap
- ½ spin on 1 foot
- Backward roll
- Y stand (without hand support)
- Arabesque above horizontal and less than 180 deg split
- Round off (dismount)
- Free round off (dismount)
- Handspring (dismount)

## **FLOOR**

- \* Cartwheel
- \* Backward Roll to Handstand
- \* Backward Walkover
- \* Forward walkover
- \* Valdez
- \* Headspring
- Stretch jump
- Scissor leap
- Stag leap
- Forward Roll
- Backward Roll
- Tic toc
- Dive cartwheel

### **A in new code so no longer in Junior Code**

Cat leap

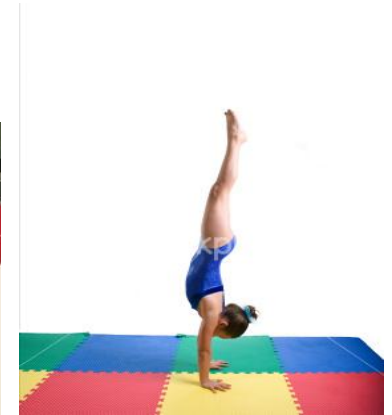
Tuck jump

W jump

Pike jump

Stretch jump with 1/1 turn

# NW Compulsory Level 5 Rules





# NORTH WEST GYMNASTICS 2013 COMPULSORY LEVEL 5

Eligibility: For NW gymnasts aged 8 years in the year of competition

**(This is an 'In-Age' competition only. For the 2013, level 5 gymnasts' year of birth is 2005)**

This competition is designed for NW gymnasts with the potential and desire to follow the elite compulsory route. They may not compete in Club Grade 14 in the same year, but may revert back to club grades the following year if they wish.

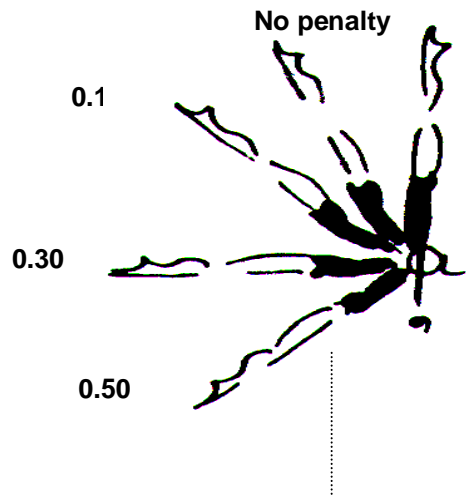
This competition will be run alongside the Compulsory 4 & 3 and National Club Grades qualifying competitions.

Gymnasts will also have the opportunity to enter a Voluntary Level 5 on the weekend of the age groups (voluntary levels 4, 3 and 2) and there will be a presentation for the combined NW Compulsory and Voluntary Champion and runners up as with levels 4, 3 and 2.

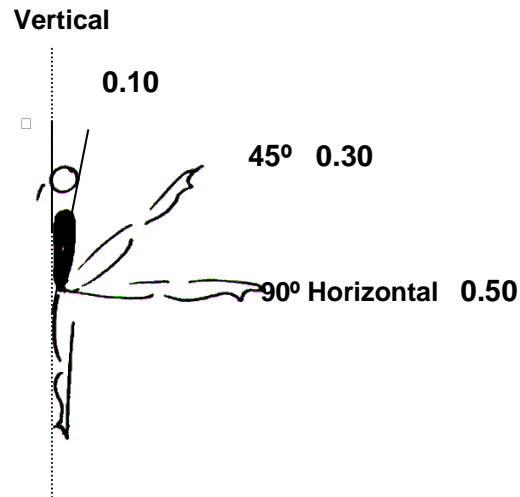
**Gymnasts will not be eligible to compete in Compulsory Level 5 if they have competed and passed Regional Grade 14 in the same year.**

# Compulsory Level 5 - BARS PENALTIES

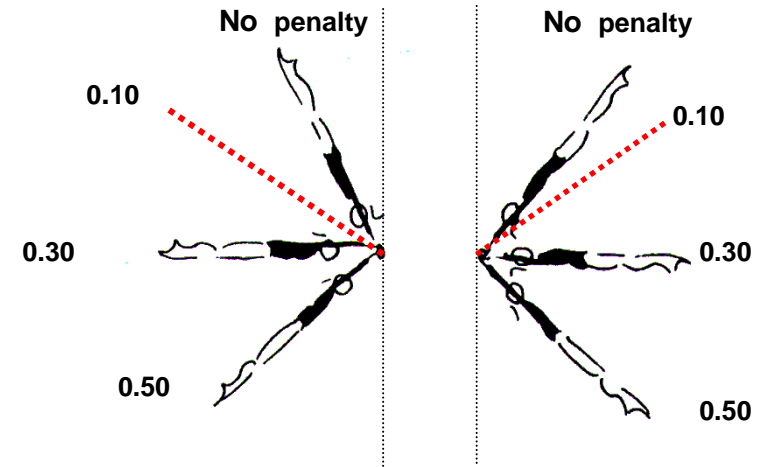
Cast penalties for Compulsory Level 5



Leg lift penalties for Compulsory Level 5



Swing penalties for Compulsory Level 5



# Compulsory Level 5

## VAULT

**D Score 13.50** Handspring to flat back at 100cm (+/- 5 cm)

Vault will be onto 3 safety mattresses with a roll out tumbling mat on top.

