



British Schools Gymnastics Association



2022 - 2023
Handbook

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IMPORTANT INFORMATION

There have only been minor changes from last year's handbook but do please check carefully. We may also need to publish errata, so please check the website regularly.

Closing dates

These will be strictly adhered to once again this year for all National Finals. When emailing music, please set the subject correctly and tick for a 'read receipt' to get confirmation. If there is an issue you will be contacted by email.

Acrobatic Disability Gymnastics

All entries proceed straight to the National Final.
Gymnasts **DO NOT** have to attend the same school.

O14 Acro pairs and groups

can *EITHER* have one balance
OR one individual skill from the U14 age group.

Age Group Mixing

Age group rules allow limited flexibility, as last year

In Floor & Vault; Milano Team; Acrobatic Pairs & Groups; Tumbling.

Any gymnast can move up ONE age group this year again to encourage more participation.

For example, In Milano, an U13 gymnast may compete in U16, or an U16 may compete in U19 with NO restriction on the number of gymnasts to move up.

If a region has no U19 representation at their regional, they could put up the U16 team that came second to compete as U19's.

Likewise in Floor & Vault – an U14 gymnast may compete in U19 or a whole team could move up if no regional U19 entry.

In Acrobatics – Pairs: either or both could move up an age group. Groups – an U14 team could represent the region in the O14 category if there was no regional entry in that age group.

Gymfest

This year's theme is EUROVISION to celebrate the UK hosting of that event. Contact Vicki to be part of this amazing entertainment!



BSGA Chairman's Report 2022/23

I am delighted to write to you this year as we resume normal business for BSGA, I am particularly excited that we were able to run all our national competitions in 2022, after the pandemic paused our schools' competitions for a couple of years.

As I look back at what we've achieved this year, I am once again awed by the incredible commitment of the many volunteers who work on behalf of the BSGA. Our regional representatives around the United Kingdom continuously go beyond what could practically be expected to deliver fantastic competitions for our school membership against the challenges of emerging from the pandemic. Thank you BSGA executive and those working in the regions and home countries on our behalf.

We have continued to see support for our trampoline and gymnastics competitions even after the two year pause and recognition that this physical activity has much to offer in a 'rounded' education. We have listened to our members and taken the last few years, of no competitions, to understand what makes BSGA so successful and how we can build on this and improve the areas that we don't do so well in. We have tried to harmonise the regional committees with that of the Executive committee and produced a competition organiser handbook which provides clear guidance to ensure all regions are uniform with their approach to BSGA events. The Milano Teams competition was our first major event since COVID restrictions, and it was a resounding success. The Trampoline National Final held in Macclesfield was an absolute triumph with over 550 entries. School Gym has been just as popular as ever as schools battle it out in Floor and Vault, Acrobatics, Tumbling and disability gymnastics. The BSGA Gymfest is a great way of encouraging pupils to have fun and demonstrate their incredible talents in a non-competitive environment and the 2023 Gymfest plans look extremely exciting!

The BSGA accounts indicate we now can operate our programme on a "break-even" budget. I wish to acknowledge the financial support from our main sponsor the Milano Pro-Sport team in Preston and not least our hard working and committed competition organisers that all help to make this possible.

We are committed to developing our digital reach, using innovative ways to expand our message, deepen our connection with members and enhance the overall experience, and ultimately create lasting long-term interest in the association. We are looking to move to digital competition entry process, program creation and scoring. As the organisation uses new methods to stay fresh and on the cutting edge of the sport.

Whilst the association can boast so much success over the last year there are still areas where I wish to focus my attention in the coming years to secure a sustainable and valued future for BSGA. The association must attract more schools and more young people into the organisation, offering to volunteer at both regional and national level, this is essential if we are to give more children the opportunity to benefit from gymnastics competitions. We need the involvement of many more schools, especially primary schools to feed up through the system. The building of a succession strategy that involves more young volunteer officials and judges in the finals of regional and national events will ensure an enduring legacy for the association.

Once again, I would like to thank you for your continued support to British Schools Gymnastics Association and look forward to working with you all in the future.

Jamie Weller

Lieutenant Commander Jamie Weller MSc, BEng(Hons) PGDip, GCGI Royal Navy, Chairman of BSGA



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Date	Regn	Event	Venue
Oct 28	W	Cardiff & Vale Novice	Ysgol Bro Morganwg
Nov 6	L	Trampoline - Regional	Chessington Sports Centre
14	W	Welsh Novice Finals	Welsh Institute of Sport, Cardiff
27	E	Trampoline - Regional	Hitchin Boys School
Dec 4	EM	Trampoline - Regional	Mellish Sports Centre Nottingham
4	NW	Trampoline - Regional	Robin Wood LC Wigan
4	NI	Trampoline - Regional	Ards Blair Mayne LC, Newtownards
4	S	Trampoline - Regional	Medina Leisure Centre, Newport, IoW
4	SW	Trampoline - Regional	<i>tba</i>
4	Y	Trampoline - Regional	Bradford Girls Grammar School
10	Y	Milano Regional	Sheffield High School
16	W	Welsh Floor & Vault Regional	Welsh Institute of Sport, Cardiff
16	W	Milano Regional	Welsh Institute of Sport, Cardiff
Jan 15	Sthn	Trampoline - Zonal	Gillingham
16	W	Cardiff & Vale Vault and Tumbling	Welsh Institute of Sport, Cardiff
21	WM	Floor & Vault and Milano Regional	Fenton Manor
29	Cen	Trampoline – Zonal	Hinckley LC
Feb 5	Nat	<i>CLOSING DATE FOR ENTRIES</i>	<i>Milano Team National Finals</i>
5	E	Milano Regional	Haberdasher's Boys
5	NW	Milano Regional	St Bede's, Blackburn
11	WM	Acro/Tum/Dis Regional	Fenton Manor
26	NW	Acro / TUM Regional	St Bede's, Blackburn
Mar 3	W	Welsh Vault and Tumbling Finals	Welsh Institute of Sport, Cardiff
5	E	Acro/Tum/Dis Regional	Salto GC, Luton
10	Nat	Milano Final (U13, U19)	Fenton Manor, Stoke-on-Trent
11	Nat	Milano Final (U11, U16)	Fenton Manor, Stoke-on-Trent School
17	Nat	<i>CLOSING DATE FOR ENTRIES</i>	<i>School Gym National Finals</i>
18	Nat	Trampoline Final	Benham Arena, Northants
May	Nat	School Gym National Finals (FV U11, Acro U14, O14, Tumb U11, U14, O14)	Fenton Manor, Stoke-on-Trent
		<i>TBC due to King's Coronation</i>	
	Nat	AGM – <i>TBC due to King's Coronation</i>	
	Nat	School Gym National Finals (FV U14 U19, A U11 & Disability)	Fenton Manor, Stoke-on-Trent
		<i>TBC due to King's Coronation</i>	
Jun 10	Nat	GymFest – “Eurovision”	Fenton Manor, Stoke-on-Trent
11	Nat	GymFest – “Eurovision”	Fenton Manor, Stoke-on-Trent
23	ESGA	Novice National Final (U9, U10, U11, U13)	Fenton Manor, Stoke-on-Trent

Please check the BSGA website for the latest updates and confirmations

National Committee Members

BSGA Executive Officers

President

Mr I Howard Todd email: president@bsga.org

Chair

Jamie Weller email: chair@bsga.org

Vice-Chair

Vicki Sly email: vice.chair@bsga.org

General Secretary plus Safety & Ethics Officer

Annette Brown email: secretary@bsga.org

Treasurer

Kathy Jefferies email: treasurer@bsga.org

BSGA General Committee

English Representative

Verity Boulger email: england@bsga.org

Scottish Representative

Christina Mason email: scotland@bsga.org

Welsh Representative

Michelle Griffiths email: wales@bsga.org

N. Ireland Representative

Katie Johnston email: n.ireland@bsga.org

National Competition & Gymfest Organiser

Vicki Sly email: vicki@bsga.org

Floor & Vault and Milano Technical Director

Katrina Venner email: artistic@bsga.org

Acrobatic Gymnastics

Scott Patterson email: acro@bsga.org

Disability Technical Director

Vicki Sly email: gpd@bsga.org

Tumbling Technical Director

Stacy Crook email: tumbling@bsga.org

Trampoline Technical Director

Stuart Harper email: trampoline@bsga.org

Website & Media Director

Chris Edwards email: web@bsga.org

Judging Convenor

Katrina Venner

Aurelia Mattioli (Asst) email: judging@bsga.org

Medal & Trophy Officer

Jo Drury email: trophy@bsga.org

Welfare Officer

Christine O'Hagan email: welfare@bsga.org



Regional Committees

East

Chair, Treasurer & Affiliations

Mr W Harris Tel: 07519 803312 email: chair.e@bsga.org

Vice-Chair

Hannah Johnson Tel: 01279 423485

Secretary, Milano Team, U11 & Secondary Floor & Vault Organiser

Mr Roger Jeavons Tel: 01245 381741

Acrobatic & Disabilities Gymnastics & Tumbling Gymnastics

Mrs Janine Musson Tel: 01933 350405 email: acro.e@bsga.org

National Entries Coordinator

Marion Charafeddine Tel: 01753 890757

Trampoline Organiser

Jenny Newman email: trampoline.e@bsga.org

'Key Steps' Organiser

Mrs Leslie Davis-Eyre Tel: 01268 523017

Judges Coordinator

Julie Ewenson email: judging.e@bsga.org

BG Liaison

Mrs J Belemore Tel: 01245 284621



East Midlands

Chair, Secretary & Affiliations

Carole Foote email: chair.em@bsga.org

Treasurer

Julia Szokalska email: treasurer.em@bsga.org

Floor & Vault Organiser

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Acrobatic, Disabilities & Tumbling Gymnastics

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Trampolining

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London

Chair & Secretary

Lindsey Sinclair email: secretary.lo@bsga.org

Treasurer

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Affiliation Secretary

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Floor and Vault

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Acro, Tumbling and Disabilities Organiser

Nicola Yellop email: acro.lo@bsga.org

Judges Coordinator

Julie Ewenson email: judging.lo@bsga.org

Milano Team Organiser

Rebecca Crane email: milano.lo@bsga.org

Trampoline Organiser

Karen Gent email: trampoline.lo@bsga.org



North

Chair

Jane Hughes email: chair.no@bsga.org

Vice-Chair

Vanessa Foster email: vicechair.no@bsga.org

Secretary, Treasurer & Affiliations, Milano and Floor & Vault Organiser

Enid Harrison email: enid.harrison@british-gymnastics.org

Acrobatic Gymnastics, Disabilities & Tumbling Gymnastics

Lyn Hope email: acro.no@bsga.org

Trampoline Organiser

Joanne Rear email: trampoline.no@bsga.org

North West

Chair & Milano Team Organiser

Carolyn Parkinson email: chair.nw@bsga.org

Secretary

Pauline Nightingale email: secretary.nw@bsga.org

Treasurer

Dave Nightingale email: treasurer.nw@bsga.org

Floor & Vault Organiser

Katie Asbridge email: floorvault.nw@bsga.org

Acrobatic Gymnastics Organiser

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Tumbling Gymnastics Organiser

Stacey Crook email: tumbling.nw@bsga.org

Trampoline Organiser

Rachael Burrows email: trampoline.nw@bsga.org

Judging Convener

Emma Shields email: judging.nw@bsga.org

Northern Ireland

Chair

Teresa McAllister

Vice Chair

Katie Johnston email: chair.ni@bsga.org

Treasurer & Secretary, U11 & Senior Floor & Vault

Mrs Mandy Nield email: secretary.ni@bsga.org

Milano Team Acrobatic Gymnastics & Tumbling Gymnastics Organiser

Please contact the vice-chair

Acrobatic & Disabilities Gymnastics & Tumbling Gymnastics Organiser

Katie Grundie email: acro.ni@bsga.org

Trampoline Organiser

Stuart Harper email: trampoline.ni@bsga.org

Committee

Miriam McAttackney, Roxanne Connor, Alex Catherwood, Tracey Kensitt-Conroy, Victoria Dowson, Lyndsey Whelan



Scotland Region Information

All Competitions Organised by Scottish Gymnastics Office

Scottish Gymnastics Office, Sport Scotland Caledonia House
1 Redheughs Riggs, South Gyle, Edinburgh, EH12 9DQ
Tel: 01312 71975



South

Chair, Treasurer & Affiliations & Trampoline Organiser

Janet Payne email: trampoline.s@bsga.org

Milano Team & Floor & Vault Organiser

Jacqui Deadman email: milano.s@bsga.org

Acro and Tumbling Organiser

Anna Tapper email: acro.s@bsga.org

South East

Chair, Acrobatic, Disabilities & Tumbling Gymnastics Organiser

Rachael Leggett email: chair.se@bsga.org

Treasurer

Laura Weller email: treasurer.se@bsga.org

Secretary

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Trampoline Organiser

Kat Freeland-Jones email: trampoline.se@bsga.org

Judging and National Finals Convener

Jamie Weller Tel: 07775 691460 email: bsgachairman@gmail.com



South West

Chair

Verity Boulger email: chair.sw@bsga.org

Secretary, Milano Team Championships and Floor & Vault Organiser

Katrina Venner email: secretary.sw@bsga.org

Treasurer

Gemma Braunton email: treasurer.sw@bsga.org

Affiliations Secretary:

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Acrobatic Gymnastics & Tumbling Gymnastics Organiser

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Trampoline Organiser

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Wales

Chair, Acro, Tumbling & Disability Gymnastics Organiser

Kathy Jefferies email: chair.wa@bsga.org

Secretary, Treasurer, Milano and Floor & Vault Organiser

Annette Brown email: secretary.wa@bsga.org

Trampoline Organiser

Karen Maylin email: trampoline.wa@bsga.org

West Midlands

Chair, Milano, Floor & Vault, Tumbling, Acrobatics & Disabilities Gymnastics Organiser

Vicki Sly email: vicki@bsga.org

Treasurer & Affiliation Secretary

Helen Poynter email: treasurer.wm@bsga.org

Trampoline Organiser

Debbie Danks email: trampoline.wm@bsga.org

Committee

Mary Small email: MSmall@bsga.org



Yorkshire

Chair, Secretary, Treasurer

Jo Ward email: secretary.yk@bsga.org

Floor & Vault Organiser

Jo Ward email: floorvault.yk@bsga.org

Milano Team Organiser

Liz Rogers email: milano.yk@bsga.org

Acrobatic Gymnastics Organiser

Zoe Styles email: acro.yk@bsga.org

Disabilities Gymnastics Organiser

Zoe Styles email: gpd.yk@bsga.org

Tumbling Gymnastics Organiser

Zoe Styles email: tumbling.yk@bsga.org

Trampoline Organiser

Kate Pellegrina email: trampoline.yk@bsga.org



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 online at www.bsga.org or through your Regional Secretary. Current fees are: Middle & Secondary Schools £18.00; Lower & Primary Schools £12.00; Individual Pupils £6.00.

