



**LINCOLNSHIRE**  
**Gymnastics Association**

**2020**  
**WOMENS ARTISTIC**  
**GENERAL**  
**RULES & REGULATIONS**  
**Version 2**

# Lincolnshire Committee

**Chairperson:**

Jamie Saunders            email: jamie@withamhillgymnastics.co.uk

**Affiliation & General Secretary:**

Julia Hutchinson            email: julia.hutchy15@ntlworld.com

**Treasurer:**

Rachel Leech            email: raych@milliemae.co.uk

**Lincolnshire Welfare Officer:**            TBC

## Women's Technical Committee

**Chairman:**    TBC

**Judging Convenor:**

Pat Clough            email: colin.clough3@ntlworld.com

**Competition Coordinator:**

Alisa Saunders            email: alisa.lga@ntlworld.com

**Competition Organisers:**    As per each competition

**Members:**    All Clubs had an input.

**LINCOLNSHIRE GYMNASTICS ASSOCIATION  
2020 COMPETITION CALENDER**

DATE		COMPETITION	VENUE	ENTRY CLOSING DATE & Organiser
January	26	Junior Schools Floor & Vault	Grantham	27.12.19 Debby Butler
March	8	Boys County Individual Apparatus	Lincoln	8.02.20 Lincoln
April	5	County Boys & Girls GFA Competition	Spalding	05.03.20 TJ's Boston
May	10	Boys County Floor & Vault Team	Lincoln	10.04.20 Lincoln
	17	Girls County Level 6 & 7	Lincoln	17.04.20 Lincoln
June	14	Girls County Levels 4, 3,2, Challenge & Individual Apparatus	Witham Hill	14.05.20 TJ's Boston
	21	Girls County Level 5 & Individual Apparatus	Witham Hill	21.05.20 Witham Hill
July	4	Boys County Grades	Lincoln	05.06.20 Lincoln
	12	Girls County Team Championships	Lincoln	12.06.20 Lincoln
October	11	Girls County Floor & Vault Qualifier	Spalding	11.09.20 TBC
November	15	Boys County Floor & Vault	Witham Hill	15.10.20 Lincoln
December	13	County Senior Schools Floor & Vault (Priory Academy - Grantham)	Grantham	13.11.20 TBC

## HOSTING REQUIREMENTS FOR COMPETITIONS

### HOST CLUBS

Clubs have been allocated the following Competitions to organise and host for the 2020 Season

Competition	Organising Club	Host Club	Venue
Boys & Girls GFA COMPETITION	TJ's Boston	TJ's Boston	Spalding
LEVEL 6 & 7 CHAMPIONSHIPS & INDIVIDUAL APPARATUS	Lincoln	Lincoln & Lincoln City	Lincoln
LEVEL 5 CHAMPIONSHIPS & INDIVIDUAL APPARATUS	Witham Hill	Witham Hill	Witham Hill
4,3,2 & CHALLENGE CHAMPIONSHIPS & INDIVIDUAL APPARATUS	TJ's Boston	TJ's Boston	Witham Hill
GIRLS LEVELS TEAM CHAMPIONSHIPS	Lincoln	Lincoln & Lincoln City	Lincoln
GIRLS FLOOR & VAULT	TBC	Each Competing Club's Nominated Representative	Spalding

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The following personnel are required for Hosting:

- 1-2 People to compare and run the Competition for the day
- 2 adults for Door & Programme Duty / Raffle Tickets (Hosting Clubs to arrange own raffle)
- 2 Adults for Tea and Coffee during Day
- 2-3 Adult Scorers
- 1 Score Runner
- 1 Music Controller
- 1 Registration Person
- 1 runner for each piece of equipment

**Could computer scorers please note that they must hand over to further round scorers.  
These helpers have free entry to the Competition; all other Club personnel MUST pay**

With all Competitions, the competition venue will organise meals for judges and helpers.

