

# Kansas City Girls Gymnastics League

Rules & Guideline *Updated May, 2011*

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# Kansas City Girls Gymnastics League

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## Purpose

Establishing and maintaining a Kansas City area league that has consistent rules, routines, scoring, and other guidelines for league sessions of meets hosted by participating gyms.

## Goal

Keep more kids in the sport by allowing the opportunity for nearly anyone to compete and do it at an organized local level.

## Levels

Levels 1, 2, 3 Gold, 3 Silver, 4 Gold, 4 Silver, 5, 6, & Prep. Op.

### Level 3 & 4 Divisions

Level 3 & 4 will be divided into 2 division: Gold & Silver

~~All gymnasts practicing more than 5.5 hours/week should be entered in the Gold division.~~

~~Gymnasts practicing less than 5.5 hours/week may enter in either division.~~

It is up to the coach to decide which division to enter the gymnasts. Teams may be split.

**Drop Back Deadline:** February 1<sup>st</sup> (Gymnasts must remain at the level competed after that date.)

## Organization

There will be no formal board/committee at this time.

All participating clubs will contribute to discussion and voting on relevant issues.

There are no membership fees for participating gyms or gymnasts.

The current volunteer organizer is Toby Essenpries (MEGA, toby@moelitegym.net)

## Website/Information Distribution

The volunteer organizer will maintain a website and e-mail mailing list in order to keep league information available to participating clubs.

# Kansas City Girls Gymnastics League

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## Meet Guidelines

### Awards

**Team:** All teams with paid entry will receive a trophy.

**Individual Event:** All participants will receive at least a placement ribbon on every event.

~~Meet director may choose whether to give participation ribbons or placements.~~

**Individual All-Around:** All participants will receive a placement and a medal.

### Entry Fees

**Team:** \$10 \$20/team

**Individual:** In House: \$35 \$30; Off-Site: \$45 \$37

**Session Size:** We would like to keep sessions close to 3 hours from stretch to the end of awards.

**Warm Up Time:** Minimum of USAG time for warm up or 45 seconds, whichever is greater.

Level 1-4 vault should may be limited to 3 warm-ups including straight jumps.

**Miscellaneous:** League session may start no earlier than 4:30 on Friday.

As a courtesy, please notify any teams that would be competing by themselves.

## League Championship

**Date & Location:** (March 9-11, 2012) at TBA

### Awards

**Team:** All teams with paid entry will receive a trophy.

**Individual Event:** At least the top 3 will receive a medal & place all the way out with ribbons.

**Individual All-Around:** All participants will receive a placement and a trophy.

### Entry Fees

**Team:** \$10 \$20/team

**Individual:** \$40 \$45

### Age Groups

**Size:** Please split the age groups by age as of the Championship. Maximum size = 19.

**Session Size:** We would like to keep sessions close to 3 hours from stretch to the end of awards.

**Qualifying:** Everyone is encouraged to participate in at least 2 league meets.

**Introductions:** All participants will be individually announced & presented during march-in.

**Bid Procedure:** TBD

## General Scoring

### Minimum Score:

Levels 1-3: 7.0; Level 4 & up: 6.0

### Talking/Coaching:

Levels 1-4: no deduction; Levels 5 & up: same as USAG (0.1)

### Spotting:

0.5 with no loss of element (except the squat-on, see routine)

### Bonus Elements:

0.3 bonus, minus up to 0.3 in form breaks.

No bonus or spotting deduction if spotted.

### Beam Timing:

No deduction for over or under time on beam

## Routines

### Prep-Op

All Events: See website: <http://kcgymleague.blogspot.com/p/prep-op-guidelines.html>

### Level 5 & 6

All Events: USAG Routines

### Level 4

Vault, Beam, & Floor: USAG Routines

### Bars:

#### Option 1:

USAG

#### Option 2:

Jump, Glide-Extend, Return, Pullover

Cast Back-hip-circle

Front-hip-circle, Cast, Cast, Squat-On

Judged like Level 4 front-hip, cast, cast, shoot-through.

Shoulder safety spot allowed

Judge will take up to 0.5 for assistance given to gymnast.

Stand, Jump to High Bar, Swing to Extend

Swing Back, Tap Forward, Swing Back

Swing Down to Drop Between Bars

# Level 3

## Vault:

*Please inform the judge which vault you will be competing.  
Should use mats stacked to at least 24" or waist height.*

Option 1: Handstand Flat-back (10.0 Start Value)

Option 2: Dive-roll Stand (9.5 Start Value)

Option 3: Dive-roll Flat-back (9.5 Start Value)

## Bars:

### Option 1:

Jump, Glide-Extend, Return, Pullover

Single Leg Cut Forward to Stride Support

**BONUS:** Cast Cast Shoot-Through (0.3)

Stride Circle

Single Leg Cut-back

Connection to cast cast back-hip not required

Cast Back-hip-circle

Connection to dismount not required

Underswing or Cast Toe-shoot Dismount

### Option 2:

Jump, Glide, Return, Pullover

Cast Back-hip-circle

Cast, Cast, Squat-On

Judged like Level 4 front-hip, cast, cast, shoot-through.

Shoulder safety spot allowed & encouraged

Judge will take up to 0.3 for assistance given to gymnast.

