



PERFORMANCE CHAMPIONSHIPS
N.I



COMPETITION RULES

- We want this competition to be fair for all gymnasts that will be participating please ensure you enter your gymnasts in the appropriate category and abide by the training hours rule below.

GIRLS

- Gymnasts in beginner and beginner plus should not train more than 2 hours per week
- Gymnasts in Level 1 and 2 should not train more than 5 hours per week
- Gymnasts in Level 3 should not train more than 8 hours per week

BOYS

- Gymnasts in Level 1 should not train more than 3 hours per week
- Gymnasts in Level 2 and 3 should not train more than 8 hours per week

PASS MARKS

- Levels 1, 2 and 3 will have Pass, Merit and Distinction

Girls	Pass	Merit	Distinction
Level 1	17	19	21
Level 2	18	20	22
Level 3	19	21	23
Boys	Pass	Merit	Distinction
Level 1	17	18.5	20
Level 2	17	18.5	20
Level 3	18	20	22

GIRLS ROUTINES

BEGINNER AND BEGINNER PLUS

- Routines will be done on a carpet strip. These routines will be available on our website.

LEVELS 1/2/3

- Routines will be done on a standard 12x12 sprung floor.
- Routines will need to be between 80 seconds – 90 seconds.
- Gymnasts D scores will be valued by the 4 CR's valued at 0.5 each plus the 8 highest skills.

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BOYS ROUTINES

LEVELS 1/2/3

- Routines will be done on a standard 12x12 sprung floor on a diagonal.
- Routines will need to be between 50 seconds – 60 seconds.
- Gymnasts D scores will be valued by the 4 CR's valued at 0.5 each plus the 8 highest skills.

PERFORMANCE CHAMPIONSHIPS NI 2 PIECE COMPETITION

AGE GROUPS AS PER AGE ON DATE OF DAY OF QUALIFIER

Girls - Beginner	6&u 8&u 10&u 12&u 13+
Girls - Beginner plus	7&u 8&u 10&u 12&u 13+
Girls - Level 1	8&u 10&u 12&u 13+
Girls - Level 2	8&u 10&u 12&u 13+
Girls - Level 3	9&u 11&u 12+
Boys - Level 1	6&u 8&u 10&u 12+
Boys – Level 2	8&u 10&u 12+
Boys – Level 3	9&u 11&u 12+

JUDGES

Each club will need to provide judges for the competition. If you fail to provide the correct number of judges you will need to pay a penalty of £50

Number of gymnasts	Number of judges
1-5	1
6+	2

AWARDS

Girls

Beginner and beginner plus	Best overall score and individual apparatus medals per age group	Top 15 per age group qualify for final. No pass mark.
Level 1 – 3	Best overall score and individual apparatus medals per age group. Overall trophy per age group	Top 12 per age group qualify for final. Pass, merit, and distinction certificates.

Boys

Level 1 – 3	Best overall score and individual apparatus medals per age group. Overall trophy per age group	Top 12 per age group qualify for final. Pass, merit, and distinction certificates.
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TEAM AWARD

- The club with the highest overall score of all the gymnasts added together wins the team Plaque. There are no minimum or maximum amount of gymnasts permitted to enter per club.
- The team award is **only** done at qualifying competition.

MOVING UP RULE

- Please ensure you place your gymnasts in the appropriate level. If a gymnast achieves a distinction at the finals, they will be required to move up a level the following year. Top 3 gymnasts at the finals will also be required to move up if there are more than 8 gymnasts in their category regardless of their overall score.

QUALIFIER AND FINALS

- Gymnasts must compete in the qualifier to progress to the finals. Top 12 gymnasts in each category will progress to the finals.

QUALIFIER; 2nd July 2023

FINAL; 10th December 2023

ENTRY INFORMATION

- Please use this link to enter – www.pchampsni.com
- Cost will be £30 per gymnast.

