



**Allegro GA Four Piece  
Competition 2020  
Competition Handbook**  
Host club – Allegro Gymnastics Academy

Competition Organisers' name: Jack Duggan and Alison Hickling





## About

### Host club

We provide many different sessions including General gymnastics, preschool, disability, adult classes, team gym, Gym Fusion, freestyle, cheerleading.

Allegro is a fun, structured, motivational gymnastics for all ages and abilities, including adults!

For the dancers out there, we will also be providing Trick classes to improve your routines with qualified gymnastic coaches.



### 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 **Allegro GA Four Piece Competition 2020**, within this pack you will find all the details to participate within our competitions, support by British Gymnastics.

The aim of this gymnastics competition is to provide an opportunity for gymnasts to participate within a recreational and fun competitive environment. This competition breaks down the 'Key Skills' involved in Women's Artistic Gymnastics (also the other disciplines) and builds them up towards more challenging skills which gymnasts love to do in any environment.

This competition is based on the Yorkshire Gymnastics Associations Competition Pathway, allowing age ranges to broaden to provide a greater opportunity for gymnasts within the club level.

### Who can enter?

This competition is for:

|                             |   |
|-----------------------------|---|
| <b>Gender</b>               | Girs  |
| <b>Age</b>                  | 5 years+<br>Gymnasts must be of age [to enter the appropriate category] on the <b>date</b> of the competition.<br><b>For example:</b> A gymnast needs to be 6 years old by the 15 <sup>th</sup> March 2020 to enter the 6 years age category. |
| <b>Ability</b>              | This competition is aimed at gymnasts training a maximum of 6 hours per week.   |
| <b>Club, County, Region</b> | This is open to all British Gymnastics registered clubs.  |

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

### Time and date

|                                |            |
|--------------------------------|------------|
| <b>Date(s):</b>                | 15/03/2020 |
| <b>Estimated start time: *</b> | 9:00       |
| <b>Estimated end time: *</b>   | 13:00      |
| <b>Programme circulation:</b>  | 05/03/2020 |

**\*Note:** The start and end times are estimated and subject to change pending entries received and category breakdown. Maximising your experience is vital, please be patient with the Competition Organiser.



### Venue and address

|                       |   |
|-----------------------|---|
| Venue name:           | Allegro Gymnastics Academy  |
| Address and postcode: | 2a Birkdale Road, Scunthorpe, DN17 2AU  |
| Google maps link:     | <a href="https://www.google.com/maps?q=DN17+2AU">https://www.google.com/maps?q=DN17+2AU</a> |

### Theme

|                                     |          |
|-------------------------------------|----------|
| This event has the following theme: | No theme |
|-------------------------------------|----------|

### Entry costs overview – Clubs, Gymnasts, and Spectators

|                             |        |
|-----------------------------|--------|
| Cost per competing gymnast: | £20.00 |
|-----------------------------|--------|

|                                 |  |  |
|---------------------------------|--|--|
| Also required as part of entry: | <b>Volunteers</b>  | <b>Display group or individual to perform between rounds</b>   |
|                                 | If you are able to provide a volunteer that would be great | If you have a display group that would like some more experience in front of a crowd they are welcome to attend – contact organiser prior to arrange timings |

|                     |   |                               |                               |
|---------------------|---|-------------------------------|-------------------------------|
| Cost per spectator: | <b>Adult</b>  | <b>Child (under 16 years)</b> | <b>Infant (under 5 years)</b> |
|                     | £4.00   | £2.00                         | £0.00                         |
|                     | Spectator fees are paid on the day of the event, on arrival to the venue. |                               |                               |

Please be aware, there is limited seating. Please speak with the Competition Organiser if you have a large group of spectators attending.

|   |         |
|---|---------|
| Cost for no allocated judge (per club): | £50.00  |
| Cost for no show judge (per judge):     | £100.00 |

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



Any gymnasts, coaches, spectators, or judges requiring additional requirements please state on the entry form.

