

Sussex Championships 2010



Rule Pack

Incorporating
ACROBATIC GYMNASTICS
MEN'S ARTISTIC
MEN'S FLOOR & VAULT
TEAM GYM
TUMBLING
WOMEN'S ARTISTIC
WOMEN'S FLOOR AND VAULT

Introduction

Introduction

The Sussex Championships 2010 will be held from Friday 8 to Sunday 10 October 2010 at Olympos, Burgess Hill. All clubs affiliated to Sussex Gymnastics are eligible to enter.

Keep looking at the Sussex gymnastics web-site (www.gym-sussex.org.uk) for late information. Any updates to rules, timetables and so on will be posted there, it is your responsibility to keep checking.

A copy of this document and the entry forms will be available for down-load from the Sussex Gymnastics web site (www.gym-sussex.org.uk) should you need another copy.

Dates

Please read the dates carefully to ensure you understand when things have to happen.

Closing date – 24 August

The closing date for all competitions is Tuesday 24 August at 8:00pm. This is as late as we can make it. Late entries will only be considered on receipt of double the entry fee. Even in this case, late entries will only be admitted if there is space to accommodate them without re-arranging the running order. Incorrect or incomplete forms will not be accepted. Gymnasts will not be allowed to move from one group to another once entries have been submitted.

Sussex Qualifiers – 26 September

As this is an open competition, there is no way to be sure of how many entries will be received in each group. The ever increasing numbers of gymnasts entering this event may make it necessary to limit numbers in some groups. We will run a qualifier competition for any group that is too large. Based upon entries in previous years, affected groups are **likely** to be; Men's Artistic (Under 9, Under 10), Team Gym, Women's Floor & Vault (all groups), Women's Artistic (Level 5, Level 4). This process will be extended to **all** other disciplines and groups as necessary. All gymnasts entering the Sussex Championships, regardless of the discipline or groups they have entered, should be prepared to attend the qualifier event.

Notice of those gymnast required to enter the Qualifiers will be sent to all entered clubs soon after 1 September.

The Sussex Qualifiers will be held at K2 centre, Crawley. Please note that there will be no spectators at this event and there will be no medals presented.

Sussex Championships Meeting – 29 September

The Sussex Championships Meeting will be held at Olympos, Burgess Hill. This is the final county meeting, and every competing club must attend to discuss the running of the competition and the allocation of any outstanding jobs.

All trophies must be returned at this meeting. They should be engraved and in the same condition as when they were handed out at the previous competition. A list of last year's trophy winners is included with this Rule Pack.

No alterations of any kind to entries (spellings /etc.) will be dealt with after the pre-competition meeting.

In order to enforce this a pre-meeting cheque needs to be sent with your entry. If a club representative is at the meeting, and the club has returned any trophies it has won from last year, then the cheque will be handed back. If a club does not comply, the cheque will be banked and will contribute towards the running costs of the competition. Unfortunately this pre-meeting cheque has had to be introduced due to the lack of attendance at meetings by some clubs and the haphazard way in which trophies have been returned in previous years. Please remember that if a coach is unable to attend, then any club representative (a parent for example) can be sent to the meeting.

Sponsorship

The competition is very expensive to run. If we are to continue running this weekend event in its current form we desperately need sponsorship. There are some competing groups that do not have a trophy. Maybe there is someone who would like to donate a trophy to one of these groups. If you know anyone who is interested in sponsoring the event then please get in touch with the Competition Organisers.

There will be advertising space in the programme. Any adverts need to be received by Richard Keadley (Hawth GC) in their final form (preferably on disk) by 17 September. Perhaps your club would like to place an advert in the programme, or maybe there is a business being run by a parent associated with your club who could benefit by placing an advert.

Photography

We hope there will be an official photographer at the event.

Members of the audience who wish to take photos should ensure they adhere to BG guidelines. These can be found on the BG web-site.

Jobs

All clubs should get involved in the running of this event. Many of the jobs involve bringing along equipment (eg. Timers need a stop-watch, score recorders need a pen). Please ensure your club allocates enough responsible adults to ensure the job can be performed correctly.

