

# Halloween Spooktacular 2019



Saturday & Sunday 26<sup>th</sup> & 27<sup>th</sup> October

## **RULE 1 : A fair competition**

Preston Comps pride ourselves on giving every gymnast their opportunity to succeed in their own level of competition. We do not look favourably on clubs that put gymnasts in lower level comps than their gymnasts ability just to secure medals. When looking at the rules please take note of the recommended training hours. These are not set in stone, however are a recommendation for the amount of hours a gymnast should be doing maximum to enter that competition. We want to keep the competition fair that a child who trains 3 hours a week is not competing against a gymnast on 14 hours a week!

If you are unsure please email [prestongymcomps@hotmail.com](mailto:prestongymcomps@hotmail.com) and we will be happy to advise.

## **RULE 2 : Leave with goodies and great memories!**

We have a large budget to pour back in to prizes, this is because the competition is not to make profits from the £24 event entry. Every gymnast goes home with a gift, sweets, a certificate, a participation medal and also a participation mini trophy. There are 1,2,3 overall awards and both apparatus. There is an artistry award for the higher levels on floor dance and there are also special awards for gymnasts making up their own Halloween themed numbers with winning numbers for creativity. All money raised on the door from spectators is our fundraising. This means that gymnasts go home with lots of goodies and with so many levels and age group splits, this keeps group sizes down and gives more opportunities for prizes. Clubs, judges and coaches also receive gifts.

## FACILITIES AVAILABLE

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### **Sports Arena**

Girls level 1 & 2 it is a strip of sprung floor no music– the gymnasts will have maximum 4m x 12m. For level 3 it is half a sprung floor with no music, Pre Development and Pre Novice, Novice, Intermediate are full floor with Music. Boys all levels strip of sprung floor.

### **Parking**

At the gymnastics centre we have our own parking facilities, however between round changeovers many people park along the side street of the gym. This is a long street and we have never had a problem with parking before.

### **Food and Drink**

There will be a café area, coffees, teas, sandwiches and other hot food items can be bought here. Please ensure spectators are careful with hot drinks into the Sports Arena due to health and safety.

### **Photography**

There will be official photographers at the event, the photos will be uploaded online and parents may purchase this for an online donation to the club fundraising. Please remember not to use flash photography.

### **Photo Studio**

There will be a photography studio on site for gymnasts to book in for their photos. This will be available throughout the rounds and also after each competition, a donation is made to use the photography studio then prints can be purchased after the event direct from the official photographer.

### **Leotard Stall**

There will be a merchandise stall on site selling leotards, t-shirts and other gymnastics items.

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## COMPETITION FEES

Competition Fee £24.00 per gymnast

Judging fee if not providing a judge £50 per club

Protest Fee - it's a friendly comp :o)

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## OTHER INFORMATION

### Coaching Qualification:

This is a friendly competition so we will not be checking coaches' qualifications, however please ensure you have a coach qualified for the skills the gymnasts are doing and the skills are competition ready.

We are happy for trainee coaches to take gymnasts round the competitions as long as there is a main coach responsible for them there on the day.

### The Competition Year

This will be 1<sup>st</sup> January to 31<sup>st</sup> December. Gymnasts' ages will be the age they turn that year (like grades) e.g. if a child is 5 turning 6 she will be in the 6yrs.

### Coaches Attire

Please wear clothes! Don't worry if you don't have a full team kit, just make sure you don't wear any shoes in the gym so socks or funky slippers please!

## **Judges Attire**

☒ Judges must wear smart Navy or Black trousers or skirt.

☒ A smart top/blouse or shirt and tie

☒ Suit Jacket optional Trainee judges are encouraged to sit in with qualified judges at the competitions for experience – please ensure they are also dressed in judges' attire.

## **Coaches at Apparatus**

It is strongly recommended that a coach should remain near the apparatus on vault. Judges will not deduct a mark due to the presence of the coach for the vault. The criterion does not permit the coach to touch the gymnast or during her routine unless it is to prevent an accident. If a coach supports a gymnast on vault the gymnast will score 0.00

## **Unsportsmanlike Behaviour of Coach or Gymnast**

Infringements will be penalized as detailed in the Code of Points. If a club is seen to be a little... pushy (!!) you might not get an invite next year – this is a relaxed friendly competition!

## **Jewellery**

No jewellery may be worn at any competition. Gymnasts and Coaches will be asked to remove extra jewellery items. Please tape up wedding rings if they cannot be removed.

## **Girls in Shorts**

If older girls want to wear shorties then we are happy to allow this with no penalty if it makes them feel more comfortable. This is monitored at club's discretion.