### Entry method and closure date

|                            |   |
|----------------------------|---|
| <b>Entry method:</b>       | Email to <a href="mailto:jack.duggan@british-gymnastics.org">jack.duggan@british-gymnastics.org</a> |
| <b>Entry opening date:</b> | 20/01/2020  |
| <b>Entry closure date:</b> | 09/02/2020  |

#### Note:

- The Competition Organiser holds the right to close the entry period early if the maximum entries have been reached.
- Disability entries to use the disability tab of the entry form

### Payment method

| BACs transfer:         |                            |
|------------------------|----------------------------|
| <b>Name:</b>           | Allegro Gymnastics Academy |
| <b>Account number:</b> | 68715366                   |
| <b>Sort code:</b>      | 08 – 92 – 50               |
| <b>Reference:</b>      | Allegro 4P [club name]     |

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

Upon entry please state when you will expect payment will be received by the hosting club, as this can affect organisation planning, and would be greatly appreciated.

### Key contacts

#### Contacts for this event

|  |                  |             |  |
|--|------------------|-------------|--|
| <b>Competition Organiser:</b>                      | Jack Duggan      | 07584517635 | <a href="mailto:Jack.duggan@british-gymnastics.org">Jack.duggan@british-gymnastics.org</a>   |
| <b>Venue contact:</b>                              | Allison Hickling | 07548313745 | <a href="mailto:allegrogymnasticacademy@gmail.com">allegrogymnasticacademy@gmail.com</a>     |
| <b>British Gymnastics Competition Coordinator:</b> | Jack Duggan      | 07584517635 | <a href="mailto:jack.duggan@british-gymnastics.org">jack.duggan@british-gymnastics.org</a>   |
|  | Karen Colman     | 07584515030 | <a href="mailto:karen.colman@british-gymnastics.org">karen.colman@british-gymnastics.org</a> |
|  | Polly Hucker     | 07584515030 | <a href="mailto:polly.hucker@british-gymnastics.org">polly.hucker@british-gymnastics.org</a> |



**Keeping in ‘the loop’**

- **For general updates to this event** – Register your interest within the Competition Organiser
- **For ongoing event updates** –
  - Log into your Membership on the British Gymnastics and amend your ‘Preference’ within the GymNet section.
  - Follow the various Facebook pages (click image for direct link to page):







## Entry details

Please see the following sections for initial details regarding entries:

- [Entry costs overview - Clubs, Gymnasts, and Spectators](#)
- [Entry method and closure date](#)
- [Payment method](#)

### Late entries

Entries received after the entry closure date may incur the following administration charge:

|                        |                 |
|------------------------|-----------------|
| <b>Late entry fee:</b> | No late entries |
|------------------------|-----------------|

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

- Not submitted your entry yet? – You can manually amend your entry form.
- Submitted and/or paid for your entry? – You will need to email the Competition Organiser to request a transfer in gymnast, as this must be done manually.

#### Post event entry closure

Contact the Competition Organiser to discuss your individual situation and the stage of event organisation. It may be too late to alter/re-do any preparation that has been completed for the big day.

If a transfer is accepted and must be done manually, the Competition Organiser will need the following details of both the old and new gymnasts:

- Full name
- DOB
- Membership number
- Category – Level and Age

### Withdrawal of entry

To withdraw a gymnast please email the Competition Organiser with the following details:

- Full name
- DOB
- Membership number

- Category – Level and Age
- Reason for withdrawal

### Fees to withdraw

If the withdrawal is:

- **After the closure date** – Full cost of the entry fee.
- **Before submission of the entry** – No fee has been charged.
- **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

### Type, level, and pathway

**Competition type:** Gymnastics for All – Women’s Artistic

**Competition level:** Level 7 and 6 – Setwork

**Competition pathway:** The following diagram provides a generic overview of the pathway this type of event has up to Regional level.



The segments highlighted in red are those which this competition is focusing on.

Each discipline will have specific pathway requirements; please see the [British Gymnastics Technical pages](#) for further 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.

