



TeamGym
Level 6 and 5 competition
Competition Handbook
Host club – Hinckley Gymnastics Club

Competition organiser name: Jack Duggan

British
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

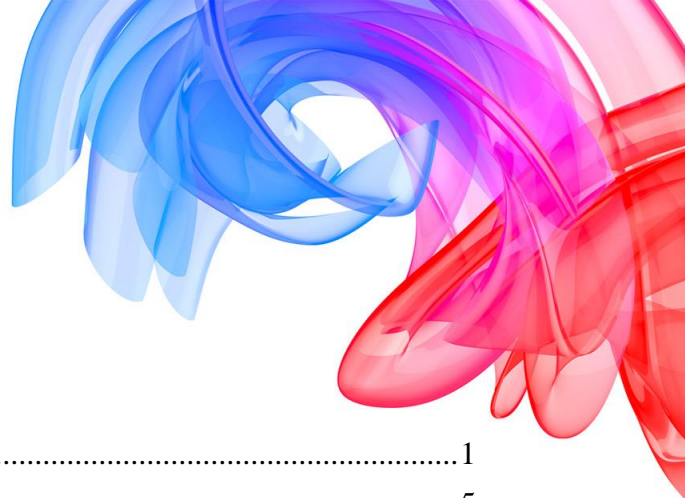
British Gymnastics is proud to be the UK Governing Body for the sport of Gymnastics. We exist to support, lead and inspire all those involved or interested in Gymnastics.

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:

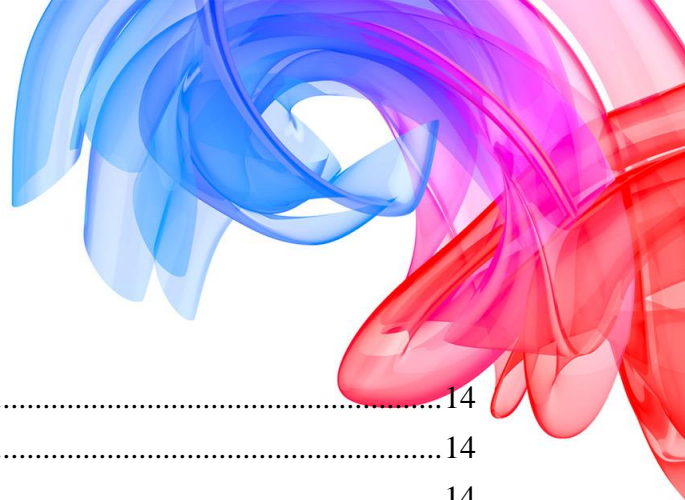
- Gymnastics is a passion shared by millions.
- To create and inspire lasting success for Gymnastics.



