

USAIGC FYI: JANUARY

USAIGC COPPER LEVEL

What is the Copper Level?

The USAIGC Copper Level is a **pre-competitive level** for recreational gymnasts with **no prior competitive experience** and who are interested in **participating** in the world of competitive gymnastics. This level will allow children involved in Independent Gymnastic Clubs **recreational programs** the chance to participate in the sport of gymnastics with minimal gymnastic skills and experience the “thrill of competition” as well as the personal benefits. The goal of this level is to allow on-going competitive training in a safe and positive manner.

The Copper Level will be a **skill restrictive level**. These potential competitive gymnasts will follow the recommended USAIGC policy of long- term skill development for the mastery of the basic core skills as well as developing strength, flexibility, coordination, balance and an array of lifetime skills. Recommended Practice time 3-5 hours per week.

Competition Requirements & Evaluation

Age Divisions: 5-6, 7-8, 9-10, 11-12, 13+ Ages can be sub-divided **but not combined**.

Qualification: There will be NO qualification scores to the USAIGC State / Regional Championships nor the National Championship. At the 2009 USAIGC National Championship, the Copper Division will perform on Wednesday before the Bronze Level Individual Event Finals. EVERY participating USAIGC Copper Athlete will receive a trophy. We will not recognize Individual Event Champions. The National Fee will be \$75.00 per gymnast.

Total Routine Deductions **6.0**

Special Apparatus Requirements:

Four (4) Event Requirements at .4 each = **1.6 point value**

Difficulty / Value Parts (4 at .1 each) = **.4 point value**

Technical Performance = **3.0 point value**

Execution & Amplitude

small, medium and large degree of error

Content **.5 point value**

Includes transitions of connections, combinations and choice of elements with an emphasis on the development of strong fundamental and correct body shapes.

Development of solid basics is the foundation of this level.

Quality of Movement (including expression): **.5 point value**

Neutral Deductions:

.1 overtime & out of bounds

.5 spotting with no value part credit

.1 failure to present before and/or after the routine

.5 floor or beam under time

NO deduction after beam remount / immediate fall. Beam routine begins when gymnast resumes her “routine” again. .

Copper Apparatus Requirements

Four (4) "A" Skills valued at .1 each

NO skill of "B" value or higher will receive credit for value part nor special requirement and all amplitude and execution errors will be deducted.

VAULT Start Value 10.0

Handspring Vault Drill (Jump to Handspring onto Mat Stack)

This drill is the most beneficial for our athletes and the easiest to implement into our program. We will use the same deductions that are in place (listed below), just like we do for the handspring vault. This will make it easier for our officials.

UNEVEN BARS Start Value 10.0

Special Event Requirements .4 each

LOW BAR ROUTINE ONLY. HIGH BAR CANNOT BE USED

1. Back Pullover **Mount Only**
2. A Cast (45 degrees below horizontal)
3. Front or Back Hip Circle
4. Dismount: Choice of – Underswing, Sole Circle OR Cast Push Away

Restrictions (inappropriate for this level):

Circling skills must not arrive in handstand nor pass through handstand, kipping elements not permitted

BALANCE BEAM Start Value 10.

Special Event Requirements .4 each

1. $\frac{3}{4}$ handstand, can execute full handstand without deduction
2. Isolated Leap, minimum 60 degrees
3. A Gym Series of two elements including a straight jump
4. Dismount: Round-Off or Cartwheel to Handstand $\frac{1}{4}$ turn

Time: Minimum 45 sec., Maximum 1 minute 10 sec

.5 deduction for under time, .1 deduction over time (both neutral deductions)

Restrictions:

No Acro Elements such as: Cartwheels, Walkovers and Flight Elements on Beam will not fulfill any Beam Requirement and should not be performed (inappropriate for this level)

USAIGC Special Considerations

A. If a gymnast falls from the beam, remounts and falls off the beam again prior to the starting of her routine (clock start), no additional deduction shall be taken.

B. If the gymnast falls off the beam three times, any additional falls will receive NO DEDUCTIONS. No additional deductions of .5 can be taken for any fall exceeding three (3).

FLOOR EXERCISE Start Value 10.0

Special Event Requirements .4 each

1. One Acro Pass with two (2) or more elements

Examples: Cartwheels, Round-Off, & Walk-Overs (Front & Back), handstands

2. Split Leap with 60 degree split

3. Handstand (may roll or limber out) held for 2 seconds

4. Half Turn 180 degrees on one (1) foot

Restrictions:

no handsprings or saltos are to be performed, they are inappropriate for this level.

Time: Minimum: 45 seconds, Maximum 1 minute 10 second

Please forward any comments to me. USAIGCPSNY2@aol.com

I apologize for the delay. It was my fault.

We expect roughly 40 Copper Level gymnasts at Nationals. California is behind this program and your thought and ideas for next season will be greatly appreciated.

Copper Vault Deductions

General

Each Phase:

Fail to maintain straight BP

>0.30 Arch

>0.5 Pike

>0.3 Legs Bent

>0.2 Legs Separated

>0.1 Poor Foot Form

>0.1 Incorrect Head Alignment

>0.3 Direction

>0.3 Dynamics

2.0 Aid of Coach after Hand Support

VOID.

a. never achieves vert & returns to board or lands on mat stack bet board and hand placement
b. incorrect vault
c. aid of coach from board to mat stack

No penalty if Coach is between board and mat stack.

Balk – Run-approach w/o executing vault Void Touches the board or mat stack

Run & Board Contact

>0.3 insufficient acceleration during run

>0.3 fail to maintain horizontal running speed to board

>0.3 excessive forward lean on the body on the board

First Flight Phase – see each phase general deductions

Support Phase

>0.5 arms bent

2.00 head contacting mat

>0.3 showing a shoulder angle

>2.0 fail to show inverted vertical position from hands to hips (performing a forward roll action)

>1.0 contact mat stack w/hands vertical: >0.5 – 1 – 45 degrees, 0.55-1.00 – 46-89 degrees

0.5 fail to place both hands in prescribed landing zone (beyond tape line, deduct entirely)
3.00 fail to contact mat w/both hands (performs front layout or touches with only one hand)

Post Handstand Phase – see each phase general deductions

Landing Phase

>1.0 fail to finish in straight lying position on back

Examples: a. 1.00 lands on feet, salutes, & steps off mat, b. 0.5 lands on seat with 90 hip angle, salutes, & steps off mat c. >0.5 lands on back w/arch and bent legs, salutes, & steps off mat. **Note:** if the gymnast makes any of the above execution errors, then lies back to straight lying position, there are NO DEDUCTIONS for failure to finish on mat, but may have execution deductions for errors while gymnast is failing to her back (post handspring phase).

2.0 forward roll