



GfA TeamGym Floor Competition 2016
The Jean Brown Arena, Redbridge Sports
Centre, Forest Road, Barkingside, IG6 3HD
Sunday 27th November

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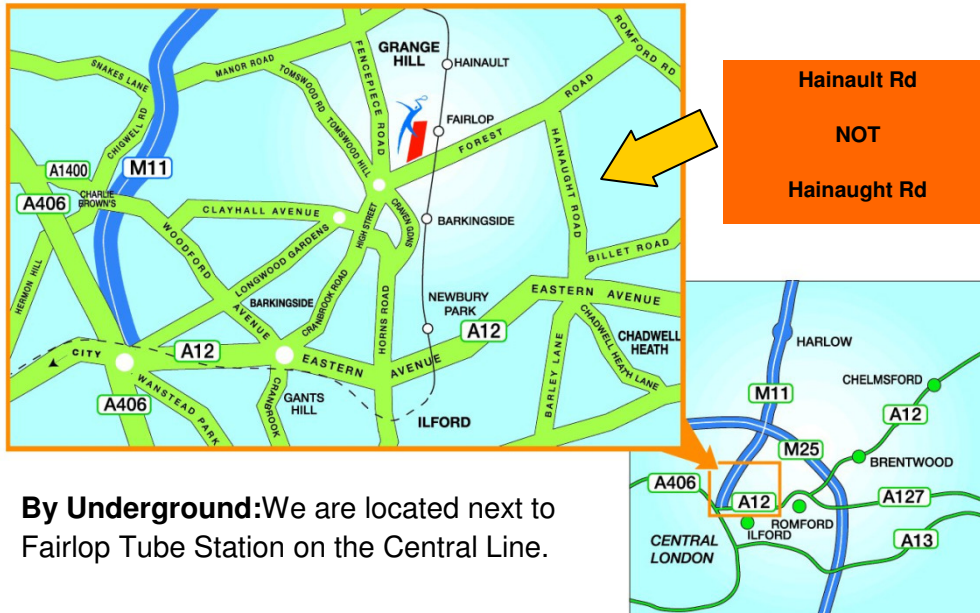
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Letter for parents /guardians Please email or print and give to parents where necessary. (Parents Information Booklet is available online)

Venue information

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

Directions:



Tickets:

Adult: £6.00

Concessions: £4.00

Concessions =

4-16

60+

CASH only

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.



Ample FREE parking is available.



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.

Event Personnel:

The competition organiser: ***Name: Anita Merrick***

Judging Convenor: ***Name: Anita Merrick***

Medical provision: There will be a first aider present during the event. The first aider may be contacted through the Control desk.

Welfare Officer; There will be a welfare officer on duty during the event. The welfare officer may be contacted through the competition organiser

Name: Rachel Watson

Announcer: ***Name: Bonnell Jones (Bonnie DJ)***

Technical information

Clubs: Must be BG registered, LG affiliated

Supervising coaches: Must have a current paid Gold BG membership, Current BG DBS & SPCA, & minimum level 2 qualification.

Assisting coaches: Must have current silver BG membership, DBS, SPCA & minimum level 1 qualification.

Level 1 assisting coaches must be coaching within their coaching qualification and be supervised by a Level 2 coach.

Gymnasts: Must have current BG membership

Judges: Judges require a current minimum Bronze BG membership & judging qualification

Equipment specifications: ***Gymnova Sprung Floor***

Judges meeting: There will be a judges meeting at **on the Sunday morning. This will be held at the Back of the warm up area**

Coaches meeting There will be a coaches meeting **briefly prior to both rounds in the Warm up gym.**

Gymnast registration: Registration for teams will take place in the Warm up Area on arrival.

Music: *Via Bg Gymnet upload by November 14th. Clubs only need to upload music to one competitor in the team.*

Coaches should bring a back- up CD, ipod, mp3 player with music to the event

BG/LG Photo Policy:

By entering an LG event, there is an acceptance that the participants may be photographed and the photograph may be published in LG communications. Any person wishing to use video, film, or take photographs must abide by the BG 'Photography at Events' Policy which can be found here <http://bit.ly/BGPhotopolicy> Photos may only be taken for personal use. You may not take photos for sale, other commercial use, or publications in printed or electronic form, such as on websites. Clubs may publish some photos of their own gymnasts, but this may only be done in accordance with BG 'Child Protection' Policy

Flash may not be used at any time whilst gymnasts are warming up or competing. Any concerns about any photographer or the suitability of any photos being taken should be reported to the Welfare Officer at the event.

