



## Venue and Dates

**VENUE:** The Wiltshire School of Gymnastics, Lysander Road, Bowerhill, Melksham, Wiltshire, SN12 6SP

**CLOSING DATE FOR ENTRIES:** Friday September 29<sup>th</sup> 2017. Due to the anticipated size of this event, late entries cannot be accepted and will be returned.




**ORGANISER:** Sarah Calvert [calvertgymevents@gmail.com](mailto:calvertgymevents@gmail.com)

Our Website is constantly updated with information [www.calvertgymevents.com](http://www.calvertgymevents.com)

## Eligibility

This competition is intended for gymnasts that attend club level novice & recreational classes and train no more than 6 hours per week. Please refrain from entering gymnasts that have entered or, are likely to attend a higher-level event.

## Competition Categories

 <b>Pumpkins</b>	 <b>Black Cats</b>	 <b>Witches</b>
Training 1-2 hours per week	Training 3-4 hours per week	Training 5-6 hours per week
Minimum 2011 year of birth	Minimum 2011 year of birth	Minimum 2011 year of birth

In order to spread the awards evenly, we will determine age categories for each of the 3 levels on receipt of entries. There will be plenty of awards and prizes presented on the day ☺!

## Entry Details

- Entry Fee is £15 per Gymnast and includes a Participation Award
- Event T-shirts can be pre-ordered with your entry form at an additional £7.50 per T-shirt
- All competing gymnasts **MUST** be current Bronze Members of British Gymnastics.
- All Coaches accompanying gymnasts **MUST** be current and Full Members of British Gymnastics as well qualified to the level of the participants' performance.
- Clubs entering the Fright Invite Spooktacular are required to nominate and supply one judge whom can judge up to a full day or, pay a fine @ £50.00. In the *spirit* of this competition, we would like judges to come dressed in Halloween attire however, this is not compulsory ☺.
- All Entries can be made online via <https://form.jotformeu.com/71026401053339> or click the Entry Link on our website [www.calvertgymevents.com](http://www.calvertgymevents.com)

## **Spectator Tickets**

It is recommended to order tickets via the Box Office on [www.calvertgymevents.com](http://www.calvertgymevents.com)

**Purchasing tickets in advance is essential as space is limited and entry to the Competition cannot be guaranteed by turning up on the day.** A £1.00 surcharge will be applied to each ticket not purchased in advance. Spectator charges for both events are as follows:

**Adults: £5.00 Children (U16) & Seniors: £3.00** (under 3s are admitted free of charge)

*Please note it is not possible to order tickets via post or telephone nor reserve without payment*

# Apparatus Rules



## Pumpkins 1-2 hours per week (all execution from 10.00)

### VAULT

From run and jump from springboard, stretch jump to land onto 30cm 1.50 DV

From run and jump from springboard, stretch jump to land onto 60cm 1.80 DV

*Any two vaults may be performed, the best score will count*

### BARS

*Low Single Bar at 165cm – Choose from Set Routine 1 or Routine 2*

**Set Routine 1 – 4 elements @ 0.4 each** 1.60 DV

1. Standing with the bar at chest height or above, jump to front support (1 or 2 spring boards or a block may be used)
2. Hold front support position for 2 sec
3. Cast towards horizontal
4. Forward circle dismount to hang under the bar with straight or bent arms and lower straight legs through pike with control to the floor or hang

**Set Routine 2 – 4 elements @ 0.5 each** 2.00 DV

1. Circle up from one or two feet, (1 or 2 spring boards may be used)
2. Cast and return to bar
3. Cast and return to bar
4. Cast to push backwards dismount to stand

### BEAM

*Low Beam at 100cm / 1 length minimum / 70 seconds maximum*

**Routine – 6 elements from the list below @ 0.50 each** 3.00 DV

**Mount (choose 1):** Squat on, Straddle on, Jump on - all from 2 feet

**Balance (choose 1):** Arabesque to 45° (fwd, bwd or swd), V-sit with hand support

**Leap/Jump (choose 1):** Straight Jump, Tuck Jump, Cat Leap or Scissor Leap

**Turn (choose 1):** Half Turn on 2 feet in Stretched or Crouch position

**Acrobatic (choose 1):** Kick toward handstand to land in lunge, Forward Roll or Forward Roll prep (sitting on the beam in tuck shape, roll back and forward to stand without the use of hands)

**Dismount (choose 1):** Straight, Tuck or Star Jump off the end

**Up to 0.50 Artistry Bonus**

### FLOOR

*Floor Strips x 2 / No Music / 1 length minimum*

**Routine – 6 elements from the list below @ 0.50 each** 3.00 DV

**Acro (choose 2):** Cartwheel, Handstand, Forward Roll, Backward Roll, 180° Teddy Bear Roll

**Dance (choose 2):** Straight Jump, Tuck Jump, Cat Leap, Scissor Leap, Straight Jump ½ turn or Star Jump

**Balance (choose 1):** Arabesque to 45° (fwd, bwd or swd), V-sit (with hands), Bridge, Splits, Frog Balance

**Turn (choose 1):** Half Turn on 1 or 2 feet

**Up to 0.50 Artistry Bonus**



## Black Cats 3-4 hours per week (all execution from 10.00)

### VAULT

From run and jump from springboard, handspring flat back onto 60cm 1.50 DV

From run and jump from springboard, handspring flat back onto 90cm 1.80 DV

From run and jump from springboard, handspring flat back onto 110cm 2.00 DV

*Any two vaults may be performed, the best score will count*

### BARS

*Low Single Bar at 165cm*

**Set Routine – 4 elements @ 0.5 each** 2.00 DV

1. Circle up from one or two feet, (1 or 2 spring boards may be used)
2. Cast and return to bar
3. Cast into back--hip circle
4. Cast to choice of dismount: push backwards dismount to land, squat on and jump forwards, straddle undershoot

