



INSPIRING
EVENTS

in partnership with

GYMSPIRE
Academy

"Creating Memorable Experiences For All"

COMPETITION HANDBOOK 2026

For our Gymfest & Winter
Wonderland Competitions



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 of all abilities. Our aim is to provide 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.

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COMPETITION DETAILS

GYMFEST



Sat 11th & Sun 12th JULY

Floor & Vault

This is a fun, summer competition where gymnasts are encouraged to wear vibrant and colourful accessories!

WINTER WONDERLAND



Sat 21st & Sun 22nd NOV

Floor & Vault

This is a magical and festive competition where gymnasts are encouraged to wear christmas accessories!

Both events are held at **Weald of Kent Grammar School, TN9 2JP**.
The cost to enter our competitions **per gymnast is £28**.

Music Routines (Emerald-Rose Quartz) normally compete on the Saturday, whilst Amber-Amethyst compete on the Sunday. Running order is sent out 2/3 weeks before the event.

WHO CAN ENTER?

Our competitions are for:

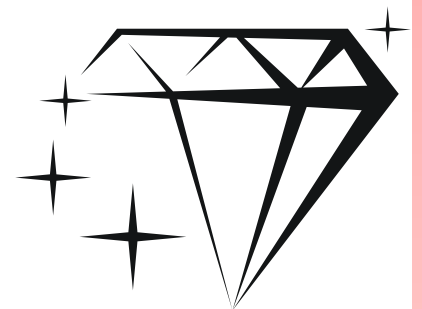
All children aged between 3 to 18yrs.

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

Open to clubs with all insurance providers!

Open to male and female gymnasts.

Please see the entry requirements for each level.



FIRST TIME ENTERING?

Is this your first time entering one of our competitions?

LEVELS & STRUCTURE EXPLAINED

Our competitions involve themed levels inspired by various crystals. The levels, from easiest to most challenging, include Amber, Ruby, Sapphire, Amethyst, Emerald, Diamond, Rose Quartz & Opal.

Participants in this competition will compete in the same level for both floor and vault routines.

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.

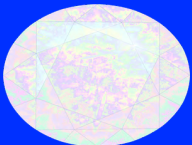
Gymnasts may compete in a higher level to the number of hours they train but not in a lower level. For example, a gymnast trains 2 hours per week but wants to enter Amethyst is acceptable. Video routines (up to Amethyst) are available to view on our website www.inspiringevents.co.uk.

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.



03 LEVELS & REQUIREMENTS

LEVEL NAME	CRYSTAL	GYMNASTICS TRAINING HRS & AGE		MOVING UP SCORE= TOTAL FLOOR + VAULT SCORE
AMBER		MIN AGE 3	0-1 HR PER WEEK	18.6
RUBY		BETWEEN AGES 3 & 12	0-2 HR PER WEEK	18.6
SAPPHIRE		BETWEEN AGES 4 & 14	0-3 HR PER WEEK	18.6
AMETHYST		BETWEEN AGES 5 & 14	0-3 HR PER WEEK	18.6
EMERALD		BETWEEN AGES 6 & 18	0-5 HR PER WEEK	18.6
DIAMOND		BETWEEN AGES 7 & 18	0-6 HR PER WEEK	18.6
ROSE QUARTZ		BETWEEN AGES 7 & 18	0-6 HR PER WEEK	18.6
OPAL		BETWEEN AGES 8 & 18	0-6 HR PER WEEK	18.6



AMBER

1. T BALANCE
2. FORWARD ROLL TO TUCK SIT
3. SEATED TUCK BALANCE
4. BACK SUPPORT
5. LAY FLAT ROLL OVER HOLD ARCH
6. FRONT SUPPORT, JUMP IN & UP
7. PIVOT HALF TURN ON TOES
8. TUCK JUMP
9. 3 STRAIGHT LEG KICKS
10. BUNNY HOP (BONUS:MINI HANDSTAND)