Age Groups

Are taken from the gymnast's age on the 1st September in the academic year of competition entry.

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.

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	£40.00 per School team per age group
School Gym - Floor & Vault	£40.00 per School team per age group
School Gym - Acrobatics & Tumbling	£7.50 per entry per individual

Safety and Welfare

- No person must use any apparatus without a suitably qualified teacher or coach present.
- Teachers and coaches are responsible for performers' safety at all times.
- Please ensure that within your region, schools, all officials, coaches, committee members and anyone working with the gymnasts have an up-to-date DBS. This will not only protect the gymnasts but also the individual and the organisation.

Photography and Video Recording

The BSGA allows non-intrusive photography and video at its events, subject to the following conditions.

Restrictions

- Video lights and flash must not be used during performances or warmups (ok for presentations)
- You must not distract gymnasts, coaches or officials, (turn off 'beeps' too!)
- Avoid obstructing the view of other people at the event

Photos and videos may be used for the following purposes

- Schools or clubs using photos of their members to promote the activity or achievements
- BSGA / Event organisers use for promoting the organisation or events
- Personal use within the family and friends
- Use for other legal purposes, including commercial, only with the express consent of the subject and their parent or guardian

Examples of unacceptable use are

- Publishing or sharing images likely to cause embarrassment to the gymnasts, their family, friends or school
- Publishing or sharing images for commercial gain without the express consent of any identifiable individuals in the photo

Anyone suspected of, or found to be breaking these terms will be asked to stop and will be told to leave the event if they refuse. In more serious cases, offenders may be banned from future events and face possible criminal prosecution.

British Schools Judges' Rules

- The uniform for judges is as follows: Black, dark grey or dark navy suit – with jacket, 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 gymnast's performance.
- 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 Head Judge or 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 Head Judge / CJP of the panel will request a judge to amend a score if necessary to achieve the allowed tolerance.
- The judges' decision is final with no protest permitted.
- 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

Gymnasts Attire

- Teams must be uniformly dressed. Males can wear leotards or polo shirts/tee shirts with shorts. Females can wear leotards with or without shorts or polo shirts/tee shirts with shorts. If shorts are worn, they must be plain and free from diamantes and names, a small manufacturer's logo is the only acceptable visible marking on the shorts, found on the lower left leg of the shorts, not on the waist band. Shorts in breach of these rules will incur a 0.3 deduction from the individual gymnast's final score. Mixed teams must have the same colour scheme and complimenting designs. A deduction of 1.0 to the final team score will be incurred if teams are not uniformly dressed.
- Gymnastics slippers or socks may be worn.
- Female leotards: the neckline of the front and back must be proper, that is no further than half of the sternum and no further than the lower line of the shoulder blades. Leotards may be with or without sleeves; shoulder strap width must be a minimum of 2cm. The leg cut of the leotard cannot extend beyond the hip bone and cannot exceed the horizontal line around the leg, delineated by no more than 2cm below the base of the buttocks. Indecent leotards will incur a 0.3 deduction from the gymnast's final score.
- Body bandages (and sports bras) must be skin coloured. Visible underwear or coloured bandages will incur a 0.3 deduction from the individual gymnast's final score.
- Jewellery may NOT be worn. Any jewellery will incur a 0.3 deduction from the final score.
- Hair must be neat and tidy. If a ponytail or plait can pass in front of the face then it is required to be in a bun. Fringes must be kept out of the eyes through clips or products; this applies to both males and females. Inappropriate hair will incur a 0.3 deduction from the individual gymnast's final score.
- Sponsors: a sponsor's logo may appear on a leotard or polo shirt if it is in a discreet location and does not distract from the gymnast.
- Note specific rules apply to trampolining – see later section

Deductions Common To Milano And Floor & Vault

Team not uniformly dressed	1.0 from final team score
Visible underwear	0.3 from final score
Coloured bandages/supports	0.3 from final score
'Indecent' leotards	0.3 from final score
Gymnast wearing jewellery	0.3 from final score
Shorts in breach of rules	0.3 from final score
Hair in breach of rules	0.3 from final score
Failure to present	0.3 from apparatus score



Coaches / Teachers Attire

All coaches/teachers must wear a tracksuit or tracksuit bottoms, suitable 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

Schools **must** email their music to **bsgamusic@gmail.com** at least **2 weeks prior** to any national finals so it can be pre-loaded onto the music system. If music is not emailed by the deadline gymnasts will perform without music. Please send your music with a read receipt. Send separate emails for each team. You can use wetransfer.com

Every individual gymnast, pair and group will be given a **unique 3-digit competition number** (003, 021 etc.) It is **essential** that this number is used as the identifier for each entrant's music. The music filename **must have** the competition number at the start of the filename, followed by the gymnast's name and school. All gymnasts' numbers are provided on the entry form which will be on the web site or obtainable from your regional organiser. Rename the music file before you attach it to an email. So file named 'mymusic.wav' becomes '147-JillSmith-Haberdashers.wav' for example.

If you have any questions about sending music then email **bsgamusic@gmail.com** for help.

If you are unsure 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 the competition organiser before sending music incorrectly numbered.

Please remember you must also bring all competitors' music to the competition as a backup.

These may be as:

- One CD per gymnast, it must be at the beginning of a CD, labelled with Number, Gymnast Name and School.
- USB stick with files in *.wav, *.wma, .mp3 or .mp4 format
- Mobile phone with USB or audio jack socket

It is vital that the backup recording is with the coach in the performance arena at the time of the competition.

You must register with the music desk on arrival at the competition so we know who has the backup.

In the event of a technical failure any further performance will be at the discretion of the competition manager who may consult with the head judge.

- Where a recording has been spliced together it *must* be recorded as a single track.

Permitted Music at Competitions

You must NOT 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



RECOGNISED FLOOR AGILITIES

Flexibility
Japana 45° or less
Splits - front or side
Backward walkover
Forward walkover
Elephant lift to handstand
Pike fold Sitting or standing
Valdez
Tinsica
Free walkover
Bridge - Any entry and exit allowed but the static bridge must be held for a minimum of 3 seconds

Balance
Shoulder stand - arms optional.
V sit with or without hand support
1 legged balance (thigh parallel to floor)
Frog balance.
Y Balance or arabesque
Handstand (hold for 2 secs)
Headstand - legs optional (Must not roll out)
Back support, turn to front support (or vice versa)

Strength
Press up
Straddle or pike ½ lever
Planche tucked or straight
Russian Lever Straddled or piked
Backward roll through handstand (held)
From front support, jump legs in and jump up.
Straddle ½ lever, lift to stand with 2 feet together
Fall to prone, push to front support with one leg raised
Show handstand lower to straddle ½ lever
Headstand-push to handstand with straight legs.

Other
Forward roll
Backward roll
Backward roll to front support
Backward roll to straddle stand
Forward roll to straddle stand
Circle roll (teddy bear roll)
Move from dish to arch (log roll)
Handstand forward roll with bent arms
Handstand forward roll with straight arms
180° OR 360° jump turn (not both in single routine)
Handstand 180° or 360° pirouette
Single leg circle
Fly spring
Handspring to two feet
Handspring to one foot
Stag Jump
Cartwheel or dive cartwheel
One handed cartwheel, either arm
Two cartwheels linked, (same or different)
Free cartwheel
Round off
Back flic step out
Standing Back flic
Round off, flic (counts as 2 moves)
Back somersault, shape optional
Front somersault, shape optional
Side somersault, shape optional
Side support turn to side support other arm

All balances and static moves MUST be held for 3 seconds apart from a handstand which is held for 2 seconds



INDIVIDUAL FLOOR COMPETITION REQUIREMENTS (School Gym & Milano)

Floor Routine (Individual) - (Maximum 16.0 marks)

A routine up to 60 seconds from first movement to last, performed on a 12-metre square un-sprung matted floor

Content 6 x skills @ 0.50 = 3.00

Composition 6 x categories @ 0.50 = 3.00

Maximum D Score = 6.00

Maximum E (execution) Score = 10.00 – total deductions for poor execution

Final Score = D Score (up to 6.00) + E score (up to 10.00) = maximum of 16.00

Content (D - Value up to 3.0)

- Six different and distinct moves from the published tables of approved moves must be included – two of which must be either a strength or flexibility or balance taken from the recognised table of moves. The two moves must be from different categories, therefore if two flexibility elements were competed with no strength or balance element, then you would only be rewarded with one of the categories and a deduction would be taken. If one or both of the strength, flexibility and/or balance moves are missing a 0.5 deduction will be applied for each move omitted.
- A jump half turn OR full turn OR stag jump may be included as one of the six counting moves.
- Leaps, jumps (except half & full turn & stag jumps), spins and turns are not considered as moves but should be included to link the sequence together, these should not prevent the routine from flowing.
- Additional moves from the approved table can be included and moves can be repeated. However, no extra marks will be gained, and marks may be lost for poor execution.
- Dive rolls are not recommended but if included will be considered as linkages not one of the counting moves.

Composition (D - Value up to 3.0)

The routine should include choreography that demonstrates each of the categories listed below. There will be a deduction for each missing category

- Use of floor space and variety of patterns 0.5
- Changes in direction and levels 0.5
- Variety of linking skills (leaps, spins, jumps and dance) 0.5
- Musical interpretation (girls) & rhythm /tempo (boys and girls) 0.5
- Difficulty, variety and originality appropriate for the age and maturity of the gymnast (difficulty should not be included at the expense of good execution) 0.5
- Artistry, creativity and presentation throughout (to include not finishing with the music) 0.5

Execution (E - Value up to 10.0)

- Marks for execution will take into consideration all parts of the routine.
- Any balances or static moves must be held for 3 seconds except for a handstand which must be held for 2 seconds – failure to hold a balance for the required time will incur a 0.5 deduction as a loss of element if six other moves are not present.
- Judges will be looking for
 - Straight legs and pointed toes
 - Good extension and posture
 - Good height in flight elements
 - Accurate body shapes
 - Light, controlled landings



Execution Penalties for Floor and Group Exercises

Judges will take deductions for anything which falls short of perfection

Floor

Small faults e g; 1 step on landing	0.10
Medium faults e g; Bent arms	0.30
Large faults e g; Incorrect body shape	0.50
Very Large faults e g; A fall	1.00

General

Step off floor	0.10
Stops/pauses	0.10
No presentation	0.30
No Links	up to 2.00



Technique

Incorrect body shape in any skill	up to 0.50
Bent arms	up to 0.50
Bent knees	up to 0.50
Legs separated	up to 0.30
Insufficient height of jumps	up to 0.30
Insufficient flight in flight elements	up to 0.30
Insufficient tuck/pike/stretch	up to 0.30
Insufficient split	up to 0.30
Incomplete turns	0.1 (within 30°), >30° skill doesn't count
Hop/Steps on feet or hands	0.10 each time maximum of 0.80 for any one skill
Movements to maintain balance	up to 0.30
Static skill not held for 3 seconds	The skill does not count towards content
Touch down with hands	0.50
Fall	1.00
Poor Posture throughout the routine	0.30



VAULT COMPETITION REQUIREMENTS (School Gym & Milano)

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

Final Score = D Score (Vault Tariff) + E Score (up to 10.00) = maximum of 16.00

- Power boards will be available at the National Final
- Gymnasts must use apparatus provided
- Gymnast will perform 2 vaults each (the same or different) from the appropriate list. Only their highest mark will count
- Any vault performed that is not listed will be deemed void.

