

Hannah Whelan

INVITATIONAL 2020

Brought to you by Warrington Gymnastics Club

**4 Piece Regional & FIG Womens Artistic Competition
20-21st June 2020**

**2 Piece Womens Artistic Competition
4-5th July 2020**

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



Warrington Gymnastics Club are delighted to bring you the Hannah Whelan Invitational 2020.

This will be two fantastic weekends of gymnastics for all levels.

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

The Womens 4 Piece competition will take place on 20th-21st June 2020 with the 2 Piece floor and vault competition taking place on the 4th-5th July 2020

Registration will be open for both competitions from 30th March 2020

Registration closes

4 Piece competition Friday 8th May 2020

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2 Piece competition Friday 22nd May 2020

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.

Competition Rules

2 Piece Competition Rules - Beginners 2 Piece

Eligibility

- For gymnasts training up to 6 hours per week
- To enter this competition: Gymnasts must NOT have competed at a 4 piece competition previously
- Ages 6+

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)

Floor

- Start standing up. Bend knees and rock to shoulder stand, 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

Vault

- From runup: Stretch jump to land

Vault setup:

Springboard (soft), 30cm crash mat for landing

Beijing 2008 (Level 2)

Floor

- Forward roll to pike sit
- Lower to dish hold
- Lie flat & push up to bridge hold. Lower to back, rock to shoulder stand & 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)

Vault

- From runup: Squat onto block, stretch jump off to land

Vault setup:

60cm block (sideways), 20cm crash mat for landing

London 2012 (Level 3)

Floor

- 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 cat leap, chasse scissor kick
- Cartwheel to land with feet together
- From standing- drop back into bridge & hold, kickover to stand
- Stretch jump full

Vault

- From runup: squat on, handstand flatback

Vault setup:

9 and under: 80cm flatback set up (60cm block + 20cm crash mat)

10+: 100cm flatback set up (60cm block + 2x 20cm crash mats)

Rio 2016 (Level 4)

Floor

- 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
- Handstand forward roll to stand
- Tuck jump ½ turn
- Chasse W-hop, chasse cat leap full turn

Vault

- From runup: Handstand flatback

Vault setup:

9 and under: 100cm flatback set up (60cm block and 2 x 20cm crash mats)

10+: 110cm vault table with stacked mats to 110cm

Tokyo 2020 (Level 5)

Floor

- Forward walkover immediate cartwheel
- Full spin
- Backward walkover
- Forward roll to straddle sit, lower to straddle fold & hold
- Swim through to front support, jump feet into crouch & stand up
- W jump
- Chasse split leap chasse cat leap
- Jump ½ turn
- Roundoff flick

Vault

- From runup: Handspring

Vault setup:

10 and under: 100cm vault table

11+: 110cm vault table

2 Piece Competition Rules - Floor and Vault Competition Rules

	Pre-Novice	Novice	Intermediate
ELIGIBILITY	See eligibility table	See eligibility table	See eligibility table
AGES	8, 9, 10, 11, 12 & 13+ Age groups may be merged if insufficient numbers	8, 9, 10, 11, 12 & 13+ Age groups may be merged if insufficient numbers	9, 10, 11, 12 & 13+ Age groups may be merged if insufficient numbers
VAULT REQUIREMENTS	Age 8 Flat back to 0.80m crash mats Age 9 Flat back to 0.90m crash mats Age 10 Flat back to 1.00m crash mats OR 110 table Ages (10,) 11 & 12 1.10m table Ages 13 & over 1.20m table Handspring flat back D score 1.0 Ages 8 & 9 Max D score 1.0 Ages 10 & over Max D score 2.0	Age 8 Flat back to 0.90m crash mats Age 9 Flat back to 1.00m crash mats Age 10 Flat back to 1.10m crash mats OR 110 table Ages (10 &) 11 1.10m table Ages 12 & over 1.20m table Handspring flat back D Score 1.0 Ages 8 & 9 Max D score 1.0 Ages 10 & 11 Max D score 2.8 Ages 12 & over Max D score 3.0 2 vaults, best score to count	Ages 9, 10 & 11 1.10m table Ages 12 & over 1.20m table Ages 9, 10 & 11 Max D score 3.0 Ages 12 & over Max D score 3.2
FLOOR REQUIREMENTS All levels must have (min) TWO acro lines to count dismount DV (see below for acro line specifications for each category)	CR's x 4 (0.5 each) 1. A dance passage of 2 different leaps or hops 2. A spin (min 360°) 3. An acro element 4. An acro dismount (FIG or NW) Max D score 2.9	CR's x 4 (0.5 each) 1. A dance passage of 2 different leaps or hops, 1 with 180° split or straddle 2. A spin (min 360°) 3. Fwd/swd & bwd acrobatic elements 4. An acro line (min one element, must be flighted) Max D score 3.1	CR's x 4 (0.5 each) 1. A dance passage of 2 different leaps or hops, 1 with 180° split or straddle 2. A spin (min 360°) 3. Fwd/swd & bwd flighted acrobatic elements 4. An acro line with a salto
ACRO LINES	An acro line will be any acro series or an acro element performed on its own	An acro line will be any acro series with minimum ONE FLIGHTED element or a FLIGHTED acro element performed on its own	An acro line will be any acro series with minimum TWO FLIGHTED elements or a front salto (not aerial) performed on its own
ELEMENTS & NW JUNIOR CODE	Max 8 elements (including dismount) Max 1B dance element allowed NW Junior Code elements will be recognised and will be counted towards number of required moves but not credited DV	Maximum 8 elements (including dismount) Max 3B dance elements allowed NW Junior Code elements will be recognised and will be counted towards number of required moves but not credited DV	Maximum 8 elements (including dismount) NW Junior Code elements will be recognised and will be counted towards number of required moves but not credited DV
BARRED ELEMENTS	All saltos and aerals. No B acro elements - no DV, no CR and would not count for number of elements in routines	No B acro elements Any elements above a B - no DV, no CR and would not count for number of elements in routines	Any elements above a B - no DV, no CR and do not count for number of elements in routines.
SHORT ROUTINES	A routine with less than 5 elements in total – deduct 1 mark for each missing element	A routine with less than 6 elements in total – deduct 1 mark for each missing element	A routine with less than 7 elements in total – deduct 1 mark for each missing element

