

Notes for BUCS Gymnastics Championships 2023

General

Please ensure you arrive in plenty of time for registration.

General warmup is in a separate hall down the corridor. Although the timetable shows 15 minutes you are welcome to go there before the nominated start time.

These are long days so please be prompt for your warmup and when competing each piece.

There will only be one set of presentations at the end of each day.

WAG

Round 1: Grade 2 VT-UB-FX

Gymnasts will drop down between rotations

This round is all the Vault/Bars/Floor gymnasts with a few Floor/Bars/Beam. Those few competing Beam will do so at the very end of the round. Additional warmup time will be given.

We have increased the warmup time for Grade 2 gymnasts from last year.

Vault Warmup will be 2 Vaults

Bars will be American style Warmup and compete – 2 warmup, first competes, 3rd warms up etc

Floor will be split into two groups (6 and 6) with 1.5 minutes per gymnast

Round 2: Grade 2 VT-BB-FX

Gymnasts will drop down between rotations

This round is all the Vault/Beam/Floor gymnasts.

We have increased the warmup time for Grade 2 gymnasts from last year.

Vault Warmup will be 2 Vaults

Beam will be American style Warmup and compete – 2 warmup, first competes, 3rd warms up etc

Floor will be split into two groups (7 and 6) with 1.5 minutes per gymnast

Round 3: Grade 1 – VT-UB-BB-FX

Gymnasts will drop down between rotations

Full apparatus warmup of 1.5 minutes/gymnast = 7.5 minutes per apparatus.

There will be a 30s touch warmup during each rotation.

Rounds 4 and 5: Grade 3 and Grade 4

These two rounds have groups A (Gr3) and B (Gr4) competing Floor and Vault Only

There will be no dropdown between rotations

The Vault run is shared so gymnasts will warmup alternately and compete alternately.

On floor gymnasts will be split into two groups of 6 gymnasts each for A and B making 4 groups in total. The first two groups will get 3 minutes per group to warmup and then compete alternately followed by the second two groups.

Reserves

The last page of the draw shows the first (and second where appropriate) reserve gymnasts for Grade 3 where numbers have been limited. Institutions may substitute a gymnast in Grade 3 from the reserve list at any time up to the moment that the first warmup finishes. If you are substituting a gymnast from Grade 3, please email harry.spinks@bucs.org.uk. If the change is being made on the day of the competition, please ensure the control desk and Harry Spinks (event lead) are aware.

Notes for BUCS Gymnastics Championships 2023

General

Please ensure you arrive in plenty of time for registration

General warmup is in a separate hall down the corridor. Although the timetable shows 15 minutes you are welcome to go there before the nominated start time.

These are long days so please be prompt for your warmup and when competing each piece.

There will only be one set of presentations at the end of each day.

MAG

Round 6: Grade 2

Open warmup for an hour.

Gymnasts will compete 4 pieces. The selected pieces are shown on the program.

Gymnasts will drop down between rotations

Principal rotations are FX-SR-VT-PB

In the fourth rotation the group who started on VT – none of whom are doing SR will move the PH along with gymnasts from pool 29. When PH is completed any gymnasts who have elected to do HB will move there.

Round 7: Grade 1

Open warmup for an hour.

Gymnasts will compete all 6 pieces.

Gymnasts will drop down between rotations

Rounds 8 and 9

Floor & Vault Only

36 minutes of open warmup with a 30s touch on each piece.

There will be no drop down between rotations