



**Gymnastics for All –
776 GfA Over 8’s Primary 2
and 1 Competition 2019
Handbook**

Host club – 776 Gymnastics Academy

Competition organiser name: Kelly Westwood

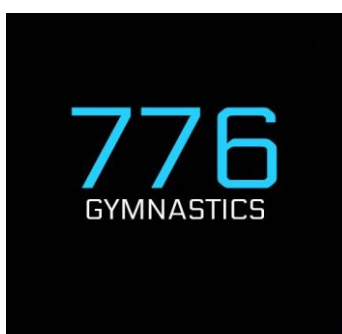
**British
Gymnastics**
More than a sport



About

Host

At 776 Gymnastics, you'll find the creative and comfortable learning atmosphere you have been hoping for. Located in Mansfield, our Gymnastics Academy has been shaping minds and refining skills to competition standard since 2010. We are privileged to teach students at all skill levels from beginners to Elite gymnasts, offering them a unique environment and experienced coaches to bring out their true potential.



British Gymnastics

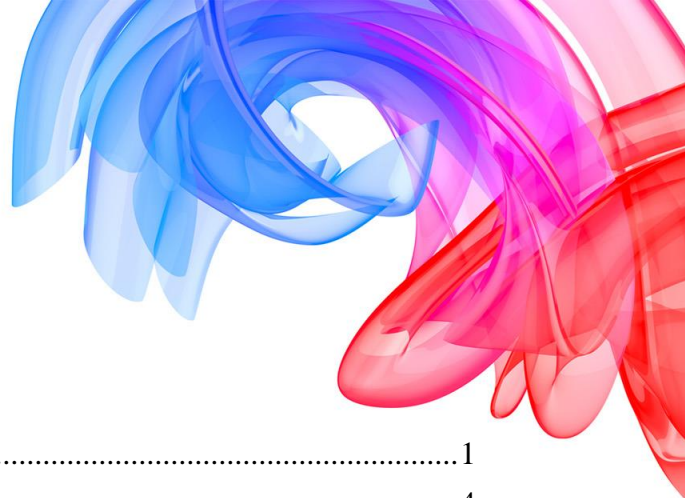
British Gymnastics is proud to be the UK Governing Body for the sport of Gymnastics. We exist to support, lead and inspire all those involved or interested in Gymnastics.

British Gymnastics provides a national directive and structure for the sport; delivering a range of opportunities across the age spectrum to take part and stay in gymnastics, as well as developing talent and delivering top-level success.

The British Gymnastics strategy aims to meet the following vision and core purpose:

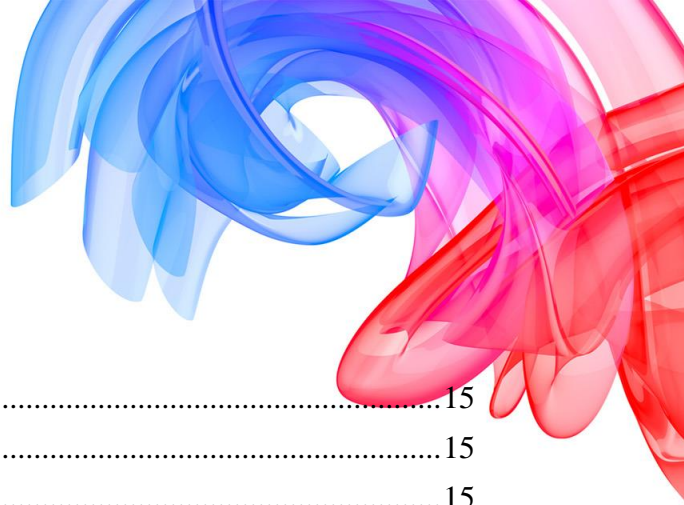
- Gymnastics is a passion shared by millions.
- To create and inspire lasting success for Gymnastics.



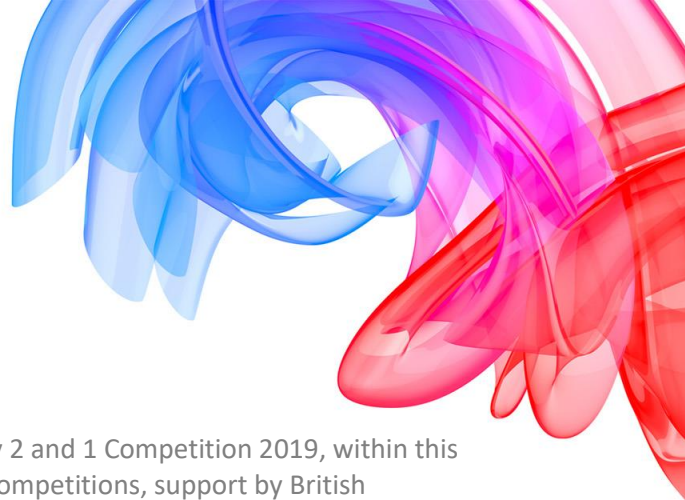


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Competition details – Overview

Welcome to the Gymnastics for All – 776 GfA O8's Primary 2 and 1 Competition 2019, within this pack you will find all the details to participate within our competitions, support by British Gymnastics.

