Apparatus Handbook

Information Relating To The Event & Gymnasts

A. **Age categories** are as follows :

Junior Derek Clark - Participation event, Gold Medal and certificate received by all.

There is no longer an OOA category
10 years and under
8 years and under
6 years and under

Derek Clark - a competitive event in the following :
Floor & Vault combined
Beam
Bars
Tumbling

U8, U10, U12, U14, U16, O16yrs OOA children under the age of 6 as per guidelines should not be competing.

B. The Team

The Club Team is a collective team of ages not per level or age group.

The JDC Club Team of 6 must be 6 yrs+ as under 6 years should not be competing as per guidelines.
The DC Club Team of 6 for the DC must be 6yrs +

The gymnasts are not to be told, so no extra pressure is added to their performance. The winner of the team event will be the winners of the caretakers of the relevant cup and shield for that year, it is the winning club's responsibility to ensure their clubs name and year is engraved on the shield. If you the caretaker does not engrave the shield, then your name will be omitted. The shield and cup are to be returned to Mourne Gymnastics Club approximately one month before the following year's competition

C. <u>Main Event</u>
<u>Junior Derek Clark Ethos</u>
This will be the first event many young gymnasts will have participated in; in essence it is a competition in name only. It is a developmental platform for all concerned where children experience performing on a floor, in front of an audience, in front of a judge and with the support of their coaches / young leaders who can prompt where necessary.

We feel the children should be rewarded for their participation and encourage confidence building; competitiveness can wait until times where they are ready to graduate into the Derek Clark pathway.

This event is also a developmental opportunity for young leaders to train as junior judges hence the need and opportunity for them to practice in a controlled environment, reserving experience for the Derek Clark.

Mourne Gymnastics club will continue to strive to create these opportunities for both young and teenage individuals.

This competition is a Floor and Vault "2-piece competition" each piece of apparatus after that is deemed an individual event. This allows for children to develop skills on other pieces of apparatus. There is also an option where by a Gymnast can enter as a **Guest** in the event that maybe they are between levels. They can enter the competition as a practice with no pressure. However, they would not qualify for any medals and could not be part of the team.

D. **Eligibility** – All competitions in the "Derek Clark Memorial Cup" Competition Programme are intended for **General Recreational Gymnasts**. A Gymnast is deemed a General Recreational Gymnast if they train FOUR (4) hours or less a week.
E. **Gymnasts** – coaches should enter gymnasts at a level which reflects the gymnast's current ability and at a level that will provide equitable competition with other gymnasts.
F. **Sensitivity** – will be shown towards any gymnast who, due to proven needs, wishes to compete at a lower level than determined either in the events rules or in the competition eligibility rules.
G. **Disability-** Where a gymnast with Downs Syndrome wishes to enter a competition, the mandatory clearance for the condition known as Atlanto- Axial Instability required by your governing body will apply. A copy of the completed clearance form must be attached to the entry form. Failure to do so will result in the competitor (and partner where appropriate) being refused entry to the competition arena and warm up areas on the day of the competition. **Where a gymnast who has ASD Autism Spectrum Disorder, where they cannot cope with the competition arena, video evidence can be submitted as long as it has not been edited.**
H. **Judge** – If clubs do nt provide a Judge they CAN NOT enter. Clubs entering upto 15 gymnasts should provide 1 judge minimum. If clubs are entering 16+ gymnasts they must provide minimum 2 judges. NO JUDGES _ NO ENTRY!!!
I. **Late entries** – ONLY IF THE COMPETITION CAPACITY CAN ACCOMMODATE Late entries must be made direct to the Competition Organiser. Late entries will only be accepted within 7 days of the event closing date and only if there is space on the programme to accommodate the gymnasts. The fee for late entry will have a £30 per gymnast.
J. **Spectator Entry** –Entry to spectators will be £5 per adult, £2 per child or £12.00 per family over 3 people.

Junior

Junior Derek Clark Memorial Cup

For

10yrs and under

8yrs and Under

6yrs and Under

Junior Derek Clark

Level 1 Routine's

Competition Vaults.
3 high vault 60cm = 10 points
2 high vault = 8 points only available upon request

Run and jump from one foot to land on springboard (one footed take off, onto junior springboard to land two feet on springboard), Jump to squat onto low box top, straight jump off.

Bar routine
Set height 165cm minimum, may be raised as appropriate for taller gymnasts.

From box top jump to front support, with arms straight, lift thighs high to bar, hold for 5 seconds, return to front support, front support circle to stand.

Floor Routine

Salute and skip forward with high knees x4, straight jump, straight jump ½ turn (Jump ½ turn), circle arms back and crouch down, forward roll to lie on back, lift to dish position and roll onto stomach, lift to front support, jump feet between hands, to stand, roll back to rock forward to salute, salute.

Beam Routine
1 length of beam performed on a floor beam.

