

Hannah Whelan

INVITATIONAL 2022

Brought to you by Warrington Gymnastics Club

2 Piece Womens Artistic Competition
9th - 10th July 2022

Birchwood Tennis Centre, Benson Rd, Birchwood,
Warrington, Cheshire WA3 7PQ

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INVITATIONAL 2022

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Warrington Gymnastics Club are delighted to bring you the Hannah Whelan Invitational 2022.

This year we will be bringing you two fantastic weekends of gymnastics for all levels.

A fantastic fun opportunity for gymnasts to meet our very own double Olympian and host of the competition Hannah Whelan OLY.

The Womens Artistic 2 Piece Floor and Vault Competition will take place on the 9th – 10th July 2022 at Birchwood Tennis Centre, Benson Rd, Birchwood, Warrington, Cheshire WA3 7PQ

Entry will open on Monday 10th April 2022 and will close on Sunday 5th June 2022

Music, if require should be uploaded by 10th June 2022

Entry costs will be £25 per gymnast.

We reserve the right to close registration early should capacity be reached. If demand is high, places will be allocated on a first come first served basis.

A full information pack will be available to download on Mon 21st March 2022

SAVE THE DATE

Hannah Whelan Invitational Womens Artistic 4 Piece Competition
24th – 25th September 2022 at Robin Park Leisure Centre, Loire Dr,
Newtown, Wigan WN5 0UL – Rules will follow Classic Challenge and FIG

Competition Rules

2 Piece Competition Rules - Beginners 2 Piece

Eligibility

- For gymnasts training up to 6 hours per week for Athens, Beijing, London, Rio & Tokyo levels and 10hrs per week for Paris level.
- To enter this competition: Gymnasts must NOT have previously competed at a 4 piece competition.
- Ages 6 and over

Floor

- Non-sprung floor
- Start value for all levels: 14.00
- Each skill (bullet point) worth 0.5
- All holds 2 seconds
- Routines to be performed in a strip (approx. 6m long, 2m wide)

Vault

- Start value for all levels 14.00
- 2 vaults performed, best score to count
- Variety of springboards available to use

Athens 2004 (Level 1)

Ages 6+ (born in 2016) Training a maximum of 6hrs per week

	VAULT	FLOOR
Apparatus setup	30cm crash mat. Soft springboard	Non-sprung floor Routines to be performed in a strip (approx. 20m long, 5m wide)
Routine	<ul style="list-style-type: none"> • Stretch jump to land 	<ul style="list-style-type: none"> • Start standing up. Bend knees and rock to shoulderstand, lower to straddle sit & hold • Join feet together & hold pike sit • Lower to dish hold • Lie flat & push up to bridge hold. Lower to back, rock and stand up • Kick up to handstand & step down to finish • Tuck jump • Chasse cat leap • Jump ½ turn • Forward roll to crouch • X2 travelling bunny hops, stand up and finish
Difficulty Value	SV 14.00 2 vaults performed, best score to count	SV 14.00 Each skill worth 0.5 All holds 2 seconds

Beijing 2008 (Level 2)

Ages 6+ (born in 2016) Training a maximum of 6hrs per week

	VAULT	FLOOR
Apparatus setup	60cm block (sideways), crash mat for landing	Non-sprung floor Routines to be performed in a strip (approx. 20m long, 5m wide)
Routine	<ul style="list-style-type: none"> Squat onto block, stretch jump off to land 	<ul style="list-style-type: none"> Forward roll to pike sit Lower to dish hold Lie flat & push up to bridge hold. Lower to back, rock to shoulderstand & stand up Chasse cat leap, chasse cat leap ½ turn Cartwheel Backward roll to straddle stand, jump feet together Tuck jump immediate star jump (0.5 each jump)
Difficulty Value	SV 14.00 2 vaults performed, best score to count	SV 14.00 Each skill worth 0.5 All holds 2 seconds

London 2012 (Level 3)

