

INSPIRING
EVENTS

INSPIRING EVENTS

in partnership with
GYMSPIRE
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.

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01

COMPETITION DETAILS

DATE: Saturday 5th & Sunday 6th July 2025

VENUE: Weald of Kent Grammar School

ADDRESS: Tudeley Ln, Tonbridge TN9 2JP

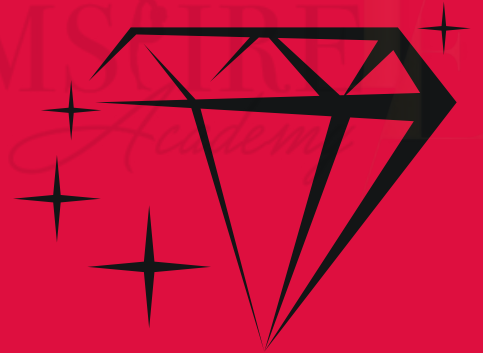
ENTRIES OPEN: Monday 7th April 2025

ENTRIES CLOSE: Sunday 11th May 2025

ENTRY COST: £27 per gymnast

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

DAYS/TIMINGS: We plan for the music floor routines (emerald, diamond & rose quartz levels) to compete on the afternoon of the Saturday. Strip floor routines (amber to amethyst) will compete on the Sunday. 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, Diamond and Rose Quartz.

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= 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 | 0-4 HR PER WEEK | 18.6 |
| EMERALD |  | BETWEEN AGES 6 & 16 | 0-5 HR PER WEEK | 18.6 |
| DIAMOND |  | BETWEEN AGES 6 & 16 | 0-6 HR PER WEEK | 18.6 |
| ROSE QUARTZ |  | BETWEEN AGES 6 & 16 | 0-6 HR PER WEEK | 18.6 |



FLOOR ROUTINES

AMBER

8X2 METER STRIP

1. STRAIGHT JUMP
2. 3 STRAIGHT LEG KICKS
3. BUNNY HOP
4. CRAB HOLD LIFT ONE LEG (BONUS: BRIDGE)
5. SEATED TUCK BALANCE
6. LAY DOWN AND ROLL TO TUMMY
7. ARCH HOLD (3 SEC)
8. FRONT SUPPORT HOLD (3 SEC)
9. JUMP IN JUMP UP
10. T BALANCE

MARKED OUT OF 10.00 + 0.5 BONUS

SAPPHIRE

ADD CHOREOGRAPHY

1. CHASSE (BOYS: SCISSOR KICK)
2. CARTWHEEL
3. HALF TURN JUMP
4. FORWARD ROLL TO STRADDLE SIT
5. JAPANA
6. BRIDGE LIFT ONE LEG
7. DISH TO ARCH (HOLD EACH FOR 3 SEC)
8. FRONT SUPPORT (BONUS: PRESS UP)
9. HANDSTAND
10. CHOOSE 1: ARABESQUE, SPLITS OR ROUND OFF

MARKED OUT OF 10.00 + 0.5 BONUS

EMERALD

GIRLS ADD CHOREOGRAPHY TO MUSIC

BOYS NO MUSIC

1. CHASSE SPLIT LEAP (BOYS: HALF TURN STRADDLE JUMP)
2. BACKWARD ROLL TO FRONT SUPPORT
3. ROUND OFF (BONUS: ROUNDOFF-FLICK)
4. HANDSTAND FORWARD ROLL
5. FRONT HANDSPRING
6. FULL SPIN (BOYS: FULL TURN JUMP)
7. BACKWARD WALKOVER
8. BOX SPLITS
9. Y BALANCE (BOYS: ARABESQUE)
10. TUCK JUMP LINKED WITH W JUMP

MARKED OUT OF 10.00 + 0.5 BONUS

RUBY

8X2 METER STRIP

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

MARKED OUT OF 10.00 + 0.5

AMETHYST

ADD CHOREOGRAPHY

1. CHASSE HALF TURN CATLEAP (BOYS: CHASSE SCISSOR KICK)
2. ARABESQUE
3. BACKWARD ROLL TO STRADDLE STAND
4. PRESS TO HANDSTAND (BONUS:NO JUMP)
5. HALF TURN TUCK JUMP
6. BACKWALKOVER (BOYS: BACKWARDS ROLL TO HANDSTAND - NOT HELD)
7. ROUND OFF REBOUND
8. NEEDLE KICK (BOYS: SWEDISH FALL)
9. PIKE HALF LEVER
10. CHOOSE 1: SPLITS, 1 HANDED CARTWHEEL OR STRADDLE JUMP

