

Stellar Gymnastics

Schools Tournament 2017

3rd May
At
Weydon School

www.stellargymnastics.co.uk

Introduction

Following the success of last year's competition Stellar Gymnastics will be holding its annual school tournament at Weydon School.

We believe in raising the profile of gymnastics in the local area and so this competition is designed for everyone, whether they are new to gymnastics through secondary school or they have been a part of the sport since they were toddlers!

We'd like to invite you to our Third Stellar Schools Gymnastics Tournament! The competition is open to boys and girls from Year 7 – 9 (we will not exclude Years 10 and 11 if you have anyone!!!) regardless of previous experience or standing in the sport. We have various levels of competition to suit all.

The competition is intended to be fun and relaxed- we aim to celebrate the achievements of all and give everyone a chance to experience the competition side of the sport.

Last year's turn out was great but this year we'd like even more entrants and if we exceed last year's numbers we will try and get a special guest to hand out the medals!

We ask that you get your pupils to the venue for 3.30pm so we can get registration and warm up underway. The Competition will finish at 6pm at the latest.

Disciplines

The competition will contain the following disciplines:

- Floor (Set routine)
- Vault (Box vault using springboard)
- Trampoline
- NEW FOR 2017 Tumble (Air Track)

Tournament Levels

This year's Stellar Schools Tournament will be divided into two "competitions" because we have recognised the wide range of abilities we have in the local area and we want to uphold Stellar's belief that this competition is for everyone.

T

he two competitions are *Novice* and *Advanced*.

Each competition is further divided into 3 difficulty levels which will dictate what the gymnasts can and cannot perform. Please ensure you have entered your pupils in the correct category- teacher discretion can be used within these categories; however if the judges feel a gymnast should be in a different category they will be notified and moved.

Gymnasts will compete against others in their year however where there are low numbers we may combine years.

Depending on interest we may have a separate Boys category.

A further breakdown of the Competitions and requirements can be found on the Tournament Criteria pages.

Teacher Requirements

Each school must have a teacher acting as Head Coach. We welcome and encourage upper year students as helpers/groups leaders so if you have any Year 10/11 that are interested please let us know.

Judges

Stellar Gymnastics is providing judges.

What to Wear

This is up to school preference. Normal school P.E. kit is fine however if you have school leotards or are happy for your gymnasts to wear their own leotards then that will also be acceptable. Gymnasts must be barefoot and have all jewelry removed BEFORE THE THE COMPETITION. Hair must be tied back off the face. Please arrive at the competition dressed and ready to warm up.

Cost

To cover the cost of medals and certificates we are charging £2.50 per gymnast (reduced from last year!). Please collect the money from your students before the competition. Cheques made payable to *Stellar Gymnastics*.

Entries and Closing Deadline for Entries

The deadline for entry forms is STRICTLY 25th April. This year we have no limits on how many gymnasts per group but letting us know early who you have will enable us to ensure a smooth competition.

Contact Details

If you have any questions please contact us at hannahfoxcoach@outlook.com

Location and Timings

The tournament will be held Weydon School. Please arrive at the venue for 3.30pm. We aim for the tournament to finish by 6.00pm at the latest.

Weydon School
Weydon Lane,
Farnham,
Surrey GU9 8UG

General Competition Rules

- Gymnasts will have a warm up on all apparatus before they compete
- We expect gymnasts to 'present' to the judges at the beginning and end of their performances. When the judge puts their hand up the gymnast must step forward and stretch, then compete. When they have finished their performance they must step forward and stretch towards the judge. A small deduction will be given if this is not done.
- Floor routines can have a starting and ending position/pose if the gymnast wants- however they will not be penalised for not doing this.
- Gymnasts will complete 2 trampette jumps. These do not have to be the same skill. The best one is counted.
- Gymnasts will complete 2 vaults. These do not have to be the same skill. The best one is counted.
- Gymnasts in Advanced will compete 3 tumbles. Please see the Tumble rules for more details.

Awards

1st, 2nd and 3rd place medals will be awarded for each apparatus in each difficulty level for every year group. A 1st place medal will be awarded to the gymnast with the highest combined score in each level in each year group.

The Stellar Schools' Cup will be awarded to the school with the highest total score. The winning school will keep the trophy for a year and bring it back in 2018 so they can defend their title.

Tournament Criteria

Please see overleaf for the tournament criteria. Please feel free to print off and hand to students so they can learn routines.

To help with routine learning we will be uploading rules and demonstration videos to our dedicated website page in the next few days which teachers, parents and pupils can access.

www.stellargymnastics.co.uk/schools-tournament-2017

Tournament Criteria

Novice Competition

Suitable for:

Those new to gymnastics

Those who do recreational gymnastics outside of school

Not suitable for:

Those that do over 2.5 hours of gymnastics a week (teacher discretion to be used)

Those that can do a back flip, a handspring vault or a piked somersault trampette.

Gymnasts in this category will compete a set floor routine, 2 vaults and 2 trampette runs.

There are 3 levels of difficulty in the Novice Competition.

