

INSPIRING GYMSIRE
EVENTS

INSPIRING EVENTS

in partnership with
GYMSIRE
Academy



COMPETITION HANDBOOK HANDBOOK HANDBOOK HANDBOOK

ABOUT

Gymspire Academy is an established gymnastics organisation and has been hosting gymnastics competitions since 2018. Gymspire has now teamed up with Inspiring Events and together we're enhancing and delivering dynamic gymnastic competitions. Our competitions are open to all clubs and gymnasts at recreational level. Our aim is to provide recreational gymnasts with a fair competition platform, allowing them to compete alongside peers who are working towards similar skill levels. Within this pack you will find all the details you need to participate in our competitions.

01

Competition Details & Who Can Enter?

02

First Time Entering & Moving Up Levels

03

Entry Levels & Requirements

04

Floor Criteria

05

Vault Criteria

06

Floor & Vault Specifications

07

Additional Info: Attire, Tickets, Judges & Coaches

08

Entry Info & Miscellaneous

TABLE OF CONTENTS



01

COMPETITION DETAILS

DATE: Sunday 7th July 2024

VENUE: Weald of Kent Grammar School

ADDRESS: Tudeley Ln, Tonbridge TN9 2JP

ENTRIES OPEN: Monday 1st April 2024

ENTRIES CLOSE: Sunday 19th May 2024

ENTRY COST: £26 per gymnast

THEME: Our Summer competition is festival themed! We encourage all participants to wear colourful accessories.

TIMINGS: Clubs will receive the running order, complete with gymnasts' round times, at least two weeks before the competition date. This round time includes warm-up, routine and the presentation.



WHO CAN ENTER?

Our competition is for:

All children aged between 3 to 16yrs.

Children must **not** be part of an elite club.

MAG & WAG gymnasts cannot be entered to this competition.

Please see the entry requirements for each level.



FIRST TIME ENTERING?

Is this your first time entering our newly structured competition?

NEW LEVELS & STRUCTURE EXPLAINED

Our competition has undergone a transformation featuring themed levels inspired by various crystals. The levels, from easiest to most challenging, include Amber, Ruby, Sapphire, Amethyst, Emerald, and Diamond.

Participants in this competition will compete in the same level for both floor and vault routines. Specific guidelines for these routines are available on pages 4 and 5 including bonus moves.

Gymnasts aim for a certain score, called the "move up score." To reach this, they need to score a set total across both the floor and vault exercises. If they succeed, they earn a crystal and move up to the next level for the next competition.

Gymnasts will compete against other gymnasts on the same level routine and of a similar age. We will place gymnasts in each group from 6th - 1st place.

WHAT LEVEL SHOULD I ENTER MY GYMNASTS?

On the page below (page 3) you will find the specific entry level requirements which includes ages for each routine and the maximum amount of hours they train per week to be able to compete in each category.

Looking at the criteria for both floor and vault we advise entering your gymnasts on a level which challenges them and isn't too easy for their ability. Any gymnasts entered onto a level below their ability could risk that gymnast being disqualified.

Gymnasts may compete in a higher level to the number of hours they train but not in a lower level. For example, a gymnast trains 2 hours per week but wants to enter Amethyst is acceptable. Video routines (up to Amethyst) are available to view on our website www.inspiringevents.co.uk.

MOVE UP SCORES

Having successfully achieved the total 'move up score' we will award crystals out on the day of the competition. It is the clubs responsibility to track the levels and ensure that upon achieving the 'move up score' the gymnast moves up to the next level at the next competition.



ENTRY LEVELS & REQUIREMENTS

LEVEL NAME		AGE RULES	GYMNASTICS TRAINING HRS	MOVING UP SCORE
AMBER		MIN AGE 3	0-1 HR PER WEEK IN A SCHOOL OR ACADEMY	Total F&V score: 18.6
RUBY		BETWEEN AGES 3 & 12	0-2 HR PER WEEK IN A SCHOOL OR ACADEMY	18.6
SAPPHIRE		BETWEEN AGES 4 & 12	0-3 HR PER WEEK IN A SCHOOL OR ACADEMY	18.6
AMETHYST		BETWEEN AGES 5 & 12	0-4 HR PER WEEK	18.6
EMERALD		BETWEEN AGES 6 & 16	0-5 HR PER WEEK	18.6
DIAMOND		MAX AGE 16	0-6 HR PER WEEK	18.6



FLOOR CRITERIA

AMBER

8X2 METER STRIP

1. STRAIGHT JUMP
2. 3 STEPS FORWARD ON TOES
3. BUNNY HOP
4. CRAB HOLD (BONUS: BRIDGE)
5. PIKE SIT
6. ROCK TO STAND
7. HALF TURN PIVOT (TWO FEET)
8. T BALANCE
9. SEAL SIT
10. FRONT SUPPORT JUMP IN AND UP

