



**London GfA Southern Grading**

**Levels 1 and 2**

**Trinity School, Shirley Park, Croydon, CR9 7AT**

**19 - 20 May 2018**

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## Venue information

**Address:** Trinity School, Shirley Park, Croydon, CR9 7AT

### **Tickets:**

**Adult: £5.00**

**Concessions: £3.00**

**Concessions = 6-16 and 65+, fives and under go free**

**Cash only, on the door at the venue**

## Getting there

### **Car**

Parking – This is free, but limited at the school. Please travel by public transport where necessary and, if there is no space in the school, park in surrounding roads. There are two vehicle entrances to Trinity, a main entrance off Shirley Road roundabout (enter postcode CR9 7AT in your SatNav if you are coming from East or South) and one off Addiscombe Road by Shirley Park Golf Club (enter postcode CR0 7LB in your SatNav if you are coming from West or North).

### **Rail**

East Croydon station is two miles west of the School, then take one of four regular buses that stop outside the School (119; 194; 198; 466).

### **Tram**

The Croydon Tramlink nearest stop is Sandilands (on the Wimbledon/ New Addington/ Beckenham lines via East and West Croydon) and is less than a mile away. All the buses below call at Sandilands or it takes approximately 10 minutes on foot.

### **Buses**

**119:** Croydon Airport to Bromley

**194:** West Croydon to Lower Sydenham

**198:** Shrublands to Thornton Heath

**466:** Caterham-on-the-Hill to Addington Village





## Event Personnel

**Comp organiser:** Helen Korro

**Judge convener:** Lauren Murdock

**Welfare Officer:** Nikki Eden

**First aid:** There will be a first aider present during the event. The first aider may be contacted through the Welfare Officer. If required, ice packs will be available from the Ticket Desk.

**Clubs:** Must be BG registered, LG affiliated and South London.

**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. Judges must abide by the Judges' Charter.

**Equipment:** As in the competition rules.

**Judges' meeting:** There will be a judges' meeting at 08:30am each day, venue to be advised in the judges' information email.

**Coaches' meeting:** There will be a coaches' meeting during each round warm-up.

**Registration:** Coaches will register their club on arrival. Individual gymnasts do not need to register, however, judges will mark gymnasts on a list as they compete. The number on the timetable dictates how many gymnasts a club has registered to take part via GymNet.

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

Coaches must not take photos or videos, whilst event rounds are running. Coaches who are spectators are covered by the same rulings as parents/guardians.

## Competition Timetable

Coaches should arrive 15 minutes before the gymnasts' arrival time.

### Saturday 19<sup>th</sup> May 2018

| Round                             | Gymnasts Arrival | Warm Up & Start | Finish |
|-----------------------------------|------------------|-----------------|--------|
| <b>1 Sat</b>                      | 08.30            | 09.00           | 11.00  |
| <b>2 Sat</b>                      | 10.30            | 11.00           | 13.00  |
| Judges and volunteers lunch break |                  |                 |        |
| <b>3 Sat</b>                      | 13.00            | 13.30           | 15.30  |
| <b>4 Sat</b>                      | 15.00            | 15.30           | 17.30  |

|              | Red Panel                              | Blue Panel                                | Green Panel                       | Yellow Panel                     |
|--------------|--|---|-----------------------------------|----------------------------------|
| <b>1 Sat</b> | Blackfen 11<br><br>Thomas's Clapham 14 | Bromley Valley 9<br><br>Falcon Spartak 14 | Croydon School of Gymnastics 22   | Sutton SoG 22                    |
| <b>2 Sat</b> | Thomas's Clapham 15<br><br>Nitro 10    | Future 29                                 | Richmond 30                       | Sutton SoG 8<br><br>Precision 15 |
| <b>3 Sat</b> | Alleyn's 28                            | J'amies 26                                | KK Academy 12<br><br>Sutton GA 20 | Crystal Palace 28                |
| <b>4 Sat</b> | Nitro 12<br><br>Greenwich Royals 6     | J'amies 23                                | Sutton GA 18                      | Southwick 27                     |

