

Women's Artistic Gymnastics

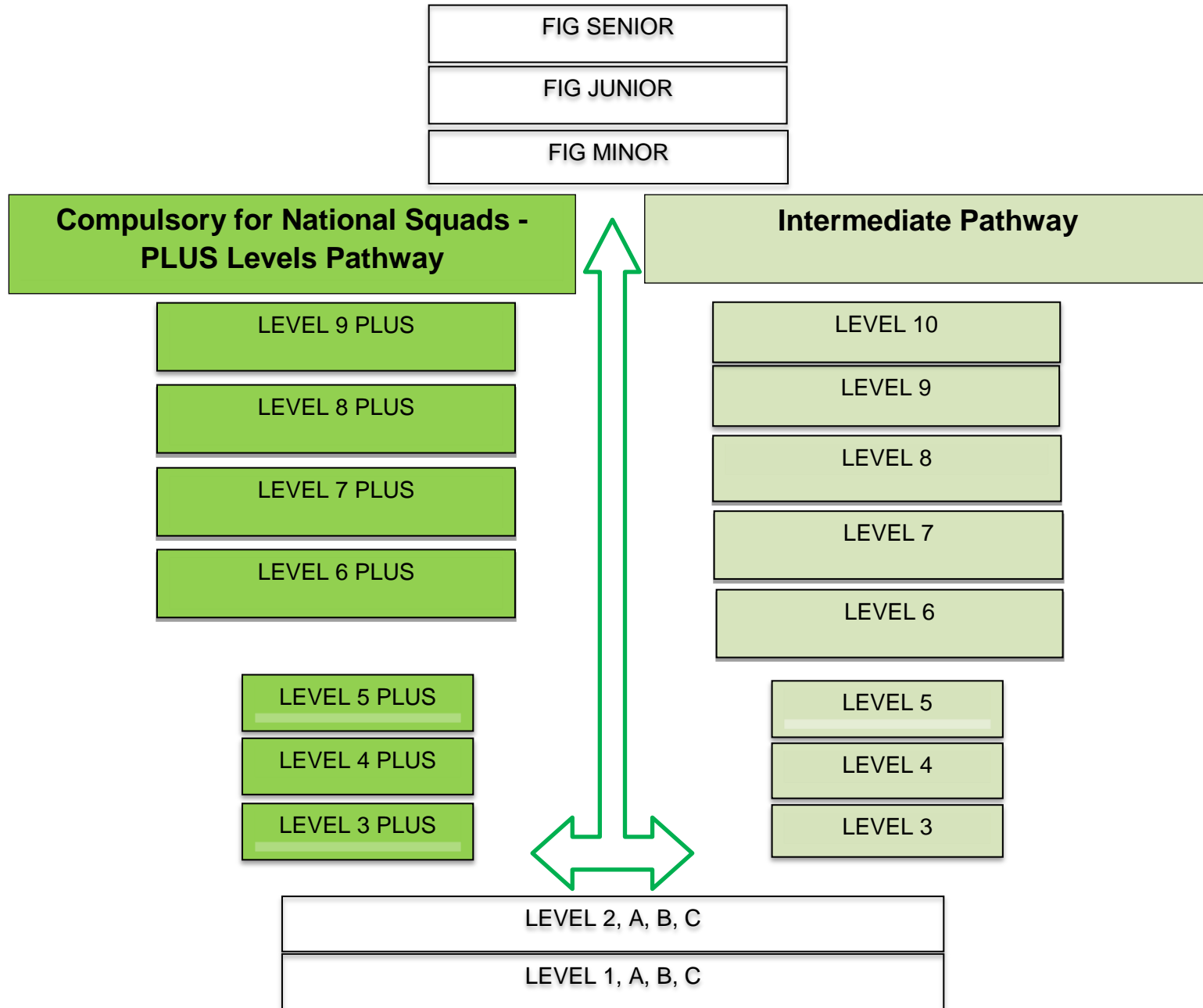
2018

National Development Plan
Competition Guidelines

Sport Starts Here.

