

UNIVERSITY GYMNASTICS CUP



eUGC December 2020

COVID-19

Unfortunately, the situation regarding COVID-19 have not improved as we had hoped and therefore we have had to regrettably cancel the first competition of the season at Loughborough. In its place though we still want to offer a chance



for competition for those universities still training, therefore we are organising the eUGC competition, a fully online virtual competition.

About

The eUGC will follow the same rules and guidance set out in the handbook and we are still offering all 4 levels of competition from novice to elite. The eUGC will require each gymnast to film their routines during training at their own training facility and then submit them online ready for judging. All routines will be judged following national judging guidelines and then each routine will be live streamed on Twitch where you are welcome to watch, cheer on your university and see the scores whilst the competition is going ahead. A full timetable for the streamed competition will be released closer to the time. Medals will be awarded in the same way and will be sent to each university after the Christmas break. League points will be awarded individually and for the university as per the guidelines set out in the handbook.

Prices

eUGC

Individual Entry	£7 per competitor
Non-Affiliated University Entry Fee	£20 per university*

*where the university is entering 4 or more competitors. Individual entry also needs to be paid on top of this entry fee.

UGC Teamwear

UGC Teamwear can be ordered for this competition and will be sent out alongside medals. More information on teamwear and how to order coming soon.



Routines

Novice

Female Novice Floor Routine

1. Handstand
2. Full Spin
3. Forward-Roll to Straddle Stand
4. Left, Right or Box Splits
5. Split Leap
6. Catleap
7. Bridge or (BONUS Awarded for Kick-Over) [0.5 BONUS]
8. Cartwheel
9. Tuck Jump
10. Dismount - Round-off or (BONUS Awarded for Handspring) [0.5 BONUS]

Male Novice Floor Routine

Floor (Routine One) Value of Element

1. Dive-Forward-Roll or Handspring (BONUS Awarded for Handspring) [0.5 BONUS]
2. Cartwheel
3. Cartwheel Quarter Turn In
4. Backward-Roll to Front Support
5. Handstand Forward Roll
6. Shoulder Stand
7. L-Sit
8. Straight Jump 1/1
9. Tuck Jump
10. DISMOUNT – Round off or (BONUS Round off ½ jump into roundoff) [0.5 Bonus]

Vault	Value of Element
Squat On, Tuck Jump Off (125cmTable)	10.0



Squat Through (125cm Table)	10.5
Straddle Over (125cm Table)	11.0
Handstand Flat-Back (Block and 30cm Mat)	11.5

Intermediate

Intermediate gymnasts must compete floor AND Vault and can then choose to compete a third piece of apparatus from Bar & Beam for female gymnasts and P-Bar & Rings for male gymnasts.

Intermediate floor routines will be competed on a strip of floor.

Each intermediate gymnast will be responsible for constructing their own routine for these pieces following the routine pack found below.

All elements and penalty deductions are outlined in the below document.

[Intermediate Men's Matrix](#)

[Intermediate Women's Matrix](#)

Advanced Men

Advanced men will follow rules for the BUCS 2 national competition category, creating routines and competing in 4 out of 6 pieces.

Elements in Advanced Men should not exceed a 'C' value according to the MAG code of points.

Advanced Gymnasts compete 2 vaults with the best score taken forward.

If any Advanced Gymnast competes a D skill or higher, they will be disqualified from the apparatus scoring a '0' and any league points attained will be discredited and will not count towards their university total.

Advanced Women



Advanced women will follow the rules for the BUCS 2 national competition category creating routines and competing in 3 out of 4 pieces.

Elements in Advanced Women should not exceed a 'C' value according to the WAG code of points.

Advanced Gymnasts compete 2 vaults with the best score taken forward.

If any Advanced Gymnast competes a D skill or higher, they will be disqualified from the apparatus scoring a '0' and any league points attained will be discredited and will not count towards their university total.

Elite Men

Elite Men will follow the rules for the BUCS 1 national competition category creating routines and competing in up to 6 out of 6 pieces.

Elite gymnast will compete ONE vault only.

There is no cap on the difficulty value of moves performed in this category.

Elite Women

Elite Women will follow the rules for the BUCS 1 national competition category creating routines and competing in up to 4 out of 4 pieces. Start value sheets must be correctly completed and presented on the day of the competition signed by each gymnast and coach. Failure to hand these in at registration may result in disqualification for any apparatus missing a Start Value Sheet.

Elite gymnast will compete ONE vault only.

There is no cap on the difficulty value of moves performed in this category.

Entries:



Entries are to be submitted to via the member portal on our website. Log ins from last season should still be valid and gymnast information should be stored. If you are unable to log in then please email us so we can help.

There are no judges needed for the eUGC, if the portal will not let you submit entries without submitting judges please just add people in as full day marshals, they will not be required to do anything.

Entries open: 10th October 2020

Entries Close: 21st October 2020

Video Routines need to be submitted by: 17:00 on 17th November 2020

Video Submissions:

We will let you know exact details on where and how to submit your videos for the competition but please ensure the video files are all filmed Horizontal (not portrait if filming on a phone). All routines must be filmed on competition standard equipment over a hard landing (or as close to hard as possible given the constraints of the gym). All routines must be filmed from start to finish in one continuous take with a present at the start and the beginning.

When submitting the video please ensure that the file name follows this format:

SURNAME_PIECE_UNIVERSITY

Looking forward to seeing your routines!

UGC Love x