

**Scottish Gymnastics
Men's Technical Panel**



Competition Handbook
January to December 2007

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In producing this Handbook, the following abbreviations have been used

SG – Scottish Gymnastics
MTP – Men's Technical Panel
BG - British Gymnastics.

1.0 Introduction

1.1 Mission Statement

It is the mandate of the Men's Technical Panel, as the sport governing body of Scottish Gymnastics, to develop, promote and guide gymnastics as a lifetime activity in Scotland. The MTP shall provide leadership, systems and programs so that all participants may safely achieve their potential level of interest and ability.

1.2 Men's Technical Panel Competition Calendar Goal

The MTP Competition Calendar goal is to develop and direct competitive athletes and the necessary support personnel so that all may reach their maximum potential.

The Men's Technical Panel (MTP) wishes to take this opportunity to introduce, coaches, officials and club secretaries to the 2007 Competition Calendar for boys and men.

In the past year, the MTP have introduced a competition framework with the aim to increase the opportunity for competition by competitors and encourage, support and develop coaches and gymnasts potential and provide them with a broad range of competition experience. In this coming season, the MTP propose to consolidate their efforts by encouraging coaches and gymnasts to make the most out of the opportunities that are now available.

The dates shown in this handbook are correct at the time of this document going to press. However, competition information and entry forms for the Men's British Championships and U14 Team Championships, etc can be obtained through the British Gymnastics website (www.british-gymnastics.org).

I would encourage coaches, judges and club administrators to read through this handbook carefully to ensure that you are fully aware & understand the different competition formats, entry criteria, etc. If you have any queries please do not hesitate to contact me at **Paul_Thewlis@yahoo.co.uk**

Many thanks for your continued support.

Paul Thewlis
Competition Organiser

2.0 Competition Rules and Regulations

2.1 Eligibility of Coaches

All coaches must be full members of BG and qualified to at least Men's Club Coach (Level 3) or higher or appropriate to the level of performance of their gymnast, before being allowed to enter the competition arena in a Scottish Gymnastics competition.

The Scottish Gymnastics office and Competition Organiser must be informed in advance of any changes made to the nominated coach for a competition. Where, through unforeseen circumstances, this is not possible, or where information has not been previously supplied then the following procedure will apply:

- The stand-in coach must inform the Competition Organiser on arrival at the venue.
- The stand-in coach must produce their BG/SG membership card.

2.2 Eligibility of Gymnasts

Gymnast's eligibility for a competition will be determined using the following criteria:-

1. Scottish Gymnastics Membership

a) **Gymnasts** – must be Recreational, Competitive or Life members of Scottish Gymnastics in order to enter a Scottish Gymnastics competition.

b) **Scottish Clubs** - The gymnast's club must be affiliated to Scottish Gymnastics.

2. **Nationality** – the following constitutes eligibility to compete in Scottish Gymnastics Championship Events:

a) Scottish Birth

b) Scottish Parentage

c) Being resident in Scotland for a period of six months prior to the date of the competition

3. **Age** -The age of the gymnast is as of 1st January in the year of competition.

4. **Age Group** - A gymnast may opt to enter an individual competition/championship at a higher age group at any time during the year. Once a move has been affected, the gymnasts may not return to the lower level for the remainder of that year.

2.3 Entry to Scottish Gymnastics Competition

Entry to any MTP endorsed competition is subject to the following:

1. Completion of a Competition Entry Form

2. Fees for each competition will be stated on the entry form and must accompany the official entry form. All cheques should be made payable to **Scottish Gymnastics**. Competition fees must be received at least one (1) week prior to the competition.

Failure to observe the above rules will result in the gymnast(s) being excluded from the competition.

Late entries may be accepted at the discretion of the competition organiser, however, clubs should be aware that an administration charge of £30.00 will be applied.

All entries should be sent to the Scottish Gymnastics office on or before the closing date for that particular competition, and must be completed in full, as instructed.

Please note, it is the responsibility of the person completing the entry form to ensure that all details are accurate. Requests for changes to an entry form after the closing date may be considered as a late entry and may not be accepted or may result in the club having to pay a late entry fee.

The MTP acting through the Board of Scottish Gymnastics, reserves the right to refuse any entry and disqualify a competitor or team at any time, if they do not comply with Scottish Gymnastics regulations.

2.4 Procedure for Sending on Competition Entries

Only postal entries, accompanied by the appropriate fee will be valid. Entries for all competitions should be sent to the following address:

**Scottish Gymnastics
2 Lint Riggs
Falkirk
FK1 1DG**

2.5 Withdrawal from Competition

If coaches are faced with the withdrawal of a Gymnast / Team from competition, coaches are required to observe the following procedure:

- The Competition Organiser must be notified via the Scottish Gymnastics Offices or competition venue by telephone, letter or fax before the start of the competition that, the gymnast/team is unable to participate because of injury or illness.
- In team competitions, replacement gymnasts can only be used if proof of Scottish Gymnastics membership can be confirmed.

2.6 Drugs Testing

Scottish Gymnastics confirm their support for a drug free sport and have adopted UK Sport Anti Doping Policy, which applies to all participating in the sport of gymnastics.

Coaches and Officials, as well as Medical and Paramedical personnel working with, or treating gymnasts, who participate or are preparing to participate in the sport, must be aware that:

- All members that are aged 16 years and over may be subjected to a test for illegal substances within the list of prohibited drugs prepared and published by the IOC.
- All gymnasts will abstain from the use of any and all drugs included in the list together with chemically and pharmacologically related compounds.
- All gymnasts will abstain from the practice known as “blood doping” and adhere to the SGA Testing Policy as laid down.
- A drugs disciplinary committee when required will be appointed by the Board of Directors of the SGA.

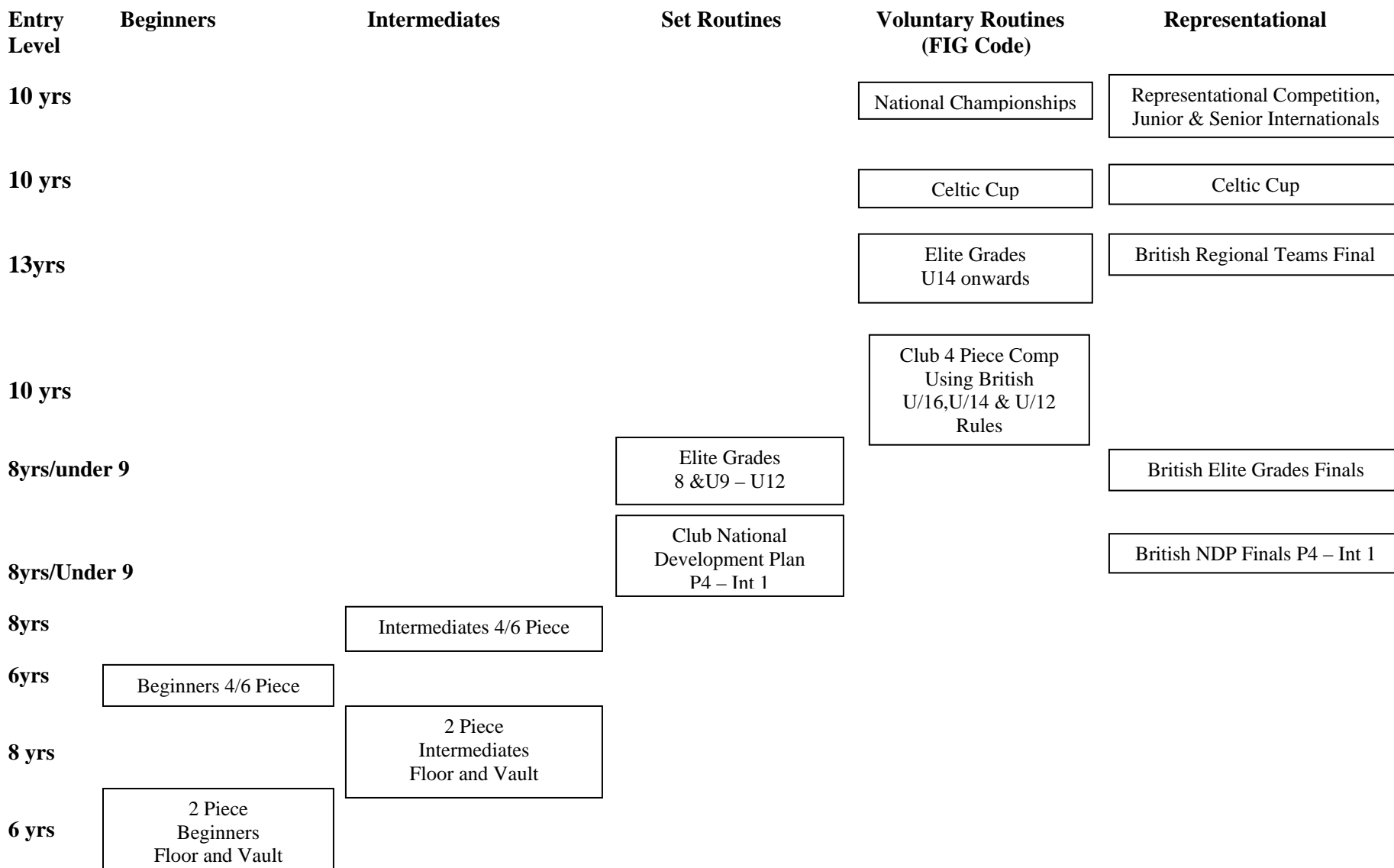
Under FIG Regulations, Scottish Gymnastics are required to notify Sports Scotland of when it intends to stage its annual Championships. Coaches & gymnasts must be aware that random drug testing can take place at this event.