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EVENTS

All Gymnastics Ireland events are supported by the following documents available on the Gymnastics Ireland Website

- National Competition & Events Policy
- Coaching Policy
- Judging Policy
- National Development Plan Guidelines – January 2018 Edition
- National Development Plan Routines – January 2018 Edition
- FIG Code of Points
- GI Entry Form

AGE GROUPS

- For all competitions, age is determined on the 1st of January of the year of competition. Gymnasts must be turning seven in the year of competition.
- If there are insufficient no's in an age group Gymnastics Ireland may reduce the age categories.
- All Gymnasts must compete within their respective age groups
- At all times it is the coach's responsibility to ensure that gymnasts are entered into the correct Age Group / Level.

General

- Any gymnast can compete in the PLUS Levels pathway, however, all National Squad members & any gymnast who has competed in a FIG trial (inc. guests) MUST compete in the PLUS Levels pathway and NOT the General Levels pathway.
- Please refer to the National Competition & Events Policy re late entries / substitutions / reserve gymnasts / submission of Judges names etc.
- All equipment heights detailed herein are approximate.
- FIG Artistry, Composition & Specific Apparatus deductions and General Execution deductions will be applied at all Levels, along with some additional "Levels only deductions" which are detailed in the NDP Routines Booklet – January 2018 Edition.
- The music for all competitions must be handed in at registration on the day of the competition. A back-up copy of each gymnast's music must also be bought on a CD (x2) and each gymnast must have their own CD (sharing CD's between gymnasts is not permitted).
- MP3 format may be required going forward at National Competitions. Clubs will be advised in advance if this is the case.

Judges

- For Levels 1A, 1B & 1C (Team & All-Around) a minimum of 3 Judges per Club for all sessions throughout the day of the competition.
- For General Levels 2-10 inc. a min. of 2 Judges per Club is required for all sessions throughout the day of the competition
- For PLUS Levels 3-9 inc. a minimum of 2 Judges per Club is required for all sessions throughout the day of the competition.
- For all Team Competitions (General, Intermediate, Advanced, PLUS & FIG) a minimum of 2 Judges per Club is required for all sessions throughout the day of the competition.
- For Clubs who have 5 or less gymnasts competing throughout any one day, a minimum of 1 Judge is required for all sessions throughout the day of the competition.

GENERAL LEVELS COMPETITION RULES

<u>Level</u>	<u>Age Group</u>	<u>Team Competition</u>	<u>All-Around Competition</u>	<u>Apparatus Competition</u>	<u>Rules</u>
1A	Under 7 Under 8 Under 9 Under 10 Under 11 Over 11	<ul style="list-style-type: none"> • A club may enter a maximum of 2 teams per Club per Level / Age Group. • A max. of 6 Gymnasts per Team. • All 6 gymnasts may perform on each apparatus. 	<ul style="list-style-type: none"> • A club may enter as many gymnasts as they wish in each Age Group / Level • National medals will be awarded to 1st, 2nd & 3rd individual placings 	N/A	<ul style="list-style-type: none"> • Maximum Length of the Floor routine is 1 min.
1B	Under 7 Under 8 Under 9 Under 10 Under 11 Over 11	<ul style="list-style-type: none"> • 3 highest scores on each apparatus determine the Team Total on the apparatus. • National medals will be awarded 1st, 2nd & 3rd Team placings 			
1C	Under 7 Under 8 Under 9 Under 10 Under 11 Under 12 Over 12				

