



# **Gymnastics for All – Hinckley Disability Gymnastics Floor and Vault Competition 2018 Handbook**

Host club – Hinckley Gymnastics Club

Competition organiser name: Jack Duggan

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Gymnastics**  
More than a sport



## About

### Host club

We have been involved in teaching and coaching gymnastics for over 40 years. Our reputation has been built by delivering quality classes to children, young people and adults at all levels of participation.

The centres have been awarded the British Gymnastics 'GymMark' accreditation for safe effective child friendly sports delivery. We have maintained an unbroken record of GREAT BRITAIN squad and team members that has been rewarded with National champions of Scotland, Wales, England and Great Britain, World and European championship players, Commonwealth Games and International medallists.



### British Gymnastics

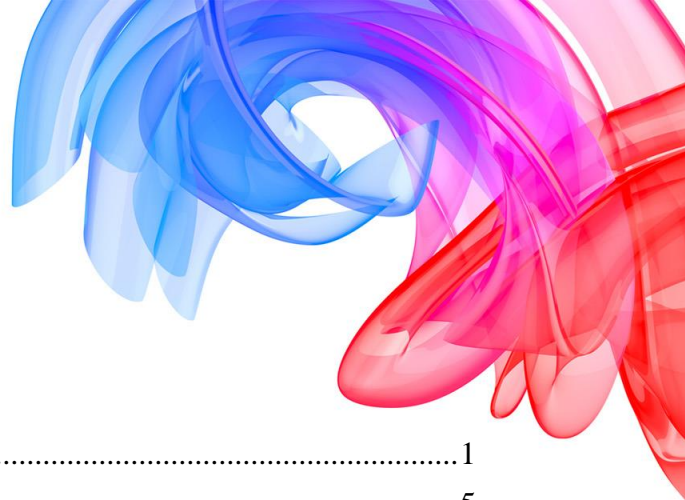
British Gymnastics is proud to be the UK Governing Body for the sport of Gymnastics. We exist to support, lead and inspire all those involved or interested in Gymnastics.

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:

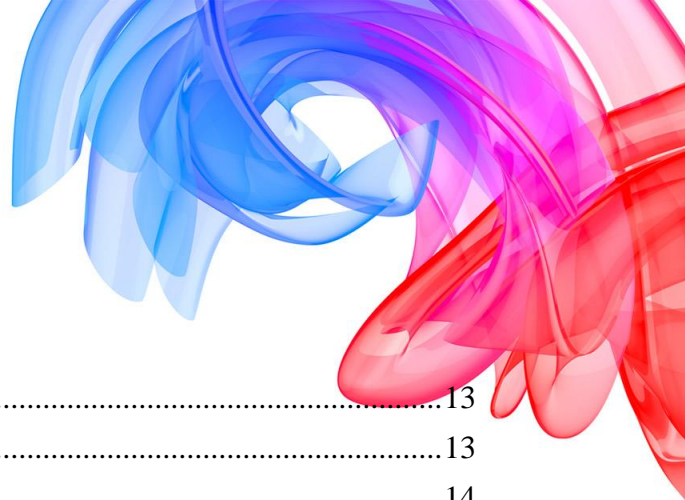
- Gymnastics is a passion shared by millions.
- To create and inspire lasting success for Gymnastics.



