



**LINCOLNSHIRE  
Gymnastics Association**

**2022**

**General Rules &  
Regulations**

**For**

**Women's, Men's Artistic &  
Gymnastics for All**

## **Lincolnshire Committee**

### **Chairperson:**

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### **Vice Chairperson:**

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### **Treasurer:**

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### **Lincolnshire Welfare Officer:**

TBC

## **Technical Committee Contact Details**

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**Lincolnshire Gymnastics Association**  
**2022 Competition Calendar**

<u>DATE</u>		<u>COMPETITION</u>	<u>VENUE</u>
<b>Feb</b>	13 <sup>th</sup>	MA Regional Floor and Vault	Leicester
	27 <sup>th</sup>	<b>MA County 6 Piece</b>	<b>LGC</b>
<b>March</b>	5 <sup>th</sup>	WA Regional/Club grades	Leicester
	6 <sup>th</sup>		
	20 <sup>th</sup>	MA Individual Apparatus	Leicester
<b>April</b>	23 <sup>rd</sup>	WA National/Compulsory Grades	Leicester
	24 <sup>th</sup>		
<b>May</b>	8 <sup>th</sup>	<b>GFA County Comp</b>	<b>Spalding</b>
	22 <sup>nd</sup>	GFA Under 8's	Amber Valley
<b>June</b>	12 <sup>th</sup>	GFA Primary 1 & 2 Boys - 4 Piece Girls	Amber Valley
	26 <sup>th</sup>	GFA Adv, Adv+, CH boys, 4 Piece Girls	Amber Valley
<b>July</b>	3 <sup>rd</sup>	WA County Team & FIG Qualifier	Leicester
<b>Sept</b>	17 <sup>th</sup>	<b>WA County Classic Challenge Zinc/Copper qualification &amp; FIG Voluntary Levels</b>	<b>WHGC</b>
	18 <sup>th</sup>		
	18 <sup>th</sup>	MA Grades	Leicester
<b>Oct</b>	2 <sup>nd</sup>	<b>WA County Brass &amp; Nickel</b>	<b>Spalding</b>
	15 <sup>th</sup>	WA Zinc/Copper Team Regional FIG & Vol Levels	Leicester
	16 <sup>th</sup>		
	29 <sup>th</sup>	WA Regional Champs, Regional Classic Challenge Qualification	Leicester
	30 <sup>th</sup>		
<b>Nov</b>	20 <sup>th</sup>	<b>MA County Floor &amp; Vault</b>	<b>LGC</b>

**LGA – Competitions**

**EMGA – Competitions**

# **HOSTING REQUIREMENTS FOR COMPETITIONS**

## **HOST CLUBS**

Clubs have been allocated the following competitions to organise and host for the 2022 season.

<b>Competition</b>	<b>Competition Date</b>	<b>Organizers</b>	<b>Host Volunteer Cub</b>	<b>Venue</b>
MA County 6 Piece	27/02/22	MTC	LGC	LGC
GFA County	08/05/22	GTC	All clubs to supply a helper for each round	Spalding
WA County Classic Challenge & Zinc, Copper Qualifier	17-18/09/22	WTC	WHGC	WHGC
WA County Brass & Nickel	02/10/22	WTC	Spalding	Spalding
MA County Floor & Vault	20/11/22	MTC	LGC	LGC

### **Organisers For LGA Competitions**

GTC - General Technical Committee

MTC – Men’s Technical Committee

WTC – Women’s Technical Committee

The following personnel are required for Hosting:

- 1 Person to compare and run the Competition for the day
- 2 adults for Door & Programme Duty / Raffle Tickets (Hosting Clubs to arrange own raffle)
- 1-2 Adults for Tea and Coffee during Day
- 2-3 Adult Scorers + Registration
- 1 Music Controller
- 1 Runner for each piece of equipment

**Could computer scorers please note that they must hand over to further round scorers. These helpers have free entry to the Competition; all other Club personnel MUST pay**

With all Competitions, the competition venue will organise meals for judges and helpers.

**IF ANY CLUB CANNOT FIND ENOUGH HELP FOR THEIR HOSTING, PLEASE CONTACT THE COMPETITION ORGANISERS AT LEAST ONE WEEK BEFORE THE COMPETITION.**

## GENERAL RULES AND REGULATIONS 2022

The following regulations will apply at all Lincolnshire Gymnastics Association Competitions - Gymnastics for All (**GFA**), Men's Artistic (**MA**) & Women's Artistic (**WA**) Technical Committee - Competitions in 2022:

### 1. Affiliation

All Lincolnshire gymnasts must be a member of a gymnastics club that is affiliated to their county. All gymnasts, coaches & judges must be members of British Gymnastics.

Gymnasts must hold a minimum of BG Bronze Membership to compete in **GFA, MA & WA** competitions, but must have a minimum Silver Competitive BG membership if competing in Voluntary Level 4, 3, 2, Compulsory & NDP grades or any competition with full FIG including challenge cup qualifiers, plus setworks for **MA**.

