

North West Women's Technical Committee Competition Handbook 2026

Excel & Performance Grades Rose bowl Champions 2025

Revision History

V2: 18.11.2026



Pictured above Performance 4 Holding winning cup for the region

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Introduction/Committee Members/Contact Email Addresses

Welcome to the 2026 Competition Handbook for the North West. The handbook details the rules for all competitions held in the North West for the coming year. The rules are based on the FIG Code of Points and BG modified rules. The rules and all updates for Grades/Age Groups can be found on the BG website. This handbook refers to the National WTC handbook, which details the nationally run competitions in the UK. Copies are available on the BG website.

The 2026 NW WTC Committee is as follows:

Chair	Donna Mottram
Secretary	Amanda Coombes
Treasurer	Jade Thompson
Competition Organiser	Katherine Woods
Assistant Competition Organiser (co-opted)	
Performance Development	Ema Doherty
Judging Convenor	Karen Whelan
Assistant Judging Convenor	Megan Palmer
Affiliated Organisations Rep	Zoe Gardner
Disabilities Rep	Gabby Hannibal & Lyndsay Medlam
Cheshire & Merseyside County Rep	Teresa Potts
Greater Manchester County Rep	Adam Walsh
Lancashire County Rep	Brendene Hardy
Committee member (co-opted)	Bethan Longman

Useful Websites

British Gymnastics

<http://www.british-gymnastics.org/>

North West Gymnastics

<http://www.nwga.org.uk/>

The NW WTC is a volunteer organisation and is run according to the constitution of the NW Executive committee which uphold standards and regulations for all gymnastics disciplines in the North West region. Our main business is production of and compliance with the NW competition handbook and the organising and planning of NW Women's gymnastics competitions, according to NW and National rules. Clubs affiliated to the NW are sent all relevant communications and information directly from the NW Secretary, Sue Langley.

Please see below for a guide to who to contact and when:

NW SECRETARY -SUE LANGLEY (ALL DISCIPLINES):

nwga@sky.com

For all NW membership/affiliation issues, BG updates,

NW WTC CHAIR & COMPETITION ORGANISER:

nwgymcom@gmail.com

For all questions re NW competitions including, pastoral coach requests, programme corrections, withdrawals etc and any other issues relating to the North West Women's Handbook, drop back requests, rules etc **which are not clearly explained in the handbook.**

NB: this email is for club use only and we will not answer any correspondence from parents.

NW JUDGING CONVENOR:

nw.wag.judging@gmail.com

For all judging communication including the mandatory nomination of judges for competitions and any other judging related issues.

Date	Competition	Venue	Closing date
31st Jan & 1 st Feb	NW NDP Preparation grades 1 & 2. Disabilities prep 1, 2, 3 & 4 All Counties	Robin Park Sports Centre	2nd January
14 th & 15 th Feb	NW NDP Development Grades 1-4 & Disability Grade 1-4 All Counties	Robin Park Sports Centre	16 th January
27 TH Feb-1 st March	English Championships	Telford Intl Centre	16 th December
19 th – 22 nd March	British Championships	Exhibition Centre Liverpool	TBC
28 th & 29 th March	NW NDP Performance, Pre- Excel & Excel Grades, Prep and grade 3 and NW Prep Grade 1 Plus	Robin Park Sports Centre	27 th February
2 nd & 3rd May	NW & Counties Floor & Vault Championships	Robin Park Sports Centre	3rd April
22nd/24 th May	NDP Finals Performance Grades 1-4	Fenton Manor Stoke	10 th April noon (Teams to be entered by NW WTC)
22nd/24 th May	National Excel Grades 2 & 3 Finals		10 th April Noon (Excel 2 team to be entered by NW WTC any individual entries for Excel 3 are the responsibility of the clubs)
12th Sept	Classic Challenge TIN & ZINC Age TBC	Robin Park	14 th & 15 th August
3rd/4 th Oct	Classic Challenge, Bronze, Silver & Gold. National FIG Development levels 3 2 & 1. Disabilities open. NW FIG	Robin Park Sports Centre	4 th September
10 th & 11 th October	Club Team Championships	Fenton Manor	28 th August Noon
24 th / 25 th Oct	Classic Challenge Zinc & Copper	Robin Park Sports Centre	25 th September
7 th / 8 th Nov	Paul Reay Team Challenge (Classic challenge rules)	Robin Park Sports Centre	9 th October
7 th Nov	Disability Artistic British Championships 2026.	Surrey Sports Park	25 th September Noon
TBC	Rushmoor Rosebowl	TBC	TBC
8 th Nov	National FIG Development Levels 2,3 & Junior Fig development.	Surrey Sports Park	25 th September 12 noon (FIG Development 2 <u>team</u> to be entered by NW WTC, Dev 3 individuals to be entered by clubs)
20 th – 22 nd November	Classic Challenge Championships (Team Finals)		9 th October Noon

INFORMATION FOR COACHES AT COMPETITIONS

Coaches Briefing

- A coach's briefing will take place before each round of the competition.
- Attendance is mandatory by **ALL** coaches on the floor.
- A coach only needs to attend the meeting on joining the competition, not for each round, but must attend both days if coaching both days.
- Each coach must register, collect a wristband, and sign the coach's declaration confirming that they hold the appropriate BG qualification and are competent to coach the level of skills being performed by their gymnasts, or adhering to the BG Lead Coach policy. In the latter case, the coach must have liaised with a nominated lead coach for skills for which they are not qualified for. The Lead coach must sign the declaration form.
- **NB: Coaches who are not on the register will not be permitted onto the competition floor.**

Coaches at Apparatus

- Only 1 coach per gymnast is permitted to be at the apparatus at any time except bars (where a second coach may remove the springboard and then move away).
- It is strongly recommended that the coach stand in for beam dismounts and between the bars where needed. This is mandatory for certain competitions (see individual rules).
- Coaches may not stand on the landing area (mat) of the vault or next to the springboard.
- Any breach of these rules will incur a 0.5 neutral penalty (as FIG CoP).
- The coach's presence on or very close to the matting during the beam exercise, other than for the dismount, will incur a 0.5 penalty (as FIG CoP). The onus is on the coach to be present only at the dismount and not during the routine.

General competition etiquette – coaches:

- Must not approach any E panel judges for scores or other information at any point during the competition.
- Must not bring hot drinks onto the competition floor.
- Chewing gum is not permitted.

Mobile Phones/Cameras/Tablets/Video Equipment:

- Coaches/judges/officials/gymnasts may not use mobile phones or photographic equipment at any time during the competition.
- Coaches – must use computers/tablets provided for checking scores **or leave the arena to use a mobile device.**

Coaches Attire

- Coaches must remove all jewellery/watches for NW Regional and County competitions. Wedding rings may be taped up as per BG no jewellery policy.
- All coaches must wear sports leggings/trousers (full or 3/4 length) and T-shirt/polo shirt and trainers.
- The following are not permitted:
 - Boots or 'hi-top' baseball boots
 - Sandals or sliders
 - Gym slippers or bare feet
 - Sleeveless/vest tops or strappy tops
 - Shorts
- Coaches attending National Finals must wear the prescribed NW kit

INQUIRIES

- If there is a query on a score, a coach may choose to do 1 of 2 things:
1 make an informal verbal inquiry to the D Panel Judge for feedback (at end of the rotation),
OR
2 submit a formal inquiry (using forms provided by WTC).
- Beyond this, judges will not review or discuss that score, or reasons for their decisions unless correct procedure is followed i.e. a formal written inquiry (with fee) is made via the **Competition Organiser/ Floor Manager will bring the inquiry to the Head Judge directly as soon as possible after the rotation.**
- Late inquiries will not be accepted.
- Inquiries can only be made against the D score for the coach's own gymnast.
- Comparative scores of other gymnasts will not be considered.
- Video footage cannot be considered and will not be used in the settlement of inquiries as per the National Competition Handbook.
- The score will be reviewed by the apparatus panel who may seek advice from other senior judges if needed.
- Coaches will not be permitted to be present while the review takes place and must move completely away from the judges at this time.
- Written notification of the result of the review will be provided by the apparatus panel via the Head Judge.
- Inquiry fee will not be charged if the inquiry is upheld.