Each level has been designed to progress gymnasts within a Gymnastics for All environment but also to align to the British Gymnastics General Gymnastics/Gymnastics for All Educational pathway. If you have developed your gymnasts to a higher standard (which is great) then exploring other discipline competitive pathways maybe an option – Please see your specific British Gymnastics regional web pages for discipline representative contact details on how to progress further.



### 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.

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

| 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  | 9:20           |
| Competition begins   | 9:35           |
| Rounds including change over, intervals, apparatus warmups, performances |                |
| Presentation   | 12:30          |
| Photo opportunity  | 12:50          |
| Competition ends   | 13:00          |

### Category breakdown

Within this competition the categories are as follows:

| Category      | Categories |          |
|---------------|------------|----------|
|               | Level 7    | Level 6  |
| Age breakdown | 5 years    | 5 years  |
|               | 6 years    | 6 years  |
|               | 7 years    | 7 years  |
|               | 8 years    | 8 years  |
|               | 9 years    | 9 years  |
|               | 10 years   | 10 years |
|               | 11 years   | 11 years |
|               | 12 years   | 12 years |
|               | 13 years   | 13 years |
|               | 14 years   | 14 years |



|                   |   |                                |
|-------------------|---|--------------------------------|
|                   | 15 years<br>16 years  | 15 years<br>16 years           |
| <b>Disability</b> | <p>Open to all Disability Gymnasts.</p> <p>Depending on the number of, ages, requests of adaptations, and disability classifications post entry closure will determine the number of and type of categories.</p> <p>Contact the Competition Organiser to discuss options at this recreational event.</p> <p>Also see '<a href="#">Disability Gymnasts: Adaptations</a>' and '<a href="#">Disability Gymnasts: Classification of impairment</a>' sections for further information.</p> |                                |
| <b>Gender</b>     | All   | All                            |
| <b>Apparatus</b>  | Floor<br>Vault<br>Beam<br>Bars  | Floor<br>Vault<br>Beam<br>Bars |

**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.

- Gymnasts must be of age [to enter the appropriate category] on the **date** of the competition.

**For example:** A gymnast needs to be 6 years old by the 5<sup>th</sup> May 2019 to enter the 6 years age category.

- Gymnasts to compete in the same level on all apparatus.
- In fairness to all gymnasts, the coach should decide at what level gymnasts compete.
- Gymnastics for All (GfA) rules are designed to be inclusive:
  - Gymnasts with additional needs may take part within a mainstream category or a disability specific category.
  - If any gymnasts have specific additional needs/support, please make the Competition Organiser aware upon entry.



- There are two entry forms types; mainstream 'Entry form' and the 'Entry form – Disability Gymnasts' which gathers further detail about the gymnast classifications and additional needs in comparison to the mainstream entry form.

### Gymnasts that have...

- Entered GfA/GG competition and have won a medal **are** eligible to enter.
- Entered Artistic competitions and won a medal **aren't eligible** to enter.
- Entered and medalled in any regional levels or grades competitions **aren't eligible** to enter.
- Entered Regional competitions and haven't won a medal (1<sup>st</sup> – 3<sup>rd</sup> position) **are** eligible to enter.
- Entered above Regional level **aren't eligible** to enter.
- Entered and passed their Women's Artistic grades **aren't eligible** to enter.
- Entered all levels of display festival **can** enter this competition.
- Have more than one type of training session each week (e.g. GfA, Tumbling, and Trampolining) **would need to** combine their training hours to gain their total training hours, to compare against the [Maximum training hours](#) requirement.
- Competed within other recreational club, schools and leisure centre (inter and intra) type competitions **can** enter this competition.
- Been a former Performance Gymnasts wishing to compete at a lower level may do so, but must not have competed for **one year**, and enter at the advance more Levels

**Note:** With all points, the discretion of the coach's professional judgement on the level which a gymnast should enter; and they should not advance the gymnast beyond their level or hold the gymnast back for the success of the club.