All Lincolnshire coaches and officials must be members of British Gymnastics and coaches hold an up-to-date DBS certificate and have attended a Safeguarding & Awareness course or completed an E learning refresher course in the last three years. The level of membership should be appropriate to the qualification held.

### 2. Gymnast's Status

Gymnasts must not change between In Age and Open Age paths during the competition year but refer to competition rules for details on which specific competitions this applies to only.

### 3. Gymnastic Progression

During 2022 clubs can enter gymnasts into which level they deem suitable after the full competition year then gymnasts may stay at the same level or be moved up as needed by each club. During 2022 if a gymnast starts on a discipline, then they must stay in the same discipline *e.g. start in GFA you cannot then do a MA/WA competition during 2022*.

#### GFA specific eligibility

a; Any county based gymnast who has entered MA/WA competitions in the same year is not permitted to enter.

b; Gymnasts must train within the set number of hours per week as listed below:

- Primary 2 and 1: **Max 4 Hours per week**
- Advanced and Advanced Plus: **Max 6 Hours per week**

### 4. Gymnast's Age

Age groups refer to the age the gymnast will reach during the competition year - i.e., gymnast's age on 31<sup>st</sup> December 2022

## 5. Gymnast's Competition Dress and Conduct

**WA & GFA (girls)** gymnasts should be suitably dressed in a well-fitting leotard. Long hair should be neatly tied back. No jewellery is permitted.

All **MA & GFA (boys)** gymnasts should be kitted out in club leotard and shorts/longs for appropriate pieces (T-shirts should not be worn during routines).

Full length tights/leggings can be worn but must be the main colour of the leotard; see FIG ruling. Gymnasts wearing shorts during their routines will be deducted as per the FIG code of points unless permission has been granted by organisers (personal grounds).

## 6. Competition Entries & Fees

All competition entries must be completed on the master email form and emailed to the competition organiser for the specific competition being entered (see specific competition rules).

Payment is made via the following BACS information:

Lincolnshire Gymnastics Association

Sort Code: 30-98-70

Account Number: 00071965

Reference: (whichever competition)

A copy of the clubs BACS payment confirmation needs to be sent through to the competition organiser. If payment is not received by 14 days before the competition, the club's gymnasts will be withdrawn.

Entries made after the closing date cannot be guaranteed, but if accepted by competition organiser, will incur a double entry fee charge.

Any Name, Age, or Level changes must be sent within 7 days of receipt of the draft programme for all individual competitions, otherwise no amendments will be made. Any changes needed to be made can be made prior and before the start of the competition (see specific competition rules).

All gymnasts should have the correct membership and coach's membership, DBS's and safeguarding need to be up to date. If found not to be, entries will be withdrawn.

Any queries about specific competitions should be addressed, in the first instance, to the Technical committee / organiser detailed on page 1 of these rules.

Nominated judges must have the relevant BG membership.

Only registered coaches and competing gymnasts will be allowed in the competition area.

### **Competition fee's 2022**

GFA, MA & WA 2-piece competitions	£10
GFA & WA 4-piece competitions	£15
MA 6-piece competition	£20

## 7. Withdrawal from Competition

Competition entry fees cannot be refunded in the event of a club/team/gymnast withdrawing from a competition after the closing date.

## **8. Regional Qualifying Competitions**

Only gymnasts of clubs affiliated to EMGA will be included as qualifiers in County teams for regional competitions.

As a representative of the County, T shirts will be provided to gymnasts and coaches to keep and wear on the day of competition. Leotards will be provided, free of charge, but are required to be returned on the day of competition. A short-sleeved replica leotard can be sourced for all those who represent Lincolnshire at a cost TBC.

The county secretary will complete the entry form and appropriate fee to the East Midlands for such competitions.

## **9. Lincolnshire Team Competitions**

Please refer to individual competition criteria for details of entry for team competitions.

The following rules apply to the team competitions:

- There is no dedicated reserve; all members of the team may be selected to compete on individual apparatus subject to the max number of competitors as per individual competition rules.
- Teams must be confirmed at registration and before warm-up commences. Changes will not be allowed after registration other than the substitution of the reserve in the case of injury.
- If an injury occurs during the warm-up or competition the reserve may come into the team for the remaining pieces.

## **10. Coaches Competition Qualification, Dress and Conduct**

Coaches must hold a current cycle British Gymnastics coaching qualification that covers the skills that their gymnasts are performing.

One coach per gymnast will be allowed in the competition area at individual competitions and team competitions. Only nominated coaches are allowed in the competition arena. Coaches are required to register along with their gymnasts at each event.

Coaches' minimum qualifications are shown on individual competition pages.

Any Club wishing to request permission for a Level 1 coach to be used in a pastoral role at a Lincolnshire Gymnastics Association (LGA) competition must inform the Competition Organiser (depending on competition) prior to the closing date of the competition. The request will only be considered if the club has more than 2 gymnasts in a group. If permission is agreed the Level 1 coach must not help in physically supporting the gymnasts on the apparatus during the warm-up or competition.