### Sunday 20<sup>th</sup> May 2018

| Round        | Gymnasts Arrival | Warm Up & Start | Finish |
|--------------|------------------|-----------------|--------|
| <b>1 Sun</b> | 08.30            | 09.00           | 11.00  |
| <b>2 Sun</b> | 11.00            | 11.30           | 13.30  |

|              | Red Panel     | Blue Panel                  | Green Panel   | Yellow Panel  |
|--------------|---------------|-----------------------------|---------------|---------------|
| <b>1 Sun</b> | Sponte Sua 30 | Gemstones 30                | Sponte Sua 26 | Silverline 28 |
| <b>2 Sun</b> | Gym Club 30   | Gemstones 9<br><br>Zodiac 9 | Merton 25     | Nitro 22      |

**Competition information:** Coaches should arrive 15 minutes before their gymnasts' arrival time. If a coach from the club is not present then gymnasts will not be allowed into the Grading Arena. On arrival, the coach will register the club and collect the gymnast's certificates which will act as their number in competition and must be handed to the judges on each apparatus piece.

Gymnasts will go to their Panel Area with their coaches. They should NOT bring any bags or clothing with them. Gymnasts should arrive in their competition attire.

Running order is per club rather than per gymnast. If a club has more than one slot then they decide which gymnasts are in which round.

Gymnasts at L1 within their club should be the first to compete, followed by L2. Can coaches please order gymnasts appropriately and signal to judges when L2 is starting. Half the gymnasts in the group from a club should start on the vault station and the other half on the floor station.

Apparatus stations are grouped together, so a Panel has vault and floor equipment together. Once a gymnast has performed their first piece of apparatus they wait to do their second.

Please ensure you have a MINIMUM of two coaches, but this can be more. You will have gymnasts on floor and vault at the same time and will also **need to be taking gymnasts back to parents once they have competed** so ideally a club would need four coaches or coaches plus club volunteers who know the gymnasts and parents.

**Gymnasts' attire:** Gymnasts should arrive ready for competition. No bags, coats, tracksuits should be taken into the competition arena and should be left with parents /guardians.

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.

All long hair must be tied up. Jewellery, body piercing and similar adornments are not allowed

**Coaches' 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

may be removed if an alternative coach is not present. Long hair must be tied back and bags should not be held whilst coaching.

**Judges' attire:** Judges and officials must wear black/blue suits, skirts or trousers with jackets and white shirts with black smart shoes. Please see Judges Charter in Appendix.

**E-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 / protests:** There will be no appeals process in this event.

**Scoring / results:** No scores will be given in this competition. Gymnasts are banded according to the score given by judges. These scores will not be announced or published. Every gymnast will receive a certificate and medal for the overall mark they achieve. There will be no placings, just bandings. At levels 1-2, to earn a Gold, Silver or Bronze medal the gymnast must achieve between the following scores:

| Floor thresholds for Levels 1-2      |                       |                       |
|--------------------------------------|-----------------------|-----------------------|
| Gold = 9.1 to 10.0                   | Silver = 8.3 to 9.0   | Bronze = 8.2 or below |
| Vault medal thresholds at Levels 1-2 |                       |                       |
| Level 1                              | Gold = 9.7 – 10.9     |                       |
|                                      | Silver = 9.0– 9.6     |                       |
|                                      | Bronze = 8.9 or below |                       |
| Level 2                              | Gold = 10.4– 11.8     |                       |
|                                      | Silver = 9.6 – 10.3   |                       |
|                                      | Bronze = 9.5 or below |                       |

**Presentation:** There is no presentation ceremony. Once each set of judges has placed a sticker on the gymnasts' certificate (2 stickers overall), coaches should escort gymnasts in groups to the hallway to await their parents before going upstairs to receive their medal. **Please ensure you have enough coaches with you to manage coaching the gymnasts and escorting the gymnasts back to their parents.** Gymnasts and parents will then be able to go to the London Gymnastics display area to take photographs.

**Warm up:** This will take place in the competition arena at the gymnast's panel area. A fun group warm up will be done to music with all children doing the same warm up together led from the front of the hall. (Coaches and parents can join in too!)



Gymnasts will then get one run through of their floor routine individually on the floor area. For Vault they will get 2 vaults to practise. The best of two vault scores will count for their stickers.

Please remember Level 1 & 2 are introductory levels where gymnasts are competing against themselves to win a medal. Judges will be sympathetic to the fact that some gymnasts have no competition experience and may be nervous.

**Please note:** Chewing gum is not permitted at any time.

**Parents:** Please ensure parents are given clear information on the competition. We have provided an editable parent's letter with all the relevant information about the event. Everyone involved in organizing the competition is a volunteer and should not have to deal with parents who are being abusive because clubs have not provided them with the correct Competition Information. If there are any instances of abuse to staff then the perpetrators will be asked to leave and if they do not the police will be called. Please help us to avoid these situations by ensuring your gymnasts' parents are informed.

