



# **Tumble and Trampette SALTO Friendly Handbook**

Host club – Salto Gymnastics Club

Competition organiser name: Polly Hucker

**British  
Gymnastics**  
More than a sport



## About

### Salto

SGC, Luton, provides safe, fun, multi-discipline gymnastics classes for its members of all ages and abilities.

We believe that gymnastics can improve health and well-being for all and brings families together which enhances community cohesion. We believe that gymnasts learn valuable life skills in addition to their gymnastics skills.

### 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.



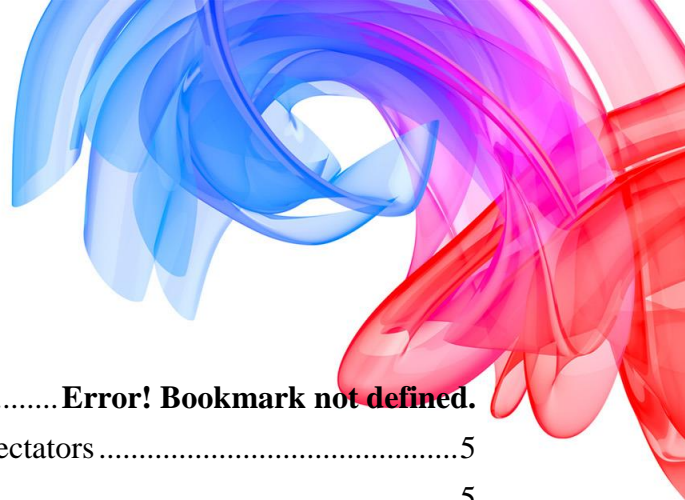
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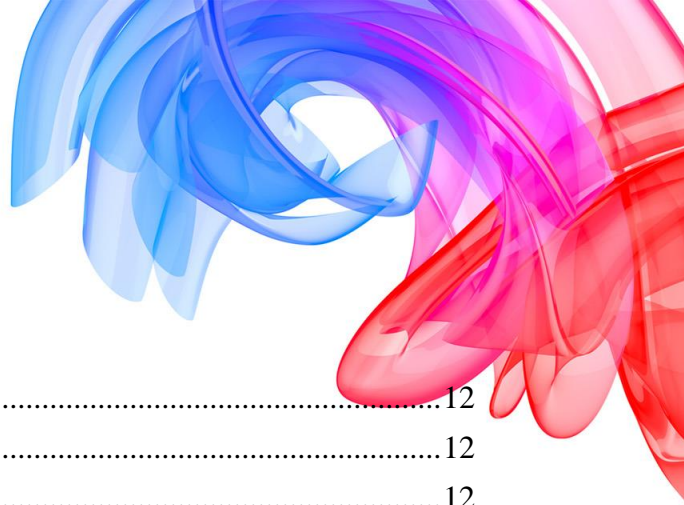
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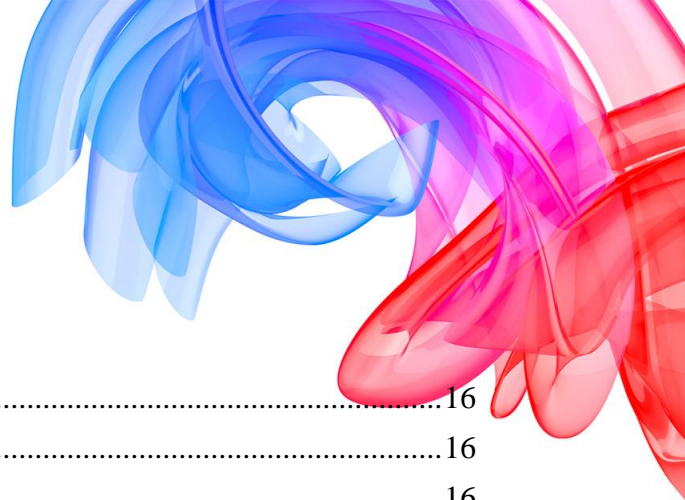
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## Competition details – Overview

Welcome to the Salto Friendly Tumble and Trampette competition. Within this pack you will find all the details to participate within our competition, support by British Gymnastics.

