



# **Women's Artistic Gymnastics Guidelines 2020+**



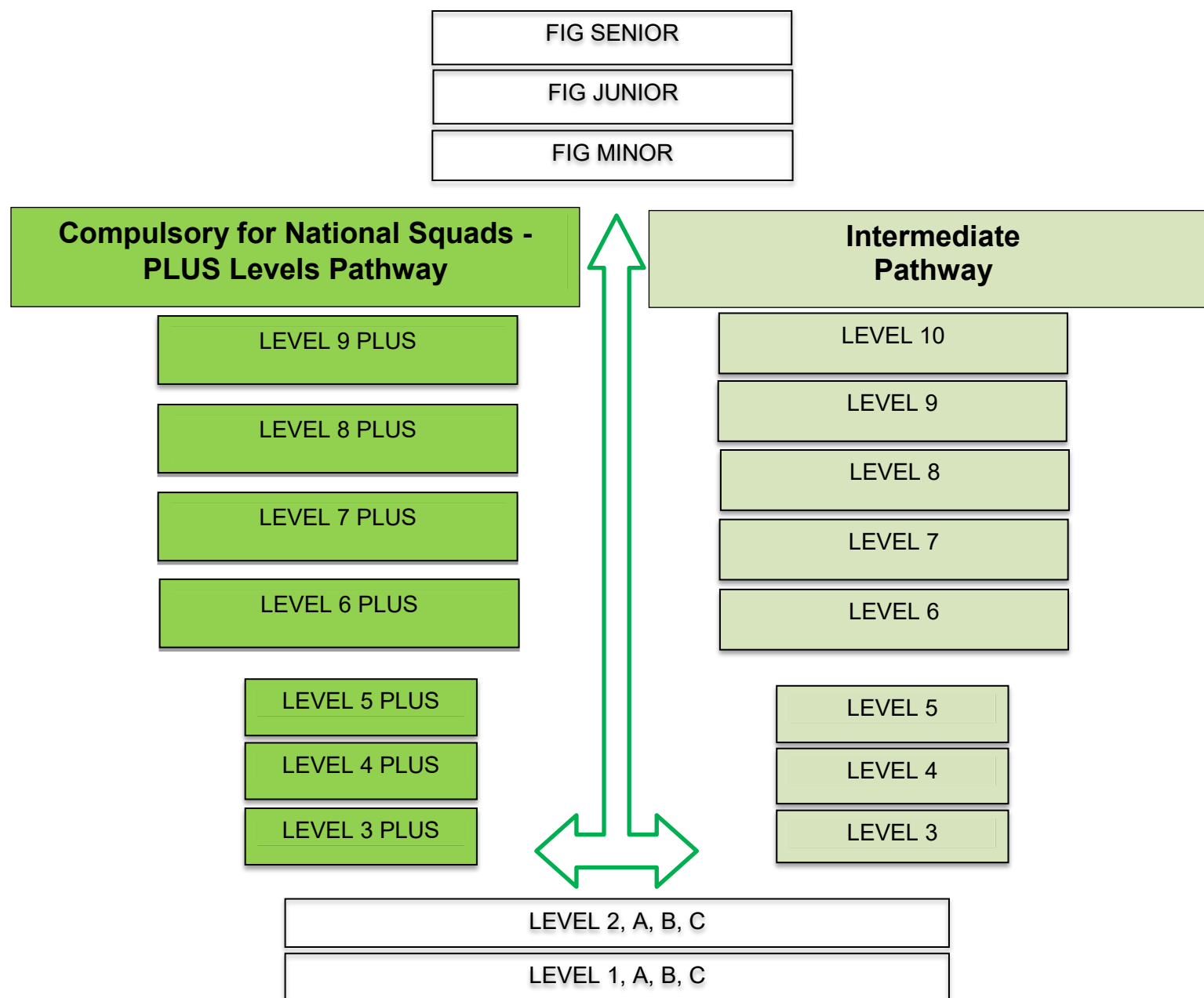
*Sport Starts Here.*

## Summary of changes to WAG NDP Guidelines for 2020 competition year

Title	Page	Amendment/addition	Guidance
Events/General Judges	4	NDP Guidelines & Routines – updated to Version 3 2020 edition No. of required judges amended	
Placings & Titles (and throughout document)	5	Level 1 AA & NSSC updated to June 2020 Open AA amended to “in each competition of each level”	
General Levels 2-8 Competition Rules	7	Age groups for Level 3 amended	U13/O13
General Levels - Equipment	9	A-Bars landing area clarified	Intermediate Club Teams
Plus Levels - Equipment	12	Beam – landing area clarified	Level 6 and Levels 6-8 plus Teams