**IF ANY CLUB CANNOT FIND ENOUGH HELP FOR THEIR HOSTING, PLEASE CONTACT VENUE REPRESENTATIVE AT LEAST ONE WEEK BEFORE THE COMPETITION.**

# Women's Technical Committee

## GENERAL RULES AND REGULATIONS 2020

The following regulations will apply at all Lincolnshire Gymnastics Association Women's Technical Committee Competitions in 2020

### 1. Affiliation

All Lincolnshire gymnasts must be a member of a gymnastics club that is affiliated to their county. All gymnasts, coaches & judges must be members of British Gymnastics.

Gymnasts must hold a minimum of BG Bronze Membership to compete in WTC competitions, but must have a minimum Silver Competitive BG membership if competing in **In age** Level 4, 3, 2, Compulsory or NDP grades or at any competition with full FIG including challenge cup qualifiers.

All Lincolnshire coaches and officials must be members of British Gymnastics and coaches hold an up to date DBS certificate and have attended a Safeguarding & Awareness course or completed an E learning refresher course in the last three years. The level of membership should be appropriate to the qualification held.

### 2. Gymnast's Status

Gymnasts must not change between In Age and Open Age paths during the competition year but refer to competition rules for details on which specific competitions this applies to only.

### 3. Gymnastic Progression

Progression Score for 2020/21 will be confirmed after the levels competition.

### 4. Gymnast's Age

Age groups refer to the age the gymnast will reach during the competition year  
i.e. age on 31<sup>st</sup> December 2020

### 5. Competition Entries & Fees

All competition entries must be completed on the master email form and emailed to the competition organiser for the specific competition being entered (see specific competition rules).

Payment is made via the following BACS information.

Lincolnshire Gymnastics Association

Sort Code: 30-98-70

Account Number: 00071965

Reference: (whichever competition)

A copy of the clubs BACS payment confirmation needs to be sent through to the competition organiser. If payment is not received by 14 days before the competition, the club's gymnasts will be withdrawn.

Entries made after the closing date, cannot be guaranteed but if accepted by competition organiser will incur a double entry fee charge.

Any Name, Age, or Level changes must be sent within 7 days of receipt of the draft programme for all individual competitions, otherwise no amendments will be made. Any changes needed to be made can be made prior and before the start of the competition (see specific competition rules).

All gymnasts should have the correct membership and coach's membership, DBS's and safeguarding need to be up to date. If found not to be, entries will be withdrawn.

Any queries about specific competitions should be addressed, in the first instance to the organiser, detailed on the specific competition rules.

Nominated judges must have BG membership.

2020 Individual Competition fees: £10

2020 Team Competition Fee: £40

Only registered coaches and competing gymnasts will be allowed in the competition area.

## **6. Regional Qualifying Competitions**

Only gymnasts of clubs affiliated to EMGA will be included as qualifiers in County teams for Regional competitions.

The county secretary will complete the entry form and appropriate fee to the East Midlands for such competitions.

As a representative of the County, T shirts will be provided to gymnasts and coaches to keep and wear on the day of competition. Leotards will be provided, free of charge, but are required to be returned on the day of competition.

A short-sleeved replica leotard can be sourced for all those who represent Lincolnshire at a cost TBC.

## **7. Lincolnshire Team Competitions**

Please refer to individual competition criteria for details of entry for team competitions.

The following rules apply to the team competitions:

There is no dedicated reserve; all members of the team may be selected to compete on individual apparatus subject to the max number of competitors as per individual competition rules. Teams must be confirmed at registration and before warm-up commences. Changes will not be allowed after registration other than the substitution of the reserve in the case of injury. If an injury occurs during the warm-up or competition the reserve may come into the team for the remaining pieces.

## **8. Withdrawal from Competition**

Competition entry fees cannot be refunded in the event of a club/team/gymnast withdrawing from a competition after the closing date.

## **9. Gymnast's Competition Dress and Conduct**

All gymnasts should be suitably dressed in a well-fitting leotard. Long hair should be neatly tied back. No jewellery is permitted.

