

Hannah Whelan

INVITATIONAL 2025

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## Hannah Whelan Invitational 2025

This year we will be bringing you two fantastic weekends of gymnastics for all levels.

A fantastic fun opportunity for gymnasts to meet our very own double Olympian and host of the competition Hannah Whelan OLY.

The Womens Artistic 2 Piece Floor and Vault Competition will take place on the Saturday 24th & Sunday 25th May 2025 at Robin Park Leisure Centre, Loire Dr, Newtown, Wigan WN5 0UL

Entry will open on 1<sup>st</sup> April 2025 and will close on 28<sup>th</sup> April 2025

Music, if require should be uploaded by 14<sup>th</sup> May 2025

Entry costs will be £30 per gymnast.

We reserve the right to close registration early should capacity be reached. If demand is high, places will be allocated on a first come first served basis.

# Competition Rules

## 2 Piece Competition Rules - Beginners 2 Piece - Sets

### Eligibility

- For gymnasts training up to 6 hours per week for Athens, Beijing, London, Rio & Tokyo levels and 10hrs per week for Paris level.
- To enter this competition: Gymnasts must NOT have previously competed at a 4 piece competition.
- Ages 6 and over

### Floor

- Non-sprung floor
- Start value for all levels: 14.00
- Each skill (bullet point) worth 0.5
- All holds 2 seconds
- Routines to be performed in a strip (approx. 6m long, 2m wide)

### Vault

- Start value for all levels 14.00
- 2 vaults performed, best score to count
- Variety of springboards available to use

## Athens (Level 1)

Ages 6+ (born in 2019) Training a maximum of 6hrs per week

	<b>VAULT</b>	<b>FLOOR</b>
Apparatus setup	30cm crash mat. Soft springboard	Non-sprung floor Routines to be performed in a strip (approx. 20m long, 5m wide)
Routine	<ul style="list-style-type: none"> <li>• Stretch jump to land</li> </ul>	<ul style="list-style-type: none"> <li>• Walk forwards on tiptoes x 4 steps</li> <li>• Forward roll to pike sit</li> <li>• Lower to dish hold</li> <li>• Lie flat &amp; push up to bridge hold. Lower to back, rock and stand up</li> <li>• Kick up to handstand &amp; step down to finish</li> <li>• ½ turn on tiptoes</li> <li>• Stretch jump</li> <li>• Skipping x 4</li> </ul>
Difficulty Value	SV 14.00 2 vaults performed, best score to count	SV 14.00 Each skill (bullet point) worth 0.5 All holds 2 seconds

## Beijing (Level 2)

Ages 6+ (born in 2019) Training a maximum of 6hrs per week

	<b>VAULT</b>	<b>FLOOR</b>
Apparatus setup	60cm block (sideways), crash mat for landing	Non-sprung floor Routines to be performed in a strip (approx. 20m long, 5m wide)
Routine	<ul style="list-style-type: none"> <li>Squat onto block, stretch jump off to land</li> </ul>	<ul style="list-style-type: none"> <li>Forward roll to stand</li> <li>Sit &amp; roll through shoulderstand to dish hold</li> <li>Lie flat &amp; push up to bridge hold. Lower to back, rock to shoulderstand &amp; stand up</li> <li>Chasse cat leap</li> <li>Jump ½ turn</li> <li>Cartwheel</li> <li>Backward roll to front support, jump feet in &amp; stand up</li> <li>Stretch jump immediate star jump</li> </ul>
Difficulty Value	SV 14.00 2 vaults performed, best score to count	SV 14.00 Each skill (bullet point) worth 0.5 All holds 2 seconds

## London (Level 3)

Ages 7+ (born in 2018) Training a maximum of 6hrs per week

	<b>VAULT</b>	<b>FLOOR</b>
Apparatus setup	60cm block & 2x 30cm mats behind (as per prep 1)	Non-sprung floor Routines to be performed in a strip (approx. 20m long, 5m wide)
Routine	<ul style="list-style-type: none"><li>• Stretch jump onto block, armcircle kick to handstand flatback</li></ul>	<ul style="list-style-type: none"><li>• Start on knee, slide into splits &amp; hold. Bring back leg around into pike sit</li><li>• Rock to shoulderstand and hold, rock forwards to crouch.</li><li>• From crouch, forward roll to stand.</li><li>• ½ spin</li><li>• Chasse cat leap, chasse scissor kick</li><li>• Cartwheel to land with feet together</li><li>• From standing- drop back into bridge &amp; hold, kickover to stand</li><li>• Stretch jump full</li></ul>
Difficulty Value	SV 14.00 2 vaults performed, best score to count	SV 14.00 Each skill (bullet point) worth 0.5 All holds 2 seconds