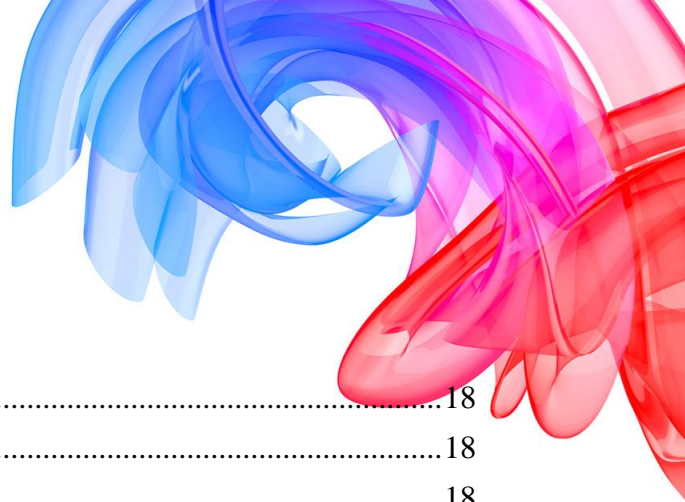


## Contents

About.....	1
Competition details – Overview .....	5
Who can enter? .....	5
Venue and address .....	5
Time and date.....	5
Type, level, and pathway .....	6
Theme .....	6
Entry costs overview – Clubs, Gymnasts, and Spectators .....	6
Key contacts.....	7
Entry details .....	8
Method of entry.....	8
Entry dates .....	8
Late entries.....	8
Changing of a gymnast involved in the competition .....	8
Withdrawal of entry .....	9
Confirmation of entry .....	9
Structure and programme.....	9
Confirmation of programme .....	9
Pre-planned structure of competition.....	9
Category breakdown .....	10
Entry restrictions: Gymnasts that have... ..	10
Rewards and gifts.....	11
Performance details.....	11
Warm up.....	11
Music and PPL licence.....	11
Lining up.....	12
Skills requirements and Tariff sheets.....	12
Repetition of skills .....	12
Apparatus .....	13
Deductions .....	13
Appealing a judge’s decision .....	13

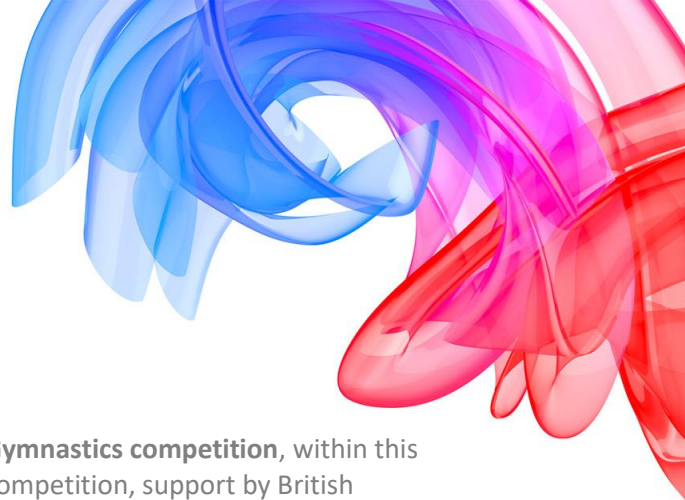


Club, school, and leisure centre requirements .....	13
Club membership requirements .....	13
School membership requirements.....	14
Leisure centre membership requirements .....	14
Additional requirements.....	14
Judge requirements .....	14
Judges required per team .....	14
Qualification requirements.....	14
Payment.....	15
Attire .....	15
Membership requirements .....	15
Travel arrangements.....	15
Additional requirements.....	15
Coach requirements .....	15
Coaches required per team.....	15
Qualification requirements.....	16
Payment.....	16
Attire .....	16
Membership requirements .....	16
Travel arrangements.....	16
Jewellery and body adornments.....	16
Additional requirements.....	17
Gymnast requirements .....	17
Experience and abilities .....	17
Membership requirements .....	17
Attire .....	17
Travel arrangements.....	17
Jewellery and body adornments.....	18
Additional requirements.....	18
Facilities on-site .....	18
Spectator area and disabled access .....	18
Food and drink .....	18



Toilet and changing facilities.....	18
On-site entertainment.....	18
Car parking.....	18
First aid and welfare.....	19
Regulations .....	19
Standardisation.....	19
Etiquette .....	19
Photography .....	19
Complaints and grievances .....	19
Health and safety.....	20
Emergencies .....	20
Terms and conditions.....	20





## Competition details – Overview

Welcome to the **Gymnastics for All – Hinckley Disability Gymnastics competition**, within this pack you will find all the details to participate within our competition, support by British Gymnastics.

This competition focuses on low-level disability gymnastics within the following disciplines; Gymnastics for All (GfA), Men's Artistic (MAG), and Women's Artistic Gymnastics (WAG). This competition is an opportunity for disabled participants to engage in a fun and friendly competition in a comfortable environment.

