



Welsh Gymnastics  
Gymnasteg Cymru

# **Welsh Schools Ysgolion Cymru**

Competition Handbook 2024/2025

Llawlyfr Cystadlaethau 2024/2025

## WELSH SCHOOLS OFFICIALS

Schools Panel Mrs Kathy. Jefferies [Kathy.jefferies@welshgymnastics.org](mailto:Kathy.jefferies@welshgymnastics.org)  
 Head of Admin - Welsh Gymnastics [schools@welshgymnastics.org](mailto:schools@welshgymnastics.org)

### COMPETITION ORGANISERS / LEAD CONTACTS

Area	Name	Email
North East Wales	Position to be filled	If interested please email <a href="mailto:schools@welshgymnastics.org">schools@welshgymnastics.org</a>
Dyfed	Emily Gazzi	<a href="mailto:Emily.Gazzi@dyffrynaman.org">Emily.Gazzi@dyffrynaman.org</a>
East	Georgia Pike	<a href="mailto:schools@welshgymnastics.org">schools@welshgymnastics.org</a>
Eryri	Geraint Simpson	<a href="mailto:lletyrwennol@btinternet.com">lletyrwennol@btinternet.com</a>
Mid Glam	Emma O'Keefe	<a href="mailto:eokeefe@bishophedleyhigh.merthyr.sch.uk">eokeefe@bishophedleyhigh.merthyr.sch.uk</a>
Powys	Position to be filled	If interested please email <a href="mailto:schools@welshgymnastics.org">schools@welshgymnastics.org</a>
Cardiff & Vale	Kathy Jefferies	<a href="mailto:Kathy.jefferies@welshgymnastics.org">Kathy.jefferies@welshgymnastics.org</a>
West Glam	To be filled	If interested please email <a href="mailto:schools@welshgymnastics.org">schools@welshgymnastics.org</a>
Welsh Finals	Kathy Jefferies	<a href="mailto:Kathy.jefferies@welshgymnastics.org">Kathy.jefferies@welshgymnastics.org</a>
Trampoline Lead	Abigail Godsall (WG)	<a href="mailto:competitions@welshgymnastics.org">competitions@welshgymnastics.org</a>

### AFFILIATIONS

Affiliations cover the academic year from 1<sup>st</sup> September 2024 to 31<sup>st</sup> August 2025

Individual Affiliation	£8
Primary School	£20
Secondary School	£30
Joint (Primary & Secondary)	£50

### AFFILIATION PROCESS

All schools must now complete their affiliation through the [Welsh Gymnastics Sport80 system](#) via the Welsh Gymnastics website.

This portal will be open from September and can be accessed via the Welsh Gymnastics website.  
 All schools will need to complete their affiliation prior to entering any regional or national competitions. If you completed school affiliation in 23/24 you will be able to log into your account and renew your affiliation via the Sport80 system.

Please note individuals affiliating as a stand alone affiliation will need to do this via the BSGA website.  
 Please contact us for more information.

If you have any queries regarding the new system please contact [schools@welshgymnastics.org](mailto:schools@welshgymnastics.org)

Video tutorials of the new system are available via the Welsh Gymnastics website

### SCHOOLS COMPETITION EVENTS PATHWAY

Event	Competitions Qualifiers / Pathway		
Gymnastics for All (Novice)	Regional Round	Welsh Finals	
Welsh Counties Tumble & Vault	Regional Round	Welsh Finals	British Finals (Tumble)
Sports Acrobatics / Disability		Welsh Finals	British Finals
Floor & Vault		Welsh Finals	British Finals
Milano Team Trio/Quad		Welsh Finals	British Finals
Trampoline Gymnastics	Regional	Zonal	British Finals
Gym Fest	National Event for Everyone held at Fenton Manor		

#### Competition Information

All information about competition rules is on the British Schools website [Competition Rules | BSGA](#)

**Please note this year we will be enforcing that all schools entering our events must have a minimum of 1 supervising adult with the appropriate checks and qualifications to accompany gymnasts at all times, where possible this should be a teacher or representative from the school. This will include on the competition floor for the duration of the event. Individual must be named on the entry form. Failure to provide a supervising adult will result in disqualification.**

Welsh Schools Gymnastics are trying to give opportunities to our school pupils to help them:-

- Understand the factors that affect physical health and well-being supports learners to care for and respect themselves and others. Developing positive physical health and well-being enhances learners' confidence and motivation
- An openness to exploring ideas, taking into consideration the opinions of others, and the courage to express their own.
- Creativity in physical activity, opportunities to generate ideas and carry out the strategies that they have developed to succeed in competition

- Judging and Competition criteria can be found in British Handbook- hard copy and online copy [www.bsga.org](http://www.bsga.org) is available. If you wish a hard copy, please email [Kathy.jefferies@welshgymnastics.org](mailto:Kathy.jefferies@welshgymnastics.org)

#### BSGA and WSGA Age Groups

#### Age Groups – Gymnastics For All Novice

Gymnasts must work in their correct age group. Gymnasts may not move up an age group

Age Group	School Year Group
Under 9	Years 2,3 & 4
Under 11	Years 5 & 6
Under 12	Year 7
Under 13	Years 8

#### Age Groups - Welsh Counties Tumble & Vault

Gymnasts must work in their correct age group.

Age Group	School Year Group
Over 8 & Under 11	Years 3-6
Under 14	Year 7,8 & 9
Under 19	Year 10 & above

#### Age Groups – Sports Acrobatics & Milano & Tumbling

Any gymnast can move up an age group with **No** restrictions on the number of gymnasts to move up.

Age Group	School Year Group
Under 11	Years 3-6
Under 14	Year 7,8 & 9
Under 19	Year 10 & above

#### Age groups - Milano Team

Any gymnast can move up an age group with **No** restrictions on the number of gymnasts to move up. Maximum of 4 gymnasts per team, minimum of 3.

