



26 & 27 OCTOBER

DOUBLE TROUBLE 2024



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 Reception year at school.

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@ultimategymnasticsevents.com
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www.futuregymnastics.co.uk



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Venue

Merstham Park School, Redhill, RH1 3PU.

Date

Saturday 26th & Sunday 27th October 2024

(Competitors and clubs should make themselves available for Saturday afternoon and all day Sunday. If the event is fairly quiet it will run ONLY on the Sunday, however if it is busy it will overflow into Saturday afternoon too). By entering the event you understand your gymnasts may be placed on Saturday, Sunday or both.

Parking & transport

There is a large car park on site which is free as well as good public transport links.

Competition Entry Fee

£25.00 per gymnast Gymnasts can only enter in a pair. This is not an individual competition.

Timings

Timings and rounds will be completed and sent a minimum of 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 27th September. If the competition becomes full sooner than this date, entries will be closed. If you have registered interest we will let you know if this becomes the case, however if you have not registered interest we can not guarantee any spaces.

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. A percentage off all competitors entries will go towards the judges and split evenly. Judges should be available for the full day. Depending on the events the judges are usually paid between £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. A judge must be supplied from your club for every 30 gymnasts entered.

How to enter

Fill in the entry form on the website and attach your gymnast sheet. Your entry will be reviewed and an invoice will be sent to your club within 7 days of your entry submission.



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COMPETITION RULES

- There will be 2 separate competitions running throughout this event. Floor & Vault gymnasts will not be competing against 4 Piece Gymnasts.
- 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.
- 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. 60 or 90cm with a 15cm landing mat.
- Table vault height is 100/110cm
- Beam will be 115cm high with a 4 inch landing mat underneath.
- There is no required direction up and down the beam.
- Should gymnast require the pad they are able to use this with a 0.3 deduction
- 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.
- 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.
- This competition is for gymnasts who train no more than 4 hours a week. No gymnasts who compete at regional level or grades 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.
- No refunds will be given after the competition is full.