Nominated coaches must not take photos or videos, whilst in the arena, with the exception of during presentations. Coaches who are spectators are covered by the same rulings as parents/guardians.

Competition details:

- Gymnast's attire:** Gymnasts must march on in competition attire/ club tracksuits. Long hair must be tied up.
- Girls and boys can wear costumes if they wish but they must be suitable for a gymnastics performance. Make up or face paints may not be worn.
- If gymnasts choose to wear leotards the rules below apply. The team outfits should be uniformly matched.
- Girls: Appropriately fitting, long or sleeveless leotard, tight fitting shorts can be worn, gymnastics shoes may be worn
- Boys: Appropriately fitting Sleeveless leotard and gymnastics shorts, gymnastics shoes may be worn
- Jewellery, body piercing and similar adornments are not allowed

- Coach's attire:** In line with BG regulations, coaches must wear club tracksuit or polo shirt, t -shirt and long track bottoms. Footwear should be clean trainers or socks. Coaches will not be allowed on the floor if wearing inappropriate clothing or jewellery and their gymnasts will be disqualified.
- Chewing gum is not permitted at anytime.

- Judges attire:** Judges and officials must wear *black/ blue* suits, skirts or trousers with jackets and white shirts with black smart shoes. As this competition is held in a purpose built gymnasium appropriate footwear must be worn. No heels can be worn in the gym.

Electronic communications:

Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication in the arena during the event.

Inquiries and protests

There will be no appeals about scores during this competition.

Tie breaks: In the event of a tied score, there will be no tie-break and tied teams will have the same ranking.

Scoring and results: We will not have electronic scoring at this competition. Coaches will be handed their Team Score D, E and total at the end of the performance. Scoring will be uploaded to the Event Page Record <http://bit.ly/2016TeamGym> as soon as possible after the competition.

Presentation ceremony and awards:

All gymnasts must be present for the presentation ceremony at the end of the competition. Gymnasts and coaches participating in the presentation ceremony must march on in competition attire. A medal will be presented to the first, second and third placed team members in all categories.

Please note Level 5 Senior Team competition runs over both rounds of competition.

All gymnasts will receive a commemorative rubber wrist band to show they competed.

A Team Trophy will be awarded for the top Team Score in each category. Ribbons will be awarded to 4th, 5th and 6th place in a category.

Coaches should remain in the coaches' area which will be identified within the arena. Please do not walk around the arena during the presentations.

Gymnasts should be reminded to sit sensibly during presentation. At the end of presentation gymnasts must follow the line back to the warm up area. The next competition starts immediately so coaches should not take gymnasts out of the line. Additional photographs may be taken upstairs in the photography area. Please ensure children are safely returned to parents / guardians at the end of the round. They will not be able to leave the warm up hall alone.

Categories There are 4 categories for teams to enter

Level 6 Junior (Light Blue)

Level 5 Junior (Light Pink)

Level 6 Senior (Dark Blue)

Level 5 Senior (Dark Pink)

Judging Panels:

Judging panels for TeamGym 2016

Junior TeamGym Panel (Head Judge) Maxine Ewenson		
Moves and formatting / Composition		Execution
Karima Downey and Abdul Hazel		Christine Brockbank
		Milanda Khan

Senior TeamGym Panel (Head Judge) Taylor Eden		
Moves and formatting / Composition		Execution
Billie Keleggar and Rachel Kay		Fern Butler-Korro
		Kara Salih

Panel 1 – Moves & Formatting & Composition Panel 2 – Execution

PANEL 1: Judges need to revise the London GfA rule book, particular the A & B moves for Level 6 and for A B C D moves for Level 5. Judges need to revise rules regarding Balance/Flexibility/strength elements and acro/gymnastic moves

PANELS 3: Each judge will determine their own deductions for execution. No conferring with other judges will take place.

- All judges must attend in good time for judges meeting and will be expected to stay the whole day
- All judges should bring with them pen and paper (judging sheets and a judging pack will be available on the day)
- All judges will be notified individually and judging information sent to their chosen email address.
- Judges must notify Anita Merrick gfachair@london-gymnastics.co.uk if there are any queries.

Warm up timetable:

For Round 1 warm up will be open from 9:15am-10:00am. Clubs may use any space for stretching.