Inquiry Fee:

- £20.00 (per inquiry) will be billed to the club following the event if the inquiry is not upheld.

NB: Once a verbal enquiry has been made, a written enquiry CANNOT follow up and will not be accepted.

COACH QUALIFICATIONS

Coaches for all competitions must hold the following coaching qualifications to accompany gymnasts onto the competition floor:

4 & 5-piece competitions

- WA Level 2 coach (Coach)
- WA Level 3 coach (Club Coach)
- WA Level 4 coach (Senior Club Coach)
- WA HPC/IPC

Additional modules signed off by mentors – evidence to be brought to the competition and shown to the Floor Manager

- MA Level 2 coach (Coach)
- MA Level 3 coach (Club Coach)
- MA Level 4 coach (Senior Club coach)
- MA HPC/IPC

NOTE: Men's Artistic coaches are not qualified to coach beam

Floor & Vault competitions

- WA Level 1 coach (only under the supervision of any BG Level 2 or higher coach)
- WA Level 2 coach (Coach)
- WA Level 3 coach (Club Coach)
- WA Level 4 coach (Senior Club Coach)
- WA HPC/IPC

Additional modules signed off by mentors – evidence to be brought to the competition and shown to the Floor Manager

- MA Level 1 coach (only under the supervision of any BG Level 2 or higher coach)
- MA Level 2 coach (Coach)
- MA Level 3 coach (Club Coach)
- MA Level 4 coach (Senior Club coach)
- MA HPC/IPC
- GG & Team Gym Level 2 coach (Coach)
- GG & Team Gym Level 3 coach (Club Coach)

COACH QUALIFICATIONS (cont.)

Coach Qualifications

- Only coaches who hold the appropriate qualifications will be permitted to take an active coaching role at NW competitions.
- The minimum qualification required for a WTC event is WA Level 2.
- Coaches must hold the appropriate qualification for the skills being competed by their gymnasts.
- It is the responsibility of the club and the coach to ensure the appropriate training and qualification has been successfully completed by the nominated coach.
- Coaches have a responsibility in relation to the safety of their gymnasts in the competition environment. This specifically includes ensuring the gymnasts are adequately prepared (physically and psychologically) for performing their routines in a competition situation.
- The criteria for a coach at a Regional Qualifier should be the same as required for the National final.
- A Men's Artistic Coach may take gymnasts on Vault, Bars and Floor if their training and qualifications cover the skills being performed.
- All coaches accompanying gymnasts at NW events must hold current BG membership **Enhanced or lifetime**, along with up-to-date Safeguarding and DBS.

Pastoral Coaches

- Clubs may request that WA Level 1/GG Level 2+ coaches accompany groups of gymnasts at competitions for pastoral care only i.e. to assist with pastoral needs of a large group of gymnasts, where there are not enough qualified coaches available. The competition organiser will only grant the request if it is deemed necessary for the wellbeing of the gymnasts. Coaches wishing to gain competition experience will not be considered as a valid reason for a request.
- Requests for pastoral coaches must be submitted in writing (email) to the Competition Organiser at least 1 week before the event/within 48hrs after the programme is sent out.
- Proof of coaching qualification, **current BG membership (Enhanced or lifetime), up-to-date DBS and Safeguarding will be checked by the event organiser.**
- **Pastoral Coaches may move springboards and hold gymnasts' numbers up.**

GENERAL COMPETITION INFORMATION

Competition fees

The fees for competition entry are on the Competition Overview pages 17- 23 and summarised below:

- All 4 & 5-piece competitions: £30 per gymnast
- All Floor & Vault competitions: £25 per gymnast

NB. All competition/trial entry fees are non-returnable after the closing date, irrespective of the reason for withdrawal.

Spectator entrance fees to 2026 NW/County competitions

- Adults: £ 7.00
- Concessions: £ 4.00

Scoring system

- Scoring and results for 2026 competitions will be provided by Kscore: live.kscore.co.uk
- A spare screen will be available for coaches to check scores.
- The scores may be subject to alteration following appropriate checks to correct substantiated genuine errors.

Apparatus at competitions

- The equipment at WTC competitions will be provided by Gymnova to FIG specifications.
- Only apparatus supplied at the request of the NW WTC may be used at County/Regional events.

Medal Ceremonies/ Presentations.

- Gymnasts must attend the medal presentation at the end of the round/competition day.
- Medals will only be given to absent gymnasts in exceptional circumstances.

Trophies

- Trophies are awarded to overall champions and are for the gymnast to keep.

Photography

- Official photographers will be present at NW WTC events & images may be published by the NW WTC.
- By entering NW events there is an acceptance that the participants may be photographed.
- It is the responsibility of the club to ensure that all parents/guardians are aware of this policy before entering the competitions.
- The NW official photographer is the only photographer permitted onto the competition floor during presentations.
- Images will be published in line with the guidance contained in the BG Health, Safety and Welfare Policy.
- Photographs taken during the competition (other than by the official photographer) should be from the seating area and not directly in front of the barriers.

NB: Flash photography is not permitted at any time during the competition warm-up or event.

Filming gymnasts from other clubs:

- Current BG policy does not prohibit the filming of gymnasts by coaches and parents/gymnasts from other clubs.
- The WTC have had instances where filming has occurred, and it is an uncomfortable feeling for the parents and not in the spirit of the way we operate in our region.

- We would advise that best practice is always to ask permission first and if it is not given, the filming should not take place.
- A photography notice will be displayed at each competition stating:
“Photographs at this event may only be taken of your own children or those connected to your club, with the permission of their parents. The NW WTC reserve the right to refuse entry to anyone who is believed to be taking photographs for any other reason. Images may not be used for entry into photographic competitions.”

Safeguarding Gymnasts:

- For competitive events, gymnasts must wear a suitably supportive, safe and appropriate non-transparent leotard/unitard according to FIG/BG policy. Competition leotards/unitards must be well fitting and protect the modesty of the gymnasts. Penalties for ill-fitting or revealing leotards will be applied by judges as per FIG Code of points and BG regulations.
- Gymnasts are not permitted to leave the competition arena during the competition for any reason except to go to the toilet. They do not need permission for this from the judges, however the competition must not be delayed due to their absence.
- Gymnasts are not permitted to go into the audience at any point during active competition.
- Gymnasts are not permitted to wear any jewellery including earrings. Gymnasts with newly pierced ears are permitted to tape their earrings for the competition.
- All bandages and supports must comply with FIG regulations: they must be beige or skin coloured to avoid deductions.

COMPETITION ENTRY INFORMATION

Competition entry

- All NW Regional/County competitions will use the BG online competition entry system. Where possible we will open entries to the event 3 to 4 weeks before the closing date.
- The system checks:
 - Coach qualification, Safeguarding and DBS status.
 - Gymnast/coach/judge BG membership status. If the status does not meet the competition requirements as set out in this handbook, entry is not possible until the status is corrected with BG.
- The closing date for all NW WTC events will be midnight on the advertised day.
- Late entries will not be accepted after the closing date.
- All correspondence and competition information will be sent to **1 club contact** only, who will be responsible for disseminating the information to coaches, judges and club officers as required.

NB. The Competition Organiser will not answer individual correspondence from parents. Any such emails will be directed back to the gymnast's club.

Coaches

- For all Level 2 coaches and above, coach registration is mandatory for all competitions. This is done via the BG entry system before the entry can be submitted. **Please enter the names of all potential coaches who may attend the competition so they can be checked in advance.**
- Should it be necessary to add additional Level 2+ coaches after the closing date, an email must be sent to the Competition Organiser **as soon as possible**. There must be a valid reason for such a request, e.g. illness/injury/BG status issues etc. The following information **MUST** be provided when requesting additional level 2 + coaches: Full Name; BG number and DOB
- Requests after 12 noon on the Thursday prior to the event may be refused and will only be considered in exceptional circumstances.