Apart from the above restrictions, you may enter any gymnasts at any level e.g. a gymnast could enter the Level 3 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:

| Maximum training hours per week |
|---------------------------------|
|---------------------------------|



|                |                |
|----------------|----------------|
| <b>Level 7</b> | <b>Level 6</b> |
| Six            | Six            |

This applies to each individual gymnast and includes all training hours no matter discipline.

### Adaptations: Disability or Mainstream category?

When deciding with your gymnasts if they wish to enter a competition, you need to discuss if they wish to enter as into a mainstream category or a disability category.

To support gymnasts, integrate into mainstream gymnastics there can be certain adaptations allowed without effecting how the gymnasts are scored/judged. If you would like to discuss any possible adaptations prior to entering this event, please contact the Competition Organiser whereby you can discuss the most suitable option based on the needs of the individual.

Gymnast will be categorised into impairment groups dependant on the number of entries as you will see in the classification section below.

### Entering: Mainstream category

Following the process set in the [Entry method and closure date](#) section, completing the 'Gymnasts details' tab.

### Entering: Disability category

Following the process set in the [Entry method and closure date](#) section, completing the 'Gymnasts details – Disability Gymnasts' tab.

### Disability Gymnasts: Classification of impairment

As part of your entry form you will be asked to select the most appropriate classification(s) for your disability. This will help the Competition Organiser to organise the most appropriate categories for the competition. The Competition Organiser will use a similar process to create the appropriate categories for this event:

|                                | Are the gymnast's mainstream or disability? | What level are they | Male or Female? | How old are the gymnasts?   | What adaptations are required? | How do the previous info fit into the classification of impairments? |
|--------------------------------|---|---------------------|-----------------|---|--------------------------------|--|
| Competition Organisers options | Mainstream<br>Disability                    | Level 7<br>Level 6  | Male<br>Female  | 5 years<br>6 years<br>7 years<br>8 years<br>9 years<br>10 years<br>11 years<br>12 years | Individual basis               | Hearing<br>Visual<br>Physical<br>Learning                            |



|  |  |  |  |          |  |  |
|--|--|--|--|----------|--|--|
|  |  |  |  | 13 years |  |  |
|  |  |  |  | 14 years |  |  |
|  |  |  |  | 15 years |  |  |
|  |  |  |  | 16 years |  |  |

**Notes:**

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

**For example:** Category 1 – 1 Hearing, Visual, and Physical may be split into two (or three) categories to suit the number of entries per impairment. This will be down to the discretion of the Competition Organiser, but this will be communicated prior to the competition date.

- If you are unsure of your Classification of Impairment, please contact the British Gymnastics Competition Coordinator for guidance – see [Key contacts](#) section.

**Rewards and gifts**

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

Participation certificate

As part of this competition **winning gymnasts** will receive:

Rosette – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

Trophy – 1<sup>st</sup> overall on apparatus

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

**Performance details**

**Warm up**

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

There will be approximately **5 minutes** per apparatus for the apparatus warm up.

Attempts/timings subject to change at the Competition Organisers discretion.

Timings subject to change at the competition organisers discretion.

**Music licencing – PPL/PRS**

**Music requirements for this event**

|  |  |
|--|--|
| <b>Music is required for the following categories of this competition:</b> | <ul style="list-style-type: none"> <li>Level 7 Floor (30 – 60 seconds)</li> <li>Level 6 Floor (30 – 60 seconds)</li> </ul> |
|--|--|

**Note:** Timings etc. requirements are stipulated on specific 'Skills and Tariff sheets'.



### Pre-event music requirements

|  |  |
|--|--|
| <b>Music submission date deadline:</b> | 02/03/2020   |
| <b>Music submission method:</b>        | Email/online transfer – <a href="mailto:jack.duggan@british-gymnastics.org">jack.duggan@british-gymnastics.org</a> |
| <b>Music format:</b>                   | MP4/MP3  |

Music submission must include the:

- Club/team
- Gymnast full name
- Category

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](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:

- Device that has a Aux point

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 can be found on the 'Skills and Tariff sheet' document accompanying this handbook.

|   |                       |
|---|-----------------------|
| <b>This competition requires:</b>                 | Doesn't tariff sheets |
| <b>The tariff sheets need to be handed into:</b>  | N/a                   |
| <b>The tariff sheets need to be handed in by:</b> | N/a                   |

### Repetition of skills

**Floor** – You are required to select eight skills from a range of categories (see Skills and Tariff sheet for details). Each skill must be different; repeated skills won't be counted and will receive a 1.0 deduction from the Difficulty Value and the any Execution Deductions if performed.