4 Piece Competition Rules

NWGA Competition Rules (January 2020) - 4 piece Regional Rules

	Voluntary 5	Regional Level 6	Regional Level 5	Regional Level 4	Regional Level 3	Regional Level 2	FIG
Eligibility	See eligibility table	See eligibility table	See eligibility table	See eligibility table	See eligibility table	See eligibility table	See eligibility table
Ages	8 Only	8,9,10,11 and 12+ Age groups may be merged if insufficient numbers	9, 10, 11, 12 and 13+ Age groups may be merged if insufficient numbers	Junior 10 and 11 Senior 12+	Junior 11 and 12 Senior 13+	Espoir Junior Senior	Espoir Junior Senior

JUDGING CLARIFICATIONS ON BARS FOR ANGLE OF COMPLETION PENALTIES FOR ALL REGIONAL VOLUNTARY LEVELS

	Voluntary 5	Regional Level 6	Regional Level 5	Regional Level 4	Regional Level 3	Regional Level 2	FIG
Cast penalties					As Code of Points	As Code of Points	As Code of Points
Close bar elements	As Compulsory/Voluntary Level 4						

Judging Clarification for Voluntary 5

Cast to HS over the top = fall incurring a 1.00 deduction A forward giant from a swing will incur 0.5 intermediate swing penalty

REGIONAL LEVEL 6				
Min Age - 8 in the year of competition	Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points and NW Junior Code Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 optional elements			
Short Exercises	An exercise with less than 7 elements on Beam/Floor or less than 4 elements on Bars will be deducted 1.00 for each missing element			
	Vault	Bars	Beam	Floor
Apparatus	8 – handspring flatback only ~ 90cm soft matting 9 – handspring flatback only ~110cm soft matting 10, 11 – 110 table 12 & over 120 table	FIG Bars Regulations	FIG Beam Regulations	FIG Floor Regulations
Requirements	Highest score of 2 vaults performed	<ul style="list-style-type: none"> • Mount NW/FIG A = 0.5 • Bar change (flight not nec) • Element started and finished on the LB (not MT) • Close bar element (NW/FIG) 	<ul style="list-style-type: none"> • A connection of at least 2 different dance elements • ½ turn (min) on one foot • One acro element started and finished on the beam • A 2nd acro element started and finished on the beam 	<ul style="list-style-type: none"> • A dance passage with 2 different leaps or hops • Acro line of 2 (min) different flight elements • Acro elements in different directions (fwd/swd and bwd) • Spin (min 360°)
Barred Elements	Max D score = 2.40	All elements above A Back away/ Front away	Acro elements above A Dance elements above B	Acro elements above A Dance elements above B All backward saltos (all ages) All forward saltos (including aerials) for gymnasts aged 8 and 9
Additional Elements		NW Junior Code (NWA's)	NW Junior Code (NWA's)	NW Junior Code (NWA's)
Notes	Vault > Max D Score: VOID VAULT (0.00) D Score for handspring flatback 1.0	Coach must stand in between the bars for gymnasts aged 8 and 9. Penalty for non-compliance -0.5	A handstand may be used to fulfil the acro CR (FIG A or NWA) Rolls may be used to fulfil the acro CR	ACRO LINE= an acro element with flight on its own or in a series.