MARKED OUT OF 10.00 + 0.5 BONUS

SAPPHIRE

ADD CHOREOGRAPHY

1. CATLEAP
2. TUCK JUMP
3. HANDSTAND (BONUS: HANDSTAND FORWARD ROLL)
4. FORWARD ROLL TO STRADDLE SIT
5. JAPANA
6. PIKE HALF LEVER (FEET ON FLOOR)
7. BRIDGE LIFT ONE LEG
8. PRESS UP
9. FULL TURN JUMP
10. CHOOSE 1: Y-BALANCE, SPLITS OR CARTWHEEL

MARKED OUT OF 10.00 + 0.5 BONUS

EMERALD

ADD CHOREOGRAPHY TO MUSIC

1. CHASSE SPLIT LEAP
2. BACKWARD ROLL TO FRONT SUPPORT
3. FORWARD WALKOVER-ROUNDOFF (BONUS: ROUNDOFF-FLICK)
4. HANDSTAND FORWARD ROLL
5. DIVE CARTWHEEL
6. FULL SPIN (BOYS: FULL TURN JUMP)
7. BACKWARD WALKOVER
8. BOX SPLIT SWIM THROUGH
9. ARABESQUE
10. STAR JUMP LINKED WITH W JUMP

MARKED OUT OF 10.00 + 0.5 BONUS

RUBY

8X2 METER STRIP

1. FORWARD ROLL
2. STAR JUMP
3. 3 SKIPS
4. HALF TURN JUMP
5. MINI HANDSTAND
6. CATERPILLAR WALK FRONT SUPPORT
7. LOWER TO BELLY AND TURN TO DISH
8. BRIDGE HOLD (BONUS: LIFT ONE LEG)
9. SHOULDER STAND (ARM SUPPORT)
10. ROCK TO STAND & STRAIGHT JUMP

MARKED OUT OF 10.00 + 0.5

AMETHYST

ADD CHOREOGRAPHY

1. CHASSE CATLEAP
2. W JUMP
3. HALF SPIN (BOYS: HALF TURN JUMP)
4. BACKWARD ROLL TO STRADDLE STAND
5. SHOULDER STAND (ARMS STRAIGHT)
6. NEEDLE KICK
7. ARABESQUE (BONUS: Y-BALANCE)
8. FORWARD OR BACKWARD WALKOVER
9. ROUND OFF REBOUND
10. CHOOSE 1: SPLITS, DIVE FORWARD ROLL OR STRADDLE JUMP

MARKED OUT OF 10.00 + 0.5 BONUS

DIAMOND

ADD CHOREOGRAPHY TO MUSIC

1. FULL SPIN (BOYS: FULL TURN JUMP)
2. BACKWARD WALKOVER CHANGE LEG
3. CHASSE SPLITLEAP LINKED CHASSE CATLEAP
4. ROUND OFF FLICK (BONUS: RO BH TUCK)
5. HANDSTAND 1/2 PIROUETTE FORWARD ROLL OUT
6. Y-BALANCE
7. FRONT HANDSPRING
8. ARIEL
9. STRADDLE JUMP LINKED W-JUMP
10. SPLIT ROLL

MARKED OUT OF 10.00 + 0.5 BONUS

VAULT CRITERIA

AMBER

1 BLOCK - 30CM

STRAIGHT JUMP ON
STRAIGHT JUMP OFF

BONUS:
STRAIGHT JUMP ON
TUCK JUMP OFF

MARKED OUT OF 10.00 + 0.5 BONUS

RUBY

2 BLOCKS - 60CM

SQUAT ON STAR JUMP OFF

BONUS:
SQUAT ON STRADDLE JUMP OFF

MARKED OUT OF 10.00 + 0.5

SAPPHIRE

3 BLOCKS - 90CM

STRADDLE ON STAR JUMP OFF

BONUS:
STRADDLE OVER

MARKED OUT OF 10.00 + 0.5 BONUS

AMETHYST

3 BLOCKS - 90CM

SQUAT THROUGH
OR
STRADDLE OVER

BONUS:
HANDSPRING

MARKED OUT OF 10.00 + 0.5 BONUS

EMERALD

TABLE VAULT

SQUAT ON HANDSPRING OFF

BONUS:
HANDSPRING

MARKED OUT OF 10.00 + 0.5 BONUS

DIAMOND

TABLE VAULT

HALF ON

BONUS:
HALF ON HALF OFF

MARKED OUT OF 10.00 + 0.5 BONUS

FLOOR & VAULT SPECIFICATIONS

AMBER

FLOOR:

