

DECISIONS TAKEN AT THE WTC ANNUAL REVIEW MEETING 14TH NOVEMBER 2009 VENUE HOLIDAY INN HIGH WYCOMBE

2010 WTC National Competition Handbook

After consultation with and approval of WTC, a new format for the Competition Handbook has been produced by Rod Smith.

Following the introduction by the FIG of a Junior Code, a copy of which can be found at the back of Cycle 12 Code of Points, it was decided that Espoir Championships, Espoir Challenge and Bill Slater Team competitions would adopt these rules.

For all competitions held at Guildford Spectrum venue, there will be a marked exclusion safety corridor situated alongside the Vault run-up.

Individual British Championships

General regulations for British Championships

Due to the introduction of Cycle 12 Code of Points and the possible implication on gymnasts' scores, the following chart was devised to clarify criteria for qualification to and relegation from British Championships for **2010 Championships only**. The score will be reviewed for 2011.

Relegation Chart	Dispensation from WTC required			All Around	
	1 piece worked	2 pieces worked	3 pieces worked	Average	Total
Senior	12.50	12.00 average	11.50 average	11.00	44.00
Junior	12.00	11.50 average	11.00 average	10.50	42.00
Espoir	11.50	11.00 average	10.50 average	10.00	40.00

If a gymnast scores less than **40.00/42.00/44.00**, she must revert to the **Challenge Cup**.

If a gymnast only wishes to compete on 1 – 3 pieces of apparatus, she must obtain **PRIOR** consideration from the National WTC for dispensation. The Relegation Chart will be used to determine status of gymnast after the event.

In cases of injury during the event and the opinion of the attending designated physiotherapist or doctor is that she is withdrawn from the championship, she must have achieved a score average of **10.00/10.50/11.00** on the apparatus completed to maintain her status for the following year.

Qualification score for British Championships from Challenge Cup	Senior	46.00
	Junior	44.00
	Espoir	42.00

Performance Bonus

To encourage performance of routines with all Compositional Requirements [CRs] fulfilled, Adrian Stan will introduce a system whereby routines with missing CRs will be penalised. This will be in addition to not being awarded CR in the evaluation of D Score.

Deduction for each missing CR within the exercise					
Seniors	0.50 each	Juniors	0.30 each	Espoirs	0.10 each

Missing Dismount CR	D dismount	C dismount	B dismount	A dismount
Seniors	Ok	0.30 ded	0.50 ded	0.50 ded
Juniors	Ok	0.30 ded	0.50 ded	0.50 ded
FIG Junior Code	Ok	Ok	0.30 ded	0.50 ded

In addition, an **Execution Bonus** scheme will be introduced for routines that have minimal execution and artistry deductions.

Execution deductions	0.00 – 1.50	1.51 – 2.00
Bonus awarded	0.50	0.30

Esplor British Championship

- **Date** 5th June 2010 Individual Championship
4th July 2010 Apparatus Finals
- Competition Requirements will be **FIG Junior Code for both competitions.**
- Deduction for missing Cast to Handstand on Bars [Cast to Handstand with ½ turn will not be accepted] and 180° split with no deviation on Beam and Floor will stay.
- The gymnasts qualifying for Apparatus Finals will be announced during the award ceremony

Junior and Senior British Championships

- **Date** 3rd July 2010
- Junior British - 1.00 deduction for missing Cast to Handstand on Bars [as Esplor] and 180° split on Beam and Floor will remain.

Challenge Cup

- **Dates** Esplor 6th June 2010 - Linked with British Esplor
Junior/Senior 21st November 2010 - Linked with C2 Re-take
- Esplor Challenge Competition Requirements will be **FIG Junior Code**
- A gymnast may choose to enter 2010 British Championships if an overall score is achieved in 2009 Challenge Cup. This is not compulsory.
The progression scores are as follows
Esplor - 42.00
Junior - 44.00
Senior - 46.00

TEAM EVENTS

British Teams

- **Date** 22nd/23rd May 2010
- Format changed to 6/4/3 – 6 in Team, 4 to compete, 3 highest scores to count
Possibility of multiple team entries

Bill Slater Club Teams

- **Date** 23rd/24th October 2010
- Competition Requirements will be **FIG Junior Code.**

COMPULSORY & CLUB GRADES

Club Grades

- **Dates** 24th/25th April 2010
- No changes made

Compulsory Grades

- **Dates** Compulsory 2 – 20th/21st March 2010
Re-sit – 20th November 2010 – attached to the Challenge Cup
Compulsory 4 & 3 – 15th/16th May 2010
- **IMPORTANT Please note following changes**

Compulsory 4 & 3

All gymnasts must have passed Regional Qualifying Competition to be in Regional Team.

Compulsory 3

NEW BAR ROUTINE

From long hang – beat swing into Trolley swing – Long upstart – Cast to handstand
Giant circle backwards to Handstand

*Swing ½ [180°] turn to handstand x 2 ***Optional bonus awarded of 0.30 each [max 0.60]**
Giant circle backwards to handstand **both must be performed, must be consecutive**
Salto backwards straight to stand **and turn within 45° from vertical [minimum]**

Compulsory 2

BARS

A total bonus of 1.00 [0.50 each] may be awarded for the performance of

- 'L' Grip element to handstand [invert] and/or
- 'L' Grip element to handstand with ½ [180°] turn [invert ½]

To be awarded bonus, the element must be performed without a fall.

Geinger roll entry is only acceptable if 'L' Grip element is performed.

FLOOR

Delete Minimum 2 x connected jumps, leaps [at least one with 180° split]
Add Dance passage of 2 x different coded elements [minimum] 1 x leap
or hop with 180° cross split [as per FIG Compositional Requirement]

VOLUNTARY AGE GROUP CHAMPIONSHIPS

- **Date** 6th/7th November 2010

Level 4

Beam

Concerns were expressed about lack of stability of landings from acrobatic series. Therefore, it was decided that Acrobatic series CR **must not** be connected into dismount.

e.g. Back walkover/flic/tucked back salto dismount – not allowed.

Vault/Bars/Floor - No change

Level 3

Vault No change

Bars Compositional Requirements changed as follows:

Join CR 1 & 2 [flight elements] together	X not required – award 0.50
Add as CR 2 x different grips	✓ must be performed for 0.50
Close circle element [non flight]	✓ must be performed for 0.50

Beam Acro series CR - as Level 4 Beam – no connection into dismount.
Connection Value elements may be connected into the dismount.

CV for 2 x jump/leap with 180° split – no split to lunge allowed

Floor Delete CV for 2 x saltos

Level 2

Vault No change

Bars Will be performed on Asymmetric Bars with LB in position. However, gymnast will perform routine on HB, as at present, with no elements executed on LB.

Beam CV for 2 x jump/leap with 180° split – no split to lunge allowed

Floor No change

Distribution to Regional/Home Nation Secretaries
WTC Regional Chairs
Regional Development Officers
Coaches of National Squad Gymnasts
WA Brevet Judges
WA National Judges

Distribution via BG Website Women's section/Coaching/Judging/Downloads