At the Scottish Championships, the collection of doping control samples shall be initiated and directed by Sports Scotland in coordination with Scottish Gymnastics.

For detailed information on Scottish Gymnastics Anti-Doping Policy and to keep up to date with any changes, please visit www.scottishgymnastics.com.

3.0 Competition Framework for Domestic Competition

The competition framework for Scottish Men's Artistic Gymnastics is built on the premise that through competition coaches, gymnast and officials may achieve their potential and ability. To this end, the MTP have constructed a competition framework that promotes and supports coaches and gymnasts to take progressive steps and build competition experience. The diagram below illustrates the routes a coach and gymnasts can take within the competition framework



3.1 Competition Categories

The competitive categories for the **Beginners and Intermediates Floor and Vault Competition** are as follows.

- Beginner :u/8, u/10, u/12, & Over 12
- Intermediate : 9& u/10, u/12 & Over 12

The competitive categories for the **Beginner and Intermediates 4 Piece Competition** will be as follows:

- Beginners: u/8, u/10, u/12 & Over12
- Intermediates: u/10, u/12, u/14 & Over 14

The competition categories for the **4 Piece Voluntary Competition** will be as follows

- Under 12
- Under 14
- Under 16

The competitive categories for the **NDP** are as follows:

Group	In Age	Out of Age	Sets	Voluntaries
Primary 4	o/8 & u9	u/11	Yes	No
Primary 3	u/10	u/12	Yes	No
Primary 2	u/11	u/13	Yes	No
Primary 1	u/12	u/14	Yes	No
Intermediate 2	u/13	u/15	Yes	No
Intermediate 1	u/14	u/16	Yes	No Except Vault
Youth	u/16	-	No	See code info
Open	o/16	-	No	See code info

The competitive categories for the **Elite Grades** are as follows:

In Age	Sets	Voluntaries
o/8 & u9	Yes, see Elite Grades Booklet	No
u/10	Yes. See Elite Grades Booklet	No
u/11	Yes. See Elite Grades Booklet	No
u/12	Yes. See Elite Grades Booklet	No
u/14	No	Yes, BG junior code
u/16	No	Yes, BG junior code
u/18	No	FIG Rules
u/21	No	FIG Rules

The competitive categories for the **Scottish Championships** are as follows.

- Over 10 & Under 12
- Under 14
- Under 16
- Junior (under 18 years)
- Senior (over 18 years)

Gymnast's not present at all 6 events are will not be eligible for the all around Championship.

The Competition categories for the **Celtic Cup Code Competition** are as follows:

- Under 17 boys will be performing the British under 14 code,
- Under 13 gymnasts will use the British under 12 code.

3.2 Awards

The minimum awards for all age groups shall be as follows:

- 3 or less competitors - 1 winner, 1 to 3 for individual apparatus, however, the MTP reserve the right to issue a first place medal only
- 4 - 6 competitors - 1 to 3 All Around, 1 to 3 for individual apparatus

All competitors will receive a Participation Certificate

The Team Competition in each age group will consist of 3 or 4 gymnasts, with the top 3 individual overall scores counting towards the team total. Medals will be awarded to the teams places 1st, 2nd & 3rd in each age group

In the Beginners and Intermediate Floor and Vault Competitions Merit Certificates will be awarded to all participants. The certificates will be awarded in three levels:

- Gold = score between 24.00 & 28.00 points
- Silver = score between 21.00 & 23.00 points
- Bronze = score between 18.00 & 20.00 points

3.3 Competition Arrangements

a. Entry to Competition

All competitors, nominated coaches and officials will be allowed free entry to the competition venue. Coaches, gymnasts and officials will be given a pass to enter the competition arena. **These should be retained for the duration of the competition and shown to the table when leaving and entering the competition arena. Passes should be returned at the registration table by the coaches at end of the competition.**

b. Competition Area

Only Coaches, Gymnasts & officials will be allowed access to the competition area during the competition warm up and the competition. When let in, spectators should confine themselves to the seating area will not be allowed into the competition area. If they are found in competition area, spectators will be asked to leave.

b. Registration

Registration times will be communicated in advance of the competition to the club coaches, unless otherwise stated in the competition information.

On the day of the competition, coaches will be required to register their gymnasts at a designated time/place. On completing the registration, Coaches will be given gymnast's number(s) and supporting competition information. Gymnast's numbers must be displayed to the judges table.

c. Competition Set-up

- Competitors

At each competition, an area will be set aside for the seating of competitors and coaches. Whilst the competition is in progress, gymnasts and coaches will be asked to remain in this area until they are called to compete.

Once the competitor has entered the competition arena, authorisation to leave must be approved by the head judge or floor manager.

- Order of Performance

At Beginners and Intermediate Competitions, the order of performance will operate as per the competition programme and shall be decided in advance by the competition organiser.

Clubs are reminded that the programme will be made up from the information provided on the entry forms. So, if you want gymnasts to appear in a specific order, **clubs should put them down in the order that they want them to compete**

In individual competitions, gymnasts in each group shall perform as per the competition programme for the first rotation. In the second and each subsequent rotation, the gymnast who started previously will perform last and the next gymnast will begin the round.

In team competitions, where there is more than one team in a group, each team will perform as a whole and each complete team will take turns in beginning each round (in a similar manner to that which applies to individuals, stated above).

In team competitions, the coach may choose and vary the order of the members of his/her team on each piece of apparatus, according to the order which he / she believes to be best for the team. The team order must then be submitted in advance to the Head Judge prior to the round.

Coaches must display the gymnasts' number to the judges table.

- Competition Appeals

Appeals should be made in writing to the Competition Organiser or nominated official for the event with a fee of £20.00. Any appeals must be submitted within 15 minutes of the presentation of the score. An **Appeal Pro Forma** will be available at the Competition Score Desk. Coaches should not approach the judges table during competition. Appeals should not be made to the judges table.

