



**Parents & Spectators
Information Booklet
2016
Your Guide to the GfA
Competition**

On behalf of London Gymnastics and the London Gymnastics for All (GfA) Technical Committee, we are delighted to welcome you all to our Floor & Vault competitions. Over the past fifteen years, these competitions have grown from its original once a year, one day event with a couple of hundred competitors from a few clubs to become the largest gymnastic competitions held in the British Isles, (and probably in Europe).

Twice a year, each time for two very full weekends, we hold these competitions involving up to two thousand competitors & many hundreds of volunteers. Upwards of sixty clubs from London now participate. Gymnastics is very much a family; and it is down to the goodwill of so many people that enable us to organise and run these events. Everyone involved in the organisation do so on a voluntary basis.

The London region is one of the ten English regions, and within it all aspects of gymnastics are covered. Over one hundred clubs are affiliated with the London Region. All of these have to be members of British Gymnastics.

Some of these clubs World have High Performance gymnasts working at National, International, World & Olympic Level.

However, all clubs need to have a base of Gymnastics for All; people (of all ages) participating in the sport as a recreation.

It is for those that these events are run and through them to celebrate our wonderful sport in its many aspects of providing good exercise, excellent friendships, and training for life.

In this programme we hope that those of you who are fairly new to our sport can find out more, and find out how you can help, and where to go to learn more.

For full details of times of each competition over the four days do have a look at the London Gymnastics website on the following links. You can also follow us on Social Media to get updates.

Week One: <http://bit.ly/GfASummer1>

Week Two: <http://bit.ly/GfASummer2>

Our Parents Information Booklet 2 available on the links above will let you know more about the procedures that happen on the day of competition.

I hope you all have an excellent time and enjoy our GfA Summer 2016 Competitions.
JUNE TATCH - CHAIRMAN London GfA TC



/LondonGymnastics



@LondonGymnastics



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/LondonGymnasticsUK

Our London GfA Floor & Vault competitions have been running for many years and are subject to changes of rules at the Annual Rules Revision Day, to which all clubs are invited to send delegates, and their suggestions for rule changes.

There are several levels of competition: –

WHITE, BLUE, BRONZE, SILVER, GOLD, GOLD +1, GOLD + 2, GOLD +3, and PLATINUM (new this year). Gymnasts may commence at whichever level their coach deems suitable, but this is usually either White or Blue.

TEAM TROPHIES: Presented at the end of each level of competition to club with the top highest eight scores in White & Blue and six highest scores for Bronze, Silver, and top 4 scores for Gold.

In this booklet we will explain; how the scoring works, what the judges do and all that you need to know about the competition day.

GETTING INVOLVED... OUR SPORT NEEDS YOU!

VOLUNTEERING

Gymnastics is an all inclusive sport.

Besides taking part in gymnastic classes there are many opportunities for people of all ages to be involved in this great sport. London GfA Technical Committee (TC) which organises and runs these competitions is staffed, totally by volunteers.

Additionally, the competitions rely very much on many more volunteers for all sorts of work; some examples being:

Selling Tickets

Acting as Group Marshalls (taking the gymnasts around to each apparatus)

Equipment Marshalls

Medal Marshalls

Preparing the competition arena apparatus and taking it down at the end.

Our volunteers are of all ages, from some young children helping out at the medal presentations, to older teenagers and many adults. If you are at all interested in helping at our competitions, whether for just a few hours one day, or for the whole of a weekend, please fill in our Volunteer Form <http://bit.ly/GfAVolunteerSummer>

JUDGING

We always need Judges for our competitions. The training for a GfA Judge is a one day course, which will teach you the basics. Clubs must nominate judges when they put in their entries for these competitions, or have to pay hefty fines.

Once a judge is qualified they are encouraged to sit in with the judges, so that they can practice and learn more. Our judges do have to commit to staying for the whole day (preferably for the weekend.) Becoming a Judge also aids clubs as they can check the routines, etc before coming to competitions. If you think you may be interested in learning more about judging at gymnastic competitions, please do talk to your club who will direct you to the next course being run.

We require judges of all ages and although it may help if you have previously been a gymnast, many of our better judges started out purely as interested parents.

Parents, to help you support your son / daughter we have prepared the following information which outlines some of what will happen in the competition.

Whether this is your son / daughters first competition or they are an experienced competitor we hope that they enjoy the event.