Floor music

- Music must be uploaded using the Dropbox link sent by the NW competition organiser by the deadline specified (not at the time of entry).
- The music must identify the gymnast by name and **must include the gymnast's number** on the programme, which will have been emailed to the club.
- **Format for music entry is: Gymnast's programme number (this should be 3 digits eg. 001) hyphen Gymnast's name**
EXAMPLE: 014-Jane Smith Late or absent music entry will incur a £20 penalty to the club.
- Spare copies of floor music must be brought to the competition on a coach's pen drive/USB stick.
- CD's, iPods, mobile phones and YouTube may not be used to play floor music during the competition.
- Late submission or incorrect upload will incur a £20 fee per gymnast

Judging Fee

- There is no judging fee for NW Regional/County competitions. Clubs must provide judges as a condition of entry.

Judges for competitions

- The entry to 2026 competitions will be dependent on each club putting forward the correct number of judges/officials in accordance with the number of gymnasts entered. **Judges must not be under the age of 16.**
- It is the responsibility of the club and not the Judging Convenor to provide these judges.

- Judges' details and availability is to be sent to: nw.wag.judging@gmail.com by the deadline specified on the Judges Form, which will be attached to the competition programme.
- Failure to return the completed form by the deadline will result in a £50 Late Judge submission fee. The form will show clearly on which days the gymnasts are competing and how many judges are required on each day.
- **NB: This is instead of adding the judges on the online entry**

Judging Requirements per Competition Day

- Competition entries will be accepted on the understanding that each club put forward the correct number of judges in accordance with the number of gymnasts entered as per the table below:
- If the club is unable to provide sufficient judges/officials, then gymnasts entered will need to be reduced accordingly.

• Competition	Number of Gymnasts	Number of Judges (per day)
5 piece	1-8	1
	9-16	2 – one of which must be minimum regional judge
	17+	3 – one of which must be minimum regional judge
4 piece	1-10	1
	11-20	2 – one of which must be minimum regional judge
	21+	3 – one of which must be minimum regional judge
Floor and Vault	1-2	No judge required
	3-20	1
	21+	2 – one of which must be minimum regional judge
Teams	1-10	1
	11-20	2 – one of which must be minimum regional judge
	21+	3 – one of which must be minimum regional judge

- Clubs must ensure that their nominated judges are available for the duration of the competition day and that they have agreed to their nomination to judge.
- The judging rota and judging information will be sent to all clubs. **It is the club's responsibility to circulate this information to their judges.**
- The rota may also be sent to individual judges when the Judging Convenor knows the email address of the judge.
- Information to Independent judges will be circulated by the Judging Convenor
- Substitute judges must only be used with prior consultation and agreement with the Judging Convenor.

Administration Fee

The NW WTC has decided that when a club does not follow the procedures and protocols in the handbook/or fails to meet deadlines, and this leads to excessive additional work by committee volunteers, there will be a discretionary administration fee of £30. A second offence may see a penalty charge imposed on entry for the subsequent competition by the offending club.

SPECIFIC COMPETITION REGULATIONS

Competition move-up rules Floor and Vault

- Gymnasts who finish in the positions as indicated in the table below in 2025 NW Regional/County competitions must move up a level (or more) at all NW Regional/County competitions in the next calendar year of competition. **This rule does not apply to County placings.**

Number of Gymnasts in the Competition	Placings that need to move up
Up to 2	No moving up required
3 to 5 gymnasts	First Overall
6 to 9 gymnasts	Top two Overall
10 to 13 gymnasts	Top three Overall
14 to 17 gymnasts	Top four Overall
18 to 21 gymnasts	Top five Overall
22 and more gymnasts	Top six Overall

- The WTC reserves the right to adapt this rule dependent on competition numbers.
- It is also possible that the WTC may override the rule based on gymnast's scores.

Classic Challenge move up rule

There is now a requirement for gymnasts to progress to the next level in Classic Challenge Tin, Zinc, and Copper. **Any gymnast who achieved the qualifying scores at the 2025 Northwest Classic Challenge must move up one level for the 2026 season.**

- Tin:** 42.400 or above
- Zinc:** 44.400 above
- Copper:** 43.850 or above

There is no requirement to move up from Bronze, Silver & Gold due to the rules incorporating capped D scores and barred elements, however coaches are expected to enter gymnasts into a level which is fair, appropriate, and progressive to their development.

Paul Reay Challenge

Eligibility

2-piece gymnasts are eligible but if they wish to continue in 2027 only in floor & vault Competition they must not compete on all four pieces. Please can we ask all coaches to use discretion when entering these gymnasts for example it is not appropriate for intermediate gymnasts to enter tin or zinc teams.

4-piece gymnasts who wish to help their club by stepping up a level for the team competition and then return in 2027 to their current level again they must not compete on all 4 pieces

NDP Pathways

Gymnasts are not allowed to do 2 different pathways during the calendar year. This applies to NW Floor and Vault, NDP Grades and all voluntary competitions and is in line with the National Women's Artistic Gymnastics programme. (See eligibility flow chart Page 24)

Gymnasts dropping back a level (4-piece competitions)

- Gymnasts are not permitted to drop back a level once they have competed at a higher level. However, it is recognised that in a very small number of cases there may be valid reasons for requesting that a gymnast move back. Where such circumstances exist then a case must be submitted to the Chair of the WTC for consideration at a WTC meeting.

- A drop back request should be accompanied by scores from the latest competitions (including friendly competitions) and a detailed statement from the coach giving specific reasons for the request. This includes County as well as Regional Competitions.
- Examples that may be successful with the WTC:
 - Coming back from long term injury
- Examples that will not be successful with the WTC:
 - Gymnast has not got all the CR's for the new level
 - Gymnast has developed a fear of going backwards

Gymnasts dropping back from 4-piece to Floor & Vault

- Gymnasts who have competed in 4-piece competitions and wish to drop back to Floor & Vault competitions must request permission in writing (**exception is advanced floor and vault**) from the WTC via the Chair/ Competition Organiser as stated above.
- All correspondence must be sent to: nwgymcom@gmail.com
- See page 26 for eligibility

Paul Reay Challenge

- Eligibility
- 2-piece gymnasts are eligible but if they wish to continue in 2027 in floor & vault Competition they must not compete on all four pieces. Please can we ask all coaches to use discretion when entering these gymnasts for example it is not appropriate for intermediate gymnasts to enter tin or zinc teams.
- 4-piece gymnasts who wish to help their club by stepping up a level for the team competition and then return in 2027 to their current level, must not compete on all 4 pieces

FIG Northwest Rosebowl Team Selection

- Team Selection: The team will be determined based on the results from the Northwest FIG Competition.
- Selection Criteria: Detailed criteria for team selection will be shared with clubs prior to the Northwest Competition. The number of team members selected will depend on competition rules and the number of teams entered.
- Coach Selection: The criteria for selecting coaches will be based on the competition's guidelines, specifically the number of coaches allowed on the competition floor.

INFORMATION FOR NATIONAL FINALS

Gymnasts selected for Regional teams at National finals

- Gymnasts selected for the Regional team should be available for the finals
- If it is known on the day of the selection competition that the gymnast is unavailable for the final, they must inform the Team Manager on the day of the selection competition
- Should a gymnast withdraw for any reason other than injury after committing to competing for the Regional team, their club will be subject to a participation fee of £20 (per gymnast). This applies to team members and reserves. This participation fee will be refunded on provision of a medical note (as BG) which must be provided at or just following the time of withdrawal.

Team Managers

For all Regional team finals, a Team Manager will be appointed. The main duties of the team manager are listed below:

1. Regional Teams – ensure that the National Competition entry has been sent to BG (by the Event Organiser) before the closing date and that the entry fee has been paid
2. Co-ordinate and lead team training events (or work alongside an appointed team coach to oversee the training events)
3. Collect training fees (if applicable) from gymnasts at each training event
4. Keep a register of gymnasts at team training
5. Complete and submit the working order for the finals

Gymnasts will usually compete in reverse order, on each apparatus, according to placement on each apparatus in the qualifying competition.

