

GYMNASTICS CUPPERS - RULES

1. Gymnastics Rules

i) Competition will be judged according to pre-agreed judging guidelines. These will be available on the OU Gymnastics website. Judging will follow the Varsity Code.

2. Equipment

i) Cuppers will take place at Abingdon Gymnastics Club which is installed with all the necessary pieces of apparatus. Specifically, at least one set of a sprung floor, springboard, vaulting table or alternative foam blocks will be provided by the club.

ii) Necessary sound equipment available on the day for those girls who wish to use music for floor routines – this is optional.

iii) Judges will be recruited in advance and will be qualified impartial individuals. They will have been notified of the format and judging guidelines.

3. Format

i) The competition will be held as a one-day event. Gymnasts compete individually, and routines judged and scored.

ii) The competition will be a basic floor and vault competition and the aim is to involve as many people as possible and encourage everyone to have a go, regardless of the amount of prior experience in the sport, while at the same time giving participants an idea of the standard format of a gymnastics competition.

iii) There will be separate competitions for beginners and experienced gymnasts. Scores will be ranked within these two categories.

iv) Further, male and female gymnasts will compete in separate competitions. There will therefore be four overall individual rankings (highest scoring male beginner and experienced and highest scoring female beginner and experienced) Total scores will be calculated for each college. Further details of the exact procedure for calculating final winners can be found in the judging guidelines.

4. Entries

i) Signup sheets will be sent out in advance of the competition. Each college can enter as many gymnasts as they like, but each gymnast may only compete once – you cannot compete in beginners and experienced competitions.

ii) Entries submitted online or by notifying a member of the Committee

5. Deadlines

i) Deadlines for entry will be posted on the Club website and emailed to the full mailing list in advance.

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ii) As it is a one-day event, results will be published immediately at the end of the competition. Scores will be available on completion of the event.

6. Eligibility

i) Team members must be matriculated members of the University fulfilling the requirements to compete in the Varsity match as defined in the OU Blues Committee's Eligibility to compete in a Varsity Match.

ii) Participants must be insured as required by OU Gymnastics Club rules.

iii) Disputes concerning eligibility will be decided on by the Committee.

7. Routines

i) Routines must be prepared by the competitors and consist of a minimum of 8 skills on floor (top 8 count if more are performed) and one vault.

ii) Gymnasts may compete as many or few pieces of apparatus as they choose in accordance with the judging guidelines

8. Matters of Dispute

i) Any matters of dispute can be referred to the Gymnastics Committee.

ii) The decision made by the Committee is final.

9. Alterations to the Rules

i) These rules must be kept up-to-date by the Committee

ii) Alterations can only be made by a consensus of the Gymnastics Committee.