**Spectators** (a) Spectators are not allowed on the competition floor. Please remind your parents to keep hold of their little spectators and not allow them to play on apparatus! (b) Flash photography is not permitted (c) When spectators arrive they will be asked to go in the Loft Café until the following round has finished. (d) Gymnasts in the next round will warm up in the studio and then come in to the gymnastics hall as the previous round's presentation takes place.

## GIRLS &BOYS DEVELOPMENT LEVELS RULES – FLOOR & VAULT

	LEVEL 1 (Girls & Boys)	LEVEL 2 (Girls & Boys)
<b>ELIGIBILITY</b>	1hr pw max	3hr pw max
<b>AGES</b>	2016-2007 Age groups may be merged if insufficient numbers	2015 – 2004 Age groups may be merged if insufficient numbers
<b>VAULT REQUIREMENTS</b>	<p><b>2016,2015,2014, 2013</b>, Gymnasts compete 2 vaults, average score.</p> <p>VAULT 1 run to preschool springboard, stretch jump on to 20cm mat, land.</p> <p>VAULT 2 10cm soft mat next to 2m block on end. Gymnast starts in front support hands on mat, feet near wall, walks feet up to handstand to walk hands in and chest against wall. Push up and show handstand shape hold 2 seconds, push off to flat back lie, show flat shape.</p> <p><b>2012, 2011, 2010 ,2009, 2008, 2007</b> compete 2 vaults, average score</p> <p>Full Springboard</p> <p>Same as above, however with 50cm mat to land on vault 1</p> <p>They also compete Vault 2 as above.</p> <p>D score 1.0</p> <p><b>2008, 2007</b> - Same as Above 60cm Block on vault 1. They also compete Vault 2</p>	<p><b>2015, 2014, 2013, 2012</b>, Gymnasts compete 2 vaults, best score</p> <p>VAULT - run to preschool springboard, stretch jump on to 30cm mat, land, step handstand flatback.</p> <p><b>2011, 2010, 2009</b>, compete 2 vaults, best score</p> <p>Handstand flatback 60cm compete same vault twice</p> <p><b>2008, 2007, 2006</b> compete 2 vaults, best score</p> <p>Handstand flatback 80cm compete same vault twice</p> <p><b>2005,2004</b> – Flatback 90cm, best score</p> <p>D score 1.0</p>
<b>FLOOR REQUIREMENTS</b>	<p><b>SET FLOOR ROUTINE no music, floor area 2mx 8m</b></p> <p><b>2016, 2015, 2014, 2013</b></p> <p>Arabesque hold 2 seconds, Forwards roll to sit in straddle, show straddle, feet together to pike sit, lie back to show dish, roll to arch, front support, jump in to stand. Jump ½ turn, 3 steps forwards long stretch jump forwards to land.</p> <p><b>2012, 2011, 2010, 2009, 2008, 2007</b></p> <p>same as above however Add another Forward roll to stand and a cartwheel at the end</p>	<p><b>SET FLOOR ROUTINE no music, floor area 2mx 8m</b></p> <p><b>2015, 2014, 2013, 2012, 2011,</b></p> <p>Arabesque hold 2 seconds, Forwards roll to stand, jump ½ turn, backwards roll to stand in star shape, slide down to box splits (may use hands to support), lean forwards to show japana, swim legs backwards to lie straight on front, push up to front support, slowly drag straight legs in to pike stand turn to side, side cartwheel connected to cartwheel with ¼ turn outwards split jump</p> <p><b>2010, 2009, 2008, 2007, 2006, 2005, 2004</b> same as above</p>