Ages 7+ (born in 2015) Training a maximum of 6hrs per week

	VAULT	FLOOR
Apparatus setup	Vault table, biscuit matting, landing mat	Non-sprung floor Routines to be performed in a strip (approx. 20m long, 5m wide)
Routine	<ul style="list-style-type: none"> Squat on stretch jump <p>BONUS</p> <ul style="list-style-type: none"> Straddle over OR squat through – 0.5 bonus <p>10 and under: 100cm vault table 11+: 110cm vault table</p>	<ul style="list-style-type: none"> Start on knee, slide into splits & hold. Bring back leg around into pike sit Lower to dish hold Roll to arch hold Push up into front support & hold Jump feet into crouch, forward roll to stand ½ spin Chasse scissor kick, chasse cat leap Cartwheel to land with feet together From standing- drop back into bridge & hold, kickover to stand Stretch jump full
Difficulty Value	SV 14.00 (0.5 bonus for straddle over/ squat through) 2 vaults performed, best score to count	SV 14.00 Each skill worth 0.5 All holds 2 seconds

Rio 2016 (Level 4)

Ages 8+ (born in 2014) Training a maximum of 6hrs per week

	VAULT	FLOOR
Apparatus setup	60cm block & crashmats	Non-sprung floor Routines to be performed in a strip (approx. 20m long, 5m wide)
Routine	<ul style="list-style-type: none"> Handstand flatback <p>9 and under: 80cm (60cm block + 20cm crash mat) 10+: 100cm (60cm block + 2x 20cm crash mats)</p>	<ul style="list-style-type: none"> Roundoff stretch jump Backward roll to front support, swing leg to splits & hold. Bring back leg around to pike sit Roll to shoulderstand, stand up through lunge, Cartwheel Full spin Backward walkover Forward roll to straddle stand Tuck jump ½ turn Chasse W-hop, chasse cat leap full turn
Difficulty Value	SV 14.00 2 vaults performed, best score to count	SV 14.00 Each skill worth 0.5 All holds 2 seconds

Tokyo 2020 (Level 5)

Ages 8+ (born in 2014) Training a maximum of 6hrs per week

	VAULT	FLOOR
Apparatus setup	Vault table, biscuit matting, landing mat	Non-sprung floor Routines to be performed in a strip (approx. 20m long, 5m wide)
Routine	<ul style="list-style-type: none"> • Handspring OR Half on <p>10 and under: 100cm vault table 11+: 110cm vault table</p>	<ul style="list-style-type: none"> • Forward walkover immediate cartwheel • Full spin • Backward walkover • Handstand forward roll • W jump • Chasse split leap chasse cat leap • Jump ½ turn • Roundoff (0.5 bonus for roundoff flick)
Difficulty Value	SV 14.00 2 vaults performed, best score to count	SV 14.00 (0.5 bonus for roundoff flick) Each skill worth 0.5 All holds 2 seconds

Paris 2024

Age 6 & 7 only (born in 2016 & 2015) Training a maximum of 10hrs per week
 Aimed at gymnasts preparing for 4 piece competitions in future

	VAULT	FLOOR
Apparatus setup	Crash mats to 40cm height (30cm mat, 10cm roll mat)	Non-sprung floor Routines to be performed in a strip (approx. 20m long, 5m wide)
Routine	<ul style="list-style-type: none"> Stretch jump to land on mats, arm circle kick to handstand flatback 	<ul style="list-style-type: none"> Handstand forward roll to straddle sit Straddle lever hold 2s Swim through & push up to front support Swing leg around to splits hold 2s Swing other leg around to pike sit, lie down, push up to bridge & hold 2s. Kickover to lunge Stretch jump immediate star jump Cartwheel ¼ turn to finish with feet together Backward roll to front support. Jump feet in & finish
Difficulty Value	SV 14.00 2 vaults performed, best score to count	SV 14.00 Each skill worth 0.5 All holds 2 seconds

