



**Gymnastics for All –
East Midlands Floor and Vault
Competitions 2018
Handbook**

East Midlands Regional Committee



About

Host

Our aim is to provide gymnastics opportunities for all ages and abilities across the East Midlands.

The region is made up of 5 counties starting in the North with Derbyshire, then into Nottinghamshire across to Lincolnshire, then down to Leicestershire, and finally finishing with Northamptonshire in the South.

The EMGA accounts for one of the 10 regions that form the English Gymnastics Association that in turn is the regional arm of British Gymnastics. We work as one organisation to provide opportunity and development for our sport both regionally, nationally and internationally.

To help the region function we have a regional exec team consisting of a Chair, a Treasurer, Secretary and Regional Welfare officer. In conjunction with the exec there is the BG development team consisting of an Area Manager and a number of Club Development Co-ordinators. The development team actively work with the regions clubs to ensure we are able to help our clubs and disciplines meet the demand of our customers, now and in the future.



British Gymnastics

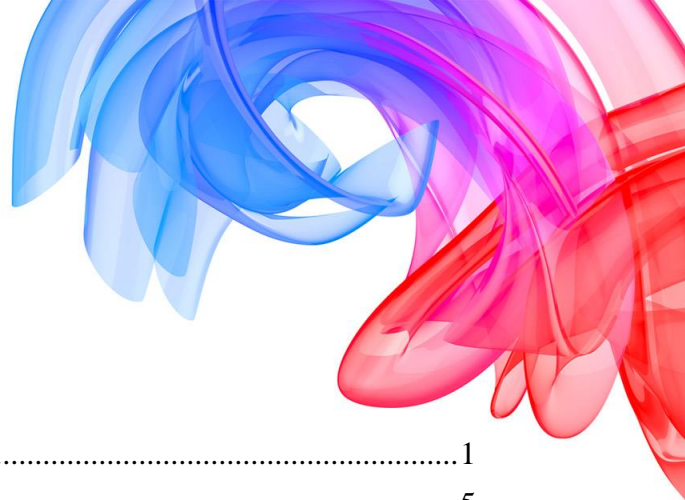
British Gymnastics is proud to be the UK Governing Body for the sport of Gymnastics. We exist to support, lead and inspire all those involved or interested in Gymnastics.

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:

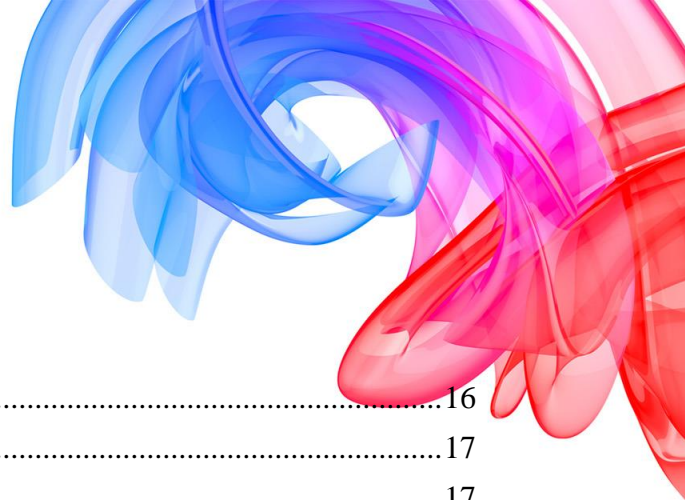
- Gymnastics is a passion shared by millions.
- To create and inspire lasting success for Gymnastics.

**British
Gymnastics**

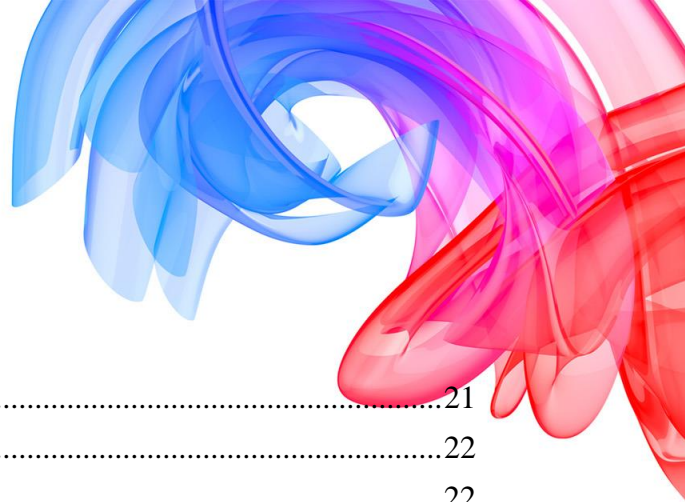


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Competition details – Overview

Welcome to the Gymnastics for All – Floor and Vault Competitions 2018, within this pack you will find all the details to participate within our competitions, support by British Gymnastics.

Who can enter?

