



# DOUBLE TROUBLE TWIN PIECE



# COMPETITION PACK

## VENUE

COOMBE WOOD SCHOOL  
CR27HY

## DATE

SUNDAY 29th OCTOBER 2023

We are pleased to invite you to the

## **DOUBLE TROUBLE TWIN PIECE**

**A 2 or 4 piece recreational competition to give gymnasts the chance to compete on their favourite pieces of equipment with a bestie and take the pressure off competing individually.**

Gymnasts can only be entered in this competition in teams of 2.

One competition will focus on Floor & Vault only with both gymnasts competing on both floor & vault and their scores added together to make a team total against only other F&V competitors.

The 4 piece competition - gymnasts will choose the combination of 2 pieces they would like to compete to be added together to make a final score. For example Gymnast 1 does bars & floor, Gymnast 2 does beam and vault, which creates a total for all 4 pieces.

This competition is inclusive of all genders, abilities and disabilities.

The minimum age on the date of the competition is birth year 2019

The 4 piece competition equipment includes a non sprung floor strip, A-bars, beam & vault.

All further information can be found in this booklet.

Queries - [info@futuregymnastics.co.uk](mailto:info@futuregymnastics.co.uk)

[www.futuregymnastics.co.uk](http://www.futuregymnastics.co.uk)

# Details

## **Venue**

Coombe Wood School, Melville Avenue, South Croydon, CR2 7HY

## **Date**

Sunday 29th October 2023

## **Parking**

There is a car park on site. Please tell all your parents and spectators they need to enter their number plate into an iPad on the sports reception upon entry to gain free parking. If this car park becomes full, there is ample parking across the road in Lloyd Park - pay and display, as well as local residential roads.

## **Competition Entry Fee**

£18.00 per gymnast / £34.00 per pair. Gymnasts can only enter in a pair. This is not an individual competition.

## **Timings**

Timings and rounds will be completed and sent two weeks before the competition date. Each round will consist of two rotations.

## **Spectator fees**

£5 per person. Under 5's are free.

## **Cut off Entry Date**

All entries must be made on or before the 29th September. If the competition becomes full sooner than this date, entries will be closed. If you have shared interest we will let you know if this becomes the case.

## **Judges**

Competitions can not run without the support and time that judges provide. Therefore at all FG competitions the judges will be paid to say thank you. Around £3.00 off all competitors entries will go towards the judges and split evenly. Judges should be available for the full day. In 2022 we hosted 4 competitions and judges were paid an average of £50-£100 for the day. If you are unable to provide a judge you must pay a judging fee which will contribute towards the judges on the day of £25.00 if you are entering less than 10 gymnasts, £50 if you are entering between 11-30 gymnasts, and £100 if you are entering more than 31 gymnasts.

## **How to enter**

Fill in the entry form and send back along with payment. Only make only one transaction per club once you have collected the entry fees for your gymnasts. BACS details are as follows

## **Future Gymnastics**

### **Metro Bank**

**28403151**

**23-05-80**

Please use your club name as a reference. An email will confirm your entry.

# COMPETITION RULES

When you enter into this competition we will create a WhatsApp group chat with all the coaches, here we will discuss any queries on equipment, specific moves, what floor moves can be linked etc.

- There will be 2 separate competitions running throughout this event. To Confirm - if your gymnast pair are doing F&V option they will NOT be competing against the 4 piece competitors.
- Gymnasts will compete in age appropriate and ability levels. If you would like to pair an older gymnast with a younger gymnast - they will compete at the oldest age category.
- Gymnasts must enter as a pair.
- Boys are eligible to enter and compete any of the 4 pieces.
- For the 4 piece competition - each gymnast must compete 2 out of 4 pieces in their team. There is no requirement of which 2 to compete and pairs can make up their own combinations based on their individual strengths. Eg bars/vault and floor/beam.
- Gymnasts must compete the same level as their pair.
- Floor is not to music but should contain artistry. (Boys can also gain artistry bonus for performing with confidence and poise).
- Floor is T2K foam roll, 2m wide, 12m long (not sprung).
- Vault run up is 6-8 meters long.
- Foam vault height is T2K, 2 blocks or 3 blocks.
- Table vault height is 100/110cm
- Beam will be 115cm high with a 4 inch landing mat underneath.
- There is no direction up and down the beam required.
- Should gymnast require the pad they are able to use this with a 0.3 deduction
- Bars are asymmetric gymnova competition set. The width between the bars can be altered to suit each gymnast
- Low bar standard competition height will be 150cm. High bar will be 240cm.
- You may change the height if you wish for smaller gymnasts.
- A block may be used for the bar mount to start.
- Each club must provide a judge.
- Judges do not need to have a specific judging qualification, however this would be very beneficial. A knowledge of gymnastics however is essential.
- Judges will be paired up with judges from other clubs and where possible we will ensure there is a qualification between them
- Gymnasts must compete in a leotard. (preferably a club leotard so they are identifiable) or similar / matching leotard to their partner.
- For girls - tight shorts over leotards are optional.
- All long hair must be tied up and no jewellery is to be worn.
- All 4 scores in that pair will be added up to one collective total score, whether it is 2 x floor and 2 x vault scores or one for each piece of equipment.
- American style warm up will take place on bars and beam. (warm up then compete) this may be changed on the day dependant on the judges, coaches and gymnasts
- Floor and vault get 2-4 minutes of warm up before they compete.
- Gymnasts get one warm up vault and two competition vaults.
- The judging decision is final. If you would like to query a score, please see head judge on the day and we can clarify with the individual judge.
- Entries and fees must be sent to Future Gymnastics no later than the 18th September. Please send over in once transaction per club which will include all gymnasts participating.
- This competition is for gymnasts who train no more than 4 hours a week. No gymnasts who compete grades, compulsories or levels should enter.
- We will make amendments if gymnasts drop out with short notice so the individual can still compete and put them into a group of 3 and make an average group score.
- Please email your competition tariffs over by 29th September to make for a quick and smooth competition day. (Bring these on the day also)