GFA Handbook 2015

Gymnastics For All

Technical Committee



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**Mission Statement**

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The Late George Finney

It is the responsibility of the Gymnastics For All Technical Committee (GFATC) to provide the West Midlands region with competitive opportunities for recreational gymnasts, striving towards the ethos of George Finney’s vision of - “participation of the masses”.

George Finney was an important member of the West Midlands in the discipline of General Gymnastics and also a leading light in the British Schools Gymnastics Association, giving much of his free time organising competitions specifically aimed at children who could enjoy taking part no matter what level they were at. George was one of those rare individuals whose sole aim in life was to serve other people. He was always at the hub of organising activities including gymnastics competitions and festivals for people of all ages and abilities in the West Midlands and throughout the country. Their success was in no small part due to the time and patience that he had and his meticulous attention to detail.

He had an uncanny ability to persuade others to assist and become involved in gymnastics and give freely of their time.

The competitions that are organised by the committee are specifically for gymnasts of recreational ability who are not looking to compete in higher level competitions.

Our mission as a committee now is to honor his legacy and do our upmost to provide a high standard of gymnastics for all gymnasts to participate in.

# GFA Technical Committee 2015

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**GFA Competition Dates**

|  |  |  |
| --- | --- | --- |
| Competition | Date | Venue |
|  |  |  |
| The George Finney Set Floor and Vault | Sunday March 29th 2015 | Fenton Manor Sports Complex, Fenton, Stoke on Trent. ST4 2RR |
|  |  |  |
| GFA Four Piece | Sunday June 21st 2015 | Worcester University, St Johns campus, Henwick Grove, Worcester WR2 6AJ. |
|  |  |  |
| GFA Team Floor and Vault | Sunday December 6th 2015 | Fenton Manor Sports Complex, Fenton, Stoke on Trent. ST4 2RR |
|  |  |  |

* *Please note for further information on additional regional competitions please see the BG website.*

*A Brief Summary*

* The George Finney – This competition consists of gymnasts in a team and individual capacity the event will display gymnast’s competing on vault and a set floor routine on a straight-line, without music. The routines will have bonus marks in relation to difficulty within them.
* The GFA Four Piece Competition – This brand new competition involves, Floor, Vault, Trampette and Bars. The gymnast top 3 apparatus scores will count towards their all around score. This competition will be at a new venue at Worcester University.
* The GFA Team Floor and Vault – This is a team and individual event; Gymnasts will compete on vault and perform a floor routine on a straight line floor strip. Routines will consist of eight skills chosen by each individual gymnast.

## Competition Rules

## Use of Music

Due to licensing arrangements, the use of Disney, Andrew Lloyd-Webber and Cirque du Soleil music is not permitted. It is the coach’s responsibility to ensure that music used is licensed for use in the UK. For Clarification please search and ensure the title appears on the repertoire section of the PPL UK site <http://repsearch.ppluk.com/ARSWeb/appmanager/ARS/main?cont=A>

For the GFA Four piece competition music will be uploaded via the online entry system at point of entry. As a backup please bring a copy of your gymnast’s music on one CD per club. Please make sure Music is between 40 and 60 seconds in length.

Eligibility

To compete in WMGFA competitions gymnasts must –

* Be affiliated to WMAGA
* Have a minimum of BG bronze membership
* Please refer to - Gymnast Age and Ability Level Entrance Rules on Page 8.

Score Protests and General Complaints

Protesting against an execution score is not allowed. If a gymnast’s bonus mark is being disputed, this must be brought to the committee’s attention when appropriate. Judges must not be approached at any time.

If you have a complaint then please contact the chair, details can be found of page 3 of this handbook.

Etiquette

All Coaches, Gymnasts, Judges and Parents at the competitions must treat each other with the upmost respect and promote good sportsmanship.

Photography

No flash photography is permitted at the GFA competition. A Professional photographer will be present at the competition so photographs of the gymnasts will also be available to purchase.

Girls competition wear –

* Short or Long sleeved leotards must be worn; all leotards must be identical in each team.
* Shorts are allowed for the girls in the following categories –

Boys competition wear –

* Leotard and Shorts must be worn; stirrups or gym trousers are not permitted. Leotards must be identical in each team.

**Competition Entry**

**How to enter**

* 1. Please see the following –

[www.british-gymnastics.org/westmidlands](http://www.british-gymnastics.org/westmidlands)

Go to find an event or result

Find the event in the calendar

Click into the event,

Competition Rules

Online Entry Guide and a link to GymNet available through the event page on the calendar please ensure you check this for all up to date information.

Or..

Direct via The BG GymNet Online System

* 1. Due to timetabling; only two teams per age / gender group per club are allowed to enter.
  2. Final Amendments – Only withdrawals will be accepted after the competition closing date.
  3. No late entries.
  4. Only withdrawals on the day of competition, strictly no swapping gymnasts under different names will be allowed.

**Gymnast Age and Ability level Entrance Rules**

*Training Hours*

*Up to 2hours Beginner*

*Over 2 hours to 4 hours Intermediate*

*Over 4 hours Advanced*

*Age Levels*

*9 and under DOB - 2007, 2006*

*11 and under DOB – 2005, 2004*

*13 and under DOB – 2003, 2002*

*15 and under DOB - 2001, 2000*

*16 and above –Ladies DOB – 1999 and below*

*16 and above - Men’s DOB – 1999 and below*

*All ages Disability.*

*Enter Age Groups*

* *No Gymnasts in ANY category can have competed in an artistic competition for a minimum of 2 years.*
* *Gymnasts training towards artistic competitions in the future and who are using the floor and vault competition for gaining experience should be entered into the advanced category only despite hours trained.*
* *All age categories have the opportunity to enter the three different categories of Beginner, Intermediate and Advanced.*

**Disability Age and Ability level Entrance Rules**

Age Levels

*Disability 15 and under DOB - 2000 and younger*

*Disability 16 and above – Ladies/Men’s DOB - 1999 and older*

*Disability Categories – enter according to skill ability, regardless of training hours*

***Physical Disability:*** *for gymnasts who are unable to compete in the beginner category due to a physical disability eg. non-ambulant. Suitable for gymnasts who usually compete at Level A in Special Olympics or other disability competitions.*

***Disability Beginner:*** *for gymnasts who usually compete at Level B in Special Olympics or other disability competitions.*

***Disability Intermediate:*** *for gymnasts who usually compete at Level 1 in Special Olympics or other disability competitions, with the option to perform some basic skills from the mainstream category.*

***Disability Advanced:*** *for gymnasts who usually compete at level 2 and above in Special Olympics or other disability competitions, with the option to perform a large amount of skills from the mainstream category.*

* *Teams – 3 gymnasts of any age, gender or level can form a team*