

The Summer Sizzler 2019

Venue and Dates

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

COMPETITION DATE: Sunday June 16th

CLOSING DATE FOR ENTRIES: Friday May 24th

Due to the anticipated size of this event we will close entries prior to the published closing date above if we reach our event capacity – enter early to avoid disappointment


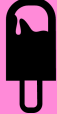

ORGANISER: Sarah Calvert calvertgymevents@gmail.com

Our Website is constantly updated with information 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 train more than 6 hours, have entered or, are likely to attend a higher-level event.**

Competition Categories

 Beach Balls	 Ice Lollies	 Sandcastles
Training 1-2 hours per week	Training 3-4 hours per week	Training 5-6 hours per week
Minimum 2013 year of birth	Minimum 2013 year of birth	Minimum 2013 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 £20 per Gymnast and includes a Participation Award & Event 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 Summer Sizzler are required to nominate and supply one judge whom can judge a full day or, pay a fine @ £75.00. In the spirit of this competition, we would like both judges and coaches to come dressed in summer attire however, this is not compulsory 😊.

All Entries can be made online via <https://form.jotformeu.com/90705791958370> or click the Entry Link on our website www.calvertgymevents.com

Spectator Tickets

We cannot stress enough the importance of pre-ordering tickets via the event website www.calvertgymevents.com. **Purchasing tickets in advance is essential as space is limited and we often sell-out. Entry to the Competition cannot be guaranteed by turning up on the day.**

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

Tickets will go on sale following the publication of the Competition Programme

All tickets are £5 each and are sold by Round.

The arena will be cleared following each round of competition.

- Children under 4 will be admitted free of charge but will be expected to sit on laps if no seat is available.
- Competing gymnasts will need to purchase a spectator ticket for the other round(s) that they wish to watch.
- Tickets are only refundable prior to the event taking place but maybe exchanged for a different round.
- **This is a very busy and large event thus, please be aware that the main car park & roads surrounding the host venue may be full by the time you arrive. There is plenty of parking on the estate but you should ensure that you both allow sufficient time to find a space, walk to the venue and, car pool where possible.**

Event Cancellation Policy

Whilst every effort is made to mitigate the risk, the host venue may make a decision to cancel a booked event at any time prior to the day of the event for their own sporting/business reasons. A few examples (including but not limited to) damage to the facilities and severe weather conditions. Such matters might be decided very close to the date of the event and so cancellation, while very unlikely, is possible.

If such an incidence were to occur, CGE cannot entertain and will not be liable for, from you or any member of your club any claim for loss of monies or costs of any description (such as for entry/spectator fees, travel, accommodation, either individually or collectively), or disappointment or loss of opportunity, incurred as a result of such an event cancellation.

Force Majeure

WSG shall not be liable for any loss, damage or expense which you or your club may incur arising from a change or cancellation to your arrangements which occur due to unusual or unforeseeable circumstances beyond our control and that of our suppliers. Such events would include, for example, war, threat of war, riots, civil strife, pandemics, industrial disputes, terrorist activity, fire or adverse weather conditions, natural or nuclear disaster, or similar events beyond our control.

Photography & Social Media

An approved & DBS checked official photographer will be present at this event taking photos of the gymnasts for resale via a dedicated, password protected website. In addition, photos and live video streaming will also be taken to be posted on the CGE closed Facebook page. You MUST inform us in advance of the event taking place if there are any objections to this and/or if any gymnast should not be photographed by either the official photographer or organisers for the purposes stated above.

Apparatus Rules

General Deductions for ALL Levels

Missing element = 0.50 value + 0.50 non-attempt 1.00 deduction

Spotting/helping an element = 0.50 value + 0.50 assistance 1.00 deduction

Any additional elements performed will not be credited and any execution penalties will apply.



Beach Balls - Gymnasts Training 1-2 hours per week

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 / 60 seconds maximum

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

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

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



Ice Lollies - Gymnasts Training 3-4 hours per week

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 two feet **Option to float upstart for 0.5 bonus** (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. **Option to backward or forward walkover for 0.5 bonus**

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, Handspring to 1 or 2 feet, Back Flick 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

Any additional elements performed will not be credited and any execution penalties will apply.

Example: If a gymnast performs a round off-flick, the first flighted element will count toward DV



Sandcastles - Gymnasts Training 5-6 hours per week

VAULT

From run and jump from springboard, handspring flat back onto 90cm matting	1.00 DV
From run and jump from springboard, handspring flat back onto 100cm matting	1.30 DV
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 (hands and shoulders must complete a full 180 turn)	2.00 DV

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

BARS

Asymmetric Bars

Option 1 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 **Option to long upstart for 0.5 bonus**
5. Straddle on undershoot dismount

Upstart Bonus @ 0.5 will be awarded once only

Low Single Bar at 165cm

Option 2 Set Routine – 4 elements @ 0.5 each 1.50 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 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 / 2 lengths minimum / 70 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 (optional exit) 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 or more 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 $\frac{1}{2}$ or full turn, Cat Leap with $\frac{1}{2}$ 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 Handstand 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