Age Group	School Year Group
Under 11	Years 3 - 6
Under 13	Years 7 - 8
Under 16	Years 9 – 11
Under 19	Years 12 - 14

Age Groups – Trampoline

Must work in their own age group

Competition Level	School Year Groups			
TPD	Years 1-6	Years 7-13 (U19)		
Novice	Years 1-6	Years 7-8	Years 9-10	Years 11-13 (U19)
All other Levels	Years 1-6	Years 7-9	Years 10-13 (U19)	

### WELSH COMPETITION SCHEDULE 2024/2025

Venues and Dates of British Final will be listed in the British Schools Handbook which can be found at <https://www.bsga.org/publications/rules-booklet->

Event	Entry Deadline	Venue	Competition Date	Lead Contact
<b>Gymnastics for All (Novice)</b>				
Cardiff & The Vale	2 weeks prior to event	Ysgol Bro Morgannwg	Thursday 14 <sup>th</sup> November 2024	Kathy Jefferies
Eryri	For all area competitions please contact the lead for that area.			N/A
Dyfed				
Powys				
Welsh Finals	2 weeks prior to event	Bedwas Gymnastics Club	Friday 22 <sup>nd</sup> November 2024	Kathy Jefferies
<b>Floor &amp; Vault &amp; Milano Team Trio</b>				
Welsh Finals	2 weeks prior to event	Sport Wales National Centre	Wednesday 18 <sup>th</sup> December 2024	Kathy Jefferies
<b>Tumble &amp; Vault</b>				
Cardiff & The Vale	2 weeks prior to event	Ysgol Bro Morgannwg	Week commencing 10 <sup>th</sup> February Date TBC	Kathy Jefferies
East	DATE TO BE CONFIRMED – please contact Georgia with any queries			Georgia Pike
Mid Glamorgan				Emma O’Keefe
Eryri				Geraint Simpson
Dyfed	Event run by Emily – for event information email <a href="mailto:schools@welshgymnastics.org">schools@welshgymnastics.org</a>			Emily Gazzi
Welsh Finals		Sport Wales National Centre	Friday 14 <sup>th</sup> March 2025	Kathy Jefferies
<b>Sports Acrobatics / Disability</b>				
Welsh Finals		City of Newport Gymnastics Academy	Friday 21 <sup>st</sup> February 2025	Kathy Jefferies
<b>Trampoline Gymnastics</b>				
Welsh Regional		Caerau Vale Trampoline Club	Sunday November 24 <sup>th</sup> 2024	Welsh Gymnastics
Trampoline for All (TFA/Novice)		TBC	Thursday 10 <sup>th</sup> April 2025	Welsh Gymnastics

**Welsh Schools Gymnastics Association**  
**Gymnastics for All- Novice Competition**

This competition is organised for children who are being introduced to gymnastics.

It is based on the basic gymnastics' skills and movement. It has been split into 4 age groups

Bronze - Under 9 Years 2,3,4

Silver - Under 11 Years 5 & 6

Gold - Under 12 Year 7

Platinum - Under 14 Year 8

This competition is intended to give school children the opportunity to compete at a very basic level to develop their interest in gymnastics and to give them a sense of achievement.

It is open to all school children that have:

**NOT competed in any Welsh Gymnastics Championship for a club at any level;**

The school team MUST come from the same school. In the Primary age group, there will be three sections:

1. Boys section
2. Girls section
3. Mixed section

In the Secondary age groups, there will be two sections

1. Boys section
2. Girls Section

A pupil cannot be entered in for 2 sections. In the mixed section team must comprise of 2 boys and 2 girls, or in the event of the ratio being 3:1 the score of the boy or girl must go forward.

A school team in any section will comprise of a maximum of **6** & a minimum of **3** gymnasts in a team with top 3 scores to count towards the overall total. Each school can enter one team per section.

The competition is divided into 4 apparatus.

SET ROUTINE	VOLUNTARY ROUTINE	SET VAULT	VOLUNTARY VAULT
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Each gymnast must participate on the 4 pieces of apparatus. Each section will be marked out of 10.00. Winning school teams from each age group will represent their County at the Welsh Finals.

See the competition schedule for your regional competitive organiser and contact. If a regional competition is not held in your area, a school may enter straight through to the Finals at SWNC. For Welsh Finals all entry forms to be sent to [Kathy.jefferies@welshgymnastics.org](mailto:Kathy.jefferies@welshgymnastics.org)

**SET FLOOR ROUTINE-** Conditioning exercise Each gymnast will perform the following set routine. Each element will be held for 3 seconds. These elements should be linked to give continuity. The routine must be performed along a straight line.

**BRONZE- Under 9**

Sit in tuck (arms straight at the side of the knees, toes off floor)
Pike Sit (arms straight up beside head)
Straddle sit (arms forward)
Star position on floor
Straight position on floor
One leg raised 90° then raise the other leg 90° to join first leg
Puck Shape
Stand

**SILVER -Under 11 Years 5 – 6**

Sit in tuck (arms straight at the side of knees, toes off floor)
Pike Sit (arms straight up beside head up)
Straddle sit (arms forward)
Star position on floor
Straight position on Floor
One leg raised 90° then raise the other leg 90° to join first leg
Dish Shape
Arch Shape
Front Support
Jump feet to squat position and stand

**GOLD – Under 12 Year 7**

Dish
Arch
Front support, side support, back support
Shoulder Extension
Shoulder stand and roll down
Stand
Jump ½ turn

**PLATINUM Years 8**

Dish
Arch
Front support, side support, .Back Support
Shoulder extension
Shoulder stand roll down stand
Jump full turn



### VOLUNTARY FLOOR ROUTINE

Each gymnast will perform 6 skills from the table below.