# Contents

Title	Page
Pathway Diagram	3
General Rules & Information	4 & 5
Level 1A, 1B & 1C	6
General Levels 2 – 10 & National Super Series Championships – Competition Rules	7 & 8
General Levels Equipment	9 & 10
PLUS Levels 3 – 9 - Competition Rules	11
PLUS Levels Equipment	12
Moving Between Levels	13 & 14
FIG – Competition Rules	15



## **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 – Version 3 2020 Edition
- National Development Plan Routines – Version 3 2020 Edition
- FIG Code of Points
- GI Entry Form

## **AGE GROUPS**

- For all competitions, age is determined on the 1<sup>st</sup> January of the year of competition. Gymnasts must be turning 7 in the year of competition.
- All gymnasts must compete within their respective age groups.
- If there are insufficient numbers in an age group, Gymnastics Ireland may reduce the age categories.
- 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 (including 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 – Version 3 2020 Edition.
- The music for all competitions must be sent in MP3 format, when instructed to [music@gymnasticsireland.com](mailto:music@gymnasticsireland.com).
- A back-up copy of each gymnast's music must also be brought to the competition on a USB stick. Each club/coach should have the USB stick with them on the field of play, should there be a problem with the original copy.

## **JUDGES**

- For all competitions, clubs who have **5** or less gymnasts competing during any one day, a minimum of **1** Judge is required for all sessions throughout the day of the competition.
- For clubs with up to **20** gymnasts competing in the one day, they are required to have **2** Judges for all sessions.
- For clubs with more than **20** gymnasts, **3** Judges will be required for all sessions on that day.

## **COMPETITION RULES GENERIC TO ALL COMPETITIONS**

### **Team Composition**

For **ALL** Gymnastic Ireland **WAG** Team Competitions:

- There is **no** limit to how many teams a club may enter in each level/age group.
- Each team can consist of a maximum of 5 and a minimum of 3 gymnasts per team.
- All 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.

### **All-Around Competition**

- The All-around score will be the total of all **4** apparatus scores for all General Levels & FIG, and all **5** apparatus for the 'Plus' Levels. (Range routine being the 5th).
- A gymnast must compete on all apparatus for an 'All-around ranking'.
- The All-Around Championships is also the qualifier for Apparatus Championships. Therefore clubs can enter gymnasts on any number of apparatus to qualify to the NSSC (apparatus final).

### **Placings & Titles**

- The **National All-around Champions** will be declared at the National Series All-around competitions in March & May 2019 in each age group and all levels including FIG. National medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> All-around placings in each age group and levels including FIG. (Except Level 1 where the - All-around Championships are in June).
- The **National Apparatus Champions** will be declared at the 'National Series Super Championships' in June 2020 in each age group and all levels including FIG. National medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> placings on each apparatus in each age group and all levels including FIG. ( Level 1 will be for the AA title).
- The **National Team Champions** will be declared at the 'National Series' Team competitions in November in each age group and all levels including FIG. (Except Level 1 – this Team Title will be awarded in March) . National medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Team placings in each age group in all levels.
- 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> All-around placings in each competition of each level will be awarded at the 'Open All-around Competition' in November.