SPECTATORS

- Adults and children over 7- £7
- No children under 7 permitted due to health and safety

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GIRLS BEGINNER

	Vault	Floor
	<ul style="list-style-type: none"> Gymnova springboard and 60cm crash mat Start value 11.00 	<ul style="list-style-type: none"> Performed on a strip of floor must be done in order Start Value 11.00
Requirements	<ul style="list-style-type: none"> **Tuck jump onto crash mat – walk to the end of the mat stretch jump off** 	<ul style="list-style-type: none"> Baby handstand Forward roll to straddle sit Japanna Close feet to pike sit lift to back support to front support Jump feet forwards stand up Chasse cat leap Stretch jump, star jump **Kick towards handstand**
	0.5 Bonus for tuck jump onto mat then step into handstand flatback	**0.5 Bonus for cartwheel instead of kick towards handstand**
Notes	<ul style="list-style-type: none"> 2 Vaults permitted highest score to count 2.00 Penalty for coach support 	<ul style="list-style-type: none"> Missing skills will incur a 0.5 deduction Skills must be performed in the correct order 0.5 deduction for incorrect order.

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GIRLS BEGINNER PLUS

	Vault	Floor
	<ul style="list-style-type: none"> Gymnova springboard and 60cm crash mat Start value 11.00 	<ul style="list-style-type: none"> Performed on a strip of floor must be done in order Start Value 11.00
Requirements	<ul style="list-style-type: none"> **Stretch jump onto crash mat – kick to handstand flatback** 	<ul style="list-style-type: none"> Kick to handstand Forward roll to **straddle sit** Japanna Close feet to pike sit Pike fold Lie on back dish hold roll back to candle stand up Chasse Split leap 100° Tuck jump, split jump Cartwheel
	**0.5 Bonus for handstand flatback	**0.5 Bonus for straddle splits or box splits **
Notes	<ul style="list-style-type: none"> 2 Vaults permitted highest score to count 2.00 Penalty for coach support 	<ul style="list-style-type: none"> Missing skills will incur a 0.5 deduction Skills must be performed in the correct order 0.5 deduction for incorrect order.

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GIRLS LEVEL 1

	Vault	Floor
	<ul style="list-style-type: none"> Gymnova springboard and 90cm crash mat Start value 12.00 	<ul style="list-style-type: none"> Performed on a Montreal full sprung floor Music is required max of 90 seconds
Requirements	<ul style="list-style-type: none"> **Handstand flat back** 	4 CR's valued at 0.5 each <ul style="list-style-type: none"> One acro skill with flight 120° split leap Full spin Additional leap or hop
	**0.5 Bonus for handstand flatback on vault table	**0.5 Bonus for back handspring **
Notes	<ul style="list-style-type: none"> 2 Vaults permitted highest score to count 2.00 Penalty for coach support 	<ul style="list-style-type: none"> Minimum of 6 skills. 5 or less with incur a 1.0 deduction. Only 8 skills will count towards D score value. Only A skills allowed. 1 B dance skill is permitted.

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GIRLS LEVEL 2

	Vault	Floor
	<ul style="list-style-type: none"> Gymnova springboard and vaulting table at lowest height Start value 12.00 	<ul style="list-style-type: none"> Performed on a Montreal full sprung floor Music is required max of 90 seconds
Requirements	<ul style="list-style-type: none"> **Handstand flat back on vault table** 	<p>4 CR's valued at 0.5 each</p> <ul style="list-style-type: none"> One acro line with 2 flighted skills Dance passage with at least 2 dance skills – Including one leap 160°, and hops/jumps Full spin Additional acro skill in a different direction (Forwards/side & backwards)
	<p>**0.5 Bonus for handspring over vaulting table**</p>	<p>**0.5 Bonus for back or front salto **</p>
Notes	<ul style="list-style-type: none"> 2 Vaults permitted highest score to count 2.00 Penalty for coach support 	<ul style="list-style-type: none"> Minimum of 6 skills. 5 or less with incur a 1.0 deduction. Only 8 skills will count towards D score value. Only A skills allowed. 1 B dance skill is permitted.