They must perform **3** from the Skills category **and** **1** skill from the Conditioning, Flexibility and Choreography section

They must be performed along a straight line of mats A sequence will only gain full difficulty of 3 marks if six elements are included.

6 marks for execution

1 mark for continuity

#### BRONZE Under 9

Skills Choose 3	Flexibility Choose 1	Conditioning Choose 1	Choreography Choose 1
From sitting in tuck roll backwards and forwards /stand	Straddle stand reach forward 90°	Tuck dish shape	Step hop step jump
Log roll (Dish to arch to dish)	Stag position on floor	Skydive	Step together, step together on toes
Tucked shoulder stand	Frog sitting (soles of feet together as near to the body)	V sit with hands	Cat Leap
Frog balance (2 seconds)	2 kicks right and left leg above horizontal	Front support	Heron or stalk balance)
Long bunny hops x 2	Shoulder extension	Back support	Sauté Jumps x 2
Standing star shape rock side to side lifting leg high	Angry cat /happy cat		Straight Jump
3-point balance			1/2 Turn spin

#### SILVER Under 11 Year 5&6

Skills Choose 3	Flexibility Choose 1	Conditioning Choose 1	Choreography Choose 1
From sitting tuck rock backwards forwards to straddle stand jump feet together	Straddle sit fold At least 45° (Japan)	Tuck dish then one leg straight hold	½ Spin
Forward roll to stand	Pike sit fold at least 45°	Skydive with 1 leg straight	Forward chasse on both legs
Forward roll to pike sit	Straddle stand hands on floor as near to feet	V sit without hands	Chasse cat leap
2 high bunny jumps (Held)	Stag on floor back leg bent	Saucer/cup/saucer	Jump half turn
Shoulder stand	Fish shape legs straight and apart	Front support	Arabesque
Star shape rotating on ball of the feet x 2	Back bend on knees		Heron to stalk balance

### GOLD Under 12 -Year 7

Skills Choose 3	Flexibility Choose 1	Conditioning Choose 1	Choreography Choose 1
Forward roll to straddle stand	Straddle sit fold At least 60° (Japan)	Back support to front support	Full spin
Backward roll tuck to stand	Pike sit fold at least 60°	Side support to side support	Side chasse x 2
Forward roll to dish arch dish (log roll)	Pike stand hands on the floor at least 60°	Dish straight legs to tucked legs to straight legs	Scissor kick
Shoulder stand to forward roll	Side lunge right and left	Front support jump feet in to tuck	Tuck jump rebound straight jump
Tucked headstand from feet back to feet	Fish legs straight		Front leg balance (horizontal 90°)
High Piked bunny hops held x 2	Bridge		Arabesque
Cartwheel side to side	Splits		Jump full turn

### PLATINUM Year 8 & 9

Skills Choose 3	Flexibility Choose 1	Conditioning Choose 1	Choreography Choose 1
Forward roll jump half turn backward roll	Straddle fold (Chest on floor) (Japan)	Back support to front support	Half spin leg out straight
Backward roll to stand	Pike sit fold head on legs	Side support to side support	Straight, tuck star jump rebounds
Cartwheel ¼ turn inwards	Pike stand hands on the floor 90°	Dish straight legs to tucked legs to straight legs	Front leg balance
Handstand forward roll	Lunge forward, left side, right side	Front support jump feet in to tuck to straight jump	Side leg balance
Shoulder stand exit backwards	Bridge (legs straight)		Arabesque
Cartwheel /cartwheel landing side to side	Splits		Jump full turn

### SET VAULT –Cross Box

Age Group	Vault Height	Skill
Under 9		Straight jump from Spring Board
Under 11	3 sections of box	Squat on, stretch jump off
Secondary	4 sections of box	Squat on, tuck jump off

### VOLUNTARY VAULT – Cross Box Height as set section above

A gymnast may perform one vault from the given list below:

Bronze (Under 9)	Silver (Under 11)	Gold (Year 7)	Platinum (Year 8 & 9)
Star jump from board	Squat on tuck jump	Squat on tuck jump	Layout Squat Through
Tuck jump from board	Squat on star jump	Squat on straddle jump	Lay out Straddle Over
	Straddle on stretch jump	Squat through	

### JUDGING GUIDELINES

All vaults will be judged out of 10 marks as follows:

Flight on - up to	2.0
Repulsion/Thrust	2.0
Shape of vault	2.0
Flight off	2.0
Landing	2.0

At the end of the competition all children will receive an individual score. The school will receive an electronic certificate from Welsh Gymnastics for the child to have for individual record.

Final score

- Over 65 % will achieve a Bronze Standard in their category
- Over 75 % will achieve a Silver Standard in their category
- Over 85% will achieve a Gold Standard in their category

## WELSH COUNTIES TUMBLE & VAULT FINALS

The Welsh Schools Vault and Tumble to be held on **Friday 14<sup>th</sup> March 2025** at the Sport Wales National Centre, Cardiff, it is a Counties Team and Individual Competition, **all schools must be affiliated to compete in their regional area and Welsh finals**. Check the competition calendar for regional dates. (Please check with your County as their competition rules may differ slightly) If a County does not enter a team then schools can apply to enter.

A County team will consist of a maximum of 6 gymnasts. All are to compete with the best four scores from each discipline to count towards the Team's total score.

There will be three age groups - they will be a boys team and girls team in each age group;

Under 11                      Years 3 - 6

Under 14                     Years 7,8,9

Over 14-Under 19    Years 10 –13

*(as of 1st September in the academic year)*

Each gymnast will perform **2 Vaults and 3 Voluntary Tumblers**.