REGIONAL LEVEL 5				
Min Age -9 in the year of competition	Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points and NW Junior Code Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 optional elements			
Short Exercises	An exercise with less than 7 elements on Beam/Floor or less than 5 elements on Bars will be deducted 1.00 for each missing element			
	Vault	Bars	Beam	Floor
Apparatus	9, 10 - 110 table 11, 12, 13 & over - 120 table	FIG Bars Regulations	FIG Beam Regulations	FIG Floor Regulations
Requirements	Highest score 2 vaults performed	<ul style="list-style-type: none"> • FIG Mount • Bar change (flight not nec) • Cast above horizontal (of the shoulders) – legs together or straddled • Close bar element – min FIG A 	<ul style="list-style-type: none"> • A connection of at least 2 different dance elements • Turn (from Group 3) • Leap or jump with 180° split/straddle • Acro elements (performed on the beam) in different directions (fwd/swd and bwd) 	<ul style="list-style-type: none"> • A dance passage of at least 2 different leaps or hops including 180° split/straddle • Acro line of 2 (min) different flight elements, one being a salto backwards • Forward salto (not aerial) • Spin (min 360°)
Barred Elements	Max D score = 3.00	All elements above B Giants (backwards or forwards) Mo Shoot	Acro elements above B Dance elements above C	All elements above B All B valued saltos
Additional Elements		NW Junior Code (NWA's)	NW Junior Code (NWA's)	NW Junior Code (NWA's)
Notes	Vault > Max D Score =: VOID VAULT (0.00)	Coaches must stand in between the bars for gymnasts aged 9. Penalty for non-compliance -0.5	Rolls may be used to fulfil the acro CR	ACRO LINE = either an acro series (min 2 flight elements), <u>or</u> a forward salto (not aerial) performed on its own, <u>or</u> as Code of Points

REGIONAL LEVEL 4				
Min Age -10 in the year of competition	Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 optional elements			
Short Exercises	FIG rules apply for Beam and Floor. On Bars, an exercise with less than 6 elements will be deducted 1.00 for each missing element			
	Vault	Bars	Beam	Floor
Apparatus	Juniors 120 table Seniors 125 table	FIG Bars Regulations	FIG Beam Regulations	FIG Floor Regulations
Requirements	Highest score 2 vaults performed	<ul style="list-style-type: none"> • Bar change (flight not nec) • Cast above 45° - legs together or straddled • B (min) element (not MT or DMT) – either bar • Close bar element (non-flighted) - min FIG A 	<ul style="list-style-type: none"> • A connection of at least 2 different dance elements one with 180° split/straddle • Turn (from Group 3) • Acro elements (performed on the beam) in different directions (fwd/swd and bwd) • Acro series performed on the beam (not mount or dismount) – 2 elements: at least 1 with flight 	<ul style="list-style-type: none"> • A dance passage of at least 2 different leaps/hops one with 180° split/straddle • Aerial cartwheel/walkover • Saltos in different directions (fwd and bwd) (not aerial) • Salto in the straight position (fwd or bwd – may be twisting but not whip salto)
Barred Elements	Junior - Max D score = 3.0 Senior - Max D Score = 3.5	All elements above C Any double salto dismount	All elements above C All saltos/aerials	All elements above C
Additional Elements		Squat on to catch HB and Cast above 45° (count as elements and for CR, but do not count for DV) Straddle/stoop/clear undershoot dismount. (Counts as an element but not for DV)	None	None
Notes	Vault > Max D Score =: VOID VAULT (0.00)	Backward Giant can receive Difficulty Value twice		DISMOUNT = Salto within an acro line - as Code of Points CR 3, and 4 must be in acro lines. DO NOT PERFORM AERIAL AFTER LAST ACRO LINE

