



PERFORMANCE CHAMPIONSHIPS

N.I



PASSING LEVELS

- Gymnasts must receive an overall score of 10 or higher to pass level 1/ overall score of 11 or higher to gain a merit in level 1/ overall score of 12 or higher to gain a distinction in level 1
 - Gymnasts must receive an overall score of 20 or higher to pass level 2/ overall score of 22 or higher to gain a merit in level 2/ overall score of 24 or higher to gain a distinction in level 2
 - Gymnasts must receive an overall score of 30 or higher to pass level 3/ overall score of 33 or higher to gain a merit in level 3/ overall score of 34 or higher to gain a distinction in level 3
 - Gymnasts must receive an overall score of 40 or higher to pass level 4/ overall score of 45 or higher to gain a merit in level 4/ overall score of 50 or higher to gain a distinction in level 4
 - Gymnasts must receive an overall score of 69 or higher to pass level 5/ overall score of 70 or higher to gain a merit in level 5/ overall score of 72 or higher to gain a distinction in level 5.
 - Gymnasts who pass the level will receive a certificate which will be delivered to their club no more than 4 weeks following the competition.
 - Gymnasts cannot move up a level unless they have passed the prior level: if a gymnast has previously entered at level 2 in the performance championships but did not make the marks to pass, they are unable to enter at level 3 the following year and must repeat level 2.
 - If a gymnast has missed a competitive season due to injury you must contact organisers to clarify their exception of completing a level.
 - If your gymnast has not competed before in performance championships N.I before please put them in a level they will most likely pass and progress in for their first competition.
- Levels 1-4 are beginner levels
 - Level 5 is an advanced elite level

CHAMPIONSHIPS

- Gymnasts will be eligible to win apparatus placings as well as overall top scores within level and age group.
- The overall winner in each level will be determined in this competition. Winners with top OVERALL score *in championships* will win large trophies and prizes.
- Gymnasts may enter with a club or as an individual as long as they are registered with British gymnastics.
- Entry fees per individual are £40

SCORING

- Scoring will be available on the website: www.pchampsni.com during and after the competition.
- Gymnasts rankings will be available on the website following their completion of all pieces of apparatus.

JUDGING AND VOLUNTEERS

- Clubs attending must provide x1 judge or ballet teacher and x2 volunteers or £100 fine per judge and £25 per volunteer is applicable this is per day.

WARMUPS

- Floor: 3 minutes total warm up as group
- Ribbon: 3 minutes total warm up as group
- Ball: 3 minutes total warm up as group
- Hoop: 3 minutes total warm up as group
- Clubs: 3 minutes total warm up as group

JUDGING

Please see detailed judging sheet.

MUSIC

Music must be sent by mp3 format to musicpchamps@outlook.com clearly labelled with: apparatus type (ie Ribbon or floor), Childs full name and entry number.

LEVELS AND AGES

Age is calculated from what age the competitor is **ON the date of competition.**

It is recommended that all children training over 13 hours per week enter **in age** but only if they are safe to do the routines.

All ages are welcome to enter any level if safe to perform routines but once gymnasts.

Minimum age for entry to competition is 5 on the date of the championships.

Please see passing levels to see rules for gymnasts entry

| <u>Levels</u> | <u>In age</u> | <u>Out of age</u> |
|----------------|---------------|-------------------|
| Level 1 | 7 or under | Over 7 |
| Level 2 | 8 or under | Over 8 |
| Level 3 | 9 or under | Over 9 |
| Level 4 | 10 or under | Over 10 |
| Level 5 | 11 or Under | Over 11 |

LEVEL 1 ROUTINE

| FLOOR | HOOP | BALL | RIBBON |
|--|-------------|-------------|---------------|
| Performed on strip of floor 12.4 metres Movement can be done in any order Must be performed WITHOUT music | X | X | X |
| <ul style="list-style-type: none"> • 1 Leap or jump • Various Dance steps • 1 Spin or turn • 1 Balance • 1 leg splits | | | |
| *0.5 BONUS FOR BOTH LEG SPLITS | X | X | X |

Start value of each piece 13.00

LEVEL 2 ROUTINES

| FLOOR | HOOP | BALL | RIBBON |
|---|-------------|-------------|---|
| Performed on strip of floor 12.4 metres Movement can be done in any order Must be performed WITHOUT music | X | X | Performed on strip of floor 12.4 metres Movement can be done in any order Must be performed WITHOUT music |
| <ul style="list-style-type: none"> • 2 Leaps or jumps • Various Dance steps • 2 Spins or turns • 2 Balances • 2 leg splits | X | X | <ul style="list-style-type: none"> • 2 Leaps or jumps with ribbon • Various Dance steps with ribbon • 2 Spins or turns with ribbon • 2 Balances with ribbon • 2 leg splits with ribbon |
| **0.5 BONUS FOR ALL THREE SPLITS | X | X | **0.5 BONUS FOR ALL THREE SPLITS |