In each age group and category marks will be awarded to each County Team according to the position of that particular group. These points will go towards the overall County total. The National County Champions will be the Team with the highest cumulative score.

NO Team is allowed to bring apparatus to the Inter-County Finals.

### VAULT SECTION

Each gymnast must perform vaults from the list provided.

- Primary    Under 11                      110 cms.                      (4 Sections of a box)
- Secondary Under 14                    110 cms                      (4 Sections of box)
- Secondary Under 19                    110/120cms                (4/5 Sections of box)

List of Approved Vaults for use in Counties and National Finals

Direction of Box	Description of Vault	Tariff
Widthways	Squat on. Immediate straight or star jump	4.0
Widthways	Squat on Jump off with half turn	4.0
Lengthways	Squat on (Cat Spring) Leap frog off	5.0
Widthways	Squat through or straddle over	6.0
Lengthways	Squat through or straddle over	6.0
Widthways	Handspring	6.0

**Final score for Vault = D score (tariff) = E score (up to 10.00) = maximum 16.00**

### VOLUNTARY TUMBLE

<b>Tumble 1 (Straight Run)</b>	Roundoff can be counted as one of the elements and is not considered a twisting element
<b>Tumble 2 (Twisting Run)</b>	A run with a twist (Change of direction, e.g half turn at the end of the run) If a round off is used it will not count as the twisting element, a separate move with a change of direction must be performed at the end.
<b>Tumble 3 (Free Run)</b>	Free run of 5 elements which must be different to tumble 1 and tumble 2.

- a) All tumble runs will be marked out of 10.00
- b) All tumble runs will be performed on a matted, not sprung tumble run
- c) Each performer will perform three runs
- d) Each run will contain a minimum of 5 elements from the elements table below.
- e) Additional elements to those on the list may be included, but will not be credited. They may however accrue technical deductions
- f) No element may be performed more than twice in any tumble run  
NB ¼ turn into cartwheel is NOT a separate element
- g) Elements may be repeated in different tumble runs but no tumbles may be identical.
- h) Walkouts do not constitute a different element but may be added to any element on the list.
- i) A springboard may be used at the beginning of the run for any element listed
- j) No more than three elements may be jumps
- k) **The safety mat must be used for saltos at the end of the tumble. 0.3 deduction if not.**

### ELEMENTS TABLE- As used in the British Championships

Straight Jump	Flic Flac	Half Twisting Back Somersault
Tuck Jump	Cartwheel	Full Twisting Back Somersault
Pike Straddle Jump	Round Off	Tuck Front Somersault
Jump ½ Turn	Fly spring	Piked Front Somersault
Jump Full Turn	Tuck Back Somersault	Arabian Front Somersault
Handspring -1	Pike Back Somersault	Side Somersault
Handspring -2	Straight Back Somersault	
<b>*Tuck, Pike and Straddle jumps are ONLY allowed as the final element of the tumble*</b>		

Throughout these rules we have tried to mirror the work being done at the lower levels of gymnastic clubs. The top two scoring girls and top two scoring boys from each age group will be selected to represent Welsh Schools at the British Finals in Stoke on Trent. Under 11, Under 14 and Under 19. The scores will be taken from the accumulative score of three tumble scores in the Welsh Schools Final.

Judging and Competition criteria can be found in British Handbook hard copy and online copy [www.bsga.org](http://www.bsga.org) is available. If you wish a hard copy please email [Kathy.jefferies@welshgymnastics.org](mailto:Kathy.jefferies@welshgymnastics.org)

## WELSH SCHOOLS SPORTS ACROBATICS CHAMPIONSHIPS

**Date: Friday 21<sup>st</sup> February 2025**

Age Groups: Under 11 (Years 3-6)      Under 14 (Years 7,8 & 9)      Over 14 (Years 10-13)

### Requirements

Under 11    can choose pair and individual skills from ANY age group.

Under 14    can choose pair and individual skills from either their own age group or from the over14, but not from Under 11

Over 14    can choose either a pair or an individual skill from the Under 14 age group.

**\*Skills criteria has changed from previous years this can be found in the British Schools Handbook online\***

Events      Boys Pairs, Girls Pairs, Mixed Pairs, Group

- Age as 1<sup>st</sup> September in the academic year of the competition
- No competitor may compete in more than one age group in the same discipline  
e.g. Under 11 Girls Pairs and Under 14 Girls Pairs.
- Competitors may compete in any number of events although the competition should not be unnecessarily disrupted to accommodate the performer who has entered more than one section. This may mean that warm up in one or more events are missed.
- All competitors must be in full time education.
- Pairs and Groups must be from the same school.
- Gymnasts may perform in the next higher age group but not in a lower one. An U11 performer may compete in the U.14 event (if in the same school) but not in the O.14. An U14 may not compete in the U.11. either or both could move up and age group in Pairs or in group sequence
- Schools must be affiliate to Welsh Schools via Welsh Gymnastics

The top scoring team from each age group and category will be selected to represent Welsh schools at the British Finals 2025 at Fenton Manor, Stoke

### **Acrobatics Gymnastics Disability Judging and Competition**

(Please note gymnasts do not have to attend the same school)

School gym Acrobatics and acrobatics disability Rules available in British schools handbook online or hard copy

Judging and Competition criteria can be found in British Handbook hard copy and online copy [www.bsga.org](http://www.bsga.org) is available. If you wish a hard copy, please email [Kathy.jefferies@welshgymnastics.org](mailto:Kathy.jefferies@welshgymnastics.org)

## WELSH SCHOOLS NATIONAL FLOOR AND VAULT COMPETITION

**Welsh Finals Date: Wednesday 18<sup>th</sup> December 2024**

Age Groups: Under 11 (Years 3-6) Under 14 (Years 7,8 & 9) Under 19

Ages are taken from 1<sup>st</sup> September in the academic year of entry.