This London gymnastics GfATC event brings together the best general gymnasts in London ranging from 6 years to 30+ with over 1700 gymnasts performing over four days of competition.

BEFORE THE EVENT - GYMNASTS

- Make sure you know your floor routine.
- Practise each move the best you can.
- Decide with your coach which vault you are doing.
- Make sure you know how far your springboard needs to be.
- Get your bag ready for the competition.
- Go to sleep early!

ON THE DAY - GYMNASTS

- Make sure you are up early enough to get to the competition in time!
- Gymnasts with long hair must make sure that it is securely fastened, your coach will tell you how it should be.
- Remove all of your jewellery, you are not allowed to wear any in competition.
 - When you arrive you will go to the registration area.
- Concentrate in your general warm up to make sure that you are stretched properly.
 - March smartly when you are walking around the competition arena.
 - Smile at the judges.....they are quite friendly!
 - Try to imagine you are in the gym doing your best performance.
- Think about what you are doing on floor and vault, do not worry about what others are doing.
- If you are lucky enough to win a medal then remember to shake hands with the other medallists.

AFTER THE EVENT - GYMNASTS

- Think about your performance. Medals / pins are not so important as knowing that you did your best!
- Plan what you need to do to improve your performance for next time.
- Get back to training and have fun.



ABOUT THE COMPETITION STRUCTURE

The GfATC competition programme runs across nine levels of difficulty and in each level gymnasts perform a floor routine and 2 vaults (with the best vault score counting). White, Blue, Bronze, silver, Gold, Gold +1, +2, +3, Platinum.

Within each level there are increasingly difficult requirements set & moves allowed to ensure the gymnasts are challenged. There is an option of vaults to perform with more difficult vaults being marked out of a higher start score.

Coaches carefully pick the correct vault and floor moves for the gymnasts to perform so that it suits their ability level and allows them to perform with success and the minimum amount of deductions.

Judges will deduct marks for any errors that they see, this could be incorrect moves being performed, bent arms, bent legs, missing moves etc. Sometimes it is better to include an easier skill performed perfectly than a more difficult one done poorly. The coach will ensure that the appropriate skills are performed.

Gymnasts can begin the programme at any level. They compete with gymnasts of a similar age. Boys and girls compete in separate competitions.

Some age Groups are split, this is to prevent there being too many gymnasts in any one age level. Gymnasts are always split according to date of birth. Some age groups are combined to make it more of a competition for gymnasts. The codes for the age groups are a letter for the colour first (White = W, Blue = BL etc) then the gender (G=girls, B=Boys) and then a number 1 will be the oldest children in a category and then the numbers go up as the children get younger. So WB4 would be the White Level boys who are the 4th age group down.

All the gymnasts from one club will be on floor or vault at one time. This means they will not necessarily be in a group with the gymnasts that they are competing against BUT all gymnasts in the same group will be judged by exactly the same judges during the round.

In each competition age category medals are awarded for 1st, 2nd and 3rd total score. Those that come 4th, 5th or 6th are rewarded with a ribbon. The best gymnast on floor and best on vault in a category receive a trophy. Gymnasts are also trying to achieve a pin in each competition.

The pin is awarded to any gymnast in a competition who gets over a certain score on floor AND over a certain score on vault. This means that sometimes a gymnast can have a high total but not get a pin if one of their apparatus is not strong enough.

If gymnasts achieve a pin in their competition then they MUST move up to the next level at their next competition. Without a pin it is at the coaches' discretion whether the gymnast will move up or try again for their pin.

FLOOR ROUTINES EXPLAINED

Moves are split up into 3 categories: Group One –Acrobatic moves, Group two – Strength, balance and flexibility, Group three – Jumps, leaps and spins.

The moves are then split into difficulty levels with A being the easiest, then B, with D being the hardest. All routines must have at least ten moves.

White (marked out of 14.0) – on a strip of mats (12.50 for a pin)
8 'A' moves only

Blue (marked out of 16.00) – on a strip of mats (14.00 for a pin)
8 'A' moves only (a minimum of 2 x B moves can now be included within the 8 but are NOT required) but MUST include:

- Balance, strength or flexibility (1 of the three)
- 2 moves linked together (acro series)
- a move and a jump linked (mixed series)
- 2 jumps linked (gym series)

Bronze (marked out of 16.30) – 45-75 secs, on a 12m x 12m sprung floor, using music for girls. (14.00 for a pin)

4 x B moves and the other 4 can be A's or B's but MUST include

- Balance, strength or flexibility (1 of the three)
- 2 moves linked together (acro series)
- a move and a jump linked (mixed series)
- 2 jumps linked (gym series) OR another acro series.