## GENERAL LEVELS 1 COMPETITION RULES

<u>Level</u>	<u>Age Group</u>	<u>March Team Competition and Qualification to NSSC</u>	<u>National Series Super Championships June (All-Around Championships for Level 1)</u>	<u>Routines Lengths / Rules</u>
1A	Under 7 Under 8 Under 9 Under 10 Over 10	<ul style="list-style-type: none"> <li>Clubs may enter as many gymnasts as they wish in each age group / level either as part of a team or as an individual to qualify to the NSSC (All-around Championships for Level 1 gymnasts)</li> <li>The top 8 (All-around) gymnasts in each age group of each level will qualify to an 'All-around' Championships competition at the NSSC in June</li> </ul>	<ul style="list-style-type: none"> <li>The top 8 All-around gymnasts that qualified from the Team competition in March will compete at this competition for the title in each age group of each level</li> <li>Qualification will continue down the ranking until either a) A maximum of 8 gymnasts 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 numbers in the level to constitute a final or c) The age group will be combined with another age Group</li> </ul>	<ul style="list-style-type: none"> <li>Maximum length of the floor routine is 1 min.</li> <li>One vault is permitted</li> </ul>
1B	Under 7 Under 8 Under 9 Under 10 Under 11 Over 11			
1C	Under 7 Under 8 Under 9 Under 10 Under 11 Under 12 Over 12			

## GENERAL LEVELS 2- 8 COMPETITION RULES

<u>Level</u>	<u>Age Group</u>	<u>March &amp; May All-Around Championships and Qualification to NSSC</u>	<u>National Series Super Championships June (Apparatus Championships)</u>	<u>November Team Championships &amp; 'Open' All Around Competition</u>	<u>Routines Lengths / Rules</u>
2A 2B 2C	Under 7 Under 8 Under 9 Under 10 Under 11 Over 11	<ul style="list-style-type: none"> <li>A club may enter as many gymnasts as they wish on each/all apparatus in each age group / level to qualify to the NSSC (Apparatus Championships)</li> <li>A gymnast must compete on all 4 apparatus to be ranked for the All-around Championships</li> <li>Age groups and levels for the All-around are listed on the left</li> </ul>	<ul style="list-style-type: none"> <li>The top 8 gymnasts in each level/age group regardless of club qualify on each apparatus</li> <li>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 numbers in the level to constitute a final or c) The age group will be combined with another age group</li> <li>Gymnasts may compete on 1 or more apparatus that they have qualified in and she must compete on each or all apparatus within the <b><u>SAME</u></b> level</li> <li>One vault is permitted for all the levels</li> </ul>	<p><b><u>Introductory Club Teams (Levels 2A, 2B, 2C, 3, 4 &amp; 5)</u></b> <b><u>Age groups are as follows:</u></b></p> <ul style="list-style-type: none"> <li>Level 2 A/B/C Under 9, Over 9</li> <li>Level 3 Under 10, Over 10</li> <li>Level 4 Under 11, Over 11</li> <li>Level 5 Under 12, Over 12</li> <li>Vault heights in each level are as outlined herein with the exception of Levels 4 &amp; 5</li> <li>Level 4 U11 – 100cm. O11 – 110cm</li> <li>Level 5 U12 – 100cm. O12 – 110cm</li> <li>Gymnasts may enter this competition as either a member of their club team or as an individual for the 'Open' All-Around competition</li> <li>All-around medals will be awarded in both age groups of each level</li> </ul> <p><b><u>Intermediate Club Teams</u></b></p> <ul style="list-style-type: none"> <li>Only Level 6, 7 &amp; 8 gymnasts may enter this competition as either a member of their club team or as an individual. for the 'Open' All-Around competition</li> <li>The competition is 'open age'</li> <li>Gymnasts who have previously competed at this competition or Level 6 PLUS and wish to return to the General Levels, may compete in this competition if they have not scored <b>46.00</b> or higher on 4 apparatus or <b>34.50</b> or higher on 3 apparatus at this competition previously</li> <li>Once a gymnast competes at Intermediate Teams, she must compete at Level 6 or higher</li> <li>Gymnasts who have competed at any FIG Championships are not permitted to enter this competition</li> <li>Gymnasts who have competed internationally representing Ireland may not compete in this competition</li> </ul>	<ul style="list-style-type: none"> <li>Beam routines have set elements / requirements that should be performed (in any order) with dance &amp; poses</li> <li>Levels 2A/B/C, 3, 4 &amp; 5 maximum length of beam routine is 1 min.</li> <li>Levels 2A/B/C floor routines are set routines <b><u>with no music</u></b> performed in a straight line</li> <li>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</li> <li>Maximum length of the floor routine for Levels 2-5 is 1 min.</li> <li>Levels 6 -8 maximum length of beam routine is 1 min. 30 secs.</li> <li>Maximum length of floor routine for Levels 6-8 is 1 min. 30 secs.</li> <li>Maximum length of beam routine for Intermediate Club Teams is 1 min 30 secs.</li> <li>Maximum length of floor routine for Intermediate Club Teams is 1 min. 30 secs.</li> </ul>
Level 3	Under 8 Under 9 Under 10 Under 11 Under 12 Under 13 Over 13				
Level 4	Under 9 Under 10 Under 11 Under 12 Under 13 Over 13				
Level 5	Under 10 Under 11 Under 12 Under 13 Over 13				
Level 6 Level 7	Under 12 Under 13 Over 13				
Level 8	Under 13 Over 13				