GENERAL LEVELS COMPETITION RULES

<u>Level</u>	<u>Age Group</u>	<u>Team Competition</u>	<u>All-Around Competition</u>	<u>Apparatus Competition</u>	<u>Routines Lengths / Rules</u>
2A, 2B, 2C	Under 7 Under 8 Under 9 Under 10 Under 11 Over 11	<p><u>Introductory Club Teams (Levels 2A, 2B, 2C, 3, 4 & 5)</u></p> <ul style="list-style-type: none"> Each Club may enter 1 Team per Level with a maximum of 5 gymnasts on a Team (open age) 5 gymnasts may perform on each apparatus. The 3 highest scores on each apparatus determine the Team Total on the apparatus. The 4 apparatus totals determine the Final Team Score. National medals will be awarded 1st, 2nd & 3rd Team placings in each Level. Vault Heights in each Level are as outlined herein with the exception of Level 4 & 5 where the Vault heights are set at 100cm for Level 4 & 110cm for the Level 5 Team Competition. One Vault is permitted. 	<ul style="list-style-type: none"> A club may enter as may gymnasts as they wish into each age group The All-around score will be the total of all 4 apparatus scores. National medals will be awarded to 1st, 2nd & 3rd individual placings One Vault is permitted. 	<ul style="list-style-type: none"> A club may enter as may gymnasts as they wish on each apparatus in each age group / level Gymnasts may compete on 1 or more apparatus and she must compete on each or all Apparatus within the <u>SAME</u> Level. The Level the gymnast competes at in the Apparatus competition must be equal to or higher than the level she competes at in the All-around competition. However, if a gymnast competes on all 4 apparatus in this competition she must compete in at least the same Level in the All-Around the following year. If a Gymnast competes at any FIG Competition she may no longer compete in the General Levels <u>Apparatus</u> Competition. One Vault is permitted. National medals will be awarded to 1st, 2nd & 3rd individual apparatus placings 	<ul style="list-style-type: none"> The Beam routines have set elements / requirements that should be performed (in any order) with dance & poses. For Levels 2A, 2B, 2C, 3, 4 & 5 the maximum length of a Beam routine is 1 min. Level 2A, 2B & C Floor routines are set routines <u>with no music</u> performed in a straight line. From Level 3 onwards, the floor routines will be voluntary routines performed to music with set elements. The elements can be performed in any order. The maximum length of the Floor routine for Levels 2-5 is 1 min. For Levels 6 -8 the maximum length of a Beam routine is 1 min. 30 sec. The maximum length of the Floor routine for Levels 6-8 is 1 min. 30. The maximum length of the Beam routine for Intermediate Club Teams is 1 min 30 sec. The maximum length of the Floor routine for Intermediate Club Teams is 1 min. 30.
Level 3, 4 & 5	Under 9 Under 10 Under 11 Under 12 Under 13 Over 13	<p><u>Intermediate Club Teams</u></p> <ul style="list-style-type: none"> Only Level 6, 7 & 8 All-Around gymnasts may enter this competition as a member of their Club Team. Gymnasts who have previously competed at Level 6 PLUS and wish to return to the General Levels, may compete in this competition if they have not scored 46.00 or higher on 4 apparatus or 34.00 or higher on 3 apparatus at this competition previously. Once a gymnast competes at Intermediate Teams she must compete at Level 6 or higher. Gymnasts who have competed at any FIG Championships are not permitted to enter this competition. Gymnasts who have competed internationally representing Ireland may not compete in this competition. Gymnasts who have previously scored 46.00 or higher on 4 apparatus and 34.00 or higher on 3 apparatus at this competition may not compete in this competition again. Each Club may enter 1 Team with a max. of 5 gymnasts on the Team (open age) 5 gymnasts may perform on each apparatus. The 3 highest scores on each apparatus determine the Team total on the apparatus. The 4 apparatus totals determine the Final Team Score. One Vault is permitted. National medals will be awarded 1st, 2nd & 3rd Team placings. 			
Level 6, 7 & 8	Under 10 Under 11 Under 12 Under 13 Over 13				

