

CITY OF PHILADELPHIA  
DEPARTMENT OF RECREATION

SPORTS AND ATHLETICS  
ACTIVITY GUIDE

**2007**  
**GIRLS' GYMNASTICS**

***SKILLS FEST (Local)***

Guidelines are given for any facility conducting a gymnastics program that wishes to conduct its own Gymnastics Skills Fest. Contact local facility for further information.

The Skills Fest is geared to the beginning gymnast who is developing skills, but is not yet ready for the citywide competitive program.

***EVENTS MEET (Citywide)***

Saturday, March 24, 2007                      Kendrick Recreation Center  
Ridge Avenue & Pensdale Street

**Warm Up:** 9:00 a.m. - 9:15 a.m. (Stretching only)                      **Meet Begins:** 10:30 a.m.  
9:15 a.m. - 10:15 a.m. (Equipment)

**Entry Deadline:**                                      Tuesday, March 13, 1:30 p.m.

This meet is geared to the Class I gymnast who is able to perform 2, 3 or 4 events, but not yet ready to compete all around (all 4 events) without a spot.

***ALL-AROUND MEET (Citywide)***

Saturday, April 21, 2007                      Kendrick Recreation Center  
Ridge Avenue & Pensdale Street

**Warm Up:** 9:00 a.m. - 9:15 a.m. (Stretching only)                      **Meet Begins:** 10:30 a.m.  
9:15 a.m. - 10:15 a.m. (Equipment)

**Entry Deadline:**                                      Tuesday, March 13, 1:30 p.m.

This meet is geared to the Class I and Class II gymnast who is able to compete all around (all 4 events) without a spot, and to the Class II gymnast who is unable to compete in all 4 events due to the lack of equipment at the local facility. Such a Class II gymnast must apply and receive approval in writing from the City Chairman prior to being accepted for this meet.

***NOTE WELL:***        Each gymnast may register for only one (1) meet.

## 2007 GIRLS' GYMNASTICS

### OBJECTIVES:

1. To provide a wholesome recreation experience in a safe and healthy environment.
2. To have fun through participation.
3. To teach the skills of gymnastics with emphasis on sportsmanship.

### A. ELIGIBILITY

1. A gymnast must compete in her own age group.
2. Participation is not limited to residents of Philadelphia.
3. Anyone who practices or competes during the **current season** (September 2006 through May 2007) in USAG levels 4 - 10 will be **ineligible** for these meets.
  - a. Any violation of this will result in disciplinary action (by the Girls' Gymnastics Committee) and could jeopardize the entire team.
  - b. In the event of eligibility violation claims, proof of USAG involvement must be presented to the City Chairman.

### B. SKILLS FEST

1. As a guide, the Skills Fest is for the beginner gymnast who is developing skills, but not yet ready for the citywide competitive program.
2. Age Classifications
  - Group A - Born 1999 - 2000
  - Group B - Born 1997 - 1998
  - Group C - Born 1995 - 1996
  - Group D - Born 1994 or before
3. Events
  - a. A participant must participate in a **minimum of 2 events**.
  - b. Various skills are listed under each event.
    - 1) All skills for an event must be done when the gymnast takes her turn.
    - 2) The gymnast may attempt each skill listed only once (exception - see Vault).
  - c. Scoring:
    - 1 - Needs Assistance
    - 2 - Fair
    - 3 - Average
    - 4 - Above Average

## 5 - Excellent

## B. Skills Fest, Cont.

## 3. d. Skills

- 1) **Vault** (Both vaults may be done, or one vault twice.)

Squat vault  
Straddle vault

- 2) **Bars** (Must perform a minimum of 4 of the following moves.)

Back hip pullover on low bar	Mill Circle
1 - 3 casts on low bar	Kick over high bar to front support on high bar
Back hip circle	Cast off or front roll (turnover) from either bar

- 3) **Beam** (Must perform a minimum of 4 of the following moves.)

Jump to front support	Front roll
Half turn	Tuck jump
Scale	Round-off dismount

- 4) **Floor Exercise** (Must perform a minimum of 5 of the following moves.)

Handstand	Handstand front limber
Cartwheel	Split leap
Round-off	Jump full turn
Back extension	

## 4. Equipment

- a. Dismounts - A landing mat (4") may be used for all dismounts.
- b. The height of the apparatus will be standard and cannot be changed, except as stated below:

- 1) **Beam** - 3'11 1/4"

**Exception:** Groups A & B - The beam may be adjusted down to 3'7". If the beam cannot adjust down as indicated, the next lower ring may be used.

- 2) **Horse** - 3'11 1/4"

**Exception:** Group A - The horse may be adjusted down to 3'5".  
Group B - The horse may be adjusted down to 3'7".

If the horse cannot be adjusted down as indicated, the next lower ring may be used.