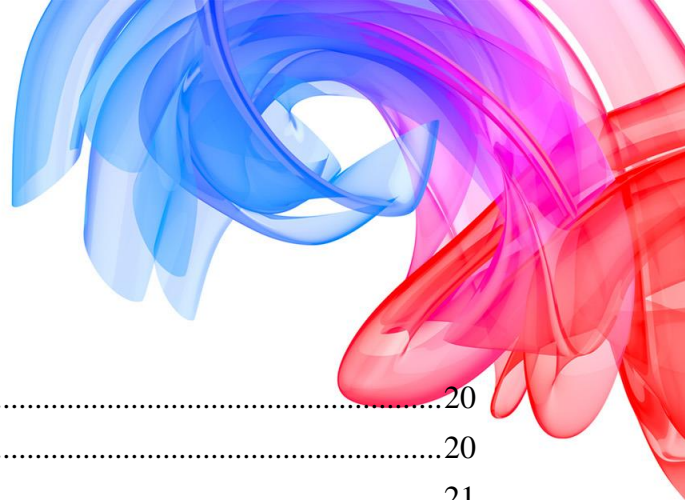


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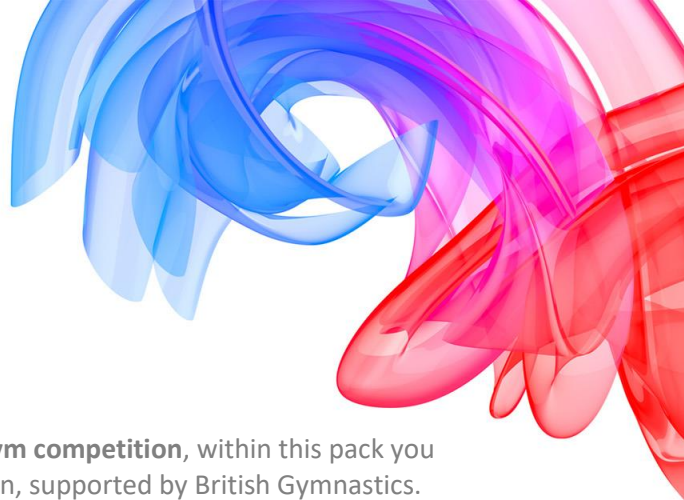
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Competition details – Overview

Welcome to the **Hinckley Gym Club Level 6 and 5 TeamGym competition**, within this pack you will find all the details to participate within our competition, supported by British Gymnastics.

This competition includes both Full TeamGym and Micro TeamGym in all apparatus and is aimed at providing a pathway into the discipline for those who haven't been involved in TeamGym before or very long and allowing those who have been before the opportunity to develop further and take the next step into more challenging skills and the next level.

Who can enter?

This competition is for:

All clubs who have either never taken part in TeamGym competition before or have competed in previous level 6 and 5 competitions are welcomed and will be supported on the day (if required). This is one of our gymnastics for all competitions, which we encourage as many clubs to take part as possible at all levels and abilities.

This great event is open to full and micro teams in mainstream and disability gymnastics who are currently (or wishing to) working towards the British Gymnastics TeamGym rules as shown online and referenced within this handbook.

This is open to all British Gymnastics registered clubs.

Gymnasts aged 7 – 17 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=!4m3!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: 02/12/2018

Estimated start time(s): 9:00am and 12:30pm

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Ford Hall, Lillleshall National Sports Centre,
Newport, Shropshire TF10 9NB

T. 0845 1297129 F. 0845 1249089
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Registration and warm up times: These will be sent out with the programme after entry closure.

Estimated end time(s): 12:30 pm and 4:30pm

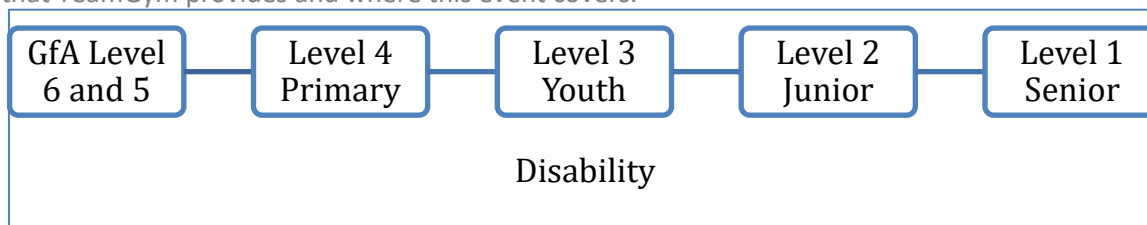
Please note: The end time is estimated and subject to change. The running order will be circulated before the event, but timings may still alter on the day.

Type, level, and pathway

Competition type: GfA Level 6 and 5 Micro TeamGym and Full TeamGym

Competition level: Level 6 and 5

Competition pathway: The following diagram provides a generic overview of the type of pathway that TeamGym provides and where this event covers.



An overview of rules for all levels can be found within the pathway in the **British TeamGym Code [year]**. This can be found on the [British Gymnastics website > Technical > TeamGym > Competition Handbook](#)

Although it may not be necessary for this event (see above details on competition type and level), if you are interested in taking the next steps in TeamGym to Level 4, 3, and onwards, you can find out more information on the [British Gymnastics website > Technical > TeamGym > Competition Handbook](#)

You can also find more information regarding higher level TeamGym events within the UEG Code of Points, found on the [UEG website > TeamGym > Code of Points](#)

Note: The UEG Code of Points contains detailed information regarding skills that this competition is based on. It is worthwhile downloading and making yourself familiar with over time, but not compulsory for this event.

Theme

This competition has no theme.