GENERAL LEVELS COMPETITION RULES

<u>Level</u>	<u>Age Group</u>	<u>Team Competition</u>	<u>All-Around Competition</u>	<u>Apparatus Competition</u>	<u>Routines Lengths / Rules</u>
Level 9 Level 10	Under 13 Under 15 Over 15 Under 15 Over 15	<p>Advanced Club Teams</p> <ul style="list-style-type: none"> Level 9 & Level 10 Gymnasts may compete in this competition. Each Club may enter 1 Team with a max. of 5 gymnasts on the Team (open age) 5 gymnasts may perform on each apparatus. The top 3 highest scores on each apparatus determine the Team Total on the apparatus. The 4 apparatus totals determine the Final Team Score One Vault is permitted. National medals will be awarded 1st, 2nd & 3rd Team placings. 	<ul style="list-style-type: none"> A club may enter as many gymnasts as they wish into each age group / level The All-around score will be the total of all 4 apparatus scores. One Vault is permitted. National medals will be awarded to 1st, 2nd & 3rd individual placings 	<ul style="list-style-type: none"> A club may enter as many gymnasts as they wish on each apparatus in each age group / level. Gymnasts may compete on 1 or more apparatus and must compete on each or all Apparatus within the SAME Level. The Level the gymnast competes at in the Apparatus competition must be equal to or higher than the level she competes at in the All-around competition. However, if a gymnast competes on all 4 apparatus in this competition she must compete in at least the same Level in the All-Around the following year. If a Gymnast competes at any FIG Competition she may no longer compete in the General Levels <u>Apparatus</u> Competition. One Vault is permitted. National medals will be awarded to 1st, 2nd & 3rd individual apparatus placings 	<ul style="list-style-type: none"> For Levels 9 - 10 the maximum length of a Beam routine is 1 min. 30 sec. The maximum length of the Floor routine for Levels 9-10 is 1 min. 30 sec.

NATIONAL SUPER SERIES CHAMPIONSHIPS

<u>Age Group</u>	<u>Apparatus Competition</u>
<ul style="list-style-type: none"> Open Age 	<ul style="list-style-type: none"> Apparatus Competition Only for General Level 2-10, PLUS Level 3-9 & FIG Competitors. The Top 8 Gymnasts in each Level, regardless of Club (Open Age) qualify on each apparatus. Qualification will continue down the ranking until either a) a maximum of 8 gymnasts per apparatus is achieved (i.e. if a gymnast declines her place in a competition it will be offered to the next qualifier) or b) GI determine there are sufficient no's in the Level to constitute a final Qualification will come from the gymnasts All-Around Competition (ordinarily held April / May) & their score on each Apparatus will determine their rank on that apparatus. There will be one Apparatus competition per Level i.e. the top 8 gymnasts on Beam in Level 2C will qualify for the National Super Series Championships (regardless of age) Levels rules regarding equipment heights & specifications are as set-out in each individual Age / Level herein. National individual apparatus medals will be awarded to 1st, 2nd & 3rd individual placings If a gymnast medals at National Super Series Championships it will have no bearing on her Level in the General & PLUS All-Around / Apparatus Level Competitions. This competition is deemed to be a standalone National Event & therefore has no bearing on moving between levels etc. There must be a minimum of 3 gymnasts per apparatus to constitute a "Final" being run.

GENERAL LEVELS - EQUIPMENT

<u>Level</u>	<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>
Level 1A	10 meter run up No Vault Mats set at 60cm	N/A	N/A	Set routines with no music and will be performed in a straight line on the Floor area, tumble track or carpet strip.
Level 1B	10 metre run-up No Vault Mats set at 60cm	N/A	N/A	Set routines with no music and will be performed in a straight line on the Floor area, tumble track or carpet strip.
Level 1C	10 metre run-up No Vault Mats set at 60cm	N/A	N/A	Set routines with no music and will be performed in a straight line on the Floor area, tumble track or carpet strip.
Level 2A	10 meter run-up No Vault - Mats set at 60cm	Low Bar (as per FIG) A springboard or coaching block Standard FIG landing area	Set at 115cm for all age groups Standard FIG landing area	Set routines with no music and will be performed in a straight line on the Floor area, tumble track or carpet strip.
Level 2B	10 meter run-up No Vault – Mats set at 60cm Landing area set at 80cm (measured from the ground)	Low Bar Standard FIG landing area	Set at 115cm for all age groups Standard FIG landing area	Set routines with no music and will be performed in a straight line on the Floor area, tumble track or carpet strip.
Level 2C	15 meter run-up No Vault Mats set at 80cm	Low Bar Standard FIG landing area	Set at 115cm for all age groups Standard FIG landing area	Set routines with no music and will be performed in a straight line on the Floor area, tumble track or carpet strip.
Level 3	15 meter run-up No Vault Mats set at 100cm	Low Bar Standard FIG landing area	Set at 115cm for all age groups Standard FIG landing area	12 x 12 meter Floor
Level 4	15 meter run-up Vault Table set at 100cm for all age groups up to & inc. U-13 & 110cm for O-13 Build up behind the vault set at 20cm higher	Low Bar Standard FIG landing area	Set at 115cm for all age groups Standard FIG landing area	12 x 12 meter Floor
Level 5	20 meter run-up Vault Table set at 100cm for all age groups up to & inc. U-11 Vault Table set at 110cm for all age groups from U-12 upwards. Additional 20cm safety mat on top of the 20cm landing area	A-Bars 20cm safety mat to be used instead of the 10 cm mat on top of 20cm FIG landing area.	Set at 115cm for all age groups Standard FIG landing area	12 x 12 meter Floor