Silver (marked out of 16.30) – 45-

75 secs, on a 12m x 12m sprung floor, using music for girls.(14.00 for a pin)

5 x B moves, 1 C move and the other 2 can be A's or B's or C's but MUST include:

- Balance, strength or flexibility (1 out of the three)
- 2 moves linked together (acro series) – showing flight
- a move and a jump linked (mixed series)
- 2 jumps linked (gym series) OR another acro series.

Gold (marked out of 16.30) – 45-

75 secs, on a 12m x 12m sprung floor, using music for girls. (14.00 for a pin)

5 x B moves, 3 x C moves and MUST include:

- Balance, strength or flexibility (1 out of the three)
- 2 moves linked together (acro series) – showing flight
- a move and a jump linked (mixed series)
- 2 jumps linked (gym series) OR another acro series.

A 0.30 bonus is available at Bronze (B+B) , Silver (B+C) and Gold level (C+C) for linking two skills directly.

An extra category of difficulty (D) has been added and gymnasts can now combine D's and C's at the higher levels to gain more bonus.

Gold + & Platinum Competition

Gymnasts have progressively difficult criteria to meet and can supplement this with additional bonus.

VAULT EXPLAINED

Gymnasts and coaches can choose from a range of vaults to perform. Different difficulty value is given to each vault.

The vaults the gymnasts are allowed to choose from get progressively more difficult.

The table below shows the maximum that can be achieved if the gymnasts perform the vault with absolute perfection.

Judges take away marks for every error they see so a gymnast performing an easier vault very well can still score higher than a gymnast who chooses a more difficult vault but does it badly.

Gymnasts get a chance to practice on the vault (usually two goes) before they show the judges.

A good vault will show flight on, strong push from the vault, distance and height off the vault and a landing where the feet stay together and still.

All gymnasts have a choice of two pieces of vaulting equipment and three different heights. This is so that the coaches can choose the closest to what they are used to in their own gym.

Vault	White	Blue	Bronze	Silver	Gold
PIN SCORE	9.00	9.50	10.25	10.75	11.50
Block Height	60cm				
Equipment height (Vault)	90/110		X	X	X
Flatback block Height (Mats piled up)	X	60cm / 100cm			
Vault height - Vault OR Table	X	X	100/110/120		
Straight Jump onto Block	10.50				
Squat / straddle on, straight, tuck or star jump off	10.50	10.50	X	X	X
Layout squat over	11.50	11.50	11.50	11.50	X
Layout straddle over	11.50	11.50	11.50	11.50	X
Handspring Flatback	X	11.80	11.80	11.80	X
Handspring	X	X	12.40	12.40	12.40
Handspring ½ on straight off	X	X	X	12.60	12.60
Handspring ½ off	X	X	X	12.80	12.80
Handspring ½ on ½ off	X	X	X	X	13.00
Yamashita	X	X	X	X	12.80
Handspring 1/1 off	X	X	X	X	13.20
Handspring ½ ON 1/1 Off	X	X	X	X	13.40

