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# **INTERCLUB PROGRAM**

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## **BC Provincial Interclub Program**

### **Guidelines and Information Package**

**December 2011**

## **INTERCLUB PROGRAM:**

### **PURPOSE OF INTERCLUB:**

The purpose of the interclub program is to extend performance and training opportunities and give beginner to advanced recreational level athletes throughout British Columbia the opportunity to showcase their personal ability, participate in gymnastics events and perform routines in a creative way.

The Interclub Program is performance based and is meant to focus on the opportunity to perform and take pride in athletic achievement. Athletes are given creative license in routine development and performances. The addition of props and costumes, for example, is encouraged.

The interclub program is not meant to be used as a developmental competitive or pre-competitive program.

## **INTERCLUB CATEGORIES**

Athletes can register for Interclub events in one of 2 categories.

- **Traditional**  
Athletes perform routines and are given positive feedback on their certificates.
- **Performance Plus**  
Athletes perform routines and are given a score and awarded a gold, silver or bronze ribbon on each event. Please see guidelines for scoring at the end of this document.

Athletes can move freely from one category to the other.

### **ATHLETE ELIGIBILITY:**

- Age: Athletes must be minimum 6 years old to participate in an Interclub event. There will be no exceptions to the age eligibility.
- The Interclub category is intended for recreational/advanced recreational participants training a maximum of 8 hours per week.
- Athletes must be registered with Gymnastics BC as Interclub members.
- In BC, Acrobatic Gymnastics is considered a Gymnastics for All discipline. Acrobatic athletes must register as Interclub athletes to participate in Interclub events. This category is only for non-competitive, recreational level Acrobatic Gymnastics participants and does not include anyone competing or being ranked.

### **COACH ELIGIBILITY:**

All coaches and CITs must be registered with Gymnastics BC as competitive or recreational coaches.

Minimum Certification:

- Coaches should be NCCP Foundation or Level 1 certified.
- CIT's should be under the direct supervision of a NCCP Foundation or Level 1 certified coach.
- Inverted skills: if athletes are performing inverted skills, the coach must have NCCP Level 2 technical in the appropriate discipline (artistic or trampoline).

## **INTERCLUB PROGRAM GUIDELINES:**

There is no required minimum skill level to participate in interclub events.

Host clubs are welcome to set out their own formats and offer varying competition events. There are no format requirements.

## **APPARATUS / EQUIPMENT**

Athletes may perform on any gymnastics apparatus: traditional men's and women's artistic gymnastics apparatus, trampoline, double mini-trampoline or tumbling.

- Athletes are not limited to one discipline. They can mix and match: for example, athletes could register to do beam and trampoline (if those events were being offered at an Interclub event)
- The choice of apparatus is not gender specific. For example, girls can register to do rings and boys could register to do beam.
- Non-traditional gymnastics apparatus is also permitted.
- There are no limitations or restrictions on the use of safety mats and additional equipment (such as beam pads, boxes, etc.) during interclub events

## **ROUTINES**

- Routines on any event should be a maximum of 90 seconds
- One or two vaults are allowed
- Music is optional for women and men's floor exercise and can be lyrical.

## **SAFETY:**

Although there are no skill restrictions in the Interclub Program, coaches must be aware that more difficult skills require more repetitions and perhaps more physical preparation and ability. By increasing the difficulty, safety concerns are also increased, especially when athletes are not training the required hours to be physically prepared. Please consider this when teaching new skills and including harder skills in performances.

Participants should be able to perform all components of their routine with a reasonable level of mastery and competence consistent with the safety and teaching principles of the National Coaching Certification Program.

## **SPOTTING:**

The goal of the Interclub Program is for athletes to show pride in their personal abilities - promoting success through personal accomplishments. While the athlete may be able to perform the skill sooner if they are assisted, the goal should be to perform independently to display personal achievement.

Spotting is allowed, although athletes should be able to fully perform the skills they are presenting with a high degree of proficiency. Only light spotting is allowed.