Stand, Jump to Stick

## Beam:

USAG plus

**BONUS:** Add  $\frac{1}{4}$  turn to dismount (0.3)

## Floor:

USAG plus

Round-off rebound stick or round-off run run run

**BONUS:** Round-off back handspring (0.3)

May perform backbend kick-over or walkover

May perform half turn or heal-snap turn

May perform with or without music or with cues

Straight-arm back-roll to push-up or to pike. (jump in to squat)

# Level 2

## Vault:

Please inform the judge which vault you will be competing.

Should use mats stacked to at least 16" (24" for straight jump) or waist height .

Option 1: Run Handstand Flat-back (10.0 Start Value)

Option 2: Run Dive-roll Stand or Flat-back (9.5 Start Value)

Option 3: Run Straight Jump onto 24" or higher (9.0 Start Value)

Option 4: Kick HS Flat-back (9.0 Start Value)

## Bars:

3 Second Pike Hold, Lower to Stand

Pullover

Cast, Cast, Back-hip-circle

Underswing or Cast Toe-shoot Dismount

## Beam:

Jump to support

Swing leg over to straddle sit

Tuck sit

V-sit

Either:

Option 1: Swing legs down to straight, hook toes behind, push to knees, lift leg to knee scale, hold 2 seconds, swing leg forward, stand and finish

Option 2: Single leg rock up

Arabesque, hold 1 second

Step kick teeter totter (lever to beam, hop good leg off beam)

Step kick (good leg), step kick (bad leg) hands on hip

Step releve (bad leg), step releve (good leg)

Lock (good leg) hold 2 seconds

Lower to flat foot

Tuck jump

Releve to good leg lock

¼ pivot

Tuck jump dismount

## Floor:

USAG Routine

# Level 1

## Vault:

Straight Jump – Minimum 8" mat

## Bars:

Standing grab bar

Lower to tuck hang - hold for 3 seconds

Pull shins up to touch the bar in between hands \*\*Other option is skin the cat, pull back through

Stay in a tuck the whole time

Lower to stand

Pullover (no deduction for spotting)

3 casts

Stop in support hold

Roll forward to pike hold

Bent or straight arms in pike hold allowed

Lower to stand

Finish

## Beam:

Jump to support hold

Lift leg over to straddle sit

Pull knees up to tuck sit

Straighten legs to V sit

Lower legs to straddle sit

Move hands to front

Push weight off hands and hold

Lower to straddle sit

Hook toes behind

Push to knees

Knee scale - left weaker leg up

Step weaker leg in front to stand and finish

Step on favorite leg

Arabesque hold 3 seconds

Step kick

Lunge

Lever to lunge

Step kick, step kick

Step coupe, step coupe

Step together

Straight jump

Push to lock

1/4 pivot to side

Straight jump dismount-stick finish

## Floor:

USAG Routine

# PREP OP

## General Requirements:

All elements must be listed in the USAG JO Code of Points

All events except vault require a min. of 3 "A" (0.1) and 1 "B"(0.3) value parts

"C" dance skills and clear hip to handstand allowed-all others void routine

Any "D" or "E" element will void routine.

## Special Requirements:

(0.50 deduction for missing special requirement)

## Vault:

All vaults from Group 1 with or without twist, valued at 9.4 or less

All vaults have a 10.0 start value with deductions the same as level 7

## Bars:

Six (6) elements-must be listed in the JO Code

Cast to 60 degree below vertical

One skill from 3, 6, 7 or a "B" from group 5

"A" value salto dismount from the high bar.

## Beam:

1/1 turn on one foot

Leap or jump with 180 split

2 acro skill series with or without flight OR 1 "B" flight skill

Minimum of "A" salto or aerial dismount

Time max: 1 minute, warning at 50 second, OT deduction-0.10

## Floor:

Acro pass backward with 2 or more skills containing at least 1 salto

1/1 or more on one foot

Dance series with 2 elements direct or indirectly connected with 1 skill a leap 180 split

Acro pass of 2 or more skills containing a front skill OR a single front salto

Time: 45 seconds to 1:30, warning at 1:20, OT deduction 0.10

## Meet Schedule/Calendar

### October 8, 2011

Candy Corn

KC Gymnastics - Riverside

<http://www.kc-gymnastics.com>

### November, 19-20, 2011

Make a Wish Classic

Edge - Liberty

<http://www.edgegymnastics.com/Liberty>

### December 2-4 , 2011

Kansas Judge's Cup

Pinnacle – Shawnee

<http://pinnaclegymnastics.com/>

### December 9-11, 2011

Holiday Spectacular

Rebound - Blue Springs

<http://reboundgym.com/>

### December 16-17, 2011

Candy Cane Inv.

Elite - Lenexa

<http://www.elitegymag.com/>

### January 20-22, 2012

Diamond Jewels Invitational

Diamond Academy - Overland Park, KS

<http://diamondacademy.com/DiamondJewelsInvitational.html>

### February 11-12, 2012

Cupid Classic

Municipal Auditorium - Kansas City, MO

MEGA - Belton

<http://www.moelitegym.net>

### Feb/March 2012

Teddy Bear Invitational

Elite Gymnastics - Lenexa

<http://www.elitegymag.com/>

### March 2-4, 2012

St. Patrick's Invitational

Rebound - Blue Springs

### March 10-11, 2012

League Championship

Diamond Academy -Overland Park, KS

*Please e-mail [toby@moelitegym.net](mailto:toby@moelitegym.net) if you have anything to add to the schedule.*

**Possible Judges**