Rig cheque

We are asking all clubs to get involved with the set up of the arena the day before the event. If there are enough people there, it will take less than 2 hours to set up in all. Every club should send 2 volunteers to the arena on Friday night, times to be confirmed.

All clubs should enclose a rig cheque with their entry. This will be returned on Saturday morning.

De-rig cheque

The de-rig cheque should be sent with your entries.

A form containing a list of jobs that need to be done over the weekend has been included with the entry forms. Please tick which ones you are able to help with. Be as flexible as possible. Every club entered in this competition must get involved in some aspect of helping out during the weekend.

We will allocate jobs and let you know which you have been selected to do when we publish the running order in August. Please note that we will try and respect your choice of job, but inevitably this will not be possible in all cases.

Your club should perform any job allocated as well as possible. Encourage your parents to get involved. We need to make this year's event as successful as last year. The more people help the easier it all is.

Some of the jobs (notably the door / raffle / registration desk) need a good team of people all day so that they can be done efficiently without being too tiresome for the same few individuals.

All clubs are expected to provide a team of volunteers at the end of any day they are involved in to assist in the dismantling of equipment. Once de-rig is complete, cheques will be returned to a club representative

Please remember; clubs who do not perform their job and help with the de-rig will forfeit their de-rig cheque.

Scoring

There will be two independent scoring systems during the weekend's event.

There will be a computerised system to be organised by one club. Scores will also be manually recorded by someone from a different club.

Once the day's competition is complete the competition organisers will be responsible for checking both sets of scores and making sure the medals have been awarded to the correct winners.

Both the computerised scoring and the manual scoring are included on the jobs list.

Entry Forms

There are three entry forms. Each club should return one General Entry form and one Jobs Form.

One Discipline Entry form needs to be filled out for each discipline clubs are involved in (one discipline form per team in the case of Team Gym). Please read the notes for each competition for specific information that is required on the Discipline Entry Form.

Entry forms are available as a separate down-load from the gym-sussex web-site.

General Rules

Rules and regulations are there to make competitions easier for gymnasts, coaches and officials and it is essential that everyone co-operates by adhering to them.

1. Where not stated, national rules apply.
2. All clubs wishing to enter are responsible for ensuring they have obtained entry forms and returned them by the closing date.
3. In all competitions the final decision, including the competition working order, rests with the relevant Sussex Technical Committee chairman.
4. Times advised for registration of gymnasts must be strictly adhered to. Coaches may not register gymnasts if the gymnast is not actually in the competition venue.
5. Music must be on a CD. We are not able to play music from an portable music (MP3) player. CDs should be CD-R (not CD-RW or DVD). All CDs must be in a jewel case. The CD case and CD should show the gymnast's name, club and competition number. Do not use sticky labels on the CD, use a CD marker. Unlabelled CDs or CDs without a box will not be accepted.

Coaches are responsible for ensuring they have the right to play all music in a public place. The music played at any Sussex Gymnastics competition is covered under a PPL Event Licence and BGA dubbing licence. The PPL licence covers most commercially available music however there are exceptions to this, notably; you cannot use **original** material from Disney, Andrew Lloyd-Webber and Cirque du Soliel. They are specifically excluded from this agreement and cannot be used under any circumstances. If your music is from **reproductions** of these artists, you can use the material. For full information regarding this agreement please check out the report on the British Gymnastics web-site www.british-gymnastics.org under downloads/membership and insurance/PPL Licence.