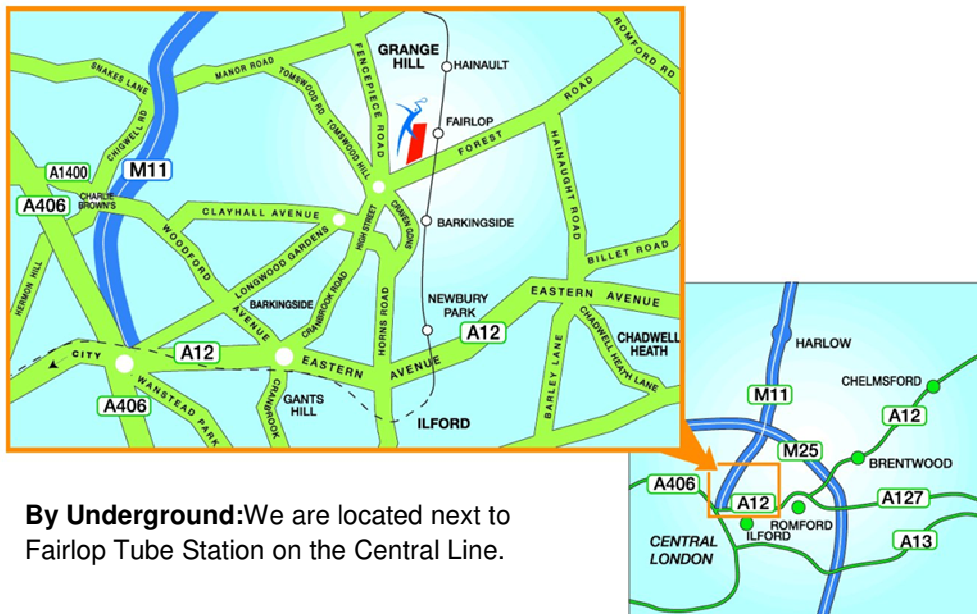
Any age or height gymnasts can use any height equipment. It is at the discretion of the coach to choose the appropriate height from the options.

Scores needed to achieve pin								
	White	Blue	Bronze	Silver	Gold	Gold +1	Gold +2	Gold +3
Minimum floor Score required	12.50	14.00	14.00	14.00	14.00	N/A	N/A	N/A
Minimum vault score required	9.0	9.50	10.25	10.75	11.50	N/A	N/A	N/A
Total Score required	N/A	N/A	N/A	N/A	N/A	26.50	27.50	28.30

Venue information

Venue title: ***The Jean Brown Arena, Redbridge Sports Centre, Forest Road, Barkingside, IG6 3HD***

Directions:



By Underground: We are located next to Fairlop Tube Station on the Central Line.

From the M11: At the end of the M11, take the left hand fork towards The City and A12. Take the first exit and at the roundabout at the end of the slip road take the first exit onto Redbridge Lane East. Go across several mini roundabouts and, when coming to a large one, go straight over into Longwood Gardens. Continue along Longwood Gardens (over some more mini roundabouts!) until you get to another slightly larger one. Turn right at this roundabout into Fremantle Road.

At the traffic lights, turn left into Barkingside High Street. Carry on down until you reach the main roundabout. Take the third exit into Forest Road. The Centre is about 100 yards up on the left hand side just before the railway bridge.

From the North Circular Eastbound: Take the A1400 exit off the North Circular (just before the M11). At the roundabout take the 2nd exit towards Southend and the A127. Go over a set of pedestrian lights and at the next set of lights take the left hand turn into Clayhall Avenue. Go straight up Clayhall and at the roundabout go straight over (effectively the first exit.) At the traffic lights turn left into Barkingside High Street. At the next roundabout take the third exit into Forest Road.



FREE PARKING IS AVAILABLE AT THE VENUE

On arrival at the Centre follow the road below PAST the first sports centre (red van pictured in photograph). The competition venue is the silver building top left. The Jean Brown Arena competition venue is pictured RIGHT. Please enter through the glass doors at the front and follow directions. London event staff (turquoise polo shirts) will be able to direct you if needed.



ABOUT THE VENUE

Free at the Venue. Please park responsibly.

Ground Floor

i Information Desk
The Zone Leotards Stall
NG Sportswear Stall
Registration
Changing Rooms / Toilets

1st Floor

Ticket Desk
Cafe
Entrance to Seating
Photographic Opportunities Stall
Toilets

2nd Floor

Warm Up Area

SPECTATOR TICKETS

One Day: Adult: £6.00 Concessions: £4.00

Weekend Pass: Adult: £9.00 Concessions £6.00



PayPal



Credit or Debit Card



Cash



To have your child's scores text directly to your phone, please register on the computer screen at the Information desk.

ON ARRIVAL ROUND 1 & 5

Gymnasts should enter through the outside double doors between 8.15 & 8.30 where their coaches will meet them.

Spectators should go through the Main Arena doors & Upstairs to the 1st Floor Ticket Desk.

ON ARRIVAL ROUND 2-4 & 6-8

Enter the venue & go down the long corridor to the Registration Area on the Right.

Gymnasts should be ready for the Competition with their hair done.

At Registration, one parent should take the gymnast in. They will have their photograph taken, check their music (if they have any) and collect their number

AFTER REGISTRATION

Please purchase spectator tickets on the 1st floor & sit with your child in the audience.

