

GYMNASTICS BC
EST. 1969

2026-27 INTERCLUB *Adjudicator* TRAINING

Hello, Adjudicators!

Thank you for your interest in being an Interclub Adjudicator!

Following this short training guide helps us keep the program consistent across the province.

Topics we will cover today are:

- Overview of the Gym BC Interclub Program
- The Very Important Role of a GymBC Interclub Adjudicator
- At a Glance – Interclub Categories
- At a Glance – Adjudicating each Category
- Welcoming Gymnasts at the Table
- During the Rotation (Ready, Set, Pay Attention!)
- Performance Category - Evaluating Routines
- Performance Category - Comment Suggestions for Each Apparatus
- Performance Plus & Challenge Categories - Evaluating Routines
- Steps to Scoring Performance Plus & Challenge Routines
- Special Awards
- Summary



Everything about an Interclub meet should be *fun* and *positive*!

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GYMNASTICS BC *Interclub* Program

What is Interclub?

The Gymnastics BC Interclub program is designed to expand the scope of participation for *recreational* gymnastics in BC.

Interclub provides a training framework and offers opportunities for athletes to attend sanctioned events, at which they *perform* gymnastics routines to showcase *personal ability*.

What Skill Level Is Required To Be In The Program?

Interclub has *no minimum or maximum* skill level to participate.

The Gymnastics BC Interclub Program is designed for *recreational* gymnasts.

It is not meant to be used as a developmental competitive or pre-competitive program. This is why CCP routines are no longer permitted.



This information is important to remember when adjudicating an IC meet!

The *Very* Important Role of an *Adjudicator*

The adjudicators have one of the most important roles of any Interclub meet.

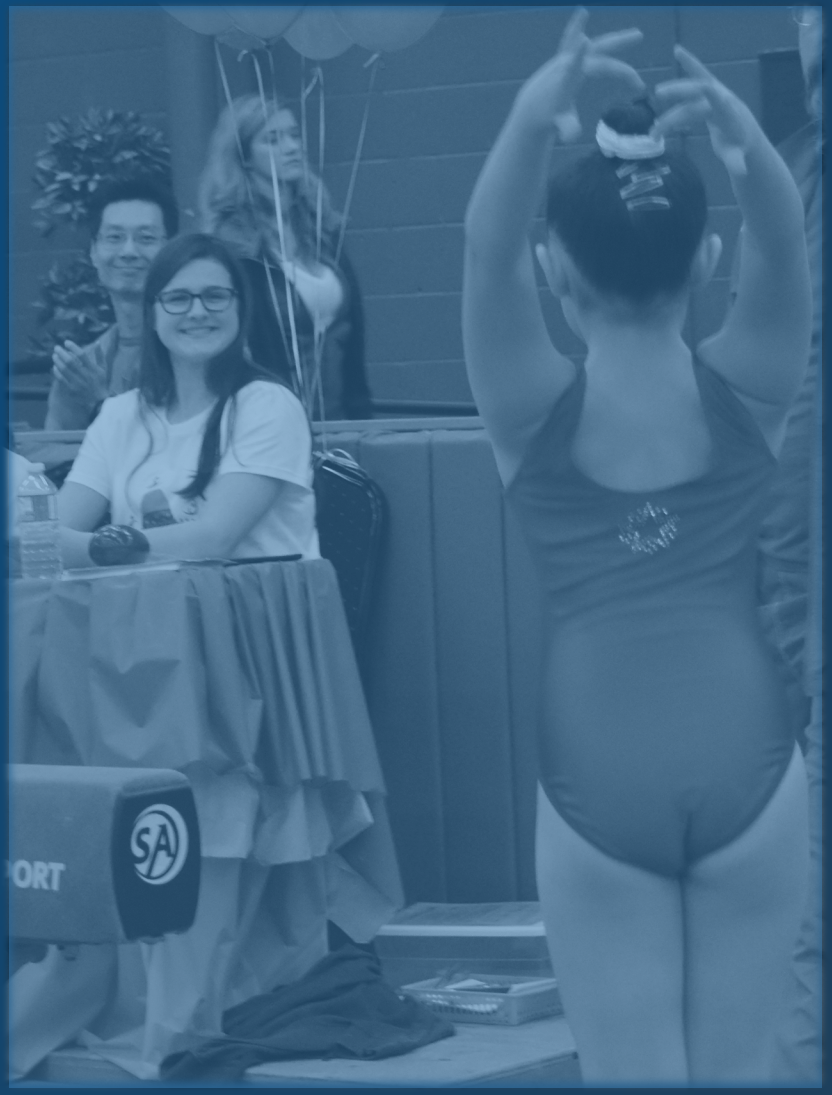
You are the person who is evaluating and providing feedback on the gymnast's performance.