Entry costs overview – Clubs, Gymnasts, and Spectators

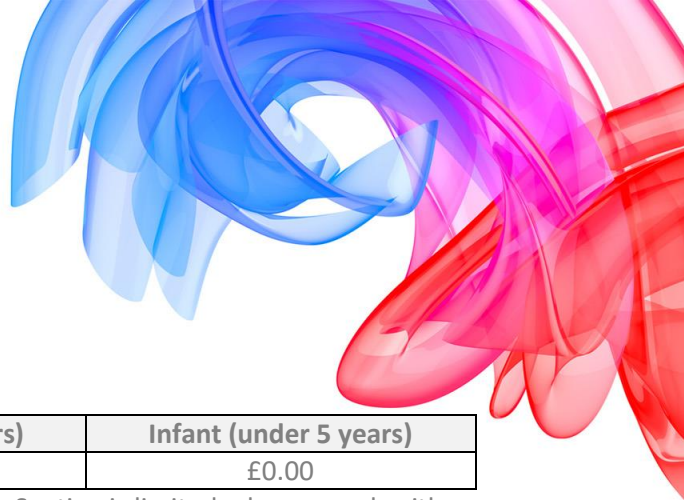
Cost per team:

Micro TeamGym	Full TeamGym
£30 per entry	£60 per entry

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Cost per spectator:

Adult	Child (under 16 years)	Infant (under 5 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: £15.00 per club

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

Competition organiser:	Jack Duggan	07584517635	Jack.duggan@british-gymnastics.org
Venue contact:	Mitch Edwards	N/a	Mitch.edwards@iflip.org
British Gymnastics Competition Coordinator:	Jack Duggan	07584517635	jack.duggan@british-gymnastics.org



Entry details

Method of entry

You can enter this competition via:

Email – Complete and return the entry form to jack.duggan@british-gymnastics.org

Method of payment

BACs transfer:	
Name:	Hinckley Olympic Gymnastics Club
Account number:	08612242
Sort code:	60 – 11 – 06
Reference:	HGC TeamGym comp [Club name]

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

Entry dates

Entry opening date: 25/09/2018

Entry closure date: 04/11/2018

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

Late entries

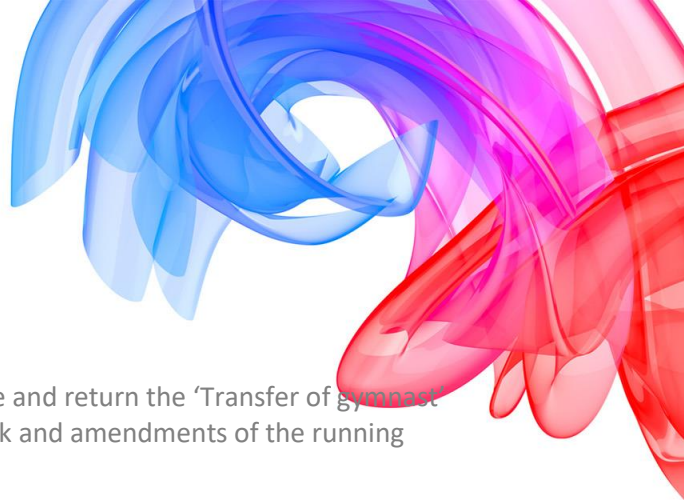
Entries after the closure date may not be accepted (depending on the stage of the organisation process) and may incur an administration charge for the refund process.

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 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 the club keep track and make necessary amendments to the running order.

If the withdrawal is:

- **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.

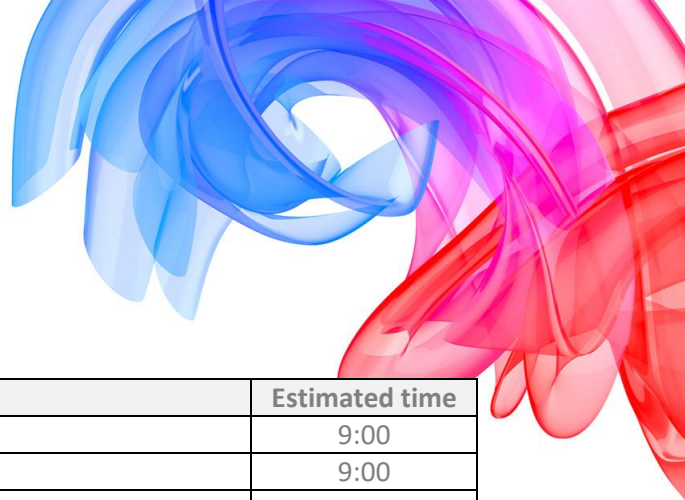
If you haven't received an email of the competition programme five days prior to the competition start date, please contact the competition organiser.