### **TEAMS: -**

Consists of 5 or 6 boys, 5 or 6 girls, or a mixed team 3 boys & 3 girls or 4& 2 or 3& 2. Four scores will count. A school may only enter **1** team per section.

Where a team enters 6 – All 6 can compete on both pieces however 5 must be nominated prior to the competition on floor and 5 on vault. The teams must be nominated before the competition. (Slightly different for the British finals where only 5 may compete on each apparatus)

The team must come from the same affiliated school. A gymnast may only compete in one section. The winners of each section will be selected to represent Welsh Schools at the British Finals in Stoke on Trent at Fenton Manor

### **FORMAT**

Each member of the team will perform an individual sequence on a 12-metre square matted area. If at a regional level this is not available, as large a square as possible (up to 12m) is marked out in chalk. Penalty for going outside the square 0.1 each time.

### **MUSIC:**

Girls may use music at the National finals. To permit programming Boys may NOT use music in Boys or mixed events, no penalties for not using music. Music can be recorded on a CD clearly labelled / electronically with the gymnasts name and School. No Disney, Andrew Lloyd Webber, Cirque Soleil music.

**TIME:** Up to 60 seconds. Overtime penalty 0.1.

**Floor Content:** (D~ Value up to 3)

- 6 different and distinct moves from the published tables of approved moves must be included –two of which must be either a strength or flexibility or balance taken from the recognised table of moves.
- The two moves must be from different categories, therefore if two flexibility elements were competed with no strength or balance element then you would only be rewarded with one of the categories and a deduction would be taken. If one or both of the strength, flexibility and balance move is missing 0.5 deduction will be applied for each move omitted.
- A jump half turn, or full turn or stag jump (boys only) may be included as one of the six counting moves
- Leaps, jumps, (except half turn and full turn and stag jumps) spins and turns, are not considered as moves but should be included to link the sequence together.
- Additional moves from the approved table can be included and moves can be repeated. However, no extra marks will be gained, and marks may be lost for poor execution or poor composition.

- Dive rolls are not recommended but if included will be considered as linkage not one of the counting move

#### **Floor Composition** (D~ Value up to 3.00)

The routine should include choreography that demonstrates each of the categories listed below. There will be a deduction of up to 0.5 for each missing category.

- Use of floor space and patterns
- Changes in direction and levels
- Variety of linking skills, leaps spins, jumps,
- Musical interpretation (girls only - rhythm/tempo)
- Strength, flexibility, & balance
- Difficulty, variety, and originality appropriate for the age and maturity of the gymnast (difficulty should not be included at the expense of good execution)

List of agilities that gymnasts can perform are found in the BSGA Handbook rules common to all BSGA competitions.

#### **VAULTING**

Each member of the team will perform 2 vaults (the same or different) from the appropriate list. The best mark counts. The coach must nominate the vault to be performed. 0.5-mark penalty for wrong vault performed. If a vault not listed is performed - void.

Box Height - 1m, Senior may use 1m or 1.20-1.25m.

The winning team will be the highest score of the four best floor and four best vaults added. In the event of a tie the best five marks in each section will be added.

**Judging and Competition criteria can be found in British Handbook, hard copy and online copy [www.bsga.org](http://www.bsga.org) is available. If you wish a hard copy, please email [Kathy.jefferies@welshgymnastics.org](mailto:Kathy.jefferies@welshgymnastics.org)**



### Floor Competition Requirements

List of Approved Moves for use in Regional and National Finals for 'School Gym' and Team Trio competitions only ~ (Applies to all age groups) –

<b>Flexibility</b>	<b>Other</b>
Japana 45° or less (Static)	Forward roll
Splits front or side (Static)	Backward roll
Backward walkover	Backward roll to front support
Forward Walkover	Backward roll to straddle stand
Elephant Lift to handstand	Forward roll to straddle stand
Pike fold sitting or standing	Circle roll (teddy bear roll)
Valdez	Move from dish to arch (log roll)
Tinsica	Handstand forward roll with bent arms
Free walkover	Handstand forward roll with straight arms
Bridge (Static) Push up from lying on back and return to floor same way	180°OR 360°jump turn (not both in a single routine)
	Handstand 180° or 360° pirouette
<b>Balance</b>	Single leg circle
	Fly spring
Shoulder stand- arms optional (static)	Handspring to two feet
V sit with or without hands (static)	Handspring to one foot
1 Legged balance (thigh parallel to floor) (static)	Stag jump
Frog balance (static)	Cartwheel
Handstand hold for 2 secs (static)	One-handed cartwheel (either arm)
Headstand- legs optional (start and return to the floor) (static)	Two cartwheels linked in the same direction
Back support turns to front support (or vice versa)	Free cartwheel
<b>Strength</b>	Round off
Press up	Back flic step out
Straddle or pike ½ lever (static)	Standing back Flic
Planche tucked or straight (static)	Round off flic (counts as two moves)
Russian lever straddled or pike (static)	Back somersault (shape optional)
Backward roll through handstand	Front somersault (Shape optional)
From front support jump legs n and jump up	Side somersault (shape optional)
Straddle ½ lever, lift to stand with two feet together	Side support turn to side support on other arm
Fall to prone, push to front support with one leg raised throughout	<b><i>All balances and static moves MUST be held for 3 secs with the exception of handstand (2 secs)</i></b>
Show handstand lower to ½lever	
Headstand -push to handstand with straight legs	