## Rio (Level 4)

Ages 8+ (born in 2017) Training a maximum of 6hrs per week

	VAULT	FLOOR
Apparatus setup	60cm block & crashmats	Non-sprung floor Routines to be performed in a strip (approx. 20m long, 5m wide)
Routine	<ul style="list-style-type: none"> <li>Handstand flatback</li> </ul> <p>10 and under: 60cm 11+: 80cm (60cm block + 20cm crash mats)</p>	<ul style="list-style-type: none"> <li>Roundoff stretch jump</li> <li>Backward roll to front support, swing leg to splits &amp; hold. Bring back leg around to pike sit</li> <li>Roll to shoulderstand, stand up through lunge, Cartwheel</li> <li>Full spin</li> <li>Backward walkover</li> <li>Forward roll to straddle stand</li> <li>Tuck jump ½ turn</li> <li>Chasse cat leap, chasse cat leap full turn</li> </ul>
Difficulty Value	SV 14.00 2 vaults performed, best score to count	SV 14.00 Each skill (bullet point) worth 0.5 All holds 2 seconds

## Tokyo (Level 5)

Ages 8+ (born in 2017) Training a maximum of 6hrs per week

	<b>VAULT</b>	<b>FLOOR</b>
Apparatus setup	Vault table, biscuit matting, landing mat	Non-sprung floor Routines to be performed in a strip (approx. 20m long, 5m wide)
Routine	<ul style="list-style-type: none"> <li>• Handspring OR Half on</li> </ul> <p>11 and under: 100cm vault table 12+: 110cm vault table</p>	<ul style="list-style-type: none"> <li>• Forward walkover</li> <li>• Full spin</li> <li>• Backward walkover</li> <li>• Handstand forward roll</li> <li>• W jump</li> <li>• Chasse split leap chasse cat leap</li> <li>• Jump ½ turn</li> <li>• Cartwheel immediate Roundoff</li> </ul>
Difficulty Value	SV 14.00 2 vaults performed, best score to count	SV 14.00 (0.5 bonus for roundoff flick) Each skill (bullet point) worth 0.5 All holds 2 seconds



## LA (Level 6)

Ages 8+ (born in 2017) Training a maximum of 6hrs per week

	VAULT	FLOOR
Apparatus setup	Vault table, (Height 110cm) biscuit matting, landing mat	Sprung floor
Routine	<ul style="list-style-type: none"> <li>• ½ on ½ off over vault table</li> </ul>	<ul style="list-style-type: none"> <li>• Round off flick</li> <li>• Handstand hop, forward roll to straddle stand</li> <li>• Chasse, split leap, chasse, cat leap full</li> <li>• Full spin</li> <li>• Tuck jump ½</li> <li>• Handspring</li> <li>• Split jump</li> <li>• Backward walkover, present and finish</li> <li>• BONUS- Front somersault</li> </ul>
Difficulty Value	SV 14.00 2 vaults performed, best score to count	SV 14.00 ( <i>Front somersault bonus 0.5</i> ) All holds 2 seconds

## Paris

Age 6 & 7 only (born in 2019 & 2018) Training a maximum of 10hrs per week  
Aimed at gymnasts preparing for 4 piece competitions in future

	<b>VAULT</b>	<b>FLOOR</b>
Apparatus setup	Crash mats to 40cm height (30cm mat, 10cm roll mat)	Non-sprung floor Routines to be performed in a strip (approx. 20m long, 5m wide)
Routine	<ul style="list-style-type: none"> <li>Stretch jump to land on mats, arm circle kick to handstand flatback (as per prep 1)</li> </ul>	<ul style="list-style-type: none"> <li>Forward roll to straddle sit</li> <li>Straddle lever hold 2s</li> <li>Swim through &amp; push up to front support</li> <li>Swing leg around to splits hold 2s</li> <li>Swing other leg around to pike sit, lie down, push up to bridge &amp; hold 2s. Kickover to lunge</li> <li>Stretch jump, tuck jump</li> <li>Cartwheel <math>\frac{1}{4}</math> turn to finish in lunge</li> <li>Backward roll to front support. Jump feet in &amp; finish</li> </ul>
Difficulty Value	SV 14.00 2 vaults performed, best score to count	SV 14.00 Each skill worth 0.5 All holds 2 seconds

## 2 Piece Competition Rules – NW Floor & Vault Rules

### Eligibility

- To enter this competition: Please see individual rules tables for eligibility.
- Ages 8 and over born 2017 or before

### Floor

- FIG Sprung floor
- Performed to music of no more than 1.30 mins – No Disney, Andrew Lloyd Webber or Cirque du Soleil

### Vault

- As per competition requirements, see tables below.
- Variety of springboards available to use.