Stand at the end of the beam, step on walk forwards 4 steps on toes, ½ turn on toes, walk backwards 4 steps, ¼ turn side steps x 2, ¼ turn touch beam and return to stand, walk forwards 4 dip steps, stand at the end of the beam, straight jump onto landing mat.

Tumbling

Part One- the two sequences are compulsory.

Sequence 1. Chasse, straight jump, tuck jump. (3 tumbling elements)

Sequence 2. Bounce x3, tuck jump, forward roll.

Part Two- Equipment Required – Springboard and Landing Mat - **Straight Jump**

Junior Derek Clark

Level 2 Routine's

Competition Vaults

4 high vault 80cm = 10 points
3 high vault 60cm = 8 points

Run and jump from one foot to land on junior springboard (one footed take off, onto springboard to land two feet on springboard), Jump to squat onto three layer box top, straight jump off.

Bar routine
Set height 165cm minimum, may be raised as appropriate for taller gymnasts.

From board, jump catch bar, swing forward, return to stand, one foot take off upward hip circle to front support, cast on bar front support circle to stand.

Floor Routine

Salute chasse right leg, chasse left leg, forward roll, immediate straight jump ½ turn, forward straddle roll to sit, straddle fold (chest on floor), join legs together, lie back, push to bridge, return to lie on back, lift to dish and hold, roll onto stomach, push to front support, jump feet in, stand up, lunge, split leg handstand, backward roll, salute.

Beam Routine
1 length of beam performed on high beam 100cm high.

Jump to front support on the beam, leg around to straddle sit, come to stand on beam, walk forwards 4 steps extending legs to 90 degrees, ½ turn on toes, walk backwards 2 steps, arabesque, crouch down ½ turn, straight jump x3, walk to the end, straddle jump to safety mat.

Tumbling

Part One- the two sequences are compulsory.

Sequence 1. Chasse left, chasse right (or vice versa), land with feet together, forward roll, jump 1/2 turn (4 tumbling elements)

Sequence 2. Run, hurdle (jump to feet together), tuck jump, forward roll.

Part Two- Equipment Required – Springboard and Landing Mat- Straddle **Jump**

Junior Derek Clark

Level 3 Routine's

Competition Vaults
5 high vault 100 cm = 10 points
4 high vault 80 cm = 8 points

2 Vaults must be performed.
1st Vault Squat On
2nd Vault Straddle On

Bar routine
Bar routine set height 165cm minimum, may be raised as appropriate for taller gymnasts.

Glide swing from board, return to stand, upward hip circle from two feet, cast and return to bar, backward hip circle, front support circle to stand.

Floor Routine
Forward roll to stand, Forward roll to straddle sit, teddy bear roll, straddle fold, sit up, join legs together, lie back, push to bridge, (shoulders pushed past vertical to show shoulder flexibility), return to lie on back, chest on knees, roll back to stand, chasse right leg, chasse left leg, cartwheel ¼ turn to handstand hold, jump full turn, crouch down hands on floor sit in splits, leg around, sit in pike, backward straddle roll, leave hands on floor bunny hop to handstand salute.

Beam Routine
1 length of beam performed on high beam 100cm high.

Squat one foot on (at end, not side of beam), stand on beam, walk forwards 2 steps , tuck jump, ½ spin, arabesque, crouch down ½ turn, return to stand, cat leap, chasse to the end of beam, pike jump off to safety mat.

Tumbling routine

Part One - the two sequences are compulsory.

Sequence 1. Forward Roll immediate straight jump to land leading leg in front into immediate cartwheel, chasse into cartwheel landing in lunge position. (5 tumbling elements)

Sequence 2. Run Fast Cartwheel to land in Lunge position.

Part Two Equipment Required – Springboard and Landing Mat **FORWARD ROLL**

Derek Clark Memorial Cup All Age Groups

(Under 8 yrs, 10yrs, 12yrs, 14yrs, 16yrs, 18yrs and Over 18yrs)

Derek Clark

Level 4 Routine's

Competition Vaults

5 high vault 100cm = 10 points

4 high vault 80cm = 8 points

2 Vaults must be performed.

1st Vault Squat Through

2nd Vault Straddle Through

A-Bar Routine (Girls Only)

From board jump glide upstart swing, return to stand, upward hip circle from two feet to immediate high cast to immediate backward hip circle, undershoot from front support to stand (feet not required to touch the bar)

High Bar Routine (Boys Only)

Hang on bar, pike leg lift to horizontal, upward hip circle, cast, stride support, forward hip circle showing control lowering legs to pike and drop to dismount.

Floor Routine

Jump hurdle step cartwheel landing 1-2, bring back foot forwards to meet front foot, backward roll, backward straddle roll, ¼ turn into right splits turn into left splits return to straddle sit, straddle fold, sit up, lie back and push to bridge, kick over to stand, step forward, full spin, jump full turn, handstand forward roll with straight arms, immediate cartwheel front to back, salute.