### Who can enter?

This competition is for: Gymnasts who train for 1-2 hours per week.

1-2 maximum training hours per week

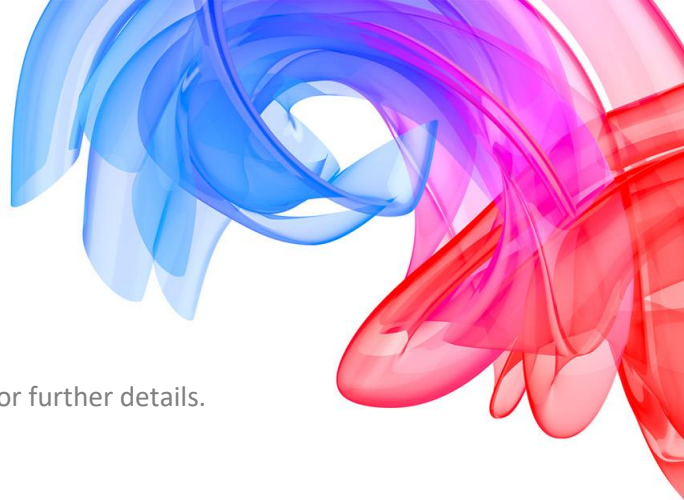
Bedfordshire, Hertfordshire

7 years +

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See '[Category breakdown](#)' section for further details.

#### Venue and address

**Venue name:** Salto Gymnastics Club

#### Venue address and postcode:

The Salto Centre,  
98 Camford Way,  
Sundon Park, Luton,  
Bedfordshire, LU3 3AN

#### Time and date

**Date/s:** Sunday 16<sup>th</sup> September 2018

**Start time(s):** 9am

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

**Estimated end time(s):** 1pm (tbc)

**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:** Tumble and Trampoline

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

**Competition pathway:** To be able to compete again at the same competition with the ability to progress to the next grade.

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

**Cost per entry:** £8.00 per gymnast

**Cost per spectator:**

Adult	Child (under 16 years)
£3.00	£1.00

**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



### Key contacts

<b>Competition organiser:</b>	Polly Hucker	07584515030	<a href="mailto:Polly.hucker@british-gymnastics.org">Polly.hucker@british-gymnastics.org</a>
<b>Venue contact:</b>	Amanda Browne	01582 495953	<a href="mailto:info@saltogym.org">info@saltogym.org</a>

## Entry details

### Method of entry

You can enter this competition via:

**Email** – Complete and return the entry form to [polly.hucker@british-gymnastics.org](mailto:polly.hucker@british-gymnastics.org)

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### Method of payment

BACs transfer:	
Name:	Barclays Bank
Account number:	63593290
Sort code:	20-53-33
Reference:	(Your Club name) Tumble and Trampoline 16 <sup>th</sup> Sept

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

### Entry dates

**Entry opening date:** 11.05.2018

**Entry closure date:** 16.08.2018

**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 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.

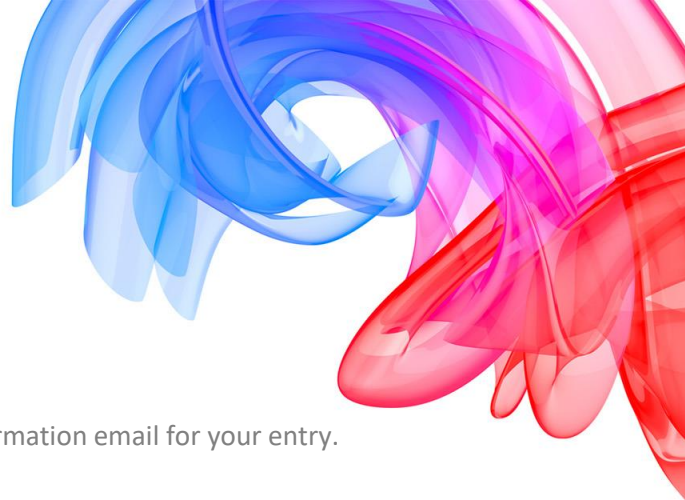
To transfer a gymnast in this competition, please complete and return the 'Transfer of gymnast' form to the competition organiser. This will help keep track and amendments of the running order.