6. Only officials, gymnasts and nominated coaches involved in the current round are allowed in the competition arena. Competitors are not allowed to leave the competition area without permission from a judge or the competition organiser.
7. Gymnasts are responsible for all their personal items thus ensuring that the competition arena remains tidy and safe. Gymnasts are particularly reminded not to leave their clothing and so on lying around the competition hall.
8. British Gymnastics requires all jewellery to be removed during a competition. All gymnasts and coaches must adhere to this rule.
9. Coaches of tall gymnasts must make the request to raise the bar at the time of entry. Failure to do so incurs a 0.5 penalty.
10. Clubs are responsible for ensuring participants only perform moves that are covered in their coaches' current qualification.
11. No stand in coaches are allowed for Acrobatic Gymnastics. If gymnasts in other disciplines need a stand in coach, clubs should name the stand-in coach and enclose a letter with the entry form from the stand-in coach indicating their agreement to act in this way. If you need a stand in coach please name them and send a letter from them agreeing to this.
12. Protests must be made in writing with payment of £20.00 through the competition organiser within fifteen minutes of the end of the relevant rotation.
13. Coaches looking for guidance from judges regarding their gymnast's performance may approach a judge after the end of the round.
14. Tie breaker rules will be applied wherever possible. Read the specific rules for each discipline for further clarification. If there is a tie, then there will be no place awarded directly behind that place.

Acrobatic Gymnastics

Eligibility

Any pair / group who finished in the top three last year cannot compete at the same grade this year (not including FIG levels).

Each club can have a maximum of three entries in each level.

Groups

Women's Pairs, Mixed Pairs, Men's Pairs, Women's Groups, Mixed Groups, Men's Groups

Level 1 to Level 7

Awards

There will be medals for the first three places at each grade for pairs / groups in Women's, Men's and Mixed.

A trophy will be awarded for the highest average pair or group score, across the grades on the day. This will be averaged according to the total for routines and worked out as a percentage of the total score.

Criteria

All routines will be marked according to the bonus and artistry rules for 2006.

Entry Form

In the group column of the entry form you must specify

the event (e.g. WP, MxP, WG)

the grade (e.g. Level 1).

Please note: You are not allowed to nominate a stand-in coach in this discipline.

Tariff Sheets

All tariff sheets need to be filled in and highlighted using computer tariff sheets, with the music you will be using.

Men's Artistic

Groups

YoB	Group
2001	Age 9
2000	Age 10
1999-1998	Boys
1997-1996	Intermediate
1995-1992	Junior
1991 or older	Senior

Gymnasts who were under 8 years old on 1st January in the year of the competition are not allowed to enter.

Awards

There will be medals for the top three places. In the event of a tie, the E score will decide the winner. Medals will only be awarded to gymnasts who score more than 40.0 overall.

Criteria

All groups will use the appropriate British Gymnastics code as far as possible. Details on the Junior Code or FIG can be obtained from Richard Keadley (Hawth Gymnastics).

a. Age 9 and Age 10

These groups will use the current BG code for boys with the following alterations:

Junior elements will be recognized in addition to the supplementary elements specified by BG. However, Junior elements receive no difficulty value and do not fulfil an EGR. They can only be used to avoid lowering the E (start score) for a short routine.

i. Floor

Boys' code.

ii. Pommels

Gymnasts may choose from the set routines. Deductions will be as FIG.

High mushroom: 10 double leg circles [1.0]

Low mushroom: 10 double leg circles [3.0]

iii. Vault

Height 1.10m. Competitors may use 2 boards, but will incur a 0.5 penalty for doing so.

Tariffs are as FIG with the inclusion of the following:-

Handspring [3.0]

Stoop (Straight leg through) [2.0]

Through [1.0]

iv. Rings

Junior elements: Shoulder stand, Tuck front dismount, Tuck back dismount.

v. P-bars

P-bar height will be 1.40m.

Junior elements: bent arm bent body press handstand.

vi. H-bar

Junior elements: upward circle, back hip circle, forward hip circle, undershoot dismount, tuck front dismount, tuck back dismount.

b. Boys and older

All other groups will use the appropriate code as set by BG.

Men's Floor & Vault

Groups

YoB	Group
2001	Age 9
2000	Age 10
1999-1998	Boys
1997-1996	Intermediate
1995-1992	Junior
1991 or older	Senior

Gymnasts who were under 8 years old on 1st January in the year of the competition are not allowed to enter.

Awards

There will be medals for the top three places. In the event of a tie, the E score will decide the winner. Medals will only be awarded to gymnasts who score more than 20.0 overall.