This competition has primarily established and developed by Hinckley Gymnastics Club and Leicester Disability Hub, with British Gymnastics offering a supporting role to help recognise and promote the opportunity that this can provide for disabled participants.

### Who can enter?

This competition is for:

Any recognised British Gymnastics clubs (all regions).

Gymnasts aged 5 – 16+ years old.

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

### Venue and address

**Venue name:** Leicester New College

**Venue address and postcode:** Glenfield Road, Leicester, LE3 6DN

#### Link to google maps:

<https://www.google.co.uk/maps/place/New+College+Leicester/@52.6408895,-1.1799544,17z/data=!4m13!1m7!3m6!1s0x4877609155a9e19b:0xa586503fb03f104d!2sGlenfield+Rd,+Leicester+LE3+6DP!3b1!8m2!3d52.6376407!4d-1.1686033!3m4!1s0x48776094c3d625e5:0xbac73066934ddaab!8m2!3d52.6416438!4d-1.1802189>

### Time and date

**Date/s:** 22/09/2018

**Estimated start time(s):** 3:00pm

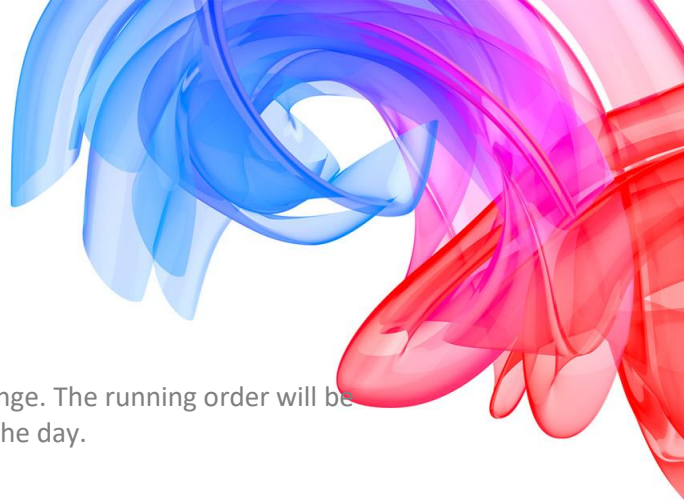
**Registration and warm up times:** These will be sent out with the programme after entry closure.

**Estimated end time(s):** 6:00pm

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**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.

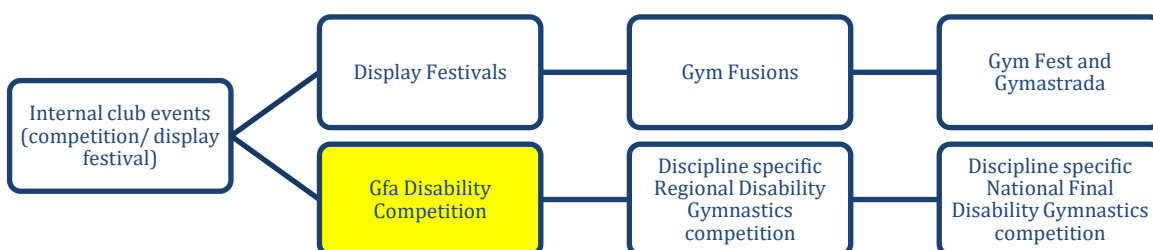
### Type, level, and pathway

**Competition type:** Disability Gymnastics – GfA, MAG, and WAG focus.

**Competition level:** Level 1, 2, and 3

**Competition pathway:** This competition has been designed to follow the guidance set by the GfA, MAG, and WAG competitive pathways.

This diagram provides a general overview of opportunities and pathway for disability gymnasts:



**Note:** Any of these can be entered in at any point (see individual event specification/handbook for details).

**Note:** The highlighted in yellow is this event.

See the [Gymnasts that have...](#) section of this document for details regarding any specific entry levels restrictions.

### Theme

This competition has no theme.