Start value of each piece 13.00

LEVEL 3 ROUTINES

| FLOOR | HOOP | BALL | RIBBON |
|---|--|----------|---|
| Performed on full floor area Movement can be done in any order Music length 1 Minute | Performed on full floor area Movement can be done in any order Music length 1 Minute | X | Performed on full floor area Movement can be done in any order Music length 1 Minute |
| <ul style="list-style-type: none"> • 3 Leaps or jumps • Various Dance steps • 2 Spins or turns • 3 Balances • 3 leg splits | <ul style="list-style-type: none"> • 3 Leaps or jumps with hoop • Various Dance steps with hoop • 2 Spins or turns with hoop • 3 Balances with hoop • 3 leg splits with hoop • Rolling hoop on floor x1 • 1 throw and catch with hoop | X | <ul style="list-style-type: none"> • 2 Leaps or jumps with ribbon • Various Dance steps with ribbon • 2 Spins or turns with ribbon • 2 Balances with ribbon • 3 leg splits with ribbon |
| **0.5 BONUS FOR FRONT OR BACK WALKOVER | **0.5 BONUS FOR ROLLING HOOP ON FLOOR AND AN ACRO ELEMENT | X | **0.5 BONUS A THROW AND CATCH OF RIBBON |

Start value of each piece 13.00

LEVEL 4 ROUTINES

| FLOOR | HOOP | BALL | RIBBON |
|--|--|---|--|
| Performed on full floor area Movement can be done in any order Music length 1 Minute | Performed on full floor area Movement can be done in any order Music length 1 Minute | Performed on full floor area Movement can be done in any order Music length 1 Minute | Performed on full floor area Movement can be done in any order Music length 1 Minute |
| <ul style="list-style-type: none"> • 4 Leaps or jumps • Various Dance steps • 2 Spins or turns • 4 Balances • 3 leg splits • Back flexibility movement • **Front or back Walker | <ul style="list-style-type: none"> • 3 Leaps or jumps with hoop • Various Dance steps with hoop • 2 Spins or turns with hoop • 3 Balances with hoop • 3 leg splits with hoop • Rolling hoop on floor x2(One must be done with an acro element) • 2 throw and catch with hoop • 1 rotation of hoop on body x2 seconds | <ul style="list-style-type: none"> • 3 Leaps or jumps with ball • Various Dance steps with ball • 2 Spins or turns with ball • Bounce with ball • 3 leg splits with ball • Rolling Ball on floor x2(One must be done with an acro element) • 2 throw and catch • 1 rotation of ball on body | <ul style="list-style-type: none"> • 4 Leaps or jumps with ribbon • Various Dance steps with ribbon • 2 Spins or turns with ribbon • 4 Balances with ribbon • 3 leg splits with ribbon • Back flexibility movement with ribbon • Throw and catch movement with ribbon |
| **0.5 BONUS FOR FRONT AND BACK WALKOVER | **0.5 BONUS FOR THROW CATCH OF HOOP AND AN ACRO ELEMENT | **0.5 BONUS FOR THROW CATCH AND AN ACRO ELEMENT WITH BALL | **0.5 BONUS 1 HANDED WALKOVER WITH RIBBON |

Start value of each piece 13.00

LEVEL 5 ROUTINES – ADVANCED/ELITE

| FLOOR | HOOP | BALL | RIBBON | CLUBS |
|--|---|---|--|--|
| Performed on full floor area Movement in any order Music length 1.30 Minute | Performed on full floor area Movement in any order Music length 1.30 Minute | Performed on full floor area Movement in any order Music length 1.30 Minute | Performed on full floor area Movement in any order Music length 1.30 Minute | Performed on full floor area Movement in any order Music length 1.30 Minute |
| <ul style="list-style-type: none"> • Leap and leap connected • 1 leap • 1 Jump • Various Dance steps • 2 Spins or turns • 4 Balances • 3 leg splits • Backwards ring kick and catch • Front and back Walkover | <ul style="list-style-type: none"> • Leap and leap connected with hoop • 1 leap with hoop throw and catch • 1 Jump with hoop throw and catch • Various Dance steps with hoop • 2 Spins or turns with hoop • 4 Balances with hoop • 3 leg splits with hoop • Backwards ring kick and catch with hoop • Front Walkover (1 arm) with hoop • Rolling hoop on floor x2(One must be done with an acro element • 2 throw and catch with hoop | <ul style="list-style-type: none"> • Leap and leap connected with ball • 1 leap with ball throw and catch • 1 Jump with ball throw and catch • Various Dance steps with ball • 2 Spins or turns with ball • 4 Balances with ball • 3 leg splits with ball • Backwards ring kick and catch with ball • Front Walkover (1 arm) with ball • Rolling ball on floor x2(One must be done with an acro element • 2 throw and catch (one must be with an acro movement) | <ul style="list-style-type: none"> • Leap and leap connected with ribbon • 1 leap with ribbon • 1 Jump with ribbon • Various Dance steps with ribbon • 2 Spins or turns with ribbon • 4 Balances with ribbon • 3 leg splits with ribbon • Backwards ring kick and catch with ribbon • Front Walker (1 arm) with ribbon | <ul style="list-style-type: none"> • Leap and leap connected with clubs • 1 leap and catch single • 1 Jump and catch single club • Various Dance steps with clubs • 2 Spins or turns with clubs • 4 Balances with clubs containing circular rotation with clubs in hands • Backwards ring kick and catch with clubs • Front Walkover (1 arm) with clubs |
| **0.5 BONUS FOR FRONT CATCH | **0.5 BONUS FOR THROW AND CATCH WITH LEAP LEAP CONNECTED | **0.5 BONUS FOR 2 ROTATION OF BALL ON BODY | **0.5 BONUS FOR THROW AND CATCH WITH ANY ACRO MOVE | **0.5 BONUS FOR THROW AND CATCH OF ONE CLUB WITH ANY ACRO MOVE |

Start value of each piece 15.00



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