

Hannah Whelan

INVITATIONAL 2024

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Warrington Gymnastics Club are delighted to bring you the Hannah Whelan Invitational 2024.

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 15th & 16th June 2024 at Robin Park Leisure Centre, Loire Dr, Newtown, Wigan WN5 0UL

Entry will open on 1st March 2024 and will close on 6th May 2024

Music, if require should be uploaded by 1st June 2024

Entry costs will be £30 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.

SAVE THE DATE

Hannah Whelan Invitational Womens Artistic 4 Piece Competition
21st & 22nd September 2024 at Robin Park Leisure Centre, Loire Dr,
Newtown, Wigan WN5 0UL – Rules will follow Classic Challenge and FIG

15th & 16th June 2024, Robin Park Leisure Centre, Loire Dr, Newtown, Wigan WN5 0UL

Competition Rules

2 Piece Competition Rules - Beginners 2 Piece - Sets

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 2018) 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 pike sit & hold 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 (turn to face other way) 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 (bullet point) worth 0.5 All holds 2 seconds

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Beijing 2008 (Level 2)

Ages 6+ (born in 2018) 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 Jump ½ turn Cartwheel Backward roll to straddle stand, jump feet together Tuck jump immediate star jump
Difficulty Value	SV 14.00 2 vaults performed, best score to count	SV 14.00 Each skill (bullet point) worth 0.5 All holds 2 seconds

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London 2012 (Level 3)

Ages 7+ (born in 2017) 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 Rock to shoulderstand and hold, rock forward to crouch, From 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
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 (bullet point) worth 0.5 All holds 2 seconds

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Rio 2017 (Level 4)

Ages 8+ (born in 2016) 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 (bullet point) worth 0.5 All holds 2 seconds

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Tokyo 2020 (Level 5)

Ages 8+ (born in 2016) 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 (bullet point) worth 0.5 All holds 2 seconds

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Paris 2024

Age 6 & 7 only (born in 2018 & 2017) Training a maximum of 10hrs per week
Aimed at gymnasts preparing for 4 piece competitions in the 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

2 Piece Competition Rules – NW Floor & Vault Rules

Eligibility

- To enter this competition: Please see individual rules tables for eligibility.
- Ages 8 and over born 2016 or before

Floor

- FIG Sprung floor
- Performed to music of no more than 1.30 mins – No Disney, Andrew Lloyd Webber or Cirque du Soleil

Vault

- As per competition requirements, see tables below.
- Variety of springboards available to use.

North West Floor and Vault - PRE NOVICE

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
DIFFICULTY AND APPARATUS REQUIREMENTS	2 x Vaults performed Best score to count	Maximum 8 x Elements [including dismount] Maximum 1 x B Difficulty Value Dance Elements
DIFFICULTY VALUE DV	Age 8 Flat back onto 0.60m safety mats Age 9 Flat back onto 0.80m safety mats Age 10 Flat back onto 1.00m safety mats ONLY Ages 11 & 12 1.05m Vaulting Table Ages 13 & over 1.15m 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 A different additional dance element Acrobatic element Acrobatic dismount [FIG or NW]
BARRED ELEMENTS	8, 9 and 10 years Vault other than as stated above 11 & over Vault with DV more than 1.60 If performed, will be given a 0.00 score	DIFFICULTY SCORE 2.90 maximum A Difficulty Value 0.10 each B Difficulty Value 0.20 each
ACROBATIC LINES		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.
SHORT ROUTINES		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 Routine with less than 5 counting elements Deduct 1.00 mark for each missing element
NORTH WEST JUNIOR CODE ELEMENTS count towards number of counting elements but no DV	ACROBATIC ELEMENTS	DANCE 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

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North West Floor and Vault - NOVICE

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 Prep grade 1 & 2	
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 0.80m safety mats Age 9 Flat back onto 0.90m safety mats Age 10 Flat back onto 1.10m safety mats Age 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 - one with minimum 160° split or straddle A different additional dance element 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 & 10 years D Score 1.00 maximum Ages 11 & 12 years D Score 2.40 maximum Ages 13 & 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	8 9 & 10 years Vault other than as stated above 11 & 12 years Vault with DV more than 2.40 13 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 <p>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.</p>
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