6. Distribute information about the finals to all gymnasts and coaches
7. Distribute information about team training events to all gymnasts and coaches
8. Register Gymnasts at the finals
9. Ensure gymnasts and coaches all receive the team clothing (preferably at team training ahead of the finals)
10. Gymnasts who qualify to the National finals will be required to purchase a NW competition leotard and tracksuit top (price to be confirmed on qualification). This leotard and tracksuit can then be kept by the gymnast and used again if they qualify for future finals.
11. Clubs/coaches will need to purchase a tracksuit top for the coach attending the competition. NW WTC will provide t-shirts to go under the tracksuit top.

INFORMATION FOR JUDGES

Uniform

Judges are required to maintain a professional appearance. The following attire guidelines must be followed:

Female judges

- Navy blue suit (with either a skirt or trousers)
 - Plain White shirt, blouse, or top
 - Appropriate shoes
- Please note: Jeans, leggings, strappy tops, and any attire deemed inappropriate are not allowed.

Male judges

- Dark blazer/jacket, grey/dark trousers, appropriate shoes, white shirt with tie.

Responsibilities

- Judges should arrive in plenty of time for the advertised judges' meeting.
- Judges must possess and have studied the current rules for the competitions they will be judging and have suitable recording materials.
- During the competition phase, judges should not have contact with coaches, gymnasts, members of the audience, or talk unnecessarily to the judging panel as this can be misinterpreted by spectators and other coaches.
- Judges should not leave the competition arena without informing the D Judge as this could delay the competition.
- Judges should always behave in a professional manner and judge impartially without bias

NB. In view of our online scoring system (Kscore), the use of phones by judges whilst at the judging table, even between rotations, is not permitted except in extenuating circumstances.

EVENTS INFORMATION

Medical

- A fully qualified paramedic will be present at each competition, provided by the NWWTC.
- The paramedic will be introduced to coaches during the coaches' briefing.
- The paramedic will not approach a gymnast unless specifically requested by a coach.
- Coaches are responsible for contacting the paramedic directly or informing the Floor Manager, who will radio for medical assistance.
- The paramedic cannot issue medical supplies without first assessing the individual.

First Aid Kit

- A first aid kit is located behind the main desk.
- Basic supplies, including plasters and ice, are available.
- Coaches may access this kit as needed.

Safeguarding & Welfare Officer

- The NWWTC aims to provide a Safeguarding & Welfare Officer at every event.
- This individual will be Time to Listen qualified and introduced during the coaches' briefing.
- All safeguarding or welfare concerns should be directed to this officer.
- They will be positioned at the front of the arena for easy access for both coaches and parents.

Head Judge

- The Head Judge will be a senior member of the judging panel, typically a national-level judge or higher.
- They will conduct the judges' briefing in the allocated room at the start of the day.
- Any judging concerns should be reported directly to the Head Judge either by the gymnast's coach or through the Floor Manager.
- The Head Judge will also handle inquiry forms passed on by the Floor Manager.

Floor Manager

- When possible, the NWWTC will appoint a Floor Manager for each competition.
- They will conduct the coaches' briefing and act as the main point of contact for all event-related questions.
- Responsibilities include:
 - Ensuring the smooth running of the competition
 - Ensure Adherence to coaching registration process
 - Managing event-day issues
 - Assisting coaches with score inquiries
 - Provide necessary paperwork and forms

Volunteer Staff

- Music and microphone operations will be overseen by a volunteer, who may be a committee member or a club representative.
- Door entry will be managed by club volunteers on a rota basis.
- Each club will provide 1–2 volunteers to assist with spectator admission and payment.

Competition Overview:

NW & County Combined Preparation and Development Grades	FORMAT	MEDALS	MUSIC	JUDGES	MEMBERSHIP REQUIRED	ENTRY FEE
NDP Preparation Grades 1 & 2 NDP Development Grades 1-4 Disabilities Grades 1-4	Individual Regional Championships over 2 weekends	Overall medals to top 3 gymnasts all around in NW & County for each competition Trophy to overall NW & County Champions Certificates	Music to be uploaded with programme number by the stipulated music closing date. Late submission or incorrect upload will incur a £20 fee. Bring spare copy of music on PEN DRIVE/USB stick No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed	See Page 12 & 13	NW membership and BG competitive or national membership	£30

NW Performance and Excel Grades	FORMAT	MEDALS	MUSIC	JUDGES	MEMBERSHIP REQUIRED	ENTRY FEE
NW Preparation Grade 1 Plus	Individual regional Championships	Overall medals to top 3 gymnasts all around and trophy to Champions	Music to be uploaded with programme number by the stipulated music closing date. Late submission or incorrect upload will incur a £20 fee. Bring spare copy of music on PEN DRIVE/USB stick No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed	See Page 12 & 13	NW membership and BG competitive or national membership	£30
NDP Preparation grade 3						
NDP Performance Grades 1-4	Individual Championships with NW team selection for National Final Top 5	Overall medals to top 3 gymnasts all around and trophy to Champions 4th and 5th Team place rosettes				
Pre Excel Grade	Individual regional Championships ages 8 or 9 years	Overall medals to top 3 gymnasts all around and trophy to Champion				
NDP Excel Grade 1	Age 9 & 10 eligibility Individual Championships No National final	Overall medals to top 3 gymnasts all around and trophy to Champion			NW membership and BG competitive or national membership	
NDP Excel Grade 2	Age 10 & 11 eligibility NW team selection for National Final Top 4 plus reserve	As above plus National team selection: 4 th and 5 th Team place rosettes				
NDP Excel 3 (Dependant on numbers)	Age 11 & 12 eligibility Control Competition before National Competition	Overall medals to top 3 gymnasts all around and trophy to Champion				

NW & County Combined Floor & Vault Championships	FORMAT	MEDALS	MUSIC	JUDGES	MEMBERSHIP REQUIRED	ENTRY FEE
Pre-novice Novice Intermediate Advanced	Overall and Individual Apparatus Championships	Apparatus & Overall medals to top 3 gymnasts in NW & County for each competition Trophy to overall NW & County Champions	Music to be uploaded with programme number by the stipulated music closing date. Late submission or incorrect upload will incur a £20 fee. Bring spare copy of music on PEN DRIVE/USB stick No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed	See Page 12 & 13	NW membership and BG Community	£25

NW FIG Championships	FORMAT	MEDALS	MUSIC	JUDGES	MEMBERSHIP REQUIRED	ENTRY FEE
Pre FIG Development	Age 8 & 9	TBC With BG				
FIG Development Level 1	Age 9 & 10 Individual Championships Open Age eligibility Individual Championships	Apparatus & Overall medals to top 3 gymnasts in each competition and trophy to Champions	Music to be uploaded with programme number by the stipulated music closing date. Late submission or incorrect upload will incur a £20 fee. Bring spare copy of music on PEN DRIVE/USB stick No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed	See Page12 & 13	NW membership and BG competitive or national membership	£30
FIG Development Level 2	Age 10 & 11 eligibility Individual Championships with NW team selection for National Final	As above plus National team selection: Top 4 plus reserve. 4 th and 5 th team place rosettes				
FIG Development Level 3	Age 11 & 12 Control Competition before National Competition	Apparatus & Overall medals to top 3 gymnasts in each competition and trophy to Champions				
NW FIG Aspire, Junior & Senior	Individual Apparatus Championships	Overall and apparatus medals to top 3 in each competition and trophy to winners. Rosebowl team selection for Junior & Senior gymnasts				

North West A Classic Challenge Championships: Bronze, Silver & Gold	FORMAT	MEDALS	MUSIC	JUDGES	MEMBERSHIP REQUIRED	ENTRY FEE
Gold , Silver & Bronze Age categories Gold – 14 & 15 16+ Silver – 12 & 13 14+ Bronze - 10 &11 12 & 13 14 +	Team selection for National finals – top 6 plus 7th place (reserve) from the NW Qualifier	Apparatus & Overall medals to top 3 gymnasts in NW for each competition, rosettes for 4th – 6th place Trophies to overall NW winners 4th to 7th place rosettes for the NW Team	Music to be uploaded with programme number by the stipulated music closing date. Late submission or incorrect upload will incur a £20 fee. Bring spare copy of music on PEN DRIVE/USB stick No ‘Disney’, ‘Andrew Lloyd Webber’ or ‘Cirque Du Soleil’ allowed	See Page 12 & 13	NW membership and BG competitive or national membership	£30