Execution Penalties for Vault

First Flight

		Landing	
Bent knees	up to 0.50	Insufficient distance	up to 0.50
Legs separated	up to 0.30	Arm or body movements to maintain balance	0.30
Insufficient stretch	up to 0.50	Deviation from straight line	up to 0.30
No Layout	up to 0.50	Deep squat on landing	up to 0.50
Two knees on top	1.00	Steps	0.10 each to a maximum of 0.70
Bent knees	up to 0.50	Fall	1.00
Legs separated	up to 0.30	Insufficient stretch into landing	0.30
Insufficient stretch	up to 0.50	Full Support from coach during vault	2.00
Poor technique <i>e.g. hips bent</i>	up to 0.50	Support from coach on landing	1.00
No Layout	up to 0.50		
Two knees on top	1.00	Void Vault	
One knee + 1 foot on top	0.50	Touching the apparatus without vaulting.	
One knee + 1 leg hanging down	1.00	Performing a vault not on the list	

Repulsion Phase

		2 nd Flight	
Touch with one hand only	1.00	Bent legs	up to 0.50
Poor technique <i>e.g. poor body shape, arched back, hips bent, too long on apparatus</i>	up to 0.50	Poor technique/ body shape/body position <i>e.g., back arched</i>	up to 0.50
Bent arms	up to 0.50	Legs separated	Up to 0.30
Bent legs/knees	up to 0.50	Insufficient height	up to 0.80
Legs separated	up to 0.30	Insufficient stretch into landing	up to 0.30
Legs round side of vault	0.50	Stop on top of box	0.50
		Insufficient dynamics	up to 0.50

MILANO TEAM COMPETITION RULES

School Team Competition - Floor, Vault & Group Sequence

National Final to be held at Fenton Manor Sports Complex on March 10th & 11th 2023

Entries Deadline – 5th February 2023 Music Deadline – 27th February 2023

Age Groups:

- Junior: Over 8 and Under 11 (Years 3-6)
Gymnasts under 9 may compete with permission from their Headteacher
- Secondary: Under 13 (Years 7-8); Under 16 (Years 9-11); Under 19 (Years 12-14).
- A gymnast may compete in one age group higher
e.g. an U13 may compete in the U16 but not in the U19; an U16 may compete in the U19.
- Regional organisers are responsible for verifying the correct ages of all team members before competing in the National finals.
- Regions in breach of these rules will be disqualified.

Team Numbers

- Regions/home countries can enter 2 x male, 2 x female and 2 x mixed teams in each age group at the national finals. (24 teams in total).
- The 2 teams from each age group must be from **different** schools (regardless of placing at the regional competition) creating a regional team for the national finals.
- If only 1 school enters the regional competition, then the region can send a second team from the same school. However, this regional team will not be eligible for the regional trophy, but both teams will still rank in the overall placing. *i.e., a boys' team from the same school could rank 1st and 3rd but could not be a contender for the overall regional trophy.*
- If there is a tie for the overall regional trophy then the highest group score will count.
- Each team must consist of 3 or 4 gymnasts from the same school. A mixed team must include a minimum of 1 boy and 1 girl.
- Where 4 gymnasts make up a team, only 3 can perform on Floor and Vault - (it may be the **same** 3) but 3 **or** 4 can compete in the group routine. In the mixed section at least 1 boy and 1 girl must compete in all three sections.

Dress

- Refer to "Rules common to all BSGA competitions".

Music

- Refer to Rules Common to all BSGA competitions.
- Only girls may use music to accompany their individual routine. All teams may use music in the group sequence. There is no penalty if music is not used.

Medal Positions

- The school teams finishing in 1st, 2nd and 3rd positions in each age group competition will receive medals
- The school team finishing 1st in each competition in each age group will receive a BSGA Team trophy. (This will be retained by the school for one year)
- The regional team with the highest combined score from the 2 different schools in each section will receive the Team Regional trophy (This will be retained by the school for one year)
- Medals will only be provided to team participants. (Schools can purchase a medal for a reserve).

Scoring

- The three scores on floor and vault added to the group sequence score will count towards the overall result. In the event of a tie the highest group score will count. If still a tie, the highest vault total will count
- Individual gymnasts can score a maximum of 16 on Floor and 16 on Vault. The group Exercise has a maximum score of 30.00
- The gymnasts' final score has TWO components – **D-score (difficulty)** and **E-score (execution)**.
- The D-score will give the gymnast marks for the skills and requirements included in the routine.

Individual Floor Exercise

Content 3.00 marks

Composition 3.00 marks

Group exercise only

Content 9.00 marks

Composition 6.00 marks

Synchronisation 5.00 marks

On vault the tariff is the D score

E-score – Each gymnast starts with an E-score of 10.00.

Deductions will be taken every time the performance is less than perfect.

E-score = 10.00 minus total of deductions e.g; 10.00 minus 4.00 **E-score = 6.00**

The D-score and E-score are added together to give the Final score. E.g; 6.00 + 6.00

FINAL SCORE = 12.00



For Individual Floor routine and Vault requirements see the preceding F & V and Vault sections.

Group Sequence (Total 30.0 marks)

- The sequence will have 3 or 4 gymnasts.
(Mixed teams must include at least one male and one female)
- A routine up to 1 minute 20 seconds from first movement to last, performed on a 12 metre square un-sprung matted floor.

Content 5 x skills @ 1.00 = 5.00

2 balances @ 2.0 = 4.00

Composition 6 x categories @ 1.00 = 6.00

Synchronisation = 5.00

Maximum D Score up to 20.00

Plus E (execution) Score = 10.00 – total deductions for poor execution

Final Score = D Score (up to 20.00) + E score (up to 10.00) = maximum of 30.00



Content – (D value up to 9.0 marks)

- **Five** different and distinct moves from the published table of approved moves (Value 5.0 with a 1.0 penalty applied for each move omitted by one or more members of a team).
- A jump half turn OR full turn may be included as one of the five counting moves.
- Leaps, jumps (except half & full turn jumps & stag jump), spins and turns are not considered as moves but should be included as linkages to link the sequence together.
- Additional moves from the approved table can be included and moves can be repeated. However, no extra marks will be gained and marks may be lost for poor execution.
- Dive rolls are not recommended but if included will be considered as linkages not one of the counting moves.
- **Two** balances – (free choice). Value 4.0, with a 2.0 penalty applied for a missing incomplete or incorrectly constructed balance. Each balance must be performed as a three or four, and control and stability must be shown in a static hold of 3 seconds.
- **If the balance is not held or static for 3 seconds the the value of the balance will be lost.**
- **All gymnasts must be supported or supporting in the balance. (If you take a gymnast away the the balance will no longer work).**
- **Gymnasts must not start or finish the routine in a balance.**



- There must be physical contact between the gymnasts in each balance and at least two of the gymnasts must have contact with the floor (the Bases). Any gymnast not in contact with the floor (a Top) must have direct contact with a Base. The concept of 3 or 4 high 'stacking' requires a level of technical knowledge, safety equipment and flooring, and training time that is not available to most schools, and so have been deemed unsuitable on safety grounds for Schools competitions. No matter how competent their gymnasts are, teachers must observe this principle. Examples of suitable balances are provided below but free choice is permitted.

Synchronisation – (D value up to 5.0 marks)

- The whole team must perform the same 5 moves in order, in unison, in cannon or both, with links and dance. The team can work together or in a variety of sub-groups during the sequence. There must be no audible or visible communication, (Penalty 1.0 mark) but hands are permitted to touch.

Composition – (D value up to 6.0 marks)

- The routine should include choreography that demonstrates use of the 6 categories listed below. They are of equal value (up to 1.0 each)
- effective use of the floor space and patterns
- changes in direction and levels
- a range of linking skills, leaps, spins, jumps – (excluding half or full turn jump) – and dance)
- musical interpretation & tempo/rhythm
- difficulty and variety appropriate for age and maturity (difficulty should not be included at the expense of good execution)
- Artistry, creativity, and presentation throughout (to include not finishing with the music) 0.5

Execution (E Value Up to 10.0 marks)

- As for the individual routine
- See the separate pages that provide execution penalties for BSGA floor, vault and group routines

Examples of Trio Balances

The first two must be supported on the hips



(1)



(2)



Examples of Fours Balances

3 Bases, 1 Top



2 Bases, similar shape, 2 Tops, 1 on ground



2 Bases, similar shape, 2 Tops, both off ground



2 Bases, different shape, 2 Tops, 1 on ground



2 Bases, different shape, 2 Tops, both off ground



The various Base and Top positions can be swapped around to create many different balances. There are many other shapes (e.g. levers) and positions that can be used; support can be with '1 or 2 arms' and performers can 'face in or out'. **Safety should always be paramount, especially when dismounting.**

FLOOR AND VAULT COMPETITION RULES

School Team Competition on Floor & Vault

National Final to be held at Fenton Manor Sports Complex tbc due to King's Coronation

Entries deadline 17th March 2023 Music Deadline 21st April 2023

Please check BSGA website for confirmation

Age Groups:

- Under 11 (Years 3 to 6) Under 14 (Years 7,8 & 9) Under 19 (Years 7 to13)
A gymnast may compete in one age group higher e.g., an U13 may compete in the U16 but not in the U19; an U16 may compete in the U19. Regional organisers are responsible for verifying the correct ages of all team members before competing in the National finals. Regions in breach of these rules will be disqualified.

Team Numbers

- Regions/home countries can enter a male, a female and a mixed team in each age group at the national finals (9 teams in total).
- Each team must consist of 4, 5 or 6 gymnasts from the same school. A mixed team must include a minimum of 2 boys and 2 girls.
- Where 6 gymnasts make up a team, only 5 can perform on each apparatus, but **each of the 6 gymnasts must perform at least once.**

Dress

- Refer to "Rules common to all BSGA competitions".

Music

- Refer to "Rules common to all BSGA competitions".
- Only girls may use music in their individual routine. There is no penalty if music is not used.

Medal Positions

- The teams finishing in 1st, 2nd and 3rd positions in each age group competition will receive medals
- The team finishing 1st in each competition in each age group will receive a BSGA Team trophy. This is retained by the school for one year and returned prior to the National Final the following year, suitably engraved.
- Medals will be provided to participants only. Schools may purchase a medal for a team reserve.

Scoring

- The highest four scores on each apparatus added together count towards the overall result. (In a mixed team this must include the scores of 2 boys and 2 girls on each piece).
- In the event of a tie the best 5 marks in each section will be added together
- Individual gymnasts can score a possible maximum of 16 on Floor and 16 on Vault.
- The gymnasts' final score has TWO components – D-score (difficulty) and E-score (execution).
- The D-score will give the gymnast marks for the skills and requirements included in the routine.

Individual Floor Exercise

Content 3.00 marks

Composition 3.00 marks

On vault the tariff is the D score

E-score – Each gymnast starts with an E-score of 10.00.

Deductions will be taken every time the performance is less than perfect.

E-score = 10.00 minus total of deductions e.g; 10.00 minus 4.00 E-score = 6.00

The D-score and E-score are added together to give the Final score. e.g; 6.00 + 6.00 **FINAL SCORE = 12.00**

For Individual Floor routine and Vault requirements see the preceding F & V and Vault sections.

GymFest

PRESENTS

EURO♥VISION

First, a little bit of history: The Eurovision Song Contest began as a technical experiment in television broadcasting: the live, simultaneous, transnational broadcast that Europe has now been watching for nearly 70 years was in the late 1950s a marvel. Just think how far we've come technically in those years and yet the Eurovision Song Contest still goes on with even more elaborate lighting effects and showmanship. Back in 2008, it was felt that schools' gymnastics needed an opportunity to showcase their artistic skills in a theatre style environment, hence the birth of GymFest. We invited schools and clubs to participate from all over the country, with the emphasis on a colourful gym display which was non-competitive and all gymnasts left with a commemorative medal.

As the UK is hosting the Eurovision Song Contest in 2023 we thought we would celebrate this event by choosing Eurovision as the theme for GymFest. Let your imaginations wander round Europe and maybe choose a country, a song, a colour scheme, or a singer that represents a participating country in the ESC. Remember there are no rules and a link to the theme can always be found. There is no age limit either, from toddler to grandma, all are welcome.

Entry fee is £12 a gymnast and for that you can perform on one or both days. A commemorative tee-shirt/hoody will be available to order nearer the time of the show with all gymnasts names on the back. This is a great opportunity to meet old friends, make new ones and perform on a sprung floor under theatre lighting in a relaxed and enjoyable atmosphere without the pressure of competition. Everyone leaves with a medal and a big smile!



**This National Festival to be held at
Fenton Manor Sports Complex
on 10th & 11th June 2023**

**If you'd like further information, or to express your interest to take part,
please contact Vicki: at vicki@bsga.org or 07808 687357**



British Schools
Gymnastics Association

Gym Fest

PRESENTS



EURO♥vision



10th & 11th June 2023

Fenton Manor Sports Complex, Stoke-On-Trent

ACROBATIC GYMNASTICS & TUMBLING GYMNASTICS COMPETITION RULES

National Final to be held at Fenton Manor Sports Complex tbc due to King's Coronation

Entries deadline 17th March 2023 Music Deadline 21st April 2023

Please note all tumbling will take place on tbc

Please check BSGA website for confirmation

Judging Guidelines and Rules

The following set of guidelines have been produced with the BSGA Acrobatic Gymnastics & Tumbling Gymnastics Championships in mind. They are based around the BGA Award Scheme for Acrobatic Gymnastics & Tumbling Gymnastics in Pair work and a simplified set of elements for Tumbling. The competition is aimed specifically at developing the sport in schools and with school gymnastics in mind, as such there are some differences which judges should take into account. There are nine Pair events, three Group events and six Tumbling events. Male gymnasts involved in tumbling must wear leotard and shorts or school PE kit, shorts with shirt tucked in.

General

Age Groups: Under **11**; Under **14**; Over **14** - Under **19**.

Events: Boys Pairs, Girls Pairs, Mixed Pairs, Group, Boys Tumbling, Girls Tumbling. Gymnasts may compete in the next higher age group but not in a lower age group. For the Group routine all six gymnasts may compete up **one** age group to form a team for that year. Regional organisers are responsible for verifying the correct ages of all team members before competing in the National finals. Regions in breach of these rules will be disqualified.

