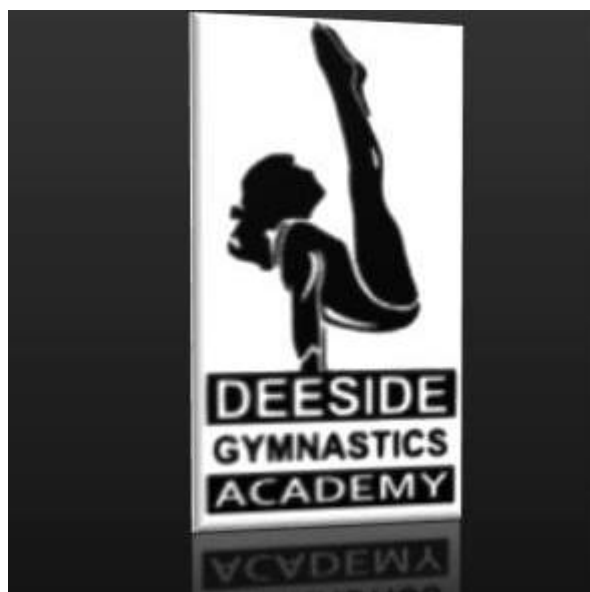


DEESIDE GYMNASTICS ACADEMY



COMPETITION HANDBOOK 2019

Deeside Gymnastics Academy

COMPETITION SCHEDULE 2019

Date	Competition	Closing Date	Who	Cost
30 th – 31 st March 2019	Deeside Sets	8 th March 2019	Gymnast who have not entered the NDP Grade pathway,	£20 Per Gymnast
TBC June 2019	Deeside Tumble and Vault	TBC	All Levels & Abilities	£20 Per Gymnast
TBC September 2019	Deeside Apparatus	TBC	All Levels & Abilities	£6 per apparatus per gymnast

How to Enter

Please forward all entries to deesidegymnasticsacademy@gmail.com

Any queries please contact Clare Rudd on 07850414591 or clarearudd@icloud.com

Entry Fees Account

Please forward all entry fee in advance to

Account – Deeside Gymnastics Club

Sort Code – 54-30-23

Account Number - 36840181

Ref – Please use your gym club name as reference

DEESIDE SETS 2019

March 30th and 31st 2019

Location

Deeside Gymnastics Academy
Deeside Leisure Centre
Queensferry
Flintshire
CH5 1SA

Parking

Free Onsite Parking is available

Refreshments

There will be a tuck shop available to purchase drinks and snacks. The Leisure Centre also has café serving meals from 8am to 8pm

Photography

We will have a professional photographer at the event. These photos will be available to purchase in the photograph room on the balcony during the event

Stalls

LovePrint & Design will be providing a stall, selling personalised sports clothing and leotards on the balcony. Commemorative Unicorn T-Shirt can be personalised and ordered in advance. Purchase online at www.loveprintuk.com

Eligibility

This competition is for gymnasts who have **NOT** competed in any Pre-Grade, Club or Regional, National or Compulsory Grades

Competition Fees

Entry Fee Per Gymnast £20 and includes Certificate and Medal. There will be artistry and special awards plus awards for the best numbers.

Protest Fee – It's a friendly competition – No Protests

Awards

Each gymnast will receive a grade certificate at the start of the competition. At the beginning of each apparatus certificates will be handed to the judges. Each gymnast will receive a 1st/2nd/3rd or 4th Sticker from the judges following that apparatus. On the gymnast's last piece of apparatus, the judge will add up the score as follows to calculate their overall grading score, and award a Pass, Commended or Distinction Medal.

Deeside Sets 2019 Scoring System

Vault	1st	1st	1st	1st	2nd	2nd	2nd	2nd	3rd	3rd	3rd	3rd	4th
A Bars	1st	1st	1st	2nd	2nd	2nd	2nd	3rd	3rd	3rd	3rd	4th	4th
Beam	1st	1st	2nd	2nd	2nd	2nd	3rd	3rd	3rd	3rd	4th	4th	4th
Floor	1st	2nd	2nd	2nd	2nd	3rd	3rd	3rd	3rd	4th	4th	4th	4th
Places Scored	4	5	6	7	8	9	10	11	12	13	14	15	16
	GOLD				SILVER				BRONZE				
	Distinction				Commended				Pass				

Overall Medals

There will also be 1st – 6th Overall on each piece and Overall in each SET and Age Group.