Only official video evidence will be accepted at MTP competitions were the Judging Organiser deems it appropriate. The standard appeal process should be followed with coaches submitting a written appeal accompanied by £20.00. The Appeal form will ask you at this stage if video evidence is available to be considered. It will be the responsibility of the Judging Organiser to speak with the Head Judge and decide on the final score. Video evidence will not be accepted if it is presented after the initial appeal has been dealt with.

B jury deductions cannot be appealed, except were a numerical inaccuracy has been made.

If the Competition Organiser, in consultation with the Judging Technical Official feels that the length of time for the appeal is affecting the overall timings of the competition, they may opt to disregard the video evidence.

In all cases, the decision of the Judging Organiser is final.

d. Competition Trophies

It is the responsibility of the Winner of an annual trophy to ensure that it is properly inscribed, cleaned and returned in time for presentation to the next holder either:

- 1) By making arrangements for it to be delivered to the competition on the day, or
- 2) By returning it to the Competition Organiser one week prior to the competition, or
- 3) By returning it to the Scottish Gymnastics Offices at least one week prior to the competition.

If a trophy becomes lost or stolen, please inform the Scottish Gymnastics offices straight away. Failure to return a trophy may result in payment being made in order to replace the original.

e. Competition Floor Area

In the National Championships, all gymnasts selected for apparatus finals, will be expected to stay in the control area until they are called to compete. Movement from this area, other than to compete or unless notified by the Competition Organiser, may result in the gymnast being disqualified from the competition.

At 'march in' gymnasts are expected to march neatly and as directed by the Competition Organiser or competition official. Coaches and gymnasts are asked to march neatly between rotations, ensuring that both gymnasts and coaches march around (rather than over) equipment.

f. Competition Officials

- Competition Officials

Competition Officials will be nominated by the Men's Technical Panel / Competition Organiser. Out of pocket expenses for those where it is deemed necessary to travel and / or stay overnight at the venue, will be paid as part of the competition budget in accordance with Scottish Gymnastics guidelines.

Competition Officials will be easily identifiable i.e. wearing Scottish Gymnastics Polo Shirt and can be approached to give assistance.

Please Note: all clubs will be required to provide **one** volunteer helper to work along side competition officials. The duties of the volunteers are varied but essential to the smooth running of the competition. Please indicate on the competition entry form the name of the nominated volunteer.

- Judges

All Judges at Scottish Gymnastics competitions must be full or life members of Scottish Gymnastics.

Clubs who repeatedly do not supply judges may have their entries refused. The following criteria will be used to determine the number of judges that each club should provide for each competition:

<u>No of Gymnasts Entered</u>		<u>No of Judges</u>
1-6 gymnasts	=	1 judge
6-12 gymnasts	=	2 judges
13- 18 gymnasts	=	3 judges

Clubs must ensure that nominated judges have agreed to represent the club prior to placing their name on the entry form. Nominated judges do not have to be members of the club that is nominating them.

The Judging Organiser of the MTP will arrange the necessary number of judges. However, depending on availability, the Judging Organiser through the MTP can vary the number of judges accordingly. **A charge of £30.00 will be requested of those clubs who unable to supply a judge**

The provision and allocation of judges for competition will be undertaken by the Judging Organiser in conjunction with the competition organiser (unless otherwise stated). Expenses will all be dealt with under the rules of Scottish Gymnastics and information regarding any costs must be provided and handed to the Competition Organiser for forwarding to the Chair of the Men's Technical Panel for authorisation.

Where accommodation is required, judges must notify the Judging Organiser. In some cases accommodation may not be provided if the start times of the competition are deemed late enough to allow judges to travel to the venue. Judges should not book their own accommodation without prior consent of the Competition Organiser.

3.4 Judges Code of Conduct

Judges are expected to:

- March into the competition arena preceding the competing gymnasts, unless notified differently
- Keep their tables clean and only have on the table, items needed for the purposes of judging
- All outdoor clothing, and bags must be stored out of sight of spectators
- Stay at their judging table until gymnasts have marched out of the arena for the presentation ceremony
- Judges are expected to stay at the venue until the competition organiser has released the judges. This is to ensure all scores have been checked.

3.5 Gymnasts Code of Conduct

- All gymnasts are to be dressed in accordance with current FIG and National Regulations for male competitors.
- Clothing indicating National Team representation **should not** be worn by **gymnasts** or **coaches** at all domestic competitions.

- Competitors in events for gymnasts under the age of 14 may elect to wear shorts & bear feet/gym slipper or long gymnastic trousers with appropriate footwear.
- All competitors in a team must be uniformly dressed.
- **Gymnasts must not remove leotards until they are in the competitors seating area. Any gymnasts found breaking this rule will receive a deduction as per dress code rules in FIG code of points**
- All competitors are expected to enter the arena 'smartly dressed'. Gymnasts should wear either a zipped club tracksuit or leotard with appropriate leggings or shorts. **Non uniformed T-shirts and outdoor shoes are not accepted for March On.** All bags and equipment relating to performance must have been stowed under the gymnasts seating area for the first piece of apparatus.
- No form of body piercing or the wearing of jewellery is allowed, as per BG rules
- Gymnasts must cover up tattoos at all times.

Failure to comply with any of the above will result in normal dress penalties being applied

3.6 Coaches Code of Conduct

- Coaches are expected to maintain a high standard of dress. Standard dress would include trainers, full-length tracksuit bottoms, polo shirts and tracksuit top / fleece.
- Coaches must wear a t-shirt, polo shirt or tracksuit identifiable by their own club branding.
- Coaches must ensure that hair is tied back, all Jewellery should be removed and any tattoos covered up.
- Coaches must ensure that they have switched off their mobile telephones whilst in the competition arena.
- Coaches must ensure that their language and behaviour, is, at all times, appropriate to the sport, taking into account the ages of most gymnasts
- Coaches are not permitted to eat or chew whilst in the competition arena

3.7 Spectators Code of Conduct:

Clubs have the responsibility for ensuring that the good and courteous behaviour of their supporters at competition. Please ensure that spectators

- do not make any unnecessary noise that may disturb other gymnasts.
- keep video cameras in the spectator area (unless previous arrangements have been made by the competition Organiser)
- do not interfere with other spectators enjoyment
- treat the competition venues with respect, particularly in respect of food and drink rules.

h. Use of Video, photographic, mobile phone equipment

It is the policy of Scottish Gymnastics that the use of video cameras, mobile phones with video attachments and all other cameras at events be strictly controlled: this is in order to minimise the risk of person's unknown altering images for pornographic purposes. Please see separate policy statement and permit application form.

SECTION 4 : COMPETITION CALENDAR

Competition Calendar January 2007 – December 2007

We have included competition dates that are part of the British competition calendar. The MTP take no responsibility for the changes of dates and would advise coaches & Club administrators to contact the competition organisers directly.