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GIRLS LEVEL 3

	Vault	Floor
	<ul style="list-style-type: none"> Gymnova springboard and vaulting table at 1.15metres 	<ul style="list-style-type: none"> Performed on a Montreal full sprung floor Music is required max of 90 seconds
Requirements	<ul style="list-style-type: none"> Handspring SV 11.0 Half on SV 11.0 Handspring Half off SV 12.0 Handspring half off SV 12.0 Half on half off SV 13.0 Half on Half off SV 13.0 	<p>4 CR's valued at 0.5 each</p> <ul style="list-style-type: none"> One acro line with Salto Dance passage with at least 2 dance skills – Including one 180° leap, and hops/jumps Full spin Acro line with minimum of two flight elements
		**0.5 Bonus for any straight salto **
Notes	<ul style="list-style-type: none"> 2 Vaults permitted highest score to count 2.00 Penalty for coach support 	<ul style="list-style-type: none"> Minimum of 6 skills. 5 or less with incur a 1.0 deduction. Only 8 skills will count towards D score value. Only A skills allowed. 2 B dance skill is permitted.

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BOYS LEVEL 1

	Vault	Floor
	<ul style="list-style-type: none"> Gymnova springboard and 90cm crash mat Start value 11.00 	<ul style="list-style-type: none"> Performed on a strip of floor must be done in order Start Value 13.00
Requirements	<ul style="list-style-type: none"> **Handstand flatback** 	<ul style="list-style-type: none"> Baby Handstand Forward roll to straddle sit Japanna Close feet to pike sit lift to reverse plank turn to front support Press up Jump feet forwards stand up Stretch jump, star jump Kick towards handstand
	0.5 Bonus for handstand flatback over vaulting table at 115cm	**0.5 Bonus for cartwheel instead of kick towards handstand
Notes	<ul style="list-style-type: none"> 2 Vaults permitted highest score to count 2.00 Penalty for coach support 	<ul style="list-style-type: none"> Missing skills will incur a 0.5 deduction Skills must be performed in the correct order 0.5 deduction for incorrect order.

BOYS LEVEL 2

	Vault	Floor
	<ul style="list-style-type: none"> • Gymnova springboard and 115cm vaulting table • Start value 11.00 	<ul style="list-style-type: none"> • Performed on the main floor on a diagonal • Start Value 13.00
Requirements	<ul style="list-style-type: none"> • **Handstand flat back over vaulting table** 	<ul style="list-style-type: none"> • One acro skill with flight • 2 Second head stand • Stretch jump half turn • Cartwheel or dive roll • Tuck jump straddle jump • Backward roll to pike stand
	**0.5 Bonus for handspring over vaulting table at 115cm	**0.5 Bonus for front or back salto **
Notes	<ul style="list-style-type: none"> • 2 Vaults permitted highest score to count • 2.00 Penalty for coach support 	<ul style="list-style-type: none"> • 0.5 deduction for any missing skills • Must use 1 diagonal

BOYS LEVEL 3

	Vault	Floor
	<ul style="list-style-type: none"> • Gymnova springboard and 115cm vaulting table 	<ul style="list-style-type: none"> • Performed on a montreal sprung floor • Start Value 13.00
Requirements	<ul style="list-style-type: none"> • Handspring SV 11.0 • Half on SV 11.0 • Handspring Half off SV 12.0 • Handspring half off SV 12.0 • Half on half off SV 13.0 • Half on Half off SV 13.0 	<ul style="list-style-type: none"> • One acro line with Salto • Backward roll to handstand • Tuck jump full turn • Acro line with minimum of two flight elements • Handstand forward roll • Any balance skill
		**0.5 Bonus for straight front or back salto **
Notes	<ul style="list-style-type: none"> • 2 Vaults permitted highest score to count • 2.00 Penalty for coach support 	<ul style="list-style-type: none"> • 0.5 deduction for any missing skills • Must use entire floor for routine