Insurance

All gymnasts should have Bronze Club membership

Coaches and Judges

All coaches and judges should be appropriately insured. Please ensure all coaches have the correct level of qualification for their gymnasts competing.

Coaches and judges should be dressed, and we would love to see you all take on our theme with fancy dress and accessories.

Each Club must provide a minimum of 1 judge in order to compete. No Judge = No Entry

Jewellery

No Jewellery is permitted on the competition floor, Wedding rings should be taped.

Theme

Each Gymnast will be required to make their own number for the judges the theme for 2019 is UNICORNS and SPARKLES. We love glitter the bigger the better. Please feel free to dress up and get in the competition spirit.

Closing Date

All entries due by 8th March 2019

Spectators

Spectators are not allowed on the competition floor. Please remember NO flash photography

Competition Age Groups

SET 1 (1 st Year)	SET 1 (2 nd Year)	SET 2 (1 st Year)	SET 2 (2 nd Year)	SET 3 (1 st Year)	SET 3 (2 nd Year)	SET 4 (1 st Year)	SET 4 (2 nd Year)	SET 5
Gymnast born in 2013	Gymnast born in 2012	Gymnasts born in 2011	Gymnasts born in 2010	Gymnast born in 2009	Gymnasts born in 2008	Gymnasts born in 2007	Gymnasts born in 2006	Gymnasts 2005+

SET 1 (1st and 2nd Year) 2012 and 2013 Gymnasts

VAULT	BARS	BEAM	FLOOR
<p>Stretch Jump from springboard to land on 30cm crashmat hold for 3. Lunge forward, kick to handstand and flat back on mat.</p>	<p>Set routine. Elements can be supported if required (1.0 deduction per element)</p> <ol style="list-style-type: none"> 1. Upward Circle 2. Cast 3. Back Hip Circle 4. Optional Dismount <ul style="list-style-type: none"> - Cast off to land - Straddle undershoot (0.5 Bonus) 	<p>Set Routine Set Dance (use video as ref)</p> <ol style="list-style-type: none"> 1. Mount: Jump to front support 2. Lift leg straight over beam to star sit 3. Lie back to pike (L) position with legs straight 4. Roll forward into tuck stand 5. Stand up on toes lower to point 6. Show Arabesque position 7. 1 Step lift straight leg to horizontal 8. 1 Step lift straight leg to horizontal 9. Lunge position 10. T' Position back to lunge 11. Knee Lift on flat foot 12. Back to toes (relevé) hold 13. Stretch jump and landing 14. Lower to kneel position 15. Cartwheel to partial side handstand 16. Dismount to land facing beam Gymnast may hold beam on landing 	<p>SET ROUTINE, SET DANCE (use video for reference) SET MUSIC</p> <ol style="list-style-type: none"> 1. Arms straight by ears to start 2. Long Lunge into 3. ¾ Handstand (legs don't have to join) 4. Step back down to lunge 5. Cartwheel ¼ turn in to lunge 6. Backward roll 7. Candlestick 8. Forward roll 9. Step point through 10. Step point through 11. Step knee lift - raise onto toes 12. Chasse step lift leg to horizontal 13. Step together Split Jump 14. Step Forward - arms forward - toe pointed behind to finish
	<p>BONUS – Straddle Undershoot 0.5 Bonus</p>		