Competition/Event	Date	Venue/Information	Closing Date
NDP/Elite grades	3 rd March 2007	Bellahouston Sports Centre, Glasgow	Friday 16 th February
Kirkcaldy Gymnastics Club ; Annual Open Two piece Competition- -	Sunday 4 th March 2007	Games Hall, Kirkcaldy High School, Kirkcaldy	15 th February 2006
The London Open	Saturday 24 th March 2007	Goresbrook, London	See BG Website
Club Beginner & Intermediate 4 & 6 Piece Competition Club BG Code Competition 4 & 6 Piece U'14 and U'16	Saturday 24 th March 2007	Beacon Sports Centre, Aberdeenshire	Friday 2 nd March
British Elite Grade and NDP Championships	5 th –9 th May 2007	See BG Website	See BG Website
British Regional Team Voluntaries	19 th /20 th May 2007	See BG Website	See BG Website
Beginners and Intermediate Competition	Saturday 26 th May 2007	TBA	Friday 4 th May
Adam Shield + Under 12 Team and Individual Competition	Sunday 3 rd June 2007	See BG Website	See BG Website

Scottish Championship	Saturday 23 rd & Sunday 24 th June 2007	Bell's Sports Centre, Perth	11 th May 2007
Beginners and Intermediate 4 & 6 Piece Competition Club BG Code Competition 4 & 6 Piece U'14 and U'16	Sunday 16 th September 2007	Bell's Sports Centre,	Friday 24 th August 2007
NDP & Elite Grades 2007 & 2008 sets	Saturday 6 th October 2007	Bell's Sports Centre, Perth	Friday 21 st September
Scottish Beginners and Intermediate 2 Piece National Competition Scottish Beginners & Intermediate 4 & 6 Piece National Competition	Saturday 20 th October 2007	Bell's Sports Centre, Perth	Friday 5 th October 2007
The British Apparatus Finals	Saturday 3 rd November 2007	See BG Website	See BG Website
The British Under 14 Team Championships	Sunday 4 th November 2007	See BG Website	See BG website
Scottish & Regional Squad Selection	Sunday 9 th December 2007	To Be Confirmed	9 th November 2007

Section 5 : Competition Format

- **Beginners and Intermediate 2 Piece Competition**

This competition is designed for gymnasts who are starting out in men's artistic gymnastics and who train less than 4 hours per week. This competition introduces gymnasts and coaches to a competition format for Floor and Vault.

Entry to the **Beginner Competition** is sought from any male gymnast affiliated to Scottish Gymnastics as a recreational or competitive member and who have not competed in an Elite Grade or is a member of the national squad.

Entry to the **Intermediate Competition** is sought from any male gymnast affiliated to Scottish Gymnastics as a recreational or competitive member, who has been placed in the top three of a beginner's competition or achieved the gold merit score, who have not competed in an Elite Grade, NDP level 1 competition, has not competed in a voluntary competition and is not a member of the national squad.

Dates: Sunday 26th May, with the National Final on Saturday 20th October
Rules: See enclosed
Eligibility: Any male gymnast affiliated to Scottish Gymnastics as a recreation or competitive member. past or present Scottish Squad members are not eligible, nor gymnasts who have competed in an Elite Grades/NDP competition.
Age Group: U/8(not intermediate),U/10's; U/12's, Over 12's & under 14's
Entry Fee: £ 6.00 individual/ £12.00 Team

- **Beginners and Intermediate 4 & 6 Piece Competition**

This competition programme is aimed at gymnasts who are starting out in men's artistic gymnastics and who train less than 8 hours per week. The competition is targeting gymnasts who have previously participated in only Beginners Floor & Vault competitions, and coaches who have limited experience of higher level competition.

Date: Saturday 24th March, Sunday 16th September with National Finals on Saturday 20th October
Venue: Bell's Sports Centre, Perth
Rules: See enclosed
Eligibility: Any male gymnast affiliated to Scottish Gymnastics as a recreation or competitive member. Past or present Scottish Squad members are not eligible, nor gymnasts who have competed in an Elite Grades competition or Celtic cup competition
Age Group: U/8(not intermediate), U/10s, U/12's, U/14's & 14 +
Entry Fee: £12.00 individual / £15.00 Team

- **4 Piece Voluntary Competition**

This is a new competition format supporting elite gymnasts who are involved in performing compulsory routines.

Venue: Bell's Sports Centre
Date: Saturday 24th March 2007 & Sunday 16th September 2007
Rules: BG Under 12, Under 14 and Under 16 Code
Eligibility: All male gymnasts affiliated to Scottish Gymnastics as a competitive member
Age Groups: Under 14 and Under 16
Cost: £12.00

- **Elite Grade and NDP (2007 & 2008 Sets)**

Venue: Bell's Sports Centre
Date: Saturday 6th October 2007
Rules: As per Elite Grade and NDP Handbooks
Eligibility: All male gymnasts affiliated to Scottish Gymnastics as a competitive member
Age Groups: As outlined in Elite Grade and NDP
Cost: £15.00

- **Regional Elite Grades and NDP Competition**

In view of the proposed timescale for National Finals, the MTP will hold a Regional Competition each calendar year. This competition will provide the MTP with an opportunity to select a Scottish Squad to send to the National finals. However, the MTP reserve the right not to send teams to the final, it believes that it is not in the best interest of the gymnasts / Scottish gymnastics

Gymnasts who are selected will be required to purchase a National Squad Outfit. Details of how to purchase this outfit will be presented to parents/guardians following the regional competition

Selection of the team representing Scotland at the Elite Grades and NDP National Finals will be based on the following criteria:

1. The top 8 gymnasts in each age group from the Regional Competition.
2. A gymnast who is unable to compete in the Regional competition due to illness or injury will only be considered if the following procedures are adhered to:
 - a. The Coach must submit in writing, prior to the competition, that they had intended to enter their gymnasts for the competition & that the gymnast meets all the requirements of the regional competition.
 - b. The coach forwards documentations e.g. medical certificate, supporting letter, evidencing the condition or injury supporting the reason for the gymnast not competing.
3. A gymnast who is on holiday at the time of the Regional Competition may register the intention to compete and submit a score based on an assessment staged in their own

time, subject to the adjudication by 2 independent judges, or coach gives assurance that they will attend a control competition organised by the MTP.

4. Team coaches for the National Finals will be decided at the MTP meeting following the Regional Competition. Coaches will be dully informed in writing.

5. The MTP, May, if deemed appropriate, take into consideration results from other competitions in that year with regards to the final selection of gymnasts for the National Finals.

Date: Saturday 3rd March 2007
Venue: Midlothian School of Gymnastics
Rules: As per Elite Grade and NDP handbook
Eligibility: Any male gymnasts affiliated to Scottish Gymnastics as a competitive member
Age Categories: As outlined in Elite Grade up to under 12 yrs and NDP up to Int 1
Entry fee: £15.00

- **Celtic Cup Code Competition**

This competition will provide the Technical Panel with an opportunity to select a team for the Celtic Cup competition

Date: TBC
Venue: TBC
Rules: See enclosed
Eligibility: All male gymnasts affiliated to Scottish Gymnastics as a Competitive member, have not competed at British Championships, nor is a member of British Squads.
Age Categories: U/13 & U/17
Entry Fee: £15.00

- **Scottish Championships**

The format of this competition takes place over the course of 2 days. On the first day, the competition format will be based on an all round individual championship. On day 2, the top 6 gymnasts from each age group will compete for the individual apparatus titles

Date: Saturday 23rd June 2006, individual championships
Sunday 24th June 2006, individual apparatus titles
Venue: Bells Sports Centre, Perth
Rules: Junior & Senior: FIG code of points
U/16: British Under 16 code
U/14: British Under 14 code
U/12: British Under 12 code
Eligibility: Any male gymnasts affiliated to Scottish Gymnastics as a competitive member
Age Categories: U12; U14; U16; Junior & Senior
Entry fee: £30.00 for U/14, U/16, Junior and Senior Gymnasts
£15.00 for U/12

- **Scottish National and Regional Squad Trials 2006**

The MTP invite representation from gymnasts to enter the Scottish Age Group Trials 2006. The trials will comprise

- a. performance in Physical Norms
- b. performance of Technical Norms

The selection criteria used in the selection of the National Squad will also take account scores from representational competition, London Open, etc

Date: June 2007 TBA & 9th December 2007

Venue: National Training Centre, Largs

Rules: See National Squad Handbook for further details

Eligibility: Any male gymnasts affiliated to Scottish Gymnastics as a Competitive member

Entry Fee: £ 15.00

Competition Rules

The information enclosed describes the competition formats and rules that will be used during the domestic competition programme for 2007 for the following domestic competitions

- Beginners and Intermediate Competition
- 4 Piece Voluntary Competition (using BG Junior Code)
- Celtic Cup Code Competition



Scottish Gymnastics – Men's Technical Panel Beginner & Intermediate Code for 2, 4, and 6 piece competitions

Introduction

This code has been established to bring a level of competition out with the National Development Plan (NDP) set work programme aimed at giving gymnasts at beginner and intermediate level the opportunity to compete in local, regional and national voluntary routine competitions. The code is purposely designed to be as open as possible and to increase the participation and development of Men's Artistic gymnastics in Scotland. It is intended that this code will be used for the following Men's Artistic Beginner and Intermediate competitions: -

2 piece – Floor and Vault

4 piece – Floor, Vault, Parallel Bars, High Bar

6 piece – Floor, Pommels, Rings, Vault, Parallel Bars, High Bar

The code can also be adopted by clubs, schools and local authorities for use in their own competitions.