This competition is based on the Under 8's and Over 8's East Midlands Regional Gymnastics for All (GfA) competitions. The aim of this competition is providing an opportunity for gymnasts to attempt an adapted version of the rules in the lead up to the competitive events. This event provides the extended opportunity for outside region gymnasts/clubs to participate within an event that maybe more/less/similar difficulty which their local club's events provide.

Who can enter?

This competition is for:

Boys and girls aged 8 years and over (see specific competition details).

The entry age for the gymnast is the **age of the gymnast on the date of the competition**.

For example: A gymnast needs to be 8 years old before the 7th April 2019 to enter 8 years category.

This is open to all British Gymnastics registered clubs.

See '[Category breakdown](#)' and '[Entry restrictions: Gymnasts that have...](#)' sections for further details.

Venue and address

Venue name: 776 Gymnastics Academy

Venue address and postcode: Unit 2a, The Broadway, Mansfield, Nottinghamshire, NG18 2RL

Link to google maps: https://www.google.co.uk/maps?q=NG18+2RL&um=1&ie=UTF-8&sa=X&ved=0ahUKEwiEtl_Zq8HaAhVFF8AKHZGiDIOQ_AUICigB

Time and date

Date/s: 07/04/2019

Estimated start time(s): 9:00

Registration and warm up times: These will be sent out with the programme after entry closure.

Estimated end time(s): 16:00

Please note: The start and end time is estimated and subject to change. The running order will be circulated before the event, but timings may still alter on the day.

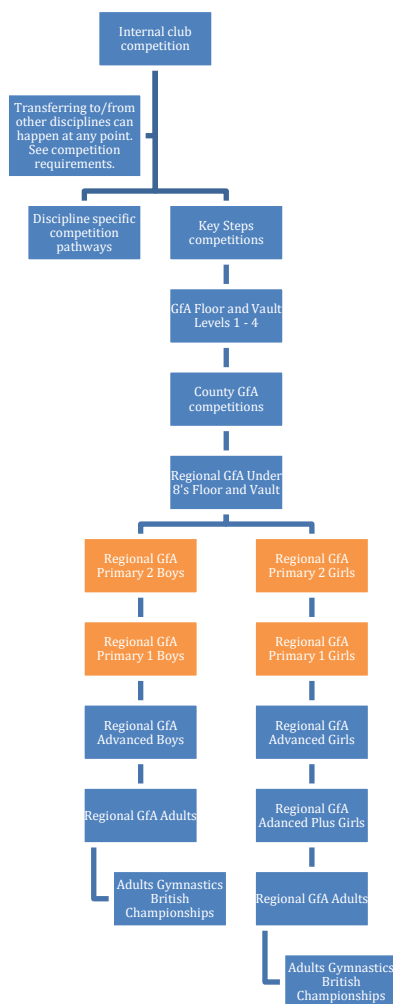


Type, level, and pathway

Competition type: GfA Floor and Vault

Competition level: Over 8's – Primary 2 and Primary 1

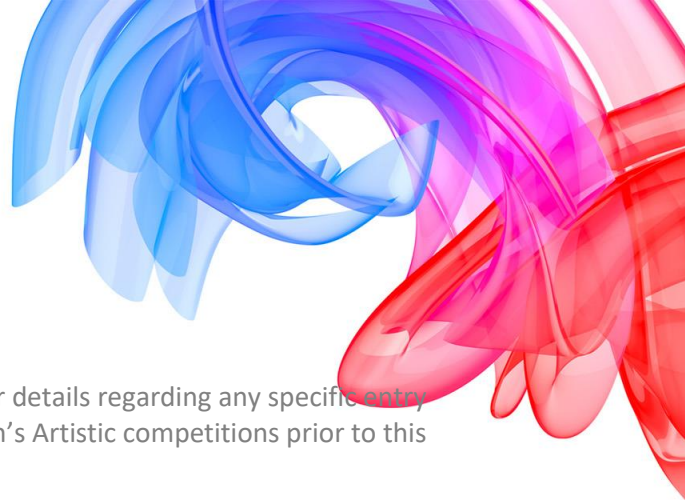
Competition pathway: The following diagram provides a generic overview of the type of pathway Gymnastics for All has up to Regional level.



Those segments highlighted in orange are those which this competition is focusing on.

Each County within East Midlands will have their individual structure. Please see the [East Midlands County Association](#) web pages for contact details.

Each Region will also have a slightly different pathway. Please see the appropriate web page on the British Gymnastics website for contact details.



See the [Gymnasts that have...](#) section of this document for details regarding any specific entry levels restrictions e.g. gymnasts that have entered Women's Artistic competitions prior to this competition.

Theme

This competition has no theme.

