

BSGA 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. e.g., Wheelchair users competing against wheelchair users.**

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 this handbook are to illustrate the elements, but the written rules in the guidance boxes 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.








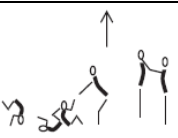


Where the physical limitations of a performer make it difficult to perform the individual skills, the coach should contact Vicki Sly vicki@bsga.org so that a decision can be made that will not disadvantage the partner with a disability.

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.





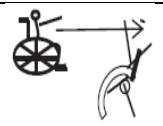







Under 11 Pair Skills & Disability Level 1

| | | | | |
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|  |  |  |  |  |
| 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. |

Under 11 Individual Skills & Disability Level 1

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

Disability Level 1 Pair Skills

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|  |  |  |  |  |
| 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. |

Disability Level 1 Individual Skills (For wheelchair users only)

| | | | |
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| | <p>Sit with body erect and arms free</p> | | <p>Curled back lying, holding knees</p> |
| | <p>Hip lift with feet resting on floor.</p> | | <p>Pike fold, with leg position as straight as possible</p> |
| | <p>Half log roll, body shape optional.</p> | | <p>In chair, 360° pirouette with minimum pushes.</p> |
| | <p>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.</p> | | <p>Low front support with one hand free.</p> |






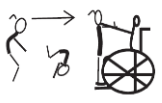






Under 14 Pair Skills & Disability Level 2

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| | <p>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.</p> | | <p>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</p> | | <p>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</p> | | <p>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</p> | | <p>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.</p> |
| | <p>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.</p> | | <p>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 counterbalance.</p> | | <p>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</p> | | <p>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.</p> | | <p>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.</p> |

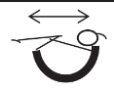

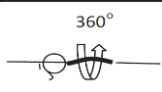

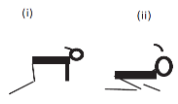
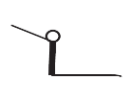


Under 14 Individual Skills & Disability Level 2

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

Disability Level 2 Pair Skills

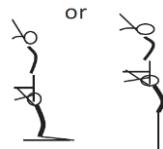



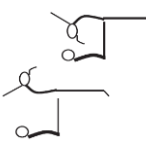
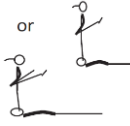
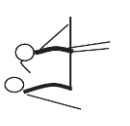
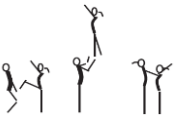
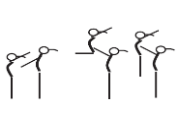
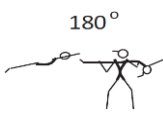
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| Top performs front support with bent arm support from the wheelchair user. | Top should be in a balanced handstand with the wheelchair user providing minimal support at the waist with straight arms. The handstand may be in front of or to the side 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. |

Disability Level 2 Individual Skills (For wheelchair users only)

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|  | In curled shape, rocking on back for two rocks. |  | Curled back lying, one arm free. |
|  | 360° 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. |



Under 19 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 base's legs. 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>180° 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> |

Under 19 Individual Skills & Disability Level 3

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

Disability Level 3 Pair Skills

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| <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> |

Disability Level 3 Individual Skills (For wheelchair users only)

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| | <p>In curled shape, rocking on back to upright sitting, legs optional, back upright in final sitting position.</p> | | <p>Low front support with one hand free.</p> |
| | <p>In the chair, side stretch of the spine with both arms free.</p> | | <p>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</p> |
| | <p>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.</p> | | <p>Curled back lying with both arms free.</p> |
| | <p>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</p> | | <p>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.</p> |