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North West Floor and Vault - INTERMEDIATE

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 Development 1	
AGES in the year of competition	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 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 • A different additional dance element • Forward/sideward and backward flighted acrobatic elements • Acrobatic line with a Salto
DIFFICULTY VALUE DV	Ages 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	10 & 11 years Vault with DV more than 2.40 12 years and over Vault with DV more than 2.80 If performed, will be given 0.00 Score	<ul style="list-style-type: none"> • No Elements above B Difficulty Value <p>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.</p>
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
		DANCE ELEMENTS Scissor Leap Stag Leap Tuck Jump

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North West Floor and Vault - ADVANCED

<p>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.</p>				
<p>FLOOR EXERCISE North West Junior Code elements will be recognised and will count towards number of required elements. Will receive no Difficulty Value.</p>				
<p>ELIGIBILITY Must not compete at any 4/5 piece competitions within the calendar year. Previous compulsories (Excel) can't drop back without drop back request.</p>				
<p>AGES in the year of competition</p>				
<p>10, 11, 12 & 13+ years of age (Age groups may be merged if insufficient numbers of gymnasts are entered)</p>				
<p>APPARATUS</p>	<p style="text-align: center;">VAULT REQUIREMENTS</p> <p style="text-align: center;">2 x Vaults performed Best score to count</p>			
<p>DIFFICULTY AND APPARATUS REQUIREMENTS</p>	<p style="text-align: center;">FLOOR REQUIREMENTS</p> <p style="text-align: center;">Maximum 8 x Elements [including dismount]</p> <p>COMPOSITION REQUIREMENTS [CRs] 4 x 0.50 each 2.00 maximum</p> <ul style="list-style-type: none"> Dance passage of 2 different leaps or hops - one with 180° split or straddle Minimum B valued dance element Forward and backward salto in the same or different acro line Acro line with a straight salto 			
<p>DIFFICULTY VALUE DV</p>	<p style="text-align: center;">DIFFICULTY SCORE 3.60 maximum</p> <p style="text-align: center;">A Difficulty Value 0.10 each B Difficulty Value 0.20 each C Difficulty Value 0.30 each</p>			
<p>BARRED ELEMENTS</p>	<p style="text-align: center;">Vault DV more than 3.4</p> <p>Twisting salto vaults</p> <ul style="list-style-type: none"> If performed, will be given 0.00 Score 			
<p>ACROBATIC LINES</p>	<p>An Acrobatic Line will be any</p> <ul style="list-style-type: none"> Acro Series with min 2 x Flighted Elements one being a salto <p>Must have minimum of TWO ACROBATIC LINES to count DISMOUNT DV</p>			
<p>SHORT ROUTINES</p>	<p style="text-align: center;">Routine with less than 7 counting elements in total Deduct 1.00 mark for each missing element</p>			
<p>NORTH WEST JUNIOR CODE ELEMENTS count towards number of counting elements but no DV</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; width: 50%;"> <p>Acrobatic Elements</p> <p>Cartwheel Backward roll to Handstand Backward Walkover Forward Walkover Valdez</p> </td> <td style="text-align: center; width: 50%;"> <p>Dance Elements</p> <p>Headspring Tic toc Forward roll to feet Backward roll to feet Dive Forward roll Dive Cartwheel</p> </td> </tr> </table>		<p>Acrobatic Elements</p> <p>Cartwheel Backward roll to Handstand Backward Walkover Forward Walkover Valdez</p>	<p>Dance Elements</p> <p>Headspring Tic toc Forward roll to feet Backward roll to feet Dive Forward roll Dive Cartwheel</p>
<p>Acrobatic Elements</p> <p>Cartwheel Backward roll to Handstand Backward Walkover Forward Walkover Valdez</p>	<p>Dance Elements</p> <p>Headspring Tic toc Forward roll to feet Backward roll to feet Dive Forward roll Dive Cartwheel</p>			

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

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