Entry costs overview – Clubs, Gymnasts, and Spectators

Entry costs:

Entry cost per gymnast	Special offer cost per gymnast	Late entry cost per gymnast
£10.00	N/A	N/A

Spectator entry fee:

Adult	Child (under 16 years)
£5.00	£5.00
Spectator fees are paid on the day of the event, on entry into the sports hall.	

Judge fees:

No allocated judge	No show of nominated judge
£50.00	N/A

If you don't have a judge, please contact the British Gymnastics Competition Coordinator to discuss support options.

Note: See [Judge Requirements](#) section for specific requirements

Key contacts

Competition organiser:	Kelly Westwood	01623 620803	info@776gymnastics.com
Venue contact:	776 Gymnastics	01623 620803	info@776gymnastics.com
British Gymnastics Competition Coordinator:	Jack Duggan	07584517635	jack.duggan@british-gymnastics.org
	Polly Hucker	07584515030	polly.hucker@british-gymnastics.org



Entry details

Method of entry

You can enter this competition via:

Email – Complete and return the entry form to jack.duggan@british-gymnastics.org

Method of payment

BACs transfer:	
Name:	776 Gymnastics
Account number:	24270168
Sort code:	30 – 91 – 91
Reference:	776 Primary Comp [Club name]

Please ensure the correct amount is paid upon entry. Without payment, entry will not be counted.

Entry dates

Entry opening date: 14/01/2019

Entry closure date: 10/03/2019

Note: The competition organiser holds the right to close the entry period early if the maximum entries have been reached.

Late entries

Entries after the closure date may not be accepted (depending on the stage of the organisation process) and may incur an administration charge.

If you believe your entry will be late, please contact the competition organiser to discuss your situation. Each case is taken on individual basis.

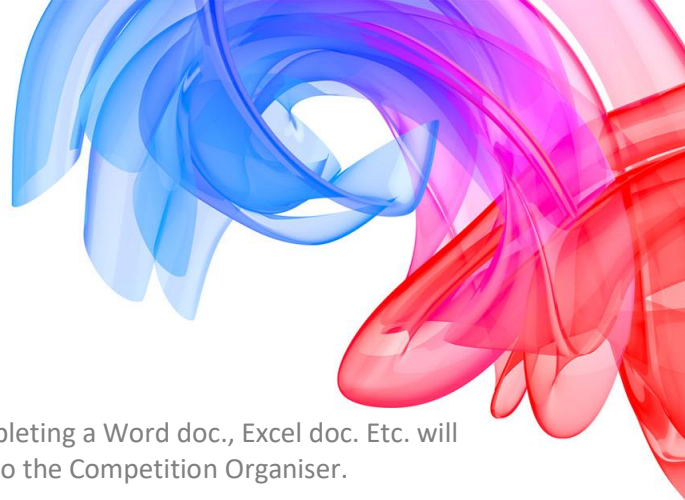
Changing of a gymnast involved in the competition

Pre-event entry closure

If a gymnast is unable to attend the competition for a specific reason (injury, illness etc.) then you are welcome to transfer (change) the gymnast so you maximise the opportunity for your club.

Post event entry closure

Changing of a gymnast can be done anytime up until the time of the entry closure date. After the entry closure date; please contact the competition organiser prior to discuss the situation or use the [Withdrawal of entry](#) process for the gymnast.



How to transfer a gymnast – Manual entry process

Events with the entry process that includes manually completing a Word doc., Excel doc. Etc. will require a Transfer form being completing and submitting to the Competition Organiser.

You can find the Transfer form either online or by asking the Competition Organiser.

How to transfer a gymnast – Online entry (GymNet) process

You're able to un-submit your entry and remove/add gymnasts as much as you wish to until the entry deadline. Once you have paid for an entry you are unable to add/remove gymnasts. To add/remove a gymnast after paying for the entry you will need to contact the competition organiser as they will need to manually alter the entry (this may incur an admin fee).

Withdrawal of entry

Manual entry withdrawal process

Please complete the 'Withdrawal form' and return this to the competition organiser. This can be done at any time.

Online entry (GymNet) withdrawal process

Please un-submit the entry online, this will withdraw your entry. If you have paid already you need to contact the Competition Organiser to discuss how to withdraw, depending on the stage of withdrawal.

Fees to withdraw

If the withdrawal is:

- **After the closure date** – A fee may be charged, please contact the Competition Organiser to find out this detail.
- **Before the closure date** – No fee will be charged as part of consumer rights.

Confirmation of entry

Upon entry and payment of entry; you will receive a confirmation email for your entry.