## GENERAL LEVELS 9 & 10 COMPETITION RULES

<u>Level</u>	<u>Age Group</u>	<u>March &amp; May All-Around Championships and Qualification to NSSC</u>	<u>National Series Super Championships June (Apparatus Championships)</u>	<u>November Team Championships and Open All Around Competition</u>	<u>Routines Lengths / Rules</u>
Level 9	Under 13 Under 15 Over 15	<ul style="list-style-type: none"> <li>A club may enter as many gymnasts as they wish on each/all apparatus in each age group / level to qualify to the NSSC (Apparatus Championships)</li> </ul>	<ul style="list-style-type: none"> <li>The top 8 gymnasts in each level/age group regardless of club qualify on each apparatus from the competition in May</li> </ul>	<p><u>Advanced Club Teams</u></p> <ul style="list-style-type: none"> <li>The Advanced Club Teams Championships will be an open age competition</li> </ul>	<ul style="list-style-type: none"> <li>Levels 9 - 10 maximum length of beam routine is 1 min. 30 secs.</li> </ul>
Level 10	Under 15 Over 15	<ul style="list-style-type: none"> <li>To be ranked for the All-around Championships gymnasts <b>must</b> compete on <b>all 4</b> apparatus</li> <li>Age groups and levels for the All-around Championships are listed on the left</li> </ul>	<ul style="list-style-type: none"> <li>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 numbers in the level to constitute a final or c) The age group will be combined with another age group</li> <li>Gymnasts may compete on 1 or more apparatus that they have qualified in and she must compete on each or all apparatus within the <b>SAME</b> Level</li> <li>One vault is permitted for all the levels</li> </ul>	<ul style="list-style-type: none"> <li>The rules &amp; guidelines are as per the NDP book</li> <li>Level 9 &amp; Level 10 gymnasts may compete in this competition as part of their club team or as an individual for the 'Open' All-Around competition</li> </ul>	<ul style="list-style-type: none"> <li>Levels 9 - 10 maximum length of floor routine is 1 min. 30 secs.</li> <li>One vault is permitted</li> </ul>

## GENERAL LEVELS – EQUIPMENT

<u>LEVEL</u>	<u>VAULT</u>	<u>BARS</u>	<u>BEAM</u>	<u>FLOOR</u>
Level 1A	10 metre run-up No vault Mats set at 60cm	N/A	N/A	Set routines <b>with no music</b> and 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	
Level 1C	10 metre run-up No vault Mats set at 60cm	N/A	N/A	
Level 2A	10 metre 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	
Level 2B	10 metre 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	
Level 2C	15 metre 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	
Level 3	15 metre 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 metre floor
Level 4	25 metre run-up (max) Vault Table set at 100cm for all age groups up to & incl. U-13 Vault Table set at 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	
Level 5	25 metre run-up (max) Vault Table set at 100cm for all age groups up to & incl. 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 10cm mat on top of 20cm FIG landing area	Set at 115cm for all age groups Standard FIG landing area	