Following the publication of the International Gymnastics Federation's (FIG) new code of points the beginner and intermediate code has been written to fit as closely with the new FIG code of points as possible.

It is also hoped that this beginner and intermediate code will provide a progressional step for gymnasts to move up from 2 piece floor and vault competitions to 4 and 6 piece competitions and the NDP.

Summary

Each gymnast should perform 8 elements on each piece of apparatus (with the exceptions of Pommels and Vault where special rules apply). The gymnast will be awarded a difficulty score according to the difficulty value of the 8 elements. To encourage good routine construction and gymnast development the routine should include a variety of elements. Therefore at least 3 of these elements must be from different element groups at the minimum value indicated for the gymnast's age group to receive maximum points.

For each routine the gymnast will start with 10.0 points. The difficulty value of the routine is added to this and performance errors are deducted to give a final score. Intermediate gymnasts may include elements up to B difficulty in their routines; beginners can only compete up to A difficulty.

Competition Rules

Rules for Floor, Rings, Parallel Bars, and High Bar only	Beginner					Intermediate			
Routine Requirements (excludes Pommels & Vault)	<ul style="list-style-type: none"> 8 elements up to A difficulty from difficulty tables 3 different element groups (see EGR below) 					<ul style="list-style-type: none"> 8 Elements up to B difficulty from difficulty tables 3 different element groups (see EGR below) 			
Element Group Requirements (EGR) Each gymnast should have 3 elements from different element groups at the minimum value shown	Under 8	Under 10	Under 12	Under 14	Over 14	Under 10	Under 12	Under 14	Over 14
	X	Y	Z	A	A	Z	A	A	A
Floor	12m by 2m floor area					12m by 12m floor area			
Rings	Additional safety mats can be used					Additional safety mats can be used			
Parallel Bars	Additional safety mats can be used Height: 130 cm or 175 cm					A safety mat can be used for landing Height: 130 cm or 175 cm			
High Bar	Additional safety mats can be used					Additional safety mats can be used			

Rules for Pommels

Pommels	Beginner	Intermediate
Under 8:	<ul style="list-style-type: none"> 4 x ½ doubles on a mushroom. (From front support double leg circle to back support, keeping feet stationary turn counter rotation 180 degrees to front support and repeat until 4 completed) 	n/a
Under 10:	<ul style="list-style-type: none"> 2 x 3 doubles on a mushroom 	<ul style="list-style-type: none"> 10 doubles on a mushroom
Under 12:	<ul style="list-style-type: none"> 5 doubles on a mushroom 	<ul style="list-style-type: none"> 10 doubles on floor mushroom

<p>Under 14 & Over 14:</p>	<ul style="list-style-type: none"> • 8 elements on pommel horse using difficulty table • 3 different element groups no minimum value 	<ul style="list-style-type: none"> • 8 elements on pommel horse using difficulty table • 3 different element groups no minimum value
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Rules for Vault

Vault	Beginner No somersault vaults allowed	Intermediate No Yurchenko vaults allowed
Under 8	Each part to be performed once - Tariff 10.0 points <ul style="list-style-type: none"> From a short run, jump from springboard to land standing onto mats at 50 cm approx. Stretch jump off to a controlled landing. From a few steps, handspring block to land on back on safety mats. 	n/a
Under 10	Vault to be performed twice. Highest score counts. <ul style="list-style-type: none"> Handspring prep to land flat back onto safety matting, height 100cm. Tariff 10.0 points	Vault to be performed twice. Average score counts <ul style="list-style-type: none"> Handspring Prep onto springboard on mats at 60 cm high to land on back onto safety mats at 90 cm approx - Tariff 10.0 points
Under 12, Under 14, Over 14 Vault table height 115 cm, 125 cm, or 135 cm	Vault to be performed twice. Highest score counts. <ul style="list-style-type: none"> Layout Squat on jump off – Tariff 11.0 points Layout Squat through– Tariff 12.0 points Handspring – Tariff 13.0 points 	Two vaults to be performed, can be different. Average score counts <ul style="list-style-type: none"> Handspring – Tariff 13.0 points Handspring with ½ turn – Tariff 13.4 points Handspring with 1/1 turn – Tariff 13.8 points Handspring and salto fwd – Tariff 13.8 points Yamishita – Tariff 13.0 points Yamishita with ½ turn – Tariff 13.4 points Yamishita with 1/1 – Tariff 13.8 points ¼ on, ¼ off – Tariff 13.0 points ¼ on, ¾ off – Tariff 13.4 points Tucked Tsukahara – Tariff 13.8 points Any other FIG vault excluding Round off entry

Special Rules

- To allow less experienced and younger gymnasts to compete with full routines elements can be repeated once at 50% of their value
- All elements will be judged for execution performance but only the 8 highest value elements will contribute their value to the score

- Any element performed that is of a higher difficulty than allowed will receive no value
- Dismounts are optional and are treated the same as other element groups
- A routine with more than 3 different groups is treated the same as if it has 3, additional element groups do not affect the score.
- A completed tariff sheet must be submitted prior to the start of the competition, failure to do so may result in disqualification

Element Difficulty Values & Element Group Value

Elements are grouped according to difficulty (see apparatus difficulty tables). This table shows the difficulty value awarded and the corresponding element difficulty letter. A and B value elements are the same elements as those in the FIG code of points with some additions. Points are awarded for each element group in the routine up to a maximum of 3 element groups (i.e. 1.5 points).

X	Y	Z	A	B	Element Groups (EGR)
0.1	0.2	0.3	0.4	0.5	0.5 each

Element Groups

The element groups on each piece of apparatus are identical to those in the FIG code of points and are identified as [I], [II], [III], [IV], or [V]. Please note that skills from all of the element groups may not appear in the apparatus difficulty tables.