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

**Cost per competing gymnast:** £5.00 per gymnast

**Cost per spectator:**

Adult	Child (under 16 years)	Infant (under 3 years)
£5.00	£0.00	£0.00

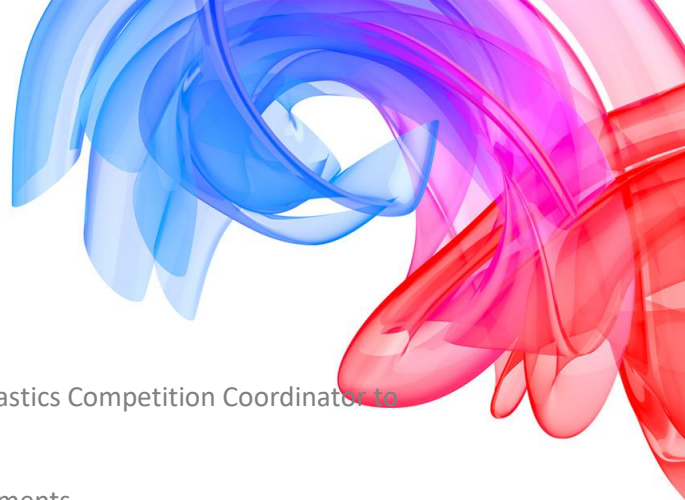
**Note:** Spectator fees to be paid upon entry to competition. Seating is limited, please speak with the competition organiser if you have a large group of spectators attending.

**Cost for no allocated judge:** £15 if no allocated judge or additional coach or experienced gymnasts to help judge

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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

<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>	Mitch Edwards	N/a	<a href="mailto:mitch.edwards@iflip.org">mitch.edwards@iflip.org</a>
<b>British Gymnastics Competition Coordinator:</b>	Jack Duggan	07584517635	<a href="mailto:jack.duggan@british-gymnastics.org">jack.duggan@british-gymnastics.org</a>





## Entry details

### Method of entry

You can enter this competition via:

- **Email entry** – Complete and email the entry form to [jack.duggan@british-gymnastics.org](mailto:jack.duggan@british-gymnastics.org)

### Method of payment

BACs transfer:	
<b>Name:</b>	Hinckley Olympic Gymnastics Club
<b>Account number:</b>	08612242
<b>Sort code:</b>	60 – 11 – 06
<b>Reference:</b>	HGC Disability Sept comp [Club name]

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

### Entry dates

**Entry opening date:** 26/07/2018

**Entry closure date:** 02/09/2018

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

### Late entries

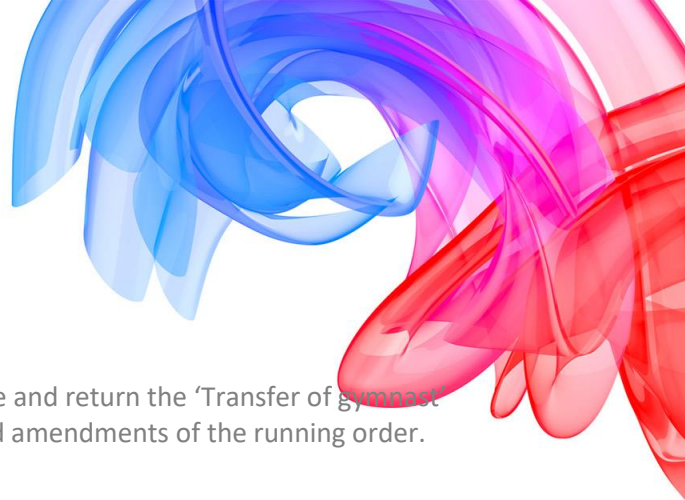
Entries after the closure date may not be accepted (depending on the stage of the organisation process) and may incur an administration charge for the refund process.

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

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.

This can be done anything up until the time of the entry closure date. If this is after the entry closure date, please contact the competition organiser prior to discuss the situation. Otherwise you may need to use the [Withdrawal of entry](#) process for the gymnast.



To transfer a gymnast in this competition, please complete and return the 'Transfer of gymnast' form to the festival organiser. This will help keep track and amendments of the running order.

### Withdrawal of entry

If you require to withdraw a gymnast, please 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:

- **After the closure date** – A fee will 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.