<u>LEVEL</u>	<u>VAULT</u>	<u>BARS</u>	<u>BEAM</u>	<u>FLOOR</u>
Level 6	25 metre run-up (max) 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 10cm mat on top of 20cm FIG landing area	Set at 125cm for all age groups Standard FIG landing area	12 x 12 metre floor
Level 7	25 metre run-up (max) Vault Table set at 115cm for U-11 & U-13 Vault Table set at 125cm for O-13 Mats behind the vault set 25cm higher than Vault Table		Set at 125cm for all age groups Standard FIG landing area	
Level 8	25 metre run-up (max) 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 Vault Table		Set at 125cm for all age groups Standard FIG landing area	
Level 9	25 metre run-up (max) 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	
Level 10	Max 25 meter run-up (Max) Vault Table set at 125cm for all Age Groups Standard FIG landing area		Set at 125cm for all Age Groups Standard FIG landing area	
Level 1 Teams	10 metre run up No vault Mats set at 60cm	N/A	N/A	Set routines <b><u>with no music</u></b> and 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: Level 4 U11 - 100cm. O11 - 110cm Level 5 U12 - 100cm. O12 - 110cm	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 metre floor
Intermediate Club Teams	25 metre run-up (max) Vaulting Table will be set at 115cm Standard FIG landing area	A-Bars + 20cm mat to be used instead of 10cm mat on top of 20cm FIG landing area	Set at 125cm Standard FIG landing area	12 x 12 metre floor
Advanced Club Teams	25 metre run-up (max) Vaulting Table will be set at 125cm Standard FIG landing area	A-Bars Standard FIG landing area		

## PLUS LEVELS COMPETITION RULES

<u>Level</u>	<u>Age Group</u>	<u>March &amp; May All-Around Championships and Qualification to NSSC</u>	<u>National Series Super Championships June (Apparatus Championships)</u>	<u>November Team Championships &amp; Open All Around Competition</u>	<u>Routines Lengths / Rules</u>
3 PLUS	Under 8 Over 8	<ul style="list-style-type: none"> <li>A club may enter as many gymnasts as they wish on each/all apparatus in each age group / level to qualify to the NSSC (Apparatus Championships)</li> <li>She must compete on all 5 apparatus (Range) to be ranked for the All-around Championships</li> <li>The Range score is only for their All-around result as there will be NO Apparatus final for Range in June</li> <li>Age groups and levels for the All-around Championships are listed on the left</li> </ul>	<ul style="list-style-type: none"> <li>The top 8 gymnasts in each level/age Group regardless of club qualify on each apparatus from the competition in March or May</li> <li>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 numbers in the level to constitute a final or c) The age group will be combined with another age group</li> <li>Gymnasts may compete on 1 or more apparatus that they have qualified in and must compete on each or all apparatus within the <b><u>SAME</u></b> level</li> <li>There is NO apparatus final for the Range routine</li> <li>One vault is permitted for all the Levels</li> </ul>	<p><b><u>3-5 PLUS Teams</u></b></p> <ul style="list-style-type: none"> <li>Level 3 PLUS – 5 PLUS gymnasts may enter this competition as a member of their club team or as an individual for the 'Open' All-Around competition</li> <li>Each team may consist of a combination of Level 3 PLUS, 4 PLUS &amp; 5 PLUS gymnasts (open age)</li> </ul> <p><b><u>6 – 8 PLUS Teams</u></b></p> <ul style="list-style-type: none"> <li>Level 6 PLUS – 8 PLUS gymnasts may enter this competition as a member of their club team or as an individual for the 'Open' All-Around competition</li> <li>Gymnasts who have competed at FIG National Championships are allowed to compete in this competition</li> <li>Each team may consist of a combination of Level 6 PLUS, 7 PLUS &amp; 8 PLUS gymnasts (open age)</li> <li>One vault is permitted</li> </ul>	<ul style="list-style-type: none"> <li>Maximum length of beam routine for all PLUS Levels is 1 min. 30 secs.</li> <li>Maximum length of the floor routine for all PLUS Levels is 1 min. 30 secs.</li> </ul>
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