PRE NOVICE FLOOR & VAULT – NWGA RULES

Elements will be given Difficulty Value (DV) according to FIG Cycle 15 Code of Points. Rules and Regulations are as FIG Cycle 15 Code of Points unless stated otherwise. FIG Execution, Artistry, Choreography and Specific Apparatus penalties will be applied.		
FLOOR EXERCISE North West Junior Code elements will be recognised and will count towards number of required elements. Will receive no Difficulty Value.		
ELIGIBILITY	Must not have competed at any grades, 4 or 5 piece competitions	
AGES in the year of competition	8, 9, 10, 11, 12 & 13+ years of age (Age groups may be merged if insufficient numbers of gymnasts are entered)	
	VAULT REQUIREMENTS	FLOOR REQUIREMENTS
	2 x Vaults performed Best score to count	Maximum 8 x Elements [including dismount] Maximum 1 x B Difficulty Value Dance Elements
DIFFICULTY AND APPARATUS REQUIREMENTS	Age 8 Flat back onto 0.80m safety mats Age 9 Flat back onto 0.90m safety mats Age 10 Flat back onto 1.00m safety mats ONLY Ages 11 & 12 1.10m Vaulting Table Ages 13 & over 1.20m Vaulting Table	COMPOSITION REQUIREMENTS [CRs] 4 x 0.50 each 2.00 maximum <ul style="list-style-type: none"> • Dance passage of 2 different leaps or hops • Spin on 1 foot 360° minimum • Acrobatic element • Acrobatic dismount [FIG or NW]
DIFFICULTY VALUE DV	Handspring flat back D Score 1.00 Ages 8 & 9 years D Score 1.00 maximum Ages 10 & over D Score 1.60 maximum	DIFFICULTY SCORE 2.90 maximum A Difficulty Value 0.10 each B Difficulty Value 0.20 each
BARRED ELEMENTS	<ul style="list-style-type: none"> • 8 & 9 years Vault other than as stated above • 10 & over Vault with DV more than 1.60 If performed, will be given a 0.00 score	<ul style="list-style-type: none"> • All Saltos and Aerials • No B Difficulty Value Acrobatic Elements If performed, they would not receive DV or CR and would not count towards the number of elements in routine. However, they would be deducted for any FIG execution penalties that apply.
ACROBATIC LINES		An Acrobatic Line will be any <ul style="list-style-type: none"> • Acrobatic Series OR • Acrobatic Element performed on its own Must have minimum of TWO ACROBATIC LINES to count DISMOUNT DV
SHORT ROUTINES		Routine with less than 5 counting elements Deduct 1.00 mark for each missing element
	ACROBATIC ELEMENTS	DANCE ELEMENTS
NORTH WEST JUNIOR CODE ELEMENTS count towards number of counting elements but no DV	Cartwheel Backward roll to Handstand Backward Walkover Forward Walkover Valdez	Headspring Tic toc Forward roll to feet Backward roll to feet Dive Forward Roll Dive Cartwheel Scissor Leap Stag Leap Tuck Jump

NOVICE FLOOR & VAULT – NWGA RULES

Elements will be given Difficulty Value (DV) according to FIG Cycle 15 Code of Points. Rules and Regulations are as FIG Cycle 15 Code of Points unless stated otherwise. FIG Execution, Artistry, Choreography and Specific Apparatus penalties will be applied.		
FLOOR EXERCISE North West Junior Code elements will be recognised and will count towards number of required elements. Will receive no Difficulty Value.		
ELIGIBILITY	Must not have competed at any competition above Club Grade 6	
AGES in the year of competition	8, 9, 10, 11, 12 & 13+ years of age (Age groups may be merged if insufficient numbers of gymnasts are entered)	
	VAULT REQUIREMENTS	FLOOR REQUIREMENTS
	2 x Vaults performed Best score to count	Maximum 8 x Elements [including dismount] Maximum 3 x B Difficulty Value Dance Elements
DIFFICULTY AND APPARATUS REQUIREMENTS	Age 8 Flat back onto 0.90m safety mats Age 9 Flat back onto 1.00m safety mats Age 10 Flat back onto 1.10m safety mats Ages 10 & 11 1.10m Vaulting table Ages 12 & over 1.20m Vaulting table	Composition Requirements [CRs] 4 x 0.50 each 2.00 maximum <ul style="list-style-type: none"> Dance passage of 2 different leaps or hops - one with minimum 160° split or straddle Spin on 1 foot 360° minimum Forward/sideward and backward acrobatic elements Acrobatic line [minimum 1 x flighted element]
DIFFICULTY VALUE DV	Handspring flat back D Score 1.00 Ages 8 & 9 years D Score 1.00 maximum Ages 10 & 11 years D Score 2.40 maximum Ages 12 & over D Score 2.60 maximum	DIFFICULTY SCORE 3.10 maximum A Difficulty Value 0.10 each B Difficulty Value 0.20 each
BARRED ELEMENTS	<ul style="list-style-type: none"> 8 & 9 years Vault other than as stated above 10 & 11 years Vault with DV more than 2.40 12 years and over Vault with DV more than 2.60 If performed, will be given a 0.00 score	<ul style="list-style-type: none"> No B Difficulty Value [DV] Acrobatic Elements No Elements above B Difficulty Value If performed, they would not receive DV or CR and would not count towards the number of elements in routine. However, they would be deducted for any FIG execution penalties that apply.
ACROBATIC LINES		An Acrobatic Line will be any <ul style="list-style-type: none"> Acrobatic Series with 1 x Flighted Element [minimum] OR Flighted Acrobatic Element performed on its own Must have minimum of TWO ACROBATIC LINES to count DISMOUNT DV
SHORT ROUTINES		Routine with less than 6 counting elements Deduct 1.00 mark for each missing element
	ACROBATIC ELEMENTS	DANCE ELEMENTS
NORTH WEST JUNIOR CODE ELEMENTS count towards number of counting elements but no DV	Cartwheel Backward roll to Handstand Backward Walkover Forward Walkover Valdez	Headspring Tic toc Forward roll to feet Backward roll to feet Dive Forward Roll Dive Cartwheel Scissor Leap Stag Leap Tuck Jump