You are here to help make the athletes feel welcomed, *encouraged* & appreciated.

Your role is to provide feedback that is:

POSITIVE + **UNBIASED**





At a Glance – Interclub Categories

	PERFORMANCE	PERFORMANCE Plus
AGE	Born in 2020	Born in 2018
DISCIPLINES	WAG and MAG	
ROUTINE TIMES	30-45 Seconds	40-60 Seconds
# OF VAULTS ALLOWED	One or two vaults are allowed	
ROUTINE MUSIC	Music is optional for floor (both WAG and MAG, and can include appropriate lyrics	
PROPS	Supplemental equipment (props, costumes, non-traditional gymnastics equipment, etc.) is permitted and encouraged, provided skills are safe.	
SKILL GUIDELINES	No minimum required skill level	

*If gymnasts have been enrolled in the *incorrect category*, speak to your meet director.

They will advise whether someone will speak to the coach/club, or contact GymBC if this is an ongoing issue. Do NOT dock points or mention this in the comments – it is likely an error on behalf of the coach or club, and not the child's fault.

At a Glance - Adjudicating Each Category

PERFORMANCE

You will be observing each gymnast's performance, and providing a meaningful, positive comment about the routine.

You are here to help make the athletes feel welcomed, *encouraged* & proud of their performance.

Use scrap paper to jot down great things about the performance!



PERFORMANCE PLUS

You will be evaluating each routine, and providing a score based off the *quality* (note: <u>not</u> difficulty) of the routine.

The scoring rubric you will use is explained in detail later in this training.

Even though you are attaching a number to the performance, keep in mind that we are looking for ways to *reward* each performance.





Welcoming Gymnasts at the Table



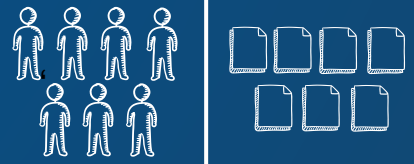
1. Greet athletes and coaches in a welcoming and approachable manner

Use a friendly tone attentive body language.

Some gymnasts – especially younger ones – will likely be a bit nervous.

Make them feel welcome!

3. Ensure the # of certificates matches the # of gymnasts at your table.





5. Wish the group "Good Luck!"



2. Explain the warm-up format.

There are several ways to warm-up on each event. The meet director will clarify which format to follow.

4. Call each gymnast's name in the order of performance. Gymnasts will present as their name is called.

Ensure that you are matching each participant to the correct certificate.



During the Rotation

Let's get the party started!



Ready, Set, Pay Attention!



Calling on a Gymnast

Each meet will have its own process. Some examples include: calling a name, raising a hand, raising a prop, etc.

Make sure what you do is consistent between gymnasts.



Attention!

Your eyes should be on the gymnast from the moment they are called, until the dismount and final present.

Be attentive. Avoid distractions!



Take Notes

It is helpful to jot a few things down during each performance:

Performance: Positive aspects of the routine or performance that stood out.

Performance Plus

Notes that you can use to determine overall routine *quality.*



Special Awards

Make notes on gymnasts who you'd like to nominate for special awards.



Performance Category

Use those notes you took to write a meaningful, positive comment on the gymnast's certificate.



Performance Plus Category

Refer to your notes to determine the appropriate ranges. Ensure that your calculations are accurate!

... MORE ON THESE LATER!

Interclub Performance – Evaluating Routines



- You are responsible for writing a **positive** comment on each participant's certificate.

  INDIVIDUALIZED • MEANINGFUL • RELEVANT • ENCOURAGING

- Remember that scrap paper we suggested earlier? This will help you ensure that you are **accurate**. Any gymnast would like to see, *"That was a powerful back handspring!"* as a comment … unless, they didn't do a back handspring.

- **Pay attention** to anything the gymnast might have seemed proud of, e.g. a special skill, 'sticking' a skill or dismount, something their teammates congratulated them on, etc.

- Take care not to use the same wording on multiple gymnasts in the same group! Some of them may compare certificates, and we want each one of them to feel **unique** and **noticed**.

- Even if you are a coach, please leave the constructive feedback to the gymnast's coaches (ie. point your toes). Your job today is to **reward**, not critique!

- In the event of a **safety concern**, speak to your meet director. They will advise whether someone will speak to the coach/club or contact Gymnastics BC. The gymnast's certificate is not the place to state concerns.

Interclub Performance – Comment Suggestions

general key words

Attitude

Great smile!

Tremendous effort!