AN EDITABLE VERSION OF THIS PAGE IS AVAILABLE IN WORD ON THE COMPETITION PAGE

To the Parent / Guardian of

**Venue:** Trinity School, Shirley Park, Croydon, CR9 7AT

Your child is taking part in the London Gymnastics for All grading event on: **Saturday 19<sup>th</sup> May / Sunday 20<sup>th</sup> May** in the Level 1 / 2 Grading event in Round: **1 Sat/2 Sat/3 Sat/4 Sat/1 Sun/2 Sun**. Please arrive at the venue at **(insert time)**

There is free parking at the venue, but it is limited due to other activities going on in the school. Please either travel on public transport or park in surrounding roads if no spaces are available. There are signs and staff in the arena to guide you. At NO time will any parents be allowed on to the competition floor or gymnasts allowed back into the audience during a competition.

Warm Up and competition will be at: (insert time)

Programme timings are subject to change. Organisers reserve the right to begin half hour ahead of published timings except for in round one. Please note the event will not be held up if your son / daughter does not arrive by their allocated time.

All gymnasts competing will receive a medal according to their score. This will be given to them at the medal table. Once a child has completed both their floor and vault, coaches are permitted to hand that child to their parents or guardian who can then take them upstairs to receive their medal and take photographs in the London Gymnastics photograph area. There is no official photographer.

Gymnasts should wear: (insert clothing requirements)

Long hair (insert directions).

No bags or clothing can be taken into the competition arena with the gymnasts. They should arrive at the venue in their competition leotards so that they can go straight in. Parents should keep their children's belongings with them.

Spectator tickets are £5.00 per person for the day, £3.00 for those aged 6-16 or over 65, 5s and under go free. Cash only for tickets. Gymnasts also gain free entry on the day they are competing. Zone Leotards will be available to buy either in cash or using major credit / debit cards.

If your child is unable to compete please let the club know immediately. Please do not use FLASH photography during the grading event as this can distract and upset gymnasts. Parents may not contact the organiser.

Many thanks,  
(Insert name of club)

## **GfA Judges' Charter** (Information for Clubs and Judges)

1. It is important that all clubs wishing to be involved in London GfA Competitions provide a judge who is qualified to at least, Level 1 Judging courses. Club and Regional level (and above) qualified judges in other disciplines may also be acceptable at our competitions.
2. Clubs must nominate a named judge or judges for each weekend of competition in which they are entering gymnasts.
3. Nominations of judges are part of the Competition Entry system – it is the club's responsibility to ensure that their judges are listed on the BG system.
4. Clubs must ensure that the Judges are aware that they will be required for the whole weekend. Only in exceptional circumstances will judges be able to be nominated for just one day of a weekend, and this can only be done following discussion with, and agreement by, the Judges' Convener.
5. It is clubs responsibility to ensure that their named Judge is fully aware of the dates and times for which they have been nominated.
6. Any club that does not have a nominated judge available for the whole weekend in which they have competitors will be fined £200.00 per day of competition.
7. The list of all judges will be circulated to clubs and judges, where appropriate. Clubs have a duty to pass this information on to their Coaches and Judges.
8. Judges wishing to withdraw and/or change their rota must inform the Judges' Convener within two days of receiving the list, taking into account the following:
  - Where a nominated judge withdraws from the published programme and cannot be replaced by the club, then that club will be fined £200.00 per day of competition. If a club arrives on the day of competition without a judge and cannot pay the levy immediately they will not be permitted to compete.
  - Exceptional circumstances for withdrawals will be taken in consideration.

### **JUDGES**

1. You must arrive in good time for the Judges' Meeting and be wearing appropriate attire and shoes.
2. You must behave professionally at all times, this includes not making audible comments or making facial expressions about a gymnast's performance.
3. If a coach, parent or volunteer approaches you with regard to a score, do not enter into a discussion, but refer them to the Head Judge for your Panel.
4. Be pleasant to all competitors, other judges and volunteers - a smile costs nothing.
5. Before leaving the arena at the end of the day, check with the Judges' Convener that is correct for you to do so.
6. Judges who do not abide by the Charter risk not being eligible to judge at future competitions.