INTERMEDIATE FLOOR & VAULT – NWGA RULES

Elements will be given Difficulty Value (DV) according to FIG Cycle 15 Code of Points. Rules and Regulations are as FIG Cycle 15 Code of Points unless stated otherwise. FIG Execution, Artistry, Choreography and Specific Apparatus penalties will be applied.		
FLOOR EXERCISE North West Junior Code elements will be recognised and will count towards number of required elements. Will receive no Difficulty Value.		
ELIGIBILITY	Must not have competed at any competition above Regional Grade 4	
AGES in the year of competition	9, 10, 11, 12 & 13+ years of age (Age groups may be merged if insufficient numbers of gymnasts are entered)	
APPARATUS	VAULT REQUIREMENTS	FLOOR REQUIREMENTS
DIFFICULTY AND APPARATUS REQUIREMENTS	2 x Vaults performed Best score to count	Maximum 8 x Elements [including dismount]
	Ages 9, 10 & 11 years 1.10m Vaulting table Ages 12 years & over 1.20m Vaulting table	COMPOSITION REQUIREMENTS [CRs] 4 x 0.50 each 2.00 maximum <ul style="list-style-type: none"> Dance passage of 2 different leaps or hops - one with 180° split or straddle Spin on 1 foot 360° minimum Forward/sideward and backward flighted acrobatic elements Acrobatic line with a Salto
DIFFICULTY VALUE DV	Ages 9, 10 & 11years D Score 2.40 maximum Ages 12 years & over D Score 2.80 maximum	DIFFICULTY SCORE 3.60 maximum A Difficulty Value 0.10 each B Difficulty Value 0.20 each
BARRED ELEMENTS	<ul style="list-style-type: none"> 9, 10 & 11 years Vault with DV more than 2.40 12 years and over Vault with DV more than 2.60 If performed, will be given 0.00 Score	<ul style="list-style-type: none"> No Elements above B Difficulty Value If performed, they would not receive DV or CR and would not count towards the number of elements required in routine. However, they would be deducted for any FIG execution penalties that apply.
ACROBATIC LINES		An Acrobatic Line will be any <ul style="list-style-type: none"> Acrobatic Series with 2 x Flighted Elements [minimum] OR Front salto [NOT aerial] performed on its own Must have minimum of TWO ACROBATIC LINES to count DISMOUNT DV
SHORT ROUTINES		Routine with less than 7 counting elements in total Deduct 1.00 mark for each missing element
NORTH WEST JUNIOR CODE ELEMENTS count towards number of counting elements but no DV	ACROBATIC ELEMENTS	
	Cartwheel Backward roll to Handstand Backward Walkover Forward Walkover Valdez	Headspring Tic toc Forward roll to feet Backward roll to feet Dive Forward Roll Dive Cartwheel
		Scissor Leap Stag Leap Tuck Jump



For further information please visit
<https://www.warringtongymnastics.co.uk/hannah-whelan-invitational>

Or contact

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Full competition information packs will be available to download
from Monday 21st March 2022 using the link above.