Novice Star

Floor: To be performed on a strip of mats

SKILL	VALUE
Arabesque (hold for 2 seconds)	0.5
Forward Roll	0.5
Tuck jump, star jump	0.5
Roll to shoulder stand (hold for 2 seconds)	0.5
Lower to sit in straddle	
180 Dolly roll	0.5
Lie back roll over to front support, jump feet to squat	
High tucked bunny hop	0.5
Cat leap	0.5
Cartwheel	0.5

Marked out of 14.00

Vault: Gymnasts compete 2 vaults- these can be the same or different.

VAULT	VALUE
Squat on, straight jump off	1.0
Straddle on, star jump	2.0

Trampette: Gymnasts compete 2 Trampette runs- these can be the same or different.

JUMP	VALUE
Tuck jump	1.0
Star Jump	2.0
Straddle jump	3.0

Novice Galaxy

Floor: To be performed on a strip of mats

SKILL	VALUE
Arabesque (hold for 2 seconds)	0.5
Forward Roll, star jump	0.5
Round off	0.5
Jump full turn	0.5
Cartwheel	0.5
Backward roll (optional exit)	0.5
Rock to lie down	
Push up to Bridge (Bonus: kickover)	0.5 (0.5)
Handstand (show position)	0.5
Cat leap	0.5

Marked out of 14.5 (15 with bonus)

Vault: Gymnasts compete 2 vaults- these can be the same or different.

VAULT	VALUE
Squat on, straight jump off	1.0
Straddle on, star jump off	2.0
Straddle over	3.0
Squat through	4.0

Trampoline: Gymnasts compete 2 Trampoline runs- these can be the same or different.

JUMP	VALUE
Tuck jump	1.0
Star Jump	2.0
Straddle jump	3.0
Pike jump	3.5
½ turn	4.0
Full turn	4.5

Novice Universe

Floor: To be performed on a strip of mats

SKILL	VALUE
Y balance or Arabesque with leg held for 2 seconds	0.5
Handstand forward roll (bent or straight arms)	0.5
Tuck jump, jump full turn	0.5
Round off jump ½ turn into cartwheel	0.5
Backward roll (optional exit)	0.5
Rock down to sit	

V sit with no hands (hold for 2 seconds)	0.5
Rock to stand	
Drop back to bridge, kick over (Bonus: backward walkover)	0.5 0.5
1 handed cartwheel	0.5
Scissor leap	0.5
Handstand to bridge (Bonus: forward walkover)	0.5 0.5

Marked out of 15 (maximum 16 with both bonuses)

Vault: Gymnasts compete 2 vaults- these can be the same or different.

VAULT	VALUE
Straddle over	3.0
Squat through	4.0

Trampoline: Gymnasts compete 2 Trampoline runs- these can be the same or different.

JUMP	VALUE
Full turn	4.5
Dive roll	5.0
Tucked front somersault	6.0

Advanced Competition

Suitable for:

Those who do Advanced Recreational Gymnastics outside of school, and above.

Those who have been doing gymnastics a while.

Those that can do a handspring on floor, a handstand flatback vault or a piked somersault on trampoline.

Not suitable for:

Those that cannot complete the skills required.

Gymnasts in this category will compete 3 tumble runs, 2 vaults and 2 trampoline runs.

There are 3 levels of difficulty in the Advanced Competition.

Advanced Bronze

- TUMBLE: Pick one 2 A tumblers and one B tumble.
- VAULT: Straddle over / squat through /Handstand flat back (Gymnasts compete 2 vaults- these can be the same or different.)

- TRAMPETTE: Tuck front / Pike front (Gymnasts compete 2 Trampette runs- these can be the same or different.)

Advanced Silver

- TUMBLE: Pick one A tumble and two B tumble and one C tumble
- VAULT: Handstand flat back / Handspring / Half on (Gymnasts compete 2 vaults- these can be the same or different.)
- TRAMPETTE: Tuck front / Pike front / Birani / Straight front (Gymnasts compete 2 Trampette runs- these can be the same or different.)

Advanced Gold

- TUMBLE: Pick two B tumbles and one C tumble.
- VAULT: Handspring / Half on / Half on, half off (Gymnasts compete 2 vaults- these can be the same or different.)
- TRAMPETTE: Pike front / Birani / Straight front / ½ twist / full twist (Gymnasts compete 2 Trampette runs- these can be the same or different.)

Tumble Table

A Tumbles	B Tumbles	C Tumbles
<ul style="list-style-type: none"> • Handspring to 1 foot • Round off jump half turn, round off jump half turn • Handspring to 2 feet • Backward walkover flic • Cartwheel flic • Dive roll • Round off flic 	<ul style="list-style-type: none"> • Handspring to 1 foot, handspring to 2 feet • Handspring to 1 foot into round off • Round off, tuck back • Tucked front somersault • Free cartwheel • Round off 2 flics 	<ul style="list-style-type: none"> • Round off, flic, back tuck • Round off straight back • Handspring front somi • Round off 3 flics • Pike front somersault • Free walkover • Front somi walkout round off