Full length tights/leggings can be worn but must be the main colour of the leotard. See FIG ruling. Gymnasts wearing shorts during their routines will be deducted as per the FIG code of points unless permission has been granted by organisers. (personal grounds)

## **10. Coaches Competition Qualification, Dress and Conduct**

Coaches must hold a current cycle British Gymnastics coaching qualification that covers the skills that their gymnasts are performing.

One coach per gymnast will be allowed in the competition area at individual competitions and team competitions. Only nominated coaches are allowed in the competition arena. Coaches are required to register along with their gymnasts at each event.

Coaches minimum qualifications are shown on individual competition pages.

Any Club wishing to request permission for a Level 1 coach to be used in a pastoral role at a Lincolnshire WTC competition must inform the Competition Organiser (depending on competition) prior to the closing date of the competition. The request will only be considered if the club has more than 2 gymnasts in a group. If permission is agreed the Level 1 coach must not help in physically supporting the gymnasts on the apparatus during the warm-up or competition.

Coaches must be smartly dressed in a club / team uniform consisting of tracksuit or full-length sports trousers /full length leggings and T-shirt / Polo shirt/Sweatshirt. (shoulders must be covered) Shorts / skirts are not permitted. Suitable footwear should be worn. Shoes worn outside are not permitted on the field of play and coaches wishing to wear footwear must bring indoor use only trainers with them to change into.

Coaches who do not adhere to the competition rules will be asked to leave the competition floor.

The only jewellery coaches are permitted to wear while in the competition area is a plain banded wedding ring. Small watches can be worn but must be removed when supporting a gymnast. Long hair should be tied back.

When submitting entries for any event the onus is on the Club to ensure that the coaches attending to the participants are qualified to the level of the participant's performance.

## **11. Judges Competition Dress and Conduct**

All judges must have the qualification relevant for the competition level.

Judges must be suitably dressed. Ladies in navy skirt/trousers and jacket/blazer, gentleman in grey trousers and navy jacket/blazer. Heeled shoes are not permitted in the field of play and shoes worn in the field of play must not have been worn outside.

Judges must arrive at the designated time before the start of competition for the judges meeting and be ready at their apparatus judging position at least five minutes before march on.

Judges must have the latest rules with them for each level of competition judging and have familiarised themselves with the rules prior to date of the competition.

Judges should be aware they do have the authority to stop a gymnast performing a move if they think this appears to be dangerous in warm up.

Judges must request permission from the Judging Convener before leaving at the end of an event.

## **12. Conduct of Spectators**

It is the Club's responsibility to ensure that all parents/spectators are aware that no spectators can enter the competition arena unless required to for emergency purpose.

All hosting venue rules must be adhered to.

Videoing and photography must be done from the spectator area only and tripods must not be placed on the stairways or pathways. Flash photography must only be used during presentations and switched off during the competition. If this request is not adhered to the competition controller may ask the person(s) in question to leave the competition arena.

## **13. Provision of Judges**

Clubs must supply a judge/s with their competition entry, Clubs will be responsible for the expenses incurred by their nominated judge.

Any Club who is entering gymnasts into Level 3 & 2 competitions (including Individual and Team), must provide a Regional Judge. Alternatively, a Club Judge of at least 4 years' experience judging at County & Regional level will be accepted.

The WTC Judging Convener will decide on the make-up of the D & E panels. Entries will not be accepted where a judge has not been nominated. In the event of insufficient judges of the appropriate level to meet individual competition requirements being available, the Judging Convener may select from outside the county.

Competitions may be cancelled if criteria cannot be satisfied from both searches.

If a Club's nominated judge does not arrive at a competition or cancels prior to the competition date the Club will be responsible for the expenses of a non-nominated judge plus an administration fee of £10.00.



