



## Western Cape Gymnastics Association

Postal Address: P.O. Box 293 Edgemoed, 7407

www.westerncapegymnastics.com

NPO Registration: Pending

Comprising: Cape Town Gymnastics, Cape Winelands Gymnastics, Eden Gymnastics and West Coast Gymnastics

August 11, 14

### ROPE SKIPPING SELECTION CRITERIA

#### ROPE SKIPPERS

##### Individual Selection:

- o Overall speed = 30 second speed, double unders, 3 minute speed,
- o Triple unders (level 4-6 only)
- o Freestyle
- Top 12 overall speed = WC Team
- The competitors must compete freestyle as well
- There is a minimum total speed score:
  - o Level 1 = 250
  - o Level 2 = 300
  - o Level 3 = 350
  - o Level 4 = 400
  - o Level 5 = 450
  - o Level 6 = 450
- Top 2 triple unders if not in the top 12 speed (only level 4-6)
- There is a minimum triple under score:
  - o Level 4 = 5
  - o Level 5 = 5
  - o Level 6 = 5
- Top 2 freestyle if not in the top 12 speed

##### Team Selection:

- o Double Dutch speed relay, Single rope speed relay
- o Double Dutch Freestyle 4s – Level 1-6
- o Double Dutch Freestyle 3s – Level 4-6
- Top 2 teams
- Minimum score:
  - o Level 1 = 500
  - o Level 2 = 600
  - o Level 3 = 700
  - o Level 4 = 800
  - o Level 5 = 850
  - o Level 6 = 900
- If less than 2 teams compete in the WC competition, the TC reserves the right to put together teams from the selected individual skippers.

#### COACHES

One head coach will be selected for all National Competitions. One or two assistant coaches will be selected for any “home” National Competitions. Coaches will be selected as follows:

- Coaches may not be a judge at the competition
- Points will be awarded to the coaches. The coach with the most points will be the head coach, and thereafter the assistant coaches

President: Anne Vermaak, Vice President: Eugene De Villiers

Committee: Melvin Edwards, Angelique Portelli, Wayne Samuels, Karl Schneeberger, Christo Swanepoel

The Western Cape Gymnastics Association is affiliated to the South African Gymnastics Federation (SAGF)





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- Education qualification:
  - o Level 2 Coach = 10 points
  - o Level 1 Coach = 5 points
  - o GL Coach = 1 point
- Squad Training attendance:
  - o Attendance for each day at a Provincial training camp as a coach = 2 points
- Number of gymnasts selected for the selected team = no of gymnasts selected / no of gymnasts entered x 100
  - o 100% = 10 points
  - o 75-99% = 7 points
  - o 50-74% = 5 points
  - o 25-49% = 3 points
  - o 0-24% = 1 point

If there is a tie in points then the coach with the most number of gymnasts in the team will be head coach.

## JUDGES

Three judges will be selected for all National Competitions. Additional judges will be selected for any “home” National Competitions on request from the National TC.

Judges will be selected as follows:

- Judges may not be a coach at the competition
- Points will be awarded to the judge. The judges with the most points will be the selected judges. Points will carry for a period of two years.
- Education qualification:
  - o Level 3 Judge = 10 points
  - o Level 2 Judge = 5 points
  - o Level 1 Judge = 1 point
- Squad Training attendance:
  - o Attendance for each day at a Provincial training camp as a coach / judge = 2 points
- Competition judging experience
  - o International Competitions = 7 points
  - o National Competitions = 5 points
  - o Provincial Competitions = 3 points
  - o Club Competitions = 1 point