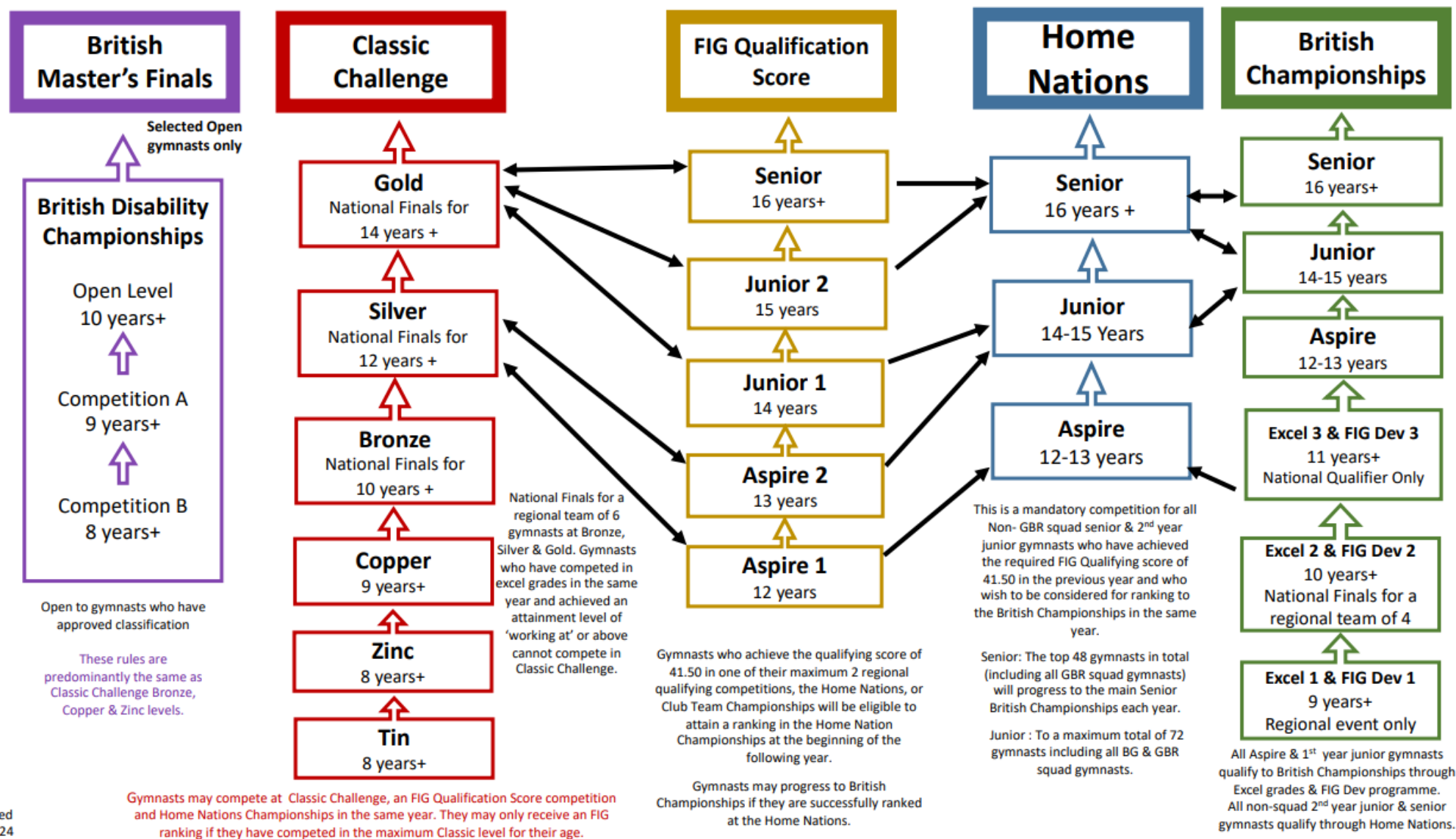
NW & County Copper, Zinc & Tin	FORMAT	MEDALS	MUSIC	JUDGES	MEMBERSHIP REQUIRED	ENTRY FEE
Copper Age categories Age – 9 Age – 10 & 11 Age – 12 Age – 13 +	Individual Apparatus Championships	Apparatus & Overall medals to top 3 gymnasts in NW & County for each competition Trophies to overall NW & County winners	Music to be uploaded with programme number by the stipulated music closing date. Late submission or incorrect upload will incur a £20 fee. Bring spare copy of music on PEN DRIVE/USB stick No ‘Disney’, ‘Andrew Lloyd Webber’ or ‘Cirque Du Soleil’ allowed	See Page 12 & 13	NW membership and BG competitive or national membership	£30

Tin	Overall and Individual Apparatus Championships	Apparatus & Overall medals to top 3 gymnasts in NW & County for each competition Trophies to overall NW & County winners	Music to be uploaded with programme number by the stipulated music closing date. Late submission or incorrect upload will incur a £20 fee. Bring spare copy of music on PEN DRIVE/USB stick No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed	See Page12 & 13	NW membership and BG competitive or national membership	£30
Zinc	Overall and Individual Apparatus Championships	Apparatus & Overall medals to top 3 gymnasts in NW & County for each competition Trophies to overall NW & County winners	Music to be uploaded with programme number by the stipulated music closing date. Late submission or incorrect upload will incur a £20 fee. Bring spare copy of music on PEN DRIVE/USB stick No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed	See Page12 & 13	NW membership and BG competitive or national membership	£30

The Paul Reay Team Challenge	FORMAT	MEDALS	MUSIC	JUDGES	MEMBERSHIP REQUIRED	ENTRY FEE
Tin Zinc Copper Bronze	Up to 5 in a team, 4 to compete on each piece, 3 scores to count towards the team total Open age teams (minimum age applies)	Overall medals to top 3 teams in each competition and trophy to the team Champions	Music to be uploaded with programme number by the stipulated music closing date. Late submission or incorrect upload will incur a £20 fee.	See Page 12 & 13	NW membership and BG competitive or national membership	£100 per team
Silver Gold	2 in a team, each gymnast competes 4 pieces top scores to count on each piece Open age teams (minimum age applies)		Bring spare copy of music on PEN DRIVE/USB stick			£45 per team
See Page 15 for eligibility rules New Exciting rule additions to follow in the summer			No 'Disney', 'Andrew Lloyd Webber' or 'Cirque Du Soleil' allowed			

NWGA Competition Eligibility for 2024 – Will now need to be updated

(Images below taken from BG website)