### Vault Competition Requirements

List of Approved Vaults for use in Regional and National Finals

**Junior** ~ Under 11 ~ Box Minimum of 1 metre High (or as close as equipment permits)

Direction of Box	Description of Vault	Tariff (Value)
Widthways	Squat on. Immediate straight or star jump	4.0
Widthways	Squat on Jump off with half turn	4.0
Lengthways	Squat on (Cat Spring) Leap Frog Off	5.0
Widthways	Squat through or straddle over	6.0
Lengthways	Squat through or straddle over	6.0
Widthways	Handspring	6.0

**Senior** ~ Box Minimum of 1 metre High or 1.25 M high (or as close as equipment permits)

Direction of Box	Description of Vault	Tariff (Value)
Lengthways	Squat on (Cat spring) Leap frog off	5.0
Widthways or lengthways	Squat through or straddle over	6.0
Widthways or lengthways	Handspring	6.0
Widthways or lengthways	Yamashita	6.0

**Final score for Vault = D score (tariff) = E score (up to 10.00) = maximum 16.00**

The winning team from each Age group will represent Welsh Schools at the Finals in Fenton Manor, Stoke

### **Milano (Trios or Fours) Team Championships**

Junior - Years 3-6. Gymnasts under 8 may compete with permission from their Headteacher.

#### **Secondary – Under 13 Years 7-8**

Under 16 Years 9-11

Under 19 years 12 – 13

A gymnast may go up one age group e.g. Year 7 may compete in the Under 16. An Under 11 may only enter Under 13 if they are at the same school.

#### **Teams - Male, female, & mixed, in each age group**

Each team must consist of 3 /4 gymnasts from the same school. A mixed team must include a minimum of 1 Boy or 1 Girl

Where 4 gymnasts make up the team, only 3 can perform on each apparatus (It can be the same 3) In the mixed section there must be at least 1boy or 1 girl in all three sections.

The top 2 teams from each age group will represent Welsh schools at the British Finals in 2025

Judging and Competition criteria can be found in British Handbook, hard copy and online copy [www.bsga.org](http://www.bsga.org) is available. If you wish a hard copy, please email [Kathy.jefferies@welshgymnastics.org](mailto:Kathy.jefferies@welshgymnastics.org)

## Examples of Fours Balances

3 Bases, 1 Top



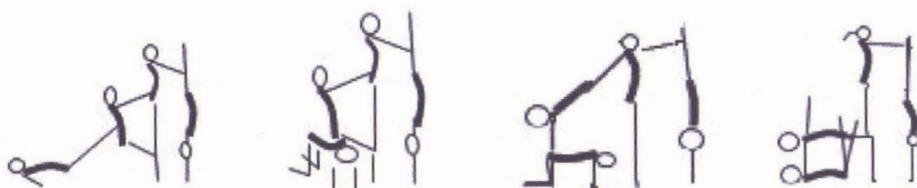
2 Bases, similar shape, 2 Tops, 1 on ground