That routine was so energetic!

Focus

Determination

Concentration

Form

I like your straight legs and pointed toes!

Fantastic flexibility!

Your leaps and jumps were high.

Lovely toe point!

Tight body!

Your dance was very clean.

Artistry

Your routine was very creative!

Very imaginative!

I liked the way you used your arms for expression.

Interesting choreography!

Creative!

Innovative!

Dazzling!

Spell-binding!

Dynamic!

Unique style!

Lots of pizzazz!

Entertaining to watch!

Your presence on ___(apparatus) really shines!

Your moves are very graceful!

Your moves are very dynamic!



Technique

TIGHT	EXTENDED
STRONG	CONTROLLED
DYNAMIC	POWERFUL

Interclub Performance – Comment Suggestions

women's artistic

Vault

That was an impressive vault – so powerful and dynamic!

Great speed in your vault approach – way to start strong!

You were so quick and tight in your twist!

Marvelous body positions on the apparatus!

Now THAT"S how you stick a landing – way to go!

Uneven Bars

Terrific flow to your bar routine!

That was a tremendous routine – beautiful bar work!

Outstanding (mount/skill/dismount), that was rock solid!

Wow, your bar shapes are sensational – good work!



Balance Beam

You have fabulous rhythm to your beam routine!

What a creative (mount/skill/dismount) – you executed it wonderfully!

You have excellent poise and confidence on the beam.

Wow – your (skill/leap/turn) was beautiful. I can tell you've worked really hard on that!

Floor

Excellent use of the entire floor!

Fantastic combinations and flow of routine!

Captivating performance - great use of music!

Your performance was outstanding! I was particularly impressed by your (insert skill).

Interclub Performance – Comment Suggestions

men's artistic

Floor

You were so strong and confident throughout your routine – keep up the phenomenal performance!

Powerful tumbling, you were so quick and tight in the air!

Your performance was outstanding! I was particularly impressed by your (write skill here).

Great control from start to finish – you have every skill on lock!

Pommel Horse

That was a terrific display of strength – way to go!

You paid great attention to detail on every skill. I really enjoyed watching your routine!

Your swings and supports are so precise. Way to go!

That (insert skill) was rock solid – keep up the great work!

Rings

You showed amazing strength throughout that ring routine!

That was a delightful (skill/support/dismount) – great use of strength!

Way to work the rings. I especially enjoyed watching your (skill/support/dismount) – you can tell you've worked really hard on that!

Vault

That was an impressive vault – so powerful and dynamic!

Great speed in your vault approach – way to start strong!

You were so quick and tight in your twist!

Marvelous body positions on the apparatus!

Now THAT'S how you stick a landing – way to go!

High Bar

Terrific flow to your bar routine!

That was a tremendous routine – fantastic bar work!

Outstanding (mount/skill/dismount), that was rock solid!

Wow, your bar shapes are sensational – good work!

Parallel Bars

Great body control throughout your parallel bar routine!

Wow, your (mount/skill./support/dismount) was so confident and well executed – good job!

I enjoyed watching your routine from start to finish – excellent flow throughout!

Performance Plus Evaluating Routines

STEP 1) Score each routine based on the *quality of movement*. Skill difficulty has **no** bearing on the score.

STEP 2) Add any applicable *bonus points*.

STEP 3) Subtract any applicable *deductions*.

STEP 4) Calculate the *final score*.



IMPORTANT!

i. Even if you are a coach yourself, leave the constructive feedback to the gymnast's coaches (ie. point your toes). Your job today is to *reward* each performance, not critique it.

ii. If a gymnast is in the wrong category (eg. a 6-year old in Performance Plus, or a gymnast with only a cartwheel in Challenge), please *adjudicate as normal*, but speak to your meet director to inform them. Do not penalize the gymnast by awarding a score lower than what their performance deserves.



STEP 1) Scoring Quality of Movement



Important: ***The numbers listed are the only scores that can be chosen; there are no "in between" options! You simply circle the corresponding Quality of Movement (QoM) score on each apparatus.***

SCORE	DESCRIPTION
9.0	• **Excellent performance overall** • Great form • Gymnast is confident • Routine is well-executed throughout
8.0	• **Very good performance overall** • Overall performed well with 1-2 minor errors
7.0	• **Good performance overall** • Routine requires more practice • Several minor errors, or 1 major error
6.0	• **Fair performance overall** • More than 1 major error and multiple minor errors • Unprepared (e.g. not ready to perform, skills unsafe* or execution that needs more work)

*in the event of a safety concern, speak to your meet director. They will advise whether someone will speak to the coach/club or contact Gymnastics BC.