Girls Level 3 – 3 Strips of floor mats. Non sprung NO MUSIC

Gils Competition		Level 3 Floor & Vault - Must not have competed in any NW or regional floor and vault competitions. Training hours maximum 5hours a week.			
VAULT		<p><b>2014, 2013, 2012</b>, Flat back to 0.60m crash mats (D score 1.0)</p> <p><b>2011, 2010</b> –Flatback - 0.80cm Crash Mats (D Score 1.0)</p> <p><b>2009+</b> flatback to 1.00 crash mats</p> <p>(D score 1.00)</p> <p>2 vaults, best score to count</p>			
FLOOR  Level 3 skills		<p>8 moves to be selected. This will give a maximum start value of 3.3 (0.5 for each Criteria which is 2.5 then 0.1 per skill – 3.3 max)</p> <p><b>NO MUSIC – ½ floor only</b></p> <p>0.5 awarded per group list requirement for completing a skill All skill values are 0.1 per element.</p>			
	<p><b><u>Spin</u></b></p> <ul style="list-style-type: none"> <li>• Full spin</li> </ul>	<p><b><u>Leaps - must chose 2 to create a leap series</u></b></p> <ul style="list-style-type: none"> <li>• Catleap</li> <li>• Scissor kick</li> <li>• Split leap</li> <li>• Stag leap</li> <li>• Catleap ½ turn</li> <li>• Assemble Jump (grade 6 leaps)</li> <li>• W jump hop</li> </ul>	<p><b><u>Forward/sideways elements</u></b></p> <ul style="list-style-type: none"> <li>• Handstand forward roll</li> <li>• Hecht dive roll</li> <li>• Handspring</li> <li>• Roundoff</li> <li>• Forward walk over</li> <li>• Tic – toc</li> <li>• Handstand to bridge</li> <li>• Cartwheel</li> </ul>	<p><b><u>Backward elements</u></b></p> <ul style="list-style-type: none"> <li>• Back roll to front support to splits</li> <li>• Backward roll to handstand. (straight or bent arms)</li> <li>• Back Flick</li> <li>• Backward Walkover</li> </ul>	<p><b><u>Jumps</u></b></p> <ul style="list-style-type: none"> <li>• Tuck jump</li> <li>• Star jump</li> <li>• Stretch jump ½</li> <li>• W jump</li> <li>• Tuck jump ½</li> <li>• Split jump.</li> <li>• Straddle jump</li> </ul>

	Pre-Novice	Novice	Intermediate
<b>ELIGIBILITY</b>	See eligibility table on Page 22	See eligibility table on Page 22	See eligibility table on Page 22
<b>AGES</b>	8, 9, 10, 11, 12 & 13+ Age groups may be merged if insufficient numbers	8, 9, 10, 11, 12 & 13+ Age groups may be merged if insufficient numbers	9, 10, 11, 12 & 13+ Age groups may be merged if insufficient numbers
<b>Please ensure you put your gymnast in a suitable level for their ability</b>	Full Floor & Music	Full Floor & Music	Full Floor & Music
<b>VAULT REQUIREMENTS</b>	Age 8 Flat back to 0.80m crash mats  Age 9 Flat back to 0.90m crash mats Age 10 Flat back to 1.00m crash mats OR 110 table  Ages (10,) 11 & 12 Ages 13 & over  Handspring flat back Ages 8 & 9 Max D score 1.0 Ages 10 & over Max D score 2.0  2 vaults, best score to count  1.10m table 1.20m table  D score 1.0	Age 8 Flat back to 0.90m crash mats  Age 9 Flat back to 1.00m crash mats Age 10 Flat back to 1.10m crash mats OR 110 table  Ages (10 &) 11 Ages 12 & over  Handspring flat back  Ages 8 & 9 Ages 10 & 11 Ages 12 & over  1.10m table 1.20m table  2 vaults, best score to count  D Score 1.0 Max D score 1.0 Max D score 2.8 Max D score 3.0	Ages 9, 10 & 11 Ages 12 & over  Ages 9, 10 & 11 Ages 12 & over  1.10m table 1.20m table  Max D score 3.0 Max D score 3.2  2 vaults, best score to count
<b>FLOOR REQUIREMENTS All levels must have (min) TWO acro lines to count dismount DV (see below for acro line specifications for each category)</b>	<b>CR's x 4 (0.5 each)</b>  1. A dance passage of 2 different leaps or hops 2. A spin (min 360o) 3. An acro element 4. An acro dismount (FIG or NW)  <b>Max D score 2.9</b>	<b>CR's x 4 (0.5 each)</b>  1. A dance passage of 2 different leaps or hops, 1 with 180o split or straddle 2. A spin (min 360o) 3. Fwd/swd & bwd acrobatic elements  4. An acro line (min one element, must be flighted)  <b>Max D score 3.1</b>	<b>CR's x 4 (0.5 each)</b>  1. A dance passage of 2 different leaps or hops, 1 with 180o split or straddle 2. A spin (min 360o) 3. Fwd/swd & bwd flighted acrobatic elements  4. An acro line with a salto
<b>ACRO LINES</b>	An acro line will be any acro series or an acro element performed on its own	An acro line will be any acro series with minimum <b>ONE</b> FLIGHTED element or a FLIGHTED acro element performed on its own	An acro line will be any acro series with minimum <b>TWO</b> FLIGHTED elements or a front salto (not aerial) performed on its own