2 Bases, similar shape, 2 Tops, both off ground



2 Bases, different shape, 2 Tops, 1 on ground

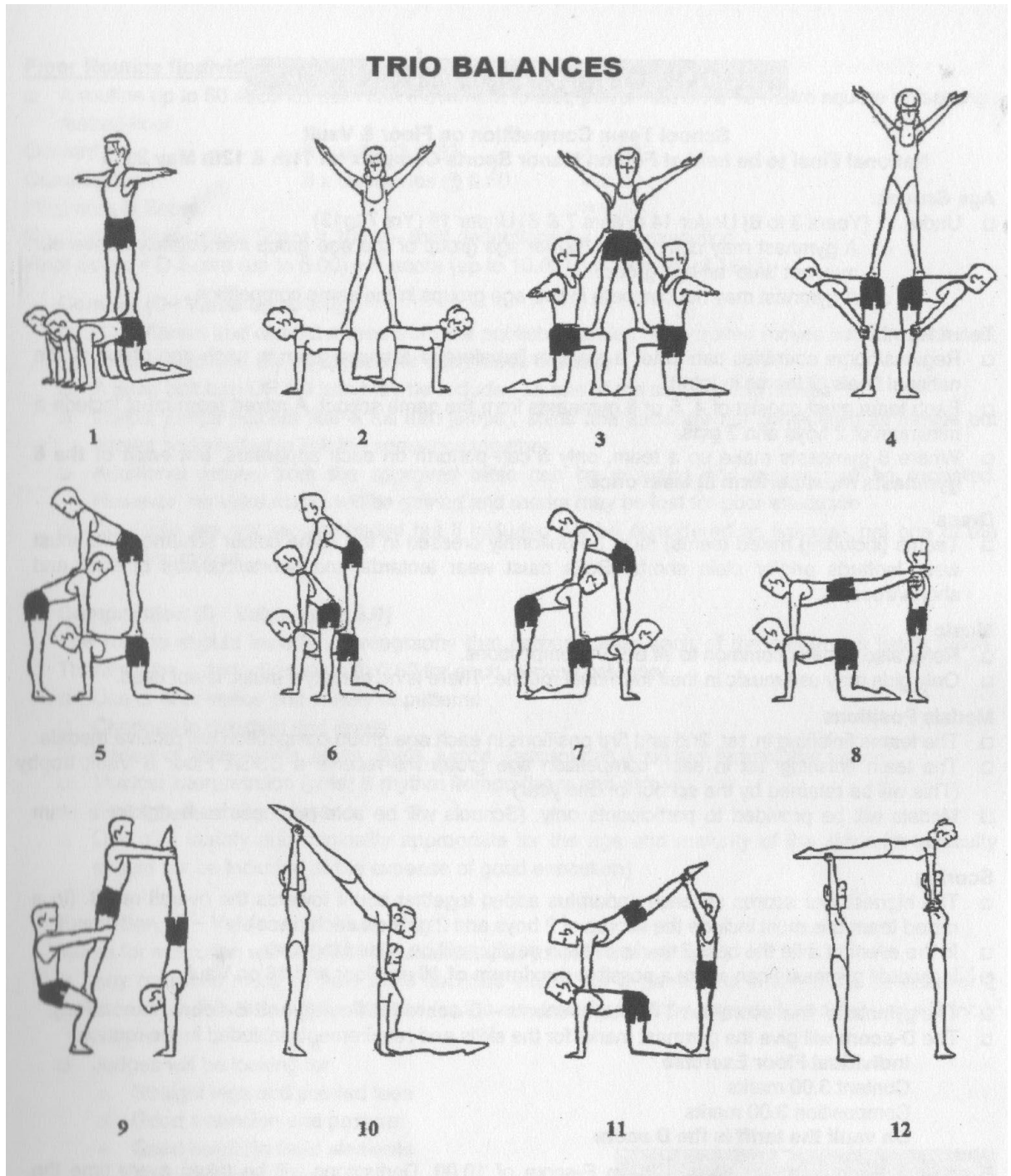


2 Bases, different shape, 2 Tops, both off ground



The various Base and Top positions can be swapped around to create many different balances. There are many other shapes (e.g. levers) and positions that can be used; support can be with '1 or 2 arms' and performers can 'face in or out'. **Safety should always be paramount, especially when dismounting.**

### Trio Balances for Competition



## TRAMPOLINING

For all trampoline schools events being held in Wales please contact  
[competitions@welshgymnastics.org](mailto:competitions@welshgymnastics.org)

The trampolining competition aims to offer competitions for school children, and with a particular emphasis on accommodating the relative novice who does not receive training outside the school. To this all athletes are entered under the name of their school (even if they are trained at a club). Competitors are grouped by age and gender; each enters as an individual, with teams being formed by three or four individual competitors in any age/gender group. There are two parallel series of competition;

The 'Novice & Intermediate' events are restricted to trampolinists who are not registered with BG for national competitions, whilst the 'Advanced & Elite' series is open to trampolinists of any standard. Events within each series are run together, with each having its own trophies and titles.

The competition is open to any school and FE college below 'University Grade', with an upper age limit of 18 years at the start of the school year.

There are three 'rounds'

- Welsh Regional Competition – top three individuals and top two teams in each age/gender group
- Zonal Competition – top three individuals and top two teams progress to the National Finals
- British National Finals

The trampoline competition rules have been agreed for 2024-25. Please note there are important changes this year as we have introduced a new Level and re- aligned age groups.

Here is a very high level summary – but you *must* read the full rules:

Level	Set Routine	Voluntary Routine	Difficulty
Novice	No Somersaults	Max 1 somersault	Max 1.6
Intermediate	One Somersault	Max 4 somersaults	Max 3.0
Advanced	At least 2 somersaults	Max 4 somersaults	Max 3.0
Elite	At least 5 somersaults	No maximum	

Anyone who has competed BG Regional events cannot enter Novice or Intermediate levels.

Anyone who has competed BG Regional level 3 or equivalent must enter Elite

BSGA led competition rules can be found here - [Competition Rules – British Schools Gymnastics Association \(bsga.org\)](https://www.bsga.org/competition-rules)

Level	Exercise 1	Exercise 2																						
Novice	<p>A choice of one of the following exercises:</p> <table border="0"> <tr> <td><u>Option A</u></td> <td><u>Option B</u></td> </tr> <tr> <td>Full Twist Jump</td> <td>Front Landing</td> </tr> <tr> <td>Straddle Jump</td> <td>To Feet</td> </tr> <tr> <td>Seat Landing</td> <td>Straddle Jump</td> </tr> <tr> <td>½ Twist To Seat Landing</td> <td>½ Twist Jump</td> </tr> <tr> <td>½ Twist To Feet</td> <td>Seat Landing</td> </tr> <tr> <td>Pike Jump</td> <td>½ Twist To Seat Landing</td> </tr> <tr> <td>Back Landing</td> <td>½ Twist To Feet</td> </tr> <tr> <td>½ Twist To Feet</td> <td>Tuck Jump</td> </tr> <tr> <td>Tuck Jump</td> <td>Pike Jump</td> </tr> <tr> <td>½ Twist Jump</td> <td>Full Twist Jump</td> </tr> </table>	<u>Option A</u>	<u>Option B</u>	Full Twist Jump	Front Landing	Straddle Jump	To Feet	Seat Landing	Straddle Jump	½ Twist To Seat Landing	½ Twist Jump	½ Twist To Feet	Seat Landing	Pike Jump	½ Twist To Seat Landing	Back Landing	½ Twist To Feet	½ Twist To Feet	Tuck Jump	Tuck Jump	Pike Jump	½ Twist Jump	Full Twist Jump	<p>An exercise comprised of 10 skills where:</p> <ul style="list-style-type: none"> <li>* No skill shall exceed a difficulty value of 0.6</li> <li>* No skill shall have more than 360° of somersault rotation</li> <li>* No more than 1 skill shall have more than 270° of somersault rotation</li> <li>* The exercise has a maximum difficulty of 1.6</li> </ul>
<u>Option A</u>	<u>Option B</u>																							
Full Twist Jump	Front Landing																							
Straddle Jump	To Feet																							
Seat Landing	Straddle Jump																							
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Back Landing	½ Twist To Feet																							
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½ Twist Jump	Full Twist Jump																							
Intermediate	<p>A choice of one of the following exercises:</p> <table border="0"> <tr> <td><u>Option A</u></td> <td><u>Option B</u></td> </tr> <tr> <td>Full Twist Jump</td> <td>Back Somersault (T)</td> </tr> <tr> <td>Straddle Jump</td> <td>Straddle Jump</td> </tr> <tr> <td>Seat Landing</td> <td>Seat Landing</td> </tr> <tr> <td>½ Twist To Seat Landing</td> <td>½ Twist To Seat Landing</td> </tr> <tr> <td>½ Twist To Feet</td> <td>½ Twist To Feet</td> </tr> <tr> <td>Pike Jump</td> <td>Pike Jump</td> </tr> <tr> <td>Back Landing</td> <td>Back Landing</td> </tr> <tr> <td>½ Twist To Feet</td> <td>½ Twist To Feet</td> </tr> <tr> <td>Tuck Jump</td> <td>Tuck Jump</td> </tr> <tr> <td>Front Somersault (T)</td> <td>Full Twist Jump</td> </tr> </table>	<u>Option A</u>	<u>Option B</u>	Full Twist Jump	Back Somersault (T)	Straddle Jump	Straddle Jump	Seat Landing	Seat Landing	½ Twist To Seat Landing	½ Twist To Seat Landing	½ Twist To Feet	½ Twist To Feet	Pike Jump	Pike Jump	Back Landing	Back Landing	½ Twist To Feet	½ Twist To Feet	Tuck Jump	Tuck Jump	Front Somersault (T)	Full Twist Jump	<p>An exercise comprised of 10 skills where:</p> <ul style="list-style-type: none"> <li>* No skill shall exceed a difficulty value of 0.6</li> <li>* No skill shall have more than 360° of somersault rotation</li> <li>* No more than 4 skills shall have more than 270° of somersault rotation</li> <li>* The exercise has a maximum difficulty of 3.0</li> </ul>
<u>Option A</u>	<u>Option B</u>																							
Full Twist Jump	Back Somersault (T)																							
Straddle Jump	Straddle Jump																							
Seat Landing	Seat Landing																							
½ Twist To Seat Landing	½ Twist To Seat Landing																							
½ Twist To Feet	½ Twist To Feet																							
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Back Landing	Back Landing																							
½ Twist To Feet	½ Twist To Feet																							
Tuck Jump	Tuck Jump																							
Front Somersault (T)	Full Twist Jump																							