SET 2 (1st and 2nd Year) – 2011 and 2010 Gymnasts

VAULT	BARS	BEAM	FLOOR
Handspring Flat Back from springboard to 60cm of mats.	<p>Set routine. Elements can be supported if required (1.0 deduction per element)</p> <ol style="list-style-type: none"> 1. Upward Circle 2. Cast 3. Back Hip Circle 4. Optional Dismount <ul style="list-style-type: none"> - Cast off to land - Straddle undershoot (0.3 Bonus) - Pike Undershoot (0.5 Bonus) 	<p>Set Routine Set Dance (see Video as ref)</p> <ol style="list-style-type: none"> 1. Mount: Jump to front support straight legs/arms 2. Lift leg straight over beam to star sit 3. Swing legs back to front support 4. Tuck forward to squat then stand 5. Show Arabesque position 6. Swing 1 leg fwd step swing other leg back - close to 1/2 squat to stretch on toes. 7. Lunge position ready for 'T' 8. T' Position to touch beam with hands - back to lunge 9. Knee Lift on flat foot 10. Raise on both toes 11. 1/2 turn on both feet 12. Stretch jump and landing 13. Back knee band and arm swing 14. Cartwheel to partial handstand 15. Dismount to land facing beam 	<p>Set Routine with set Dance and set music (See video for dance)</p> <ol style="list-style-type: none"> 1. Arms straight by ears to start 2. Long Lunge into 3. Handstand 4. Step back down to lunge 5. 1-3 steps into round-off 6. Backward roll to pike stand 7. Candlestick to roll out straight 8. Push up to bridge lower down / Or Push up to bridge – kick over (0.5 Bonus) 9. Pivot turn – step, Pivot turn 10. 2 x ¼ heel snap turns – Knee up forward - arms forward ring position 11. Forward Chassé – Straight leg leap 12. Step together Split Jump 13. Step Forward - arms forward - toe pointed behind to finish
	<p>BONUS –</p> <ul style="list-style-type: none"> - Straddle Undershoot 0.3 Bonus - Pike Undershoot 0.5 Bonus 		<p>BONUS –</p> <ul style="list-style-type: none"> - Bridge Kick Over 0.5 Bonus

SET 3 (1st and 2nd Year) – 2009 and 2008 Gymnasts

VAULT	BARS	BEAM	FLOOR
<p>Handspring Flat Back from springboard to 100cm of mats.</p>	<p>Set routine. Elements can be supported if required (1.0 deduction per element)</p> <ol style="list-style-type: none"> 1. Upward Circle 2. Cast 3. Back Hip Circle 4. Optional Dismount - Cast off to land - Straddle undershoot (0.3 Bonus) - Pike Undershoot (0.5 Bonus) 5. From Block - step onto low bar or - Tuck on to Low Bar (0.5 Bonus) 6. Jump to HB 7. 3 Swings 8. Swing Forward ½ turn dismount 	<p>Set Routine Set Dance (see Video as ref)</p> <ol style="list-style-type: none"> 1. Mount Swing leg straight over beam to star sit 2. Swing legs back to 1 knee sit 3. Stand step to 1/2 squat pose 4. Handstand back to lunge 5. 1/4 turn pose 1/4 turn back 6. 2 steps back on toes 7. Lift leg to horizontal sideways to back horizontal 8. Arabesque 9. Step split leap 10. Swing one leg cross pose 11. 2 x stretch jumps - swing arms up forwards and back on both jumps 12. Pivot turn step Pivot turn arms up 13. Swing arms down forwards and knee lift step forward 14. Knee lift 1/2 spin on 1 leg 15. Body wave back to back knee bent 16. Cartwheel to side handstand 17. Dismount - to land facing beam or - 1/4 turn over beam to land side onto beam 0.5 Bonus 	<p>Set Routine with set Dance and set music (See video for dance)</p> <ol style="list-style-type: none"> 1. 2 x horizontal side leg lift 2. Split jump (90°), Stretch jump 3. Handstand to Bridge - lower down to back and stand - Back Kickover 0.5 Bonus 4. Handstand forward roll (arms straight) 5. Chasse split leap step lift horizontal 6. Backward roll to front support 7. knee bend - lunge-front splits 8. 1/4 turn to tummy swing legs to sit 1/4 turn to knees to stand 9. 1/2 spin 10. Round off itno - Backward roll - Flic 0.5 Bonus 11. Lower to side lie - pose to finish
	<p>BONUS –</p> <ul style="list-style-type: none"> - Straddle Undershoot 0.3 Bonus - Pike Undershoot 0.5 Bonus - Tuck on to LB from Block 0.5 Bonus 	<p>BONUS – Dismount side handstand over beam 0.5 Bonus</p>	<p>BONUS –</p> <ul style="list-style-type: none"> - Bridge Kick Over 0.5 Bonus - Flic 0.5 Bonus