<b>ELEMENTS &amp; NW JUNIOR CODE</b>	<b>Max 8 elements (including dismount)</b>  Max 1B dance element allowed NW Junior Code elements will be recognised and will be counted towards number of required moves but not credited DV	<b>Maximum 8 elements (including dismount)</b>  Max 3B dance elements allowed NW Junior Code elements will be recognised and will be counted towards number of required moves but not credited DV	<b>Maximum 8 elements (including dismount)</b>  NW Junior Code elements will be recognised and will be counted towards number of required moves but not credited DV
<b>BARRED ELEMENTS</b>	All saltos and aerials. No B acro elements - no DV, no CR and would not count for number of elements in routines	No B acro elements Any elements above a B - no DV, no CR and would not count for number of elements in routines	Any elements above a B - no DV, no CR and do not count for number of elements in routines.
<b>SHORT ROUTINES</b>	A routine with less than 5 elements in total – deduct 1 mark for each missing element	A routine with less than 6 elements in total – deduct 1 mark for each missing element	A routine with less than 7 elements in total – deduct 1 mark for each missing element

### **GIRLS JUNIOR UNCODED MOVES**

#### **FLOOR**

scissor leap	Tuck jump	Stretch jump 1/2 turn	Cartwheel	Forward Roll	Backward Roll
Backward Roll to Handstand		Backward Walkover	Valdez		Forward walkover
	Tick – tock	Dive Cartwheel		Dive Forward Roll	

Girls - Comp Level	Pre Development Girls
<b>ELIGIBILITY</b>	For those working towards Grades in 2020
<b>AGES</b>	2012 only
<b>VAULT REQUIREMENTS</b>	As Grades Rules
<b>FLOOR REQUIREMENTS</b>	As Grades Rules

## BOYS ADVANCED LEVELS RULES FLOOR & VAULT RULES

<b>Floor - level 3 - Strip (2m x 8m sprung floor no music)</b>		Value	<b>VAULT LEVEL 3 BOYS</b>  <b>Vault BOYS- level 3 (Value - 10.00) -</b> Handspring on to (115cm high) vaulting table to land onto landing area
1. From 2 feet jump into hurdle step, round off, stretch jump		1.00	
2. Piked back roll into immediate tuck back roll to stand		1.00	
3. Swedish fall and kip leg round side into		1.00	
4. Front splits (2 secs hold) take front leg to back to front support		1.50	
5. Slide legs stoop to stand		1.00	
6. Cartwheel 1/4 turn outwards (keeping leg raised) step into		1.50	
7. Handstand forward roll with straight legs		1.00	
8. Through table position to stand step to arabesque (2 secs hold)		1.00	
9. Step 1/2 turn, 2 or 3 steps into dive forward roll		1.00	
10. Immediate star jump into controlled landing		1.00	
		<b>SV = 10.00</b>	
<b>BOYS Floor - level 4 – Strip (2m x 8m sprung floor no music)</b>			<b>Vault – BOYS level 4 (Value - 10.00) -</b> Handspring (120cm high) vaulting table to land onto mats level with the table, landing with hips in front of feet into immediate dive roll (Only 1 spring board permitted)
1. Jump into round off 2 flics stretch jump into controlled landing		<b>1.00</b>	
2. Straight arm backward roll to handstand lower to front support		<b>1.00</b>	
3. Kip between hands to front splits (2 secs hold)		<b>1.00</b>	
4. Turn to box splits (2 secs hold) rotate to opposite		<b>1.00</b>	
5. Front splits (2 secs hold) place hands on floor either side of front leg		<b>1.00</b>	
6. Lift legs out to straddle stand (lift legs clear of the floor)		<b>1.00</b>	
7. Lift to handstand (2 secs hold) into forward roll, jump 1/2 turn		<b>1.00</b>	
8. Up to 3 steps into dive forward roll, headspring to land in arch		<b>1.00</b>	
9. Step into arabesque (2 secs hold) fouette 1/2 turn, step back		<b>1.00</b>	
10. Up to 3 steps into handspring, stretch jump		<b>1.00</b>	
		<b>SV = 10.00</b>	

### **ENTRY INFORMATION**

Please send the Excel Entry Form to [prestongymcomps@hotmail.com](mailto:prestongymcomps@hotmail.com)

Name of Club, Club lead Contact, Club email address, mobile number & address including postcode for the payment invoice

Gymnasts Names, Level they are competing in, Girl or Boy, DOB

Judges Names and Qualification and if they can judge Saturday/Sunday or both days.

**DEADLINE for entries 9<sup>th</sup> October 2019**