

INSPIRING GYMSPIRE
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 23rd & Sunday 24th November 2024

VENUE: Weald of Kent Grammar School

ADDRESS: Tudeley Ln, Tonbridge TN9 2JP

ENTRIES OPEN: Wednesday 28th August 2024

ENTRIES CLOSE: Sunday 6th October 2024

ENTRY COST: £27 per gymnast

THEME: Our Winter Wonderland competition is Christmas themed! We encourage all participants to wear Christmas 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
AMBER		MIN AGE 3	0-1 HR PER WEEK	Total F&V score: 18.6
RUBY		BETWEEN AGES 3 & 12	0-2 HR PER WEEK	18.6
SAPPHIRE		BETWEEN AGES 4 & 12	0-3 HR PER WEEK	18.6
AMETHYST		BETWEEN AGES 5 & 12	0-4 HR PER WEEK	18.6
EMERALD		BETWEEN AGES 6 & 16	0-5 HR PER WEEK	18.6
DIAMOND		MAX AGE 16	0-6 HR PER WEEK	18.6
ROSE QUARTZ		MAX AGE 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. STRADDLE SIT
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. HALF TURN TUCK JUMP
3. HANDSTAND
4. FORWARD ROLL TO PIKE SIT
5. PIKE FOLD
6. BRIDGE LIFT ONE LEG
7. DISH TO ARCH (HOLD EACH FOR 3 SEC)
8. FRONT SUPPORT (BONUS: PRESS UP)
9. JUMP IN STAR JUMP
10. CHOOSE 1: Y BALANCE, SPLITS OR CARTWHEEL

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. HANDSPRING TO ONE INTO FRONT TO BACK CARTWHEEL (BONUS: ROUNDOFF-FLICK)
4. HANDSTAND FORWARD ROLL
5. DIVE CARTWHEEL
6. FULL SPIN (BOYS: FULL TURN JUMP)
7. BACKWARD WALKOVER
8. BOX SPLIT SWIM THROUGH
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. 3 SKIPS
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. BACKBEND LIFT ONE LEG (ABOVE 90°) CHANGE LEG KICKOVER (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, DIVE FORWARD ROLL 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 SPLIT LEAP 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 FORWARD ROLL OUT
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

VAULT CRITERIA

AMBER

1 BLOCK

STRAIGHT JUMP ON
STRAIGHT JUMP OFF
(BONUS: STAR JUMP)

MARKED OUT OF 10.00 + 0.5 BONUS

RUBY

2 BLOCKS

SQUAT ON STRAIGHT JUMP OFF
OR
(BONUS: SQUAT ON TUCK JUMP OFF)

MARKED OUT OF 10.00 + 0.5

SAPPHIRE

3 BLOCKS

STRADDLE ON STAR JUMP OFF
OR
(BONUS: STRADDLE ON STRADDLE JUMP OFF)

MARKED OUT OF 10.00 + 0.5 BONUS

AMETHYST

3 BLOCKS

SQUAT OR STRADDLE ON STRADDLE
JUMP OFF
OR
(BONUS: STRADDLE OVER/SQUAT
THROUGH)

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

FLOOR & VAULT SPECIFICATIONS

AMBER

FLOOR:

STRIP FLOOR ROUTINE
8X2M FLOOR
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
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
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

NON SPRUNG FLOOR

FLOOR:

10X14M FLOOR
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

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 adult and £3.5 for children aged 3-17 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 2 adult 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.

10-30 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.

STEP 2

Gymnast entry form

Please use an Excel document to complete gymnast entry forms and submit them via email. We do not accept PDFs or postal submissions. Ensure that all information on the form is accurate, as changes are difficult to make after submission and can cause delays on the event day.

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.

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 and Diamond 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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