For Round 2 warm up will be open from 11:40 – 12:10

Your team will be grouped with two other teams and will have 5 minutes to warm up moves (no tumbles) on the sprung floor in warm up.

Your team will be grouped with two other teams and will have 5 minutes to warm up tumbles on the sprung floor in the competition arena.

Warm Up in Main Gym:

Each club will get five minutes on warm up sprung floor (in the warm up area) to go through their whole routine. This will be just prior to competing. You will get a warning 30 seconds before the end of time and must have the floor cleared by the end of the 5 minutes.

March In & Out of Gym:

Please ensure the gymnasts quickly line up behind their marshall when instructed and remain in their line as they march. Please ensure all coaches remain back behind the lines until ALL the gymnasts have marched.

Event timetable and Running Order

Round One									
9:00am	Arena & Ticket Sales Open								
9:15am	W / Up Area (Downstairs in first half of hall) Opens for stretching. Teams can choose when to go into warm by referring to the timetable below. Please allow enough time to do stretching warm up before going on the sprung floor. Registration will take place in the Warm Up Area.								
Activity	Moves W/ Up	Tum W / Up	Rehearsal	Compete	Pan	Lev	Age	Club	Team Name
Where	S / Floor W/U Area	S / Floor in Comp	Sprung Floor W/Up Area	Sprung Floor in Comp					
	9:25-9:30	9:35-9:40	10:05:00	10:15:00	A	6	Jun	R. Lions	History
			10:10:00	10:20:00	B	5	Jun	EJB	Stars
			10:15:00	10:25:00	A	6	Jun	Nitro	Pirates
	9:30-9:35	9:40-9:45	10:20:00	10:30:00	B	5	Jun	Gemstones	Junior Blue
			10:25:00	10:35:00	A	6	Jun	R. Lions	No Money
			10:30:00	10:40:00	B	5	Jun	Alleyns	Twinkles
	9:35-9:40	9:45-9:50	10:35:00	10:45:00	A	6	Jun	EJB	Flyers
			10:40:00	10:50:00	B	5	Jun	R, Lions	Turn the Radio
			10:45:00	10:55:00	A	6	Jun	R. Lions	Roar
	9:40-9:45	9:50-9:55	10:50:00	11:00:00	B	5	Sen	EJB	Senior
			10:55:00	11:05:00	A	6	Jun	Jaybee Hav	Purple
			11:00:00	11:10:00	B	5	Sen	R. Lions	The Girl is Mine
	9:45-9:50	9:55-10:00	11:05:00	11:15:00	A	6	Jun	R. Lions	Shake it Off
			11:10:00	11:20:00	B	5	Sen	Nitro	Chandelier
			11:15:00	11:25:00	A	6	Jun	EJB	Springers
	9:50-9:55	10:00-10:05	11:20:00	11:30:00	B	5	Sen	Jaybee Hav	Orange
			11:25:00	11:35:00	A	6	Jun	Gemstones	Junior Pink
			11:30:00	11:40:00	B	5	Sen	R. Lions	Let's Get it Started
11:45am	Presentation for Level 5 & 6 Junior Teams								

Round Two									
11:40am	<p>W/ Up Area (Downstairs in first half of hall) Opens for stretching. Teams can choose when to go into warm by referring to the timetable below. Please allow enough time to do stretching warm up before going on the sprung floor.</p> <p>Registration will take place in the Warm Up Area.</p>								
Activity	Moves W/ Up	Tum W / Up	Rehearsal	Compete	Pan	Lev	Age	Club	Team Name
Where	S / Floor W/U Area	S / Floor in Comp	Sprung Floor W/Up Area	Sprung Floor in Comp					
	11:50 - 11:55	12:00 - 12:05	12:20:00	12:30:00	A	6	Sen	Future	Junior Stars