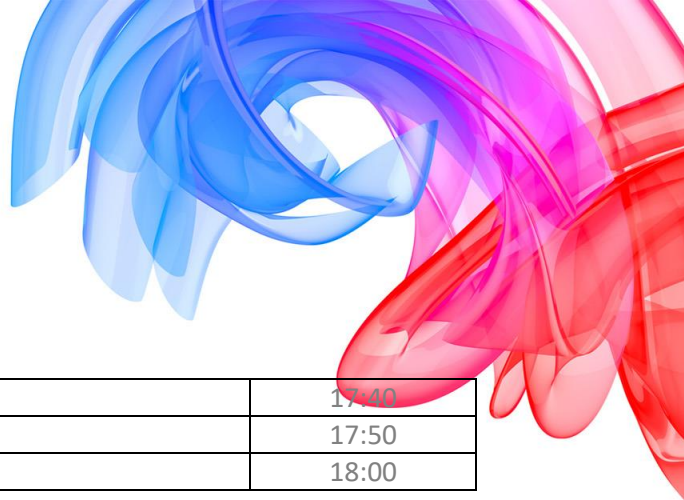
**Note:** Some competitions may be broken up into separate smaller competitions to suit the number of entries/categories.

Activity	Estimated time
Arrival	15:00
Registration	15:00
Door open for spectators	15:00
Coaches and judge's briefings	15:15
General warm up	15:30
Competition begins	15:30
Rounds including change over, intervals, apparatus warm ups, performances	
Gymnasts tumble/show off favourite skills while results gathered	15:30

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Presentation	17:40
Photo opportunity	17:50
Competition ends	18:00

### Category breakdown

Within this competition the categories are as follows:

	Category		
Category title	Level 1	Level 2	Level 3
Maximum training hours per week	Three	Three	Three
Individual categories	5 – 7 years 8 – 11 years 12 – 15 years 16+ years	5 – 7 years 8 – 11 years 12 – 15 years 16+ years	5 – 7 years 8 – 11 years 12 – 15 years 16+ years
Gender	Male Female	Male Female	Male Female
Apparatus	Floor Vault	Floor Vault	Floor Vault

Depending on the number of entries in each category after the closing date, some categories are subject to change; for example, if any category has less than three entries.

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

The gymnast must of appropriate age for category on the date of the competition e.g. must be 5, 6, or 7 years old on the date of the competition to enter the 5 – 7 years category.

### Entry restrictions: Gymnasts that have...

- Competed within County level competition previously (any discipline) must not have done so for **at least 8 months** to enter this competition.
- Competed within Regional level (or above) competition previously (any discipline) must not have done so for **at least 12 months** to enter this competition.
- 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.
- Competed in any competition type that can't access them into this event can still get involved. Please **email the competition organise** to see how they could bring their

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experience and skill set to the event through display, coaching/support/mentoring, role model/VIP, judge, volunteer etc.

The above restrictions are placed to allow those not currently involved in competitive gymnastics the opportunity be involved.

### Rewards and gifts

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

Certificate of attendance

As part of this competition **winning category gymnasts/teams** will receive:

Either Bronze, Silver or Gold medal (place dependant)

As part of this competition **winning apparatus gymnasts/teams** will receive:

A trophy.

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

## Performance details

### Warm up

There is 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.

There will be approximately five minutes per apparatus for the apparatus warm up. Attempts/timings subject to change at the competition organisers discretion.

### Music and PPL licence

Music is required for the following categories of this competition: **Floor (this is optional)**. This can be any music (with or without lyric) but please keep it suitable and sensible.

### Where music is required

Please ensure you email any music to the competition organiser at **least two weeks prior** to the competition date. This should state the:

- Club/team
- Gymnasts full name
- Gymnasts 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** on the club's sound system.

Please ensure each performance is on a separate CD-ROM.

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](http://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)

#### **Skills 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.

#### **Repetition of skills**

Floor – Each skill can only be valued once, however if a skill is repeated it will incur deductions for execution.

