

West Country League Rules 2020

Teams

A and B league - team of 6 with 4 to count.
C league - team of 6 with 3 to count.
One team per league per club.
Each club must provide two judges for each match.

Ages

A league – 11 yrs and under for Division 1, 2, 3 and 4. 10yrs and under for Premiership Division.
B league - average age of no more than 13 yrs.
C league - open age.
Gymnast may go up the leagues between matches but not down. Everyone starts from scratch at the beginning of each year.

Final Scores

To work out the final points

1st place = 10 pts
2nd place = 9 pts
3rd place = 8 pts
4th place = 7 pts
5th place = 6 pts
6th place = 5 pts

Final score is the total of your best two places.

If there is a tie then the team who scores most on beam in the final will be the winner. If the team does not compete in the final match then the beam score from the 2nd match will be used and then the 1st match.

Restrictions

A league

- no gymnast may take part who has entered a Regional Voluntary Competition in age to Level 4 rules or above. (Level 4 gymnasts may still compete in A league in the year they compete at Level 4 but not the following year)

A and B league

- No gymnast who has entered a **National** Voluntary Competition to level 3 rules or above may enter these two leagues.
- No gymnast who has entered a **National** Compulsory 3 Grades Competition or above may enter the A leagues.

C league - is open to any one.

Eligibility is taken from 1st January 2017. If your gymnasts are eligible for a team at the start of the year they may continue in that team until the final regardless of any competitions they may qualify for during the year.

A gymnast may only compete for one club during the season.

Clarifications

All CRs are worth 0.5.

If they are marked with ✓ they must be included in the routine. Any with an x are given at 0.5 each.

Requirements

A league need 5 A or uncoded elements (See sheet attached) plus a dismount. Coded or uncoded

B league need 7 elements plus an A or B dismount only

C league need 7 elements plus a dismount coded only

For Beam and Floor

A league must have 3 acro elements and 3 dance elements.

B and C league must have 3 acro elements and 3 dance elements. The other 2 elements may be either
These are counting elements.

In all leagues the dismount must be one of the counting elements

D score

A League - $6A's = 0.6 + 2.00$ (ie 4 CR's at 0.5) = 2.6

B League - A's at 0.1 ea and B's at 0.2ea and C **dance** element at 0.3ea + 2.0 (ie. 4 CR's at 0.5 ea)
(There is no maximum score for B league.)

EXCEPT ON BARS where A's and uncoded are 0.1 and B's are 0.3

- You may only include B **dance** elements in the A league but you will only get a maximum of 2.6 for the D score. **More difficult acro elements on beam and floor will not be counted.**
- **On bars casts to handstand is the only B element that will be counted. It will be counted as an A.**
- B league may include A and B elements and C dance elements. If you include C acro or more they will not be counted but they may incur execution deductions.

When you are putting routines together remember that the Code rewards tidy gymnastics. Always bear this in mind when you are choosing element for your gymnast. Remember a fall is 1.0 but the difference between an A and a B is only 0.1.

Repeating an Element

A league - You may use any A element and any element from the attached sheet. These will be counted as an A at 0.1 each.

Elements will only count once except on Bars where coded elements may be repeated for DV.

B league - You may also use elements from the attached sheet and they will be counted as an A at 0.1 each.

Elements will only count once except on Bars where coded elements may be repeated for DV.

C league - Elements only count once for DV. **Except on Bars for Division 2,3 and 4 when coded elements may count twice.** Uncoded elements don't count for DV.

Bonuses

The bonuses, for each apparatus are only given if the move does not have a fall. The bonus is only given once. Remember a fall is 1.0 the bonuses are only 0.3 or 0.5.

Short Routines on all apparatus

There will be no short routine deductions for A League

B League – 6 elements will be deducted 1.00 by the D judge from the final score
5 elements will be deducted 2.00 by the D judge from the final score
4 elements will be deducted 3.00 by the D judge from the final score and so on

C League - divisions 2,3 and 4 will use the short routine deductions as for B league.
premiership and division 1 will use short routine deductions as code
5-6 elements will be deducted 4.00
3-4 elements will be deducted 6.00
1-2 elements will be deducted 8.00

Vault

A League

Vault block will be made up of Continental vault block 1m wide x 2ms long x 60cms high; a 25cm crash mat(not too soft) and a 5cm tumbler.

Flat back should be judged using Grades deductions out of 12.6

Handspring over block will be judged at 13.0

Handspring to stand on the block at 13.4 (please use deductions for new grades to judge these vaults)

You can choose any combination of these vaults for your team but coaches will be responsible for moving the apparatus.