<u>Level</u>	<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>
Level 6	20 meter run-up Vault Table set at 115cm Additional 20cm safety mat on top of the 20cm landing area	A-Bars 20cm safety mat to be used instead of the 10 cm mat on top of 20cm FIG landing area.	Set at 125cm for all age groups. Standard FIG landing area	12 x 12 meter Floor
Level 7	Max 25 meter run-up Vault Table set at 115cm for U-11 & U-13 Vault Table set at 125cm for O-13 Mats behind the vault @ 25cm higher than the Vault Table.	A-Bars 20cm safety mat to be used instead of the 10 cm mat on top of 20cm FIG landing area.	Set at 125cm for all age groups Standard FIG landing area	12 x 12 meter Floor
Level 8	Max 25 meter run-up Vault Table set at 115cm for U-11 & U-13 Vault Table set at 125cm for O-13 Mats behind the vault set @ 35cm higher than the Vault Table.	A-Bars 20cm safety mat to be used instead of the 10 cm mat on top of 20cm FIG landing area.	Set at 125cm for all age groups Standard FIG landing area	12 x 12 meter Floor
Level 9	Max 25 meter run-up Vault Table set at 115cm for U-13 Vault Table set at 125cm for U-15 & O-15 Standard FIG landing area	A-Bars Standard FIG landing area	Set at 125cm for all age groups Standard FIG landing area	12 x 12 meter Floor
Level 10	Max 25 meter run-up Vault Table set at 125cm for all Age Groups Standard FIG landing area	A-Bars Standard FIG landing area	Set at 125cm for all Age Groups Standard FIG landing area	12 x 12 meter Floor
Level 1 Teams	10 meter run up No Vault Mats set at 60cm	N/A	N/A	Set routines with no music and will be performed in a straight line on the Floor area, tumble track or carpet strip.
Introductory Club Teams	Vault Heights in each Level are as outlined herein with the exception of Level 4 & 5 where the Vault heights are set at 100cm for Level 4 & 110cm for the Level 5 Team Competition	L2A – Low Bar + springboard / coaching block L2B – L4 – Low Bar L5 – A-Bars + 20cm mat to be used instead of 10cm mat on top of 20cm FIG landing area	Set at 115cm for all Levels & all Age Groups Standard FIG landing area	L2A, B & C - Performed in a straight line on the Floor area, tumble track or carpet strip. L3 – L 5 – 12 x 12 meter Floor
Intermediate Club Teams	Max 25 meter run-up Vaulting Table will be set at 115cm Standard FIG landing area	A-Bars Standard FIG landing area	Set at 125cm Standard FIG landing area	12 x 12 Floor
Advanced Club Teams	Max 25 meter run-up Vaulting Table will be set at 125cm Standard FIG landing area	A-Bars Standard FIG landing area	Set at 125cm Standard FIG landing area	12 x 12 Floor

