

RULES COMMON TO ALL BSGA COMPETITIONS

Affiliation

- ❑ All competitors participating in regional events that lead to National Finals (and the national finals themselves), must be affiliated to the British Schools Gymnastics Association (BSGA) as an individual or as a school. Affiliations are made through your Regional Secretary or on line at www.bsga.org **Current fees are: Middle & Secondary Schools £18.00; Lower & Primary Schools £12.00; Individual Pupils £6.00.**

Age Groups

- ❑ Are taken from September 1st in the academic year of entry.

Music (not rhythmic)

- ❑ Schools **must** email their music to **bsgamusic@gmail.com** at least 2 weeks prior to any national finals enabling it to be pre-loaded onto the music system. If music is not emailed gymnasts will perform without music. You must have received a confirmation email and bring this with you as a hard copy on the day of competition. (If you have a large number of tracks to send, it will be better to send them in several emails to reduce the upload time for any one email).

Every individual gymnast, pair and group will be given a **unique 3 digit competition number eg 003, 024, 256, 941 etc.** It is **essential** that this number is used as the prime identifier for each entrant's music. The name of the music file **must have** the competitor/pair/group number at the start of the filename. (All gymnasts' numbers will be provided on the entry form which will be on the web site or obtainable from your regional organiser). If you already have the music file on a computer, you will have to rename it before you attach it to an email. To do this on most systems, you should identify the file you need to send, and then RIGHT CLICK on the filename. A list of options will appear on the screen, and "RENAME" is usually near the bottom. When you LEFT CLICK on "RENAME", the file name will be highlighted (usually in blue). Move the cursor to the start of the highlighted file name and LEFT CLICK. You will then be able to type in the contestant's number, plus a space at the start of the filename, then LEFT CLICK, or press ENTER to confirm. So file named 'anymusic.wav' becomes '147 anymusic.wav.' To attach a music file to an email, click on the 'Paper Clip' icon, usually somewhere at the top of your new email screen, and usually with the words 'Attach File' underneath. You then go to the Folder, which has your music filename. Left click to highlight the filename to be attached, and then click on 'Open,' usually at the bottom right of the screen. The file will then be shown as an attachment just above the heading of the email. Then click SEND. If you experience any difficulties with the above then **email bsgamusic@gmail.com** as a matter of urgency with a contact telephone number and they will be happy to help. You can also email your music using wetransfer.com or mp3 format. If you have any questions about the numbers for your gymnasts, (especially in the Floor & Vault or Milano Team mixed teams, where boys **MUST** go first) then please check with Vicki 01948 710390 or 07808 687357 or vickigy@hotmial.co.uk

- ❑ **Please remember you must also bring all competitors' music to the competitions on individual CD's as a backup.** They must be handed in **before** competition starts for morning rounds and at lunchtime for afternoon rounds.
- ❑ In all competitions where music is permitted, it must be at the beginning of a CD. Clearly labelled with Name, Number, School, and Region (One gymnast's music per CD). Please note: CD's should be written as **'AUDIO CD'S'** at the slowest speed possible. **Where a recording has been cut together it must be re-recorded as a single track.** The track should be in ***.wav, *.wma or mp3 format.** Always bring a backup recording to events.
- ❑ In the event of a technical failure any further performance will be at the discretion of the competition manager who may consult with the judges on that apparatus

Qualification for National Finals

- ❑ Qualification at National finals for the great majority of competitions is via England regions, home country, - (Scotland, N Ireland & Wales) and in the case of trampoline zone selection. ***In the National Disability Acrobatics Gymnastics competition schools will enter direct to the final, although it is still advisable to have performed in your regional competition.*** The Rhythmic final will be in three zones this year.
- ❑ In pair/group/team events all competitors must be from the same school and in full-time education (except for Disability Acrobatics where gymnasts may be from different schools).

Safety

- ❑ **No person must use any apparatus without a suitably qualified teacher and or coach present. Teachers and coaches are responsible for performers' safety at all times.**

Other

- The judges' decision is final with no protest permitted.
- The BG Award schemes provide the guidance on the correct technique for approved moves.
- There can be no replacement for an injured gymnast once a competition has started, except in Rhythmic where it will be at the discretion of the competition organiser.

Dress

- Teams must be uniformly dressed in the same colour scheme. Deduction will be 0.3. Girls must wear leotards and/or plain shorts. Boys must wear leotards and shorts/trousers or smart school PE kit with shorts/trousers. Baggy or un-tucked T-Shirts will incur a deduction of 0.3. No jewellery is allowed – a deduction of 0.3 will be made if it is worn. Indecency!!!