- Age as of 1st September in the academic year of competition.
- No competitor may compete in more than one age group in the same discipline, e.g. U11 Girls Pairs and U14 Girls Pairs.
- Competitors may compete in any number of events within the regulations although the competition should not be unnecessarily disrupted to accommodate a performer who has entered more than one section. This may mean that warm-up in one or more events are missed.
- All competitors must be in full-time education.
- Pairs and Groups must be from the same school.
- Gymnasts may perform in the next higher age group but not in a lower one. An U11 performer may compete in the U14 event, (if at the same school) but not in the U14 - U19 event. (An U14 may not compete in a U11 event). age group - deviation from this is only at the discretion of the Regional Organiser in order to enter a full team in the National finals.
- Schools must be affiliated through their Region to the BSGA before entering their regional round.
- The facility does not exist for pupils in single sex schools to partner pupils from another school.
- Under 19 competitors must be in full time education.

Selection.

Only **one** Pair and **one** Group from each age group and discipline may proceed to the Finals. These will be those that won their section at the Regional Finals, regardless of their score or ability. In the event of there being only one Pair represented in any one section they will automatically qualify for the final. However, the individual teacher has the right to withdraw their Pair, Tumbler or Group from the finals.

Each Region may enter two Tumblers in each age group. In the event of there being no entries in a section the Region may select representatives who must be nominated on the official entry form at the same time as the rest of the team.

Substitutes.

Any changes to the nominated performers should be notified in writing, by email, to the Competition Organiser, from the Regional Officer 3 days prior to the date of the competition.

Team Competitions

There will be three team competitions: - one for each Age Group. All positions count towards the final score of the team (both tumbling scores will count). If a region is not represented in a floor discipline, then their score will be 13. If they are not represented in the tumbling section their score will be 26 for each missing tumbler. For first place a team will score 1, 2 for second and so on. The team with the lowest score will be the winner.

Evaluation of Tumbling Exercises

1. General Notes:

All Tumble runs will be marked out of 10.00

All Tumble runs will be performed on a matted, not sprung, tumble run.

Each performer will perform three runs:

1. Straight Run - Round Off can be counted as one of the elements and is not considered a twisting element
 2. A Run with twist (Change of Direction e.g. half turn at the end of the run) If a round off is used it will not count as the twisting element, a separate move with a change of direction must be performed.
 3. Free Run of 5 elements **which must be different from Run 1 and 2.**
- Each run will contain a minimum of five elements from the list.
 - Additional elements to those on the list may be included but will not be credited. They may, however, accrue technical deductions.
 - No element may be performed more than twice in any Tumble. NB $\frac{1}{4}$ turn into cartwheel is NOT a separate element
 - Elements may be repeated in different tumble runs, but no tumble run may be identical.
 - Walkouts do not constitute a different element but may be added to any element on the list.
 - A springboard may be used at the beginning of the run for any element listed.
 - No more than 3 elements may be jumps
 - Saltos can only be performed as the first and last element of a run.
 - The safety mat must be used for saltos at the end of a tumble. 0.3 Deduction if not.

2. Judges May Deduct Under Six Headings:

• Deviation

A tumble should be performed astride the centre line of the track. Deductions ranging from 0.1 to 1.0 may be made for any deviation from the centre line. Should the Tumbler deviate from the centre line they are advised to continue parallel to the centre line rather than strive to regain the line. A zig-zag course could lead to several deductions under this heading although the maximum is 1.0.

• Finish

The Tumbler should finish with the body vertical in a **two footed** landing with feet astride the centre line at the end of the tumble i.e. last element may not be a cartwheel or walkout. Any foot movements, arm and body movements to maintain balance, or stooping forward, will be penalised. Penalties range from 0.1 to 1.0.

• Tempo

A Tumble should be i) Fast and ii) Maintain momentum or accelerate throughout. A Tumbler can incur deductions for loss of momentum between elements. These deductions are additional to the technical deductions and range from 0.3 to 1.0 for stopping.

• Difficulty

Each element in the Tumbling exercise is assumed to have a difficulty of 1.0 for the purposes of defining the difficulty of the routine, when the following occur:

- Omission of an element: deduct 1.0 (the difficulty value of the missing element). Deduct a further 1.0 for failing to perform the exercise as prescribed, e.g. the exercise would be marked out of 8.0.
- Changing an element: If an element changes beyond recognition to become an element not included on the list, and in so doing there are only four elements from the list then 1.0 (the maximum technical deduction for the element) is deducted CJP, with a further 1.0 mark for the non- performance of the element. The routine would be marked out of 8.0.
- Additional steps: If a handspring to two feet is immediately followed by a cartwheel, the exercise ends at this point for judging purposes. Deduct 1.0 for the steps, deduct a further 1.0 for failing to meet the requirement of the exercise, e.g. If an exercise started with a handspring and steps were taken immediately after the first element, the exercise would be marked out of 4.0. [Handspring to 1-foot, immediate cartwheel is allowed, but if a handspring is performed to two feet an immediate jump to one foot must be included as a move.]

- Fall: Deduct 1.0. Also deduct for any element not performed and 1.0 for failing to meet the requirements of the exercise.
- Stop: As for a fall.
- Both feet or hands outside the boundary line: as for a fall.

• General Impression

A Tumbling exercise should be fast, ideally accelerating throughout. It should have rhythm and lightness and an uninterrupted smooth flow and fulfil all the requirements of shape and height. All landings should be exact. A Judge may deduct 0.1 to 1.0 for his general impression of the exercise. Deductions can also be made under this heading for untidiness, discourtesy, and behaviour of the coach; however, the maximum deductions under this heading cannot exceed 1.0.

Faults for Composition and General Impression

Minor Errors (0.1)

- insufficient lightness and rhythm
- repeated small technical faults
- uncertain approach
- indistinct start and finish to exercise
- untidy or immodest dress

Significant Errors (0.3)

- incorrect dress
- presence of a spotter



Technical Deductions

Minor Errors (0.1)

- slight bending or spreading of arms or legs - slight deviation in direction
- landing with a small bounce or step
- other small insignificant errors in technique
- slight lack of height in somersaults (below shoulder height of the performer)

Significant Faults (0.3)

- a distinct bending or spreading of the arms or legs
- a large step in landing or three small steps
- poor shape in the element
- distinct deviation from the centre line
- over or under turn in somersaults up to 45 degrees
- slight loss of tempo
- deep bend in landing
- execution of somersault at waist level



Serious Faults (0.5)

- distinct loss of tempo
- additional steps after landing (more than three)
- touching the boundary line of the runway with one hand or foot - significant bending of arms or legs
- over or under turn in twisting somersaults (more than 45 degrees) - serious technical errors
- landing a somersault on one leg when it should have been two - touching the floor briefly with the hands
- stepping out of the exercise area with one hand or foot. Non-Performance Faults (1.0)
- a stop in the routine (remainder not evaluated)
- crossing the boundary line of the track with both hands or feet (remainder not evaluated) - fall on head, hands and feet, front, back or seat
- physical assistance from a spotter (element and remainder of exercise not evaluated)

Tumbling Elements

Straight jump	Flic flac	
* Tuck jump	Cartwheel	Half twisting back somersault
* Pike straddle jump	Round Off	Full twisting back somersault
Jump half turn	Flyspring	Tuck front somersault
Jump full turn	Tuck back somersault	Piked front somersault
Handspring - 1	Pike back somersault	Arabian front somersault
Handspring-2	Straight back somersault	Side somersault

* Tuck and Pike Straddle jumps are **only** allowed as the final element of the tumble

Evaluation of Pair & Group Exercises *(please note the changes to elements required)*

Pair elements are designed to fall in line with BG Acro NDP and Award Schemes. The pair elements should be performed following the guidance given in this handbook. The position of the free arms and legs are optional.

Each pair must choose **four** pair elements and **three** agilities from the diagrams in the handbook. The individual elements must be performed either simultaneously or in immediate canon. All pair balances must show a static position for 3 seconds in the balance phase of the element.

Timing of the element begins when the position is static. A 0.3 deduction will be made by the CJP for each missing second in a balance. There is no requirement for a static hold in tempo or 'moving' elements. Entry to and exit from a balance is optional. Safety, however, should be a prime consideration.

In mixed pairs the male must be the base. In other pair events partners may change as the base. Any of the pair skills may be performed with one-arm support if the teacher considers the element safe for the performers. Stands on shoulders may be performed with support from two hands, one hand or without support from the base.

Floor routines will be performed on a 12 x 12m square matted, not sprung floor area. The use of a sprung floor is not permitted for a regional selection event.

Additional Agilities or Pair Elements

No additional difficulty will be accredited to the performers for extra pair or individual elements although such elements are likely to accrue deductions if not performed well.

Scoring – At national finals there will be a CJP and four judges. At regional level the judging panel for the Pair and Group exercise comprises of one CJP (Chief of Judging Panel) and the remaining judges. The judges mark the routine for technical excellence and Artistic merit from 10.00 regardless of time faults or compositional requirements. The final score for a pair or group is the average of the judges with a tolerance range of 0.5 for all marks. The CJP makes deductions from the final score for time faults and compositional requirements. The CJP also marks the routine and records a score, though this is not taken into account on the first instance.

If there is a tied position, this is resolved by:

- Taking the average of all four judges' marks. If a tie still exists:
- Taking the average of all marks including the recorded mark of the CJP.
- If a tie still results, then a joint award is made

Group Sequence Requirement

- Six competitors per group
- Any combination of boys and girls is acceptable – but a boy must be the base if supporting a girl
- Age regulations apply as for general regulations

All six competitors will perform the same **three** agilities. These must be performed in synch or in canon. There should be no contact between gymnasts during the performance of these elements. Agilities however may be linked together to form a sequence, e.g. cartwheel, immediate one-arm cartwheel. Each group will perform **three** pair elements from the diagrams in the handbook i.e. the same element at the same time. Each pair must be in contact with their partners throughout the balance phase (entry, balance, and exit) during balance elements but have no contact with other pairs.

In addition, they will also perform ONE GROUP BALANCE, involving all members of the team and in which the members are in contact. The structure of the group balance should be such that all members are playing a part in the maintenance of the final balance. To this end all members of the team should be in support of or supporting another member of the team. It is considered insufficient merely to make contact while still being on the floor. The Balance must show strength, flexibility and balance. A 0.5 deduction will be taken if any of the three is missing. The creativity, aesthetics and difficulty of this balance will be considered by the judges in their 2.0 mark for artistry.

Pyramids where partners are merely in contact rather than in support will be penalised under the Artistry heading. The structure of this balance is left to the discretion of the teacher. The Group balance does not have to be made of elements from the awards.

Schools who won the Group National title in 2018 will be automatically selected and the region may then enter an additional group in that age range.

Compositional Requirements

If one or more compositional requirements are not fulfilled the CJP will deduct 1.0 from the final score together with a further 1.0 to represent the value of the missing element. This applies to individual elements and pair/group elements.

Individual elements

If one of a partnership fails to perform a skill, it is considered as not performed by both (all) performers and the deduction is made as previously described. If one of the partners performs the skill and the other makes a recognisable attempt – for instance aiming to perform a handstand forward roll but failing to complete the roll, the 1.0 is deducted for the value of the element but no deduction is made for Compositional Requirements.

Pair/Group Elements

- If the element is completely missed (only three/two pair skills are shown, or an incorrect move is performed), the CJP deducts 1.0 mark for the skill value and another 1.0 for Compositional Requirements.
- If the element is attempted but does not reach the final position, then the CJP deducts 1.0 for the value of the element, 1.0 for Compositional Requirements and a further 0.9 for time faults. (total CJP deduction of 2.9) The performers are permitted to rebuild the balance. If they do, then they regain the 1.0 for SR and the 1.0 for element value, but the 0.9 time fault deduction is still applied. (Total CJP deduction of 0.9). Technical judges deduct 0.5 for an incomplete element.
- If there is a ‘false start’ – i.e. the performer starts to climb, then immediately returns to the floor and begins afresh, there is no deduction by the CJP and a 0.5 technical deduction is made by the panel.

The 1.0 CJP deduction for “Compositional Requirements” is taken only once in a routine

General

- The first movement by a competitor shall constitute the beginning of the exercise
- Each pair, group or individual element carries a difficulty mark of 1.0
- Pair and group elements should be held static for three seconds. 0.3 will be deducted by the CJP for each missing second.
- Evaluation of Pair: Technical merit from 9.0, artistry from 1.0
- Evaluation of Group : Technical merit from 8.0, Artistry from 2.0

Technical faults

Technical errors include: landing faults, entries and exits from elements, shape and position, falls and breakdowns in the execution of elements.