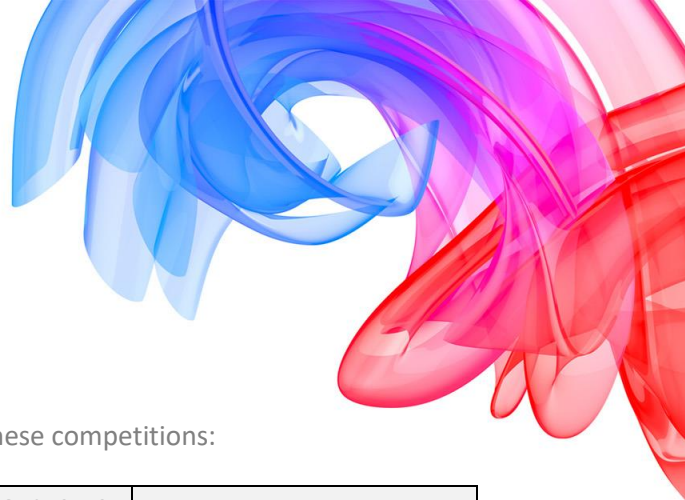
Vault – Each gymnast will get the opportunity to perform two vaults, these can be the same or different. No deductions for repetition will occur.

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## Apparatus

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

Apparatus	Manufacturer	Size, dimensions, run up, landing details	Image
Sprung floor	GymNova	12m x 12m	
Red blocks and mats to make platform	Generic	Height see Skills and Tariff sheets for specifics	
Table vault	GymNova	Height 100 – 165cm	

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

## Deductions

You will find a guidance of the deductions on the 'Skills and Tariff sheets' accompanying this handbook.

## Appealing a judge's decision

Any appeals of a judge's 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's 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

### Club membership requirements

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

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

### 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>

### 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>

### Additional requirements

If any coaches, judges, or gymnasts 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.

## Judge requirements

### Judges required per team

A judge must be provided by every club entering the competition, where more are available that would be greatly supportive.

If you are unable to supply a qualified judge, please bring an additional qualified coach to support judging and/or teams performing.

Or an experienced gymnast within floor and vault routines/skills. Please highlight this on the entry form. (No charge will be applied for this option)

**Note:** 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.

### Qualification requirements

Minimum to hold any of the following:

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- 'Intro To... Judging' qualification.

Ideally to hold any of the following:

- Floor and Vault judge qualification.
- Club level (or above) judge qualification in any of the following disciplines; Men's Artistic, Women's Artistic, or TeamGym.

**Note:** Judging guides will be provided on the day for those who haven't judged at this type of competition before.

As noted above, if you don't have a qualified judge but wish to enter. Please provide an additional qualified coach or experienced gymnast to help judging.

### Payment

It is the judges' club responsibility to support the judges attending the competition financially.

### Attire

Smart casual wear – Jeans, T-shirt, Joggers, Trainers etc.

### 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.

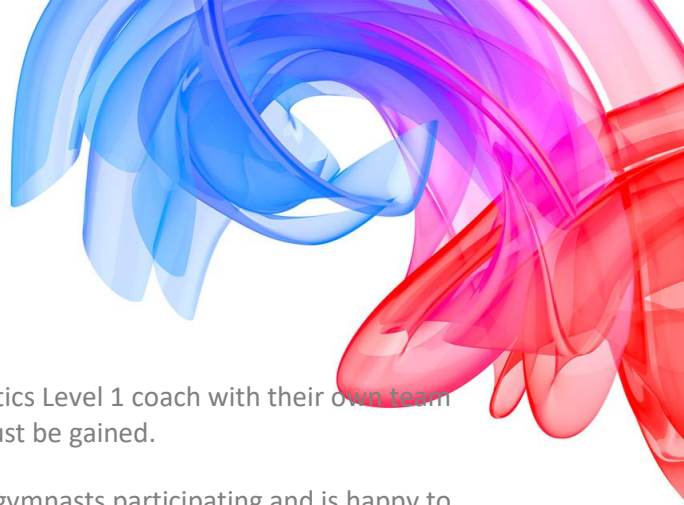
### Additional requirements

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.



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.

**Note:** Please ensure that every gymnast has suitable care for their specific needs. It is not realistic for the competition organiser to supply individual care for every individual gymnast, this is the individual clubs' responsibility. The competition organiser can help make suitable changes to the facility/day to cater for the individual's needs, where appropriate and requested with suitable notice.