This competition is for:

Boys and girls aged 5 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 5 or 6 years old (on or before the 25th July) to enter a U6 years competition on the 25th July

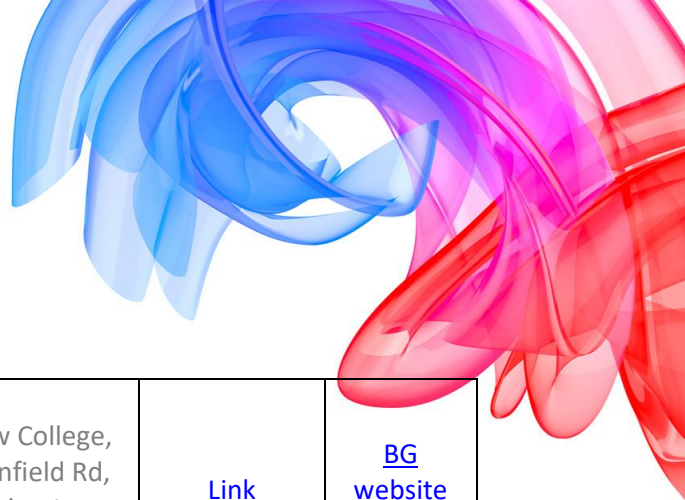
All competitions are open to all clubs who are members of the East Midlands Gymnastics Association.

Gymnasts entering must have BG Bronze membership.

See [Category breakdown](#) section of this document for further details.

Dates, Competition, Level, Venue, Address

2018 competition dates	Competition	Level	Venue, Post code	Link to Google maps	BG website link
25th March	Under 8 years Floor and Vault	5, 6, and 7 years	Queens Park Sports Centre Boythorpe Road Chesterfield S40 2NE	Link	BG website link
20th May	Over 8 years Floor and Vault	Primary 2 Primary 1	Queens Park Sports Centre Boythorpe Road Chesterfield S40 2NE	Link	BG website link
17th June	Over 8 years Floor and Vault	Advanced Advanced Plus	New College, Glenfield Rd, Leicester LE3 6RN	Link	BG website link



28th October	Over 8 years Four Piece	Primary 2 Primary 1	New College, Glenfield Rd, Leicester LE3 6RN	Link	BG website link
11th November	Over 8 years Four Piece	Advanced Advanced Plus	New College, Glenfield Rd, Leicester LE3 6RN	Link	BG website link
11th November	GfA Adults Floor and Vault	Adults Gfa	New College, Glenfield Rd, Leicester LE3 6RN	Link	BG website link

Start time: All competition start times are estimated to be approximately 9am (except the Adults competition which will be a PM competition).

Estimated end time: All competition end times are estimated to be approximately 4pm but will be specified after closure date once entries have been collated and a programme has been designed.

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

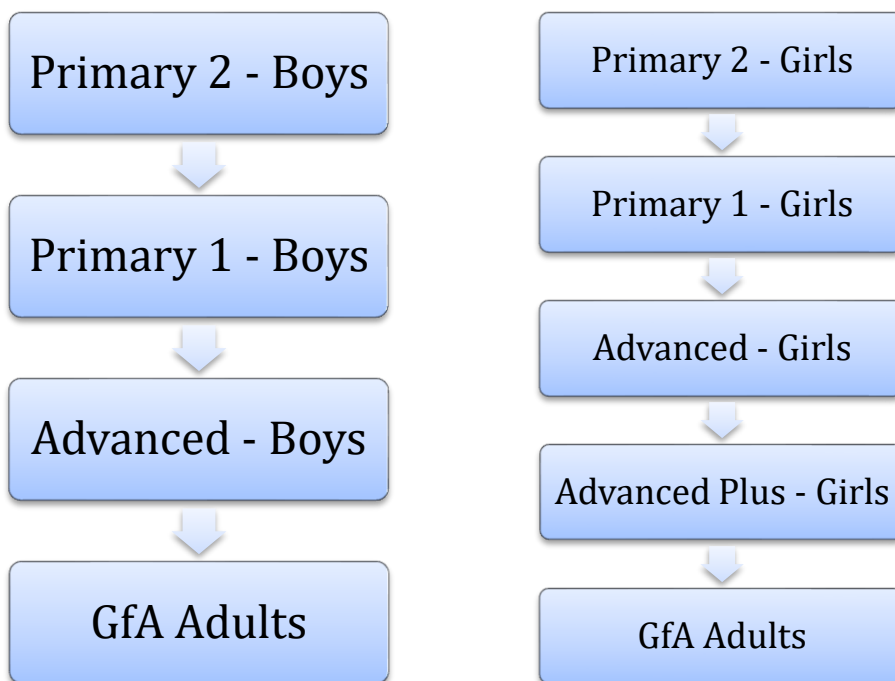
Please note: The end time is estimated and subject to change. The running order will be circulated before the event, but timings may still alter on the day.

Please note: These are just Regional competitions being hosted by EMGC, please see [Find an Event](#) on the British Gymnastics website for further competitions at various levels.

Type, level, and pathway

The following flow charts are simple visuals of the Gymnastics for All pathway for girls and boys and Regional level.

Each County within East Midlands will have their individual structure. Please see the [East Midlands County Association](#) web pages 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 or additional (miniature) competitions involved in the day.