Criteria

All groups will use the appropriate British Gymnastics code as far as possible. Details on the Junior Code or FIG can be obtained from Richard Keadley (Hawth Gymnastics).

All competitors will be allowed 2 vaults. The best score counts towards the gymnast's final score.

a. Age 9 and Age 10

These groups will use the current BG code for boys with the following alterations:

i. Vault

Height 1.10m. Competitors may use 2 boards, but will incur a 0.5 penalty for doing so.

Tariffs are as FIG with the inclusion of the following:-

- Handspring [3.0]
- Stoop (Straight leg through) [2.0]
- Through [1.0]

b. Boys and older

All other groups will use the appropriate code as set by BG.

Team Gym

Eligibility

Regional teams : All gymnasts must be at least 8 years of age in the year of competition.

National teams : All gymnasts must be at least 9 years of age in the year of competition.

Groups

Women's Teams, Mixed Teams, Men's Teams

National, Regional

Level 1 (age 16+), Level 2 (age 12-17), Level 3 (age 8-12).

Awards

There will be medals for the first three teams in each group.

A trophy will be awarded for the highest overall score for Regional and for National teams.

Criteria

All groups will use the "UEG Code of Points Oct 2009", plus the "Modified Code for GB Competitions 2010". These documents, along with more details on the rules and regulations can be found on the Team Gym UK web-site (www.teamgymuk.com) under Technical > Downloads.

For more details please contact Sally-Anne Warner (Hawth GC).

Entry Form

A separate entry form must be used for each team entered.

The entry fee is per team, and not per team member. The fee is the same regardless of the number of members in the team.

Tumbling

Eligibility

Open

Groups

The age is the age in year of competition i.e. the age they will have achieved by 31st December in that year.

The following groups and ages will be used.

National 1	Age 9-10	Age 11-12	Age 13+
National 2	Age 9-10	Age 11-12	Age 13+
National 3		Under 13	Age 13+
Elite 1	Age 9-10	Age 11-12	
Elite 2	Age 10-12	Age 13-14	Age 15+
Elite 3	Age 10-12	Age 13-14	Age 15+
Elite 4	Age 11-12	Age 13-14	Age 15+

Awards

The Milano Shield will be presented to the gymnast with the highest combined tumble score on the day.

There will be medals for the top three places in each group for both men's and women's tumbling.

Criteria

The use of a spring board is permitted.

For more information consult the "Acrobatics NDP 7 and Tumbling NDP 2009". This booklet is available through Andy Farley. There is an order form available on the British Gymnastics Website.

Entry Form

Please indicate the sex, level and age group of each gymnast in the group column (e.g. "M N1 Age 11-12", "F Junior FIG").

Women's Artistic

Groups and Eligibility

Level 5 out of age (YoB 2001/2000)	Level 5 in age (YoB 2002)
Level 4 out of age (YoB 2000/1999)	Level 4 in age (YoB 2001)
Level 3 out of age (YoB 1999/1998)	Level 3 in age (YoB 2000)
Level 2 out of age (YoB 1998+)	Level 2 in age (YoB 1999)
FIG Challenge Espoir	FIG Espoir
FIG Challenge Junior	FIG Junior
FIG Challenge Senior	FIG Senior

The level entered in the Sussex Championships needs to be done using the scoring system/eligibility being used at the South-east Championships 2009. These scores are listed with the South-east regional rules.

In age gymnasts are working to National Age Group Rules 2009.

'FIG Challenge' groups are for gymnasts who are not eligible to compete in the British Championships and are eligible to compete in the Challenge Cup. Gymnasts who are eligible to compete in the British Championships should enter the 'FIG' groups.

Awards

There will be a trophy for the winner of each group and medals for the top three places in each group. Gymnasts must compete a routine on each piece of apparatus in to be eligible for an overall medal. Gymnasts competing in the FIG category must compete a routine on all pieces of apparatus to be eligible for an overall medal but, will still be eligible for individual apparatus titles.