PLUS LEVELS COMPETITION RULES

<u>Level</u>	<u>Age Group</u>	<u>Team Competition</u>	<u>All-Around Competition</u>	<u>Apparatus Competition</u>	<u>Routines Lengths / Rules</u>
3 PLUS	Under 8 Over 8	<p><u>3-5 PLUS Teams</u></p> <ul style="list-style-type: none"> Level 3 PLUS – 5 PLUS gymnasts may enter this competition as a member of their Club Team. Each Club may enter a maximum of 2 Teams with a maximum of 5 gymnasts on each Team Each Team may consist of a combination of Level 3 PLUS, 4 PLUS & 5 PLUS gymnasts (open age). 5 gymnasts may perform on each apparatus. The 3 highest scores on each apparatus determine the Team Total on the apparatus. The 4 apparatus totals determine the Final Team Score. One Vault is permitted National medals will be awarded 1st, 2nd & 3rd Team placings. <p><u>6 – 8 PLUS Teams</u></p> <ul style="list-style-type: none"> Level 6 PLUS – 8 PLUS gymnasts may enter this competition as a member of their Club Team. Gymnasts who have competed at FIG National Championships are allowed to compete in this competition Each Club may enter a maximum of 2 Teams with a maximum of 5 gymnasts on each Team. Each Team may consist of a combination of Level 6 PLUS, 7 PLUS & 8 PLUS Gymnasts (open age). 5 gymnasts may perform on each apparatus. The 3 highest scores on each apparatus determine the Team Total on the apparatus. The 4 apparatus totals determine the Final Team Score. One Vault is permitted. National medals will be awarded 1st, 2nd & 3rd Team placings. 	<ul style="list-style-type: none"> A club may enter as many gymnasts as they wish into each age group / level. The All-around score will be the total of all 5 (inc. Range) apparatus scores National medals will be awarded to 1st, 2nd & 3rd individual placings One Vault is permitted. 	<ul style="list-style-type: none"> A club may enter as many gymnasts as they wish on each apparatus (inc. Range) in each age group / level. Gymnasts may compete on 1 or more apparatus and must compete on each or all Apparatus within the <u>SAME</u> Level. The Level the gymnast competes at in the Apparatus competition must be equal to or higher than the level she competes at in the All-around competition. However, if a gymnast competes on all 4 apparatus (ex. Range) in this competition she must compete in at least the same Level in the All-Around the following year. One Vault is permitted. National medals will be awarded to 1st, 2nd & 3rd individual apparatus placings. 	<ul style="list-style-type: none"> The maximum length of a Beam routine for all PLUS Levels is 1 min. 30 sec. The maximum length of the Floor routine for all PLUS Levels is 1 min. 30 sec.
4 PLUS	Under 9 Over 9				
5 PLUS	Under 10 Over 10				
6 PLUS	Under 11 Over 11				
7 PLUS	Under 12 Over 12				
8 PLUS	Under 13 Over 13				
9 PLUS	Under 14 Over 14				

PLUS LEVELS - EQUIPMENT

<u>Level</u>	<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>
Level 3 PLUS	Max. 15 meter run up No Vault 60cm Block – landing area 30cm high & fall forward onto safety matting 50cm high	Low Bar / Single Bar – set at 170cm Standard FIG landing area.	125cm for all Age Groups Dismount onto 60cm build up on Mats (measured from the floor)	12 x 12 Floor Area
Level 4 PLUS	Max.15 metre run-up No Vault Mats set at 80cm & fall forward onto 20cm higher	Single Bar @ 200cm (but can be raised for taller gymnasts)	125 cm for all Age Groups Dismount onto 60cm build-up of Mats (measured from the floor)	12 x 12 Floor Area
Level 5 PLUS	Max.15 metre run-up No Vault 20cm Landing area + additional 20cm to fall forward onto safety mats 20cm higher (60cm from the floor)	A-Bars 30cm safety mat on top of the 20cm landing area	125 cm for all Age Groups Dismount onto 60cm build-up of mats (measured from the ground)	12 x 12 Floor Area
Level 6 PLUS	Max. 25 meter run-up No Vault Block set at 100cm with landing mats set at 30cm higher	A-Bars 20cm safety mat to be used instead of the 10cm mat on top of 20cm landing area	125 cm for all Age Groups Dismount onto 60cm build-up of mats (measured form the ground).	12 x 12 Floor Area
Level 7 PLUS	Max. 25 meter run-up Vault Table set at 115cm for U-12 Vault Table set at 1250cm for O-12 Mats set at 35cm higher than the vault.	A-Bars Standard FIG landing area	125cm for all Age Groups Standard FIG landing area	12 x 12 Floor Area
Level 8 PLUS	Max 25 meter run-up Vault Table set at 125cm for all Age Groups Standard FIG landing area	A-Bars – Routine performed on the High Bar Standard FIG landing area	125cm for all Age Groups Standard FIG landing area	12 x 12 Floor Area
Level 9 PLUS	Max 25 meter run-up Vault Table set at 125cm for all Age Groups Standard FIG landing area	A-Bars Standard FIG landing area	125cm for all Age Groups Standard FIG landing area	12 x 12 Floor Area
Range	N/A	N/A	N/A	Floor area, tumble track or carpet strip.
Level 3-5 PLUS Teams	Max.15 metre run-up No Vault Mats set at 80cm & fall forward onto 20cm higher	A-Bars 30cm safety mat on top of the 20cm landing area	125 cm for all Age Groups Dismount onto 60cm build-up of mats (measured form the floor)	12 x 12 Floor Area
Level 6 – 8 PLUS Teams	Max 25 meter run-up Vault Table set at 125cm Standard FIG landing area	A-Bars Standard FIG landing area	Set at 125cm Dismount onto 60cm build-up of mats (measured from the ground)	12 x 12 Floor Area