2 vaults – highest score to count

### Penalties:

#### First Flight

Pike in hips	0.10	0.30	0.50
Bent legs	0.10	0.30	0.50
Legs separated	0.10	0.30	

#### Repulsion Phase

Bent arms	0.10	0.30	0.50
Shoulder angle	0.10	0.30	
Bent legs	0.10	0.30	0.50

#### Second Flight

Bent legs	0.10	0.30	0.50
Legs separated	0.10	0.30	
Lack of height	0.10	0.30	0.50
Lack of length	0.10	0.30	0.50
Failure to maintain a straight body	0.10	0.30	0.50

#### Landing penalties

Lack of extension of body on landing	0.10	0.30	0.50
Lack of dynamics	0.10	0.30	0.50

In addition to the above, apply all other FIG General Penalties.



# Compulsory Level 5

## BARS

D Score 13.50

Routine on single polished bar Height 240cm – gloves and loops. (Gloves and loops will not be provided)



DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
In gloves and loops hang from the HB in regular grip. Show hang position.		Lack of body extension in hang Pike at hips	0.10 0.30 0.10 0.30 (>135°)
Leg lift to bar.  Lower to hang	0.5	Shoulder angle Failure to reach horizontal Horizontal - 90° (See diagrams) Lack of body extension in hang Pike at hips in hang	0.10 0.30 VM 0.10 0.30 0.10>135° 0.30<135°
Chin to bar  Pullover to front support show front support position.	0.5  0.5	Failure to make 90° elbow angle Chin not level with the bar Failure to pull over to front support Poor technique (using arch or swing of legs to pull over) Lack of body extension in front support	VM 0.30 VM 0.10 0.30 0.10 0.30
Cast above horizontal	0.5	Poor shape in any phase Bent arms Cast penalties (See diagrams)	0.10 0.30 0.50 0.10 0.30 0.50
Swing forwards and backwards x 3 times	3 swings @ 0.5 each	Poor rhythm in swings Swing penalties (See diagrams) Poor body shape in any phase	0.10 0.30 0.10 0.30 0.50 0.10 0.30
Coach to stop the swing and bring the gymnast to extended hang position after the third backswing.		Lack of body extension in hang Pike at hips in hang	0.10 0.30 0.10>135° 0.30<135°

Gymnasts may not drop down from the bar to the floor unaided at the end of the routine. The coach must be present to release and support her to the floor.

**In addition to the above, apply all other FIG General Penalties. Omission/non attempt of an element - 2.00 plus VM. Spotting - 2.00 plus VM.**



# Compulsory Level 5

## BEAM



D Score 13.50 Optional dance – Elements may be performed in any order. 1 safety mattress will be placed under the

beam.

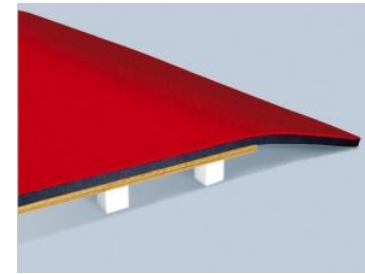
ELEMENT	VALUE	EXECUTION FAULTS	PENALTY		
Japana mount	0.5	Feet below hips in straddle	0.10		
Kick to split handstand [hold for 2 seconds]	0.5	Legs joining in any phase of handstand Not held for 2 secs Failure to show split handstand Lack of split	0.30 VM VM 0.10	0.30	<135°VM
½ spin to finish on toes	0.5	Not finishing on toes Toe not to calf in ½ spin	0.30 0.30		
Split jump – straight jump [in series] Must be performed in stated order	0.5	Not linked / pause / arm swing between elements Insufficient amplitude Insufficient height Elements performed in the wrong order	0.30 0.10 0.30 0.10 0.30 VM		
Cartwheel ¼ inward turn	0.5	Failure of feet to touch the beam No ¼ (90°) inward turn Failure to pass through vertical	VM VM 0.10 0.30		
Dismount - Two or more steps into stretch jump from two feet	0.5	Take off from one foot Lack of stretch in jump Insufficient height	VM 0.10 0.30 0.10 0.30		

Placing the springboard on top of the additional 30cm safety mattress will incur a 0.5 penalty (i.e. the mattress placed under the beam)

**In addition to the above, apply all other FIG General Penalties. Omission/non attempt of an element - 2.00 plus VM. Spotting - 2.00 plus VM.**

# Compulsory Level 5

## FLOOR



D Score 13.50 Music 90 seconds max. Elements may be performed in any order

DESCRIPTION	VALUE	EXECUTION	PENALTY
From two feet: Hurdle step into round off flick (to 2 feet) straight jump	0.50	Landing flick to one foot Extra steps Pause between elements Lack of control on landing	VM 0.10 each 0.50 0.10 0.30
Handspring to two feet	0.50	Landing handspring to one foot Landing in deep squat Lack of flight	VM 0.10 0.30 0.50 0.10 0.30
Straight jump rebound straddle jump [in series] Must be performed in stated order	0.50	Elements not linked Legs below horizontal in straddle Lack of height in jumps Elements performed in the wrong order	0.50 0.30 0.10 0.30 VM
Full spin to finish on toes	0.50	Not finishing on toes Toe not to calf in spin	0.30 0.30
Split leap	0.50	Insufficient height Insufficient split	0.10 0.30 0.10 0.30
Split jump	0.50	Insufficient height Insufficient split	0.10 0.30 0.10 0.30
Cartwheel from side to side immediate cartwheel 1/4 inward turn	0.50	First cartwheel not finishing sideways No ¼ (90°) inward turn Failure to pass through vertical	VM VM 0.10 0.30

**In addition to the above, apply all other FIG General Penalties. Omission/non attempt of an element - 2.00 plus VM. Spotting - 2.00 plus VM.**