Floor	Pommels	Rings
[I] Non-acrobatic element, e.g. balance, strength [II] Acrobatic elements forward [III] Acrobatic elements backward [IV] Acrobatic elements sideways or with early ½ turn [V] Dismount which must be an element from [II, III, or IV] above, not group [I]	[I] Single leg swings and scissors [II] Circles and flairs, with and/or without spindles and handstands [III] Side and cross support travels [IV] Kehrswings, wendeswings, flops and combined elements [V] Dismounts	[I] – kip and swing elements (including to 1 sit) [II] – swing to handstand elements (2 sec) [III] – swing to strength hold elements (not 1 sit) (2 sec) [IV] – strength elements and hold elements (2 sec) [V] – dismount
Vault – The EGR rule is not applicable, Vault groups are shown for information only instead.	Parallel Bars	Horizontal Bar
[I] Direct Vaults [II] Vaults with full turn in pre-flight [III] Front handspring and Yamashita style vaults [IV] Vaults with 1/4 turn in pre-flight	[I] Elements in support or through support on both bars [II] Elements starting in upper arm support [III] Swing elements through hang on both bars	[I] Long hang swings and turns [II] Flight elements [III] Elements near the bar (“in bar” elements) [IV] El-grip and dorsal hang elements

(Tsukahara & Kasamatsu)	[IV] Underswings [V] Dismounts	[V] Dismounts
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Judging Deductions

There will be 0.3 deduction for a routine not performed as written on the tariff sheet

No deduction for not using the whole floor area

Small errors receive 0.1 deduction

Medium errors receive 0.3 deduction

Large errors receive 0.5 deduction

Falls onto or from the apparatus receive 0.8 deduction

Example Scoring:

An under 12 beginner performs 3 x Y value, 3 x Z value and 2 x A value elements (total of 8 elements)	Difficulty Value Awarded = $3 \times 0.2 + 3 \times 0.3 + 2 \times 0.4 = \mathbf{2.3}$
He has 5 elements of Z value or higher and these are from 3 different element groups	EGR Value Awarded = $3 \times 0.5 = \mathbf{1.5}$
He performs the routine with 6 small and 2 medium errors	Performance Score = $10.0 - (6 \times 0.1 + 2 \times 0.3) = \mathbf{8.8}$
Final Score	$8.8 + 2.3 + 1.5 = \mathbf{12.6}$

Example Routines:

Floor – Under 8 – Beginner – Tariff = 2.9

Forward roll to stand	Front support	Back support	Backward roll to shoulder stand, roll forward to stand	Forward roll to Straddle	Splits	Cartwheel	Backward roll to Stand
II	I	I	III	II	I	IV	III
X = 0.1	X = 0.1	X = 0.1	X = 0.1	Y = 0.2	A = 0.4	Y = 0.2	Y = 0.2
EGR 1 = 0.5	EGR 2 = 0.5		EGR 3 = 0.5				

Parallel Bars – Under 2 – Beginner – Tariff = 3.8

Upstart to straddle	L hold (2s)	Swing to horizontal	Swing to handstand not held	Pump swing (½ uprise action)	Drop upstart	Swing to handstand (2s)	Front vault through handstand
III	I	I	I	I	III	I	V
Z = 0.3	A = 0.4	Y = 0.2	Z = 0.3	Z = 0.3	A = 0.4	A = 0.4	Y = 0.2
EGR 1 = 0.5	EGR 2 = 0.5						EGR 3 = 0.5

FLOOR DIFFICULTY TABLE				
X = 0.1	Y = 0.2	Z = 0.3	A = 0.4	B = 0.5
<ul style="list-style-type: none"> ▪ Headstand tucked legs [I] ▪ Front support / prone (5 seconds) [I] ▪ Back support / prone (5 seconds) [I] ▪ Dish hold, controlled turn to arch hold, controlled turn to dish hold [I] ▪ Any jump to land [I] ▪ Forward roll to stand [II] ▪ Forward roll to seated V balance (2s) [II] ▪ Backward roll to shoulder stand, roll forward to stand [III] ▪ Side straddle roll [IV] 	<ul style="list-style-type: none"> ▪ Headstand with straight legs (2s) [I] ▪ Swedish fall [I] ▪ 2 x press ups [I] ▪ Side stag jump [I] ▪ Bridge (2s) [I] ▪ Feint into ½ double leg circle to back support [I] ▪ Single leg circle [I] ▪ Handstand not held [I] ▪ Straight Jump with ½ turn [I] ▪ Dished dive roll [II] ▪ Forward roll to straddle [II] ▪ Backward roll to stand [III] ▪ Backward roll to straddle stand [III] ▪ Cartwheel ¼ turn into backward roll with bent arms and legs [III] ▪ Cartwheel [IV] 	<ul style="list-style-type: none"> ▪ Backward roll to handstand [I] ▪ L hold or straddle lever (2s) [I] ▪ Bridge walkout [I] ▪ Japana or piked lumbar fold [I] ▪ Chasse, step jump full turn [I] ▪ Fouette ½ turn [I] ▪ Handstand forward roll [II] ▪ Forward walkover [II] ▪ Backward walkover [III] ▪ Cartwheel ¼ turn into backward roll with straight arms and legs [III] ▪ 2 cartwheels linked [IV] ▪ Far hand cartwheel [IV] 	<ul style="list-style-type: none"> ▪ Handstand to Straddle lever (2s) [I] ▪ Straddle stand to handstand (2s) [I] ▪ Handstand (2s) ▪ ½ pirouette [I] ▪ Endo roll to handstand (2s) [I] ▪ Splits [I] ▪ Straddle top planche (2s) [I] ▪ Arabesque or Y balance (2s) [I] ▪ Feint into 1 or 2 double leg circles [I] ▪ Backward roll ½ turn (blind) into handstand [I] ▪ Headspring [II] ▪ Handspring to 1 [II] ▪ Handspring to 2 [II] ▪ Flyspring [II] ▪ Dive roll (arched hecht action shown) [II] ▪ Tuck front somersault [II] ▪ Tuck back somersault [II] ▪ Round off [III] ▪ Back flip [III] ▪ Jump backward ½ turn onto hands forward roll out [IV] 	<ul style="list-style-type: none"> ▪ V lever (2s) [I] ▪ Press to handstand (2s) from L hold, straddle lever or prone [I] ▪ Straight front somersault [II] ▪ Front somersault + ½ twist [II] ▪ Straight back somersault [III] ▪ Straight back + ½ twist [III] ▪ Straight back + ^{1/1} twist [III] ▪ Arabian tuck or pike somersault [IV] ▪ Arabian straight somersault [IV] ▪ Straight side somersault [IV]

Notes on difficulty tables:

Holds must be 2 seconds unless otherwise indicated

Start and end positions are optional unless indicated but must always be controlled and follow good gymnastics “sense”

[I, II, III, IV, V] indicates element group

Difficulty skills B and A are as per FIG, other B and A skills from FIG code can be used. If any conflict arises, the above table and rules apply.

POMMELS DIFFICULTY TABLE				
X = 0.1	Y = 0.2	Z = 0.3	A = 0.4	B = 0.5
<ul style="list-style-type: none"> • Front support pendulum swings x2 (x2 left & 2 right) [I] • From support on end walk up onto handles [III] 	<ul style="list-style-type: none"> • Straddle support pendulum swings with left leg x2 [I] • Straddle support pendulum swings with right leg x2 [I] • ½ single leg circle [II] • From front support swing left leg in [I] • From front support swing right leg in [I] • Left leg out from straddle support (the same direction it went in) [I] • Right leg out from straddle support (the same direction it went in) [I] • From support on end walk up onto handles and over to other end [III] 	<ul style="list-style-type: none"> • ½ shear with left leg [I] • ½ shear with right leg [I] • Rear support pendulum swings x2 [I] • Feint into ½ double leg circle to rear support [III] • Full single leg circle [II] • Single leg circle onto handles [II] • From straddle support swing back leg over handle and dismount landing side on to horse or dismount to land side on to horse from a double leg circle [V] 	<ul style="list-style-type: none"> • Shear with left leg [I] • Shear with right leg [I] • Double leg circle [II] • Inward circle on end [III] • Outward circle end [III] • Step up [III] • Travel down [III] • Swabenflanke to wende dismount [V] • On end, Russian wendeswing 180 to wende dismount [V] 	<ul style="list-style-type: none"> • Shear ½ turn [I] • Czech [IV] • Stockli [IV] • 1 handle circle [III]

Notes on difficulty tables:

Holds must be 2 seconds unless otherwise indicated

Start and end positions are optional unless indicated but must always be controlled and follow good gymnastics “sense”

[I, II, III, IV, V] indicates element group

Difficulty skills B and A are as per FIG, other B and A skills from FIG code can be used. If any conflict arises, the above table and rules apply.

