

The London GfA TC is anxious that the good discipline and good behaviour, which is a mark of gymnastics, is adhered to at ALL Regional Competitions. The following list is the normal rules of good behaviour that should be expected in any gymnasium and helps ensure that our young gymnasts are guided in good, courteous behaviour. They will also assist you as a coach in understanding how the event will run.

AGE

- Please ensure your gymnasts have been placed in the correct category according to their DOB. You can do this using the 'Age Category Charts'
- Gymnasts have been put in DOB order and then split into evenly sized groups.

GYMNASTS

- All gymnasts must be current members of BG, with correct info on BG data base
- All clubs must be affiliated to LG
- BG Membership must be obtained before the competition; if this is not the case then the entry will be disqualified.
- Membership details of gymnasts will be checked before entry is confirmed.
- No form of body piercing is allowed or the wearing of jewellery as per BG rules
- Gymnasts should line up neatly and follow marshalls when marching between apparatus.

COACHES

- Coaches must be current, fully paid, members of BG, holding an appropriate coaching qualification, enhanced DBS and Safeguarding & Protecting Children qualification.
- Coaches must be attached to the clubs they are coaching for on BG Gymnet, they can be attached to multiple clubs.
- Level 1 coaches may now coach during the competition as long as they are coaching moves within their syllabus. A level 2 must be responsible for them.
- It is a coach's responsibility to ensure that all of their coaching qualifications are held by BG and appear on the database.
- Coaches must ensure that long hair is tied back and jewellery removed
- **Coaches should wear suitable clothing for coaching, i.e. Tracksuit, Jogging Trousers – full length, T-shirt, Sweatshirt. Shorts and Vests are not suitable gymnastic attire. This includes appropriate footwear.**
- Coaches must ensure that they have switched off their mobile telephones whilst in the arena and ensure spectators have also been asked to do so.
- Coaches must ensure that their language and behaviour, is, at all times, appropriate to the sport, taking into account the ages of most gymnasts.
- Please let us know if you need to add additional coaches to your list.
- Remember if a coach only has an acro, or tumbling qualification they can coach on the floor but NOT vault.
- Coaches are responsible for the behaviour of their gymnasts. Please ensure that they are correctly dressed, register at the correct time, do not leave the

competition arena without permission being sought and given from the Head Judge on the apparatus and the Competition Organiser.
When gymnasts are marching in and around the arena please ensure that coaches stand back to allow the gymnasts to follow the marshalls.

PARENTAL SUPPORT

- Parents are one of the biggest assets a club has but please remember; clubs have responsibility for ensuring the good and courteous behaviour of their supporters at competitions.
- Please ensure that: - Spectators do not make so much noise that other gymnasts are disturbed.
- Video cameras are kept in the spectator area (unless previous arrangements have been made with the Competition Organiser, and do not interfere with other spectator's enjoyment).
- Clubs should ensure their parents are aware that they are not to contact the competition organiser of British Gymnastics with queries. All questions should come through the club named person.

JUDGES

- If your judge is asked to be on a panel then attendance for the whole day is expected. The judges meeting will start at 8.15am at the back of the warm up hall on all days.
- GfA TC is now (where possible) using the same judges on both days of competition to allow continuity and consistency across the panels.
- Judges should be smartly dressed in navy or black, they have been chosen for their professionalism and should demonstrate this at all times both inside and outside the competition arena.
- Each group of panels eg White Level Vault, gold Level Floor will have a more Senior Head Judge overseeing. They will help to guide you with queries.
- Judges will be given all necessary paperwork (judging sheets, rules, start lists) at the judges meeting prior to the competition **but should bring pens.**
- Judges will be provided with meals, hot and cold drinks and sweets.
- Judges will smartly march into the arena as directed by the Judging Convenor at the start of each competition.
 - The scoring system is now electronic so scores will be posted on the screen immediately.
 - At the end of each round the presentation will last for about 30 minutes so judges are free to take a break at that point but please ensure you are back in your seat to start the next round promptly.

APPEAL OF SCORES

An appeals procedure for scores has now been put in place. Clubs will receive full details of this shortly.

After EACH routine coaches will be given a print out of the score of their gymnast.

USE OF PHOTOGRAPHY/VIDEO/DIGITALCAMERA EQUIPMENT

- Flash photography is not permitted whilst the gymnasts are performing their routines or during the warm-up sessions.
- Please could clubs continually remind their parents of this as it is dangerous within the competition arena.
 - Spectators should only be filming gymnasts from their own club.
- There is no longer a BG requirement for camera registration.