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 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	9:00
Registration	9:00
Door open for spectators	9:00
Coaches and judge's briefings	9:15
General warm up	9:30
Competition begins	9:45
Rounds including change over, intervals, apparatus warm ups, performances	
Presentation	12:10
Photo opportunity	12:20
Competition ends	12:30

Category breakdown

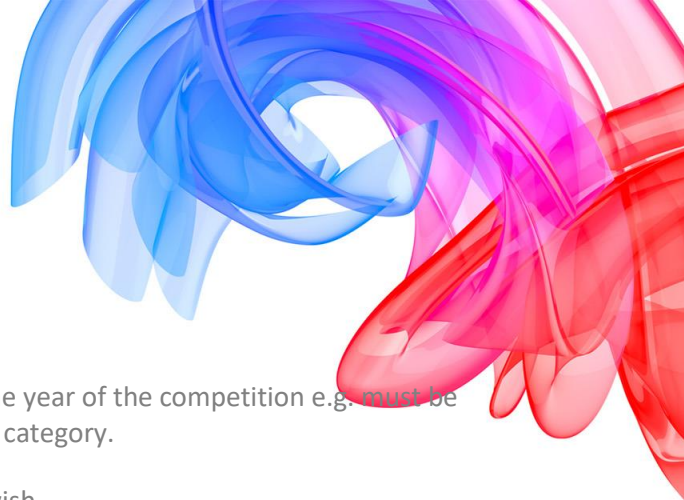
Within this competition the categories are as follows:

	Categories			
Age group (Age in year of competition)	Primary 7 – 11 years	Youth 10 – 14 years	Junior 13 – 17 years	Senior 16+ years

	Competition type	
Competition type:	Full TeamGym	Micro TeamGym
Apparatus competed:	Floor Trampette Tumble	Trampette Tumble
Team size:	6 – 12 gymnasts	3 – 5 gymnasts
Gender:	All male All female Mixed	
Cost per team to enter:	£60.00	£30.00
Maximum training hours per week:	3 hours	3 hours
Notes:	<ul style="list-style-type: none"> Number of male and female gymnasts don't have to be equal. GfA TeamGym rules are designed to be inclusive. Gymnasts with additional needs may take part within a mainstream team or a disability specific team. Please make the competition organiser aware of any specific requirements upon entry. 	

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 in the year of the competition e.g. **must be** 10 in the same year as the competition to enter the Youth category.

You may enter as many teams into each category as you wish.

Entry restrictions: Gymnasts that have...

- 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.

The above restriction is 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 **5 minutes** per apparatus for the apparatus warm up.

Attempts/timings subject to change at the competition organisers discretion.

Music and PPL licence

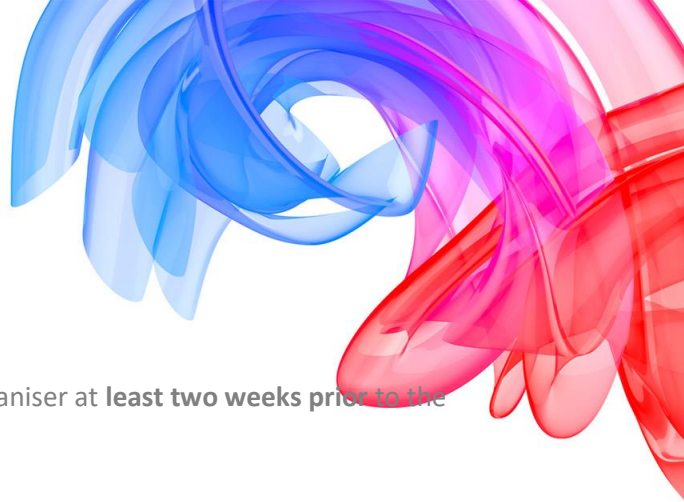
Music is required for the following categories of this competition: **Floor, Tumble, and Trampoline**. These can be the same or different. Music must not contain lyrics.

Where music is required

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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
- 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's music is on its own medium e.g. its own CD-ROM.

Please note that although very-low risk, any damages are your own responsibility and not the host clubs' 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 team 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.