### 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.

There will be **no** refund for withdrawal.





### 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.

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

Activity	Estimated time
Arrival	9:00
Registration	9:00
Door open for spectators	9:00
Coaches and judge's briefings	9:15
March on and General warm up	9:25
Competition begins	9:45
Rounds including change over, intervals, apparatus warm ups, performances	
Presentation march on	12:30
Presentation	12:40
Photo opportunity	12:50
Competition ends	13:00

### Category breakdown

Within this competition the categories are as follows:



	Category		
Category title	Level 1	Level 2	Level 3
Maximum training hours per week	1-2	1-2	1-2
Individual categories	8-9 10-11 12-13 14+ Disability all ages	8-9 10-11 12-13 14+ Disability all ages	8-9 10-11 12-13 14+ Disability all ages
Gender	Mixed	Mixed	Mixed
Apparatus	Tumble Trampoline	Tumble Trampoline	Tumble Trampoline

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 stated maximum training hours per week. Please follow this rule to maintain an ethical competition.

The gymnast must be of appropriate age for category on the date of the competition e.g. must be 8 in the year of the competition to be able to compete in the 8-9 category.

### Rewards and gifts

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

Certificate

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

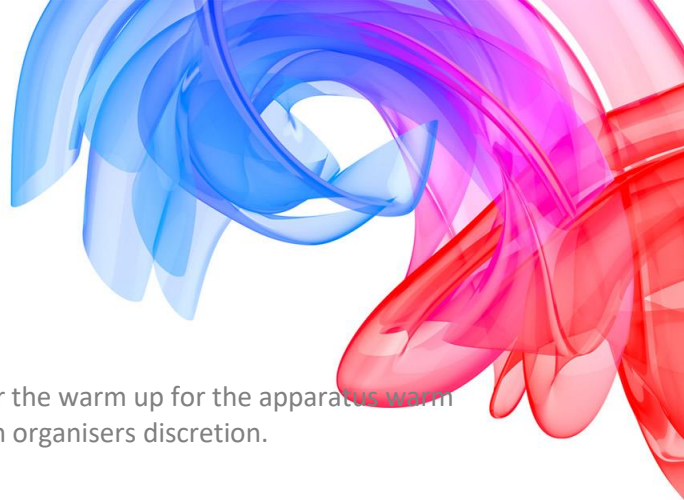
Gold, Silver, Bronze medal depending on place.

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

## 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.



Each gymnast will have one attempt on each apparatus for the warm up 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: **No music is required**

#### Where music is required

Please ensure you email any music to the competition organiser at least two weeks prior to the competition date.

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 [Insert music method e.g. stereo, laptop and speakers etc.]

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

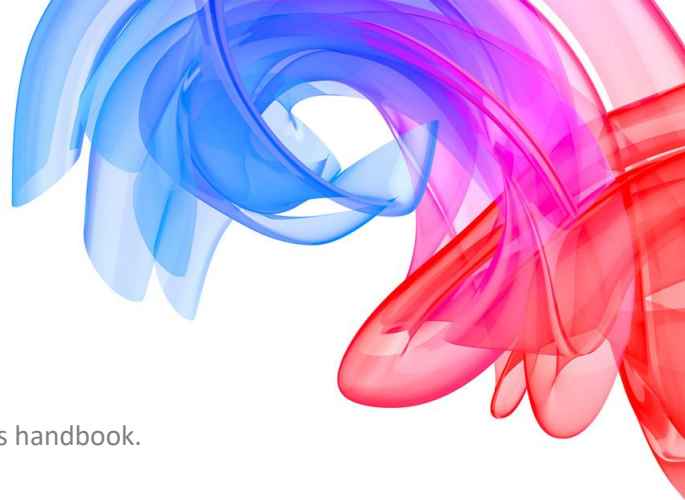
Please ensure that at the following times the gymnasts line up and present to the audience and judges:

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

### Tariff sheets

You will find the 'Tariff Sheets' accompanying this handbook.

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



### Skill requirements and routines

You will find these on the 'Tariff Sheets' accompanying this handbook.