REGIONAL LEVEL 3				
Min Age -11 in the year of competition	Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 optional elements			
Short Exercises	FIG rules apply for Beam and Floor. On Bars, an exercise with less than 6 elements will be deducted 1.00 for each missing element			
	Vault	Bars	Beam	Floor
Apparatus	125 table	FIG Bars Regulations	FIG Beam Regulations	FIG Floor Regulations
Requirements	One vault	<ul style="list-style-type: none"> • High bar element (min B) • Cast to handstand (without turn) maybe straddled or straight • Close bar circle (min B) • Giant Circle 	<ul style="list-style-type: none"> • A connection of at least 2 different dance elements one with 180° split/straddle • Turn (from Group 3) • Acro elements (performed on the beam) in different directions (fwd/swd and bwd) • Acro series performed on the beam (not mount or dismount) – 2 elements: both with flight 	<ul style="list-style-type: none"> • A dance passage of at least 2 different leaps/hops one with 180° split/straddle • B (min) dance • Saltos in different directions (fwd and bwd) (not aerial) • Salto with LA turn (min 180°)
Barred Elements	Max D score = 3.70	All elements above D	All elements above D	All elements above D
Additional Elements		None	None	None
Notes	Vault > Max D Score =: VOID VAULT (0.00)	Giant circles can receive Difficulty Value twice		DISMOUNT = Salto within an acro line - as Code of Points CR 3 and 4 must be in acro lines.

REGIONAL LEVEL 2				
Min Age -11 in the year of competition	Elements will be given Difficulty Value according to FIG Cycle 14 Code of Points Rules and Regulations are as FIG Cycle 14 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] + 2 optional elements			
Short Exercises	FIG rules apply for Beam and Floor. On Bars, an exercise with less than 6 elements will be deducted 1.00 for each missing element			
	Vault	Bars	Beam	Floor
Apparatus	125 table	FIG Bars Regulations	FIG Beam Regulations	FIG Floor Regulations
Requirements	One vault	<ul style="list-style-type: none"> • Flight element LB to HB • Close bar circle (min B) • Cast to handstand, with or without turn • 2 different grips <u>or</u> element with ½ turn (not mount/dismount) 	<ul style="list-style-type: none"> • A connection of at least 2 different dance elements one with 180° split/straddle • Turn (from Group 3) • Acro elements (performed on the beam) in different directions (fwd/swd and bwd) • Acro series performed on the beam (not mount or dismount) – 2 flighted elements: 1 being a salto 	<ul style="list-style-type: none"> • A dance passage of at least 2 different leaps/hops one with 180° split/straddle • C dance element • Saltos in different directions (fwd and bwd) (not aerial) • Salto with LA turn (min 360°)
Barred Elements	Max D score = 4.0	All elements above D	All elements above D	All elements above D
Additional Elements		None	None	None
Notes	Vault > Max D Score =: VOID VAULT (0.00)			DISMOUNT = Salto within an acro line - as Code of Points CR 3 and 4 must be in acro lines.

Floor Dismount Rules with some examples

Although dismounts are no longer included as CRs, all floor exercises must have a minimum of 2 acro lines.

- If only one acro line performed, credit 7 elements.
- 0.5 will be deducted by the D panel (as a Neutral Penalty) for no dismount
- For definition of acro lines at each level, see specific rules.

DISMOUNT RULE (ACRO LINES): at all levels, the dismount will be an acrobatic line as stated above, but it must not be the opening (or only) acrobatic line. Dance elements or elements not fulfilling the dismount criteria, may be performed after the dismount acrobatic line for the dismount to be still credited, however at levels 2, 3 and 4 where FIG Code of Points rules are used, any acrobatic element performed after the last acro line will not receive DV or CR. Some examples below:

Example 1 Regional Level 6 – 1st acrobatic line = round off flick; 2nd acrobatic line = handspring. As CoP rules are not followed at this level, any acro elements without flight performed after the last acro line, will still count.

Example 2 Regional Level 5 – 1st acrobatic line = round off flick tuck; 2nd acrobatic line = front somi. A handspring performed after this is OK as it is not an acrobatic series and does not fulfil the criteria for acro line - 'acro series with flight'. As CoP rules are not followed at this level, the handspring will still count as an 'A' element.

Example 3 Voluntary 5 – 1st acrobatic line = round off 2 flicks; 2nd acrobatic line = (handspring) front somi/round off flic tuck. A dance series performed after this is OK as it does not fulfil the criteria for acro line.