RINGS DIFFICULTY TABLE				
X = 0.1	Y = 0.2	Z = 0.3	A = 0.4	B = 0.5
<ul style="list-style-type: none"> ▪ Straight body chin [IV] ▪ Tucked lift to inverted hang [IV] ▪ Body shaper (dish/arch) [I] ▪ X2 scissors in hang [IV] ▪ From inverted hang lower to hang through tuck [IV] ▪ Lower through pike and show german hang for 2 sec [IV] ▪ 'I' hang for 2 sec [IV] ▪ Swing to back and dismount with controlled landing [V] 	<ul style="list-style-type: none"> • Straight body chin held for 2 sec [IV] • Chin in I not held [IV] • From hang or chin up lift to inverted hang through pike [IV] • Swing below 45° [I] • Muscle up with little assistance [IV] • From german hang lift to inverted hang through tuck [IV] • From piked inverted hang, cast into swing [I] • From inverted hang lower forward with straight body to hang [IV] • Tuck back salto with release after passing inverted hang [V] 	<ul style="list-style-type: none"> ▪ Chin in I held for 2 sec(iv) ▪ Straight body lift to inverted hang (iv) ▪ Swing above 45° [I] ▪ Muscle up [IV] ▪ Support held for 3 sec [IV] ▪ From inverted hang lower with straight body to german hang for 2 sec [IV] ▪ From german hang lift to inverted hang through pike [IV] ▪ From support circle backwards to inverted hang [I] ▪ From I or support bent arm bent body rotation to shoulder stand [IV] ▪ From shoulder stand lower through to inverted hang [IV] ▪ Tucked felge [I] ▪ Straddled back scale for 2 sec [IV] ▪ Front scale with 1 leg bent for 2 sec [IV] ▪ Tuck back salto [V] ▪ Tuck front salto [V] 	<ul style="list-style-type: none"> • Swing above ring height [I] • Slow into [I] • L hold or straddle lever for 2 sec [IV] • Swing backward in support roll down forwards into swing [I] • From hang underswing with shoulders above rings (nakayama) [I] • Front uprise [I] • Back uprise [I] • Kip to support [I] • Pike or straight into [I] • Dislo piked or straight from swing or hang [I] • From inverted hang beat into straight dislo [I] • Felge to support [I] • Tucked homna [I] • Press to handstand (2 sec) with bent arms and body [IV] • Back scale for 2 sec [IV] • Front scale for 2 sec [IV] • V hold [IV] • Pike or straight salto backward [V] 	<ul style="list-style-type: none"> • Front uprise to I hold [I] • Back uprise to straddle lever for 2 sec [I] • Kip to I hold for 2 sec [I] • Homna to support [I] • Press to handstand(2 sec) with either bent body straight arms, straight body and arms or bent arms straight body [IV] • Slow felge forward stretched to support • Straddled top planche for 2 sec [IV] • Double salto backward tucked or piked [V] • Salto backward stretched with ½ or full twist [V] • Salto forward piked or stretched with ½ twist [V] • Uprise backward and salto backward piked or stretched [V]

Notes on difficulty tables:

Holds must be 2 seconds unless otherwise indicated

Start and end positions are optional unless indicated but must always be controlled and follow good gymnastics “sense”

[I, II, III, IV, V] indicates element group

Difficulty skills B and A are as per FIG, other B and A skills from FIG code can be used. If any conflict arises, the above table and rules apply.

PARALLEL BARS DIFFICULTY TABLE				
X = 0.1	Y = 0.2	Z = 0.3	A = 0.4	B = 0.5
<ul style="list-style-type: none"> Swing below horizontal [I] Swing to and from straddle support [I] Jump to support [III] Float swing to stand [III] Controlled drop to stand [V] Front vault over bar [V] 	<ul style="list-style-type: none"> Swing to horizontal [I] Controlled walk (6 steps) [I] Dip to bar [I] Tuck hold [I] ½ turn in support [I] Straddle travel (straddle back support to straddle front support swing out) [I] Shoulder stand (2s) [II] Jump to straddle support [II] Float swing to pike inverted hang [III] Rear vault [V] Front vault through handstand [V] 	<ul style="list-style-type: none"> Swing to handstand not held [I] L hold lift to straddle lever not held [I] Pump swing (½ uprise action) [I] Swing to handstand ½ pirouette not held [I] Tuck top planche (2s) [I] Back uprise to support [II] Upper arm dip [III] Shoulder stand (2s) into roll [II] Upstart to straddle [III] Pike inverted swing in hang x 2 [IV] Tuck front somersault dismount [V] Tuck back somersault dismount [V] 	<ul style="list-style-type: none"> Handstand (2s) [I] L hold (2s) [I] Straddle lift to handstand (2s) [I] Straddle cut forward [I] Swing to handstand (2s) [I] Handstand ½ pirouette forward to handstand (2s) [I] Circle on end of bars [I] Front uprise to support [I] Upstart [III] Drop upstart [III] Bail from support, body horizontal or above into longswing to horizontal [III] Cast to upper arm [IV] Straight or pike front somersault [V] Straight or pike back somersault [V] Backward Longswing from bail to horizontal or above bars to Backaway between bars [V] 	<ul style="list-style-type: none"> V-lever [I] Straddle cut backward [I] Press to handstand (2s) (straight body or straight arms) [I] Backward Stutz to support [I] Double leg circle on bars [I] Front uprise, straddle cut to handstand [II] Back uprise to handstand [II] Backward longswing to hang [III] Backward Longswing to straddle support [III] Cast to support [IV] Straight or pike front somersault + ½ twist [V] Straight or pike back somersault + ½ twist [V]

Notes on difficulty tables:

Holds must be 2 seconds unless otherwise indicated

Start and end positions are optional unless indicated but must always be controlled and follow good gymnastics “sense”

[I, II, III, IV, V] indicates element group

Difficulty skills B and A are as per FIG, other B and A skills from FIG code can be used. If any conflict arises, the above table and rules apply.

HORIZONTAL BAR DIFFICULTY TABLE (applies to in Two loops, in One loop + One guard, and on Chalked metal bar with guards)				
X = 0.1	Y = 0.2	Z = 0.3	A = 0.4	B = 0.5
<ul style="list-style-type: none"> Tuck leg lift to bar [I] Controlled forward roll to hang [I] Swing below the bar [I] Scissor (L to straddle to L) x 2 in hang [I] Chin up [I] Cast below horizontal [III] Backward hip circle [III] Single leg forward circle [III] 	<ul style="list-style-type: none"> Dynamic body shaper [I] Swing to horizontal [I] Chin up in L hang [I] Cast to horizontal [III] Clear circle to horizontal [III] Straddle sole circle [III] Forward hip circle [III] Straight leg lift to bar [III] Straddle leg lift to horizontal, feet under bar [III] Circle up to support [III] Backward circle into underswing [III] Drop to land at top of back swing [V] 	<ul style="list-style-type: none"> Dynamic body shaper to horizontal or above [I] Back uprise [I] Swing to 45° above horizontal [I] Cast to handstand [III] Clear circle to 45° above horizontal [III] Upstart to support [III] Piked sole circle [III] Stoop straight leg lift to German hang [IV] Straight back somersault [V] Straight front somersault [V] 	<ul style="list-style-type: none"> Backward longswing (giant) [I] Forward longswing (giant) [I] Top change (½ turn fwd to bwd) [I] Back uprise to handstand [I] Stoop circle, straddle cut to hang or support [II] Drop upstart [III] Upstart [III] Clear circle to handstand [III] Straight back somersault + ½ or 1/1 twist [V] Straight front somersault + ½ twist [V] 	<ul style="list-style-type: none"> Blind change (½ turn bwd to fwd) [I] Stoop circle, straddle cut to handstand [III] Back uprise and rear or piked vault over bar to hang [III] Endo [III] Endo + ½ turn [III] Stalder [III] Stalder + ½ turn [III] Double back somersault [V] Straight front somersault + 1/1 twist [V]