Minor errors (0.1)

- Inaccurate position of partners in a balanced element
- Slight instability in balances
- Slight bending or spreading of arms
- Small hop or step in dismounts



Significant Errors (0.3)

- Visible strain in strength elements
- Pronounced bending or spreading of arms to maintain balance
- Loss of balance with no more than two steps
- Distinct bending of arms in handstands
- Slight touch of a partner or the floor
- Significant loss of tempo
- Poor body lightness

Serious errors (0.5)

- More than two running steps after a dismount
- More than three steps to maintain a balance
- Visible or distinct strain to maintain a balance
- Sliding or falling onto one knee
- Uncontrolled exit from a pair or group balance that lands on the feet
- Failed element, false start

Faults (1.0)

- Falling without control onto any body-part other than the feet
- Additional support of a partner to prevent a fall
- Performing without music



Artistry Mark

Deductions for Artistry should not exceed 1.0 in the Pair routines and 2.0 in the group routines

Minor errors (0.1)

- failure to use all four quarters of the floor
- uneven distribution of the elements throughout the routine
- failure to use one of the levels – high, medium or low
- repetition of similar elements or poses
- slightly noticeable divergence from the musical accompaniment
- small deviations in synchronised movement
- wearing jewellery
- adjusting dress while performing (0.1 each time)
- failure to present at the start or end of the routine



Significant faults (0.2)

- only half the floor area used
- majority of routine performed at one level
- lack of variety in pace of routine

Serious errors (0.3)

- lack of harmony between music and movements throughout the routine
- big deviations in synchronised movement
- only one variety of pace throughout the routine
- poor quality and variety of choreography
- use of additional matting
- prompting from the side-lines or to each other
- display of poor sportsmanship



Time faults

Pair balance elements must be held for 3 seconds, and the Group balance for 3 seconds. Timing starts at the moment a definite balance has been achieved. The time limit for Pair and Group exercises is 2 **minutes**. The timing begins from the movement of one or more of the performers and ends when a definite finish position is shown. Every routine must be timed by an appointed timekeeper who must not have any other responsibility. The timekeeper must sit next to the CJP who will also time the routine and who will make the final decision on the appropriateness of any deduction. The precise duration of each routine must be recorded, and the record sheet signed by the timekeeper and the CJP. If, for any reason one or more routines are not timed, then the time deduction may not be applied to any performer in that section

CJP deductions

- Time faults for balance elements 0.3 for each second missing
- Music faults that are the responsibility of the teacher 0.3 e.g. poor reproduction of music, faulty CD
- Exceeding the allowed time of the routine 0.3 (see above)
- Finishing before or after the end of the music 0.3
- Compositional "Special Requirements" 1.0 (only once in a routine)
- Missing elements : 1.0 every time
- Very significant size difference between partners 0.2
- Stepping over the floor area boundary 0.1 each step
- Undergarments visible or immodest dress – 0.3 for each performer
- Theatrical dress such as animal representations, attachments, uniforms/suits, flowers or excessive ribbons in the hair, or heavy make-up 0.3
- Clothing not matching or complementary 0.3

Group Balance

Each team must create one voluntary static pyramid involving all six team members. The composition of this balance should demonstrate the skill and inventiveness of the group. All partners should be actively contributing to the group pyramid – each person must either be supported or be supporting another group member. The creativity, aesthetics and difficulty of this balance will be taken into account by the judges in their 2.0 mark for Artistry. Pyramids where partners are merely in contact rather than in support will be penalised under the Artistry heading.

Music

All Pair and Group routines should be performed to music, which may be instrumental or orchestral, but lyrics are not permitted. Voice may be used as an instrument, provided lyrics are not used. The routine starts and finishes in an aesthetic held position. This may not be one of the technical skills. The routine should show a relationship with the music, and the end of the routine should coincide with the end of the music. If the music fails during a performance the Pair or Group should continue to perform their routine. If the fault is that of the equipment, then a re-run may be offered, time permitting. If the fault is caused through a poor recording no re-run will be allowed.

Dress code

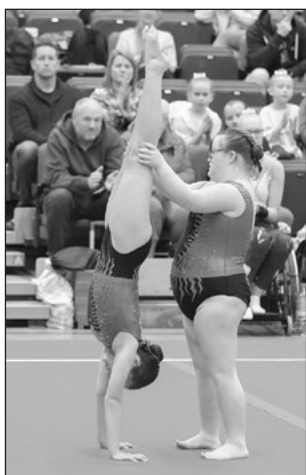
Refer to common rules BSGA. Theatrical make- up, exaggerated hairstyles, ribbons, flowers or themed (e.g. soldier costumes) are not permitted and if worn will incur deductions from the CJP as shown above. Throughout these rules we have tried to mirror the work being done at the lower levels of acrobatic clubs. This is in line with government policy, which seeks to link sport being done in clubs. In the event of any queries over these rules, or any other Acrobatic or Tumbling questions please contact the ACROBATIC REPRESENTATIVE (currently Tania Cattoor or Tumbling Representative Stacey Crook) listed in the BSGA Committee Members, and they will give a final and binding decision. Regional Team Entries to your Regional Organiser as shown on the Regional Pages.

All trophies from School Gym National Finals 2022 should be returned to Katrina Venner by 5th May 2023

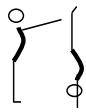
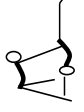
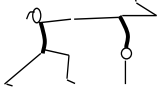


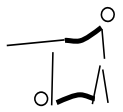

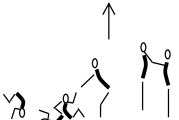


BRITISH SCHOOLS ACROBATIC GYMNASTICS DISABILITY PROGRAMME

SPECIFIC RULES



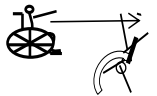
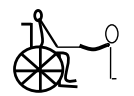
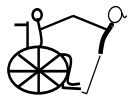





- The general rules for judging and composition are identical to the mainstream programme with some exceptions which are detailed below.
- There are three levels of entry to the British Schools Acrobatic Gymnastics Disability Development programme – **these are not governed by age, but by ability to perform the elements. Gymnasts will try to be grouped according to disability where numbers allow. i.e., Wheelchair users competing against wheelchair users.**
- However, both partners in a pair must still be attending school.
- Due to logistical problems, the two gymnasts in a pair do not have to attend the same school. In the case of children from different schools making a partnership, both schools should be on the entry form and affiliated to BSGA.
- The drawings in the programme are to describe the elements, but the written rules in the guidance boxes will always take precedence over the drawings.
- Elements may be performed with minor stylistic variations that do not change the biomechanics of the element. Where straight legs are indicated, a partner whose legs are restricted in range should indicate this on the tariff sheet and perform the element with the legs as straight as restriction allows.
- Partners with a disability who are not wheelchair users must choose their elements from the mainstream programme at the level of entry: L1 from the U11 programme, L2 from the U14 programme and L3 from the O14 programme regardless of their age.
- Only wheelchair users may choose the individual elements from the Disability charts at each level. Wheelchair users who can perform the individual elements from the mainstream programme with minor adaptations may do so.
- Wheelchair users may use their hands to stabilise their legs if necessary
- Where dish or arch positions are indicated, a disabled performer who cannot recruit their lower body may show a lift of the upper body while the legs remain on the floor.
- Where the physical limitations of a performer make it difficult to perform the individual skills, the coach should contact Vicki Sly vicki@bsga.org that a decision can be made that will not disadvantage the partner with a disability.
- Each partnership may be formed of either two partners each with a recognised disability or by one disabled partner working with an able-bodied partner. In this case the able-bodied performer must choose individual elements from the mainstream programme while the disabled partner who is a wheelchair user may use the elements from the disability section.
- Unlike the mainstream programme, in a mixed pair the male may be base or top in the pairing.



Under 11 Pair Skills & Disability Level 1

				
Supported handstand. Legs of top are together and straight. Base stands with good posture supporting the top lightly in balanced handstand	Base sitting in straddle supports top in straight handstand. Body of base should be vertical and arms of base are straight.	Base in lunge supports stag handstand of top. There should be a straight line from the shoulder of the base to the leg of the top. Support is under the heel	Shoulder stand on base support. Base's legs are bent, with feet on the floor. Support of the top is on the knee or thigh of the base. There should be a straight line from the shoulder of the base to the toes of the top.	Counterbalanced stand on knees. This may face in either direction. Hands may be crossed if preferred. Direction of top facing is optional
				
Supported front support. Top should have a straight body shape. Base holds top between knee and ankle	Supported back angel. Base supports top at shoulder or upper arm. The top should have a gentle curve	Forward roll with assisted jump. The base bends to reach early for the top. Grip is wrist to wrist	Cartwheel over dish shape. Top places one hand each side of the body of the base	Leapfrog over partner. The top should rise after the contact with the base. Base may face in any direction but should not bend the legs.

Disability Level 1 Pair Skills

				
Top performs headstand supported by wheelchair user in front or to the side of the chair.	Top performs a supported jump using wheelchair handles or shoulders of base as support.	One strong push from wheelchair user to travel forwards. Top performs a cartwheel alongside the chair.	Top performs front support with feet and ankles on thighs of wheelchair user, who uses hands to support the Top's feet.	The grip is optional in the counterbalance but the Base and Top should have straight arms. Feet of the top are on the floor, not on the footrest of the wheelchair.
				
Wheelchair user dismounts from the chair aided by Top.	Base lying, leg position optional. Top in front support supported by the Base under the body at the point of balance. Base should have straight arms. Top has hands on the floor with straight arms to support the upper body	Base in arch or supine (dish) body shape. Top reaches both hands over the waist of the Base and forward rolls. * NB General rules for base position	Base lying with knees bent together, Top in front support with their feet/ankles on the knees of the Base. Base may support their own legs with their hands for stability.	Wheelchair user in any sitting position supports Top to perform counterbalance in straddle sit. Base and Top should have straight arms.

Under 11 Individual Skills & Disability Level 1


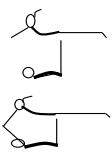
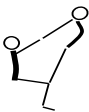



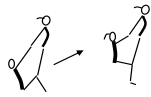
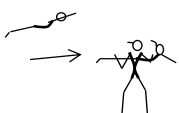


Shoulder stand 2"	<i>Hands may support the hips. Shoulder stand should be near vertical</i>	Cartwheel, chasse, cartwheel.	<i>A continuous series of movements increasing in speed and with no extra steps. Direction of finish is optional</i>
Cartwheel	<i>The cartwheel should follow a straight line. Start and finish positions are optional. The movement should be slow and controlled.</i>	Bridge with bent legs	<i>The shoulders should be fully open in the bridge. The legs should be together</i>
Forward roll immediate half turn jump	<i>The movement should be continuous with no additional steps</i>	Step, jump feet together, straight jump	<i>The step and jumps should be continuous and the feet together at the landing which should show a moment of stillness to evidence control.</i>
Tucked lever hold 2"	<i>Back should be straight, and hips near the hands. Knees should be lifted in front of the body.</i>		




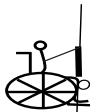

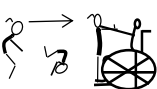


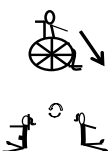

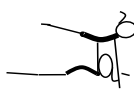
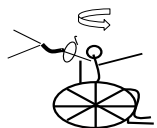
Disability Level 1 Individual Skills (for wheelchair users only)

	Sit with body erect and arms free		Curled back lying, holding knees
	Hip lift with feet resting on floor.		Pike fold, with leg position as straight as possible
	Half log roll, body shape optional.		In chair, 360° pirouette with minimum pushes.
	Back arch with the gymnast lying face down on the floor, pressing down on the floor with their hands to arch the trunk. Arms remain bent at the elbows.		Low front support with one hand free.


Under 14 Pair Skills & Disability Level 2

				
1-foot stand on knee. The top should be in balance on one foot with light support from the base. If facing out, the raised leg should be at a right angle. If facing in, then the leg should be raised behind at 45 degrees.	Free front angel on feet of base. The top has a gently curved shape with heels level with shoulders. Supported front angel on feet of base. Partners hold hands for support. Arms of both partners should be straight	Counter-balanced stand on knees . Support between partners may be with one or two hands. Both partners should be leaning away from each other with tight body shape	Handstand on the ankles of the base. The fingers of the top must not touch the floor. Arms of the base must be straight and the handstand should be vertical with one knee bent. The support may be with one or two hands of the base	Stand on knees. Top and base should be vertical in body line. The base may bend the arms when supporting the top, who should be in balance, not leaning out.
				
Base in lunge, top performs Handstand on the thigh of the base. The base may bend the arms to give support. The handstand must be in balance and straight.	Supported stand on knees rising from sit to stand. The final position should be held for 3" The top should be in straight shape, not arched in the final counter-balance	Dive to catch in cradle. The top jumps from two feet and performs a dive to land in the arms of the base. Base bends knees during the catch and then rises to straight legs A good flight should be seen before the catch	Backward roll to lifted straight jump. There should be no pause after the roll. The base contacts the partner as soon as possible and both partners co-operate in the jump.	Tank roll. Partners hold ankles and roll in turn. Good height should be seen in the roll from each partner, and the movement should be smooth and even.

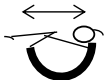



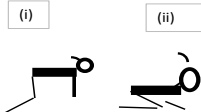
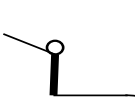

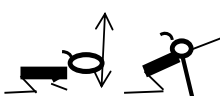
Disability Level 2 Pair Skills

				
Top performs front support with bent arm support from the wheelchair user.	Top should be in a balanced handstand with the wheelchair user providing minimal support at the waist with straight arms. The handstand may be in front of or to the side of the chair.	Wheelchair user uses one hand to support the Top who is in counterbalanced stand using two-on-one hand hold. Base and Top should have straight arms	Top forward rolls to stand supported by the Base.	Base sitting in wheelchair assists the jump of the Top. The Top's arms should be straight.
				
Wheelchair user uses both hands to support shoulders of Top who is in bridge with one leg raised and two hands on knees or chair of the Base.	Wheelchair user performs an unaided dismount from the chair. Top performs a teddy bear roll	Base in arch or supine (dish) body shape. Top cartwheels over the waist of the Base, with one hand either side of the Base. * NB General rules for base position	Base lying, leg position optional. Top in front angel. Top can provide additional support with both hands on the floor.	Arms of Top are straight, with hands pushing from the Base's shoulders. The Top performs a butterfly leap behind the Base.