Entry costs overview – Clubs, Gymnasts, and Spectators

Cost per competing gymnast: £10

Cost per competing gymnast (late entry): £15

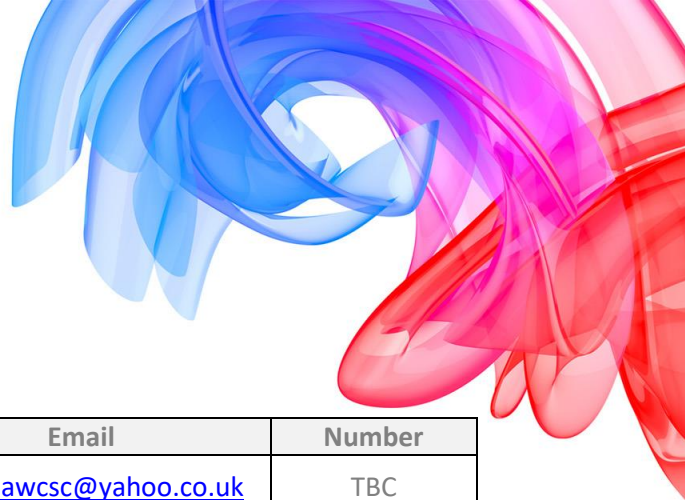
Adult	Child (under 14 years)
£4.00	£0.00

Note: Spectators fees to be paid on the day of competition. Please be aware, there is limited seating. Please speak with the competition organiser if you have a large group of spectators attending.

No nominated judge: No entry

Cost for no show of nominated judge: £75

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



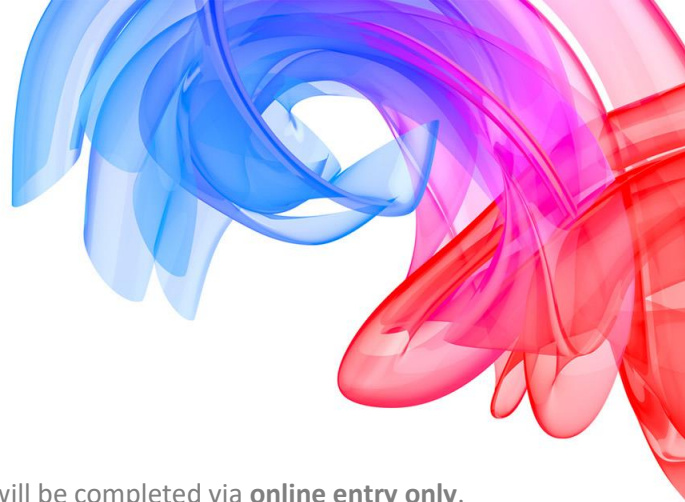
Key contacts

Role	Name	Email	Number
Chair	Alex Shaw	alex.shawcsc@yahoo.co.uk	TBC
Committee member	Jo Robb	TBC	TBC
Committee member	Susannah Watts	TBC	TBC
Committee member	Michelle Mullett	TBC	TBC
Competition Welfare Officer	Caroline Lee	TBC	07935831957
British Gymnastics Competition Coordinator – North	Jack Duggan	jack.duggan@british-gymnastics.org	07584517635

Registered Office
Ford Hall, Lilleshall National Sports Centre,
Newport, Shropshire TF10 9NB

T. 0845 1297129 F. 0845 1249089
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Entry details

Method of entry

As of July 2018, the East Midlands Regional competitions will be completed via **online entry only**.

Please see the section '[Dates, Competition, Level, Venue, Address](#)' of this document for the appropriate web links to be able to start the online entry process.

Note: There is an online entry guide available on each competition details page for those who haven't gone through this process before or in some time previously. You can also contact the '[Key Contacts](#)' for support if you are still experiencing any technical difficulties.

Method of payment

This is part of the online entry process and uses the British Gymnastics online payment system.

Entry dates

Individual competition details can be found within the [Dates, Competition, Level, Venue, Address](#) section of this document.

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 will incur an administration charge for the processing of the entry. Depending on the individual situation the entry may not be accepted.

Changing of a gymnast involved in the competition

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.

To transfer a gymnast in this competition, please go onto your online entry to make the amends to your entry.

All changes must be completed prior to the entry closure date. No changes will be accepted after the closure date due to constraints within the programme organisation etc. If a gymnast becomes unable to enter the competition anymore, please see section on [Withdrawal of entry](#) for details on how to do this.

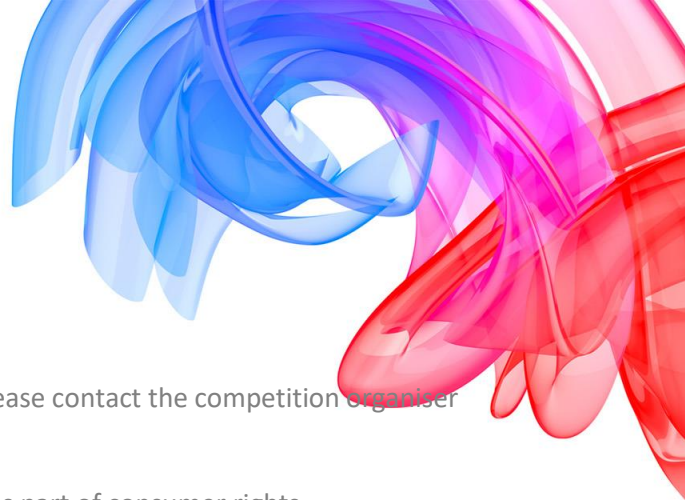
Withdrawal of entry

If you require to withdraw a gymnast, ease complete and return the 'Withdrawal of gymnast/club' form to the competition organiser. This will help keep track and amendments of the running order.