All Apparatus: Wrong number of gymnasts

To enter a TeamGym competition you require the following number of gymnasts:

Full TeamGym = 6 to 12 gymnasts

Micro TeamGym = 3 to 5 gymnasts

The following apparatus requires the following number of gymnasts to perform:

Competition type	Number of gymnasts			Notes
	Floor	Trampoline	Tumble	
Full TeamGym	All entered gymnasts	Six gymnasts	Six gymnasts	See ' Floor: Flexibility ' and onwards for further notes
Micro TeamGym	Micro TG don't perform on floor	Three gymnasts	Three gymnasts	See ' Tumble and Trampoline: Order of performance ' and onwards for further notes

Floor – Having the wrong number of gymnasts means a deduction of 1.0 once per missing/extra gymnast.

Tumble and Trampoline - Having the wrong number of gymnasts means a deduction of 1.0 per round, per missing/extra gymnast (totalling 3.0).

Tumble and Trampoline: Order of performance

During the tumble and trampoline performances, the gymnasts must perform in the order written on the tariff sheets.

Those gymnasts with lower difficulty elements are to perform first.

Gymnasts can be changed each round but must stay the same within that round.

See tariff sheets for detail on Composition of skills to be performed during each round.

Tumble and Trampoline: Streaming

Streaming is where one gymnast is performing their final skill, the next commences their performance.

During the tumble and trampoline routines, no more than two gymnasts can be 'moving' down the runway at any time.

The second gymnasts may not start 'moving' down the runway, until the first gymnast is landing.

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Trampoline: Coaches in landing area

During the trampoline routine there must be **two coaches** on the landing area.

Tumble: Coaches in landing area

During the tumble routine there must be **one coach** on the landing area.

Floor: Flexibility

Part of the floor routine must include all the team performing a 'flexibility element'. This doesn't have to be the same element, but it does need to be performed at the same time.

Gymnasts can choose from the following skills:

- Pike fold
- Japana
- Splits – Forwards or box.

If one or two gymnasts do not adequately complete the flexibility element, a deduction of 0.5 will occur.

Floor: Group elements

Part of the floor routine it must contain a group element. To UEG Code of Points define this by:

'In the group element, all gymnasts must take part and play an active role in either a visible lift off the floor or a throw (i.e. lift, being lifted, throw and/or catch or being thrown). The element must be performed at the same time in groups (a group is three or more gymnasts, movement in pairs is not counted as a group element) or together with the whole team.'

Therefore, Level 6 and 5 competitions Group Element **must**:

- Be demonstrated at least once during the performance.
- Involve everyone, either within small groups or together as a whole team.
- Not involve pitching gymnasts or building high level 'pyramid balances', such as performed in cheerleading or acrobatics.
- Only include skills which are covered by the coaches' British Gymnastics qualification syllabi.

Examples include low level balances, counter balances, helping others to balance or jump.

Floor: Rhythmic sequences (Level 5 only)

Part of the floor routine must contain rhythmic sequences (Level 5 TeamGym only) – see 'Skills and Tariff sheets'

This is where the whole team must perform the same sequence.



During the sequence, all the gymnasts must travel at the same time across (from side to side or from back to front (or reverse)) the floor area.

The starting and ending positions, for each gymnast, must not be further than 3m from the floor edge.

Changing the formation during the sequence is allowed.

The sequence must have at least one change of tempo.

The number of performed movements is optional.

It is not allowed to perform any difficulty elements in the rhythmic sequence.

All the following requirements must be fulfilled to get the 1.0:

- All gymnasts perform the same sequence (mirroring is allowed)
- All gymnasts perform the rhythmic sequence at the same time
- Travel across the floor (back-front/front-back/side-side)
- 1 X change in tempo and no stops
- No difficulty elements included (number of movements is optional)
- Be 3m away from the edge of the floor during the rhythmic sequence

Floor: Precision in formations

During the floor routine, all the formations must be exact (e.g. straight lines when that is intended). Deduction faults are small.

Floor: Transitions

Transitions during the floor routine is the changing from one formation to another, or in preparing to perform the Group Element while including elements/movements during the change of formation.

Transitions must have gymnastic and rhythmic quality and form a natural part of the Floor Program.

Transitions done simply (walking, marching or running) may be deductible each time. Deduction faults are small.

The transitions must be easily made, without taking extra/large steps or squeezing into insufficient space. Not having easy access is deductible each time. Deduction faults are small.