Competing gymnasts do not require tickets.

An announcement will be made in the Main Arena when warm up is open.

When directed please then take your child to the 2nd floor to meet their coach in warm up. Gymnasts **MUST** have a small bag to fit their clothes & shoes in and a small bottle of water. **NO** coats please.



SPECTATOR INFORMATION



Live scores of the competition are available by going to www.gymdata.co.uk



Please keep your spectator wristband on at all times and show to marshalls when requested.



Toilets & Changing Rooms are on the Ground floor. Additional toilets are on the 1st Floor.



Please ensure you remain seated whilst gymnasts are competing so they are not distracted.



It is a large leisure centre, please ensure young children are with an adult at all times.



Spectators must remain behind the blue barriers at all times. Please do not distract, or call over the gymnasts, they are unable to go into the audience whilst competing.



Flash Photography (or lights on phones) may not be used during Warm Up or Competition. British Gymnastics photography rules apply.



Gangways between the seats must be kept clear at all times. Please do not place bags on stairs or seats.



A cafe selling hot & cold food and drinks is open all day on the 1st Floor.



Bins are placed around the venue, please place all rubbish in the bins.



Remember to visit our shopping Mall, The Zone (for leotards, Photographic Opportunities (for beautiful images, NG Sportswear (Hoodies, t shirts & gifts.)

PARENTS

Important: Gymnast Dismissal

The following procedure has been put in place to ensure that gymnasts are taken from the arena and reunited with parents safely & without delay.

Gymnasts **MUST** take their shoes & clothes (no coats) with a small bag to warm up.



After medal presentation, parents will be directed out of the Venue to meet the gymnasts.



If possible, please send only **ONE** adult outside to the meeting area. When **DIRECTED**, please exit:



Gymnasts Seating Area.



Mid seating area: Down the stairs, to the right & to the main exit



Far seating area: Up the stairs, along the corridor & down to exit



Stay **BEHIND** the barriers outside. Coaches will hand gymnasts back to their parent.

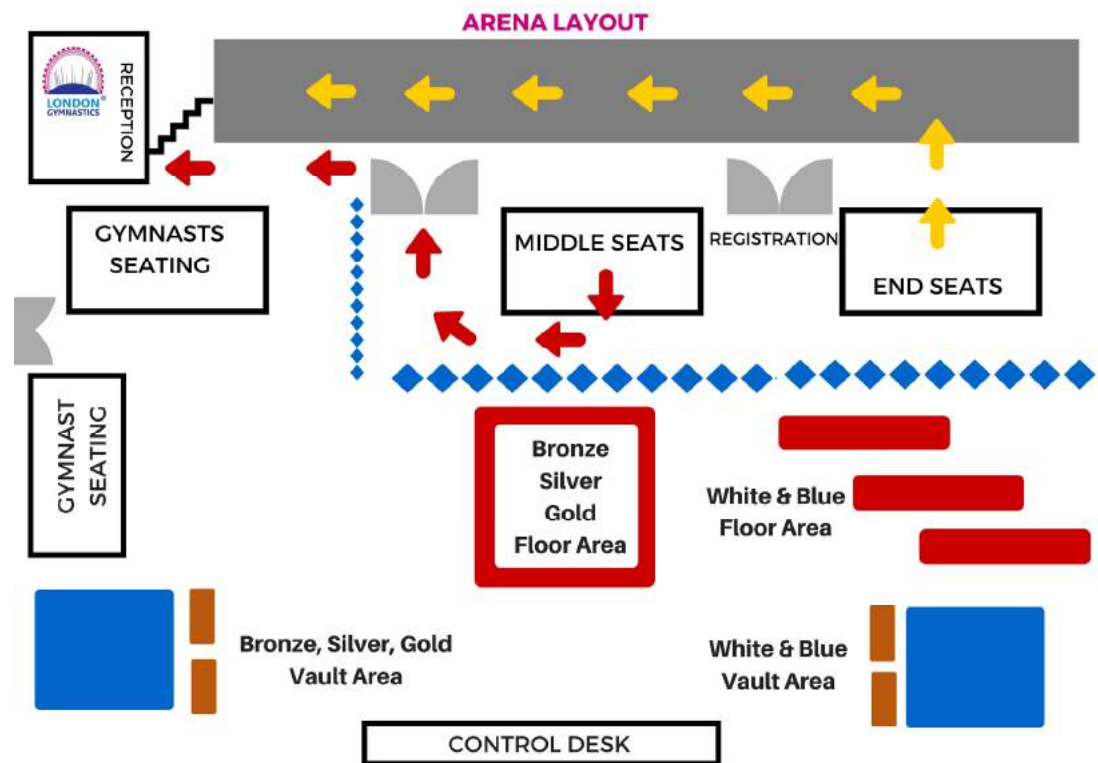


Parents (with wristbands) & gymnasts can go back to seating, or in to the shopping mall.