If the withdrawal is:

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- **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.

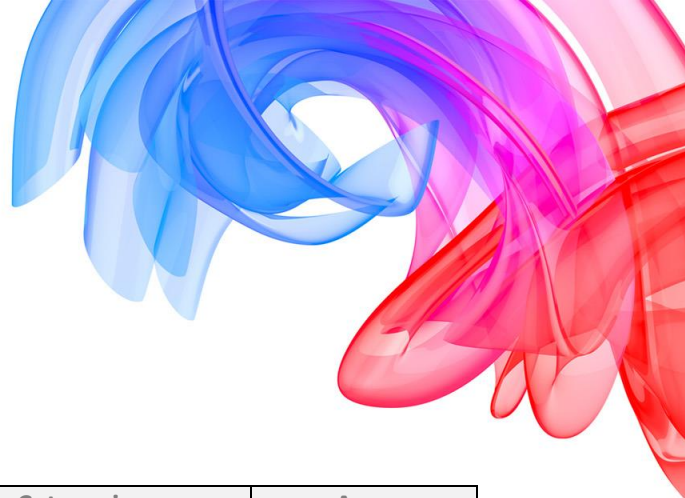
If you haven't received an email of the competition programme five days prior to the competition start date, please contact the competition organiser.

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 after the closure date confirmed to all those involved.

Activity	Estimated time
Arrival	08:30
Registration	08:30
Coaches and judge's briefings	08:45
General warm up	08:45
Door open for spectators	08:30
Competition begins	09:00
March on and present	09:00
Rotation one	09:05
Rotation two	09:50
Rotation three	10:35
End of rotation three	10:20
Presentation	11:40
Competition ends	12:00



Category breakdown

Within this competition the categories are as follows:

	Date of competition	Categories	Ages
U8 Floor and Vault	25 th March 2018	Boys Girls	5 years 6 years 7 years
O8 Floor and Vault	20 th May 2018	Boys – Primary 2 Boys – Primary 1 Girls – Primary 2 Girls – Primary 1	8 years 9 years
O8 Floor and Vault	17 th June 2018	Boys – Advanced Girls – Advanced Girls – Advanced Plus	10 years 11 years 12 years
O8 Four Piece	28 th October 2018	Boys – Primary 2 Boys – Primary 1 Girls – Primary 2 Girls – Primary 1	13 years 14 years 15 years 16 years
O8 Four Piece	11 th November 2018	Boys – Advanced Girls – Advanced Girls – Advanced Plus	
GfA Adults Floor and Vault	11 th November 2018	Men’s – Novice Men’s – Intermediate Women’s – Newbie Women’s – Novice Women’s – Intermediate	No age categories, just age bonus points.

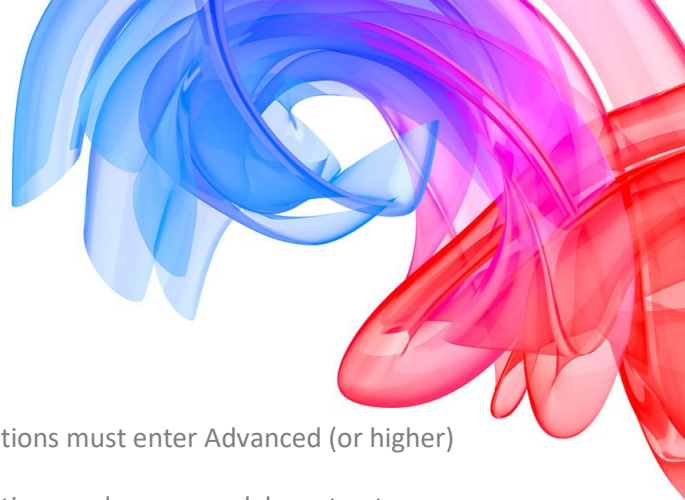
Notes:

- Depending on the number of entries in each category after the closing date, some categories are subject to change. For example; 7 years 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 together as there are only 2 in each age group entered.
This will be down to the discretion of the competition organiser but this will be fully communicated prior to the competition date.
- The entry age for the gymnast, is the age of the gymnast on the date of the competition
 - To compete in the 5-year age group the gymnast must be 6 years old in the year of the competition (by the 31st December in the year).
 - To compete in over 8 years competitions in fairness to all gymnasts, the coach should decide at what level gymnasts compete (Primary 2, Primary 1, Advanced or Advanced Plus).
- Disability gymnasts to enter categories to suit age and personal circumstance. If unsure, please contact the venue organiser who will be happy to work guide you.

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Gymnasts that have...