Major VS. Minor Errors

Examples of Good Execution - General	Event-Specific Examples of Good Execution	
Tight body	Handstand legs & feet together, pointed toes	Forward rolls standing up with arms by ears
Good form	Handspring vault with straight legs and arms	Jumps and leaps with amplitude and flexibility
Stays in control	Does not stumble or balance check	Completes skills with confidence
Fluid routine	Good flow, rhythm.	Bars: each skill flows to the next connected skill
Stuck landing	Good landing position	Held landing
Minor Errors – General	**Event-Specific Examples of Minor Errors**	
Slightly loose body	Small wobbles or loss of balance	Beam: small movement of arms to stay in control
Average Form	Slight knee or arm bends, flexed feet	Handstands over-arched, legs apart, head sticking out
Lack of power	Roundoffs: Lack of power/no rebound	Vault: slows down in handspring
Pausing through routine	Bars/Beam: Small pauses between skills, movements	Floor: short pauses waiting for music
Landing with small error	Landings 1 step or hop	Small arm and body movements to stay in control
Major Errors - General	**Event-Specific Examples of Major Errors**	
Knees or arms bent to 45 degrees or more	Handsprings with bent knees and arms	Bars: Kicking feet to complete a pullover
Big wobbles or loss of balance	Bars/Beam: Almost falls but manages to stay on	Floor: Struggles to hold a balance
Long pauses in routine	Beam/Bars: Long pauses in routine	Floor: Long pauses waiting for music
Landing with Large Error	Landings 2 or more steps or hops	Large arm and body movements losing control of landing
More than 1 minor error occurring simultaneously	Beam: Knee or arm bends and loss of balance	Bars: Pauses in routine and lack of power in backhip circle
Falls are defined as unintentionally landing on anything but feet (ie. landing on bum, over-rotating to hands, one knee on floor)		

Recommendation: For Performance Plus adjudicators to be a minimum of Foundations trained, so they understand basic gymnastics skills and technique.

Avoid "Double Dipping"

We want to avoid 'double dipping', ie. penalizing a gymnast for a deduction (fall or spot) AND quality of movement scores simultaneously.

If a gymnast will incur a deduction for a skill (ie. A fall or a spot), do NOT consider the movements that immediately preceded the fall.



Example 1: If a back walkover on beam is executed with excellent technique, but the foot is placed off centre during completion and the gymnast circles their arms a few times before hopping off the beam, do NOT consider that a minor or major error AND give a deduction!

In this case, the skill itself would still add to the "Excellent (9.0)' QoM bucket, and the fall (and arm flapping leading up to it) would incur a half point deduction (assuming no other falls or spots).

Example 2: If a front handspring vault is performed more like a headspring; bent knees, closed shoulders, flexed fleet, AND the gymnast falls upon landing, it is appropriate to give the performance a lower QoM score (6.0 or 7.5 depending on severity of errors) AND a deduction.

- **Essentially, use logic and be reasonable when deciding on a score; Interclub events are about performance and safe skills, and should not be evaluated like competitive gymnastics!**
- Adjudication consistency throughout an event – and event to event – is what we are striving to improve.

STEP 2) Add any applicable *bonus* points

BONUS – 2 BONUS CRITERIA @ 0.5 EACH = 1.0 MAX		
Award 1.0	Meets both bonus criteria	
Award 0.5	Meets one criteria OR both criteria partially	
Award 0.0	Does not meet bonus criteria	
APPARATUS	**VALUE**	**BONUS CRITERIA – MAX 1.0 PER APPARATUS**
VAULT	0.5	Acceleration and speed maintained from run to hurdle to board & over the vault
	0.5	Dynamics – height and distance traveled
UNEVEN BARS	0.5	Flow & connection of the routine – no stops between skills
	0.5	General amplitude of the swing
BEAM	0.5	Confidence of the skills performed in the routine
	0.5	Artistry – originality of the choreography, variations of rhythm
FLOOR	0.5	Speed and power in tumbling lines
	0.5	**WAG**: Artistry – originality of the choreography, routine flow, music and moves flow well together, expression **MAG**: Presentation (routine flow, originality)
POMMEL HORSE / MUSHROOM	0.5	Maintains rhythm throughout the routine
	0.5	General amplitude of swings
RINGS & PBARS	0.5	Hold elements with good form for 2 seconds
	0.5	General amplitude of swings
HIGH BAR	0.5	Flow & connection of the routine – no stops between skills
	0.5	General amplitude of swings