Performance Plus: If an athlete is spotted they will be given a lower difficulty score on that event (a touch must occur to affect their score).

## **AWARDS:**

Considerable emphasis should be put on the awards ceremony, highlighting each participant's performance. In addition, it is a tradition for clubs to reward outstanding athletes and/or performances with special awards.

### **Traditional:**

- Athletes should also be given a certificate that lists all the events they performed in and positive comments from each of the adjudicators for each event.
- Each participant should be given a participation ribbon or medal.

### **Performance Plus:**

- Athletes will receive a certificate indicating their scores (instead of comments) and the appropriate ribbons for each event (gold, silver, bronze).
- Each participant should be given a participation ribbon or medal.

## INTERCLUB EVENTS

### GBC SANCTION

Clubs must follow the GBC sanctioning policy and sanctions are required for Interclub events.

***Clubs must outline the events offered in the first Meet Invitation, as well as the format of the event.***

### REGISTRATION:

The event invitation should contain the following information:

- Format of the event, including categories invited
- Events offered (women's apparatus, men's apparatus, trampoline events, acrobatic events and/or any creative events)
- Entry fees: They should be kept at a minimum and can range from \$50 to no more than \$85 per participant. Although clubs should try to keep fees at a reasonable amount, event hosting costs will depend on cities, zones and the amount of work a club puts into their event. When Interclub events are combined with another GBC sanctioned event, fees should be reduced.
- Athlete recognition system and special awards
- Registration form including the following data:
  - ✓ Athlete's Name
  - ✓ Date of birth
  - ✓ Category
  - ✓ Events participating in
  - ✓ Coaches' Names and NCCP Certification

### INTERCLUB EVENT HOSTING GUIDELINES:

- Interclub events should be athlete centered.
- There should be no more than 50 participants in one flight or session
- Each flight or session should last no more than 3 hours
- There should be a strong emphasis on the awards ceremony and the recognition provided to each participant
- The Meet Director must provide to GBC the list of athletes and coaches registered for the event so verification can occur.
- The Meet Director must complete the "Interclub Event Meet Director Form" (provided at the end of this document) and return it to GBC. The form must be forwarded within 7 days of the completion of the competition.
- Clubs are encouraged to give special awards for each event for outstanding/creative performances

## INTERCLUB – TRADITIONAL CATEGORY

At the end of each performance, the adjudicators should provide a positive comment written on each participant's certificate. The host club should provide adjudicators with a list of comment ideas (i.e. "99 ways to say very good"). Adjudicators should watch each athlete's routine from start to finish

### Evaluation Guidelines:

Adjudicators should focus on the following performance characteristics for their comments:

1. Variety
2. Use of Apparatus (confidence/dynamics)
3. Quality of performance (artistry)
4. Quality of skills – Safe Performances

Comments can pertain to:

- Content: The way the routine is put together:
  - diversified and creative composition of skills,
  - dance and choreographic elements
- Execution: The way the routine is executed:
  - Quality of execution,
  - sureness and precision
- Use of the apparatus, spatially and directionally:
  - Use of various levels: being tall, being close to the floor/beam
  - Using the entire length of the beam or covering most of the floor area
  - Moving, walking, running, dancing forward, backward, sideward
- Rhythm and tempo:
  - Dynamics: Inclusion of explosive and powerful movements
  - Rhythm: Variety in speed of movement within passages or within individual elements (fast, slow, fluid, energetic, etc.)
- Presentation and Artistry:
  - Carriage, presence, personal expression
  - Exercise is compelling to watch and captivating from beginning to end
  - Choreography and choice of elements are interesting because the exercise is "unpredictable" from beginning to end
  - On floor, the music enhances movements

## INTERCLUB – PERFORMANCE PLUS CATEGORY

Athletes can perform on any event. At the conclusion of the performance, the athlete is given a score according to the Scoring guide below. The score is entered on the athlete's certificate.

A ribbon of appropriate color is stapled to the certificate for each apparatus performed.