SET 4 (1st and 2nd Year) – 2007 and 2006 Gymnasts

VAULT	BARS	BEAM	FLOOR
100cm Table Vault - Squat Through Vault (0.3 Bonus) - Straddle Vault (0.5 Bonus) - Headspring (0.5 Bonus) - Handspring (0.8 Bonus)	Set routine. Elements can be supported if required (1.0 deduction per element) 1. Upward Circle 2. Cast 3. Back Hip Circle 4. Optional Dismount - Cast off to land - Straddle undershoot (0.3 Bonus) - Pike Undershoot (0.5 Bonus) 5. From Block - step onto low bar or - Tuck on to Low Bar (0.5 Bonus) 6. Jump to HB 7. 3 Swings 8. Swing Forward ½ turn dismount	Set Routine Set Dance (see Video as ref) 1. Mount Swing leg straight over beam to star sit 2. Swing legs back to 1 knee sit 3. Stand 1/4 turn to pose 4. Split Handstand (2 sec hold) - or Cartwheel to lunge (0.5 Bonus) 5. 1/4 turn pose 1/4 turn back 6. 2 steps back on toes 7. Lift leg to horizontal sideways to back horizontal 8. Arabesque 9. Step - split leap - step fwd raise on toes 10. Step into handstand 11. Swing leg fwd/bwd 1/2 pivot 12. Cross leg pose 13. Split Jump - Stretch Jump 14. Step cross step close step 15. Knee lift - Back body wave 16. 1/2 spin on 1 leg 17. Body wave back to back knee bent 18. Cartwheel to side handstand 19. Dismount to - land facing beam - or 1/4 turn over beam to land side onto beam (0.5 Bonus)	Set Routine with set Dance and set music (See video for dance) 1. Straddle jump (120°), stretched jump ½ 2. Round Off - 1/2 turn jump - or Front handspring, rebound (0.5 Bonus) 3. Running steps, Passé hop 4. Backward roll to Handstand 5. Forward split 6. Sissonne, chassé, Split leap (120°) large step, leg swing hop 7. Full Spin 8. Cartwheel 1/4 turn in to land in lunge - or Back walkover (120°) (0.5 Bonus) 9. Round-off into - back roll straight legs - straight arms - or Round-off, 1 flic-flac – rebound (0.3 Bonus) - or Round-off, 2 flic-flacs – rebound (0.5 Bonus) 10. Lower to side lie - pose to finish
BONUS - Straddle Vault (0.3 Bonus) - Headspring (0.5 Bonus) - Handspring (0.8 Bonus)	BONUS – - Straddle Undershoot (0.3 Bonus) - Pike Undershoot (0.5 Bonus) - Tuck on to LB from Block (0.5 Bonus)	BONUS – - Cartwheel (0.5 Bonus) - Dismount side handstand over beam (0.5 Bonus)	BONUS – - Handspring (0.5 Bonus) - Back Walkover (0.5 Bonus) - Round off 1 Flic (0.3 Bonus) - Round off 2 Flics (0.5 Bonus)

SET 5 All Gymnasts age 2005+

VAULT	BARS	BEAM	FLOOR
110cm Table Vault - Straddle Vault SV - (1.0) - Handspring SV - (2.0) - Any other FIG Tariffed Vaults	Set routine. Elements can be supported if required (1.0 deduction per element) 1. Upward Circle, or - Float (0.5 Bonus) 2. Cast 3. Back Hip Circle 4. Climb on, or - Tuck on (0.5 Bonus) 5. Swing up and Over 6. Undershoot Dismount	Voluntary Beam to include - 2 Lengths - A Mount - Full Spin - Acro Element - Split Leap/Jump into Tuck Jump - Cat Leap - Side Dance - Low to Beam - Dismount	Voluntary Floor Routine with Own music 1.10m-1.30m - Tumble Run of min 2 elements - 2 nd Tumble different to 1 st tumble run min 2 elements - An Acro Element Fwd/swd and Bwd - Split Leap into Cat leap - Full Spin
BONUS - Straddle Vault 0.3 Bonus - Headspring 0.5 Bonus - Handspring 0.8 Bonus	BONUS – - Float 0.5 Bonus - Tuck on 0.5 Bonus	BONUS	NOTE: ROUND OFF CAN BE THE ONLY ELEMENT TO BE REPEATED IN TUMBLES. BONUS – A forward and backward tumble 0.5 Bonus (example. Round off flic and handspring dive roll)

ENTRY FORM

DEESIDE SETS 2019

Club	
Club Contact	
Email Address	
Contact Number	

Gymnast Name	DOB	BG Number	Level of Competition
e.g. Joe Bloggs	2/4/2010	022382	SET 2 (2 nd Year)
Total Gymnasts @ £20 each			£
Please email deesidegymnasticsacademy@gmail.com			
Transfer payment to		Sort Code – 54-30-23 Account Number – 36840181	

JUDGES

Judges Name		Qualification
Judge BG Number		
Judge Email		

Judges Name		Qualification
Judge BG Number		
Judge Email		

Judges Name		Qualification
Judge BG Number		
Judge Email		