- Entered Woman's Artistic Floor and Vault competitions must enter Advanced (or higher)
- Entered Woman's Artistic Floor and Vault competitions and won a medal must enter Advanced Plus
- Entered Gymnastics for All Floor and Vault competitions and won a medal must move up a level in the following year
- Entered Gymnastics for All Four Piece competitions and won a medal must move up a level in the following year
- Entered Woman's Artistic County or Regional four-piece competitions Level 5 or above or Regional/National Grades and / or Tumbling National 1 at or higher are not eligible to enter General Gymnastic competitions
- Competed at Club Grade 6 and 5 can enter
- Been a former Artistic Gymnast 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. Owing to 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 Advanced – 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.

Training hours

To ensure a fair competition, we have enforced the below maximum training hours per week:

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

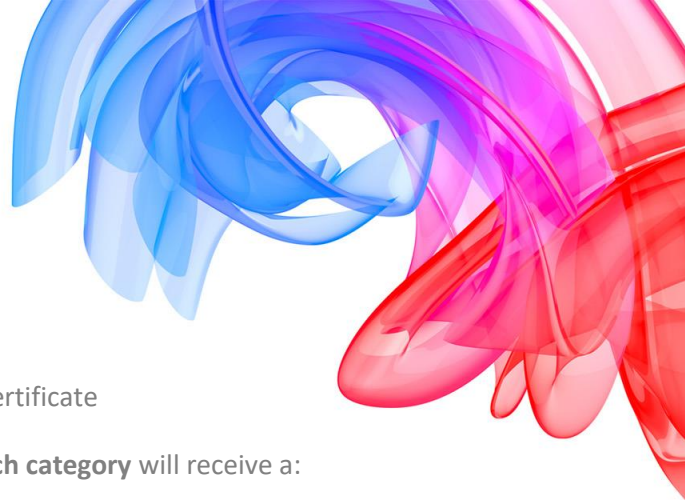
Rewards and gifts

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

Well done/participation certificate

As part of this competition **6th – 4th place gymnasts' in each category** will receive a:

6th – 4th place certificate



Well done/participation certificate

As part of this competition **3rd – 2nd place gymnasts' in each category** will receive a:

Medal
Well done/participation certificate

As part of this competition **1st place gymnast in each category** will receive a:

Trophy
Medal
Well done/participation certificate

As part of this competition **the overall winner (all apparatus' totalled together) of each age group** will receive a:

Trophy
Medal
Well done/participation certificate

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				
	Primary 2	Primary 1	Advanced	Advanced Plus
Floor	5mins	5mins	5mins	5mins
Vault	2mins	2mins	2mins	2mins
Beam	45secs	45secs	1min	1min
A bars	1 min	1 min	1 min	1 min
High bar	1 min	1 min	1 min	
P-bars	1 min	1 min	1 min	

Timings subject to change at the competition organisers discretion.

Music and PPL licence

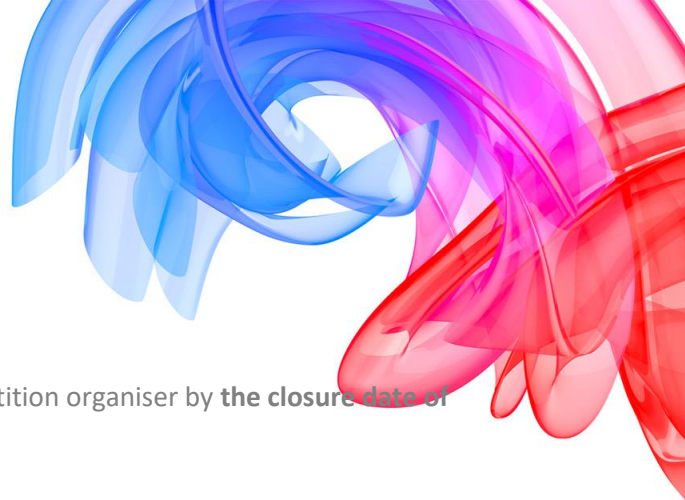
Music is required for the following categories of this competition: **Girls Advanced and Advanced Plus Floor routines and Adults Women's floor routine categories (requirements can be found on the Skills and Tariff sheets).**

Where music is required

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Please ensure you submit your music online to the competition organiser by **the closure date of the competition date**. This should state the:

- Club/team
- Gymnast full name
- Gymnast membership number
- Apparatus

Please ensure you bring a copy of your music on the day.

If possible to have music converted into a mp4 format to ensure it will play on all mediums.

Music is required it will be played via **CD-ROM** and/or laptop on the day so please bring CD-ROM and USB. On your phone will also be accepted (ideally as the backup version).

Please note that although very-low risk, any damages are your own responsibility and not EMGA or the competition organisers.

Please ensure you are aware of the stipulations placed on the event by PPL. Ensure you have checked whether your music is eligible – This can be done online through www.ppluk.com

Background music may be played to help create a calming atmosphere. This will be the competition organiser/venue representatives' discretion.

Where no music is required

Background music may be played to help create a calming atmosphere. This will be the competition organiser/venue representatives' discretion.