**Vault** – Each gymnast is to perform two vaults. These can be the same or different elements; the highest scoring element will be recorded.

### Restarting

Where a gymnast has been disturbed due to a malfunction or incorrect use of apparatus/music etc., the gymnast is to come to safe stop. After which they can restart their routine from the beginning.

Although preferred not to for event time management (e.g. the more times it happens the later the event will finish), this is a friendly competition and the focus is the gymnasts.

### 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                      | Level 7<br>Level 6 | T2K     | 12m x 12m   |  |
| Springboard, block and level mats | Vault A<br>Vault B | N/a     | Height = 0.8m   |   |
| Beam                              | Level 7<br>Level 6 | GymNova | As per FIG Apparatus Norms brochure<br>Length = 5.0m<br>Width = 0.1m<br>Height = 1.25m                                    |   |
| A Bars                            | Level 7<br>Level 6 | GymNova | As per FIG Apparatus Norms brochure<br>Height = adjustable to suit gymnast<br>Distance between bars = Min 1.3m – Max 1.8m |   |

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 slip example

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 gymnast final score.

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

### Example of judge's deduction processing

|        |  |            |  |
|--------|--|------------|--|
| Tumble |  | Trampoline |  |
|--------|--|------------|--|



| No.  |                             | Gymnast name:         |       |
|--|-----------------------------|-----------------------|-------|
| This is based on the skills performed                          | DV score (including bonus): |                       |       |
|  | C score:                    |                       |       |
|  | Execution starting score:   |                       | 10.00 |
| DV score + C score + Execution starting score =                |                             | Starting score:       |       |
| What errors have they done against the requirements (max 10.0) |                             | 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.

Video evidence will not be accepted on any grounds.

### 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  | BG Club membership | BG Club membership | BG Club membership |
| Further details can be found on the British Gymnastics website - <a href="https://www.british-gymnastics.org/clubs/club-membership/fees">https://www.british-gymnastics.org/clubs/club-membership/fees</a> |                    |                    |                    |

### 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 |
|-------------------|-------|-------|---------|
|-------------------|-------|-------|---------|



|                                    |  |   |   |
|------------------------------------|--|---|---|
| <b>Requirements per club entry</b> | Minimum requirement = 1 judges per club  | A British Gymnastics Level 2 (and above) coach can take a team of gymnasts into the competition area (minimum requirement).<br><br>Level 1 coaches can support the lead coach(s).   | For everyone's safety, all gymnast must be suitable experienced to perform their chosen skills and routines and must have completed the skill in their own coaching environment to a point of competency.<br><br>For example, it can't be the first time they have completed the skill. |
|                                    | Only those listed on the entry form will be allowed within the competition area.   |   |   |
| <b>British Gymnastics ratios</b>   | N/a  | 1 coach : 8 gymnasts  |   |
| <b>Qualifications</b>              | Minimum = Intro To... Judging qualification<br><br>Ideally = Floor and Vault judge, Club level judge qualification in any of the following disciplines; Men's Artistic, Women's Artistic, TeamGym, Tumbling, Trampoline, DMT<br><br><b>Note:</b> Judging guides will be provided on the day. | Appropriate British Gymnastics qualifications must be held to deliver the selected skills.<br><br>See ' <a href="#">Skill requirements and routines</a> ' for further details.<br><br><b>Lead coaches</b> must be qualified one of the following: WAG, GG<br><br><b>Supporting coaches</b> can be qualified in one of the following: MAG, WAG, GG | All gymnasts can only perform skills that their nominated coach is suitably qualified to coach.   |
| <b>DBS</b>                         | Yes  | Yes   | No  |
| <b>Safeguarding training</b>       | Ideally  | Yes   | No  |
| <b>Experience and abilities</b>    | No judging experience is required but some experience/knowledge of Floor and Trampoline would be beneficial.<br><br>Judging guides will be provided on the day for those who haven't judged at this type of competition before.  | Experience within delivering/supporting all skills which gymnasts are performing.   | Gymnasts must be at a point of competency (within their own environment) to perform their chosen skills and routines.<br><br>For example; it can't be the first time they have completed the skill.   |
| <b>Membership</b>                  | BG Bronze judge membership<br><br><a href="#">British Gymnastics guidance</a>  | Supervising coach = BG Gold, Joint Gold, or Life Member<br><br>Assisting coach = BG Silver (if level 1), BG Gold, Joint Gold, or Life Member  | BG Bronze gymnast membership<br><br><a href="#">British Gymnastics guidance</a>   |