Please ensure that you follow these rules to avoid unnecessary delay to the competition.





What Happens in the Competition?

After they have finished their warm up gymnasts will be marched into their judges. As they walk in, you can cheer and clap to welcome them as the music plays.

The judges talk to the gymnasts to give them some last minute advice.

There are 2 judges on a panel. There are three panels for the different age groups at White / Blue Level and three panels for the different age groups at Bronze / Silver / Gold / Gold+ & Platinum. These panels are overseen by a 'Master Judge' who oversees their work.

Gymnasts on Vault

They will be allowed to have two practise vaults to get used to the equipment. Once all the gymnasts in their group have had a practise then the competition will start. Each gymnast gets to show two vaults to the judges. They can be the same or different. Both vaults are judged and the highest score goes towards the gymnast's total.

Gymnasts on Floor (Blue & White Level)

Gymnasts have a chance to practise their routine on the mat. When they have all had a go then the competition starts. One at a time the gymnasts will show their routine to the judge.

Gymnasts on Floor (Bronze & Higher)

Gymnasts are split into three different groups. Each group has a chance to do their routine in the mat. Then all the groups get a chance to practise two tumblers (the more difficult combinations) When they have all had a go then the competition starts. One at a time the gymnasts will show their routine to the judge, gymnasts will be announced before they perform.

Gymnasts then swap to perform their other piece of apparatus with an additional warm up. After this second rotation the Medal Ceremony takes place for all of the groups competing.

How is the Score Calculated?

A 'D' (Difficulty) Score is given, the judges calculate how many requirements are met in the construction of the floor or by the choice of vault. The highest D Score attainable is 6.90.

An 'E' (Execution) Score is given, the judges calculate how neat the routine or vault is. The highest E Score attainable is 10.

The TOTAL Floor Score is the D Score + E Score.

The TOTAL Vault Score is the D Score + E Score.

The TOTAL Gymnast Score is the Floor Score + Vault Score

WITH THANKS

It is impossible to list, by name, all of those to which we are indebted with regard to running these competitions; there are far too many. However, we give thanks to our sponsors and supporters;

OUR REGIONAL SPONSOR THE ZONE

Do visit their wonderful Stall in the Reception area, you will find leotards, shorts, scrunchies & their famous SALE rail.

NG SPORTSWEAR

Also in our Shipping Mall with great Gymnastics Gifts & clothing.

PHOTOGRAPHIC SYNERGY

Situated on the First Floor, our official photographers will capture images of the event.

GYMDATA

Our Official Scoring System, providing up to the date online scoring, results and Visual Display.

REDBRIDGE SPORTS CENTRE

More than just a venue that we hire, thanks to all the Venue Staff for their support of the Event.

Thanks also to all our Judges who work so very hard and diligently over many hours ensuring that the gymnasts receive the correct results for their hard work. Specifically to our Master Judges; Katie Griffin, Lauren Murdock & Jade Salim.

Our thanks to members of the London Gymnastics Management Committee who give their support – especially to BEN MURPHY Chairman of London Gymnastics and to ANNE MCNEILL (Major Events Organiser).

Many, many thanks to the very many volunteers who work tirelessly from Friday afternoon through to Sunday night ensuring that equipment is in place, meals are provided, gymnasts are being looked after throughout the competition, and many, many more tasks.

We would also thank all our supporting clubs, coaches, gymnasts & parents without whom our events would not be possible.

THE LONDON GYMNASTICS GfA TECHNICAL COMMITTEE

Cat Bates (Competition Organiser), Julie Ewenson (Judging Convenor), Tammy Curtis (Welfare Officer), Dawn Lockyer (Welfare Officer), Kay Ongley (Disability Rep), Steph Curtis & Freya Catmur Hill (Youth Reps)



GymData

Photographic
Synergy *enriching lives*