REGISTRATION

- Registration is now electronic using touch screens. When you arrive in warm up you will be asked to: -
- Register the gymnasts who are competing, withdraw any gymnasts who are not competing and the gymnasts will have their photo taken.
- You must provide ONE named CD PER female Bronze, Silver or Gold level gymnast, name and club should be clearly written on the CD (exactly the same spelling as on programme)
- On the day in registration you will be given competitor numbers which have printed number, name, club, panel, start piece to help you know where you are going.
- You MUST arrange somewhere to meet your parents to collect and also hand back the gymnasts. They CANNOT come into the warm up area.
- There is a reception area on arrival, and a shopping mall upstairs. Gymnasts and coaches get free entry on the day they are competing. We will announce when warm up is open for a round so it is fine to get parents to bring their children into watch in the main arena in the round before.

WARM UP

- In general warm up gymnasts may perform stretching and all moves except for tumbling, it is a shared warm up area so please respect the needs of other clubs and ensure you are not taking up too much space
- Bins are provided within the warm up area for any litter you may have. Gymnasts may leave their belongings neatly at the side of the hall.
- Please ensure gymnasts go to the toilet before the 15 minute line up period.
- 15 minutes before March on, all coaches will leave the warm up area and Marshalls will line up the gymnasts in competition order. It is helpful if you can sit the gymnasts in the correct line eg panel A vault etc. This will all be signposted.
- Gymnasts should march on ready to warm up (in leotards and no tracksuits) If gymnasts need water bottles you may take these into the arena.
- Once in the arena white / Blue level gymnasts will have 2 minutes warm up (this may be split for larger groups) and 2 vaults. Marshalls will direct the warm up.
- For Bronze, Silver & Gold Level Floor there will be a 2 minute warm up per panel followed by 2 cross tumbles each and 2 vaults. Marshalls will direct this.

- Vault warm ups will be directed according to the height of the vaults. Again please follow the lead of the marshalls and they will ensure all gymnasts have two warm up vaults and then compete in the correct order.
- Coaches should sit in the allocated gymnasts and coaches seating. ALL vault seating is next to the green curtain, (when it is their turn to warm up for vault they will be taken to the vault area) ALL floor seating is on the opposite side by the red roll our mats.

GENERAL ADVICE TO COACHES

- Start lists can be printed from the website (but are subject to change due to withdrawals). Marshalls direct everything and your gymnast number will show you where you need to be so it is not necessary for you to have paperwork with you unless you wish to do so.
- Have additional copies of the music [if applicable] available for all your competitors.
- Following the direction of the marshalls have your gymnasts ready to take the perform immediately as the previous competitors complete their routine / vault
- In a round the programme is scheduled so that if you have gymnasts competing in more than one competition eg bronze age 9 girls and blue age 6 boys then your club will be on the SAME piece. So ALL the gymnasts from your club will start on either floor or vault each round.
- The schedule is for four VERY long days, to help us run smoothly, please follow the lead of our marshalls, hopefully we can get ahead of time.
- The competition ends and runs straight into presentation. Following the end of presentation, gymnasts will be led out to the Warm Up area where you can arrange for them to be met by their parents. Please do not remove the gymnasts from the line until they are back in warm up.
- One competition runs straight into the next so any photographs can be taken in the warm up hall, not the main arena.
- Coaches wishing to access the spectator seating must do so from the top, not through the barriers at the bottom.
- Please ensure return info from website is thoroughly checked. Errors with DOB, level, sex or name (spelling) of gymnast must be notified to the Competition Management team as soon as possible.

Please ensure coaches, parents and gymnasts arrive:

On time for Round 1

15 Minutes early for Round 2

20 Minutes early for Round 3 and 4

30 Minutes early for Round 5 and 6

REFRESHMENTS

- There is a cafeteria available at Redbridge selling hot and cold snacks and drinks



GfA TC Competitions 2014

www.london-gymnastics.co.uk

www.facebook.com/LondonGymnastics

- Free tea and coffee for all coaches is available all day in the warm up area.
- It would be helpful if you could let any of the event team (turquoise polo shirts) know if any of the drinks supplies are running low.
- There is a seated area sectioned off within the warm up hall where coaches may sit and eat.



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