## North West Floor and Vault - PRE NOVICE

Elements will be given Difficulty Value (DV) according to FIG Cycle 15 Code of Points. Rules and Regulations are as FIG Cycle 15 Code of Points unless stated otherwise. FIG Execution, Artistry, Choreography and Specific Apparatus penalties will be applied.

**FLOOR EXERCISE** North West Junior Code elements will be recognised and will count towards number of required elements. Will receive no Difficulty Value.

ELIGIBILITY	Must not have competed at any grades, 4 or 5 piece competitions		
AGES in the year of competition	8, 9, 10, 11, 12 & 13+ years of age (Age groups may be merged if insufficient numbers of gymnasts are entered)		
DIFFICULTY AND APPARATUS REQUIREMENTS	<b>VAULT REQUIREMENTS</b> 2 x Vaults performed Best		<b>FLOOR REQUIREMENTS</b> Maximum 8 x Elements [including dismount] Maximum 1 x B Difficulty Value Dance
	Age 8 Flat back onto 0.60m safety mats Age 9 Flat back onto 0.80m safety mats Age 10 Flat back onto 1.00m safety mats ONLY Ages 11 & 12 1.05m Vaulting Table Ages 13 & over 1.15m Vaulting Table	<b>COMPOSITION REQUIREMENTS [CRs]</b> 4 x 0.50 each 2.00 maximum <input type="checkbox"/> Dance passage of 2 different leaps or hops (Cat leap into scissor kick will be accepted at this level) <input type="checkbox"/> A different additional dance element <input type="checkbox"/> Acrobatic element <input type="checkbox"/> Acrobatic dismount [FIG or NW]	
DIFFICULTY VALUE DV	Handspring flat back D Score 1.00 Ages 8, 9 & 10 years D Score 1.00 maximum Ages 11 & over D Score 1.60 maximum	<b>DIFFICULTY SCORE 2.90 maximum</b> <b>Junior code elements Value 0.10 each</b> A Difficulty Value 0.10 each B Difficulty Value 0.20 each	
BARRED ELEMENTS	8, 9 and 10 years Vault other than as stated above 11 & over Vault with DV more than 1.60 If performed, will be given a <b>0.00 score</b>	<input type="checkbox"/> All Saltos and Aerials <input type="checkbox"/> No B Difficulty Value Acrobatic Elements If performed, they would not receive DV or CR and would not count towards the number of elements in routine. However, they would be deducted for any FIG execution penalties that	
ACROBATIC LINES		An Acrobatic Line will be any <input type="checkbox"/> Acrobatic Series OR <input type="checkbox"/> Acrobatic Element performed on its own <b>Must have minimum of TWO ACROBATIC LINES to count DISMOUNT DV</b>	
SHORT ROUTINES		Routine with less than 5 counting elements Deduct 1.00 mark for each	
NORTH WEST JUNIOR CODE ELEMENTS count towards DV value	<b>ACROBATIC ELEMENTS</b> Cartwheel Backward roll to Handstand Backward Walkover Forward Walkover Valdez		<b>DANCE ELEMENTS</b> Stag Leap Tuck Jump

## North West Floor and Vault - NOVICE

Elements will be given Difficulty Value (DV) according to FIG Cycle 15 Code of Points. Rules and Regulations are as FIG Cycle 15 Code of Points unless stated otherwise. FIG Execution, Artistry, Choreography and Specific Apparatus penalties will be applied.

**FLOOR EXERCISE** North West Junior Code elements will be recognised and will count towards number of required elements. Will receive no Difficulty Value.