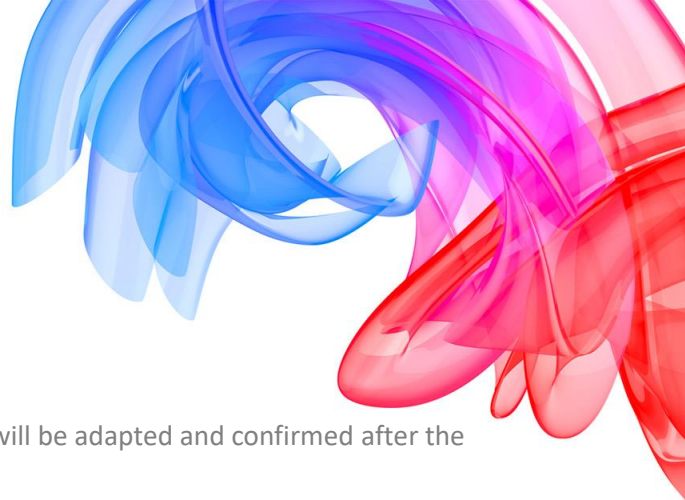
Structure and programme

Confirmation of programme

After the entry closure date, the Competition Organiser will finalise the competition programme/running order and circulate this with all clubs involved.

If you haven't received an email of the competition programme five days prior to the competition start date, please contact the Competition Organiser.

Note: Sometimes emails can get moved to 'junk mail' boxes without our knowledge, please check prior to contacting the Competition Organiser.



Pre-planned structure of competition

Below is a guide of the structure of the competition. This will be adapted and confirmed after the closure date confirmed to all those involved.

Note: Some events may be broken up into separate smaller competitions to suit the number of entries/categories, for example a morning and afternoon competition.

Activity	Estimated time
Arrival	9:00
Registration	9:00
Door open for spectators	9:00
Coaches and judge's briefings	9:15
General warm up	9:30
Competition begins	9:45
Rounds including change over, intervals, apparatus warm ups, performances	
Presentation	12:30
Photo opportunity	12:45
Competition ends	13:00

Category breakdown

Within this competition the categories are as follows:

	Categories	Ages
O8 Floor and Vault		8 years
		9 years
		10 years
	Boys – Primary 2	11 years
	Boys – Primary 1	12 years
	Girls – Primary 2	13 years
		14 years
	Girls – Primary 1	15 years
	16 years	

Notes:

- Depending on the number of entries in each category after the closing date, some categories are subject to change.

For example: 7 years category may become two groups of 7 years, Jan – Jun born and Jul – Dec born. This may also work in reverse, for example; 5 and 6 years will join as there are only two gymnasts in each age group entered.

This will be down to the discretion of the Competition Organiser, but this will be communicated prior to the competition date.

- The entry age for the gymnast, is the age of the gymnast on the date of the competition



- **For example:** A gymnast needs to be 8 years old before the 7th April 2019 to enter 8 years category
 - In fairness to all gymnasts, the coach and gymnast should decide at what level gymnasts compete (Primary 2 or Primary 1).
- Disability gymnasts to enter categories to suit age and personal circumstance. If unsure, please contact the Competition Organiser who will be happy to work guide you.

Gymnasts that have...

- Entered Woman’s Artistic Floor and Vault competitions must enter Advanced (or higher) competitions (see Find an Event calendar)
- Entered Woman’s Artistic Floor and Vault competitions and won a medal must enter Advanced Plus competitions (see Find an Event calendar)
- Entered Gymnastics for All Regional Floor and Vault competitions and won a medal must move up a level in the following year
- Competed at Club Grade 6 and 5 can enter
- Entered all level of display festival **can** enter this competition.
- Competed within other low-level club, schools and leisure centre (inter and intra) type competitions **can** enter this competition.
- Been a former Artistic Gymnasts wishing to compete at a lower level may do so, but must not have competed for **one year**, and enter at the Advance Levels

Note: The last point, is on the discretion of the coach and should not advance the gymnast beyond their level or hold the gymnast back for the success of the club. Knowing the big jump in difficulty between Primary 1 and Advance this rule does not apply.

Apart from the above restrictions, you may enter any gymnasts at any level e.g. a gymnast could enter the Floor and Vault Primary 1 – Girls although they have never entered a competition prior. Thus, keeping in mind the physical and psychological factors involved with entering a gymnast at a higher level as their first time.

Maximum training hours

To ensure a fair competition, we have enforced the following maximum training hours per week (as per Regional rules):

Maximum training hours per week			
Under 8	Primary 1 & 2	Advanced	Advanced Plus
Four	Four	Six	Six



This applies to each individual gymnast.

Rewards and gifts

As part of this competition **every gymnast** will receive a:

Well done / participation certificate

As part of this competition **3rd – 1st place gymnasts' in each category** will receive a:

Medal

As part of this competition the **overall highest scoring gymnast** will receive:

An attendance certificates

A medal

As part of this competition the **overall highest scoring apparatus gymnasts** will receive:

An attendance certificates

A medal

See '[Category breakdown](#)' for explanation of categories.

Performance details

Warm up

There **isn't** a warm up hall for the gymnasts. The programme will include a general warm up at the start of the competition but also per apparatus.

Maximum warm up time – Competition/Apparatus					
	Under 8's	Primary 2	Primary 1	Advanced	Advanced Plus
Floor	5mins	5mins	5mins	5mins	5mins
Vault	2mins	2mins	2mins	2mins	2mins

Attempts/timings subject to change at the competition organisers discretion.

