

Commonwealth Games Association of Jersey

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THE BAILIFF OF JERSEY

15 June 2017

2018 Gold Coast Games – Selection Criteria – Gymnastics

Agreement between Gymnastics Association of Jersey and the Commonwealth Games Association of Jersey confirming agreement of the Selection Criteria applicable to selection of athletes to represent Team Jersey at the 2018 Commonwealth Games to be held at Gold Coast City, Australia..

Dear Secretary,

I attach a copy of the two Selection Criteria papers which have been approved by the Association's Validation Group applicable to the nomination of athletes by your Association competing in the sport of Gymnastics in both the men's and women's events for consideration for selection to represent Team Jersey at the 2018 Gold Coast Games.

Please check through each of these papers very carefully to ensure that the members of the Validation Group have the correct versions of your Association's Selection Criteria papers. Selection Criteria from all member sports have been amended during the validation process and it is essential that there is agreement before the papers are published on the CGAJ's website and published and distributed to athletes within your sport.

If agreed please have the confirmation below signed by the President or Secretary (or equivalent) of your Association and return this letter to me as soon as possible.

Yours sincerely,

Graham Huelin
Chairman CGAJ Validation Group

I Name Bev Murrett as Office held Chair person of Gymnastics Association of Jersey acknowledge and agree the attached Selection Criteria papers for both men's and women's gymnastics for the 2018 Gold Coast Games to be the final versions prepared by us and agreed with the Validation Group

Signed

Date 20/6/17

JERSEY GYMNASTICS SELECTION CRITERIA – GOLD COAST 2018

APPLICATION OF SELECTION CRITERIA FOR WOMEN'S ARTISTIC GYMNASTICS

The selection criteria that have been submitted are for the Women's Artistic Gymnastics.

There are several disciplines of gymnastics, however some are only available in Jersey. General Gymnastics and Women's Artistic (WA) Gymnastics are the Islands most popular discipline of gymnastics. Men's Artistic Gymnastics is also becoming increasingly popular in Jersey, however a separate application would need to be made for Selection Criteria for their event.

Development

Many children throughout Jersey enjoy participating in Gymnastics with over a 1000 children being members of the Island Gymnastics clubs. Most of the children enjoy gymnastics on a recreational level attending a class once a week for an hour at a time. From these classes some children may be selected through talent spotting by coaches who will develop the child's skill level further. Gymnastics in Jersey is able to offer children of varying abilities different opportunities to take their skill level to the most appropriate competitive stage for them. Very few children are able to with stand the pressures, commitment and demands of training at an Elite level.

Elite level gymnastics requires children as young as 7 years old to train from 12 to 20 hours a week as they grow through the various levels designed by the British Gymnastics Women's Artistic Development.

The following development stages are shown below:-

Age	Compulsory (Elite Level)	NDP National Grade	NDP Regional Grades
Min Age 8			Club Grade 6
Min Age 9	Compulsory 4		Club Grade 5
Min Age 10	Compulsory 3	National 4	Regional 4
Min Age 11	Compulsory 2	National 3	Regional 3
Min Age 12	Compulsory 1	National 2	Regional 2
Min Age 13		National 1	Regional 1
Espoir 12/13	British Championships	Challenge Cup	
Junior 14/15	British Championships	Challenge Cup	
Senior 16+	British Championships	Challenge Cup	



Notes to the Selection Criteria

The following Selection Criteria have been established in line with guidelines issued by Commonwealth Games Association of Jersey (CGAJ) in its paper entitled "Team Selection Process of Team Jersey – 2018 Games" which governs the selection process as a whole. The paper can be found on the CGAJ website <http://www.cgaj.org/>.

Athletes aiming to achieve selection for Team Jersey should be aware that achieving the Performance Indicators described in their sport's Selection Criteria does not of itself guarantee selection:-

- Demonstrating commitment to the planned training, preparation and competition schedule evidenced by training log books and tournament planners is equally important; and
- If more athletes are confirmed to have achieved the performance indicators stated in their applicable Selection Criteria than there are places available to Team Jersey in that event then the Sport will provisionally select the athlete(s) to represent Team Jersey in the relevant event.
- After the establishment of the following Selection Criteria, The Commonwealth Games Federation imposed a cap on the overall team size of Team Jersey of 33 athletes across all sports¹ with no specific allocation between sports. If more than 33 athletes achieve the selection criteria for their respective sports then a Final Selection will be made by the Validation Group of the CGAJ.