In addition trophies will be awarded for the following:

- FIG : Highest Overall Vault Score
- FIG : Highest Overall Bars Score
- FIG : Highest Overall Beam Score
- FIG : Highest Overall Floor Score
- FIG : Highest Overall Total Score

Criteria

Out of Age groups will use the South East Regional Out of Age Rules.

In Age groups will use the National In Age Levels Rules.

FIG Challenge and FIG groups will work to the FIG code of points 2009.

Women's Floor And Vault

Eligibility

Open.

Groups

Bronze age 8-9

Bronze age 10-11

Bronze age 12-14

Bronze age 15+

Silver age 10-11

Silver age 12-14

Silver age 15+

Gold age 12-14

Gold age 15+

Awards

Medals will be awarded for the top three places in all competing groups. There will be a trophy for the winner of each competing group. Medals will be awarded for the top three places in all groups.

Gymnasts will also be eligible for the Colin Warner Trophy (awarded to the gymnast with the highest vault score) and the Barclay's Bank Trophy (awarded to the gymnast with the highest floor score).

Criteria

This competition will use the Sussex Floor & vault rules. These are available for down-load from the 'library' of the gym-sussex web-site.

Sussex Championships 2009 – Trophy winners



Acrobatic Gymnastics

Level 1 Pairs	Georgina Vinten, Ella Couten (Hor)
Level 1 Groups	Paige Wise, Olivia Lawrence, Laura Gow (Holl)
Level 2 Pairs	George Steere, Tanya Stuckey (Hor)
Level 2 Groups	Katie Dicken, Collette Freeman, Georgia Burgin (Holl)
Level 3 Pairs	George Lee, Maddison Burgin (Holl)
Level 3 Groups	Charlotte Moger, Tascha Sutlieff, Emily Steere (Hor)
Level 4	Beth Cash, Liane Burge (Hor)
Supreme (Milano Shield)	George Lee, Maddison Burgin (Holl)

Men's Artistic

Under 9	Rafe Brooks (B&H)
Under 10	Gus Fidler (Haw)
Under 12	Callum Lelliot (B&H)
Under 14	Grant Goode (Haw)
Under 18	Anthony O'Donnell (Haw)

Men's Floor and Vault

Under 9	Jake Townsend (1066)
Under 12	Xavier Chan (Pyr)
Under 14	Jack Cooper (1066)
Senior	Tim Gates (Haw)
Highest Floor (Ray Peck Shield)	Tim Gates (Haw)

Team Gym

Overall Team Gym Shield	Hawth National 2 Women
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Tumbling

National 1 (Hawth Shield)	Laura Knight (Pyr)
National 2 (The Montague Cup)	Rebecca Guest (Holl) / Adam Davies (Holl)
National 3 (Bob Davies)	Lauren Burgin (Holl)
Supreme (Malcolm Taylor)	Lauren Burgin (Holl)

Women's Artistic

Level 5 out of age	Sophie Brown (Arun)
Level 5 in age	Tamara Ballancore (Summ)
Level 4 out of age	Marlie Wint (Hor)
Level 4 in age	Charlotte Summers (Hor)
Level 3 out of age	Abigail Jaques (Uck)
Level 3 in age	Kate Small (Hor)
Level 2 out of age	Amber Dorrill (Uck)
Level 2 in age	Lydia Burgess (Hor)
FIG Challenge	Connie Pooley (Uck)
FIG	Caitlin Kickham (Uck)
FIG Vault	Caitlin Kickham (Uck)
FIG Bars	Ellen Russell (Uck)
FIG Beam	Ellen Russell (Uck)
FIG Floor	Caitlin Kickham (Uck)
Women's Artistic Supreme	Caitlin Kickham (Uck)

Women's Floor and Vault

Age 8-9	Francesca Giles (Hor)
Age 10-11	Alice Hobday (Hor)
Age 12-14	Jade Brewster (Hor)
Age 15-16	Charli Cheetham (B&H)
Age 17+	Ashleigh Rowe (Summ)
Highest Vault (Colin Warner)	Charli Cheetham (B&H)
Highest Floor (Barclays Bank)	Monica Maccario (Pyr)