# Compulsory Level 5

## RANGE & CONDITIONING

D Score 13.50 On thin mats or solid floor



DESCRIPTION	VALUE	EXECUTION	PENALTY	
Optional leg lift <b>at least 90°</b> forward, <b>hold</b> and transfer to side position <b>hold</b> and transfer backwards, <b>hold</b> . Lower leg to stand. All holds min 2 secs	0.50	Obvious upper body compensation Leg not held Leg held below 90° ( $\leq 10^\circ$ missing, $> 10^\circ$ missing)	0.30 each time 0.30 each hold 0.10	0.30
Repeat with the other leg – <b>lift to at least 90°</b> forward, <b>hold</b> and transfer to side position <b>hold</b> and transfer backwards, <b>hold</b> . Lower leg to stand. All holds min 2 secs	0.50	Obvious upper body compensation Leg not held Leg held below 90° ( $\leq 10^\circ$ missing, $> 10^\circ$ missing)	0.30 each time 0.30 each hold 0.10	0.30
Forward roll to straddle sit (straddle sit must be with extended knees to lift heels off the floor)	0.50	Hands close to feet in roll Heels not lifted clear of floor Leaning back to create heel lift	0.30 0.30	0.1
Transition to forward split (hold 2 seconds)	0.50	Use of hands Hips out of alignment Lack of splits Split position not held	0.10 0.10 0.10	0.30 0.30 VM
Transition ( $\frac{1}{2}$ turn) to alternative forward split (gymnast may use hands in transition. Box splits should be shown but does not need to be held). Forward split on opposite leg (hold 2 seconds) Return to straddle sit	0.50	Not passing though box splits Hips out of alignment Lack of splits Split position not held	0.10 0.10 0.10	0.30 0.30 0.30 VM
Press to straddle lever (hold for 2 seconds) press to handstand	0.50	Not held for 2 seconds Feet not higher than hips in straddle lever Not reaching handstand	VM	0.50 VM
Lower to bridge under control (hold 2 seconds) Lift one straight leg to vertical, kick to pass through split handstand to stand.	0.50	Lack of control Shoulders not over hands in bridge Bridge position not held Not passing through splits in handstand Hips out of alignment throughout kickover	0.10 0.10 VM 0.10	0.30 0.30 0.30 0.30

**In addition to the above, apply all other FIG General Penalties. Omission/non attempt of an element - 2.00 plus VM. Spotting - 2.00 plus VM.**

Age Group Rules and FIG rules (Junior and Senior) are available to download from BG website

**PRESS CONTROL AND CLICK ON THE LINK BELOW TO VIEW THE BG RULES FOR THESE COMPETITIONS**

**CLICK HERE**



**NORTH WEST WOMENS TECHNICAL COMMITTEE  
CHILD PROTECTION PROCEDURES**

Press **Control and click** on the picture below to access the Child Protection Policy online



The current policies can be viewed from the British Gymnastics website  
Go to Home Page  
Then click on Ethics and Welfare

**USE OF VIDEO, FILM OR PHOTOGRAPHY AT NW WTC GYMNASTICS EVENTS  
POLICY STATEMENT**

CAPTURING STILL AND MOVING IMAGES.

The NW WTC has adopted the current BG policy on photography. This can be viewed from the British Gymnastics website

Press **Control and click** on the picture below to access the Photography Policy online





## NW Women's Technical Committee Protest Form

Gymnast number:

Apparatus:

Gymnast (Grade / level)

Coach to complete: Give full explanation of the reason for your protest (D and/or E score):

Signed: \_\_\_\_\_

Written response (Apparatus master judge to complete)

Decision (for protests on D Scores)

D score to remain

D score amended: New D score = \_\_\_\_\_

Any subsequent adjustment to E score \_\_\_\_\_

Decision (for protests on E Scores)

E score to remain

E score amended: New E score = \_\_\_\_\_

Signed (Apparatus Judge (panel))

Signed (Head Judge (competition))



**NW Women's Technical Committee**  
**Safeguarding and Welfare**  
**Form to apply for a gymnast to drop back a level**

Gymnast name:	NW Membership No.
Club:	
Gymnast's most recent grade / level competed (& date)	
Gymnast has been with this club since: mm/yy _____	
Previous club(s) attended (if any): _____	
Level the gymnast now wishes to compete at:	
<b>Coach to complete: Give full explanation of the reason for your request on behalf of the gymnast:</b>	
Signed (Coach):	
This application is endorsed by (Head coach of the club): (signed)	

Please attach all competition scores for this gymnast for their last two competition years (including friendly / invitational competitions) to [nwgyim@live.co.uk](mailto:nwgyim@live.co.uk) and to [barry1mclaughlin@aol.com](mailto:barry1mclaughlin@aol.com)

In circumstances where injury or illness is a reason for the request, any relevant doctor's or physiotherapist's letters that support this application should be scanned in and submitted where available.



## NW Women's Technical Committee Safeguarding and Welfare

### Application to compete an element / elements above the level of the coach's WA qualification

**This form may only be used where additional modules have been successfully completed and evidence of signing off by a mentor coach is available.**

Gymnast name:	NW Membership No.	
Club:		
Coach name:		
Coach qualification (WA Certification):		
Competition Date / Venue:		
Skills that the gymnast intends to perform (include Number and name of skill)		
APPARATUS	ELEMENT NUMBER	ELEMENT DESCRIPTION
VAULT		
BARS		
BEAM		
FLOOR		

**Contact details for mentor coach**

**Name of Mentor coach:**

**Club:**

**Club telephone Number:**

**Mobile Number:**

**Other contact number:**

**Email address:**

This form must be emailed to [nwgym@live.co.uk](mailto:nwgym@live.co.uk) and no later than the entry date for the competition. A copy of the scanned in module sign-off documentation must also be sent. Forms that are late or incomplete will be rejected.