Music licencing – PPL/PRS

Music requirements for this event

Music is required for the following categories of this competition:	<ul style="list-style-type: none"> • Music isn't required for this competition Note: Timings etc. requirements are stipulated on specific Skills and Tariff sheets.
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Pre-event music requirements

Music submission date deadline:	N/a
Music submission method:	N/a



Music format:	N/a
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The music file name must include the following when submitting online:

- Club/team
- Gymnast full name
- Category
- Gymnast membership number (unless event is a team event)

Please ensure you are aware of the stipulations placed on the event and all clubs wishing to use music, by PPL.

If you wish to use music in your gymnastics environment, you require a PPL/PRS licence. More information can be found: <http://www.ppluk.com/I-Play-Music/Businesses/>

To check your music is permitted for use, the PPL UK website lists online all the music that can be used:

https://repsearch.ppluk.com/ars/faces/pages/audioSearch.jspx?_afLoop=12521061282463709&_afWindowMode=0&_adf.ctrl-state=27kf5b2cs_4

No Walt Disney, Andrew Lloyd Webber or Cirque de Soleil music is permitted.

Event day music requirements

Please ensure you bring a copy of your music on the day. Ideally within the following formats:

- N/a

Please note that although very-low risk, any damages are your own responsibility and not the host or the Competition Organisers.

The host venue will also be abiding by the PPL/PRS licencing laws. Therefore, their maybe background music being played to help create a calming atmosphere. This will be the competition organiser/venue representatives' discretion.

British Gymnastics guidance on PPL/PRS

Within the above information there is some guidance/useful links taken from the British Gymnastics website. For full details please go to <https://www.british-gymnastics.org/clubs/club-membership/music-licensing-ppl-prs>

Lining up

Please ensure that at the following times the gymnasts line up and present to the audience and judges:



- At the start of the competition (as a team)
- Before the performance
- After each individual/team performance
- During the awards ceremony (as an individual/team)

Skill requirements and Tariff sheets

Skills requirements for this competition can be found in the 'Skills and Tariff sheets', accompanying this handbook.



These sheets have been designed to be:

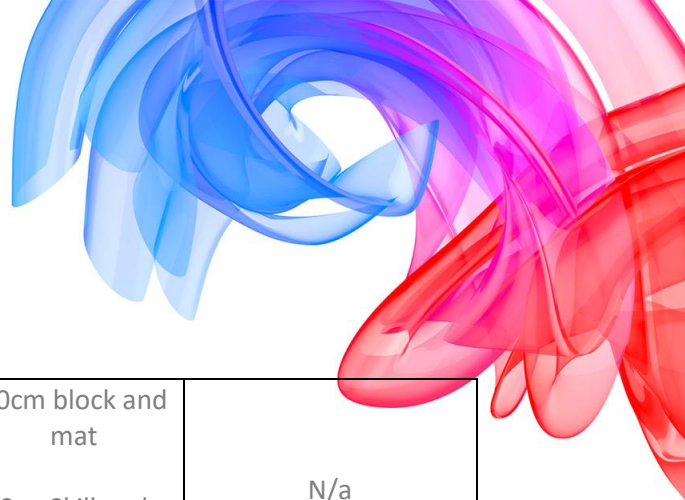
- Easy to read for each level
- Shorter documents so can be used in the gym
- Can be personalized to each gymnast as be used as a 'work sheet' within the gym and at home (where appropriate)

Please ensure you bring two copies of the Tariff sheet pages on the day and hand them in during registration.

Apparatus

The following equipment and apparatus will be used for these competitions:

Apparatus	Specific use for	Manufacturer	Size, dimensions, run up, landing details	Image
Sprung floor	All	Continental	11m x 9m	
Table vault	All	Continental	Height 100 – 165cm See Skill and Tariff sheets for specifics	



Block and mat	All	Generic	80cm block and mat See Skill and Tariff sheets for specifics	N/a
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If you have any specific questions regarding the apparatus, please contact the Competition Organiser.

Deductions

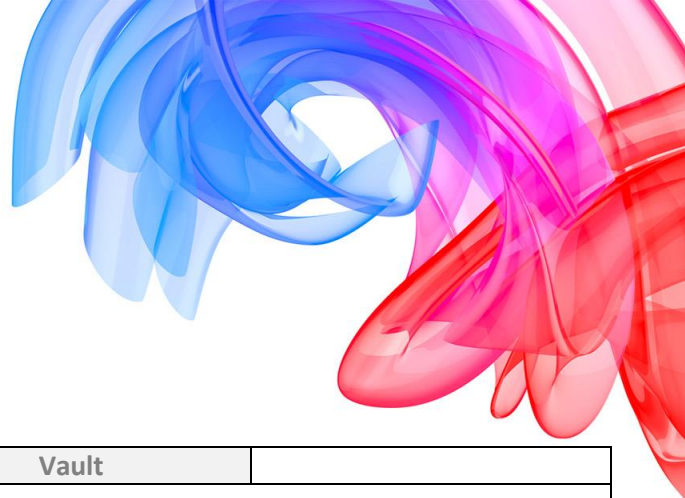
You will find general deductions in the 'Skills and Tariff Sheets' accompanying this handbook.