#### **14. Competition Referee**

At Lincolnshire WTC competitions to adjudicate in matters of rule interpretation and dispute. The Competition Organiser and Head Judge's decision on such matters will be final.

#### **15. Apparatus**

All gymnasts will use the apparatus supplied at the competition venue. Wherever possible equipment dimensions will be set up to FIG specifications which include height and width dimensions for asymmetric bars, beam mount run up and vault run up.

On floor a 5 cm safety mat will be allowed for double back, D and E saltos

A Yurchenko safety block must be placed around the springboard for performance of this vault and the gymnast's personal hand placement mat can be used. The club is responsible for bringing its own hand placement mat to the competition.

#### **16. Tall Gymnasts**

The high bar may be raised in accordance with FIG regulations for tall gymnasts.

Requests for the bar to be raised must be made to the competition organiser and head judge on the piece prior to general/apparatus warm up.

#### **17. Competition Music**

Music must be brought on a device which has an aux connector. (Tablet, Ipod, phone or USB Memory Stick) **or CD (if available at competition venue)**

If using CD's gymnasts must have their own individual CD's regardless of whether multiple gymnasts are using the same piece of music. Hosting clubs cannot be held responsible if they jump/don't play. Digital is therefore preferred.

It is suggested that all Clubs keep individual copies for their gymnasts that are only used for competitions as training CD's can become scratched.

Music for all competitions should be brought on the day of competitions and handed in when registering or sent to organising club beforehand, if requested.

#### **18. Safety**

It is strongly recommended that a coach should be close enough to the landing area for dismount on vault, bars and beam.

Judges will not deduct due to the presence of a coach; however, this rule does not permit the coach to touch the gymnast during the routine unless it is to prevent an accident.

#### **19. Mobile Phones /Devices**

Coaches, judges and officials must switch off their mobile phones/devices when in the competition arena. Stop watches or wrist watches may be used for timing warm-ups.

## **20. Protests**

Coaches may ask a master judge for details of deductions at an appropriate time, to enable the improvement of routines by being informed of mistakes. Protests regarding D score only should be made at an appropriate time which avoids disruption to the competition running. Any further dispute will be adjudicated upon by the referee whose decision will be final.

Coaches may not complain about another gymnast's score, compare scores or cite other gymnast's scores in a protest.

Video evidence will not be permitted.

## **21. Rule Changes**

The Lincolnshire WTC reserves the right to amend competition rules as it may feel necessary. Such changes shall be informed to member clubs before closing date of competitions at which they will take effect except where such changes are demanded by the British Gymnastics Association or the FIG within a shorter time period.

## **22. Disputes**

In the event of a dispute that cannot be resolved by reference to the rules, the competition referee shall decide at competitions and the chairman of Lincolnshire WTC in other circumstances. These decisions shall be final. The situation will then be discussed by the WTC at their next available meeting. Video evidence is not allowed.

## **23. Clarification**

For clarification on any subject please contact the chair of Lincolnshire WTC via email allowing a minimum of 14 days for a response.

## **24. Trophies**

All trophies are the property of Lincolnshire Gymnastics Association. Provision for the return of trophies won at WTC competitions should be made by the date of the following year's competition. Clubs are responsible for the return of all trophies won by gymnasts competing for them. The cost of engraving winner's names on trophies is the responsibility of the individual gymnasts/clubs.

If trophies are damaged or not returned the Club will be invoiced for the cost of a new one.

## **25. Competition Results**

A complete copy of competition results will be issued by email to each Club competing in an event.

In the unlikely event of an incorrect score/medal being announced a member of the WTC will contact the Club involved to make good the error.

## **26. Photography & Video**

British Gymnastics has announced that no prior registration is required for the use of cameras/phones/videos and any other electrical items at competition, but users may be requested to register at the event and may be asked for identification. Lincolnshire will be following these guidelines.

Can all Clubs ensure that personnel and spectators from their individual Clubs are aware that the publishing of videos & photos on public websites should only be done with the consent of all parties involved.