ENTERING & MOVING BETWEEN LEVELS

GENERAL LEVELS	PLUS LEVELS
<ul style="list-style-type: none"> • Gymnasts should enter a Level where they can safely complete the requirements on all apparatus. • When a gymnast enters the General Levels she may never move back a Level i.e. if she enters at Level 4 in the All-Around Competition she must continue to compete at Level 4 or higher • Crossover between General & PLUS Levels <ul style="list-style-type: none"> ○ If a gymnast moves from General Levels to PLUS Levels mid-year, she must remain in the PLUS Levels for the remainder of that year. • Gymnasts may enter the PLUS Levels at a maximum “2 Levels Lower” from their current General Level i.e. <ul style="list-style-type: none"> • General Level 5 ↘ Level 3 PLUS • General Level 7 ↘ Level 5 PLUS • There is ONE exception to the above rule, that is:- <ul style="list-style-type: none"> ▪ If a Gymnast has competed at General Level 10 and wishes to transfer to the PLUS Levels, she may enter the PLUS Levels at Level 7 PLUS or higher. • Only gymnasts who have never competed in the past can compete at Level 1A and they must move up a level the following year. • In Level 1B & 1C all medal winners at National Finals must move up a Level the following year (i.e. all members of a medal winning Team must move up a Level the following year). • Gymnasts who have competed at Level 2 previously may not enter the Level 2A competition but are eligible to enter the Level 2B & 2C competitions. • In theory there is no limit as to how many levels a gymnast may move up, however, she should only move up if she has achieved a reasonable score at the Level she is at. • In Levels 2-9 All-Around Championships - All medal winners at National Championships must move up a Level the following year. • Level 10 All-Around / Apparatus / Team Gymnasts may remain at this Level for as long as they choose. 	<ul style="list-style-type: none"> • Gymnasts on any of the National Squads and or who have competed in a GI FIG Trial (inc. guests) must compete the PLUS Levels or FIG pathway. • Gymnasts should enter a Level where they can safely complete the requirements on all apparatus. • When a gymnast enters the PLUS Levels she may never move back a Level i.e. if she enters at Level 4 PLUS in the All-Around Competition she must continue to compete at Level 4 PLUS or higher. • Crossover between PLUS & General Levels <ul style="list-style-type: none"> • If a gymnast moves from PLUS Levels to General Level’s mid-year, she must remain in the General Levels for the remainder of that year. ○ Gymnasts must move up “+2 Levels” from their current PLUS Level i.e. <ul style="list-style-type: none"> ▪ PLUS Level 3 ↗ General Level 5 ▪ PLUS Level 6 ↗ General Level 8 • In order to move up to the next Level gymnasts must receive an average of 10.00 on each apparatus. • A gymnast who has medalled two years in a row on an Apparatus MUST move up to the next Level the following year or not compete on that particular apparatus if she wishes to remain at the same Level the following year • Gymnasts who have competed in a FIG Competition <u>on all 4 apparatus</u> must compete at Level 7 PLUS or higher. • Gymnasts who have competed in a FIG Competition and <u>won an All-Around medal</u> must compete at Level 8 PLUS or higher. • Gymnasts who have competed in a FIG Competition <u>on 3 or less apparatus</u> must compete at Level 6 PLUS or higher. • PLUS Level Gymnasts who <u>medal</u> at FIG Apparatus Championships may compete at Level 7 PLUS Apparatus Championships but they are not permitted to compete on the apparatus they medalled at in the FIG Apparatus Competition.