### Repetition of skills

Tumble – Each tumble can only be valued once, however if a skill in the sequence is repeated it will incur deductions for execution.

Trampette – Each gymnast will get the opportunity to perform two jumps, performed once each.

### Apparatus

The following equipment and apparatus will be used for this competition:

Apparatus	Manufacturer	Size, dimensions, run up, landing details	Image
Tumble Track	Please contact hosting club	Please contact hosting club	
Trampette and landing area	Please contact hosting club	Please contact hosting club	

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

### Deductions

You will find general deductions in the '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. This needs to be ASAP and delivered by only the gymnasts' coach. No other can submit an appeal on behalf of the coach.

This is a friendly competition and we will wish to provide everyone with the best service possible.

### Club membership requirements

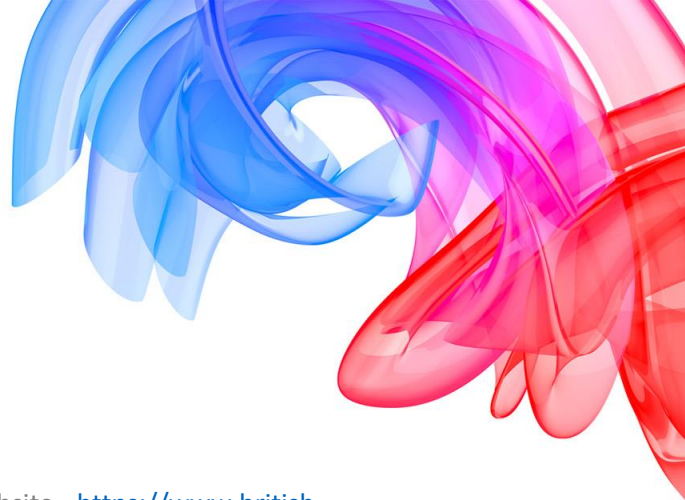
Current British Gymnastics club affiliation is required.

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

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### School membership requirements

Current British Gymnastics club affiliation is required.

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

### Leisure centre membership requirements

Current British Gymnastics club affiliation is required.

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.

Where a judge can't be provided a £15 fee will apply. This is to support the finding of the suitable number of judges for the competition.

### Qualification requirements

Must hold a minimum of a 'Intro To... Judging' qualification.

### Payment

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

### Attire

Black/navy trousers/skirt, white shirt/blouse/top, black/navy blazer or cardigan, smart shoes.

### 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>

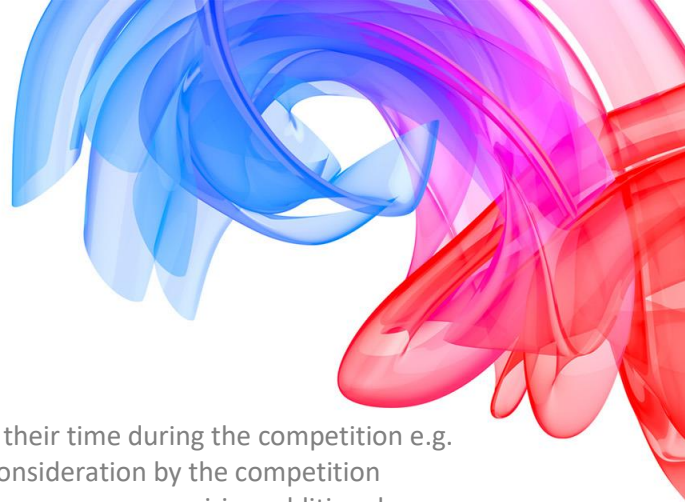
### Travel arrangements

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.**

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### 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.

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.