Updated
Jan 2024

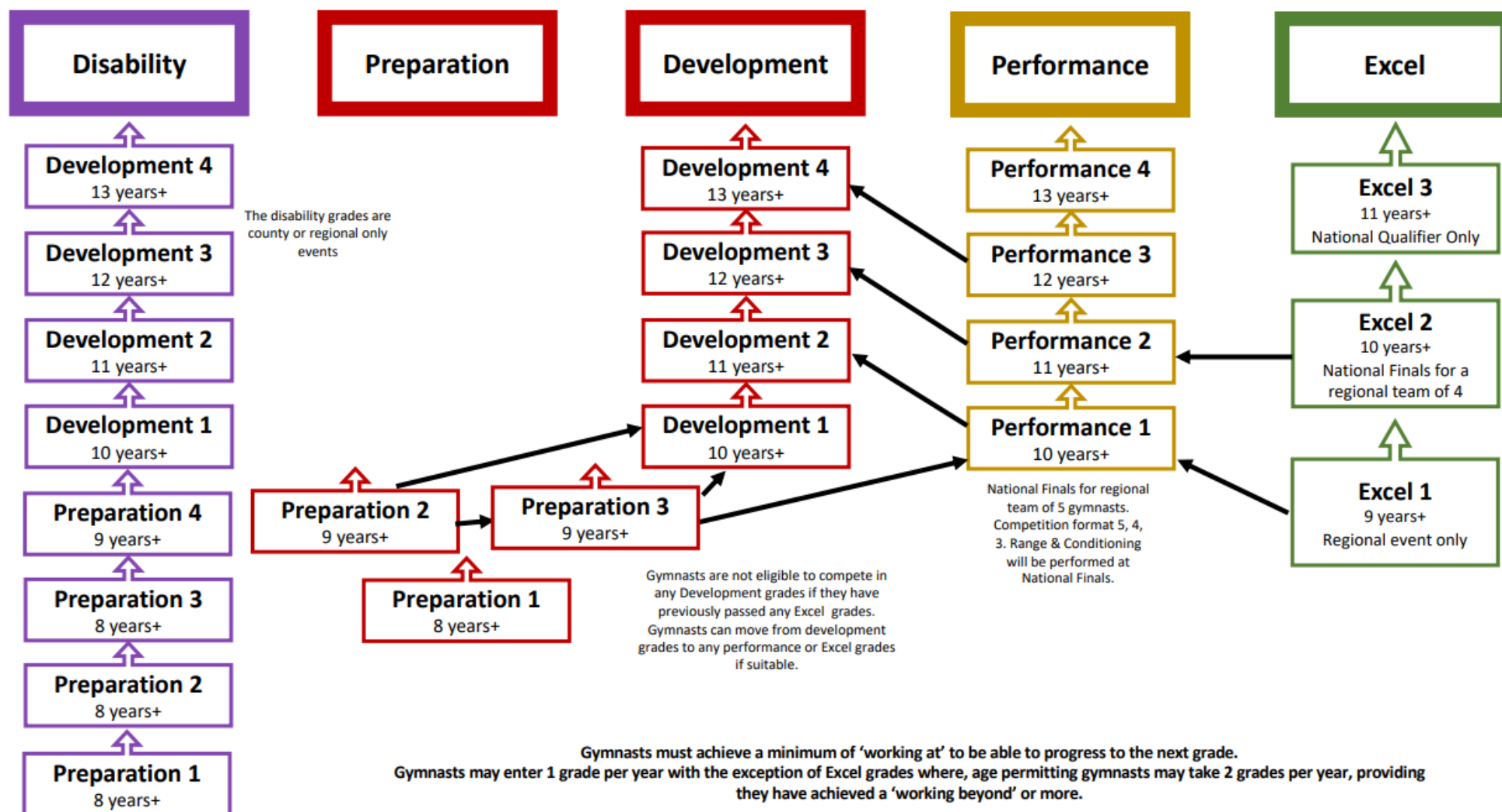
GRADES Eligibility for 2024 -(2026 to be updated)

(Images below taken from BG website)

NB: Gymnasts may only compete 1 pathway per year (grades + voluntary/development competitions) including North West and Excel grades

Updated
Jan 2024

Grades



North West Eligibility

Gymnasts may only compete in either 2 piece or 4/5 piece competitions in a calendar year. Gymnasts can move up from 2 piece to 4/5 piece the following year. To drop back from 4/5 piece to 2 piece requires permission from the WTC, via a drop back request, with the exception of Preparation grades 1 and 2 and Development grade 1.

For gymnasts who have done Preparation and Development grades, please see eligibility at the top of the Floor and Vault rules. Previous 4 piece gymnasts may compete in the new 'Advanced' category provided they are age eligible and have not competed 4/5 piece during this calendar year. They may not revert back to 4 piece during the same year.

Gymnasts who have previously competed at the compulsory (now Excel) level who want to drop back to Advanced must request permission from the WTC via a drop back request as per page 14.

North West Floor and Vault - PRE NOVICE

Elements will be given Difficulty Value (DV) according to FIG Cycle 15 Code of Points. Rules and Regulations are as FIG Cycle 15 Code of Points unless stated otherwise. FIG Execution, Artistry, Choreography and Specific Apparatus penalties will be applied.

FLOOR EXERCISE North West Junior Code elements will be recognised and will count towards number of required elements. Will receive no Difficulty Value.

ELIGIBILITY	Must not have competed at any grades, 4 or 5 piece competitions		
MOVING UP	As per Moving up rules on page 14		
	Min Age 8		
	VAULT REQUIREMENTS	FLOOR REQUIREMENTS	
DIFFICULTY AND APPARATUS REQUIREMENTS	2 x Vaults performed Best score to count	Maximum 8 x Elements [including dismount] Maximum 1 x B Difficulty Value Dance Elements	
	Handspring flatback onto pile of safety mats at a choice of 60cm, 90cm or 120cm to suit the gymnast.	COMPOSITION REQUIREMENTS [CRs] 4 x 0.50 each 2.00 maximum - Dance passage of 2 different leaps or hops (Cat leap into scissor kick will be accepted at this level) - A different additional dance element - Acrobatic element - Acrobatic dismount [FIG or NW]	
DIFFICULTY VALUE DV	Handspring flat back D Score 1.00	DIFFICULTY SCORE 2.90 maximum A Difficulty Value 0.10 each B Difficulty Value 0.20 each	
BARRED ELEMENTS	No other vaults are permitted at this level	- All Saltos and Aerials - No B Difficulty Value Acrobatic Elements If performed, they would not receive DV or CR and would not count towards the number of elements in routine. However, they would be deducted for any FIG execution penalties that apply.	
ACROBATIC LINES		An Acrobatic Line will be any - Acrobatic Series OR - Acrobatic Element performed on its own Must have minimum of TWO ACROBATIC LINES to count DISMOUNT DV	
SHORT ROUTINES		Routine with less than 5 counting elements Deduct 1.00 mark for each missing element	
NORTH WEST JUNIOR CODE ELEMENTS count towards number of counting elements but no DV	ACROBATIC ELEMENTS		DANCE ELEMENTS
	Cartwheel	Headspring	
	Backward roll to Handstand	Tic toc	
	Backward Walkover	Forward roll to feet	
	Forward Walkover	Backward roll to feet	Stag Leap
	Dive Cartwheel	Dive Forward Roll	Tuck Jump

North West Floor and Vault - NOVICE

Elements will be given Difficulty Value (DV) according to FIG Cycle 15 Code of Points. Rules and Regulations are as FIG Cycle 15 Code of Points unless stated otherwise. FIG Execution, Artistry, Choreography and Specific Apparatus penalties will be applied.

FLOOR EXERCISE North West Junior Code elements will be recognised and will count towards number of required elements. Will receive no Difficulty Value.

ELIGIBILITY	Must not have competed at any competition above Prep grade 1 & 2	
MOVING UP	As per Moving up rules on page 14 (exception age 8)	
	Min Age 8	
	VAULT REQUIREMENTS	FLOOR REQUIREMENTS
DIFFICULTY AND APPARATUS REQUIREMENTS	2 x Vaults performed Best score to count	Maximum 8 x Elements [including dismount] Maximum 3 x B Difficulty Value Dance Elements
	Handspring flatback onto pile of safety mats at a choice of 60cm, 90cm or 120cm to suit the gymnast. OR ½ on to stand onto pile of safety mats at a choice of 60cm, 90cm or 120cm to suit the gymnast. OR Flyspring to stand onto pile of safety mats at a choice of 60cm, 90cm or 120cm to suit the gymnast.	Composition Requirements [CRs] 4 x 0.50 each 2.00 maximum - Dance passage of 2 different leaps or hops - one with minimum 160° split or straddle - A different additional dance element - Forward/sideward and backward acrobatic elements - Acrobatic line [minimum 1 x flighted element]
DIFFICULTY VALUE DV	Handspring flatback DV 1.00 ½ on to stand DV 1.50 Flyspring to stand DV 1.50	DIFFICULTY SCORE 3.10 maximum A Difficulty Value 0.10 each B Difficulty Value 0.20 each
BARRED ELEMENTS	No other vaults are permitted at this level	- No B Difficulty Value [DV] Acrobatic Elements - No Elements above B Difficulty Value If performed, they would not receive DV or CR and would not count towards the number of elements in routine. However, they would be deducted for any FIG execution penalties that apply.
ACROBATIC LINES		An Acrobatic Line will be any - Acrobatic Series with 1 x Flighted Element [minimum] OR - Flighted Acrobatic Element performed on its own Must have minimum of TWO ACROBATIC LINES to count DISMOUNT DV
SHORT ROUTINES		Routine with less than 6 counting elements Deduct 1.00 mark for each missing element
NORTH WEST JUNIOR CODE ELEMENTS count towards number of counting elements but no DV	ACROBATIC ELEMENTS	
	DANCE ELEMENTS	
	Cartwheel Backward roll to Handstand Valdez Backward walkover Forward walkover	Headspring Dive Forward roll Dive Cartwheel Tic Tok Tuck Jump

North West Floor and Vault - INTERMEDIATE

Elements will be given Difficulty Value (DV) according to FIG Cycle 15 Code of Points. Rules and Regulations are as FIG Cycle 15 Code of Points unless stated otherwise. FIG Execution, Artistry, Choreography and Specific Apparatus penalties will be applied.