MARKED OUT OF 10.00 + 0.5 BONUS**SAPPHIRE****ADD CHOREOGRAPHY**

1. CHASSE CAT LEAP
2. CARTWHEEL
3. FORWARD ROLL TO PIKE HALF LEVER
4. JAPANA
5. BRIDGE LIFT 1 LEG
6. BACK SUPPORT, SIDE SUPPORT, FRONT SUPPORT (SHOW CONTROL)
7. HALF TURN JUMP
8. SCISSOR KICK
9. HANDSTAND (BONUS:HANDSTAND TO BRIDGE)
10. CHOOSE 1: SPILTS, ROUND OFF, ARABESQUE

MARKED OUT OF 10.00 + 0.5 BONUS**AMBER** &**RUBY****FLOOR SPECIFICATIONS**

- STRIP FLOOR ROUTINE
- 8X2M FLOOR
- MUST BE COMPLETED IN ORDER SHOWN
- MARKED OUT OF 10.00
- OPTION FOR +0.5 BONUS SKILL
- NO CHOREOGRAPHY
- NO MUSIC

RUBY

1. STRAIGHT LEG BALANCE
2. CHASSE
3. FORWARD ROLL
4. STAR JUMP
5. MINI HANDSTAND (BONUS:HANDSTAND)
6. HALF TURN JUMP
7. CATERPILLAR WALK TO FRONT SUPPORT
8. LOWER TO BELLY & TURN TO HOLD DISH
9. BRIDGE
10. PIKE FOLD

MARKED OUT OF 10.00 + 0.5 BONUS**AMETHYST****ADD CHOREOGRAPHY**

1. ARABESQUE
2. CHASSE CAT LEAP HALF TURN (BOYS SCISSOR KICK)
3. BACKWARD ROLL TO STRADDLE STAND
4. LOWER TO STRADDLE LEVER
5. BRIDGE KICKOVER (BONUS:BACK WALKOVER) BOYS CAN DO BACKWARD ROLL TO FRONT SUPPORT OR HANDSTAND
6. ROUND OFF REBOUND
7. W JUMP
8. I HANDED CARTWHEEL
9. HALF SPIN
10. CHOOSE 1: SPILTS, SPLIT LEAP, FULL TURN JUMP

MARKED OUT OF 10.00 + 0.5 BONUS**SAPPHIRE** &**AMETHYST****FLOOR SPECIFICATIONS**

- STRIP FLOOR ROUTINE
- 8X2M FLOOR
- MUST BE COMPLETED IN ORDER SHOWN
- MARKED OUT OF 10.00 + 0.5 BONUS SKILL OPTION
- CHOREOGRAPHY TO BE ADDED BETWEEN EACH SKILL (NOT COMPULSORY FOR BOYS)
- DEDUCTIONS FOR EXPRESSIVENESS & BODY POSTURE
- FINAL SKILL CHOSEN OUT OF THE 3 OPTIONS
- NO MUSIC

EMERALD**ROUND OFF (BONUS:ROUND OFF FLICK)****FRONT HANDSPRING****HANDSTAND FORWARD ROLL****CHASSE CAT LEAP INTO SPLIT LEAP (BOYS:INTO SCISSOR KICK)****FULL SPIN (BOYS: FULL TURN JUMP)****BACKWARDS OR FORWARDS WALKOVER (BOYS CAN BACKWARD ROLL TO HANDSTAND)****SPLITS (LEFT,RIGHT OR MIDDLE)****BACKWARD ROLL TO FRONT SUPPORT****TUCK JUMP LINKED TO W JUMP****Y BALANCE****MARKED OUT OF 10.00 + 0.5****BONUS****DIAMOND****ROUND OFF FLICK (BONUS:ROUND OFF FLICK TUCK)****FRONT HANDSPRING****CHASSE SPLIT LEAP INTO CAT LEAP FULL TURN (BOYS CAN DO SCISSOR KICK INSTEAD OF SPLIT)****FULL SPIN (BOYS FULL TURN JUMP)****BACKWARDS WALKOVER INTO FLICK TO ONE (BOYS DIVE ROLL)****SPLITS (LEFT,RIGHT OR MIDDLE)****BACKWARD ROLL TO HANDSTAND****W JUMP INTO STRADDLE JUMP****HANDSTAND 1/2 PIROUETTE****AERIAL (BOYS SWEDISH FALL)****MARKED OUT OF 10.00 + 0.5****BONUS****ROSE QUARTZ****ROUND OFF FLICK TUCK****FRONT SOMI (BONUS:FRONT HANDSPRING FRONT SOMI)****CHASSE CHANGE LEG CHASSE SPLIT LEAP (BOYS: SCISSOR KICK INTO STRADDLE JUMP)****VALDEZ (BOYS CAN BACKWARD ROLL TO HANDSTAND)****SPLIT ROLL (BOYS:BOX SPLITS)****AERIAL (BOYS CAN DIVE ROLL)****FULL TURN TUCK JUMP****FULL WOLF TURN (BOYS:SWEDISH FALL)****HANDSTAND 1/2 PIROUETTE ROLL OUT****Y BALANCE****MARKED OUT OF 10.00 + 0.5****BONUS**