### Qualification requirements

Appropriate British Gymnastics qualifications must be held to deliver the appropriate skills.

A current DBS must be held.

A current recognised Safeguarding Certificate must be held.

### 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 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.

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.

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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 can be worn.

Hair neat and tidy, tied back from the face.

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.

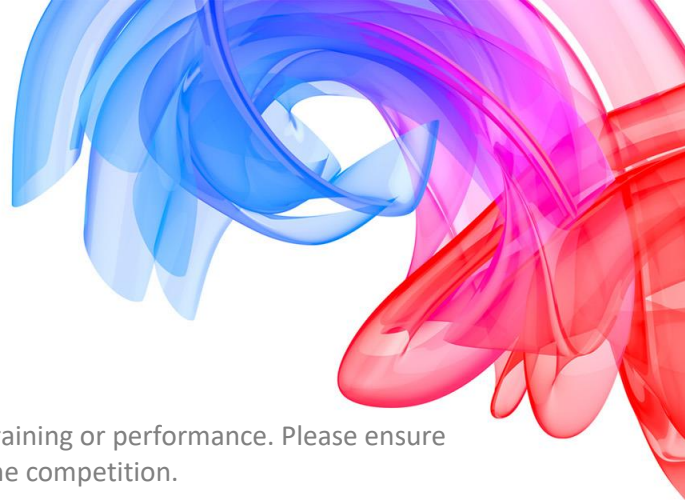
They may wish to bring warmer clothes that go over the top between performances to ensure their temperature is kept optimal and safe throughout the day.

### 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>





### 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 gymnasts 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.

**Note:** As this is a disability gymnastics specific competition, there will be a lot of gymnasts with specific requests. The competition organiser will try to cater for everyone's needs as much as possible. Remember, if you don't put in the request form then the competition organiser will not be aware which could hinder the gymnast experience.

## Facilities on-site

### Spectator area and disabled access

The seating is tiered and accessible to all spectators.

There is full disabled access to and from the site.

If you require a floor seat due to restrictions to climb stairs, please contact the competition organiser so that a floor seat can be reserved for you.

### Food and drink

There will be a café with hot and cold drinks and general food/snacks.

Vending machines will also be on-site.

### Toilet and changing facilities

There are changing facilities and toilets on-site. Please ask a member of staff (venue) for details of the closest facilities to you on the day.

### On-site entertainment

There are no on-site entertainment facilities apart from the great sport of gymnastics.

### Car parking

There is plenty of free car parking on-site.

Please use the **South entrance car 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 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.

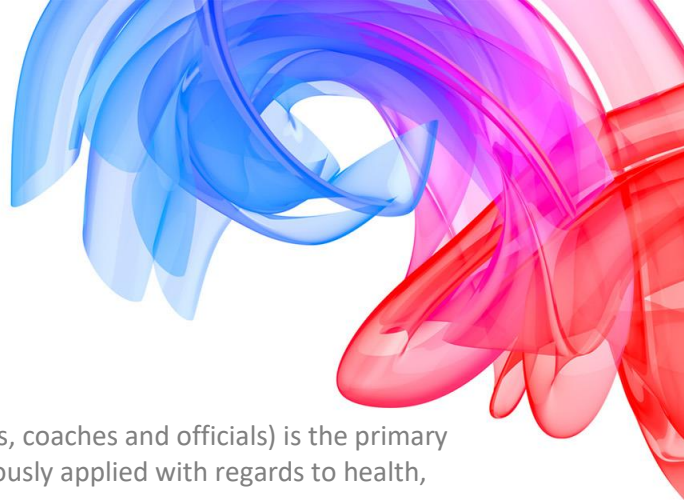
Further details on how to gain appropriate permissions for photography/video can be found in the British Gymnastics photography policy which can be found online – <https://www.british-gymnastics.org/documents/footer-menu-items/british-gymnastics/3276-photography-policy/file>

At no point should flash photography is to be used as this can affect anyone with epilepsy.

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.

### 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

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.

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 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.

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.