- 3) **Bars** - Lower bar: 4'11 1/16" Upper bar: 7'6 1/4"

Cable bars may be adjusted to meet the needs of the individual gymnasts.

### C. EVENTS MEET AND ALL-AROUND MEET

1. To determine which meet the gymnast should register for, use the following guideline.

**Events Meet** - This meet is for the gymnast who is able to perform 2, 3 or 4 events, but not yet ready to compete without a spot, and for the gymnast who can perform without a spot, but is competing in only 2 - 3 events.

**All Around Meet** - This meet is for the gymnast who is able to perform on an all around basis (all 4 events) without a spot.

2. Age Classifications

#### **CLASS I**

Group A - Born 1999 - 2000  
 Group B - Born 1997 - 1998  
 Group C - Born 1994 - 1996  
 Group D - Born 1993 or before

#### **CLASS II**

Group 1 - Born 1996 or after  
 Group 2 - Born 1994 - 1995  
 Group 3 - Born 1993 or before

3. Skill Levels

#### a. **Class I**

- 1) The gymnast must be able to perform routines from the Class I list of skills.
- 2) Any gymnast adding skills above the Class I list in any event will, at the discretion of the Judge and City Chairman, be scored as Class II in all events she enters.
- 3) **Events Meet** - Deductions for each spot or touch will be .5. Any gymnast spotted throughout the majority of her routine will receive a complimentary score of 1.0, and will not be eligible for an award in that event.
- 3) **All- Around Meet** - Any gymnast in Class I that is spotted will receive a complimentary score of 1.0, and will not be eligible for any awards throughout the meet.

#### b. **Class II**

- 1) The gymnast must be able to perform skills above the Class I level.
- 2) Deductions for each spot or touch will be .5. Any gymnast spotted throughout the majority of

her routine will receive a complimentary score of 1.0, and will not be eligible for an award in that event. Such a gymnast will also not be eligible for an all around award.

#### 4. Events

- a. **Class I** - Routines must be made up from the skills listed under Class I. No others may be done (except as stated under Floor Exercise, All Around Meet).

##### 1) Floor Exercise

- a) **Events Meet** - Skills may be taken from both the Group I and Group II lists; however, **at least six (6)** skills from Group II should be included. Routine must also include both tumbling and dance.

#### C. Class I, Floor Exercise, Cont.

- a) **Events Meet** - Skills List, Cont.

##### Group I

Forward roll	Dive cartwheel	Back Extension
Back roll	Headstand	Round-off
Cartwheel (stand)	Handstand	Handstand Limber
One arm cartwheel	Back walkover	

##### Group II

Front walkover	One arm round-off
Front handspring	Front tinsica
Back handspring (one from stand)*	Dive front walkover
Round-off back handspring*	One arm front walkover
Back tinsica	One arm back walkover
	Back arabian

\* **These two skills may not be performed consecutively.**

- b) **All-Around Meet** - At least six (6) skills from the following list must be included. Other non-aerial work may also be performed. Routine must also include both tumbling and dance.

Front walkover	One arm round-off
Front handspring	Front tinsica
Back handspring (one from stand)*	Dive front walkover
Round-off back handspring*	One arm front walkover
Back tinsica	One arm back walkover
Back arabian	

\* **These two skills may not be performed consecutively.**

2) **Beam**

- a) Mount - optional
- b) Routine must include a turn, a balance, a jump, and a leap.
- c) Routine must also include **two or more** of the following tumbling skills.

Cartwheel  
Handstand

Front roll  
Headstand

Back roll

- d) Dismount - One arm round-off, front handspring or round-off

## C. Class I Events, Cont.

3) **Bars**

- a) Mount - Pullover or front support on low bar, jump to a long hang on high bar (no twists or turns) or half twist jump to high bar.

**Note:** Only a springboard may be used for a mount. The use of extra mats to reach the bars will not be permitted.

- b) Routine must include **two or more** different tricks from the following.

Sole circle

Back hip circle

Front hip circle

Mill circle

Mill circle catch

Angel swing half turn to low bar

Angel swing catch high bar (with or without half turn)

Sole circle, release, half turn, regrasp high bar

Underswing on high bar, half turn regrasp

Seat circle (front or back), with or without catch

- c) Dismount - Underswing from either bar, Angel Swing or Sole Circle, with or without turn.

4) **Vault** - Squat, Layout Squat, Straddle or Front Handspring

- b. **Class II** - All routines will be optional for all four (4) events.

## 5. Rules

- a. **Beam and Floor Exercise** - A strict time limit will be observed - **1 minute to 1 1/2 minutes**.