Note 1. This excludes team sports in which Team Jersey does not normally compete and Beach Volleyball which was added late as a 2018 Games sport and whose athlete numbers will be added to Team Jersey if they achieve their relevant Selection Criteria.

These different pathways offer gymnasts the chance to develop at their own rate. Some children may develop their natural found ability from as young as 6/7 years old and cope will with the demands of the Elite path from the beginning. However with all child development not one child is the same and so British Gymnastics has designed several paths to help young children develop their gymnastics over 8 years of competition. Gymnasts can start competing from the year they turn 8. The gymnastics calendar runs from January – December so a child born in December may be 7 years old when they start competing in March of that year but will turn 8 by December. Gymnasts can start competing at County level and enter at various levels as they develop over the years, however they may only take on one grading/skill level that they have entered for that year.

A route that has suited Jersey gymnasts so far is the Challenge route which allows entry into the British ranking scheme by qualification via a scoring system. Although more recently the younger gymnasts coming through are starting out on the Elite pathway. The first attempt that allows gymnasts following the challenge pathway is at the annual British Espoir Challenge Cup for the 12-13 year old age group. If a score of 46.00 is achieved then that gymnast will be eligible for British ranking and competitions for those on the British Elite system, most of these gymnasts have followed the Elite path from their first year of competition and managed to maintain their place over the years by passing the above Elite Grades, however this is quite often as few as 30/35 gymnasts in Great Britain of the 12-13 age group.

The second chance entry comes at a higher scoring system know at the British Junior Challenge Cup for 14-15 years old, again an annual event. The score that need to be achieved her is 48.00 for entry into the British Elite. The score is set so high to establish some kind of standard amongst the British Elite Level Gymnasts. Once gymnasts are through via the junior path they can continue through to senior level, which for gymnasts is 16 years of age. 16 (or to be turning 16 with that year) is the age required for gymnasts who may be eligible to Commonwealth and Olympic Games.

Selection Criteria

An all-around score of **46.00** (Amended from 48.0) is to be achieved by the gymnasts aiming for the Gold Coast in 2018.

Gymnasts can also achieve performance indicators by achieving individual apparatus scores. This way the gymnast can be selected based on their foremost discipline. This does not stop them being allowed to compete on all the apparatus once at the games.

	Original	Amended
Vault	13.17	12.67
Asymmetric Bars	13.19	12.69
Beam	13.42	12.92
Floor	13.09	12.59

These scores have been taken from the CWG 2014 apparatus finals and are all 10% away from Gold.

The above performance indicators were amended following changes to the scoring of performances on each piece of apparatus made by the FIG at the end of 2016. The amended performance indicators apply to all performances achieved under the revised scoring approach.

Other restrictions on Selection

Gymnasts aiming to achieve selection for Team Jersey should be aware that achieving the Performance Indicators described above does not of itself guarantee selection:-

- Demonstrating commitment to the planned training, preparation and competition schedule evidenced by training log books and tournament planners is equally important; and
- If more gymnasts are confirmed to have achieved the performance indicators stated above than there are places in the event available to Team Jersey then the JGAJ will provisionally select the gymnast(s) to represent Team Jersey in the relevant event.
- The Commonwealth Games Federation has imposed a cap on the overall team size of Team Jersey of 33 athletes across all sports¹ with no specific allocation between sports. If more than 33 athletes achieve the selection criteria for their respective sports then a Final Selection will be made by the Validation Group of the CGAJ.

Note 1. This excludes team sports in which Team Jersey does not normally compete and Beach Volleyball which was added late as a 2018 Games sport and whose athlete numbers will be added to Team Jersey if they achieve their relevant Selection Criteria.

Relevant Competitions

These scores must be achieved at the following competitions:-

British Quatro Open

English Championships

British Challenge & Champions

Other competitions which use the Federation Internationale Gymnastique scoring system can be used. I.e. International Invitation Competitions

Qualifying period is January 2016 to March 2018

Registered Gymnasts progress must continue to log over the next 20 months validation their training schedule and competition results and scores there are achieving.