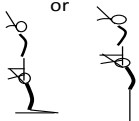
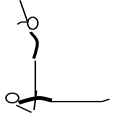


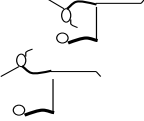
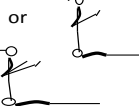
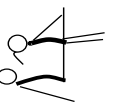

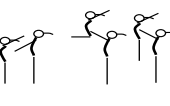
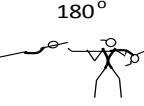
Under 14 Individual Skills & Disability Level 2

Straddle lever hold 2"	<i>Back should be straight and chest open. The legs must be straight and reach horizontal at minimum.</i>	Handstand, forward roll	<i>The handstand must be held for 1" before the roll.</i>
Two linked cartwheels	<i>There must be no extra steps/chases between cartwheels. Second cartwheel may be on one hand</i>	Straddle roll - forwards or backwards	<i>The finish position may be in upright or horizontal hold. Legs must remain straight throughout.</i>
Cartwheel, chasse, cartwheel, cartwheel	<i>A continuous series of movements increasing in speed and with no extra steps. Direction of finish is optional</i>	Bridge with straight legs	<i>The shoulders should be fully open in the bridge. The legs may be slightly apart</i>
Straight jump with half turn	<i>The jump should be high and straight with a secure and accurate landing which is held to show control.</i>		

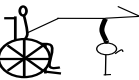
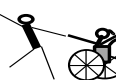
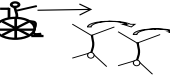
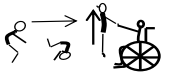
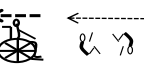





Disability Level 2 Individual Skills (for wheelchair users only)

	In curled shape, rocking on back for two rocks.		Curled back lying, one arm free.
	Full turn log roll, body shape optional		Pike fold, leg position optional
	(i) Front support on hands and knees, back and arms straight. (ii) Low front support, back as straight as possible.		Sitting / kneeling on floor, open shoulders to show flexibility.
	Low front support with one hand free.		From crouch front support with legs and arms bent push with force to lift one arm free of the floor to as upright position as possible, leaving one hand on the floor for support.


Over 14 Pair Skills & Disability Level 3

				
<p>Stand on shoulders with base kneeling or standing. The back of the base should be straight and the core muscles contracted. Method of entry and exit optional.</p>	<p>Base lying, top stands in hands. The elbows of the base remain in contact with the floor. The base's arms should not rest against the body for support. The base's forearm should be vertical and the support under the centre of the top's foot.</p>	<p>Shoulder stand on the arms of the base who is lying with legs raised. The base supports under the shoulders of the top, who holds the legs of the base. The shoulder stand should be in balance.</p>	<p>Free stand on knees. The feet of the top should follow the line of the thigh of the base, not across the muscle. The knees of the base should be just in front of the feet so as to give a stable surface for balance.</p>	<p>Free front or back angel on feet of base. The top has a controlled gentle curve in shape with shoulders and feet in line</p>
				
<p>Straddle or pike lever hold on arms of base who is lying. Legs of the base may be straight or bent with the feet on the floor. The legs of the top should be above horizontal in pike or straddle shape and the chest should be open with a straight back.</p>	<p>Base Lying, legs raised to vertical. Top performs "helicopter" by holding feet of Base and finding the point of balance. Base supports Top by pressing with the thighs</p>	<p>Pitched straight jump. The base bends and uses the strength of the legs to assist the arms in giving flight to the top. The top jumps from one foot in the hands of the base to perform a straight jump with hips rising to the level of the base's shoulders</p>	<p>Two lifted jumps, one pike or straddle, the other straight or tucked. No additional preparation between jumps. Hips of the top should reach shoulder height of base in both jumps. Both partners cooperate in performing the skill. The base supports the landing of the top</p>	<p>The top performs a dive with a 180 turn to land on their back in the arms of the base. The turn should rotate towards the base not away. The base bends the knees to cushion the landing before straightening the legs</p>

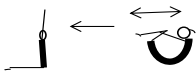
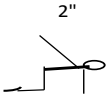
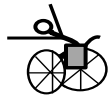

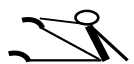

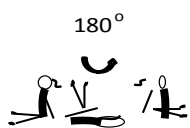
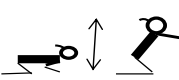
Disability Level 3 Pair Skills

				
<p>Wheelchair user supports the heel of the Top's straight leg in the stag handstand, which may be performed facing inwards or outwards.</p>	<p>Wheelchair user uses one hand to support Top who is in a one foot counterbalance. Base and Top should have straight arms.</p>	<p>Wheelchair user performs two strong pushes to travel forwards. Top performs two cartwheels alongside the chair.</p>	<p>Top forward rolls to a straight jump supported by the wheelchair user.</p>	<p>Wheelchair user performs one strong push back with the wheelchair while Top performs backward roll to standing.</p>
				
<p>Top in front support with one leg raised, the other foot supported in one hand of the Base, who has straight arms.</p>	<p>Wheelchair user performs an unaided dismount from the chair. Top performs a teddy bear roll</p>	<p>Base lying, leg position optional. Top in front angel. Top can provide additional support with one hand on the floor.</p>	<p>Wheelchair user sitting gives one hand support to Top who performs an arabesque stand with one hand grip. Wheelchair user's second hand is on the floor for stability.</p>	<p>The Base sitting on the floor. Arms of Top are straight, with hands pushing from the Base's shoulders. The Top performs a butterfly leap behind the Base.</p>

Over 14 Individual Skills & Disability Level 3

Handstand 360 pirouette, or Headstand 2", legs optional	<i>The handstand must be held for 1" before the turn. In the headstand the hips should be fully opened</i>	One-arm cartwheel	<i>The one armed cartwheel may be performed with the first or second hand and the finish</i>
Forward roll, jump to one foot, immediate cartwheel	<i>The movements must be smoothly linked with no pauses or extra steps</i>	Pike lever hold 2" or elbow planche 2"	<i>Back should be straight and chest open. The legs must be together and straight and reach horizontal at minimum.</i>
Round-off, half turn jump to one foot, roundoff	<i>A continuous series of movements increasing in speed and with no extra steps. Direction of finish is optional</i>	Handstand to bridge or backbend to bridge	<i>In both cases the shoulders should be fully open. Legs may be slightly apart. The landings of either version should be gentle and controlled. Partners may do the same or different skills</i>
Straight jump with full turn	<i>The jump should be vertical, high and complete the turn before landing in control.</i>		

Disability Level 3 Individual Skills (for wheelchair users only)

	In curled shape, rocking on back to upright sitting, legs optional, back upright in final sitting position.		Low front support with one hand free.
	In the chair, side stretch of the spine with both arms free.		Back arch with the gymnast lying face down on the floor, pressing down on the floor with their hands to arch the trunk. The arms finish in straight shape, one in contact with the floor, the other raised free
	Gymnast sitting, legs out as straight as possible. Then one leg is lifted straight using the opposite arm to hold the leg. The other hand stays on the floor for support.		Curled back lying with both arms free.
	180° circle roll with legs as straight as possible. This may be performed with or without the legs being supported by the hands of the performer		From crouch front support bend the arms and push away with force to lift the arms free of the floor, aiming to reach as high as possible towards a straight back.

Acrobatics Pairs

(1)	(2)	(3)
(4)	(5)	(6)
(7)	(8)	(9)
Twins back roll	Forward roll with hands	Cartwheel with legs
Forward roll to handstand	Support cartwheel	Use flag
Front support 2"	Back support 2"	Back handstand 2"
Forward roll	Forward roll to straddle sit	Forward roll straight jump
Backward Roll to stand	Backward roll straight jump	Cartwheel

Making up the sequence

(Total value 16.0 marks for each pair of gymnasts)

- ♦ **Content:** Include 2 balances from green, 2 tempo moves from red and 3 individual moves from blue as shown in the chart (Worth 3.5 marks)
- ♦ **Composition:** Put together sequence with choreography to show:
 - * good use of floor with changes in direction and levels (0.5)
 - * variety of linking ideas, (leaps, spins, dance) (0.5)
 - * artistry & presentation including use of music (0.5)
 - * synchronisation (1.0)
 (Worth up to 2.5 marks)
- ♦ **Execution:** faults deducted (Worth up to 10.0 marks)
- ♦ Can be performed with or without instrumental music. (no words) and to last no longer than 1min 30 secs.
- ♦ Each pairs balance is held for 3 seconds and any individual balance for 2 seconds

Guidelines for Acrobatics Routine

(Boxes below align with routine drawings)

(1) Position of the bases: arms of the floor. Top shows strong front support position	(2) Base sitting on knees with both ankles together. Top in bent leg headstand in tuck position and toes pointed. Base provides minimal support, arms of base straight.	(3) Top in balanced handstand with the base provides minimal support. A straight handstand is required from the top showing extension & good body tension.
(4) Base legs should be straight. The top should be in chair position supported by the base. Base in the lower back.	(5) Feet of B placed above knees of A. Bent legs and feet are straight when top is in balance. Base is kneeling with seat resting on heels.	(6) The top forms an extended flat, the hands and shoulders over the knees of the base. Both base and top should have straight arms
(7) The arms of the base should be straight. The support on hands can be in a wide position but should show an extended bodyline.	(8) Arms of the base and top when in balance straight. Base should be sat in straddle with straight toes pointed.	(9) Top shows strong front support position. Base supports below the knee, arms straight.
Gymnast back to back at the start, each completes a full circle. Finishing where they started	A is in arch, head, arms, shoulders and ankles are clear from the floor. B: Forward rolls over	A in dish, head, arms, shoulders and ankles are clear from the floor. B: Cartwheels over the waist with one arm either side.
Roll of A should be smooth. Hands of B should be straight. Additional steps not permitted	Cartwheel supported throughout.	The legs of the base must be straight. The top should be in flight phase from the top after contact with base.

How to enter your team (s):

Please forward ALL of the following information in an email to english.entry@bsga.org

Name of County Partnership (CSP) or School

Age Group (s) entered:

Name of Partnership official or teacher/coach:

Email address of Partnership Official or teacher/coach:

Mobile contact number for Partnership Official or teacher/coach

BSGA Affiliation Number for 2022-2023 (Schools Only)

Name of County Sports Partnership (CSP) (You can find your local CSP name at www.cspnetwork.org/your-csp)

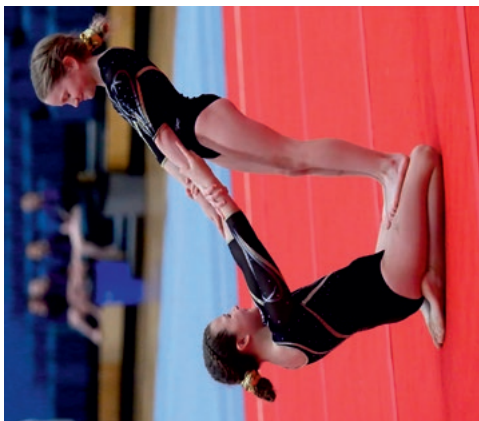
Window for entries from county partnerships will OPEN

on Monday 27 February 09.00hrs and for individual

schools Monday 06 March 09.00hrs and CLOSE Friday

05 May 24:00 - CHECK BEFORE ENTRY THAT THE COMPETITION DATE IS FREE FOR THE SCHOOL TO ATTEND.

(and please remember, ~ 'First come first served')



NOVICE COMPETITION 2022-23

[ACADEMIC YEAR]

FLOOR, VAULT & ACROBATICS
(PAIRS)

Personal information will be handled in accordance with
BSGA Privacy Notice: www.bsga.org/privacy-policy/

Competition Details

Age Groups: Under 9, Under 10, Under 11 & Under 13 (1st September in current academic year - Only one competition per gymnast)

Date: Friday 23rd June 2023

Venue: Fenton Manor SC Stoke-on-Trent

Team Numbers and Make Up: 4 Pupils per team from same school. All male, all female or any mixed gender combination.

Scoring: Any 3 from a team, perform on floor & vault, & all 4, (2 pairs) complete aero routines. All scores count to provide overall team score

Entry Regulations: For school teams only. All participating teams must also be affiliated to BSGA - Affiliate online at (www.bsga.org). Participants must never have taken part in any:

- ◆ (1) BG regional, national and compulsory grades programme
- ◆ (2) Alternative grades programme created within BG regions
- ◆ (3) BG talent development programme
- ◆ (4) English Championships
- ◆ (5) British Schools (BSGA) national final
- ◆ (6) Gold medal winning team, (any age group), in this competition in previous years

- ◆ Up to 15 teams in each age group. Priority will be given to schools qualifying through a regional/county competition, providing the county sports partnership (CSP) name is entered in the week that their window opens). - **Monday February 27th 2023.** Individual school entries will be allocated on a **'first come first served'** basis when their window opens on **Monday 6th March 2023** with the aim of obtaining a geographical spread across the 43 CSP's. Any additional applications will be placed on a reserve list and used to make up the final quota, if spaces remain.

Music: (if used) - instrumental only, no Disney, Andrew Lloyd Webber or any derivative. **Music must be emailed**, (with number of gymnast first, then name and finally school. (Participant numbers for successful schools, together with music closing date, will be posted on BSGA website), to esgacompetitionmusic@gmail.com. **A back-up copy MUST be brought on competition day. (USB stick or mobile phone preferred please)**

Entry Fee £30.00 per team Payable by invoice, emailed to school when notified of a successful entry.