Judge slips

When you are nominating a judge, you may wish to show them the below judge slip. This judge slip may be like what the judges will be using on the day to work out each team's final score.

From this score sheet you can see how important it is for you as a coach to complete the tariff sheets correctly for judges to be able to 'judge' efficiently and keep the flow of the competition moving smoothly.

See next page for judge slip example.



Judge slip example

Floor		Vault	
No.		Gymnast name:	
This is based on the skills performed		Tariff:	
		Execution starting score:	10.00
Tariff + Execution starting score =		Starting score:	
What errors have they done against the requirements		Execution deductions:	
Starting score – Execution deductions =		Final score:	

Appealing a judge's decision

Any appeals of a judge's Difficulty Value (DV) score decision need to be given to the head judge and must be submitted prior to the end of the competition.

Appeals must be submitted by the gymnast' coach only.

This is a friendly, low-pressure, fun competition and we want to create a fair environment. We will strive to provide everyone with the best service possible.

Club, school, and leisure centre requirements

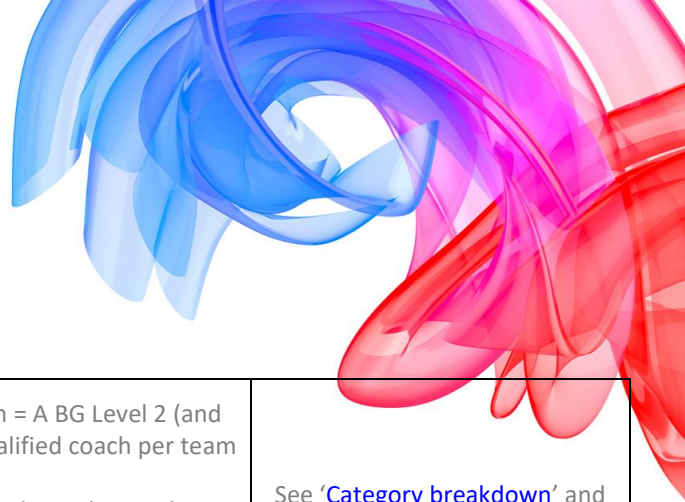
The following table provides information on the level of British Gymnastics membership each gymnastics environment requires to enter this event:

Environment	Club	School	Leisure Centre
Level of membership	Club membership	Club membership	Club membership
Further details	Further details can be found on the British Gymnastics website - https://www.british-gymnastics.org/clubs/club-membership/fees		

Judge, Coach, Gymnast requirements

The following table provides requirements for Judges, Coaches, and Gymnasts that are to be involved within this event:

Role/ Requirement	Judge	Coach	Gymnast
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Requirements per club entry	<p>1 – 10 gymnasts = One judge at Intro to... Judging or above qualified</p> <p>11 – 20 gymnasts = Two judges, one must be Club judge qualified</p> <p>No judge = £50.00 fee</p>	<p>Minimum = A BG Level 2 (and above) qualified coach per team</p> <p>Only coaches submitted on entry will be allowed into competition area. They will also be required to register upon arrival as per gymnasts.</p>	<p>See 'Category breakdown' and following sections of this handbook for details.</p>
British Gymnastics ratios	N/a	1 coach : 8 gymnasts	
Qualifications	<p>Minimum = Intro To... Judging qualification</p> <p>Ideally = Floor and Vault judge, Club level judge qualification in any of the following disciplines; Men's Artistic, Women's Artistic, or TeamGym</p> <p>Note: Judging guides will be provided on the day.</p>	<p>Appropriate British Gymnastics qualifications must be held to deliver the appropriate skills.</p> <p>See 'Skill requirements and routines' for further details.</p> <p>Coaches supervising Advanced and Advanced Plus competitions must be minimum BG Level 2 qualified and minimum BG Level 3 qualified for specific skills – see 'Skills and Tariff sheets' for further details.</p> <p>Men's Artistic (MA), Women's Artistic (WA), General Gymnastics (GG), and Team Gym (TG) coaches can supervise within Floor and Vault competitions.</p> <p>Only skills stipulated within the Skills and Tariff sheets to be performed and no skills outside the coach's qualification can be performed.</p>	N/a
DBS	Yes	Yes	N/a
Safeguarding training	Ideally	Yes	N/a
Experience and abilities	<p>No judging experience is required but some experience/knowledge of Floor and Vault would be beneficial.</p> <p>Judging guides will be provided on the day for those</p>	<p>Experience within delivering/supporting all skills which gymnasts are performing.</p>	<p>Gymnasts must be at a point of competency (within their own environment) to perform their chosen skills and routines.</p> <p>For example; it can't be the first time they have completed the skill.</p>