BG Proficiency Awards Core Skills	Card	Level	Category	BG Proficiency Awards Advanced Skills	Card	Level	Category
Japana 45° or less	6	3	Flexibility	One handed cartwheel, either arm	A1	B	
Splits - front or side	7	1	Flexibility	Two cartwheels linked, (same or different)	A1	B	
Bridge - push up from lying on back and return to floor in the same way	8	2	Flexibility	Backward roll to front support	A3	B	
Press up	9	6	Strength	Backward roll to straddle stand	A3	B	
Move from dish to arch (log roll)	10	5		Forward roll to straddle stand	A4	B	
Shoulder stand - arms optional.	11	4	Balance	Handstand forward roll with straight arms	A4	B	
Straddle or pike ½ lever	12	1	Strength	Headspring	A5	S	
Half OR full jump turn (not both in single routine)	17	2/1		Round off	A6	S	
V sit with or without hand support	19	6	Balance	Handstand (hold for 2 secs)	A7	S	Balance
1 legged balance (thigh parallel to floor)	20	5	Balance	Backward walkover	A8	S	Flexibility
Frog balance.	21	4	Balance	Planche tucked or straight	A8	S	Strength
Headstand - legs optional (Start and return to feet)	22	1	Balance	Standing Back flic	A9	G	
From front support, jump legs in and jump up.	23	7	Strength	Free cartwheel	A9	G	
Cartwheel or dive cartwheel	25	3		Round off, flic (counts as 2 moves)	A10	G	
Handstand forward roll with bent arms	26	1		Handspring to two feet	A10	G	
Forward roll	29	3		Handspring to one foot	A10	G	
Backward roll	29	2		Forward walkover	A11	G	Flexibility
Back support, turn to front support (or vice versa)	31	7		Elephant lift to handstand	A11	G	Strength
Side support turn to side support other arm	31	6	Balance	Backward roll through handstand (held)	A12	G	Strength
Circle roll (teddy bear roll)	33	3		Handstand 180° or 360° pirouette	A12	G	
Additional permitted moves not on BG Proficiency Award charts							
Fall to prone, push to front support with one leg raised				Single leg circle			
Straddle ½ lever, lift to stand with 2 feet together			Strength	Show handstand lower to straddle ½ lever			Strength
Y Balance or arabesque			Balance	Pike fold Sitting or standing			Flexibility
Stag Jump				Valdez			Flexibility
Back flic step out				Tinsica			Flexibility
Russian Lever			Strength	Free walkover			
Headstand-push to handstand with straight legs.			Strength	Side somersault, shape optional			
Fly spring				Back somersault, shape optional			
				Front somersault, shape optional			

All balances and static moves MUST be held for 3 seconds with the exception of handstand (2 seconds)

VAULT COMPETITION REQUIREMENTS

List of Approved Vaults for use in Regional and National Finals

Junior ~ Under 11 ~ Box minimum of 1 metre high (or as close as equipment permits)

Direction of Box	Description of Vault	Tariff (Value)
widthways	Squat on. Immediate straight or star jump off	4.0
widthways	Squat on. Jump off with half turn	4.0
lengthways	Squat on (Cat spring), Leap frog off	5.0
widthways	Squat (through) or straddle	6.0
lengthways	Squat (through) or straddle	6.0
widthways	Handspring	6.0

Senior ~ Over 11 ~ Box 1 metre or 1.25 metres high or as close as equipment permits (Choice)

lengthways	Squat on (Cat spring), Leap frog off	5.0
widthways or lengthways	Squat (through) or straddle	6.0
widthways or lengthways	Handspring	6.0
widthways or lengthways	Yamashita	6.0

ENTRY FEES FOR NATIONAL FINALS

All competition entry fees must be paid by the region on or before the closing date for team declarations.

Competition	Fee
Milano Team Championships	£30.00 per school team per age group
Rhythmic	£5.00 per gymnast
School Gym - Floor & Vault	£30.00 per school team per age group
School Gym - Acrobatics & Tumbling	£5.00 per entry per individual

British Schools Judges' Rules

- The uniform for judges is as follows: Black, dark grey or dark navy suit – with jacket, not cardigan or sweater, white shirt or blouse, black shoes (not sandals) and minimum jewellery.
- I.T. and mobile phones should be turned off if brought into the field of play.
- Judges on a panel should not confer or talk to each other during the competition while they are in post at the judging table, unless it is necessary to achieve tolerance.
- At the end of a round judges should retire to the judges' room.
- During the competition there should be no communication between the judges and coaches or gymnasts, either by phone or face to face, except through the CJP or Head Judge.
- The CJP on each panel will make the marks of each competitor available on paper to the coach at the end of a round.
- Marks on a panel should have a tolerance of 0.5 for a panel of three or four judges, or 0.3 for a panel of two judges. The CJP of the panel will request a judge to amend a score if necessary to achieve the allowed tolerance.

Coaches/ Teachers Attire

All coaches/teachers must wear a tracksuit or tracksuit bottoms, not shorts with a polo shirt or club/school/ regional tee shirt and appropriate gym/training shoes.

Long hair must be braided or tied back so as not to obscure vision.

No jewellery to be worn if in direct support of a gymnast.

Music at Competitions (RULING EFFECTIVE IMMEDIATELY)

It is not possible to use music or any derivatives composed by the following for sequences: Andrew Lloyd Webber e.g. Variations, Cats, Phantom etc; Cirque De Soleil e.g. Alegria, Quidam etc; Disney / Pixar e.g. Pirates of the Caribbean, Narnia or any Disney Classic.

Anyone using those pieces of music will have the music turned off during the gymnast's performance and they will have to continue without music, no matter how bad that seems. The directive from British Gymnastics leaves us in no way uncertain about the effect of a lawsuit on BSGA and our individual schools.

There is now a box on the entry form that must be ticked, which says:

*You are accepting liabilities that the floor music being used by your gymnasts is not from **any** Disney productions (including any derivatives) or any other music on the not permitted list in the current Handbook.*