			12:25:00	12:35:00	B	5	Sen	Gemstones	Blue
			12:30:00	12:40:00	A	6	Sen	Jaybee Hav	Blue
	11:55-12:00	12:05-12:10	12:35:00	12:45:00	B	5	Sen	Alleyns	Keep Calm
			12:40:00	12:50:00	A	6	Sen	Gemstones	Senior Pink
			12:45:00	12:55:00	B	5	Sen	R.Lions	Light it Up
	12:00-12:05	12:10-12:15	12:50:00	13:00:00	A	6	Sen	Zodiac	Blue
			12:55:00	13:05:00	B	5	Sen	Future	Senior Stars
			13:00:00	13:10:00	A	6	Sen	Jaybee Hav	Yellow
	12:05-12:10	12:15-12:20	13:05:00	13:15:00	B	5	Sen	Nitro	Pirates
			13:10:00	13:20:00	A	6	Sen	Zodiac	Purple
			13:15:00	13:25:00	B	5	Sen	R.Lions	Summer
	12:10-12:15	12:20-12:25	13:20:00	13:30:00	A	6	Sen	Nitro	Chandelier
			13:25:00	13:35:00	B	5	Sen	Gemstones	Pink
			13:30:00	13:40:00	A	6	Sen	Future	Senior Stars
13:45am	Presentation for Level 5 & 6 Senior Teams								

Team times cannot be changed on the day it is essential they arrive in time. Please ensure that any errors with spelling, level, gender or DOB are informed to the competition organiser immediately. Any corrections MUST be made on BG Gymnet first.

Free tea and coffee is available for coaches ALL day in the warm up area. Please let us know if anything runs out. Changing rooms and a café are available at the centre.

Please ensure parents are given clear information on the competition (see notes below for new parents).

An editable letter in microsoft word is available on the competition page

<http://bit.ly/2016TeamGym>

This contains all the information that parents need and you can just adapt it to your clubs own letter. The first page of this document also has a map that can be given to parents.

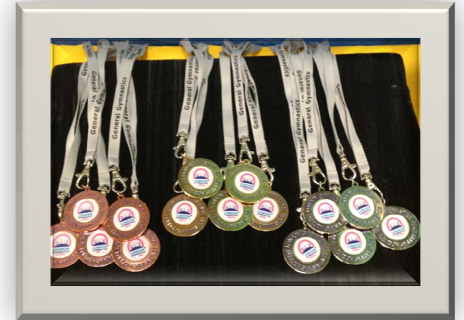
A Gymnasts and Parents Guide.

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 is a new competition so the emphasis is going to be on having fun whilst participating in a team.

What do gymnasts need to do?

Before the event:

- Make sure you know your floor routine.
- Practise each move the best you can.
- Get your bag ready for the competition.
- Go to sleep early!



On the day:

- 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 and your team are doing on floor, do not worry about what others are doing.
- If your team is lucky enough to win a medal then remember to shake hands with the other medallists.

After the event:

- Think about your performance. Medals / ribbons and trophies 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.

**AN EDITABLE VERSION OF THIS PAGE IS AVAILABLE IN WORD ON
THE COMPETITION PAGE <http://bit.ly/2016TeamGym>**

To the Parent / Guardian of:

DOB:

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

Directions, & map can be found on <http://bit.ly/2016TeamGym>

There is free parking at the venue.

Your child is competing on: Sunday 27th November in the Level 5 / Level 6 Junior / Senior Competition in Round: 1 or 2 Please arrive at the venue at (insert time)

As you go into the arena signs will direct you to where gymnasts or spectators need to go. Gymnasts should go with their parents / guardians to the spectator seating and wait to be called for their round. At NO time will any parents be allowed into the registration or warm up area.

Warm Up will be at: (insert time) **Competition will be at:** (insert time) **The Competition will end at** (insert time) **The medal presentation will be at:** (insert time)

All times are subject to change if the programme is running early. Please note the competition will not be held up if your son / daughter does not arrive by registration time, the organisers reserve the right to begin half hour ahead of published timings except for in round one.

Gymnasts should wear: (insert clothing requirements)

Girls Long hair(insert directions).

Please ensure your son / daughter has a **SMALL** named bag to hold their water bottle, there should be enough room to put their shoes, socks, tracksuit in. No coats, food etc should be taken with gymnasts.

Spectator tickets are £6.00 per person for the day, £3.00 for under 16's and over 65s, under 5's go free. **Cash only can be used to buy tickets.** Gymnasts also gain free entry if they are competing.

As usual we will have the London Gymnastics Shopping Mall with Zone Leotards, NG Sportswear with t shirts, hoodies and gifts. Photographic Synergy will be taking photos on the day which will be available online the following week. All our Shopping Mall suppliers accept major credit / debit cards and cash.

There are over many children competing, your child CANNOT change times.

NO FLASH photography can be used during the competition.

After the event London Gymnastics would be keen to hear your views on the event. Please go to the following link to complete the online survey <http://bit.ly/GymEventSurvey>
Many thanks,

(Insert name of club)