FLOOR EXERCISE North West Junior Code elements will be recognised and will count towards number of required elements. Will receive no Difficulty Value.

ELIGIBILITY	Must not have competed at any competition above Development 1	
MOVING UP	As per moving up rules (Page 14)	
AGES in the year of competition	Min age 10	
APPARATUS	VAULT REQUIREMENTS	FLOOR REQUIREMENTS
DIFFICULTY AND APPARATUS REQUIREMENTS	2 x Vaults performed Best score to count	Maximum 8 x Elements [including dismount]
	Any Vault without salto Height of vault 105,110, 115, 120, 125cm	COMPOSITION REQUIREMENTS [CRs] 4 x 0.50 each 2.00 maximum - Dance passage of 2 different leaps or hops - one with 180° split or straddle - A different additional dance element - Forward/sideward and backward flighted acrobatic elements - Acrobatic line with a Salto
DIFFICULTY VALUE DV	As per FIG vault table.	DIFFICULTY SCORE 3.60 maximum A Difficulty Value 0.10 each B Difficulty Value 0.20 each
BARRED ELEMENTS	Salto Vaults.	No Elements above B Difficulty Value If performed, they would not receive DV or CR and would not count towards the number of elements required in routine. However, they would be deducted for any FIG execution penalties that apply.
ACROBATIC LINES		An Acrobatic Line will be any - Acrobatic Series with 2 x Flighted Elements [minimum] OR - Front salto [NOT aerial] performed on its own Must have minimum of TWO ACROBATIC LINES to count DISMOUNT DV
SHORT ROUTINES		Routine with less than 7 counting elements in total Deduct 1.00 mark for each missing element
NORTH WEST JUNIOR CODE ELEMENTS count towards number of counting elements but no DV	ACROBATIC ELEMENTS	
	Backward Walkover Forward Walkover	
	DANCE ELEMENTS	

North West Floor and Vault - ADVANCED

Elements will be given Difficulty Value (DV) according to FIG Cycle 15 Code of Points. Rules and Regulations are as FIG Cycle 15 Code of Points unless stated otherwise. FIG Execution, Artistry, Choreography and Specific Apparatus penalties will be applied. FLOOR EXERCISE North West Junior Code elements will be recognised and will count towards number of required elements. Will receive no Difficulty Value.		
ELIGIBILITY	Must not compete at any 4/5 piece competitions within the calendar year. Previous compulsories (Excel) can't drop back without drop back request.	
MOVING UP	No requirement to move up	
AGES in the year of competition	Min Age 10	
APPARATUS	VAULT REQUIREMENTS	FLOOR REQUIREMENTS
DIFFICULTY AND APPARATUS REQUIREMENTS	2 x Vaults performed Best score to count	Maximum 8 x Elements [including dismount]
	All Ages 1.25m Vaulting table	COMPOSITION REQUIREMENTS [CRs] 4 x 0.50 each 2.00 maximum - Dance passage of 2 different leaps or hops - one with 180° split or straddle - Minimum B valued dance element - Forward and backward salto in the same or different acro line - Acro line with a straight salto
DIFFICULTY VALUE DV	Max D-Score 3.4	DIFFICULTY SCORE 3.60 maximum A Difficulty Value 0.10 each B Difficulty Value 0.20 each C Difficulty Value 0.30 each
BARRED ELEMENTS	Vault DV more than 3.4 Twisting salto vaults If performed, will be given 0.00 Score	No Elements above C Difficulty Value If performed, they would not receive DV or CR and would not count towards the number of elements required in routine. However, they would be deducted for any FIG execution penalties that apply.
ACROBATIC LINES		An Acrobatic Line will be any Acro Series with min 2 x Flighted Elements one being a salto Must have minimum of TWO ACROBATIC LINES to count DISMOUNT DV
SHORT ROUTINES		Routine with less than 7 counting elements in total Deduct 1.00 mark for each missing element
NORTH WEST JUNIOR CODE ELEMENTS count towards number of counting elements but no DV	Acrobatic Elements	
		Dance Elements

North West Preparation Grade 1 +

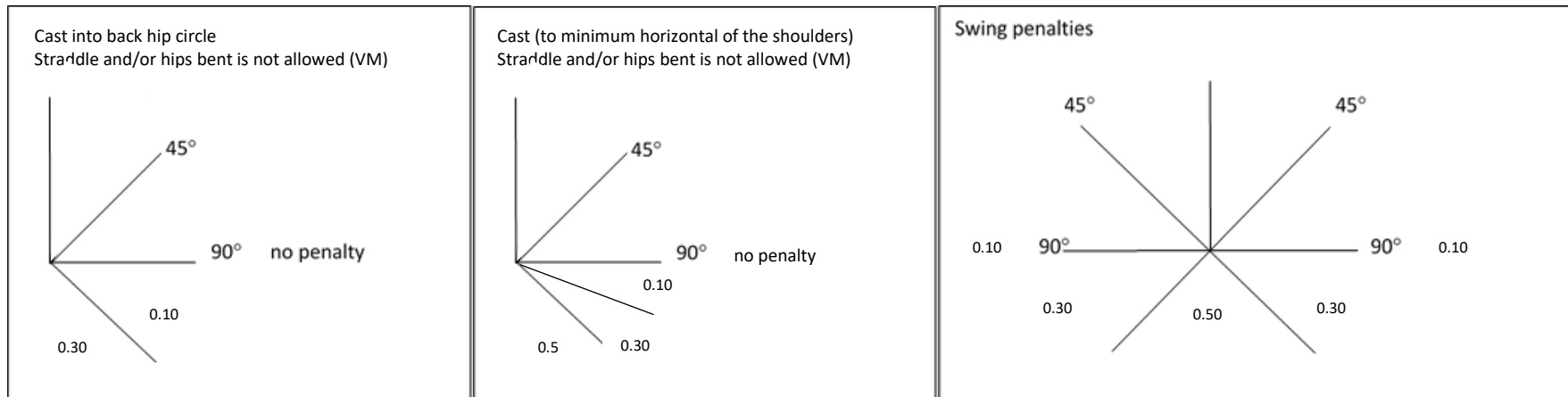
- Eligibility: for 2026 competition, gymnasts must be **born in 2018 Or 2017 (age 8 or 9 in 2026)**
- Each piece is marked out of a maximum of **14.00** – D score (4.00 maximum) + E score (10.00)
- Pass mark: 50.00
- Rules and Regulations are as FIG cycle 15 code of points unless stated otherwise
- FIG execution and artistry penalties will be applied
- Non-attempt 2.0 Neutral penalty + VM (D score)
- **Please note: Gymnasts entered for the NW Preparation grade 1+ are NOT eligible to enter The NW Classic Tin level at the end of the year.**

BARS PENALTIES

All body parts must reach the required angle.