**Competition Dates: Saturday and Sunday 23<sup>rd</sup> and 24<sup>th</sup> February**

Robin Park Sports Centre, Loire Drive, Wigan

**Closing Date: Friday 1st February 2013.**

Entries received after this deadline will be charged the late entry penalty (which is two times the normal entry fee)

**Entries must be received on a fully completed and signed entry form – forms may be emailed by the closing date and a signed copy to arrive with the payment by post within 2 days of closing.**

**Club:**

**Contact Name :**

**Telephone :**

**Mobile:**

**Contact Email Address:**

Photographers will be present at North West events and images may be published by the North West Gymnastics Association. By entering for this event there is an acceptance that participants may be photographed.

GYMNAST'S NAMES	D.O.B.	Score from NW Grades 2013 (L2 scores from National Grades 2013)	Gymnast's NW Number	Gymnast's BG Number	Coaches Name and BG Number
Grade 8					ENTRIES WILL NOT BE ACCEPTED IF INCOMPLETE
Grade 8					
Grade 8					
Grade 8					
Grade 8					
Grade 7					
Grade 7					
Grade 7					
Grade 7					
Grade 7					
Grade 6					
Grade 6					
Grade 6					
Grade 6					
Grade 6					
Grade 5					
Grade 5					
Grade 5					
Grade 5					

Coaches attending the NW Competition (min WA Level 2 – and must be qualified for level of performance gymnasts.. CRB must be current and completed via BG	Highest Women's Artistic Qualification	Other Coaching Qualification (i.e. GG, MA) GG and MA L2 or above May take gymnasts round and coach moves up to the level of their coaching qualification.	BG Membership Number

Judges (please check judges are available – they will be needed for the full day whichever day / days they attend)	Qualification	Membership Number	Please indicate availability to judge. Judges are needed for full days. Please indicate which day if you are only able to provide a judge / judges for one day
			<input type="checkbox"/> Saturday or Sunday <input type="checkbox"/> Saturday and Sunday
			<input type="checkbox"/> Saturday or Sunday <input type="checkbox"/> Saturday and Sunday

	All cheques made payable to : <b>NWAGA WTC.</b>	No. of gymnasts	Total
<b>Entry fees</b>	£20 per gymnast		
<b>Judges fee:</b>	£50 fee for clubs that do not supply an appropriately qualified judge (£25 per day)		
<b>Participation fee:</b>	£10 per gymnast		
<b>Apparatus fee:</b>	£50 per club – this cheque will be returned or destroyed if two volunteers assist fully in putting away of equipment .		

**PLEASE READ THE FOLLOWING COACHES DECLARATION CAREFULLY**

*I can confirm that I have checked the membership status of all gymnasts entered above and I can verify that all are current **members of British Gymnastics (all gymnasts) and NW Gymnastics (for gymnasts aged 8 yrs and over in the year of competition)***

*When submitting entries for a North West Competition the onus is on the coach signing this form to ensure that the coaches attending to the participants are qualified to the level of the participants' performance (please see the handbook for levels of performance permitted at each coaching level)*

*I confirm that I have checked the qualifications, membership and CRB of all the above named coaches and I can verify that they hold current BG membership at the appropriate level. I have checked all coaches' CRB status is up to date (CRB must be through BG). All coaches are qualified to the level indicated.*

Signed: - \_\_\_\_\_ **Position at club:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Print Name:** - \_\_\_\_\_

This form may be emailed to [nwgym@live.co.uk](mailto:nwgym@live.co.uk) or posted to: - **Mrs Fiona Wright, 22 Cleveleys Avenue, Tonge Fold, Bolton, BL2 2TB.** The signed form, together with the correct payment, must arrive no later than the closing date specified above.



# BDP Compulsory Age Group NW Championships 2013 (including NW Level 5)



**Competition Dates: Saturday and Sunday 23<sup>rd</sup> and 24<sup>th</sup> February**

Robin Park Sports Centre, Loire Drive, Wigan

**Closing Date: Friday 1<sup>st</sup> February 2013.**

Entries received after this deadline will be charged the late entry penalty (which is two times the normal entry fee)

**Entries must be received on a fully completed and signed entry form – forms may be emailed by the closing date and a signed copy to arrive with the payment by post within 2 days of closing.**

**Club:**

**Contact Name :**

**Telephone :  
Mobile:**

**Contact Email Address:**

Photographers will be present at North West events and images may be published by the North West Gymnastics Association. By entering for this event there is an acceptance that participants may be photographed.

GYMNAST'S NAMES		D.O.B.	Score from NW Grades 2013  (L2 scores from National Grades 2013)	Gymnast's NW Number	Gymnast's BG Number	Coaches Name and BG Number	
Level 5							
Level 5							
Level 5							
Level 5							
Level 4							
Level 4							
Level 4							
Level 4							
Level 3							
Level 3							
Level 3							
Level 3							
Level 2							
Level 2							
Level 2							
Level 2							

Coaches attending the NW Competition (min WA Level 2 – and must be qualified for level of performance gymnasts.. CRB must be current and completed via BG	Highest Women's Artistic Qualification	Other Coaching Qualification (i.e. GG, MA) GG and MA L2 or above May take gymnasts round and coach moves up to the level of their coaching qualification	BG Membership Number

Judges (please check judges are available – they will be needed for the full day whichever day / days they attend)	Qualification	Membership Number	Please indicate availability to judge. Judges are needed for full days. Please indicate which day if you are only able to provide a judge / judges for one day
			<input type="checkbox"/> Saturday or Sunday <input type="checkbox"/> Saturday and Sunday
			<input type="checkbox"/> Saturday or Sunday <input type="checkbox"/> Saturday and Sunday

	All cheques made payable to : <b>NWAGA WTC.</b>	No. of gymnasts	Total
<b>Entry fees</b>	£20 per gymnast		
<b>Judges fee:</b>	£50 fee for clubs that do not supply an appropriately qualified judge (£25 per day)		
<b>Participation fee:</b>	£10 per gymnast (L3 and L4 gymnasts only)		
<b>Apparatus fee:</b>	£50 per club – this cheque will be returned or destroyed if two volunteers assist fully in putting away of equipment .		