STEP 3) Subtract any applicable deductions

DEDUCTIONS – MAX DEDUCTION OF - 1.0 PER APPARATUS		
FALLS AND/OR SPOTTING (Spot - touch must occur)	- 0.5	One fall or spot
	- 1.0	Two or more falls or spot

STEP 4) Calculate the final score

QUALITY OF MOVEMENT + **BONUS** – **DEDUCTIONS** = **FINAL SCORE**

[One of: 6.0, 7.0, 8.0, 9.0]

[One of: 0.0, 0.5, 1.0]

[One of: 0.0, 0.5, 1.0]

Range: 5.0 – 10.0

Score must fall within range of 5.0 points (minimum) – 10.0 points (maximum)

Final Score + Awards

The final score corresponds to the following awards for individuals on each apparatus:



GOLD = 8.5 – 10.0 POINTS



SILVER = 7.0 – 8.0 POINTS



BRONZE = 5.0 -6.5 POINTS

Performance Plus athletes may also receive an all-around ribbon or medal based on the average of all their scores, using the following criteria:



ALL AROUND GOLD:
Average Score is greater than or equal to 8.5



ALL AROUND SILVER:
Average Score is greater than or equal to 7.0



ALL AROUBD BRONZE:
Average Score is less than 7.0

*How to calculate the final score: Add up the scores from each apparatus and divide it by the number of apparatus the athlete performed on.

Special Awards

What are Special Awards?

Special awards highlight athletes with *outstanding* or *creative* performances. For each Interclub session offered, the special awards listed in the chart on the next page are required.

When nominating athletes for a *special award*, please refer to the next slide, and consider aspects of the performance other than skill difficulty.

Your meet director will go over the particular process that event uses for giving special awards.
There may also be additional awards that are unique to the meet to be aware of.

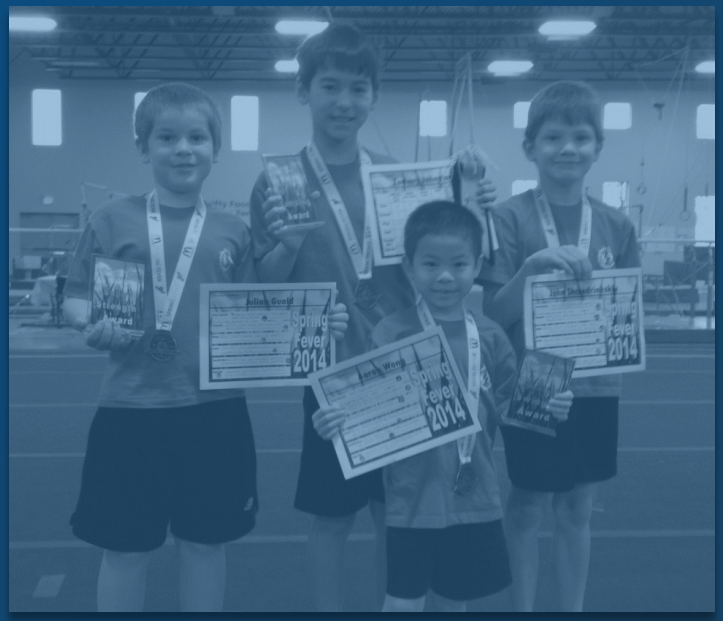


Table of Special Awards



WAG		
APPARATUS	**NAME OF AWARD**	**AWARD DESCRIPTION**
Vault	Vigorous Vaulter	Dynamic vault
Bars	Super Swinger	Good amplitude of swings
Beam: skills	Brilliant Beam	Confidence in skills
Beam: artistic presentation	Beautiful Balance	Outstanding artistry of routine
Floor: skills	Terrific Tumbler	Good amplitude and precision in tumbling skills
Floor: artistic presentation	Dazzling Dancer	Outstanding artistry of routine
MAG		
APPARATUS	**NAME OF AWARD**	**AWARD DESCRIPTION**
Vault	Vigorous Vaulter	Dynamic vault
Bars	Super Swinger	Good amplitude of swings
Floor: skills	Terrific Tumbler	Good amplitude and precision in tumbling skills

In Summary

The Interclub Program:

- Is designed for all levels of recreational gymnasts.
- Has no minimum or maximum skill level to participate.
- Focuses on giving gymnasts the opportunity to take pride in personal athletic achievement.
- Is performance-centered.



As an Adjudicator, Your Role Is To:

- Make the gymnasts feel welcomed, encouraged & appreciated.
- Evaluate routines and provide positive, unbiased feedback.
- Reward each athlete's performance.

Thank You!

GOT QUESTIONS?

Please contact the Recreation Program Manager at:

gfa@gymbc.org

604-333-3494



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