### 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

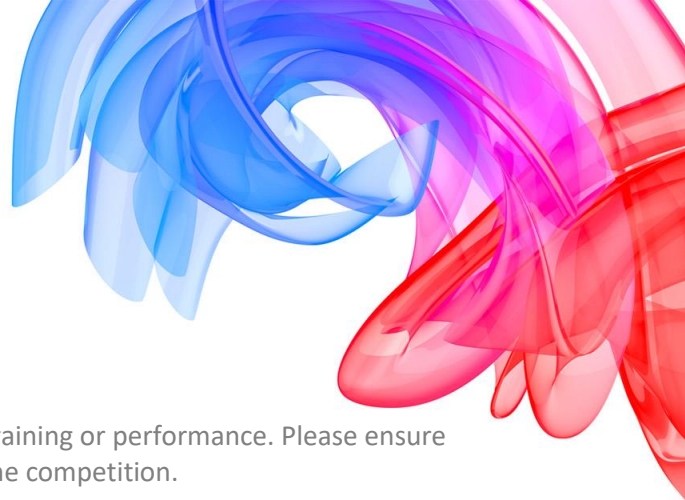
Current British Gymnastics coaching membership is required.

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.

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

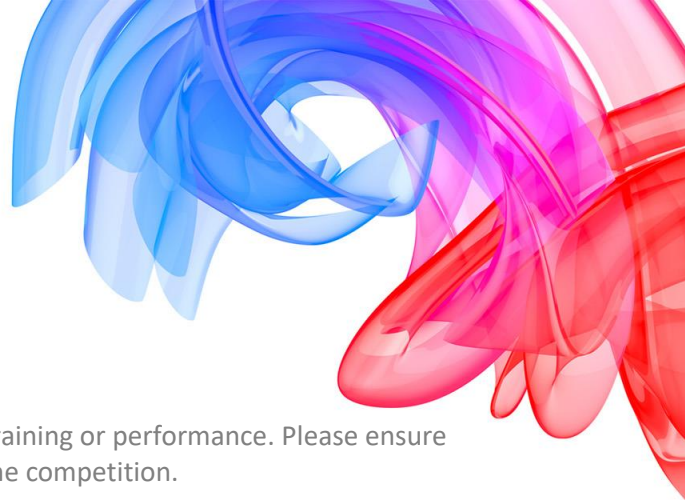
Tight fitting shorts, t-shirt, leotard, leggings can be worn.

The judges must be able to see clearly the angles of which the arms, legs etc. are bending at for accurate scoring.

### 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**

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.

### **Facilities on-site**

#### **Disabled access**

There is disabled facilities.

#### **Food and drink**

Please ensure gymnasts/parent/guardians are aware that they may need to bring own food and drink if they wish.

#### **Toilet and changing facilities**

There are sufficient toilet and changing facilities.

#### **On-site entertainment**

N/A

#### **Spectator area**

There will be a spectator area, please be aware that seating is limited.

#### **Car parking**

There is a car park with limited spaces available, please be prepared that you may need to park away from the centre.

#### **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 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

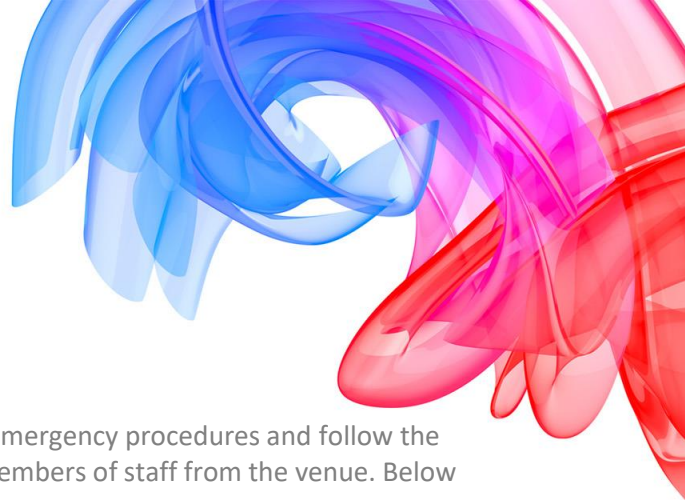
The health, safety and welfare of all participants (gymnasts, coaches and officials) is the primary consideration. All BG policies and procedures will be rigorously applied with regards to health, welfare and safeguarding and protecting children.

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.

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### 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.

**The emergency alarm is a loud ringing sound.**

**On hearing the alarm signal, follow emergency exit signs or staff instructions indicating an alternative route of escape.**

**The fire and evacuation assembly point is in front of the car park outside gates on grassed area.**

### 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.