### BEAM

*Beam at 125cm with Safety Mattresses underneath / 2 lengths minimum / 70 seconds maximum*

**Routine – 6 elements from the list below @ 0.50 each** 3.00 DV

**Mount (choose 1):** Squat on, Straddle on, Jump to front support swing leg over to cross sit

**Balance (choose 1):** Arabesque to 45° (fwd, bwd or swd), V-sit without hand support, Y-balance

**Leap/Jump (choose 1):** Straight Jump (switch feet), Tuck Jump, Cat Leap or Scissor Leap

**Turn (choose 1):** Half Turn on 1 foot

**Acrobatic (choose 1):** Handstand to vertical, Forward Roll (with or without hands), Cartwheel or push to Bridge and kick-over to stand.

**Dismount (choose 1):** Star Jump, Straddle Jump or Round-off off the end

**Up to 0.50 Artistry Bonus**

### FLOOR

*Floor Strips x 2 / No Music / 2 lengths minimum*

**Routine – 7 elements from the list below @ 0.50 each** 3.50 DV

**Acro (choose 2 connected):** Cartwheel (1 or 2 hands), Handstand Forward Roll, Backward/Forward Roll to Straddle Stand, Forward Walkover, Backward Walkover, Push to Bridge and Kick-over to stand, Tic-toc

**Flighted Acro (choose 1):** Dive Cartwheel, Round-Off, Free Cartwheel or Handspring to 1 or 2 feet

**Dance (choose 2 connected):** Tuck Jump with ½ turn, Cat Leap with ½ turn, Scissor Leap, 135° Split leap/jump/sissone, 135° Stag leap/jump/sissone, Wolf jump/hop, Straddle Jump, Pike Jump

**Balance (choose 1):** Arabesque to 90° (fwd, bwd or swd), Bridge, Headstand with tuck or straight legs, Y-balance, Needle Scale or Splits (fwd or swd)

**Turn (choose 1):** Full Turn Spin on 1 foot or Full Turn Jump

**Up to 0.50 Artistry Bonus**



## Witches 5-6 hours per week (all execution from 10.00)

### VAULT

- From run and jump from springboard, handspring flat back onto 110cm matting 1.50 DV
- From run and jump from springboard, handspring to stand onto 110cm matting 1.80 DV
- From run and jump from springboard, ½ on to stand onto 110cm matting 2.00 DV  
(hands and shoulders must complete a full 180 turn)
- Any two vaults may be performed, the best score will count*

### BARS

#### *Asymmetric Bars*

- Set Routine – 5 elements @ 0.5 each** 2.50 DV
1. Circle up from two feet **Option to float upstart for 0.5 bonus** (1 or 2 spring boards may be used)
  2. Cast into back--hip circle
  3. Cast to squat on, transfer to the high bar
  4. Swing directly into 3/4 giant
  5. Straddle on undershoot dismount

### BEAM

#### *Beam at 125cm / 2 lengths minimum / 90 seconds maximum*

- Routine – 7 elements from the list below @ 0.50 each** 3.50 DV

**Mount (choose 1):** Squat on, Straddle on, Forward Roll on or Jump to Japana

**Balance (choose 1):** Arabesque to 90° (fwd, bwd or swd), V-sit without hand support, Y-balance, Needle Scale or Splits (fwd or swd)

**Leap/Jump (choose 2 connected):** Straight Jump with ½ turn, Tuck Jump, Cat Leap, Scissor Leap, 135° split leap/jump/sissone or wolf jump/hop

**Turn (choose 1):** Full turn on 1 foot or ½ turn on 1 foot immediate ½ turn on 2 feet

**Acrobatic (choose 1):** Handstand for 2 secs, Forward Roll (with or without hands), Cartwheel, Forward Walkover or Back Walkover

**Dismount (choose 1):** Round-off, Handspring or Tuck Front Somersault off the end

**Up to 0.50 Artistry Bonus**

### FLOOR

#### *Floor Strips x 2 / No Music / 2 lengths minimum*

- Routine – 8 elements from the list below @ 0.50 each** 3.50 DV

**Acro (choose 4, 2 of these must be connected):** Cartwheel with 1 hand, Handstand Forward Roll with straight arms, Forward Walkover, Backward Walkover, Push to Bridge and Kick-over to stand, Backward Roll to Handstand, Tic-toc, Dive Cartwheel, Round-Off, Free Cartwheel, Handspring to 1 or 2 feet, Back Flip to 1 or 2 feet, Tuck Front Somersault, Tuck Back Somersault,

**Dance (choose 2 connected):** Tuck Jump with ½ or full turn, Cat Leap with ½ or full turn, Scissor Leap, 135° Split leap/jump/sissone, 135° Stag leap/jump/sissone, Wolf jump/hop, Straddle Jump, Pike Jump

**Balance (choose 1):** Arabesque to 90° (fwd, bwd or swd), Pike or Straddle to Headstand with straight legs, Y-balance, Needle Scale or Splits (fwd or swd)

**Turn (choose 1):** Full Turn Spin on 1 foot, Full Turn Jump or Handstand Full Pirouette

**Up to 0.50 Artistry Bonus**