B League

All the team must vault at the same height minimum height 110cms

The maximum tariff is 3.5 for this league

C League

Any coded vault

All leagues have two vaults - best to count for these competitions only. It is an opportunity for B and C to try out new vaults.

Bars

A League bars will contain A elements only. B elements will not count at all. The only exception is a cast to handstand which will count as an A element.

Straddle undershoot dismount (without a turn) will count as an A dismount for A league **only**.

Backaways tucked or straight not from handstand will count as an A dismount for A league and B league.

Upstart bonus for A league is only given once. A routine with upstart mount and long upstart will be given 0.3 in Bonus.

Upstarts count as A's once on each bar whichever way you do them.

A league have their own set of deductions (enclosed with the rules) please apply them for these competitions only.

B League - Straddle or Cast to handstand will get bonus once, not for each type of handstand.

Division 2,3 and 4 C league will be given all CR's so 2.00. If your gymnast performs a CR they will be given a 0.5 bonus.on top of the 2.00 marks. Bonus will only be given if the element does not have a fall.

Beam

Remember

A league when choosing the elements, the judges will count 3 acro elements and 3 dance elements.

B and C league when choosing the elements, the judges will count 3 acro elements and 3 dance elements. You may choose the other 2 elements – acro or dance.

The dismount will always be one of your counting acro elements.

Dance Series

The dance series should include a *leap, jump or hop* with **160** split for A league and **180** split for B and C. This means the deduction for lack of split is less for the A league. The split may be cross or sideways on the beam or straddled.

B League Series

The series on beam for B league *can* be two elements the same eg. 2 backward walkovers. The gymnast will receive 0.5 for the Compositional Requirements but will only receive difficulty value once

C League Divisions 2,3 and 4 do not require an acro series. The CR will be given. To get the 0.5 bonus the series must be two flighted element one of which will be a somersault.

Elements in different directions

A and B league need acrobatics elements in 2 different directions chosen from forwards, backwards and sideways.

C league need acrobatic elements in 2 different directions chosen from forwards **or** sideways and backwards. i.e. you must have a backward element.

Acrobatic elements must be on the beam. It does not include the mount or dismount.

Dismounts

A league - can be coded A or any dismount from the list.

B and C league - should be coded dismounts only.

The dismount will always be counted towards the D score.

Bonus for routines “without a fall” will only be given if all the compositional requirements have been attempted.

The requirements must be missing completely. No attempt made at all.

If the requirement is attempted but the judge decides it is not good enough to be awarded and the gymnast stays on, they **will** receive the bonus for “no fall”.

Floor

Remember

A league when choosing the elements to count the judges will use 3 acro elements and 3 dance elements.

B and C league when choosing the elements to count the judges will use 3 acro elements and 3 dance elements. You may choose the other 2 elements (acro or dance)

The dismount will always be counted towards the D score.

Elements in different directions

A league need **acrobatics** elements in 2 different directions chosen from forwards, backwards and sideways. B and C league need **somies** in 2 different directions chosen from forwards **or** sideways and backwards. i.e. you must have a backward somie.

In A league aerials will no longer count as a somie so will not get bonus but can be used for forward or sideways flight element.

A league can count somies for D score and bonus that are not in an acro line. The last acro line must have at least two flight elements and should be the last acro element in the routine. Any acro elements after the last acro line will not count. This will still apply if the exercise only has one acro line.

B and C League acro lines

Acro lines now must have two flight elements. Somies that are not in an acro line will count towards DV but will not fulfill the composition requirements. Any single somies after the last acro line will not count for CR's or DV. This will apply if the exercise only has one acro line. *See attached sheets for some examples.*

Dance Series

The dance series should include a *leap or hop* with 160 split for A league and 180 split for B and C. This means the deduction for lack of split is less for the A league. The split may be forwards or sideways or straddle

All compositional deductions for Level 4 will apply to the A and B league.

Uncoded elements that can be used for A and B league

Bars

Upward circle

Cast above 45°

Squat onto Low Bar *

Tucked sole circle *

$\frac{3}{4}$ Giant from LB to HB

Dismounts

Straddle on or stoop on undershoot (A league only)

Backaway not from handstand.

*These elements will not receive 0.5 deduction for jump from LB to HB

Sole circle will not receive deduction for bent legs

Beam

Forward roll will count as forward element.

Backward roll

1\2 spin

Tuck jump

Dismounts

Roundoff

Handspring

Floor

Cartwheel

Backward walkover

Forward walkover

Valdez

Backward roll to handstand

Handstand forward roll

Tuck jump

Handspring onto one (this can now be used with a handspring onto two to make a forward tumble)

Flyspring (this can now be used with a handspring onto two to make a forward tumble)