LEVEL	VAULT	BARS	BEAM	FLOOR
Level 3 PLUS	15 metre run up (max) 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	115cm for all age groups Dismount onto 60cm build up on mats (measured from the floor)	12 x 12 metre floor
Level 4 PLUS	15 metre run-up (max) No vault Mats set at 80cm & fall forward onto 20cm higher	Single Bar set at 200cm (can be raised for taller gymnasts)		
Level 5 PLUS	15 metre run-up (max) 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 20cm landing area		
Level 6 PLUS	25 metre run-up (max) 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	125cm for all age groups Dismount onto 60cm build-up of mats (measured from the floor)	
Level 7 PLUS	25 metre run-up (max) Vault Table set at 115cm for U-12 Vault Table set at 125cm 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	
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		
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		
Range	N/A	N/A	N/A	A carpet strip, tumble track or floor area
Level 3-5 PLUS Teams	15 metre run-up (max) No vault Mats set at 80cm & fall forward onto 20cm higher	A-Bars 30cm safety mat on top of 20cm landing area	115cm for all age groups Dismount onto 60cm build-up of mats (measured form the floor)	12 x 12 floor
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 floor)	

## ENTERING & MOVING BETWEEN LEVELS

GENERAL LEVELS	PLUS LEVELS
<ul style="list-style-type: none"> <li>Gymnasts should enter at a level where they can safely complete the requirements on all apparatus</li> <li>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</li> <li>Crossover between General &amp; PLUS Levels <ul style="list-style-type: none"> <li>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</li> <li>Gymnasts <b>may</b> enter the PLUS Levels at a maximum <b>2 levels lower</b> from their current General Level i.e. <ul style="list-style-type: none"> <li>General Level 5 ➡ Level 3 PLUS</li> <li>General Level 7 ➡ Level 5 PLUS</li> </ul> </li> </ul> </li> <li>There is <b>ONE</b> exception to the above rule, that is:- <ul style="list-style-type: none"> <li>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</li> </ul> </li> <li>Only gymnasts who have never competed in the past can compete at Level 1A and they must move up a level the following year</li> <li>In Level 1B &amp; 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)</li> <li>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 (75% or more) at the level she is at</li> <li>In Levels 2-9 All-Around Championships - all medal winners at National Championships must move up a Level the following year</li> <li>Level 10 All-Around / Apparatus / Team - gymnasts may remain at this level for as long as they choose</li> <li>In Levels 2-5 National Apparatus Championships (NSSC) – 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 <b>NOT</b> be eligible to qualify for NSSC on the apparatus which she medalled on the previous year</li> </ul>	<ul style="list-style-type: none"> <li>Gymnasts on any of the National Squads and/or who have competed in a GI FIG Trial (including guests) must compete the PLUS Levels or FIG pathway</li> <li>Gymnasts should enter at a level where she can <b>safely</b> complete all the requirements on all apparatus</li> <li>When a gymnast enters the PLUS Levels, she may never move back a level within the PLUS levels 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</li> <li>Crossover between PLUS &amp; General Levels:- <ul style="list-style-type: none"> <li>If a gymnast moves from PLUS Levels to General Levels mid-year, she must remain in the General Levels for the remainder of that year</li> <li>Gymnasts <b>must</b> move up <b>+2 levels</b> from their current PLUS Level i.e. <ul style="list-style-type: none"> <li>PLUS Level 3 ➡ General Level 5</li> <li>PLUS Level 6 ➡ General Level 8</li> </ul> </li> </ul> </li> <li>In order to move up to the next level, gymnasts must receive an average of 10.00 on each apparatus</li> <li>A gymnast who has medalled two years in a row on an apparatus <b>MUST</b> move up to the next level the following year or not compete on that particular apparatus in NSSC if she wishes to remain at the same level the following year</li> </ul>