Beam Routine
1 length of beam performed on high beam 120 cm high.

Squat two feet on to stand on beam, stride leap, forward roll, walk forwards leg extended to 90° s to the end of the beam, crouch down ½ turn, stand up, straight jump/tuck jump connected, free roll (forward roll if can't perform a free), ½ spin, ½ turn on toes, Y balance, walk to the end and cartwheel dismount, (with support if required) to safety mat.

Tumbling Routine

Part One - the two sequences are compulsory.

Sequence 1. Jump into Hurdle Cartwheel (linking move side to side) into immediate round off ½ turn round off rebound to land. (5 tumbling elements)

Sequence 2. Run Round off Star Jump

Part Two Equipment Required – Springboard and Landing Mat **DIVE FORWARD ROLL**

Derek Clark

Level 5 Routine's

Competition Vaults

5 high vault 100cm = 10 points
4 high vault 80cm = 8 points
2 Vaults must be performed.
Handspring flat back landing in dish shape

A-Bar Routine (Girls Only)

Jump upstart with support, cast, immediate back hip circle, cast squat onto low bar, jump catch the high bar, swing forward, swing backward, swing forwards to half turn dismount.

High Bar Routine (Boys Only)

Hang on bar, pike leg lift (feet touch bar), upward hip circle, cast immediate hip circle, undershoot to long swing backwards dismount.

Floor Routine

Jump hurdle round off, backward roll to handstand, backward straddle roll, ¼ turn into right splits turn into left splits return to straddle sit, straddle fold, sit up, lie back and push to bridge, kick over to stand, back walkover, step forward, full spin, jump full turn, handstand forward roll with straight arms, immediate one-handed cartwheel front to back, salute.

Beam Routine
1 length of beam performed on high beam 120 cm high.

Squat two feet on to stand on beam, ¼ turn in to crouch position, return to stand, stride leap x 2 connected, full spin, free roll (forward roll accepted), ½ turn, cartwheel (side to side), dip walks x 2, handstand, ½ spin, cat leap, / tuck jump connected, ½ turn on toes, arabesque, round off dismount onto safety mats.

Tumbling Routine

Part One - the two sequences are compulsory.

Sequence 1. Chasse (join two feet together) Dive roll immediate Full turn Round off ½ turn one handed Cartwheel Landing in Lunge position. (5 tumbling elements)

Sequence 2. Run Hand Spring landing with rebound jump.

Part Two Equipment Required – Trampette and Landing Mat **SOMERSAULT**

Derek Clark

Level 6 Routines

Competition Vaults

5 high vault 100cm = 10 points

Full Hand Spring X 2

A-Bar Routine (Girls Only)

Jump upstart (no support), cast, immediate back hip circle, cast squat onto Low bar, jump to catch high bar, 3 x swings, upward hip circle, immediate back hip circle on high bar, cast to straddle undershoot dismount (feet required to touch the bar).

High Bar Routine (Boys Only)

Body shaper swings x3, into upstart, cast immediate hip circle, cast to long swing, immediate ½ turn dismount.

Floor Routine

-Girls Floor

Hurdle Jump Round off Back Flip, Rebound jump half turn. Front Walk Over Immediate Back Walk Over landing in Arabesque. From Arabesque immediate Handstand Forward Roll, Tucked Handstand Forward Roll, Straddle Handstand Forward Roll to standing. ¼ turn Right Splits turn into Left Splits turn into Straddle Splits all held for 3 seconds. Bring legs together bend one knee then perform a Valdez. Jump half turn run split leap, Dive roll, Cartwheel front to back landing in Lunge.

-Boys Floor

Hurdle Jump Round off Back Flip, Rebound jump half turn. Handstand Bridge to Stand. Y Balance. Handstand Forward Roll, Tucked Handstand Forward Roll, Straddle Handstand Forward Roll to standing. ¼ turn Right Splits turn into Left Splits turn into Straddle Splits all held for 3 seconds. Bring legs together into Pike Position backward Roll into Handstand. Jump half turn run straddle jump, dive roll, Cartwheel front to back landing in Lunge.

Beam Routine 120cm high

Squat on (side on), ¼ turn crouched, Forward roll, Tuck Jump, Cartwheel, Dance movements to the end, Turn on toes, Step 1,2,3 Split leap, Step forward ¼ turn, Y Balance, ¼ turn Cat Leap, Back Walk Over, Jump ½ turn, Own Dance moves to get into position, Handspring Dismount.

Tumbling

Tumbling Routine

Part One – the two sequences are compulsory.

Sequence 1. Handspring step out (fast walk over) landing 1/2 immediate handspring landing 2 feet.

Sequence 2. Run Round off Back Flip

Part Two Equipment Required – Trampette & Landing Mat **BIRANI** (Somersault with a half twist out)