Gold	9 or 10 points
Silver	7 or 8 points
Bronze	6 points or less

### Scoring Guide

Each athlete will receive a score out of 10, using the following 3 components:

- **Difficulty Score:** 4-6 points  
See the table below. The athlete is given a score according to the difficulty level of the skills included in his/her routine. If an athlete sits in between 2 categories, half points can be awarded (4.5, for example)
- **Quality of execution of the performance** 1-3 points  
3 points – EXCELLENT: no errors/falls and good form throughout  
2 points – GOOD; showed consistent good form with few wobbles/errors  
1 point – OK: completed routine with average form/may have had falls
- **Bonus:** 1 point  
Stuck landing dismount all events (excluding FX) or Artistic presentation (FX).  
Floor bonus is given for artistic presentation of routine. The following criteria are used to determine if the 1 point will be awarded:
  - fluid movements,
  - dynamic performance,
  - use of props,
  - fantastic amplitude, personal expression, etc.

Discretion is given to adjudicators.

## Difficulty Guidelines

	<b>Basic 4 points</b>	<b>Challenge 5 points</b>	<b>Advanced 6 points</b>
<b>Floor</b>	<ul style="list-style-type: none"> <li>• Cartwheel</li> <li>• Round-off</li> <li>• Rolls (including front, back, log and shoulder rolls)</li> </ul>	<ul style="list-style-type: none"> <li>• Round-off with flight</li> <li>• Walkovers</li> <li>• Back extension</li> </ul>	<ul style="list-style-type: none"> <li>• Handsprings</li> <li>• Saltos</li> <li>• Combinations with flight</li> <li>• Aerials</li> </ul>
<b>Uneven Bars</b>	<ul style="list-style-type: none"> <li>• Single bar routine</li> </ul>	<ul style="list-style-type: none"> <li>• Average 5 skills</li> <li>• One bar change</li> </ul>	<ul style="list-style-type: none"> <li>• One bar change</li> <li>• One high bar skill</li> </ul>
<b>Vault</b>	<ul style="list-style-type: none"> <li>• Straddle on/over</li> <li>• Handspring with mini-tramp to back on mat stack</li> <li>• Straight jump on/off with spring board</li> </ul>	<ul style="list-style-type: none"> <li>• handspring to back with spring board (with or without vault)</li> <li>• handspring over vault with mini-tramp</li> </ul>	<ul style="list-style-type: none"> <li>• Handspring over using spring board</li> <li>• Handspring with twisting using mini-tramp</li> </ul>
<b>Balance Beam</b>	<ul style="list-style-type: none"> <li>• Mount</li> <li>• Dismount</li> <li>• Dance elements</li> </ul>	<ul style="list-style-type: none"> <li>• 1 skill with hand support (eg. handstand/cartwheel)</li> </ul>	<ul style="list-style-type: none"> <li>• 2 skills with hand support</li> <li>• Walkover</li> <li>• Salto dismount</li> </ul>
<b>High Bar</b>	<ul style="list-style-type: none"> <li>• Beat swing series to long swing series</li> <li>• Underswing dismount</li> </ul>	<ul style="list-style-type: none"> <li>• Average 4 skills plus a dismount. (Example: hanging pull over, cast, back hip circle, underswing to long swings, dismount)</li> </ul>	<ul style="list-style-type: none"> <li>• Swing ½ turn</li> <li>• Straddle on underswing ½ turn dismount</li> <li>• Long swing pull over</li> </ul>
<b>Parallel Bars</b>	<ul style="list-style-type: none"> <li>• Cross support walk from end to middle</li> <li>• Tucked L-sit hold</li> <li>• Star hold no hands</li> <li>• 1/2 turn through front support</li> </ul>	<ul style="list-style-type: none"> <li>• Upper arm swing skill</li> <li>• Support swing skill</li> <li>• Static skill</li> <li>• Cross support swings</li> <li>• Flank dismount</li> </ul>	<ul style="list-style-type: none"> <li>• Long swing kip to upper arm or straddle sit</li> <li>• Shoulder stand from straddle sit</li> <li>• front roll to upper arm swings</li> <li>• rear vault dismount (stutz off the side)</li> </ul>
<b>Rings</b>	<ul style="list-style-type: none"> <li>• Tucked L-hang hold</li> <li>• Long hang swing series</li> <li>• Piked inverted hang hold</li> <li>• Skin the cat hold</li> <li>• Chin up hold</li> </ul>	<ul style="list-style-type: none"> <li>• Long swing series feet above Ring height in front swing</li> <li>• L-hang hold</li> <li>• Assisted to cross support hold and slow reverse muscle up to hang</li> <li>• Back tuck dismount</li> </ul>	<ul style="list-style-type: none"> <li>• Long swing series feet above Rings on both sides</li> <li>• Tucked L-sit hold</li> <li>• Piked inlocate from swing series</li> <li>• Straight body inverted hang hold</li> <li>• Pike/ layout</li> </ul>
<b>Pommel Horse / mushroom</b>	<ul style="list-style-type: none"> <li>• Front support walk from one end to other</li> <li>• Straddled front support swings</li> <li>• Squat through series</li> <li>• Leg cut ¼ turn dismount</li> </ul>	<ul style="list-style-type: none"> <li>• Front support walk around entire horse</li> <li>• 1/2 turn travel from rear support to front support</li> <li>• Hop from front support on pommels to front support on one end.</li> <li>• Single leg cuts (leg-in leg-out series)</li> </ul>	<ul style="list-style-type: none"> <li>• 3-5 mushroom circle in a row</li> </ul>