GENERAL LEVELS - continued	PLUS LEVELS – continued
<ul style="list-style-type: none"> • In Levels 2-5 Individual Apparatus Championships – All medal winners at National Finals must move up a Level the following year, however, a gymnast may stay at the same Level the following year but will NOT be eligible to compete on the apparatus which she meddled on the previous year. • In Levels 6-9 – Individual Apparatus Championships - All gymnasts who have medalled two years in a row on an Apparatus MUST move up to the next Level the following year or not compete on that particular apparatus if they wish to remain at that Level. • Gymnast may compete in different Levels in each competition i.e. She could do Level 3 All-Around earlier in the year and Level 4 Apparatus later in the year, however, if a Gymnast competes on all 4 Apparatus in the Apparatus Competition she must then compete in at least the same Level in the All-Around Competition the following year. • Gymnasts competing at Level 9 All-Around may also compete on a maximum of 3 apparatus at FIG National Team Championships • If a gymnast competes on all <u>4 apparatus</u> in any FIG Competition and scores less than 40.00 on the current Code / 42.00 on the “old Code”, she may return to General Levels at Level 10. • Gymnasts who have competed on all 4 apparatus in any FIG Competition & scored 40.00 or higher on the current Code / 42.00 or higher on the Old Code, must stay at FIG and may no longer compete in the General Levels competition. 	

FIG LEVEL

Age Group	Team Competition	All-Around Competition	Apparatus Competition	Rules
Minor – U-12 Junior – U-15 Senior – O-15	<ul style="list-style-type: none"> Clubs may enter a maximum of 1 Team comprising of a max. 5 gymnasts. (Open age). 5 gymnasts may perform on each apparatus. The 3 highest scores on each apparatus determine the Team Total on the apparatus. The 4 apparatus totals determine the Final Team Score. One Vault is permitted, however, if a gymnast wishes to qualify for the Masters Vault Apparatus Finals (Junior & Senior) then a second Vault must be performed & it must meet the Senior Vault Apparatus Finals rules as per FIG – 2017-2020 COP National medals will be awarded 1st, 2nd & 3rd Team placings. 	<ul style="list-style-type: none"> Clubs may enter as many gymnasts as they wish in each Level (Minor, Junior & Senior). The All-around score will be the total of all 4 apparatus scores. One Vault is permitted. National medals will be awarded to 1st, 2nd & 3rd individual placings. 	<p><u>Minors</u></p> <ul style="list-style-type: none"> The top 8 Gymnasts on each apparatus (with the exception of Vault) qualify for the final, regardless of club. There is NO Vault final for Minors. Min. Bar score for Qualification is 8.50 There must be a minimum of 3 gymnasts per apparatus to constitute a "Final" being run. <p><u>Juniors & Seniors (combined) – Masters Final</u></p> <ul style="list-style-type: none"> The top 8 gymnasts on each apparatus qualify for the final, regardless of club. To qualify for Vault finals, 2 salto turning vaults must be performed & the gymnast must satisfy the FIG Senior Rules for Vault Final per the FIG COP 2017-2020 Edition. Min. Bar score for qualification is 9.50 There must be a minimum of 3 gymnasts per apparatus to constitute a "Final" being run. 	<ul style="list-style-type: none"> All competitions are judged in line with the FIG Code of Points 2017 – 2020 Edition. In the Team & All-Around Competition, Minors & Juniors will be judged on the FIG Junior Rules & Seniors will be judged on the FIG Senior Rules. In the Juniors & Seniors Masters Apparatus Finals, all gymnasts will be judged in line with the <u>FIG Senior Rules</u>. FIG heights apply for all Age Groups