Example 4 Regional Level 2, 3 and 4 – 1st acrobatic line = round off flick full twist; 2nd acrobatic line = handspring, straight front. A free cartwheel or tucked front salto performed on **its** own after this will not fulfil the criteria for an acro line. In addition, as it has been performed after the last acro line it will not be recognised for DV or CR

NWGA WTC Junior Code - 2020

BARS

Upward hip circle (mount)
Cast to 45° from HS
Squat onto LB - jump to HB (must catch)
Tucked sole circle - jump to HB (must catch)
¾ giant from LB to HB
¾ giant from HB to HB
Straddle/Stoop/Clear hip undershoot (dismount)

BEAM

Handstand (not held for 2 seconds)
Stretch jump
Stretch jump with ½ turn
Forward roll
Backward roll
Arabesque above horizontal and < 180° split
½ spin on 1 foot
Tuck jump
Squat on mount
Handspring (dismount)
Round Off (dismount)

FLOOR

Cartwheel
Backward Roll to Handstand
Backward Walkover
Forward Walkover
Valdez
Headspring
Tic Toc
Scissor Leap
Stag Leap
Forward roll to feet
Backward roll to feet
Tuck Jump
Dive Cartwheel
Dive Forward Roll

NWGA Competition eligibility for 2020 based on age & previous competitions

	Competition	Ages	4-piece competitions 2020					Floor & Vault competitions 2020						
			Vol 5	Vol 4	Vol 3	Reg L6	Reg L5	Reg L4	Reg L3	Reg L2	Pre-Novice	Novice	Intermediate	
Grades (Pass in 2020 or earlier)	Club G6	Min 8	Y	X	X	Y	X	X	X	X	X	Y	Y	
	Club G5	Min 9	X	Y	X	Y	Y	X	X	X	X	X	Y	
	Regional G4	Min 10	X	X	Y	Y	Y	X	X	X	X	X	Y	
	Regional G3	Min 11	X	X	Y	X	Y	Y	X	X	X	X	X	
	Regional G2	Min 12	X	X	Y	X	Y	Y	X	X	X	X	X	
	Regional G1	Min 13	X	X	Y	X	X	Y	Y	Y	X	X	X	
Grades/compulsories (Pass in 2019-2020)	NW National G5	9 only	X	Y	X	Y	Y	Y	X	X	X	X	X	
	National G4	Min 10	X	X	Y	X	Y	Y	Y	X	X	X	X	
	National G3	Min 11	X	X	Y	X	X	Y	Y	X	X	X	X	
	National G2	Min 12	X	X	Y	X	X	Y	Y	X	X	X	X	
	National G1	Min 13	X	X	Y	X	X	X	Y	X	X	X	X	
	NW Compulsory 5	8 only	Y	X	X	X	Y	X	X	X	X	X	X	
	Compulsory 4	9 only	X	Y	X	X	X	Y	X	X	X	X	X	
	Compulsory 3	Min 10	X	X	Y	X	X	X	Y	X	X	X	X	
Compulsory 2	Min 11	X	X	X	X	X	X	X	Y	X	X	X		
Compulsory 4, 3 and 2 Level gymnasts are not eligible to compete in Regional Levels in the same year as their elite competition														
Floor & Vault 2020	Pre- Novice	Min 8	X	X	X	X	X	X	X	X	X	Y	X	X
	Novice	Min 8	X	X	X	X	X	X	X	X	X	X	Y	Y
	Intermediate	Min 9	X	X	X	X	X	X	X	X	X	X	X	Y
Floor & Vault gymnasts are not eligible to compete in 4-piece County/Regional competitions in the same year, but may compete 1 or 2 pieces in the Paul Reay Team Challenge														
Regional (2018-2019)	Voluntary 5	8 only	X	X	X	X	Y	Y	X	X	X	X	X	X
	Regional Level 6	Min 8	X	X	X	Y	Y	Y	Y	Y	X	X	X	X
	Regional Level 5	Min 9	X	X	X	X	Y	Y	Y	Y	X	X	X	X
	Regional Level 4	Min 10	X	X	X	X	X	Y	Y	Y	X	X	X	X
	Regional Level 3	Min 11	X	X	X	X	X	X	Y	Y	X	X	X	X
	Regional Level 2	Min 12	X	X	X	X	X	X	X	Y	X	X	X	X
	Challenge Cup Qual	Min 12	X	X	X	X	X	X	X	Y if failed to qualify	X	X	X	X
4-piece gymnasts must compete at the same or a higher level throughout the same year														
National (2018-2020)	Voluntary 4	9 only	X	X	X	X	X	X	Y	Y	X	X	X	X
	Voluntary 3	10 only	X	X	X	X	X	X	Y	Y	X	X	X	X
	Voluntary 2	11 only	X	X	X	X	X	X	X	Y	X	X	X	X
	Voluntary 4, 3 and 2 Level gymnasts are not eligible to compete in Regional Levels in the same year as their elite competition													
	English Champs	Min 12	X	X	X	X	X	X	X	Y	X	X	X	X
	NB. English Championships gymnasts are still eligible to compete Regional Level 2 if they only competed on 1 or 2 pieces in The English													
Challenge Cup	Min 12	X	X	X	X	X	X	X	X	X	X	X	X	