ELIGIBILITY	Must not have competed at any competition above Prep grade 1 & 2	
AGES in the year of competition	8, 9, 10, 11, 12 & 13+ years of age (Age groups may be merged if insufficient numbers of gymnasts are entered)	
	VAULT REQUIREMENTS	FLOOR REQUIREMENTS
DIFFICULTY AND APPARATUS REQUIREMENTS	2 x Vaults performed Best score to count	Maximum 8 x Elements [including dismount] Maximum 3 x B Difficulty Value Dance Elements
	Age 8 Flat back onto 0.80m safety mats Age 9 Flat back onto 0.90m safety mats Age 10 Flat back onto 1.10m safety mats Age 11 & 12 1.10m Vaulting table Ages 13 & over 1.20m Vaulting table	Composition Requirements [CRs] 4 x 0.50 each 2.00 maximum <input type="checkbox"/> Dance passage of 2 different leaps or hops - one with minimum 160° split or straddle <input type="checkbox"/> A different additional dance element <input type="checkbox"/> Forward/sideward and backward acrobatic elements <input type="checkbox"/> Acrobatic line [minimum 1 x flighted element]
DIFFICULTY VALUE DV	Handspring flat back D Score 1.00 Ages 8, 9 & 10 years D Score 1.00 maximum Ages 11 & 12 years D Score 2.40 maximum Ages 13 & over D Score 2.60 maximum	<b>DIFFICULTY SCORE 3.10 maximum</b> <b>Junior code elements Value 0.10 each</b> A Difficulty Value 0.10 each B Difficulty Value 0.20 each
BARRED ELEMENTS	8 9 & 10 years Vault other than as stated above 11 & 12 years Vault with DV more than 2.40 13 years and over Vault with DV more than 2.60 If performed, will be given a <b>0.00 score</b>	<input type="checkbox"/> No B Difficulty Value [DV] Acrobatic Elements <input type="checkbox"/> No Elements above B Difficulty Value If performed, they would not receive DV or CR and would not count towards the number of elements in routine. However, they would be deducted for any FIG execution penalties that apply.
ACROBATIC LINES		An Acrobatic Line will be any <input type="checkbox"/> Acrobatic Series with 1 x Flighted Element [minimum] OR <input type="checkbox"/> Flighted Acrobatic Element performed on its own <b>Must have minimum of TWO ACROBATIC LINES to count DISMOUNT DV</b>
SHORT ROUTINES		Routine with less than 6 counting elements Deduct 1.00 mark for each missing element
NORTH WEST JUNIOR CODE ELEMENTS count towards DV value	ACROBATIC ELEMENTS	DANCE ELEMENTS
	Cartwheel Backward roll to Handstand	Stag Leap Tuck Jump

## North West Floor and Vault - INTERMEDIATE

Elements will be given Difficulty Value (DV) according to FIG Cycle 15 Code of Points. Rules and Regulations are as FIG Cycle 15 Code of Points unless stated otherwise. FIG Execution, Artistry, Choreography and Specific Apparatus penalties will be applied.			
<b>FLOOR EXERCISE</b> North West Junior Code elements will be recognised and will count towards number of required elements. Will receive no Difficulty Value.			
<b>ELIGIBILITY</b>	<b>Must not have competed at any competition above Development 1</b>		
<b>AGES in the year of competition</b>	10, 11, 12 & 13+ years of age (Age groups may be merged if insufficient numbers of gymnasts are entered)		
<b>APPARATUS</b>	<b>VAULT REQUIREMENTS</b>		<b>FLOOR REQUIREMENTS</b>
<b>DIFFICULTY AND APPARATUS REQUIREMENTS</b>	2 x Vaults performed Best score to count		Maximum 8 x Elements [including dismount]
	Ages 10 & 11 years      1.10m Vaulting table Ages 12 years & over      1.20m Vaulting table		<b>COMPOSITION REQUIREMENTS [CRs]</b> 4 x 0.50 each    2.00 maximum <input type="checkbox"/> Dance passage of 2 different leaps or hops - one with 180° split or straddle <input type="checkbox"/> A different additional dance element <input type="checkbox"/> Forward/sideward and backward flighted acrobatic elements <input type="checkbox"/> Acrobatic line with a Salto
<b>DIFFICULTY VALUE DV</b>	Ages 10 & 11years      D Score 2.40 maximum Ages 12 years & over      D Score 2.80 maximum		<b>DIFFICULTY SCORE 3.60 maximum</b> Junior code elements Value 0.10 each A Difficulty Value 0.10 each B Difficulty Value 0.20 each
<b>BARRED ELEMENTS</b>	10 & 11 years      Vault with DV more than 2.40 12 years and over      Vault with DV more than 2.80 If performed, will be given <b>0.00 Score</b>		<input type="checkbox"/> No Elements above B Difficulty Value If performed, they would not receive DV or CR and would not count towards the number of elements required in routine. However, they would be deducted for any FIG execution penalties that apply.
<b>ACROBATIC LINES</b>			An Acrobatic Line will be any <input type="checkbox"/> Acrobatic Series with 2 x Flighted Elements [minimum] OR <input type="checkbox"/> Front salto [NOT aerial] performed on its own <b>Must have minimum of TWO ACROBATIC LINES to count DISMOUNT DV</b>
<b>SHORT ROUTINES</b>			Routine with less than 7 counting elements in total Deduct 1.00 mark for each missing element
<b>NORTH WEST JUNIOR CODE ELEMENTS count towards DV value</b>	<b>ACROBATIC ELEMENTS</b>		<b>DANCE ELEMENTS</b>
	Cartwheel Backward roll to Handstand		Headspring Forward roll to feet Backward roll to feet Dive Forward Roll Dive Cartwheel
			Stag Leap Tuck Jump