- If there is a pike in the body, the line is from the hands to the feet or lowest body part
- If there is excessive arch that puts the feet in the higher sector, the line is through the centre of mass

VM on cast to horizontal will be taken if gymnast's hips do not leave the bar



VAULT NW Preparation 1 +

Handspring flatback

Safety matting to the height of 80cm

PHASE	EXECUTION FAULTS	PENALTIES		
TAKE OFF BOARD	Poor co-ordination of arm swing Arms already up on jump onto board	0.10	0.30	
FIRST FLIGHT	Hip angle Arch Bent legs Legs apart	0.10 0.10 0.10 0.10	0.30 0.30 0.30 0.30	0.50
REPULSION	Shoulder angle on contact with vault Bent arms Walking on hands Double bounce on hands	0.10 0.10 0.10 per step	0.30 0.30 0.30	0.50
SECOND FLIGHT and LANDING	Bent legs Failure to maintain straight body position Insufficient height Insufficient length Legs apart Failure to land on flat back (landing in dish) Deviation from a straight direction	0.10 0.10 0.10 0.10 0.10 0.10 0.10	0.30 0.30 0.30 0.30 0.30 0.30	0.50
GENERAL	Body alignment at any phase (taken only once) Dynamics	0.10 0.10	0.30	

BARS NW Preparation 1 +

Routine on single polished 'strap' bar height 255cm

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES		
Leg raise x 2 (toes to touch the bar)	0.5 each	Failure to lift feet to 45° from vertical Toes not touching the bar Body alignment (shoulder angle/ head out) Bent legs at any point Legs apart at any point	VM 0.10 each time 0.10 0.10 0.30 0.50 0.10 0.30		
Upward circle	0.5	Failure to circle over to front support Chin touching bar Poor technique in circle over (use of leg swing to initiate circle)	VM 0.30 0.10. 0.30		
Cast with legs together	0.5	Poor shape in any phase Bent arms Cast penalties	0.10 0.30 0.50 0.10 0.30 0.50 See NW Prep 1+ diagrams		
Back hip circle (0.50 intermediate pump swing penalty will NOT be applied)	0.5	Element penalties	As CoP		
Cast (to minimum horizontal of the shoulders)	0.5	Poor shape in any phase Bent arms Cast penalties	0.10 0.30 0.50 0.10 0.30 0.50 See NW Prep 1+ diagrams		
Swing forwards and backwards x 3	0.5	Poor rhythm in swings Swing penalties Poor body shape in any phase Deduction for going over the bar (giant)	0.10 0.30 See NW Prep 1+ diagrams 0.10 0.30 0.50		
Coach to stop the last swing and bring the gymnast to hang					

BEAM NW Preparation 1+

30cm mats underneath the entire beam including dismount (total height of dismount matting is 40cm)

<i>DESCRIPTION</i>	<i>VALUE</i>	<i>EXECUTION FAULTS</i>	<i>PENALTIES</i>	
Mount- jump to japana mount (take hands off beam- no hold required)	0.5	Hands not off beam Lack of flexibility in japana position	0.10	0.30 0.30
Handstand with feet together to (min) 30 degrees No hold required	0.5	Handstand not within 45 degrees Body alignment in HS Element penalties	0.10	VM As CoP
Dance series- Stretch jump Tuck jump	0.5	Element penalties Series break (elements not connected)		As CoP 0.50
	0.5	Elements performed in incorrect order Element missing (includes following a fall)		0.30 Non-attempt of (2 nd) element
Split Jump 180°	0.5	Element penalties (lack of split taken from 160°) Landing on one foot		As CoP 0.30
½ spin on one foot	0.5	Turn not completed		VM
Cartwheel	0.5	Element penalties		As CoP
Dismount- minimum 2 steps into hurdle step to take off from two feet into stretch jump dismount – ARMS BY EARS (prep for front somi)	0.5	Less than 2 steps Take off from one foot Insufficient height in jump Body alignment in jump Arms not by ears on take-off	0.10 0.10	0.30 VM 0.30 0.30

FLOOR NW Preparation 1+

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES		
Acro line- From two feet: Hurdle step into round off flic	0.5	Extra steps into round off	0.10 each		
	0.5	Element penalties Series break	As CoP 0.50		
Backward roll with straight arms into front support	0.5	Bent arms Failure to keep tight shape in front support	0.10	0.30 0.30	0.50
Dance passage- Split leap 180° Cat leap <i>Can be performed in any order</i>	0.5	Element penalties	As CoP		
	0.5	Break in the dance passage	0.50		
Tumble- Handspring to two feet	0.5	Element penalties Landing on one foot	As CoP 0.30		
Full spin	0.5	Element penalties	As CoP		
Backward walkover	0.5	Lack of split Bent legs	0.1 0.1	0.3 0.3	0.5
Split jump (must not be connected to another element)	0.5	Element penalties	As CoP		

RANGE & CONDITIONING NW Preparation 1+

Strip of firm matting, or no matting. (as per NDP grades)

<i>DESCRIPTION</i>	<i>VALUE</i>	<i>EXECUTION FAULTS</i>	<i>PENALTIES</i>
Start in straddle stand. Place hands on floor and straddle press to handstand (elephant lift). HOLD for 2 seconds Split legs and step down. Join feet together with arms by ears	0.5	Jump to handstand instead of press Bent legs at any point Bent arms at any point Handstand position not held	VM 0.10 0.30 0.50 0.10 0.30 0.50 0.30 Neutral penalty D Panel
Crouch down & forward roll (bent or straight arms - pause in shoulder stand not necessary) to straddle 1/2 lever hold (feet higher than hips) HOLD for 2 seconds. Lower to straddle sit position	0.5	Legs held at or below horizontal Legs bent in hold Position not held for 2 seconds	0.10 0.30 0.10 0.30 0.5 0.30 Neutral penalty D Panel
Without changing leg position, lift arms above head and keeping back straight, lean forwards to Japana position. HOLD for 2 seconds.	0.5	Japana position not held for 2 seconds Back not straight during lean forwards Widening legs before Japana fold Torso not close to floor in held position	0.30 Neutral penalty D Panel 0.10 0.10 0.30 0.10 0.30
Take legs backwards (may use hands in transition phase) and passing through box splits, join legs together with arms by ears. Push to press up position with toes pointed.	0.0	Lack of flexibility in box splits Bent legs Flexing foot/feet during transition phase	0.10 0.30 0.10 0.30 0.10
Swing one leg round to sit in (forwards) splits. Take hands off floor and HOLD for 2 seconds with arms sideways at horizontal.	0.5	Splits not held for 2 seconds Lack of flexibility in splits Hands touching floor in held position	0.30 Neutral penalty D Panel 0.10 0.30 0.30
½ turn to splits on the other leg (may use hands without penalty). HOLD for 2 seconds with hands off floor with arms sideways at horizontal.	0.5	Splits not held for 2 seconds Lack of flexibility in splits Hands touching floor in held position	0.30 Neutral penalty D Panel 0.10 0.30 0.30

RANGE & CONDITIONING (cont) NW Preparation 1+

Bring back leg forwards to long sit with legs together. Lift arms to ears and pike fold placing hands flat on the floor at the sides of feet. HOLD position for 2 seconds.	0.5	Pike fold position not held for 2 seconds Insufficient pike position Hands not in prescribed position in pike fold Legs bent in pike fold	0.30 Neutral penalty D Panel 0.10 0.30 0.10 0.10 0.30
Lie on back and push to bridge with feet together. Straighten legs and HOLD position for 2 seconds.	0.5	Bridge not held for 2 seconds Insufficient shoulder extension Knees bent in held position Feet apart at any point	0.30 Neutral penalty D Panel 0.10 0.30 0.10 0.30 0.50 0.10
Lift one leg straight to vertical (may move support leg) and HOLD position for 2 seconds. Kick over through split handstand to stand.	0.5	Position not held or 2 seconds Failure to kick over to stand Lack of split Bent legs	0.30 Neutral penalty D Panel 1.00(fall) 0.10 0.30 0.10 0.30 0.50
Straddle Jump	0.5	Element penalties	As CoP
Straight Jump (Jumps to be linked but not rebounding and in any order)	0.5	Lack of height	0.10 0.30
		Lack of fluency/pace throughout exercise (going too slow throughout/holding the holds for too long)	0.10 0.30



Official Inquiry Form

Competition & level	
Gymnasts Number & Club	
Apparatus	
Description of inquiry	
Coach signature	
D panel response	
Judge signature	



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