**Note:** Further performance that follows is not evaluated. After 2 minutes, the gymnast will be asked to terminate her exercise and will receive a score of "0".

- b. Dismounts - A landing mat (4") may be used for dismounts.

- c. The height of the apparatus will be standard and cannot be changed, except as stated below.

Beam - Nissen (3'11 1/4")

Horse - Nissen & Gym Master (3'11 1/4"), Runway - approximately 15 meters

Bars - Nissen Cable (Lower Bar - 4'11 1/16"; Upper Bar - 7'6 1/4")

Boards - Gerstung & Spiroflex Coil Spring (May also bring own board.)

d. **Floor Exercise**

a. Floor will be a 4" spring floor (mat size - 38' x 38')

b. Music

- 1) Music must be orchestra without song, piano or one other instrument. **NO VOCALS!** There will be a **.50** deduction for musical accompaniment that is not regulation, or for no musical accompaniment.

C. Events Meet & All-Around Meet Rules, Cont.

b. Music, Cont.

- 2) **The gymnast is responsible for her own music, tape recorder and someone to start and stop her tape. CD's or Cassette tapes ONLY. NO RECORDS!**

- a) The tape **must be** cut to the length of the routine, set to the correct place and be ready to insert in the tape recorder when the gymnast checks in at the event.
- b) Timing begins with the first gymnastic or acrobatic movement. The length of the **timed** routine is **1 - 1 1/2 minutes**. A musical lead in or out of **4 measures only** is permitted.

D. **FORFEITS** - If the participant is not ready to perform when her name is called, she will be scratched from that event.

E. **PROTESTS**

1. All protests must be submitted in writing (with evidence to support the protest), with a \$50 protest fee.

An official's judgment **cannot** be protested, except in the case of material error.

a. **Rule Interpretation**

- 1) The protestor must notify the judge at the point of protest (when the incident occurs), the judge must enter this on the official score sheet at that point. Failure to comply will result in

**NO PROTEST!**

- 2) Submit, in writing, immediately to the Chairman (or her designated representative).  
Failure to comply will result in **NO PROTEST!**

b. **Eligibility** - Submit to the City Chairman (or her designated representative).

2. If all cases, if the protest is upheld, the fee will be returned.

F. **OFFICIALS** - Qualified officials for the Events Meet and All Around Meet will be assigned through the City Chairman.

G. **AWARDS**

1. **Events Meet** - Awards will be presented to 1st, 2nd & 3rd in each event.
2. **All-Around Meet** - Awards will be presented to 1st, 2nd and 3rd in each event and all around.

H. **REGISTERING FOR THE ACTIVITY**

1. **Skills Fest** - Contact local facility.
2. **Events Meet & All-Around Meet**

H. Registration for the activity cont.

- a. **Entry Forms** - Contact the Sports & Athletics Office (683-3674) for entry forms. A separate sheet is needed for each age and skill level for each meet.
- b. **Entry Fee and Deadline** - All entries (with fees) **must be received** by the entry deadline.

**Entry Fee: 5.00 per person** - Make check or money order payable to "**Tumbling & Gymnastics Advisory Council**". **NO CASH!**

**Entry Deadline: Tuesday, March 13, 2007, 1:30 p.m.**

**Submit entries to:** Philadelphia Recreation Department  
Sports & Athletics (Gymnastics)  
1515 Arch Street, 10th Floor  
Philadelphia, PA 19102-1587

**NOTE WELL:** Additions will be accepted.

If received **after the deadline** - **10.00** (5.00 + a 5.00 penalty)  
If received **the day of the meet** - **15.00** (5.00 + a 10.00 penalty)

I. **POSTPONEMENTS OR CANCELLATIONS**

1. In the event of bad weather or other circumstances that dictate a postponement or

cancellation  
 call 215-683-3674 at 8:00am for a message on the status of the meet.

## GIRLS' GYMNASTICS COMMITTEE

<b>City Chairman:</b>	Ebony Hatcher	Kendrick R.C.	685-2584
<b>Committee:</b>	Jon Rocks	Jardel R.C.	685-0596
	Teresa Downs	Lackman Plygd.	685-0370
	Stephanie Gradel	Lawncrest R.C.	685-0597
		Bridesburg R.C.	685-1247
	Kevin Cush	Olney R.C.	685-2889
	Lisa Whittle	Water Tower R.C.	685-9296
	Darlene Robinson	M.L. King R.C.	685-2733, 34
	Jamie Lohse	Cione Plygd.	685-9880
	Gerry Gaul	Cohochsink R.C.	685-9884
	Kristen Smerker	Vare R.C.	685-1876

Approved by:

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Kathleen Murphy  
 Program Director

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Edward L. Livingston  
 Athletic Program Coordinator