Floor: Synchronisation according to the choreography

During the floor routine the team must perform the elements at the same time when intended according to the choreography. Deduction faults are small, medium or large.

Floor: Uniformity in execution

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During the floor performance the team must perform the same movements/elements exactly the same way unless the choreography clearly states something else.

Difficulty elements counted towards the Difficulty Value (DV) must all be performed similarly e.g. when in a dynamic balance for example a spin, the free leg must be placed equally (all gymnasts in the team). Deduction faults are small or medium.

Floor: Dynamic execution

During the floor routine the team must perform with dynamic execution this includes good rhythm and sense of gravity, with relaxation and extension. There must not be purposeless stops between movements or pauses to prepare for movements.

Sequences performed only with isolated arm and leg movements without the body being involved (frozen upper body) will always result in a deduction. Deduction faults are small.

Floor: Amplitude and extension

During the whole floor routine all elements/movements must be performed with:

- The optimal amplitude (e.g. showing great definition within the movements)
- Visible extension (e.g. pointed toes, head up, straight arms/legs where appropriate etc.)

Deduction faults are small.

Floor: Balance and controlled execution

During the floor routine there will be a deduction for a lack of control shown within movements executed.

For example; extra steps, jumps, arm and leg movements or a hand support, to keep balanced.

Deduction faults are small or medium.

Floor: Planes and levels

Although there are no deductions if this isn't shown, it is encouraged that the team should try to include movements in different directions; forwards, backwards, and sideways. Also, to try performing to different 'sides' of the floor, the; front, back, and sides during the floor routine.




Floor: Falls

During the floor routine if a gymnast falls from a standing position to their; bottom, back, stomach or side, or from hand supported balance; to back, stomach or side, the deduction will be medium each time per gymnast.

Apparatus

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



Apparatus	Manufacturer	Size, dimensions, run up, landing details	Image
Sprung floor	GymNova	12m x 12m	
Table vault using either Trampette or Springboard	GymNova	Height 100 – 165cm	
Track	GymNova	25m in length	

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

Note: Where a box vault is being used, it is strongly advisable to use a springboard to support the vaulting performance.

Deductions

You will find general deductions in the 'Skills and Tariff Sheets' accompanying this handbook.

Appealing a judge's decision

Any appeals of a judge's Difficulty Value (DV) score decision need to be given to the head judge and must be submitted prior to the end of the competition.

Appeals must be submitted by the gymnast'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/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>

Judge requirements

Number of judges required per team

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

At this level of competition, a judging panel may consist of the following two panels:

- Composition (C score)/Difficult Value (DV score)
- Execution (E score)

Depending on the number of judges per competition and layout of the hosting venue they may sit together or separately.

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:

- Intro To... Judging' qualification.



Ideally to hold any of the following:

- Floor and Vault judge qualification.
- Club level 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.

Note: It's not a requirement to use a TeamGym qualified judges at these events, therefore this guide is intended to give qualified judges in GfA, MAG, TUM, and WAG the confidence to judge at these competitions. However, it is strongly recommended that one TeamGym qualified judge sits on each judging panel

Payment

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

Attire

Smart wear – Trousers, Shirt, Skirt, Shoes etc.

Membership requirements

Judges require current British Gymnastics Bronze membership.

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.

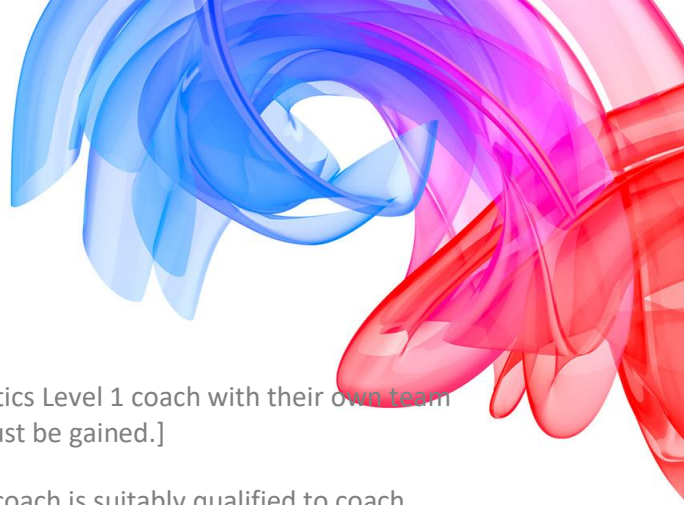
Additional requirements

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 a 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

Coaches require current British Gymnastics coaching membership.