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 performance
- During the awards ceremony (as a team)

Skill requirements and routines

Skill requirements and routines can all be found on the individual event as a separate document. This will be named as the 'Skills and Tariff sheets'.

Individual links can be found within the [Dates, Competition, Level, Venue, Address](#) section of this document.





Apparatus

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

Apparatus	Manufacturer	Size, dimensions, run up, landing details	Image
Sprung floor (New College only)	GymNova	12m x 12m	
Matted floor (Chesterfield only)	Generic	12m x 12m	N/a
Red block (Under 8 vault)	Generic	Height 100cm	
Table vault	GymNova	Height 100 – 165cm See competition specific requirements	
Beam	GymNova	As per FIG Apparatus Norms brochure Length: 500cm Width: 10cm	



A Bars	GymNova	As per FIG Apparatus Norms brochure Height of bar: adjusted to suit gymnast Distance between bars: min 130cm – 180cm max	
P Bars	GymNova	Can be adjusted by coach to suit the gymnast	
H Bar	GymNova	Can be adjusted by coach to suit the gymnast	

If you have any specific questions regarding the apparatus, please contact the competition organiser.

Deductions

You can find a guide of deductions for each competition/level/skill within the 'Skills and Tariff sheets'.

Individual links can be found within the [Dates, Competition, Level, Venue, Address](#) section of this document.

Appealing a judge's decision

Any appeals of a judge's decision need to be given to the alex.shawcsc@yahoo.co.uk. This needs to be ASAP and delivered by only the gymnasts' coach. No other can submit an appeal on behalf of the coach.

Club, school, and leisure centre requirements

Club membership requirements

To enter this type of competition you are required to be a recognised British Gymnastics club.

Further details can be found on the British Gymnastics website - <https://www.british-gymnastics.org/clubs/club-membership/fees>

East Midlands affiliation is also required. For further details please email alex.shawcsc@yahoo.co.uk.



School membership requirements

To enter this type of competition you are required to be a recognised British Gymnastics club.

BG School membership doesn't currently insure you to enter this type of competition, but we encourage you to take the steps to become a BG registered club to unlock a world of club events.

Further details can be found on the British Gymnastics website - <https://www.british-gymnastics.org/clubs/club-membership/fees>

East Midlands affiliation is required. For further details please email alex.shawcsc@yahoo.co.uk.

Leisure centre membership requirements

To enter this type of competition you are required to be a recognised British Gymnastics club.

BG Leisure Centre membership doesn't currently insure you to enter this type of competition, but we encourage you to take the steps to become a BG registered club to unlock a world of club events.

Further details can be found on the British Gymnastics website - <https://www.british-gymnastics.org/clubs/club-membership/fees>

East Midlands affiliation is required. For further details please email alex.shawcsc@yahoo.co.uk.

Judge requirements

Judges required per team

Number of gymnasts entered	Minimum number of judges to be nominated	Level of judges required
1 – 10	One	Preferably Club level or above but an Intro Judge will be accepted
11 – 20	Two	One must be Club level or above One can be an Intro Judge

Note: No judge nominated = no entry.

Where a nominated judge doesn't attend on the day a £75 fee will apply.

This is to support the finding of the suitable number of judges for the competition.

Where an Intro To... Judging judge is being nominated, please contact the competition organiser to make them aware of the online entry process and to ensure enough judges are available.

Qualification requirements

Must hold a minimum of a 'Intro To Judging' qualification, preferably Club judge level.



Payment

Judges linked/representing a club participating within the competition

Expenses to be claimed from the linked club they are representing.

Judges not linked/representing a club participating within the competition

Travel expenses can be claimed from the competition organiser.

Judges must initially be registered as a 'Supplier' with British Gymnastics – Form can be found on the BG website section – [Clubs > Volunteers > Document downloads](#)

Judges can then claim by completing and returning the Volunteer Expenses claim form to the competition organiser – Found on the BG website section – [Clubs > Volunteers > Document downloads](#)

Please ensure this is completed within ten working days of the competition date.

Attire

Ideally FIG standards will be followed – Navy trousers/skirt, white shirt.

Allowed – Black trousers/skirt, white shirt.

Membership requirements

Current British Gymnastics '**Bronze**' membership is required.

Further details can be found on the British Gymnastics website - <https://www.british-gymnastics.org/coaching/coach-membership/fees>

Travel arrangements

Judges are required to organise their own method of transport to and from the competition at the appropriate times.

Timings will be provided by the competition organiser within five days of the competition.

Additional requirements

If any judges have any additional requirements to support their time during the competition e.g. they have a disability that requires additional support or consideration by the competition organiser. Please complete the 'Additional support' form for everyone requiring additional support.