Julia Falle

On behalf of the Gymnastics Association of Jersey

Updated June 2016

Jersey Gymnastics Selection Criteria - Commonwealth Games Gold Coast 2018

Men's Artistic Gymnastics

Introduction

This report contains detailed proposals and considerations for the selection criteria for a men's artistic gymnastics specialist for the Commonwealth Games 2018 and beyond. It is set out according to the guidelines set by the Commonwealth Games Association of Jersey

Introduction to Men's Gymnastics

Men's gymnastics consists of six pieces of apparatus, namely;

- Floor
- Vault
- Rings
- Parallel Bars
- Pommel Horse
- Horizontal Bar

Under the reformed structure, judges now sit in two panels, known as the A Jury and B Jury. In brief, the B Jury start from a score of ten and analyse the routine making the standard deductions accordingly (such as for bent legs, hesitation, poor landing etc). The A Jury's task is to determine the starting value for the routine. Routines must elements, which must all correspond to the approved elements shown in the Federation of International Gymnastics ("FIG") Code of Points. Elements are categorised in the Code and those elements with most difficulty acquire the highest value. The A Jury must determine the overall sum of all the values of all the elements in the routine, and this will be added to the score awarded by the B Jury to give the final score.

An Outline of a Gymnast's Development

Standard and ability in men's gymnastics can be simply represented by the gymnast's scores in competition. As gymnast's progress, they can add new elements to their routines and increase the starting value for their routine. Gymnasts can constantly be improving. However, although technical ability may improve in the short-term approach to a competition, there will be limited improvement from adding further difficulty to routines, as the gymnast must practice the routines they are to perform. This is a significant point as it illustrates how too many competitions can be disadvantageous to the gymnast and hamper the gymnast's improvement in training.

The strengths and preferences of apparatus vary considerably from gymnast to gymnast. As gymnasts reach senior, and higher standard competitions, it is common to compete only on their strongest apparatus. This also allows a gymnast to concentrate on their best piece of apparatus in training, allowing them to reach the highest standard they can attain. The criteria below pays particular attention to specialist gymnasts because a small island such as Jersey, with such limited facilities, is unlikely to produce a gymnast that will reach commonwealth standard on all six pieces.

Selection Criteria for the Commonwealth Games

Performance Indicators

An all-around score of 74.00 is to be achieved by the gymnasts aiming for the Gold Coast in 2018.

Gymnasts can also achieve performance indicators to qualify by achieving individual apparatus scores. This way the gymnast can be selected based on their foremost discipline. This does not stop them being allowed to compete on all the apparatus once at the games.

	Original	Amended
Floor	13.97	13.47
Parallel Bars	13.97	13.47
Horizontal Bar	13.47	12.97
Pommel Horse	14.45	13.95
Rings	13.59	13.09
Vault	13.26	12.76

These scores have been taken from the CWG 2014 apparatus finals and are all 10% away from the Gold.

The above performance indicators were amended following changes to the scoring of performances on each piece of apparatus made by the FIG at the end of 2016. The amended performance indicators apply to all performances achieved under the revised scoring approach.

Other restrictions on Selection

Gymnasts aiming to achieve selection for Team Jersey should be aware that achieving the Performance Indicators described above does not of itself guarantee selection:-

- Demonstrating commitment to the planned training, preparation and competition schedule evidenced by training log books and tournament planners is equally important; and
- If more gymnasts are confirmed to have achieved the performance indicators stated above than there are places in the event available to Team Jersey then the JGAJ will provisionally select the gymnast(s) to represent Team Jersey in the relevant event.
- The Commonwealth Games Federation has imposed a cap on the overall team size of Team Jersey of 33 athletes across all sports¹ with no specific allocation between sports. If more than 33 athletes achieve the selection criteria for their respective sports then a Final Selection will be made by the Validation Group of the CGAJ.

Note 1. This excludes team sports in which Team Jersey does not normally compete and Beach Volleyball which was added late as a 2018 Games sport and whose athlete numbers will be added to Team Jersey if they achieve their relevant Selection Criteria.

Relevant Competitions

The qualifying scores must be achieved in competitions with FIG standard of judging. The Isle of Man Below is a list of competitions which are an appropriate standard and are currently used by other nations in their qualifying criteria;

- British Championships

- Northern European Championships
- Welsh Championships
- Scottish Championships
- London Open
- Pegasus Open

Other recognised FIG competitions

Registered gymnasts progress must be continued to be logged over the next 20 months validation with their weekly training schedule and competition results and scores there are achieving.

Julia Falle

On behalf:

Gymnastics Association of Jersey
13th June 2016

And As Amended
12th June 2017