## TRAMPOLINE GUIDELINES:

- Routines may have an out bounce, which is one straight jump after the last performed skill and before the stop bounce
- Inversions such as front or back handsprings are not trampoline skills and are therefore not permitted
- Knee drops, where the hands are not used to distribute the weight safely are restricted skills and must NOT be performed
- Four spotters must be positioned at the four corners of the trampoline whenever it is in use (this must be enforced on all above-ground trampolines). Spotters should be of sufficient size to render assistance if necessary. There should also be a coach with their attention on the athlete beside the trampoline, ready to jump in if necessary
- It is recommended that coaches refer to the level 1 and 2 NCCP trampoline manuals for suggestions on routine building.

	<b>Basic 4 points</b>	<b>Challenge 5 points</b>	<b>Advanced 6 points</b>
<b>Trampoline</b>	Routine of average 6 skills. No inversions.	Routine of average 8 skills: all/most connected.	Routine of average 10 skills: saltos allowed.
<b>Double mini trampoline (suggested passes)</b>	<u>1<sup>ST</sup> Pass:</u> Tuck jump Spotter Straddle jump Dismount  <u>2<sup>nd</sup> Pass:</u> Straddle jump Spotter 1/2 Turn Dismount	<u>1<sup>st</sup> Pass:</u> Straddle jump Spotter 1/1 Turn Dismount  <u>2<sup>nd</sup> Pass:</u> Tuck jump Spotter Front tuck Dismount	<u>1<sup>st</sup> Pass:</u> Tuck jump Spotter Front tuck Dismount  <u>2<sup>nd</sup> Pass:</u> May include 2 saltos
<b>Tumbling</b>	<u>1<sup>ST</sup> Routine:</u> Cartwheel Cartwheel Forward Roll Tuck Jump  <u>2<sup>nd</sup> Routine:</u> Round-off Jump 1/2 Turn Forward Roll Straddle Jump	<u>1<sup>st</sup> Routine:</u> Round-off Jump 1/2 Turn Cartwheel Cartwheel Backward Roll  <u>2<sup>nd</sup> Routine:</u> Round-off Back Handspring Jump 1/2 Turn Round-off Tuck Jump	<u>1<sup>st</sup> Routine:</u> Round-off Back Handspring Back Handspring Back Handspring Straight Jump  <u>2<sup>nd</sup> Routine:</u> 5 Skills optional (saltos allowed)

## **ADJUDICATOR GUIDELINES:**

### **GENERAL**

- Adjudicators should be at least 16 years of age or older, whenever possible
- Adjudicators should watch each athletes routine from start to finish
- There should be a minimum of one adjudicator per event
- Adjudicators should be mature and be familiar with gymnastics but do not need to be trained judges (although it can be an asset for the evaluation of Performance Plus category).
- Adjudicators should be paid. A recommended honorarium is \$30 per session
- It is recommended that the Meet Director read through each certificate before handing them out to ensure that only positive comments have been included.