**PLEASE READ THE FOLLOWING COACHES DECLARATION CAREFULLY**

*I can confirm that I have checked the membership status of all gymnasts entered above and I can verify that all are current **members of British Gymnastics (all gymnasts) and NW Gymnastics (for gymnasts aged 8 yrs and over in the year of competition)***

*When submitting entries for a North West Competition the onus is on the coach signing this form to ensure that the coaches attending to the participants are qualified to the level of the participants' performance (please see the handbook for levels of performance permitted at each coaching level)*

*I confirm that I have checked the qualifications, membership and CRB of all the above named coaches and I can verify that they hold current BG membership at the appropriate level. I have checked all coaches' CRB status is up to date (CRB must be through BG). All coaches are qualified to the level indicated.*

Signed: - \_\_\_\_\_ **Position at club:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Print Name:** - \_\_\_\_\_

This form may be emailed to [nwgym@live.co.uk](mailto:nwgym@live.co.uk) or posted to: - **Mrs Fiona Wright, 22 Cleveleys Avenue, Tonge Fold, Bolton, BL2 2TB.** The signed form, together with the correct payment, must arrive no later than the closing date specified above.



**Competition Dates:**  
**Sat and Sun**  
**23<sup>rd</sup> / 24<sup>th</sup> February 2013.**

**Robin Park Sports Centre, Loire Drive, Wigan**

**Closing Date: Monday 11<sup>th</sup> February 2013**

Entries received after this deadline will be charged the late entry penalty (which is two times the normal entry fee)

Entries must be received on a fully completed and signed entry form – **forms must be emailed** by the closing date and **a signed paper copy must also be sent with the payment** by post within 2 days of closing.

**County:**

**Contact Name :**

**Telephone :**  
**Mobile:**

**Contact Email Address:**

Photographers will be present at North West events and images may be published by the North West Gymnastics Association. By entering for this event there is an acceptance that participants may be photographed.

GYMNASTS' NAMES		D.O.B.	Gymnast's NW Number	Gymnast's BG Number	Personal Coaches (Name and club)	
14 (in age only)						
	R					
13 (in age only)						
	R					
12						
	R					
11						
	R					
10						
	R					
9 & Reg FIG						
	R					

Coaches attending the NW Competition (min WA Level 2 – and must be qualified for level of performance gymnasts) CRB must be current and completed via BG Max ratio 1 coach to each gymnast	Highest Women's Artistic Qualification	Other Coaching Qualification (i.e. GG, MA) GG and MA L2 or above May take gymnasts round and coach moves up to the level of their coaching qualification.	BG Membership Number

Judges (please check judges are available – they will be needed for the full day whichever day / days they attend) Min 4 Regional 4 Club	Qualification	Membership Number	Please indicate availability to judge. Judges are needed for full days. Please indicate which day if you are only able to provide a judge / judges for one day
			<input type="checkbox"/>

	All cheques made payable to : <b>NWAGA WTC.</b>	No. of teams / judges	Total
<b>Entry fees</b>	£80 per team		
<b>Judges fee:</b>	£50 fee for counties that do not supply an appropriately qualified judge.		
<b>Apparatus fee:</b>	£100 per county – this cheque will be returned or destroyed if 5 volunteers assist fully in putting away equipment .		

**PLEASE READ THE FOLLOWING COACHES DECLARATION CAREFULLY**

*I can confirm that I have checked the membership status of all gymnasts entered above and I can verify that all are current **members of British Gymnastics (all gymnasts) and NW Gymnastics (for gymnasts aged 8 yrs and over in the year of competition)***

*When submitting entries for a North West Competition the onus is on the coach signing this form to ensure that the coaches attending to the participants are qualified to the level of the participants' performance (please see the current handbook for levels of performance permitted at each coaching level)*

*I confirm that I have checked the qualifications, membership and CRB of all the above named coaches and I can verify that they hold current BG membership at the appropriate level. I have checked all coaches' CRB status is up to date (CRB clearance must be through BG) . All coaches are qualified to the level indicated.*

Signed: - \_\_\_\_\_ Position at club: \_\_\_\_\_

Date: \_\_\_\_\_ Print Name: - \_\_\_\_\_

This form may be emailed to [nwgym@live.co.uk](mailto:nwgym@live.co.uk) or posted to: - Mrs Fiona Wright, 22 Cleveleys Avenue, Tonge Fold, Bolton, BL2 2TB.

The signed form, together with the correct payment, must arrive no later than the closing date stated above.



# NW Floor and Vault



**Competition Dates:**  
**Sat and Sun**  
**11<sup>th</sup> and 12<sup>th</sup> May 2013.**

**Robin Park Sports Centre, Loire Drive, Wigan**

**Closing Date: Friday 5<sup>th</sup> April 2013**

Entries received after this deadline will be charged the late entry penalty (which is two times the normal entry fee)

Entries must be received on a fully completed and signed entry form – **forms must be emailed** by the closing date and **a signed paper copy must also be sent with the payment** by post within 2 days of closing.

**County:**

**Contact Name :**

**Telephone :**  
**Mobile:**

**Contact Email Address:**

Photographers will be present at North West events and images may be published by the North West Gymnastics Association. By entering for this event there is an acceptance that participants may be photographed.