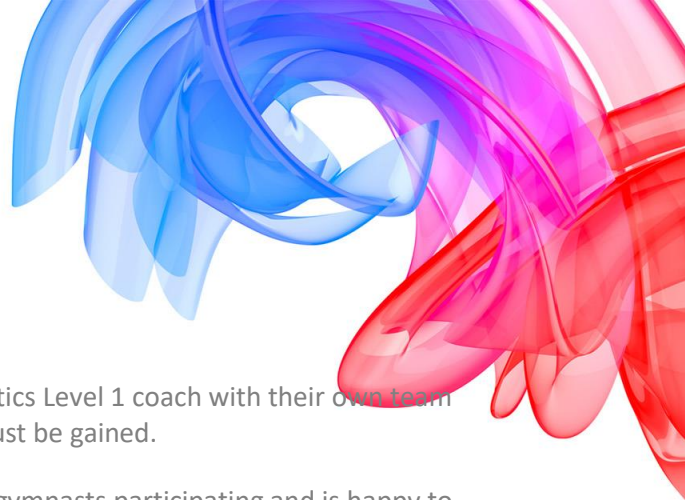
Coach requirements

Coaches required per team

A British Gymnastics Level 2 (and above) qualified coach can take team of gymnasts into the competition area.

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Ford Hall, Lilleshall National Sports Centre,
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A nominated level 2 coach can supervise a British Gymnastics Level 1 coach with their own team of gymnasts in the competition area – Prior agreement must be gained.

For example, if a participating club has a small number of gymnasts participating and is happy to oversee and support your level 1 then prior agreement can be gained meaning you don't need to supply a level 2 coach to the competition, only a level 1.

All gymnasts can only perform skills that their nominated coach is suitably qualified to coach.

Qualification requirements

Appropriate British Gymnastics qualifications must be held to deliver the appropriate skills. See [‘Skill requirements and routines’](#) for further details.

A current DBS must be held.

A current recognised Safeguarding Certificate must be held.

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.

Men’s Artistic (MA), Women’s Artistic (WA), General Gymnastics (GG), and Team Gym (TG) coaches can supervise within Floor and Vault competitions. Only MA, WA, and GG can enter four-piece competitions.

Primary 2 and 1 competitions can have a BG Level 1 coach supervising if a BG Level 2 qualified coach from their club is on the competition floor at the same time.

Payment

It is the coaches’ club responsibility to support the coaches attending the competition financially.

Attire

Suitable (identifiable) coaching attire e.g. club tracksuit or sweatshirt / polo top etc.

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

Membership requirements

Current ‘Gold’ type British Gymnastics coaching membership is required.

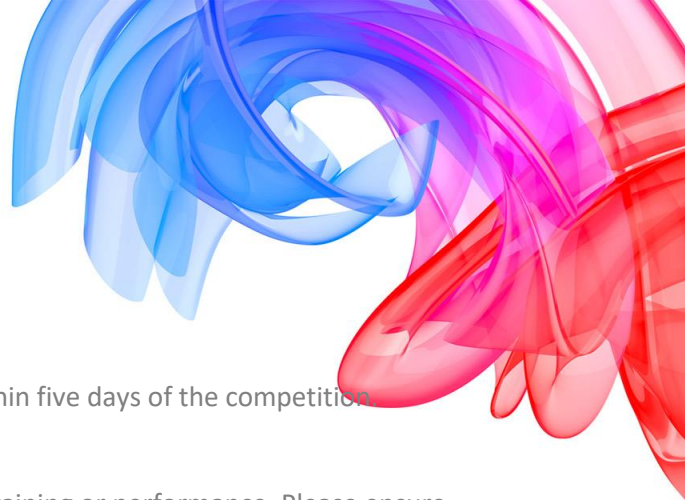
Further details can be found on the British Gymnastics website - <https://www.british-gymnastics.org/coaching/coach-membership/fees>

Travel arrangements

Coaches are required to organise their own method of transport to and from the competition at the appropriate times.

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Timings will be provided by the competition organiser within five days of the competition.

Jewellery and body adornments

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.

See British Gymnastics guidelines for further details - <https://www.british-gymnastics.org/coaching/coach-membership/health-and-safety>

Additional requirements

If any coaches have any additional requirements to support their time during the competition e.g. they have a disability that requires additional support or consideration by the competition organiser. Please complete the 'Additional support' form for everyone requiring additional support.

Gymnast requirements

Experience and abilities

For everyone's safety, all gymnasts must be suitably experienced to perform their chosen skills and routines and must have completed the skill in their own coaching environment to a point of competency.

For example; it can't be the first time they have completed the skill. It may be the first time they have competed the skill.

Membership requirements

'**Bronze**' British Gymnastics membership is required.

Further details can be found on the British Gymnastics website - <https://www.british-gymnastics.org/coaching/coach-membership/fees>

This applies to all gymnasts no matter if from a club, leisure centre, or school environment.

Attire

Any of the following can be worn: 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.

Bare feet or gym shoes.

The 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.

They may wish to bring warmer clothes that go over the top between performances to ensure their temperature is kept optimal and safe throughout the day.

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Travel arrangements

Individual clubs and coaches are responsible for communicating and organising appropriate transport to and from the competition. This maybe the gymnasts' parent/guardian or arranged transport.

See British Gymnastics guidelines for further details - <https://www.british-gymnastics.org/coaching/coach-membership/safeguarding-and-compliance>

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Additional requirements

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Facilities on-site

Spectator area and disabled access

Both New College and Chesterfield sites have disability access. If you require any specific access, please contact the competition organiser.