### **ADJUDICATOR TRAINING:**

A short training session for adjudicators should be held prior to the event. The following aspects should be covered during adjudicator's training.

- Reception of athletes at the table
  - How to greet the athletes and coaches
  - Smiling and making athletes feel welcome – not nervous
  - Directions on how the event is going to unfold
  - Taking attendance and asking kids to present when their name is called and remember their order for presenting their routines
  - Direct the coaches as to the warm-up format and wish the athletes "Good Luck"
- Explain to adjudicators that they should keep their eyes on the athlete's performance, from the moment they are called, until they dismount and present to them. Adjudicators should watch each athlete's routine from start to finish.
- Positive specific feedback
  - Provide meaningful comments to the athletes
  - Pay attention to what the athletes seem proud of – special skill that they might have been working on, no fall, something teammates congratulate them on, etc.
  - 100 ways to say good job
  - Constructive feedback should not be included – the interclub program is not the place for this (athletes get enough constructive feedback from their coach during their classes)

## INTERCLUB EVENT MEET DIRECTOR FORM

**Please return this form within 7 days of the completion of the competition**

Name of competition: \_\_\_\_\_

Date of competition: \_\_\_\_\_

### REGISTRATION OF GBC MEMBERS:

1. Was the list of athletes sent to GBC for registration verification?

Yes       No

→ Were participating clubs informed of athletes that did not have proper registration with GBC?

Yes       No

→ Were those athletes permitted to participate?

Yes       No

→ If YES, please clarify:

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2. Was the list of coaches sent to GBC for registration verification?

Yes       No

→ Were participating clubs informed of coaches that did not have proper registration with GBC?

Yes       No

→ Were those coaches permitted to attend?

Yes       No

→ If YES, please clarify

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### EVENT ORGANIZATION:

1. What events were offered?

Gymnastics Apparatus:     Vault       Bars       Beam       Floor  
    Pommels     Rings       P-Bars       High Bar

Trampoline Events:       Trampoline     DMT       Tumbling  
    Synchro Trampoline

Acro Gymnastics:       2-partners     3-partners     4-partners

2. Were special awards given?

→ If YES, please describe

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**INJURIES:**

Were there any injuries during the competition?  Yes  No

→ If YES, please attach the injury report form.

**PARTICIPATION**

Please summarize the number of sessions that were offered and the number of athletes in each session:

Session #	# of Athletes	Gender	
		Male	Female

**INTERCLUB EVENT FEEDBACK FORM**  
*(To be completed by attending clubs only)*

**Please return this form within 14 days of the completion of the competition. Host clubs will be notified of possible improvements directly, while star rankings of events will be published on the GBC website and updated yearly.**

Name of club filling form: \_\_\_\_\_ (will be kept anonymous)

Name of competition: \_\_\_\_\_

Date of competition: \_\_\_\_\_

Were all Interclub Technical Guidelines followed?  Yes  No

→ If NO, please clarify

\_\_\_\_\_  
\_\_\_\_\_

Was the spirit of Interclub embodied in the event?  Yes  No

→ If NO, please clarify

\_\_\_\_\_  
\_\_\_\_\_

Was the event well organized?  Yes  No

→ If NO, please clarify

\_\_\_\_\_  
\_\_\_\_\_

Was the event fun?  Yes  No

→ If NO, please clarify

\_\_\_\_\_  
\_\_\_\_\_

What was the entry fee for athletes? \_\_\_\_\_

Was the entry fee fair, based on the quality of the event and demographic?  Yes  No

**On a five-star scale, how many stars would you give this event?**