GYMNAST'S NAMES		D.O.B.	Gymnast's NW Number	Gymnast's BG Number	Coaches Name and BG Number Max 2 coaches per team, (one female coach min)	
PRE NOV						
NOV						
INT						

Coaches attending the NW Competition (min WA Level 2 – and must be qualified for level of performance gymnasts) CRB must be current and completed via BG	Highest Women's Artistic Qualification	Other Coaching Qualification (i.e. GG, MA) GG and MA L2 or above May take gymnasts round and coach moves up to the level of their coaching qualification.	BG Membership Number

Judges (please check judges are available – they will be needed for the full day whichever day / days they attend)	Qualification	Membership Number	Please indicate availability to judge. Judges are needed for full days. Please indicate which day if you are only able to provide a judge / judges for one day
			<input type="checkbox"/> Saturday <input type="checkbox"/> Sunday <input type="checkbox"/> Saturday or Sunday
			<input type="checkbox"/> Saturday <input type="checkbox"/> Sunday <input type="checkbox"/> Saturday or Sunday

	All cheques made payable to : <b>NWAGA WTC.</b>	No. of teams / judges	Total
<b>Entry fees</b>	£15 per gymnast		
<b>Judges fee:</b>	£50 fee for clubs that do not supply an appropriately qualified judge (£25 per day) Clubs entering 15 or more gymnasts over the weekend must supply two judges.		
<b>Apparatus fee:</b>	£50 per club – this cheque will be returned or destroyed if two volunteers assist fully in putting away equipment .		

**PLEASE READ THE FOLLOWING COACHES DECLARATION CAREFULLY**

*I can confirm that I have checked the membership status of all gymnasts entered above and I can verify that all are current **members of British Gymnastics (all gymnasts) and NW Gymnastics (for gymnasts aged 8 yrs and over in the year of competition)***

*When submitting entries for a North West Competition the onus is on the coach signing this form to ensure that the coaches attending to the participants are qualified to the level of the participants' performance (please see the current handbook for levels of performance permitted at each coaching level)*

*I confirm that I have checked the qualifications, membership and CRB of all the above named coaches and I can verify that they hold current BG membership at the appropriate level. I have checked all coaches' CRB status is up to date (CRB clearance must be through BG). All coaches are qualified to the level indicated.*

Signed: - \_\_\_\_\_ Position at club: \_\_\_\_\_

**Date:** \_\_\_\_\_ **Print Name:** - \_\_\_\_\_

This form may be emailed to [nwgym@live.co.uk](mailto:nwgym@live.co.uk) or posted to: - Mrs Fiona Wright, 22 Cleveleys Avenue, Tonge Fold, Bolton, BL2 2TB.

The signed form, together with the correct payment, must arrive no later than the closing date stated above.





# BDP Voluntary Age Group NW Championships 2013 (including NW Level 5)



**Competition Dates: Saturday and Sunday 21<sup>st</sup> and 22<sup>nd</sup> September**

Robin Park Sports Centre, Loire Drive, Wigan

**Closing Date: Friday 16<sup>th</sup> August 2013.**

Entries received after this deadline will be charged the late entry penalty (which is two times the normal entry fee)

**Entries must be received on a fully completed and signed entry form – forms may be emailed by the closing date and a signed copy to arrive with the payment by post within 2 days of closing.**

**Club:**

**Contact Name :**

**Telephone :  
Mobile:**

**Contact Email Address:**

**Photographers will be present at North West events and images may be published by the North West Gymnastics Association. By entering for this event there is an acceptance that participants may be photographed.**

GYMNAST'S NAMES		D.O.B.	Score from NW Grades 2013  (L2 scores from National Grades 2013)	Gymnast's NW Number	Gymnast's BG Number	Coaches Name and BG Number	
Level 5							
Level 5							
Level 5							
Level 5							
Level 4							
Level 4							
Level 4							
Level 4							
Level 3							
Level 3							
Level 3							
Level 3							
Level 2							
Level 2							
Level 2							
Level 2							
FIG							
FIG							
FIG							
FIG							

Coaches attending the NW Competition (min WA Level 2 – and must be qualified for level of performance gymnasts.. CRB must be current and completed via BG	Highest Women's Artistic Qualification	Other Coaching Qualification (i.e. GG, MA) GG and MA L2 or above May take gymnasts round and coach moves up to the level of their coaching qualification	BG Membership Number

Judges (please check judges are available – they will be needed for the full day whichever day / days they attend)	Qualification	Membership Number	Please indicate availability to judge. Judges are needed for full days. Please indicate which day if you are only able to provide a judge / judges for one day.
			<input type="checkbox"/> Saturday or Sunday <input type="checkbox"/> Saturday and Sunday
			<input type="checkbox"/> Saturday or Sunday <input type="checkbox"/> Saturday and Sunday

	All cheques made payable to : <b>NWAGA WTC.</b>	No. of gymnasts	Total
<b>Entry fees</b>	£20 per gymnast		
<b>Judges fee:</b>	£50 fee for clubs that do not supply an appropriately qualified judge (£25 per day)		
<b>Participation fee:</b>	£10 per gymnast (L3 and L4 gymnasts only)		
<b>Apparatus fee:</b>	£50 per club – this cheque will be returned or destroyed if two volunteers assist fully in putting away of equipment .		