## North West Floor and Vault – ADVANCED

<p>Elements will be given Difficulty Value (DV) according to FIG Cycle 15 Code of Points. Rules and Regulations are as FIG Cycle 15 Code of Points unless stated otherwise. FIG Execution, Artistry, Choreography and Specific Apparatus penalties will be applied.</p> <p><b>FLOOR EXERCISE</b> North West Junior Code elements will be recognised and will count towards number of required elements. Will receive no Difficulty Value.</p>				
<b>ELIGIBILITY</b> <b>MOVING UP</b> <b>AGES in the year of competition</b> <b>APPARATUS</b>  <b>DIFFICULTY AND APPARATUS REQUIREMENTS</b>   <b>DIFFICULTY VALUE DV</b>  <b>BARRED ELEMENTS</b>	<p><b>Must not compete at any 4/5 piece competitions within the calendar year. Previous compulsories (Excel) can't drop back without drop back request.</b></p> <p>No requirement to move up</p> <p>10, 11, 12 &amp; 13+ years of age (Age groups may be merged if insufficient numbers of gymnasts are entered)</p>			
	<p><b>VAULT REQUIREMENTS</b></p> <p>2 x Vaults performed Best score to count</p>		<p><b>FLOOR REQUIREMENTS</b></p> <p>Maximum 8 x Elements [including dismount]</p>	
	<p>All Ages 1.25m Vaulting table</p>		<p><b>COMPOSITION REQUIREMENTS [CRs]</b> 4 x 0.50 each 2.00 maximum</p> <ul style="list-style-type: none"> <li>Dance passage of 2 different leaps or hops - one with 180° split or straddle</li> <li>Minimum B valued dance element</li> <li>Forward and backward salto in the same or different acro line</li> <li>Acro line with a straight salto</li> </ul>	
	<p>Max D-Score 3.4</p>		<p><b>DIFFICULTY SCORE 3.60 maximum</b></p> <p>Junior code elements Value 0.10 each</p> <p>A Difficulty Value 0.10 each</p> <p>B Difficulty Value 0.20 each</p> <p>C Difficulty Value 0.30 each</p>	
	<p>Vault DV more than 3.4</p> <p>Twisting salto vaults</p> <ul style="list-style-type: none"> <li>If performed, will be given <b>0.00 Score</b></li> </ul>		<p><input type="checkbox"/> No Elements above C Difficulty Value</p> <p>If performed, they would not receive DV or CR and would not count towards the number of elements required in routine. However, they would be deducted for any FIG execution penalties that apply.</p>	
<b>ACROBATIC LINES</b>  <b>SHORT ROUTINES</b>  <b>NORTH WEST JUNIOR CODE ELEMENTS</b> <b>count towards DV value</b>			<p>An Acrobatic Line will be any</p> <ul style="list-style-type: none"> <li>Acro Series with min 2 x Flighted Elements one being a salto</li> </ul> <p><b>Must have minimum of TWO ACROBATIC LINES to count DISMOUNT DV</b></p> <p>Routine with less than 7 counting elements in total Deduct 1.00 mark for each missing element</p>	
	<p><b>Acrobatic Elements</b></p>			<p><b>Dance Elements</b></p>
	<p>Cartwheel</p> <p>Backward roll to Handstand</p> <p>Backward Walkover</p> <p>Forward Walkover</p>	<p>Headspring</p> <p>Tic toc</p> <p>Forward roll to feet</p> <p>Backward roll to feet</p>	<p>Dive Forward Roll</p> <p>Dive Cartwheel</p> <p>Valdez</p>	<p>Stag Jump</p> <p>Tuck Jump</p>

For further information please visit  
<https://www.warringtongymnastics.co.uk/hannah-whelan-invitational>

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