	who haven't judged at this type of competition before.		
Membership	BG Bronze judge membership British Gymnastics guidance	BG Gold coach membership British Gymnastics guidance	BG Bronze gymnast membership British Gymnastics guidance
Attire	Ideally FIG standards will be followed – Navy trousers/skirt, white shirt. Allowed – Black trousers/skirt, white shirt.	Suitably recognisable by all. Appropriate to spot/support gymnasts during practice and performance. Following BG Education guidance.	Clothing = Tight fitting shorts, T-shirt, Leotard, Leggings, Leotards preferred if not shorts, matching gymnastic shorts may be worn but not cycling shorts. Hair = Neat and tidy, tied back from the face. Feet = Bare or gym shoes Judges must be able to see clearly the angles of the body for accurate scoring. This is also a safety issue if any supporting is required by a coach. Staying warm = Additional suitable clothing on top during rest periods
Payment arrangements	It's not the host clubs' responsibility to financially support the judges to attend this event.	It's not the host clubs' responsibility to financially support the coaches to attend this event.	N/a
Transport arrangements	Coaches and judges are required to organise their own method of transport to and from the competition at the appropriate times.		Clubs and coaches are responsible for organising appropriate transport to and from the event. British Gymnastics guidance
Jewellery and body adornments	Please set a president for coaches, gymnasts and spectators of professionalism.	British Gymnastics has a strict no jewellery policy during training or performance. Please ensure all piercings and body adornments are removed prior to the competition. British Gymnastics guidelines	
Additional requirements	If any anyone has any additional requirements to support their time during the event e.g., they have a disability that requires additional support or consideration by the Competition Organiser. Please complete and return the 'Additional support' form.		

If attire isn't suitable for coaching, the competition organiser holds the right to step into the competition area.



Facilities on-site

Spectator area and disabled access

The seating within the gym will be on the same level as the competition allowing ease of access.

Seating will be limited, so if any specific requirements are needed please contact in advanced such as accessibility or larger groups.

Food and drink

There are vending machines on-site for snacks.

On the day there will be hot and cold drink stand and cake stand.

Toilet and changing facilities

There are on-site toilets and disabled toilet on-site.

Ideally the gymnasts will come ready to perform.

On-site entertainment

There are no additional on-site entertainment facilities.

Spectator area

The seating within the gym will be on the same level as the competition allowing ease of access.

Seating will be limited, so if any specific requirements are needed please contact in advanced such as accessibility or larger groups.

Car parking

On-site car parking is available and free of charge, but maybe limited on the day. On road parking is also available.

First aid and welfare

A trained Welfare Officer will be present throughout the competition – This person will be highlighted during the coaches and judges' briefings.

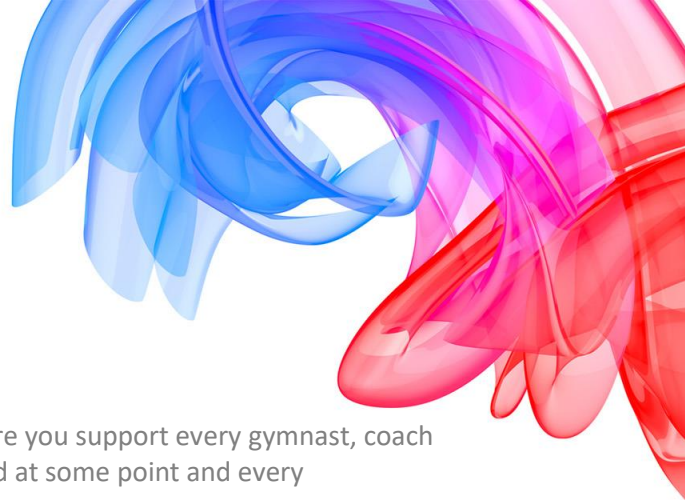
A trained First Aider will be present throughout the competition – This person will be highlighted during the coaches and judges' briefings.

It would be most helpful if the supporting coach from each club is first aid trained however, this isn't essential.

Regulations

Standardisation

Unless stated these regulations have been created to help standardise competitions within low-level events.



Etiquette

While competitions can become competitive, please ensure you support every gymnast, coach and parent/guardian involved. Everyone has been involved at some point and every competition/event is a celebration of those efforts.

It is important that the access to the 'Officials area' (judges, scoring, music etc.) is restricted to authorised personnel only.

Photography

It is your responsibility as the coach in charge of your entered team/club to be aware and have records of anyone that can/can't have their photo/video taken for media purposes. If you have anyone that can't please make the competition organiser aware prior to the date of the competition for they can inform the appropriate persons at the venue, so photo/video are avoided of them.

Further details on how to gain appropriate permissions for photography/video can be found in the British Gymnastics photography policy which can be found online – <https://www.british-gymnastics.org/documents/footer-menu-items/british-gymnastics/3276-photography-policy/file>

The hosting club will announce throughout the day about photos not to be taken and specific times/places which they can be taken, in-line with their photography and media policy.

At **no point** should flash photography be used as this can affect those involved in the event.

Complaints and grievances

If you have a complaint or grievance regarding any happenings at this competition, please ensure you send in your details to the Competition Organisers email within five working days of the competition date.