**PLEASE READ THE FOLLOWING COACHES DECLARATION CAREFULLY**

*I can confirm that I have checked the membership status of all gymnasts entered above and I can verify that all are current **members of British Gymnastics (all gymnasts) and NW Gymnastics (for gymnasts aged 8 yrs and over in the year of competition)***

*When submitting entries for a North West Competition the onus is on the coach signing this form to ensure that the coaches attending to the participants are qualified to the level of the participants' performance (please see the handbook for levels of performance permitted at each coaching level)*

*I confirm that I have checked the qualifications, membership and CRB of all the above named coaches and I can verify that they hold current BG membership at the appropriate level. I have checked all coaches' CRB status is up to date (CRB must be through BG). All coaches are qualified to the level indicated.*

Signed: - \_\_\_\_\_ **Position at club:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Print Name:** - \_\_\_\_\_

This form may be emailed to [nwgym@live.co.uk](mailto:nwgym@live.co.uk) or posted to: - Mrs Fiona Wright, 22 Cleveleys Avenue, Tonge Fold, Bolton, BL2 2TB. The signed form, together with the correct payment, must arrive no later than the closing date specified above.

**Please note the national finals closing date is the day after the selection competition. All information required e.g. BG Numbers, DOB. Coaches information must be complete so that the national entries are possible in time for the deadline. Forms that have not been fully completed by the entry date will be rejected.**



**Competition Dates:**  
**Sat and Sun**  
**21<sup>st</sup>/ 22<sup>nd</sup> September 2013.**  
**Robin Park Sports Centre, Loire**  
**Drive, Wigan**

**Closing Date: Friday 16<sup>th</sup> August 2013**

Entries received after this deadline will be charged the late entry penalty (which is two times the normal entry fee)  
 Entries must be received on a fully completed and signed entry form – **forms must be emailed** by the closing date and **a signed paper copy must also be sent with the payment** by post within 2 days of closing.

**County:**

**Contact Name :**

**Telephone :**  
**Mobile:**

**Contact Email Address:**

Photographers will be present at North West events and images may be published by the North West Gymnastics Association. By entering for this event there is an acceptance that participants may be photographed.

GYMNAST'S NAMES		D.O.B.	Gymnast's NW Number	Gymnast's BG Number	Coaches Name and BG Number Max 2 coaches per team, (one female coach min)	
PRE NOV						
PRE NOV						
NOV						
NOV						
L4						
L3 & Reg FIG (twin comp)						

Coaches attending the NW Competition (min WA Level 2 – and must be qualified for level of performance gymnasts) CRB must be current and completed via BG	Highest Women's Artistic Qualification	Other Coaching Qualification (i.e. GG, MA) GG and MA L2 or above May take gymnasts round and coach moves up to the level of their coaching qualification.	BG Membership Number

Judges (please check judges are available – they will be needed for the <u>full day</u> whichever day / days they attend)	Qualification	Membership Number	Please indicate availability to judge. Judges are needed for full days. Please indicate which day if you are only able to provide a judge / judges for one day
			<input type="checkbox"/> Saturday or Sunday Whichever day team event is.
			<input type="checkbox"/> Saturday or Sunday <input type="checkbox"/> Saturday and Sunday

	All cheques made payable to : <b>NWAGA WTC.</b>	No. of teams / judges	Total
<b>Entry fees</b>	£70 per team £35.00 for L3/FIG twin teams		
<b>Judges fee:</b>	£50 fee for clubs that do not supply an appropriately qualified judge (£25 per day) Clubs entering 15 or more gymnasts over the weekend must supply two judges.		
<b>Apparatus fee:</b>	£50 per club – this cheque will be returned or destroyed if two volunteers assist fully in putting away equipment .		

**PLEASE READ THE FOLLOWING COACHES DECLARATION CAREFULLY**

*I can confirm that I have checked the membership status of all gymnasts entered above and I can verify that all are current **members of British Gymnastics (all gymnasts) and NW Gymnastics (for gymnasts aged 8 yrs and over in the year of competition)***

*When submitting entries for a North West Competition the onus is on the coach signing this form to ensure that the coaches attending to the participants are qualified to the level of the participants' performance (please see the current handbook for levels of performance permitted at each coaching level)*

*I confirm that I have checked the qualifications, membership and CRB of all the above named coaches and I can verify that they hold current BG membership at the appropriate level. I have checked all coaches' CRB status is up to date (CRB clearance must be through BG). All coaches are qualified to the level indicated.*

Signed: - \_\_\_\_\_ Position at club: \_\_\_\_\_

Date: \_\_\_\_\_ Print Name: - \_\_\_\_\_

This form may be emailed to [nwgym@live.co.uk](mailto:nwgym@live.co.uk) or posted to: - Mrs Fiona Wright, 22 Cleveleys Avenue, Tonge Fold, Bolton, BL2 2TB.

The signed form, together with the correct payment, must arrive no later than the closing date stated above.



# NW P-N, N, L4, L3 Championships 2013



**Competition Dates: Saturday and Sunday 9<sup>th</sup> and 10<sup>th</sup> November**

Robin Park Sports Centre, Loire Drive, Wigan

**Closing Date: Friday 11<sup>th</sup> October 2013.**

Entries received after this deadline will be charged the late entry penalty (which is two times the normal entry fee)

**Entries must be received on a fully completed and signed entry form – forms may be emailed by the closing date and a signed copy to arrive with the payment by post within 2 days of closing.**

**Club:**

**Contact Name :**

**Telephone :**

**Mobile:**

**Contact Email Address:**

**Photographers will be present at North West events and images may be published by the North West Gymnastics Association. By entering for this event there is an acceptance that participants may be photographed.**

GYMNAST'S NAMES		D.O.B.	Score from NW Grades 2013  (L2 scores from National Grades 2013)	Gymnast's NW Number	Gymnast's BG Number	Coaches Name and BG Number	
Pre Nov							
Pre Nov							
Pre Nov							
Pre Nov							
Pre Nov							
Pre Nov							
Pre Nov							
Pre Nov							
Pre Nov							
Nov							
Nov							
Nov							
Nov							
Nov							
Nov							
Nov							
Nov							
Nov							
Nov							
L4							
L4							
L4							
L4							
L4							

