

# EAST MIDLANDS GYMNASTICS FOR ALL

## Competition Rules 2018

### Entry Criteria

Coaches to decide in which ability level to place their gymnasts into. The guideline is Gymnasts who enter Primary 2 or Primary 1 should train up to 4hrs per week. Gymnasts who enter Advance or Advance Plus train up to 6 hrs per week.

**We cannot police this so we rely on the honesty of the coaches.**

**Gymnasts** who have entered Woman's Artistic Floor and Vault competitions must enter Advanced (or higher) and if they have won a medal must enter Advanced Plus

**Gymnasts** who have won a medal in the Floor and Vault competition must move up a level in the Floor and Vault competition the following year, and if have won in the Four Piece competition must move up a level in the Four Piece competition the following year. This 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.

**Gymnasts** who have 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. Gymnasts who have competed at Club Grade 6 & 5 are able to enter

**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.

### Grievance Procedure

- 1** 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.
- 2** 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
- 3** It will go to a committee vote.
- 4** If no agreement can be made the Chairman will make the final and binding decision.

### Judges

1-10 Gymnasts entered = Minimum 1 Judge nominated. Preferably Club level or above but an Intro Judge will be Accepted

11-20 Gymnasts entered = Minimum 2 Judges nominated. 1 must be Club level or above, 1 may be an Intro Judge

**If no judge is nominated the entries will not be accepted. If your nominated Judge does not attend on the day, a £75 per judge charge will be incurred if valid evidence is not presented.**

Judges must wear the correct uniform as per FIG guidelines, but black and white will be acceptable

### Dress

Bare feet or gym shoes, leotards preferred if not shorts and correct size T-shirt.

Matching gymnastic shorts may be worn but **NOT CYCLING SHORTS**

Hair neat and tidy, tied back from the face.

**NO** jewellery not even ear studs, this is a BG rule for insurance purpose and must be adhered to.

### Boys Entry

All boys must be entered in boys only groups.

### Advanced and Advanced Plus Groups

Coaches who go round with these gymnasts must hold a minimum Level 2 Coach qualification. A Level 1 Coach may go round with a group for the Primary 1 and Primary 2 competition as long a Level 2 Coach from the club is also on the competition floor.

### All Clubs

Must be members of the East Midland Gymnastics Association. The Gymnasts Bronze members of British Gymnastics.

## **Competition Warm Up**

Due to time constraints, warm up times will be strictly adhered to.

**Beam warm ups for P1 & P2 will be a max of 45sec. Adv & Adv+ will have a max of 1 min.**

**Warm ups will be on either Beam. Gymnasts must be ready to start their warm up as soon as the previous gymnast dismounts.**

Floor will be a maximum of 5 minutes warm up time. Vault will be 2 warm up Vaults.

Please ensure you are ready to commence both warm ups and competition routines to ensure smooth running on the day. Thank you

## **Entry Forms**

Please ensure entries are in the correct order with correct D.O.B and double check them for each competition before you send them off! Once the programme has been printed, then any clubs that have made a mistake and require any additions or alterations to the programme there will be an administration charge of £10. Any changes can only be made up to 3 days prior to the competition