|                                      |   |   |  |
|--------------------------------------|---|---|--|
|                                      |   | <p>Volunteer = No membership required but must always be accompanied by a named coach</p> <p><a href="#">British Gymnastics guidance</a></p>  |  |
| <b>Attire</b>                        | <p>Ideally = FIG standards – Navy trousers/skirt, white shirt.</p> <p>Allowed = Black trousers/skirt, white shirt.</p>  | <p>Suitably recognisable by all.</p> <p>Appropriate to spot/support gymnasts during practice and performance.</p> <p>Following BG Education guidance.</p>   | <p>Clothing = Tight fitting shorts, T-shirt, Leotard, Leggings, Leotards preferred if not shorts, matching gymnastic shorts may be worn but not cycling shorts.</p> <p>Hair = Neat and tidy, tied back from the face.</p> <p>Feet = Bare or gym shoes</p> <p>Rest/waiting times = Optional</p> <p>Judges must be able to see clearly the angles of which the arms legs etc. are bending at for accurate scoring. This is also a safety issue if any supporting is required by a coach.</p> |
| <b>Payment arrangements</b>          | 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  |
| <b>Transport arrangements</b>        | Judges are required to organise their own method of transport to and from the competition at the appropriate times.   | <p>Clubs and coaches are responsible for organising appropriate transport to and from the event.</p> <p><a href="#">British Gymnastics guidance</a></p>   |  |
| <b>Jewellery and body adornments</b> | Please set a precedent for coaches, gymnasts and spectators of professionalism.   | <p>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.</p> <p><a href="#">British Gymnastics guidelines</a></p> |  |
| <b>Additional requirements</b>       | <p>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 add this into your competition entry.</p> |   |  |

If requirements are not upheld, then the Competition Organiser has the right to withdraw your (and possibly your clubs') right to step into the competition area.

If your club is unable to find a judge (or doesn't have one) please don't worry. Contact the British Gymnastics Competition Coordinator to discuss your options and how you can gain/train a judge. See [Key contact](#) section.



## Volunteers

Volunteers are to be listed on the entry form to ensure that anyone providing support is allowed within the competitive area, including waiting and warm up areas.

Volunteers must be DBS checked and must always be supervised by a qualified coach.

Volunteers are not coaches' and therefore not allowed to 'coach'.

## Facilities on-site

### Spectator area and disabled access

There will be up to x200 seats available on the day and where lots of entries are taken then the day maybe split up to suit demand.

Seating is on the same level as the performance area.

If you require any specific seating requirements, please ensure it is stated on the entry form or the specific person/carer contacts the venue directly prior to the event day.

### Food and drink

There will be hot and cold snacks and drinks sold on the day of the event.

Various stalls will also be there on the day with such raffles etc.

### Toilet and changing facilities

There are plenty of toilets and changing facilities on-site with baby changing.