Dress: Boys - leotard and shorts or vest and shorts Girls - leotards. Dress to be uniform. No jewellery permitted

Floor Sequence

Key Step 3 Moves - 1, 2 and 3 below are compulsory



Round-off (1) **(2) Backward roll straddle** **(3) Side-scale**



(4) Choose either a full or 1/2 jump turn



(5) Choose either a handstand roll or two cartwheels



Choose ONE from bridge, OR splits (any), OR half-lever (6)

Making up the sequence: (Total value up to 16.0 marks)

Include only the 6 moves from above. Numbers 1, 2 and 3 green and are compulsory then choose one from 4, (red), one from 5 (blue) and one from 6 (purple)

◆ Put sequence together with choreography to show:

- *use of the floor space, (0.5)
- *changes in direction and levels (0.5)
- *variety of linking ideas, (leaps spins, dance) (0.5)
- *musical interpretation and/or rhythm/temp (0.5)
- *variety and originality (0.5)
- *artistry and presentation throughout (0.5)
- (to include not finishing with the music) (Worth up to 3.0 marks)

◆ Execution faults deducted (Worth up to 10.0 marks)

◆ Can be performed with or without instrumental music. (no words) and to last no longer than 1 minute

Vault

Choose one of the following:



1) Squat on, tucked or straight jump off box - (cross ways) (Worth 4 marks)



2) Squat through or straddle box - (long ways or cross ways) (Worth 6 marks)

- ◆ Execution faults deducted (Worth up to 10.0 marks)
Total value up to 14 or 16 marks for each gymnast

- ◆ You have two attempts (the same or different vaults). The highest score counts

- ◆ The British Schools Gymnastics Association (BSGA) handbook provides additional judging information and the 2nd Edition of the Key Step resource pack provides advice and support on teaching the required skills

Apparatus: Floor 12m x 12m. Vault long or cross box with springboard - height adjustable to suit individual gymnasts

Awards: Trophy to winning team in each age group plus medals. For 1, 2 and 3 positions. If a tie highest combined aero score counts. If still a tie highest team vault score counts. Certificates for all participants

- ◆ For any further information or support please contact:

howard@bsga.org



English Schools Gymnastics Association

BSGA Trampoline Competition Rules 2022-23

0. Changes for 2022-23

- 0.1 Section 4 - Exceptional COVID circumstances and eligibility:
Given the slow recovery in participation numbers since COVID, we are continuing the enhanced number of qualifiers that were introduced in 2021-22.
- 0.2 Section 3 - Accommodated the new BG Regional Levels in addition to NDP.
- 0.3 Section 1 - Time of Flight may be used in the Final for Intermediate and Elite
- 0.4 Section 10 - Changed to align with new BG rules on clothing
- 0.5 Clarification of BSGA vs BG Regional TC relationship and responsibilities

1. General

- 1.1 In the event of disputed interpretation of these rules the arbiter shall be the BSGA Trampoline Technical Director. Normal British Gymnastics Trampoline Competition Rules for performance and judging (the Code of Points) shall apply to the Schools Competitions unless modified hereunder.
- 1.2 For the year 2022-23, the Cycle 15 BG Code of Points effective for 2022-24 shall apply. This includes Horizontal Displacement and 4 execution judges. However, Time of Flight will be used at Zonals and National Finals for Intermediate and Elite levels, subject to equipment availability. Regional organisers may also choose to use Time of Flight for Intermediate and Elite grades.
- 1.3 The National rules which are in force on September 1st. of any year shall be retained in force for the subsequent Regional, Zonal, and National Schools Trampoline Competitions. No region is permitted to impose any rule to an event that is not within the current BSGA TRA Competition rules, this includes fines and rejection of entry forms for reasons other than explicitly stated in these rules.
- 1.4 At the Regional round of competition, all competitors shall enter as Individuals representing their school, and shall compete for Individual awards and placings. Teams representing a school shall comprise three or four Individuals from that school in the same age/gender group and must remain at that school for all subsequent rounds. Teams will be entered automatically at regional events.
- 1.5 There shall be two preliminary rounds: Regional (held from 2nd weekend of November to the 2nd weekend of December) and Zonal (held from 2nd weekend of January to 2nd weekend of February), followed by a National Final (held on 3rd weekend of March). Closing dates for entries should be no more than 4 weeks before the event.
- 1.6 Each Zone comprises a number of regions, as follows:
 - Northern Zone: North, North West, Yorkshire, N. Ireland.
 - Central Zone: Eastern, East Midlands, West Midlands, Wales.
 - Southern Zone: South, South West, London, South East.
- 1.7 Where a Region finds that the entry numbers for its Regional Championships are unmanageable, it may recourse to its own qualifying system within the Region. If such a need arises, these qualifying events shall be held before November.
- 1.8 Individual Counties may, if they wish, organise their own 'County Schools Competitions' (which may be used as pre-selectors as per Rule 1.7). It is recommended that they be held prior to the Regional competitions, even if they are not to be used as pre-selectors.

2. Eligibility

Competitors must be bona fide full-time students in Schools, Sixth-Form Colleges, Tertiary Colleges, Technical Colleges, academies, and specific disability schools, to encompass all educational bases under the age of 19. University students, or others in Higher Education, are not eligible.

- 2.1 Children who are educated at home with the approval of the Local Authority, and do not attend an educational institution, are also eligible to participate in the Schools competitions.
- 2.2 All competitors must be submitted by, or with the approval of, their school, or of the LEA in the case of rule 2.1 above.
- 2.3 Approval must be either in writing, or by email from an account originating at the school or LEA.
- 2.4 This approval is only needed at the Regional round, as this permission acknowledges that schools may progress

to subsequent rounds of the competition. Subsequent rounds may be entered with no further permission being sought.

- 2.5 In the Regional round, competitors may compete only in the geographical Region within which their school is located.
- 2.6 If a competitor changes school between rounds, they may continue to compete as an individual and/or a member of their original team with the approval of their new school.

3. Competition Structure and Format

- 3.1 There shall be five levels of Schools Competition, referred to as follows:

- “The British Schools Elite Trampoline Championships”
- “The British Schools Intermediate Trampoline Championships”
- “The British Schools Novice Trampoline Championships”
- “The British Schools Disability Novice Trampoline Championships”
- “The British Schools Disability Elite Trampoline Championships”



- 3.2 Trophies of similar quality shall be offered to all levels of competition.
- 3.3 Each round (Regional, Zonal, and National) shall offer all levels of competition for each age/ gender group.
- 3.4 These rules shall apply equally to all Levels of competition unless explicitly stated here.
- 3.5 Entry to the Novice Level shall be restricted to pupils who have not at any time up to the date of their Regional Schools competition competed at or above British Gymnastics Regional 1 or NDP 1. (Except as in Rule 3.13 below.)
- 3.6 Pupils who qualify to compete in the Zonal round of the Novice Level, and who then subsequently compete in a Regional 1 or higher competition shall remain eligible to compete in the Novice Level throughout the current series (Zonal, National) of schools competitions.
- 3.7 Individual Novice competitors who finish in the top three places of the National Finals of a competition season will be required to enter future competition seasons as an Intermediate or Elite competitor. Should the competitor feel that they are not competent to compete at the higher level they may apply to the Schools Working Group for permission to remain at Novice level, stating reasons to support the application. This rule does not apply to Disability Novice competitors.
- 3.8 Entry to the Intermediate Level shall be restricted to pupils who have not at any time up to the date of their Regional Schools competition competed at or above British Gymnastics Regional 4 or NDP 6 or the Trampoline League. (Except as in rule 3.13 below.)
- 3.9 Pupils who qualify to compete in the Zonal round of the Intermediate Level, and who then subsequently compete in a British Gymnastics Regional 4, League or higher competition shall remain eligible to compete in the Intermediate Level throughout the current series (Zonal, National) of schools competitions.
- 3.10 Entry to the Elite Level shall be open to any pupil who is eligible under the standard rules of the Schools Competitions. Pupils who have competed previously at or above British Gymnastics Regional 4 / NDP 6 or the Trampoline League must enter this Level, except as allowed by Rule 3.13. Pupils who have only competed at lower grades are welcome to enter the Elite level provided they can perform the routines safely.
- 3.11 Pupils who are eligible to compete in the Novice or Intermediate Level may be entered as Individuals and as part of a team in a higher Level of competition, but may not also compete in the lower Level in the same or subsequent rounds of Competition. Should a school wish to make up a team in the Intermediate or Elite Level, It may therefore include one or more novice or intermediate level competitors.
- 3.12 Should any pupil who is eligible for the Novice or Intermediate Level be entered at a higher level, then he/she remains classified as being that level for the remainder of the current season. Such pupils may not return to compete in lower Level once they have moved up, unless a request is sent in writing to the BSGA TRA Competitions working party prior to the REGIONAL ROUND closing date, and the request is granted.
- 3.13 Competitors that have retired from competitive trampoline gymnastics for a period of 24 months or more may apply to the committee to return to the competitions at a lower level than previously entered. Each person will be measured separately according to level and experience gained.
- 3.14 Competitors who have at any time competed in the Trampoline League, British Gymnastics Regional 4 / NDP 6 or higher cannot downgrade to Novice level.
- 3.15 There shall be two separate events within each competition: a Team event, and an Individual event.
- 3.16 All competitors must, if possible, enter as members of a School Team. Where numbers are such that some competitors cannot be accommodated within a team, then these competitors may enter the Individual competitions only.

3.17 All members of a Team will also enter the Individual competition in the first (Regional) Round.

3.18 Teams shall comprise three or four competitors in the same age/gender group.

3.19 Age Groups

- Competitors will be grouped by specified age and gender.
- Age bands are determined by the school year group of each competitor.
- The 2 age groups for TPD are: Year 1-6 and Year 7-14
- The 4 age groups for Novice (not TPD) are: Year 1-6, Year 7-8, Year 9-10, and Year 11-14
- The 3 age groups for all other levels are: Year 1-6, Year 7-9 and Year 10-14
- Competitors may only compete within their own age band; specifically, a team can not include competitors who qualify to compete in a younger or older age group than that in which the team is entered.
- Northern Ireland has different school year numbers, one higher than the rest of the UK. Entries must be adjusted accordingly as indicated on the Zonal and Finals entry form. For example, someone in Year 7 in NI enters in the Year 1-6 (Primary School) age group.

3.20 Bounce order of competitors.

- At Regional competitions, the order shall be at the discretion of the organisers, and published in advance if possible
- At Zonal and National competitions, there shall be no change of order between the compulsory and voluntary routines.
- At Zonal and National competitions, all competitors who are not entered as individuals shall be programmed to compete before any competitors who are entered as individuals

4. Progression

4.1 In the Regional and Zonal Rounds, the three teams with the highest scores and the five individuals with the highest scores shall be eligible to compete in the next (Zonal or National) event.

4.2 In the event of ties, then at all rounds of competition tie-break calculations shall be applied, and any ties for qualifying places, both Individual and Team, shall be separated as follows:

- The gymnast with the higher final score in the 2nd routine.
- The gymnast with the higher execution score in the 2nd routine
- The gymnast with the higher HD score in the 2nd routine
- The total of all 4 execution judges' scores in the 2nd routine
- The total of the 3 highest execution judges' scores from the 2nd routine
- The total of the 2 highest execution judges' scores from the 2nd routine
- The highest execution judge's score from the 2nd routine

4.3 Team members may only compete in the Individual Competition in the Zonal and National events if they have placed in qualifying positions in the preceding round of Individual Competition.

4.4 Where a team qualifies to compete in a subsequent (Zonal or National) round of competition, at least two members of the qualifying team must be presented as team members in the subsequent round. Where a 4th member was entered but was unable to compete on the day and was not substituted, they do count as a member of the team for the purposes of this rule.

4.5 The school may change and substitute the remaining two members of the team between the events

4.6 Where a member of a team, having been nominated on an entry form, is unable to participate in a competition, then the Team Manager may submit a named substitute competitor up to any time before, but not later than, the start of the competition group in which the team is participating. The resultant team must comply with all existing rules regarding team membership and eligibility.

4.7 In the case of individual placings, no substitution may be made.

4.8 If a successful and eligible Individual and/or Team declines to take up a place in a Zonal or National event, or fails to submit their entry in time, then the next highest ranking Individual or Team from the qualifying competition may be invited to take the place.

4.9 Organisers of Regional and Zonal events may, at their discretion, permit the qualification of entrants who are, through no fault of their own, unable to attend the event, where they would otherwise have automatically qualified for the next round.

5. Equipment

- 5.1 Competition organisers may offer any type of trampoline bed that is, or has been customarily used for BG competitions. This includes 6x6mm, 6x4mm, 4x4mm and others of similar performance.
- 5.2 Competition organisers must state on the entry forms the equipment they expect to provide for each event.
- 5.3 Where practical, a choice of trampolines should be provided on each panel.
- 5.4 Competitors shall be required to stipulate on their entry forms which type of bed they normally train on.
- 5.5 Team Managers are responsible for ensuring their competitors use only the type of bed with which they are familiar.
- 5.6 Where only unfamiliar equipment is available, teams are strongly encouraged to get some experience on the type of equipment being used, and to attend any orientation sessions offered by the organisers.

6. Entry Fees

- 6.1 At Regional level, the entry fee for Individuals may be set by the competition organisers according to their needs.
- 6.2 At Regional level, the organiser shall decide whether to apply a fee for Team entries. (Noting that at Regional Level all competitors must be entered as Individuals).
- 6.3 At Zonal and National levels, each competition organising committee is free to set entry fees for both the Individual events and for Team events according to the "break even" estimate of the competition's budget.
- 6.4 All Regional and Zonal competitions must either be financially self-sufficient or be underwritten by the Region which is hosting the competitions.
- 6.5 Advisory only. Regions are advised to ring-fence any profits that they may make from their Regional rounds of the annual competitions, and to hold those profits in reserve to offset any shortage of income over expenditure when hosting a Zonal competition. The rotation of Zonal competitions is given below, so that Regions have fair notice of their financial commitments.