OPAL

**ROUND OFF FLICK HALF (BONUS:FULL TWIST)
FRONT SOMI STEP OUT ROUND OFF FLICK
CHASSE CHANGE LEG SPLIT LEAP, CHASSE SPLIT LEAP
ONE HANDED VALDEZ (BOYS CAN STANDING FLICK)
SPLIT RING (ON FLOOR NO LEAP) BOYS DO BOX SPLITS
FREE WALKOVER (BOYS FRONT HANDSPRING)
FULL SPIN LEG AT HORIZONTAL
SHUSHANOVA
STRADDLE PRESS TO HANDSTAND
BACKWARD ROLL TO HANDSTAND**

MARKED OUT OF 10.00 + 0.5

BONUS

FLOOR SPECIFICATIONS:

SPRUNG FLOOR

8X14M FLOOR

SKILLS DO NOT HAVE TO BE COMPLETED IN ORDER SHOWN

MARKED OUT OF 10.00

OPTION FOR +0.5 BONUS SKILL

**CHOREOGRAPHY TO MUSIC (BOYS CAN PERFORM TO MUSIC WITH
CHOREO IF DESIRED)**

**DEDUCTIONS FOR EXPRESSIVENESS, BODY POSTURE, CONFIDENCE
AND TIMING UP TO -1.2**

VAULT CRITERIA

AMBER

SPRINGBOARD, 1 BLOCK (30CM), SAFETY MAT

STRAIGHT JUMP ON
STRAIGHT JUMP OFF
OR
STAR JUMP OFF (BONUS)

MARKED OUT OF 10.00 + 0.5 BONUS

RUBY

SPRINGBOARD, 2 BLOCKS (60CM), SAFETY MAT

SQUAT ON
STAR JUMP OFF
OR
HALF TURN JUMP OFF (BONUS)

MARKED OUT OF 10.00 + 0.5

SAPPHIRE

SPRINGBOARD, 2 BLOCKS (60CM) & SAFETY MAT

SQUAT ON
KICK TO HANDSTAND FLATBACK
OR
HANDSTAND FLATBACK (BONUS)

MARKED OUT OF 10.00 + 0.5 BONUS

AMETHYST

SPRINGBOARD, 3 BLOCKS (90CM) & SAFETY MAT

STRADDLE OVER/SQUAT THROUGH
OR
FRONT HANDSPRING (BONUS)

MARKED OUT OF 10.00 + 0.5 BONUS

EMERALD

SPRINGBOARD, TABLE VAULT 100/110CM & SAFETY MAT

SQUAT ON HANDSPRING OFF
OR
FRONT HANDSPRING (BONUS)

MARKED OUT OF 10.00 + 0.5 BONUS

DIAMOND

FRONT HANDSPRING
OR
HALF ON (BONUS)

MARKED OUT OF 10.00 + 0.5 BONUS

ROSE QUARTZ

SPRINGBOARD, TABLE VAULT 100/110CM & SAFETY MAT

HALF ON
OR
HALF ON, HALF OFF (BONUS)

MARKED OUT OF 10.00 + 0.5 BONUS

OPAL

HALF ON HALF OFF
OR

HALF ON, FULL OFF (BONUS)

MARKED OUT OF 10.00 + 0.5 BONUS

ADDITIONAL INFO

GYMNASTS ATTIRE

Gymnasts are encouraged to wear a leotard to this event, and shorts are optional. Boys must wear a leotard and shorts.

