

Bracknell Recreational Gymnastics Competition 2012

25th March 2012

Hosted by Bracknell Gymnastics Club

Edgbarrow Sports Centre, Grant Road, Crowthorne, Berkshire RG45 7JL



Entry	<p>£2.50 per piece per participant. Please note that there is a £1 admin fee per cheque to cover banking – however bank transfer is free of charge (please ask the organiser for details).</p> <p>This competition is for RECREATIONAL gymnasts only doing no more than 2 hours per week.</p>			
Equipment	<p>Floor – 8x7m carpet floor area</p> <p>Box – Nounsport Section Box, Nounsport Turbo Board or Springboard</p> <p>Trampet – Tracks 2000 bungee trampet (bench run up for 6 years & under)</p> <p>Beam – Continental Junior Beam</p>			
Spectators	<p>£5 per session (adult). £3.50 per session (child / OAP).</p> <p>Under 3 years (sitting on a parent's lap) are free.</p>			
Spectator control	<p>Entry is marked by hand stamps (one per session). The stands will be cleared after each session.</p> <p>Seats can be reserved for spectators with disabilities by emailing the organiser (payment on the door as per all other spectators).</p>			
Café	<p>Hot & Cold Food & Drinks will be available from the Café</p>			
Coaches	<p>Coaches should be suitably qualified and insured for the skills being performed.</p>			
Programme	<p>Will be sent out a week after the <u>closing date: Friday 2nd March 2012</u></p>			
Vendors	<p>DE Photo will be in attendance.</p>			
Awards & Age Groups	<p>1st, 2nd & 3rd place medals in all of the sections listed below in each piece.</p> <p>Age group determined by their age on 31st December 2012.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><u>Boys</u></p> <p>Section 1 – Boys 13 +</p> <p>Section 3 – Boys 12 & under</p> <p>Section 5 – Boys 10 & under</p> <p>Section 7 – Boys 8 & under</p> <p>Section 9 – Boys 6 & under</p> </td> <td style="width: 50%; vertical-align: top;"> <p><u>Girls</u></p> <p>Section 2 - Girls 13 +</p> <p>Section 4 – Girls 12 & under</p> <p>Section 6 – Girls 10 & under</p> <p>Section 8 – Girls 8 & under</p> <p>Section 10 – Girls 6 & under</p> </td> </tr> </table>		<p><u>Boys</u></p> <p>Section 1 – Boys 13 +</p> <p>Section 3 – Boys 12 & under</p> <p>Section 5 – Boys 10 & under</p> <p>Section 7 – Boys 8 & under</p> <p>Section 9 – Boys 6 & under</p>	<p><u>Girls</u></p> <p>Section 2 - Girls 13 +</p> <p>Section 4 – Girls 12 & under</p> <p>Section 6 – Girls 10 & under</p> <p>Section 8 – Girls 8 & under</p> <p>Section 10 – Girls 6 & under</p>
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Floor Syllabus	Sections 1, 2, 3 & 4 – 12 skills.	With each skill marked out of 1 point.	
	Sections 5 & 6 – 10 skills	Free choice of elements	
	Sections 7 & 8 – 8 skills		
	Sections 9 & 10 – 6 skills	Music not required	
Vault Syllabus	Sections 1, 2, 3, 4, 5 & 6 – 5 Box Sections	Choice of springboard / turbo board	
	Sections 7 & 8 – 3 or 4 Box sections	Squat on – jump off / Straddle on – off	6.0
	Sections 9 & 10 – 2 or 3 Box sections	Through Vault / Straddle vault	7.0
		Handspring flatback (on stacked mats)	8.0
		Round off	9.0
		Handspring	10.0
Trampet Syllabus	Sections 1-8 with floor run up	Stretch jump / Star jump	6.0
	Sections 9 & 10 with bench run up	Tuck jump	7.0
		Pike Jump / ½ Twist Jump	8.0
		Dive roll / Full Twist Jump	10.0
		Tucked Salto	11.0
		Tucked Salto ½ twist / Piked Salto	12.0
Beam Syllabus	Sections 1-8 should mount the beam.	With each skill marked out of 1 point.	
	Sections 9 & 10 can mount the beam via a step and begin their routine on the beam.	Free choice of elements.	
	Sections 9 & 10 – 4 skills	All routines should include a dismount (as one of their skills)	
	Sections 7 & 8 – 6 skills		
	Sections 1 to 6 – 8 skills		
Results	Will be downloadable from www.bracknellgymnasticsclub.co.uk from 27 th March 2012.		
Organiser	Dr Peter Tranckle Club Manager Bracknell Gymnastics Club Bracknell Leisure Centre, Bagshot Road, Bracknell, Berkshire RG12 9SE Peter@bracknellgymnasticsclub.co.uk		