Both New College and Chesterfield sites have plenty of seating for our events. Seating is made from plastic materials, if you require a softer seat please bring suitable padding.

Food and drink

Both New College and Chesterfield sites have café's. Chesterfield also has vending machines.

Toilet and changing facilities

Both New College and Chesterfield have baby changing facilities, changing facilities and plenty of toilets.

On-site entertainment

Neither New College or Chesterfield have any on-site entertainment facilities apart from the sport of gymnastics. If you have small children, you may wish to bring something to keep them entertained.

We can't take responsibility for any losses or damages to personal property.

Car parking

Both New College and Chesterfield sites have plenty of free parking on-site.

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Chesterfield also has Pay and display parking nearby also.

New College request you use the **South entrance care park** – Glenfield Road, Leicester, **LE3 6DN**

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 (you can never have enough first aiders on-site), but this isn't essential.

Regulations

Standardisation

Unless stated these regulations have been created to help standardise competitions within the North of the Country.

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>

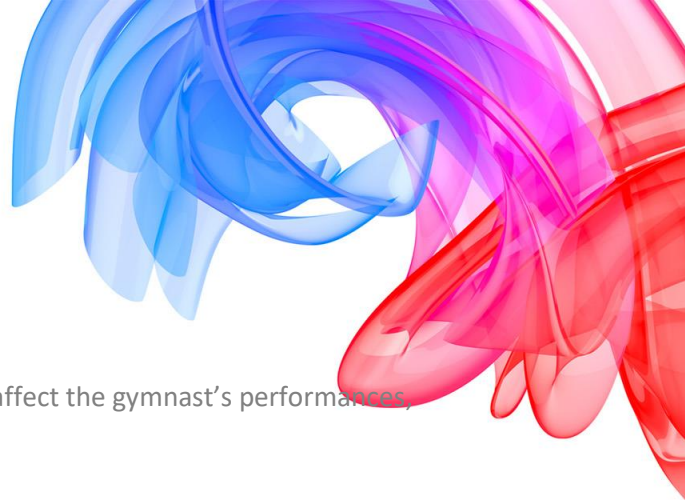
In line with British Gymnastics Photography Regulations, photos/videos may be taken but only used for personal use and must not be shared on social media if other gymnasts are also on the video even if just in the background. Clubs need to ensure parents/carers are aware of this.

If you have any gymnasts or coaches that can't be involved in media (photographs, videos etc.) please ensure you state this against their name on the entry form.

DE Photography will attend all the competitions and photos can be purchased on the day.

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At **no point** should flash photography be used as this can affect the gymnast's performances, judge's concentration and those with epilepsy.

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.

If there is a problem on the day of the competition, the competition will go ahead as programmed, and the problem will be addressed at a later date after the competition with the parties concerned.

The parties with the grievance will meet the committee to see if an amicable decision can be made for the good of all parties and Gymnastics for All Committee.

It will then go to a committee vote.

If no agreement can be made the Chairman will make the final and binding decision.

Health and safety

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

Part of these competitions is to create a friendly and low-stress/low-pressure environment for all those involved while allowing gymnasts the opportunity to challenge themselves and each other. Thus is ensuring the safety of the gymnasts, no matter their age, is priority in the event set up, programme design, and risk assessment; each using the guidance set by British Gymnastics 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 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.

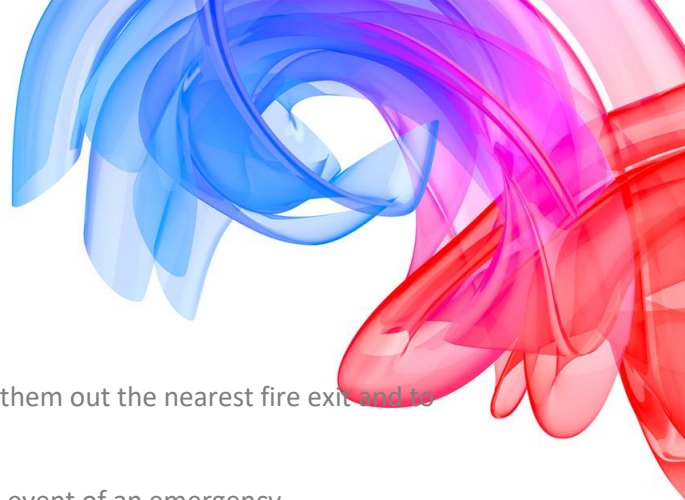
Emergencies

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.

At Chesterfield and New College

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Coaches must remain in charge of their gymnasts, leading them out the nearest fire exit and to the appropriate meeting point (see signage in venue).

Spectators will leave via the nearest emergency exits in an event of an emergency.

Judges are to support the coaches in leaving the venue with their gymnasts but to report to the head judge once at the appropriate meeting point.

At New College (specifically)

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

- Spectators – Use the emergency exits at either side of the seating
- Gymnasts, coaching, and managers – Use either of the three emergency exits in the main hall
- Café – Follow the emergency exit signage to the South Entrance car park emergency exit route

Meeting point is in the South Entrance car park.

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.