STRIP FLOOR ROUTINE
8X2M FLOOR
MARKED OUT OF 10.00
OPTION FOR +0.5 BONUS SKILL
NO CHOREOGRAPHY
NO MUSIC

VAULT:

SPRINGBOARD, 30CM VAULT, SAFETY MAT
MARKED OUT OF 10.00 +0.5 BONUS

RUBY

FLOOR:

STRIP FLOOR ROUTINE
8X2M FLOOR
MARKED OUT OF 10.00
OPTION FOR +0.5 BONUS SKILL
NO CHOREOGRAPHY
NO MUSIC

VAULT:

SPRINGBOARD, 60CM VAULT, SAFETY MAT
MARKED OUT OF 10.00 +0.5 BONUS

SAPPHIRE

FLOOR:

STRIP FLOOR ROUTINE
8X2M FLOOR
MARKED OUT OF 10.00
OPTION FOR +0.5 BONUS SKILL
CHOREOGRAPHY TO BE ADDED BETWEEN EACH SKILL - DEDUCTIONS FOR EXPRESSIVENESS & BODY POSTURE UP TO -0.6
FINAL SKILL CHOSEN OUT OF THE 3 OPTIONS
NO MUSIC

VAULT:

SPRINGBOARD, 90CM VAULT, SAFETY MAT
MARKED OUT OF 10.00 +0.5 BONUS

AMETHYST

EMERALD

FLOOR:

SPRUNG FLOOR ROUTINE
10X14M FLOOR
MARKED OUT OF 10.00
OPTION FOR +0.5 BONUS SKILL
CHOREOGRAPHY TO MUSIC
DEDUCTIONS FOR EXPRESSIVENESS, BODY POSTURE, CONFIDENCE AND TIMING UP TO -1.2

VAULT:

SPRINGBOARD, TABLE VAULT 100/110CM, SAFETY MAT
MARKED OUT OF 10.00 +0.5 BONUS

DIAMOND

ADDITIONAL INFO

GYMNASTS ATTIRE

All Gymnasts will be required to wear a leotard to participate in this event. Boys must wear a leotard and shorts.

Gymnasts entering the Amber level can wear a t-shirt and shorts. Please be aware that we have a strict policy on no jewellery.



SPECTATORS

Please make your parents aware there will be a £7 spectator fee per adult and £3 for children aged 3-17 payable online in advance 2 weeks prior to the event. More information will be sent out regarding tickets closer to the time.

Parents will be able to purchase a maximum of 2 adult tickets per gymnast and if there are any spare tickets following the deadline, parents will then be able to purchase any additional tickets if they wish.



JUDGES & COACHES

Clubs are required to supply an experienced judge for the day (please see table below), if you are unable to supply a judge for the event you will encounter a £60 charge.

Judges will be paid £60 for the day and will receive a complementary hot drink. Lunch will be provided for judges during the presentation of one of the rounds.

At least 1 coach from each club must hold a level 2 or above gymnastics coaching qualification.

10-30 GYMNASTS	1 JUDGE	MIN 2 COACHES
30-70 GYMNASTS	2 JUDGES	MIN 3 COACHES
70+ GYMNASTS	3 JUDGES	MIN 4 COACHES



ENTRY INFO

Club Entry Form >

Gymnast
Entry Form >

STEP 1

Club Entry form

To enter for this event you will need to complete a club entry form which can be downloaded on our website www.inspiringevents.co.uk. All entries will be processed on receipt of payment. You will be emailed confirmation that payment has cleared and that your entry has been accepted.

STEP 2

Gymnast entry form

Please use an Excel document to complete gymnast entry forms and submit them via email. We do not accept PDFs or postal submissions. Ensure that all information on the form is accurate, as changes are difficult to make after submission and can cause delays on the event day.

MISCELLANEOUS

Please note: An official photographer will be present on the day and images may be published by either Gymspire Academy, Inspiring Events, and/or the official photographer. By entering this competition there is acceptance that the participants may be photographed.

Clubs will be required to have their own club insurance which insures each of their own gymnasts in order to take part in this event.

GDPR: by entering this competition you are agreeing that the scores and child's full name will be sent to all participants following the event.

Snacks/drinks will be available on the day for parents to purchase along with merchandise for the gymnasts. (Please note - card payment may not be available for some of the items on sale).

Music for Emerald and Diamond routines will need to be sent across via email 2 weeks prior to the event in an mp3 file.

STILL HAVE QUESTIONS?

Feel free to reach out on info@inspiringevents.co.uk





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