MARKED OUT OF 10.00 + 0.5 BONUS

DIAMOND

GIRLS ADD CHOREOGRAPHY TO MUSIC

BOYS NO MUSIC

1. FULL SPIN (BOYS: FULL TURN JUMP)
2. BACKWARD WALKOVER FLIC TO ONE
(BOYS: FLICK TO TWO JUMP HALF TURN ROUNDOFF)
1. CHASSE SPLITLEAP LINKED CHASSE CATLEAP (BOYS: STEP SCISSOR KICK, STEP HALF TURN STRADDLE JUMP)
2. ROUND OFF FLICK (BONUS: RO BH TUCK)
3. HANDSTAND 1/2 PIROUETTE
4. FULL TURN TUCK JUMP
5. FRONT HANDSPRING
6. ARIEL
7. STRADDLE JUMP LINKED W JUMP
8. SPLIT ROLL (BOYS: PIKE LEVER)

MARKED OUT OF 10.00 + 0.5 BONUS

ROSE QUARTZ

GIRLS ADD CHOREOGRAPHY TO MUSIC

BOYS NO MUSIC

1. CHASSE SPLIT CHANGE CHASSE SPLIT LEAP (BOYS: STEP SCISSOR KICK, STEP BUTTERFLY)
2. ROUNDOFF BACK-HANDSPRING STRAIGHT BACK (BONUS: HALF TWIST)
3. VALDEZ (BOYS: ELEPHANT LIFT TO HANDSTAND - NO JUMP)
4. HANDSTAND FULL PIROUETTE RETURN TO STAND
5. FULL WOLF TURN (BOYS:BACKWARDS ROLL TO HANDSTAND HELD)
6. Y BALANCE (BOYS: STRADDLE LEVER)
7. FRONT HANDSPRING FRONT SOMI
8. BOX SPLITS HELD 3 SEC
9. ARIEL (BOYS: SIDE SOMI)
10. FULL TURN STRADDLE JUMP

MARKED OUT OF 10.00 + 0.5 BONUS

05

VAULT CRITERIA

AMBER

1 BLOCK

STRAIGHT JUMP ON, STRAIGHT JUMP OFF

OR

(BONUS: STRAIGHT JUMP ON, STAR JUMP OFF)

MARKED OUT OF 10.00 + 0.5 BONUS



RUBY

2 BLOCKS

SQUAT ON, STRAIGHT JUMP OFF

OR

(BONUS: SQUAT ON HALF TURN JUMP OFF)

MARKED OUT OF 10.00 + 0.5



SAPPHIRE

3 BLOCKS

STRADDLE ON, STRADDLE JUMP OFF

OR

(BONUS: STRADDLE OVER/SQUAT THROUGH)

MARKED OUT OF 10.00 + 0.5 BONUS



AMETHYST

3 BLOCKS

STRADDLE OVER/SQUAT THROUGH

OR

(BONUS: HANDSPRING OVER)

MARKED OUT OF 10.00 + 0.5 BONUS



EMERALD

TABLE VAULT 100CM

SQUAT ON HANDSPRING OFF

OR

(BONUS: HANDSPRING)

MARKED OUT OF 10.00 + 0.5 BONUS



DIAMOND

TABLE VAULT 100/110CM

HANDSPRING

OR

(BONUS: HALF ON)

MARKED OUT OF 10.00 + 0.5 BONUS



ROSE QUARTZ

TABLE VAULT 100/110CM

HALF ON

OR

(BONUS: HALF ON HALF OFF)

MARKED OUT OF 10.00 + 0.5 BONUS



06

FLOOR & VAULT SPECIFICATIONS

AMBER

FLOOR:

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

VAULT:

SPRINGBOARD, 30CM VAULT, SAFETY MAT

MARKED OUT OF 10.00 +0.5 BONUS

RUBY

FLOOR:

STRIP FLOOR ROUTINE

8X2M FLOOR

MUST BE COMPLETED IN ORDER

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

SKILLS MUST BE COMPLETED IN ORDER SHOWN

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

SPRUNG FLOOR

10X14M FLOOR

SKILLS DO NOT HAVE TO BE COMPLETE IN ORDER SHOWN

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 & ROSE QUARTZ

FLOOR:

SPRUNG FLOOR

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 £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 3 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 (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.

| | | |
|----------------|----------|---------------|
| 5-30 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.

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.

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 essential, 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!

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





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