### On-site entertainment

There isn't a breakout area on the day although the great sport of gymnastics will hopefully keep your little ones entertained.

### Car parking

There is plenty of free parking available on-site.

### First aid and welfare

The following provision will be available during this event:

- Trained First aider
- Trained Welfare Officer

These roles 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 (or more) particularly to support their own gymnasts, however this isn't essential.



## Regulations

### Standardisation

Unless stated these regulations have been created to help standardise competitions within recreational 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.

The Competition Organiser has the right to withdraw any entry/entries where appropriate etiquette and professionalism isn't upheld before, during and after the event. This therefore could affect future attendance at events and become a welfare issue.

### 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 ensure the Competition Organiser is aware prior to the date of the event so they can inform the appropriate persons so that any photography/video of them is avoided. **This can be done via the 'Entry form'.**

The following information is taken from the British Gymnastics policies and must be passed onto those who will be representing your club at this event, including spectators. At various points throughout the day the hosting club will also announce this information:

In the interests of child protection, photographs and video may only be taken during today's event in accordance with conditions set by British Gymnastics. Summaries of these conditions are on display and you can see a copy of the full conditions at **reception**. Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use or for publication in printed or electronic form, such as on websites.

Some photos may be published by Clubs, but this may only be done in accordance with the British Gymnastics Child Protection Policy.

**There maybe a professional photographer on-site during this event, depending on the number of entries. This will be communicated to the clubs post entry closure.**

If you have any concerns about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to **Floor Manager/Welfare Officer**. In the interests of child protection please do let us know of anything that may be damaging to the welfare of a child.

The **use of flash or supplementary lighting is not permitted** while gymnasts are warming up or competing. Please make sure that the flash is turned off on any device being used as your camera.

The **use of live streaming is not permitted** during any part of this event.

When 'posting' images on personal social media please ensure the following to reduce the risk of publication of the image (this isn't the full list but key from the policy):

- **Personal details are kept to a minimum** – Use of their first name only etc.
- **Suitable, sensible, and appropriate image taking/selection** – Avoid such skills as splits and sensitive areas on the body
- **Blur anyone else out of the image** – Use technology to blur others out the image (if you can't, don't take/post the image)

If the Competition Organiser/Welfare Officer suspects inappropriate photography or filming, the Officer/Organiser should exercise their powers under the conditions to request the person to leave the venue and to surrender any film and/or delete any images relating to the event.

For full details please see the British Gymnastics policies:

- **British Gymnastics Photography Regulation** – <https://www.british-gymnastics.org/documents/footer-menu-items/british-gymnastics/3276-photography-policy/file>
- **British Gymnastics Safeguarding Children: Safe environment Policy** – <https://www.british-gymnastics.org/documents/departments/membership/ethics-and-welfare/safeguarding-and-protecting-children/7769-safeguarding-children-safe-environment-06-2016/file>

### Feedback and complaints

All events are set up with the sport at the heart, although finding out how to improve services is key to customer excellence. Your positive and constructive thoughts how the event/service was organised/delivered would be greatly appreciated; you can do this via either/both:

- **Completing**, our online Feedback Form – <https://www.surveymonkey.co.uk/r/HTKND2D>
- **Contacting**, the Competition Organiser (within five working days of the event 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 event 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 event 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 event have been completed, your club is responsible for specific risk assessments related to your club e.g. travelling to and from the event 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, socialising 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                              | <a href="#">Link</a> |
| Risk assessment training for clubs                        | British Gymnastics eLearning course | <a href="#">Link</a> |
| GDPR Data Security  | British Gymnastics eLearning course | <a href="#">Link</a> |
| GDPR Implementation                                       | British Gymnastics eLearning course | <a href="#">Link</a> |

## Allergies

As part of the safety for everyone, please ensure you pass on the message to all your coaches, gymnasts, judges, and parents/spectators that any food being brought to the



event should be **nut free** and keep in mind any other potential allergies that could be affected by food being brought.

### 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

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 event your club is agreeing to the rules, regulations, and standards within this handbook.

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