Advanced	An exercise comprised of 10 different skills where: * At least 2 skills of which must have 360° of somersault rotation * No skill shall exceed a difficulty value of 0.6 * No skill shall have more than 360° of somersault rotation	An exercise comprised of 10 skills where: * No skill shall exceed a difficulty value of 0.6 * No skill shall have more than 360° of somersault rotation * No more than 7 skills shall have more than 270° of somersault rotation * The exercise has a maximum difficulty of 4.5
Elite	An exercise comprised of 10 different skills, at least 5 of which must have a minimum of 360° of somersault rotation	An exercise comprised of 10 skills with no maximum difficulty

Welsh Gymnastics and Welsh Schools will be introducing a new recreational Trampoline competition (Trampoline For All – Novice). This competition is organised for children who are being introduced to trampoline gymnastics through their school and will be focusing on getting more schools involved in this sport! More information regarding criteria will be released later in the academic year. Please email [competitions@welshgymnastics.org](mailto:competitions@welshgymnastics.org) if you would like to find out more about this opportunity. This competition is not for anyone who regularly takes part in trampolining outside of school i.e in a club.

Event will be held on Thursday 10<sup>th</sup> April 2025



## GYM FEST

Everyone is invited to take part in this annual BSGA festival of gymnastics whether you enter as a Club or a School, come and display your skills in costume and colour. From recreational gymnastics to the elite; from the very young to the not so young; all are welcome to celebrate the end of the academic year in style.

All aspects of gymnastics are welcome, whether it be acrobatics; artistic; team gym; rhythmic; aerobics; tumbling; or dance. There are no age restrictions. There are no rules.

Performance will be on a 12-metre floor under theatre style lighting, and you can choose your own lighting effects on the day!

This is an opportunity to meet old friends, make new ones and perform in a relaxed and enjoyable atmosphere without the pressure of competition.

Everyone leaves with a medal and a big smile!

If you would like further information then contact;

Vicki - [gymfest@bsga.org](mailto:gymfest@bsga.org) 07808 687357 or 01948 710390

## Photography Regulations

In order to protect the welfare of children at the event, photography at this event is permitted only on conditions set by Welsh Gymnastics and British Gymnastics.

This is a summary of those conditions. A copy of the full text can be obtained from the Competition Organiser or from the British Gymnastics website [www.british-gymnastics.org](http://www.british-gymnastics.org) if you do not agree to these conditions you may not bring any photo equipment into the venue or take any photos.

1. 'Photos' includes any form of video or still image including those taken with mobile phones.
2. The Competition Organiser (or a person acting on his or her authority) may require anyone at the event:
  - a. Not to take photos either generally or in particular circumstances.
  - b. To provide their full name and address and evidence of this
  - c. To let the Competition Organiser, view any images recorded and to delete any images.
  - d. To surrender media or equipment on which the images have been recorded if they cannot be viewed (e.g., photos on traditional film), or if they cannot be deleted.
3. Photos may only be taken and used in accordance with the British Gymnastics Child Protection Policy.
4. Photos may not be used, distributed, or copied for commercial purposes.
5. Flash may not be used at any time while gymnasts are warming up or competing.

\*Taken from Appendix 2 British Gymnastics Conditions for Audience Photography at Gymnastic Events Short Form – BG Photography Regulations



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[www.twitter.com/WelshGymnastics](http://www.twitter.com/WelshGymnastics)

**Useful Contacts**

Welsh & British Schools Secretary – Annette Brown

[anniebrown123@gmail.com](mailto:anniebrown123@gmail.com)

National Schools Competition Organiser – Kathy Jefferies

[Kathy.jefferies@welshgymnastics.org](mailto:Kathy.jefferies@welshgymnastics.org)

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