



London Gymnastics

General Technical Committee

Level 1 Judging Course
Sunday November 20th 2011

BSGA Floor and Vault Judging Award - Level 1

Objectives:

1. To provide a foundation level course in judging gymnastics.
2. To encourage more people to become involved in judging.
3. To encourage coaches and teachers to extend their knowledge of exercise construction and to help them to understand how gymnastic exercises are evaluated.
4. To give people the expertise, confidence and encouragement to judge at beginner level competitions.
5. To provide a sound introduction for those wishing to gain further judging experience and qualifications.

Criteria for Eligibility:

Open to everyone. Minimum age for the examination 14 years.
Candidates for the examination must have BG membership.

Course Structure:

The course will be of maximum seven hours duration.
The syllabus will cover an introduction to judging and the role of the judge.
Recognition of good technique. Calculating a gymnast's score.
A basic knowledge of commonly used symbols.
Procedures for judging 'set', 'voluntary' and 'group' exercises.

Assessment:

Assessment will be through a practical and theory examination.
Theory examination - one paper, lasting one hour, covering all of the syllabus area.
40 marks.
Practical examination - one practice and then six exercises on each piece of apparatus.
5 marks for each. Total 60 marks.

Pass mark - 60% overall with 50% on each section - theory and practical. Candidates may re-take either section.

All successful candidates will receive official certification from British Gymnastics (subject to moderation).

Syllabus Content:

The course assumes no prior knowledge of judging and only a basic level of gymnastics and its inherent terminology.

General -

- a. The role of the judge
- b. Competition procedures - dress, equipment, meetings, judging panels etc.
- c. How to judge an exercise and work out a score
- d. Completing a judging slip
- e. Appropriate gymnastic terminology.

Floor -

- a. Recognising good technique in frequently seen elements
e.g. Handstand, cartwheel, roll, round off, back flip, handspring and basic leaps and jumps.
- b. Good composition in a floor exercise
- c. Judging penalties and how to apply them
- d. Judging procedures
- e. Practical judging experience
- f. An introduction to symbols
- g. An introduction to judging 'set' work
- h. Judging 'group sequences'

The 'set work' and 'group work' elements will not be examined in the practical examination.

Vault -

- a. Recognising good technique on commonly seen vaults
e.g. squat through, straddle, handspring.
- b. Understanding vault difficulty value
- c. Vault penalties and how to apply them
- d. Practical judging experience.

Course fee:

The full course fee is £65.00. This fee includes resource books; examination fee and BG registration, plus tutorial by a British Gymnastics accredited tutor. The BG membership fee is not included. In the event of you being unable to attend and if a suitable replacement is not found, the fee will be forfeited to cover administration.

Application forms should be returned to the course organiser asap before the start of the course. Courses are run subject to a minimum number of 12 participants and a maximum number usually of 16. All places are allocated on a first come first served basis.

CANDIDATES WILL BE EMAILED RESOURCES. ANY HOME STUDY/JUDGING PRACTICE BEFOREHAND WOULD BE BENEFICIAL IN UNDERSTANDING THE ROLE OF THE JUDGE.

Home Study resources for the course will be made available online from
www.gymclub.uk.com All enquiries should be made via
cheamgymnastics@btinternet.com or by calling 020 8394 2102.

BRITISH GYMNASTICS JUDGING COURSE APPLICATION FORM

Floor & Vault Level 1

Course Organiser: Ted Maxey
Address: 13 The Mount, Worcester Park, Surrey KT4 8UD
Tel: 020 8394 2102
E-mail: cheamgymnastics@btinternet.com
Course Date: Sunday 20th November 2011 9.30am – 4.30pm (including exam)
Course Venue: Meadow Primary School, Sparrow Farm Road, Stoneleigh, Surrey KT17 8LW

SURNAME: **FORENAMES:**

ADDRESS: **TEL. NO:** (H)

..... **TEL. NO:** (M)

..... **E-MAIL:**

POST CODE **DATE OF BIRTH:**

AGE ON THE FIRST DAY OF THE COURSE:

CLUB: **REGION:**

PLEASE TICK THE LIST BELOW TO CONFIRM YOU HAVE MET THE CRITERIA FOR ATTENDING THIS COURSE

- BG MEMBERSHIP NO: _____
- I HAVE A CURRENT BG CRB / I HAVE ALREADY SENT MY CRB FORM OFF TO BG.
- PAYMENT ENCLOSED £65.00 (cheques made payable to LG GTC)
- I DO NOT HAVE ANY MEDICAL CONDITIONS OR INJURIES WHICH MAY AFFECT MY PARTICIPATION IN THIS COURSE

Signature:

Date:

Email address again (clearly please, showing any underscores):

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CLOSING DATE: WEDNESDAY 9TH NOVEMBER