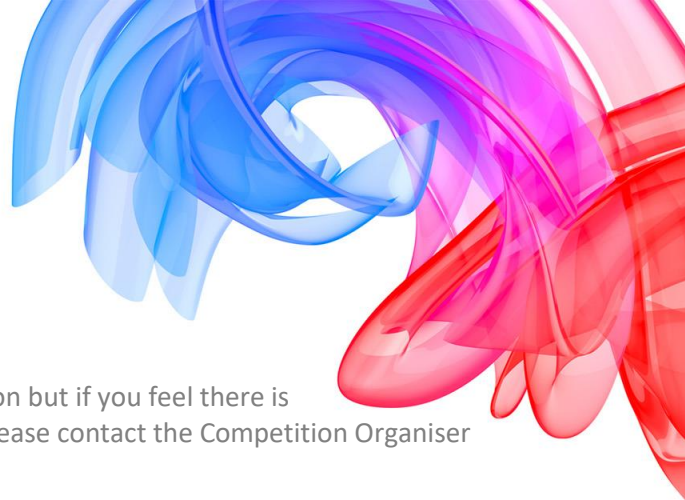
Health and safety

Overview

The health, safety and welfare of all participants (gymnasts, coaches and officials) is the primary consideration. All British Gymnastics policies and procedures will be rigorously applied with regards to health, welfare and safeguarding and protecting children.

The intention of the competition is to create a friendly and no-stress/low-pressure environment for all those involved, while allowing gymnasts the opportunity to challenge themselves to do their best. Ensuring the safety of the gymnasts, no matter their age, is a priority in the event set up, programme design, and risk assessment, using the guidance set out by British Gymnastics in its Safe Coaching Practice document – <https://www.british-gymnastics.org/documents/clubs-schools-and-leisure-centres/8851-h-s-guidance-safe-coaching-1/file>

Risk assessments



Risk assessments have been carried out for this competition but if you feel there is something/one that may require additional assessment please contact the Competition Organiser ASAP with specific details.

While risk assessments for the competition have been completed, your club is responsible for specific risk assessments related to your club e.g. travelling to and from the competition etc.

Welfare

As part of your risk assessments and preparation for the event, please consider the welfare of individual gymnasts, including such items:

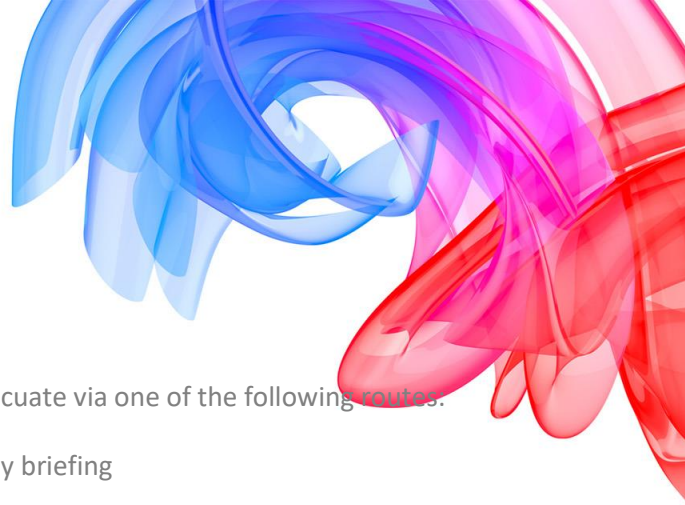
- Clothing not being revealing/embarrassing for males, females, and transgender gymnasts/coaches/judges.
- Age of gymnasts when changing, socializing etc.

The British Gymnastics Health, Safety and Welfare policy has guidance on such areas and there are a few videos/courses which may help you also:

Resource Title	Type	Link
British Gymnastics Health, Safety and Welfare policy link	Policy	https://www.british-gymnastics.org/coaching/coach-membership/health-and-safety
Risk assessment training for clubs	British Gymnastics eLearning course	https://www.british-gymnastics.org/courses/6342/risk-assessment-training-for-clubs
GDPR Data Security	British Gymnastics eLearning course	https://www.british-gymnastics.org/courses/6337/gdpr-data-security
GDPR Implementation	British Gymnastics eLearning course	https://www.british-gymnastics.org/courses/6338/gdpr-implementation
Equality and Diversity for Club – Club Management	British Gymnastics eLearning course	https://www.british-gymnastics.org/course/23827/equality-and-diversity-for-clubs-club-management?location=

Emergencies

As part of event, everyone attending must adhere to the emergency procedures and follow the professional guidance of the competition organiser and members of staff from the venue. Below is a brief guide of the venue emergency procedures.



In the event of the emergency alarms sounding please evacuate via one of the following routes:

- These will be highlighted on the day during a safety briefing
- All will be highlighted by the staff/signage on the day.

Coaches are to ensure all their gymnasts are kept together until registered and then handed back to their responsible adult.

Terms and conditions

By entering this competition your club is agreeing to the rules, regulations, and standards within this handbook.

Failure to comply may see your club being excluded from the competition without refund.