7. Awards

From Regional Championship level onward, the following awards should be made:

- 7.1 ALL competitors, team or individuals, to receive a certificate recording achievement.
- 7.2 First three individuals in each age group - boys and girls separately - to receive a trophy, plaque, or commemorative medal as appropriate.
- 7.3 First two Teams in each age group - boys and girls separately - to receive a trophy, plaque or commemorative medal as appropriate for each team member plus a trophy or plaque for the school itself recording the achievement. PLEASE NOTE - the above are considered to be the minimum awards to be given - where possible, more should be made.
- 7.4 At the National Finals, rule 7.3 will be extended to include the 3rd place team.
- 7.5 At the National Finals there shall be a march-on of all competitors for the presentation ceremony.
- 7.6 Replacements for trophies damaged or lost after the presentation are at the discretion of the organiser and at the expense of the competitor.



8. Routines for Novice, Intermediate and Elite

8.1 Each competitor will perform one compulsory routine and one voluntary routine. There will be no finals.

Note that the BG Teachers' award in Trampolining does not include a Back Somersault to Seat, Ballout, Cody or a Barani. See Rule 11.1 below.

8.2 In the Voluntary routine at **Elite** Level:

- there is no maximum difficulty mark

8.3 In the Voluntary routine at **Intermediate** Level:

- no skill that exceeds a tariff of 0.6 is allowed.
- if any skill exceeds a tariff of 0.6 the routine will be stopped and scored up to the move before.
- no skill having more than 360 degrees of somersault rotation is allowed (e.g., no cody or ballout!)
- should a competitor perform a skill with more than 360 degrees of rotation, then the routine shall be terminated after the skill immediately prior to the offending move and scored up to this point.
- no more than 7 skills having 270 or more degrees of somersault rotation are allowed
- should a competitor perform more than 7 skills with 270 degrees or more of somersault rotation, then the routine shall be terminated after the skill immediately prior to the 8th such skill and scored up to this point.

8.4 In the Voluntary routine at **Novice** Level:

- no skill that exceeds a tariff of 0.6 is allowed.
- if any skill exceeds a tariff of 0.6 the routine will be stopped, and a zero score will be awarded.
- no skill having more than 360 degrees of somersault rotation is allowed
- no more than one skill having 270 or more degrees of somersault rotation is allowed
- should a competitor perform more than one skill with 270 or more degrees of somersault rotation, then the routine shall be terminated after the skill immediately prior to the second such skill and scored up to this point.

8.5 In the event of any transgression of rule 8.4 either during the competition or during the warm-up period, the Chair of the panel and or the competition organiser may challenge the competitor/s eligibility to participate in the Novice level of competition and may at their discretion either transfer the competitor to the corresponding Intermediate group (in the Regional round only) or disqualify the competitor from the competition in any round.

8.6 Compulsory routines – Novice, Intermediate and Elite for all rounds

NOVICE	INTERMEDIATE A	or	INTERMEDIATE B
FULL TWIST	FULL TWIST		BACK SOMERSAULT (T)
JUMP TO STRADDLE	JUMP TO STRADDLE		JUMP TO STRADDLE
SEAT LANDING	SEAT LANDING		SEAT LANDING
½ TWIST TO SEAT	½ TWIST TO SEAT		½ TWIST TO SEAT
½ TWIST TO FEET	½ TWIST TO FEET		½ TWIST TO FEET
JUMP TO PIKE	JUMP TO PIKE		JUMP TO PIKE
BACK LANDING	BACK LANDING		BACK LANDING
½ TWIST TO FEET	½ TWIST TO FEET		½ TWIST TO FEET
JUMP TO TUCK	JUMP TO TUCK		JUMP TO TUCK
½ TWIST JUMP	FRONT SOMERSAULT (T)		FULL TWIST

ELITE

THE ELITE COMPULSORY ROUTINE SHALL COMPRISE 10 DIFFERENT MOVES INCLUDING AT LEAST FOUR MOVES HAVING A MINIMUM OF 360 DEGREES OF SOMERSAULT ROTATION

8.7 Missed compulsory elements will incur a chair's penalty of 2.0 per missing element.

9. Routines and specific rules for Disability Trampoline

9.1 Each disability level has 2 categories according to the nature of the child's permanent disability:

- Category 1 : Learning disabilities
- Category 2: Physical or sensory disabilities

Please see the British Gymnastics website for guidance on qualifying conditions

9.2 For the Disability Novice and Elite events:

- Competitors shall construct their own ten bounce routines from the recognised skills in the BG Proficiency Scheme.
- All routines shall include a minimum of five different skills.
- For the compulsory routine, the team manager must submit a competition card that complies with the rules to the difficulty judge before the competitor will be allowed to compete.
- Even if the competitor fails to perform a routine according to the difficulty card, the routine will still be marked without a penalty for the deviation
- Should a competitor perform a prohibited or ineligible skill, then the routine shall be marked and scored up to and including the last acceptable skill.
- Should a competitor exceed the maximum tariff, then the routine shall be marked and scored up to and including the move before the tariff was exceeded.
- Duplicate skills in voluntary routines do not count towards tariff

9.3 For the Disability Novice events only:

- The compulsory routine for the Novice group shall include a minimum of five different skills, with a maximum difficulty value of 0.8 for the complete routine. Duplicate moves will count towards this limit.
- If a completed compulsory routine has fewer than 5 different skills then the Chair shall apply a penalty of 0.1 for each missing skill.
- The voluntary routine for the Novice group shall have a maximum total difficulty of 1.2.

9.4 For the Disability Elite events only:

- The compulsory routine for the Elite group shall have a minimum total difficulty of 1.2
- If the minimum tariff requirement is not met, a Chair's penalty of 1.0 shall be applied.
- The voluntary routine for the Elite group shall be as rule 8.2

10. Attire

- 10.1 Dress must either conform to the requirements for British Gymnastics Individual Competitions (as set out in the British Gymnastics Code of Points that is currently in force for the schools' competitions and summarised below), or as relaxed explicitly in rules 10.2 to 10.11.
- 10.2 Close fitting shorts are permitted at all levels in accordance with the British Gymnastics rules
- 10.3 Competitors in the Novice and Intermediate Levels of competition may wear their school's official uniform P.E. kit for indoor activities, provided that it is safely suitable for trampolining.
- 10.4 Acceptable school P.E. kit shall include only T-shirts, singlet PE vests, leotards, Polo/Netball shirts, close-fitting P.E. shorts, white foot covering. 'Skorts' are NOT permitted.
- 10.5 Shirts/vests must be tucked into trousers/shorts and inhibited from flapping free during the execution of the routine.
- 10.6 Foot covering must be plain white (no coloured trim).
- 10.7 The chair of the judging panel has the right to prohibit participation in dress that is clearly unsuitable for trampoline gymnastics, even though it may be the school's official kit. (e.g., hockey skirts, skorts, Jogging bottoms. Boys' shorts in particular may not be revealing). Should this situation arise, however, the competition organisers are expected to give the affected competitors reasonable opportunity to acquire suitable clothing in time to participate.
- 10.8 Matching attire for all members of a Team is not required.
- 10.9 Bandages or support pieces must not create big contrast with the skin colour.
- 10.10 Underwear must not be visible.
- 10.11 Competition organisers are at liberty to determine their own standards of 'tidiness', but should establish the ruling before the start of the competition
- 10.12 In the Awards Ceremony at Zonal and National Levels, competitors must present in competition attire.

11. Judges and Officials

- 11.1 Every competitor must be accompanied by a suitably qualified Trampoline coach or P.E. Teacher who is qualified to coach the skills that the competitor intends to perform, and who will take full responsibility for the competitor's performance on the trampoline. Such a coach does not need to be a member of staff from the competitor's school. Proof of qualification may be requested and must be provided in such circumstances.
- 11.2 The coach must be named on the entry forms for each round of competition. Should the nominated coach fail to attend, a suitably qualified substitute may be asked to offer his/her services. If no substitute can be secured, then the competitor must not be allowed to compete.
- 11.3 In all rounds of competition, judges and officials must be offered to the organisers at the time of entry. Failure to do so may result in the entry being rejected or reduced. It is recommended that schools submit qualified officials in the following ratios to the number of entries, but competition organisers are free to alter these to meet the particular needs of their event:
- If entering 3 or more performers 1 x judge must be submitted.
 - If entering 6 or more performers 1 x judge and 1 x other official must be submitted.
 - If entering 9 or more performers 2 x judges and 1 x other official must be submitted.
 - If entering 12 or more performers 2 x judges and 2 x other officials must be submitted.
 - If entering 15 or more performers 3 x judges and 2 x other officials must be submitted.
 - If entering 18 or more performers 3 x judges and 3 x other officials must be submitted.

For the purposes of these ratios, no official may represent more than one school at the same time.

It is also expected that clubs with a large number of gymnasts from different schools should consider the aggregate of their entries when assessing the number of officials to provide.

For Zonal rounds, it is the responsibility of each Regional Competition Organiser to provide a panel of named officials who will be available to perform their roles for the duration of the event.

For the National Final, each Zone is required to nominate at least 16 officials, and are encouraged to invite independent judges in addition to their directly affiliated officials.

- 11.4 The competition organiser is authorised, at his or her discretion, to reject, or reduce the number of competitors on any entry which fails to comply with the organiser's requirements in this respect.
- 11.5 Judging qualifications must be included on the entry forms – BG qualified level or BSGA course.
- 11.6 In all rounds of competition, the event organiser should endeavour to compile panels of officials from those individuals who have been nominated by their school. They may draw in as appropriate other volunteer judges/officials whose experience and qualification will benefit the event.
- 11.7 Panels that include Elite Level competitors should where practical be staffed by the highest-qualified judges available, taking into account the need for Chair and Difficulty judges for other panels.
- 11.8 At Zonal and National competitions, organisers shall endeavour to ensure a fair representation of all regions across the judging panels. At National Finals, the judges and officials will be selected by the National Finals organising team.
- 11.9 The use of competitors as judges should be avoided where possible



12. Administration

- 12.1 Results of the Regional competition must be forwarded to the organiser of the appropriate Zonal round within one week of the Regional event. Results of the Zonal competitions must be forwarded to the organiser of the National Championships within one week of the Zonal events.
- 12.2 All results should be forwarded to the BSGA website manager for publication.
- 12.3 Organisers of the Zonal and National events may refuse to accept any entry whose eligibility cannot be verified against the official results.
- 12.4 Entry forms for all rounds of the Championships shall require the inclusion of the BSGA Affiliation Number.
- 12.5 Regions are reminded that these are BSGA events and run by, or on behalf of, the BSGA, and operate under the conditions of BSGA 3rd Party liability insurance.
BG Regional Technical Committees' help and cooperation in running of BSGA events is greatly appreciated but the rules as laid out in this document must be adhered to in full. The final say regarding event organisation lies with the BSGA appointed representative for each region, not the BG Regional Technical Committee.

13. Dates of Competitions

- 13.1 In order to accommodate National competitions, the Regional Schools Competitions may be held on any of the last two weekends in November or the first two weekends in December. This will allow a local choice, according to the calendar, of a date between November 16th and December 14th.
- 13.2 The Zonal round should be held on, or as close as possible to the third weekend in January.
- 13.3 The National Finals shall be held on the 3rd weekend in March where possible according to the BG and BSGA calendars of competitions.
- 13.4 The above dates shall be reviewed each year to avoid clashes with other national BG or League events. Specific dates for events shall be determined by the event organising committees in co-operation with the calendar of National and Regional BG or League competitions.

14. Rotation of Zonals and Finals

- 14.1 Responsibility for staging the Zonal events will rotate between the Regions comprising each Zone. The National Finals shall be open to voluntary offers of suitable venues. The rotation calendar for 2023 to 2026 Zonals is given below:

Jan 2023	
Southern Zone	London
Central Zone	East Midlands
Northern Zone	Northern Ireland

Jan 2024	
Southern Zone	South-East
Central Zone	West Midlands
Northern Zone	North

Jan 2025	
Southern Zone	South
Central Zone	Wales
Northern Zone	Yorkshire

Jan 2026	
Southern Zone	South-West
Central Zone	East
Northern Zone	North-West





KEY STEP FORWARD COMPETITION

FLOOR, VAULT & ACROBATICS (PAIRS)



**English
Schools
Gymnastics
Association**

See rules on pages 38 & 39

**FRIDAY JUNE
23rd
2023**

**FENTON MANOR
STOKE-ON-TRENT**

**Under 9, Under 10,
Under 11 & Under
13 Age Groups
4 Pupils Per Team**

**FULL COMPETITION
DETAILS CAN BE
DOWNLOADED
FROM BSGA
WEBSITE**

*WWW.BSGA.ORG or
english.info@bsga.org*

**IMPORTANT
PLEASE SEE BELOW**



**WINDOW FOR ENTRIES
FROM ACTIVE COUNTY
PARTNERSHIPS WILL OPEN
MONDAY 27th FEBRUARY
& FOR SCHOOLS MONDAY
6th MARCH**

BOTH AT 09.00hrs

(In first instance one entry per age
group from a county partnership & or
school)

[Maximum of 15 teams in each age
group with places allocated on first
come first served basis]





The image features a male athlete standing in a large stadium at night, with his hands on his hips. He is wearing a black singlet with a large, stylized white and grey graphic on the front. The background shows the stadium's seating and structure, illuminated by blue lights. In the top left corner, the Milano Pro-Sport logo is displayed, consisting of a stylized 'M' and the word 'milano' in a bold, italicized font.

M
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