Please be aware that we have a strict policy on no jewellery.

Please encourage gymnasts to go crazy with accessories, hair and glitter! There is a prize for the best presented gymnast.

SPECTATORS

Please make your parents aware there will be a £8 spectator fee per individual aged 5+, with under 5's having free entry. This will be 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 spectator 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, 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 have their lunch provided for them during one of the presentations.

At least 1 coach from each club must hold a level 2 or above gymnastics coaching qualification. Please ensure you have enough coaches to look after your gymnasts.



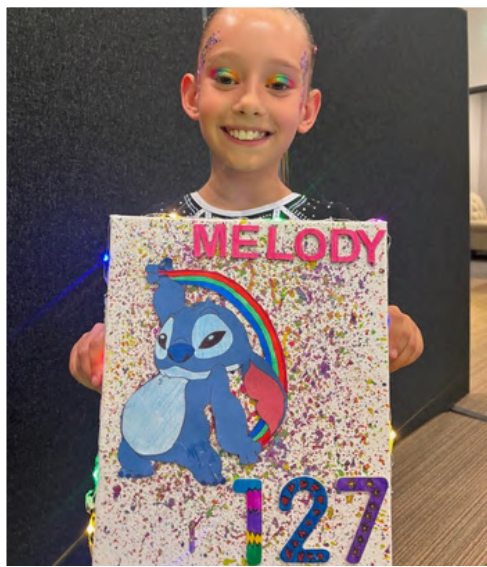
GYMNASTS NUMBERS

Gymnasts' will have an allocated gymnast number for the day & we encourage the gymnasts to design their numbers to show the judges!

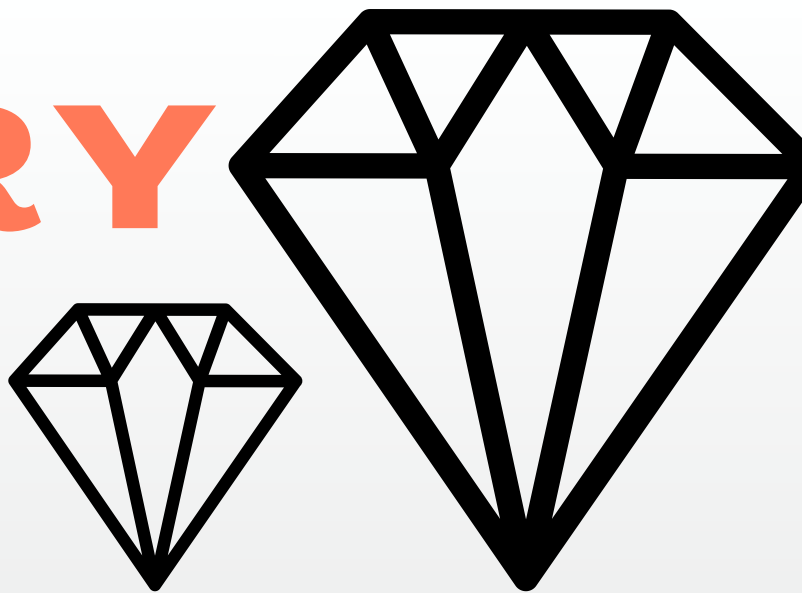
It is not compulsory, gymnasts do not have to do this if they don't wish to but there will be a prize awarded every round for the most creative number!

You will find your gymnasts' numbers in the running order we send out to you, which you can then share with parents.

Please see below some ideas!!



ENTRY INFO



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.

Entry Forms
Here →

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.

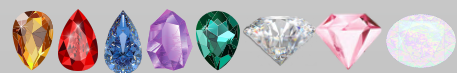
GDPR: by entering this competition you are agreeing that the scores and child's full name will be sent to all participants following the event.

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, Diamond & Rose Quartz 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





www.inspireevents.co.uk



info@inspireevents.co.uk



[@inspireevents24](https://www.instagram.com/inspireevents24)

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