L4							
L3							
L3							
L3							
L3							
L3							

Coaches attending the NW Competition (min WA Level 2 – and must be qualified for level of performance gymnasts.. CRB must be current and completed via BG	Highest Women's Artistic Qualification	Other Coaching Qualification (i.e. GG, MA) GG and MA L2 or above May take gymnasts round and coach moves up to the level of their coaching qualification.	BG Membership Number

Judges (please check judges are available – they will be needed for the full day whichever day / days they attend)	Qualification	Membership Number	Please indicate availability to judge. Judges are needed for full days. Please indicate which day if you are only able to provide a judge / judges for one day
			<input type="checkbox"/> Saturday or Sunday <input type="checkbox"/> Saturday and Sunday
			<input type="checkbox"/> Saturday or Sunday <input type="checkbox"/> Saturday and Sunday

	All cheques made payable to : <b>NWAGA WTC.</b>	No. of gymnasts	Total
<b>Entry fees</b>	£20 per gymnast		
<b>Judges fee:</b>	£50 fee for clubs that do not supply an appropriately qualified judge (£25 per day)		
<b>Participation fee:</b>	£10 per gymnast (L3 and L4 gymnasts only)		
<b>Apparatus fee:</b>	£50 per club – this cheque will be returned or destroyed if two volunteers assist fully in putting away of equipment .		

**PLEASE READ THE FOLLOWING COACHES DECLARATION CAREFULLY**

*I can confirm that I have checked the membership status of all gymnasts entered above and I can verify that all are current **members of British Gymnastics (all gymnasts) and NW Gymnastics (for gymnasts aged 8 yrs and over in the year of competition)***

*When submitting entries for a North West Competition the onus is on the coach signing this form to ensure that the coaches attending to the participants are qualified to the level of the participants' performance (please see the handbook for levels of performance permitted at each coaching level)*

*I confirm that I have checked the qualifications, membership and CRB of all the above named coaches and I can verify that they hold current BG membership at the appropriate level. I have checked all coaches' CRB status is up to date (CRB must be through BG). All coaches are qualified to the level indicated.*

Signed: - \_\_\_\_\_ **Position at club:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Print Name:** - \_\_\_\_\_

This form may be emailed to [nwgym@live.co.uk](mailto:nwgym@live.co.uk) or posted to: - **Mrs Fiona Wright, 22 Cleveleys Avenue, Tonge Fold, Bolton, BL2 2TB.** The signed form, together with the correct payment, must arrive no later than the closing date specified above.



**Competition Dates:**  
**Sat and Sun**  
**24<sup>th</sup> November 2013.**  
  
**Robin Park Sports Centre, Loire**  
**Drive, Wigan**

**Closing Date: Monday 4<sup>th</sup> November 2013**

Entries received after this deadline will be charged the late entry penalty (which is two times the normal entry fee)  
Entries must be received on a fully completed and signed entry form – **forms must be emailed** by the closing date and **a signed paper copy must also be sent with the payment** by post within 2 days of closing.

**County:**

**Contact Name :**

**Telephone :**  
**Mobile:**

**Contact Email Address:**

Photographers will be present at North West events and images may be published by the North West Gymnastics Association. By entering for this event there is an acceptance that participants may be photographed.

GYMNAST'S NAMES		D.O.B.	Gymnast's NW Number	Gymnast's BG Number	Coaches Name and BG Number Max 2 coaches per team, (one female coach min)	
PRE NOV age 8						
PRE NOV Age 9						
NOV Age 9						
NOV Age 10						
L4 (Jun)						
L3 & Reg FIG						

Coaches attending the NW Competition (min WA Level 2 – and must be qualified for level of performance gymnasts) CRB must be current and completed via BG	Highest Women's Artistic Qualification	Other Coaching Qualification (i.e. GG, MA) GG and MA L2 or above May take gymnasts round and coach moves up to the level of their coaching qualification.	BG Membership Number

Judges Min 4 regional 4 club judges (please check judges are available – they will be needed for the full day whichever day / days they attend)	Qualification	Membership Number	Please indicate availability to judge. Judges are needed for full days. Please indicate which day if you are only able to provide a judge / iudges for one day

	All cheques made payable to : <b>NWAGA WTC.</b>	No. of teams judges	Total
<b>Entry fees</b>	£80 per team		
<b>Judges fee:</b>	£50 fee for counties that do not supply an appropriately qualified judge		
<b>Apparatus fee:</b>	£100 per county – this cheque will be returned or destroyed if 5 volunteers assist fully in putting away equipment .		

**PLEASE READ THE FOLLOWING COACHES DECLARATION CAREFULLY**

*I can confirm that I have checked the membership status of all gymnasts entered above and I can verify that all are current **members of British Gymnastics (all gymnasts) and NW Gymnastics (for gymnasts aged 8 yrs and over in the year of competition)***

*When submitting entries for a North West Competition the onus is on the coach signing this form to ensure that the coaches attending to the participants are qualified to the level of the participants' performance (please see the current handbook for levels of performance permitted at each coaching level)*

*I confirm that I have checked the qualifications, membership and CRB of all the above named coaches and I can verify that they hold current BG membership at the appropriate level. I have checked all coaches' CRB status is up to date (CRB clearance must be through BG). All coaches are qualified to the level indicated.*

Signed: - \_\_\_\_\_ Position at club: \_\_\_\_\_

**Date:** \_\_\_\_\_ **Print Name:** - \_\_\_\_\_

This form may be emailed to [nwgyim@live.co.uk](mailto:nwgyim@live.co.uk) or posted to: - Mrs Fiona Wright, 22 Cleveleys Avenue, Tonge Fold, Bolton, BL2 2TB.

The signed form, together with the correct payment, must arrive no later than the closing date stated above.