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.

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

T. 0845 1297129 F. 0845 1249089
E. information@british-gymnastics.org
W. british-gymnastics.org



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.

Membership requirements

Gymnasts require Bronze British Gymnastics membership.

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.

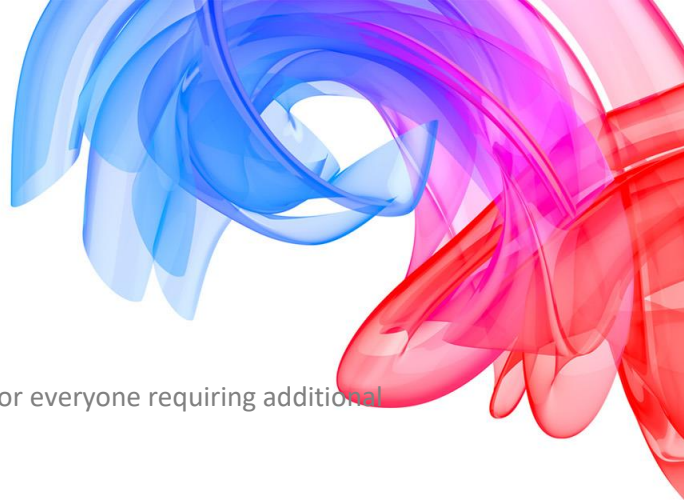
See British Gymnastics guidelines for further details - <https://www.british-gymnastics.org/coaching/coach-membership/health-and-safety>

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

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organiser. Please complete the 'Additional support' form for everyone requiring additional support.

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.

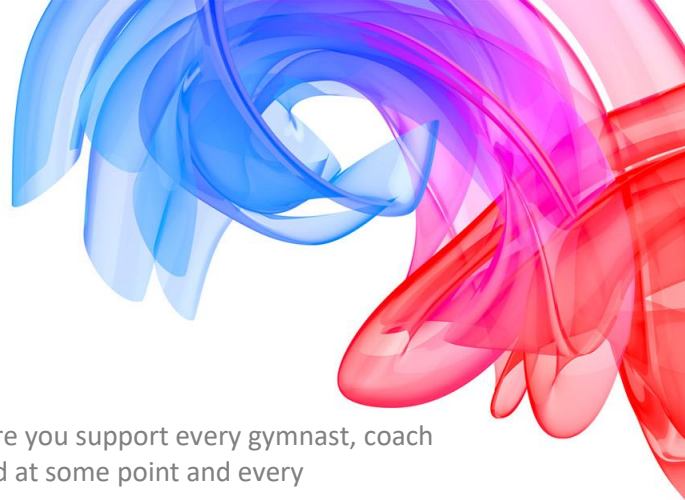
A trained First Aider will be present throughout the competition – This person will be highlighted during the coaches and judges' briefings.

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 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

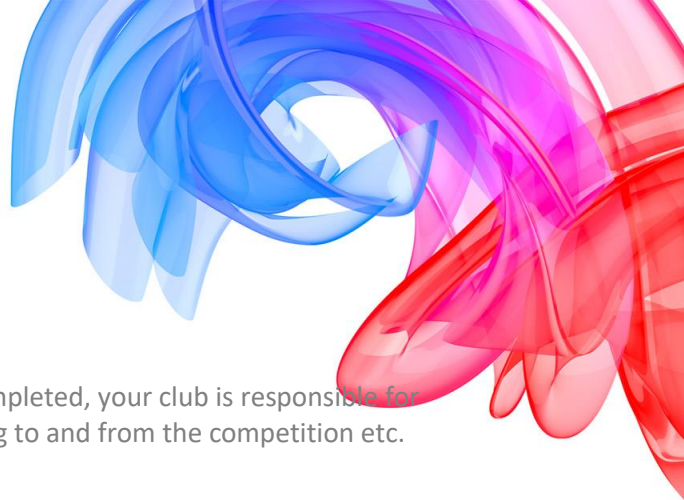
If you have a complaint or grievance regarding any happenings at this competition, please ensure you send in your details to the competition organisers email within five working days of the competition date.

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.