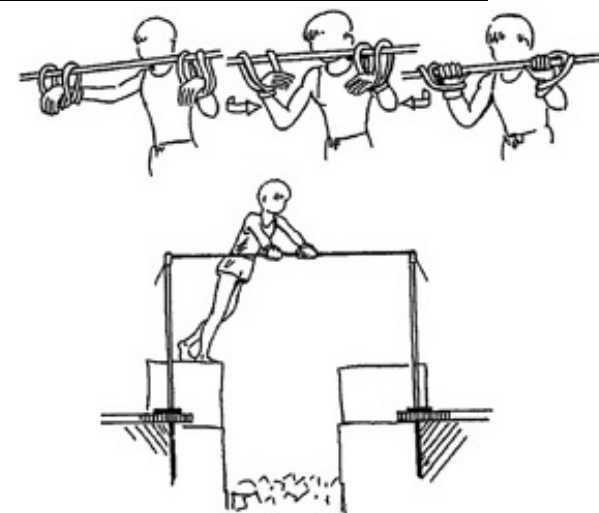
Notes on difficulty tables:

Holds must be 2 seconds unless otherwise indicated

Start and end positions are optional unless indicated but must always be controlled and follow good gymnastics “sense”

[I, II, III, IV, V] indicates element group

Difficulty skills B and A are as per FIG, other B and A skills from FIG code can be used. If any conflict arises, the above table and rules apply.



Loops should be tight fitting and of strong material (e.g climbing straps)

Celtic Cup Code Competition Format

British Junior Code will be used for this competition. Information regarding this competition format is available from the British Gymnastics website

4 Piece Voluntary Competition

British Junior Code will be used for this competition. Information regarding this competition format is available from the British Gymnastics website

6.0 Competition Entry Form

This competition year, the competition entry form will be a generic form covering all competitions. Club administrators and coaches will need to photocopy this form when required. It is important that competition entry forms are completed in full and that the registration numbers of the gymnasts are included. Changes made after the closing date will be treated as a late entry and an administration charge will apply.

Please note, this year the MTP will be asking that each club nominates a volunteer to assist in the running of the competition. Please ensure that the Volunteers Nominations Form is completed and returned along with your entry form.

Scottish Gymnastics
Men's Artistic Gymnastics

PLEASE COMPLETE ALL DETAILS IN BLOCK CAPITALS

Competition Title:				
Competition Date:				
Name of Gymnastics Club:				
CONTACT name and address for return of competition information				
POSTCODE				
TELEPHONE				
EMAIL				
NAME OF COACH ATTENDING				
NAME OF JUDGE(s) ATTENDING				
NOMINATED VOLUNTEER(S)				
GYMNASTS				
FIRST NAME	SURNAME	DOB	SG Reg No	Age Group / Level
Total no of Gymnasts			£	
Total no of Teams			£	
Non Judge fee			£30.00	
Total amount enclosed				

Return the entry form to: Scottish Gymnastics, 2 Lint Riggs, Falkirk, FK1 1DG.
Please ensure that you have enclosed the competition entry fee along with the entry form.
A late entry fee of £30.00 will be charged to clubs on competition entry forms received after
the closing date detailed in the competition handbook.

Please photocopy this sheet if you are entering more gymnasts

Volunteers Nomination Form

As a club, you are responsible for providing at least one volunteer helper for each competition that you enter. The role of the volunteer are varied, however, in order to be of some assistance, the MTP have put together a list of duties that need to be covered during a competition in order that the event runs smoothly.

Door Admission

i.e taking entrance fees, giving out competition programmes

☐

Registration Administrator

i.e registering gymnasts for competition, and giving out competition packs to coaches.

☐

Manual Score Keeper

i.e recording gymnasts scores manually on a spreadsheet

☐

Electronic Score Keeper

i.e recording gymnast's score using excel spreadsheet

☐

Announcer

i.e. to keep the audience informed about what is happening during the competition

☐

Floor Manager

i.e to assist coaches in the movement and assembly of equipment, to ensure that the competition runs on time.

☐

Music Controller

i.e to operate stereo system, play march on and background music during the competition

☐

Place an 'X' in one of the boxes indicating the duty that you are interested in

Name of Volunteer

Contact Details

Home Address

Contact Tel No

Scottish Gymnastics
Men's Artistic Gymnastics

Photographic Permission Form

From time to time, Scottish Gymnastics may have an official photographer attending the competitions. It is necessary to obtain parental/ guardian permission for the taking and publication of photographs of gymnasts attending our competitions. Please complete and return the Photographic Permission Form along with your entry form. Thank you for your co-operation.

Name of Club: _____

Name of Coach: _____

<u>Name of Gymnasts Competing</u>	<u>Parents/Guardian Signature</u>
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By signing, parents/guardians are giving Scottish Gymnastics the authority to take and publish photographs of the named gymnasts.

Signed: _____
(Head Coach/ Club Official)

Date: _____

8.0 Photographic / Video Permit Application Form(Parents, Coaches, etc

Scottish Gymnastics

PROTECTION OF CHILDREN AND VULNERABLE ADULTS POLICY

Use of Video or Close Range Photography

Scottish Gymnastics Child Protection Policy requires that the name and address of any spectator, who wishes to use a camera to video, or take photographs to record the activities at a competition or festival, be registered.

In line with this requirement, the promoters of events require that any person wishing to engage in any videoing, or photography should register their details with staff at the spectator entry desk before carrying out any such photography. Mobile phones with imaging capabilities must also be registered as a camera. Proof of identity will be required. An accreditation identity sticker must be worn at the event at all times.

For all competitions pre-video registration forms will be sent out with return competition information. It is the responsibility of the club coach/administrator to pass these forms on to anyone wishing to take photographs or video. Forms should be sent back before the deadline set and sent to Scottish Gymnastics, **2 Lint Riggs, Falkirk, FK1 1DG**

There will be a small administration charge of £2.00 to pay when receiving your Video Registration sticker.

The organiser reserves the right to decline entry to events to any person with a camera who has not registered with the organiser. Unregistered persons found to be using a camera will be asked to leave the arena and surrender any film relating to the event.

If you are concerned about any photography taking place at events, please contact the promoter or the organiser who will be pleased to discuss the matter with you.

Scottish Gymnastics
Men's Artistic Gymnastics
Use of cameras, videos and mobile phones with video attachment

Application Form

Due to a growing number of digital editing pornographic cases involving children in sport, the use of video cameras, mobile phone with video attachment and all other cameras requires a signed declaration. Therefore, it is now obligatory for the camera user to complete the following form.

Please Print in Block Capitals. Thank you.

Competition Date: _____

Competition Title: _____

Name of Applicant: _____

Address: _____

Town/City: _____

Postcode: _____

Telephone Number: _____

Name of Gymnast(s) Filmed: _____

Name of Gymnast(s) Club: _____

Head Coach: _____

In addition, when requested, please complete answers to the following:

For what purpose do you intend to use the photographs film or video footage?

Where will the photographs, film or video footage to be published or displayed?

When will this happen?

How will the photograph, film or video be processed?

Who will have access to the photographs, film or video footage?

Where will the photographs, film or video be stored?

How long will the photograph, film or video be kept?

I declare that the purpose of videoing/photographing this event is for coaching or family use only, and that I will not in any way alter the images on this film/spool, use it for any pornographic or other illegal purpose.

Signature: _____

Date: _____

This information will be held in a confidential file in the SG office for up to a period of 6 months, after which it will be destroyed.