GENERAL LEVELS - continued	PLUS LEVELS – continued
<ul style="list-style-type: none"> <li>In Levels 6-9 NSSC (National Apparatus Championships) - all gymnasts who have medalled <b>two</b> years in a row on an apparatus <b>MUST</b> move up to the next level the following year <i>or</i> not compete on that particular apparatus in the NSSC, if they wish to remain at that level</li> <li>A gymnast may compete in a different level in the Team Championships in November i.e. she could do Level 3 All-Around &amp; Apparatus Championships earlier in the year and Level 4 in the Team Championships later in the year. However, if a gymnast competes on all 4 apparatus in the Team / Open All-around Competition in November, she must then compete in <b>at least</b> the same level in the All-Around Competition the following year</li> <li>Gymnasts competing at Level 9 All-Around / NSSC may also compete on a maximum of 3 apparatus at FIG National Team Championships</li> <li>If a gymnast competes on all 4 <u>apparatus</u> in any FIG competition and scores less than 40.00 on the current Code, she may return to General Levels at Level 10</li> <li>Gymnasts who have competed on all 4 apparatus in any FIG competition &amp; scored 40.00 or higher on the current Code, must stay at FIG and may no longer compete in the General Levels competition</li> </ul>	<ul style="list-style-type: none"> <li>Gymnasts who have competed in any FIG competition <b>on 3 or less apparatus</b> must compete at Level 6 PLUS or higher</li> <li>Gymnasts who have competed in a FIG competition <b>on all 4 apparatus</b> must compete at Level 7 PLUS or higher</li> <li>Gymnasts who have competed in a FIG competition and <b>won an All-Around medal</b> must compete at Level 8 PLUS or higher</li> </ul>

## FIG LEVEL

<u>Age Group</u>	<u>March &amp; May All-Around Championships and Qualification to NSSC</u>	<u>National Series Super Championships June Apparatus Championships</u>	<u>November Team Championships &amp; Open All Around Competition</u>	<u>Rules</u>
Minor – U-13  Junior – U-15  Senior – O-15	<ul style="list-style-type: none"> <li>A club may enter as many gymnasts as they wish on each/all apparatus in each age group (Minor, Junior &amp; Senior) to qualify to the NSSC (Apparatus Championships)</li> <li>A gymnast <b>must</b> compete on all 4 apparatus to be ranked for the All-around Championships</li> <li>Age groups for the All-around Championships are listed on the left</li> <li>One vault is permitted – however:               <ul style="list-style-type: none"> <li>If a gymnast wishes to qualify for the vault Apparatus Championships (Junior &amp; Senior only) then a second vault must be performed</li> <li>To qualify for vault finals, 2 salto turning vaults must be performed and the 2 vaults must meet the Junior / Senior vault apparatus finals rules as per FIG COP 2017-2020 Edition</li> </ul> </li> </ul>	<p><b><u>Minors</u></b></p> <ul style="list-style-type: none"> <li>The top 8 gymnasts on each apparatus (with the exception of vault) qualify for the final, regardless of club</li> <li>There is NO vault final for Minors</li> <li>Min. Bar score for qualification is 8.50</li> <li>There must be a minimum of 3 gymnasts per apparatus to constitute a “final” being run</li> </ul> <p><b><u>Juniors &amp; Seniors</u></b></p> <ul style="list-style-type: none"> <li>The top 8 gymnasts on each apparatus in each age group qualify for the final, regardless of club</li> <li>To qualify for vault finals, 2 salto turning vaults must be performed and the gymnast must satisfy the FIG Senior Rules for vault final as per the FIG COP 2017-2020 Edition</li> <li>Min. Bar score for qualification is 9.50</li> <li>There must be a minimum of 3 gymnasts per apparatus to constitute a “final” being run</li> </ul>	<ul style="list-style-type: none"> <li>The FIG Club Team Championships will be an open age competition</li> <li>The rules &amp; guidelines are as per the 2017-2020 COP</li> <li>FIG level gymnasts may compete in this competition as part of their club team or as an individual for the ‘Open’ All-Around competition</li> <li>The All-around competition is ‘Open Age’ but Minors &amp; Juniors will be judged on the Junior code</li> </ul>	<ul style="list-style-type: none"> <li>All competitions are judged in line with the FIG Code of Points 2017 – 2020 Edition</li> <li>In all competitions, Minors &amp; Juniors will be judged on the FIG Junior Rules &amp; Seniors will be judged on the FIG Senior Rules</li> <li>FIG equipment regulations apply for all age groups</li> </ul>





## CONTACT US

**TEL:** (+353) 01-625-1125

**E-MAIL:** ask@gymnasticsireland.com

### **Gymnastics Ireland**

Sport Ireland HQ  
National Sports Campus  
Blanchardstown  
Dublin 15  
Ireland

*Sport Starts Here.*

WWW.GYMNASTICSIRELAND.COM