Coaches must be smartly dressed in a club / team uniform consisting of tracksuit or full-length sports trousers / full-length leggings and T-shirt / Polo shirt / Sweatshirt (shoulders must be covered). Shorts / skirts are not permitted. Suitable footwear should be worn. Shoes worn outside are not permitted on the field of play and coaches wishing to wear footwear must bring indoor use only trainers with them to change into.

Coaches who do not adhere to the competition rules will be asked to leave the competition floor. The only jewellery coaches are permitted to wear while in the competition area is a plain banded wedding ring. Small watches can be worn but must be removed when supporting a gymnast. Long hair should be tied back.

When submitting entries for any event the onus is on the Club to ensure that the coaches attending to the participants are qualified to the level of the participant's performance.

### **11. Provision of Judges**

Clubs must supply a judge/s with their competition entry. Clubs will be responsible for the expenses incurred by their nominated judge.

Any Club who is entering gymnasts into **WA** Level Bronze or above competitions (including Individual and Team), must provide a Regional Judge. Alternatively, a Club Judge of at least 4 years' experience judging at County & Regional level will be accepted.

**GFA** competitions clubs are asked to supply a minimum of 1 Club Judge to be nominated for 1- 10 gymnasts being entered. A minimum of 1 Club Judge and 1 Intro to Judge to be nominated for 11 or more gymnasts being entered.

**MA** clubs need to provide a judge for competitions entered, if a WA judge is provided they will be used on either floor, vault, or h-bar. Intro to Judges can be used as a second judge.

The Technical Committee Judging Convener will decide on the make-up of the D & E panels. Entries will not be accepted where a judge has not been nominated. In the event of insufficient judges of the appropriate level to meet individual competition requirements being available, the Judging Convener may select from outside the county.

Competitions may be cancelled if criteria cannot be satisfied from both searches.

If a Club's nominated judge does not arrive at a competition or cancels prior to the competition date the Club will be responsible for the expenses of a non-nominated judge plus an administration fee of £10.00.

### **12. Judges Competition Dress and Conduct**

All judges must have the qualification relevant for the competition level.

Judges must be suitably dressed. Ladies in navy skirt/trousers and jacket/blazer, gentleman in grey trousers and navy jacket/blazer. Heeled shoes are not permitted in the field of play and shoes worn in the field of play must not have been worn outside.

Judges must arrive at the designated time before the start of competition for the judges meeting and be ready at their apparatus judging position at least five minutes before march on.

Judges must have the latest rules with them for each level of competition judging and have familiarised themselves with the rules prior to date of the competition.

Judges should be aware they do have the authority to stop a gymnast performing a move if they think this appears to be dangerous in warm up.

Judges must request permission from the Judging Convener before leaving at the end of an event.

### **13. Mobile Phones / Devices**

Coaches, judges and officials must switch off their mobile phones/devices when in the competition arena, unless being used for music **only**. Stopwatches or wrist watches may be used for timing warm-ups.



## **14. Conduct of Spectators**

It is the Club's responsibility to ensure that all parents/spectators are aware that no spectators can enter the competition arena unless required to for emergency purpose.

All hosting venue rules must be adhered to.

Videeing and photography must be done from the spectator area only and tripods must not be placed on the stairways or pathways. Flash photography must only be used during presentations and switched off during the competition. If this request is not adhered to the competition controller may ask the person(s) in question to leave the competition arena.

## **15. Photography & Video**

British Gymnastics has announced that no prior registration is required for the use of cameras / phones / videos and any other electrical items at competition, but users may be requested to register at the event and may be asked for identification. Lincolnshire will be following these guidelines.

Can all Clubs ensure that personnel and spectators from their individual Clubs are aware that the publishing of videos & photos on public websites should only be done with the consent of all parties involved.

## **16. Competition Referee**

Lincolnshire Gymnastics Association (LGA) competitions to adjudicate in matters of rule interpretation and dispute. The Competition Organiser and Head Judge's decision on such matters will be final.

## **17. Apparatus**

All gymnasts will use the apparatus supplied at the competition venue. Wherever possible equipment dimensions will be set up to FIG specifications which include height and width dimensions for asymmetric bars, beam mount run up and vault run up.

On floor a 5 cm safety mat will be allowed for double back, D and E saltos.

A Yurchenko safety block must be placed around the springboard for performance of this vault and the gymnast's personal hand placement mat can be used. The club is responsible for bringing its own hand placement mat to the competition.

**\*\*Please note that 2022 FIG Asymmetric Bars - height of both bars have been raised by 5cm\*\***

The high bar may be raised in accordance with FIG regulations for tall gymnasts. A tall gymnast is classed as a gymnast who can hang on the high bar and their toes touch the apparatus mats.

Requests for the bar to be raised must be made to the competition organiser and head judge on the piece prior to general/apparatus warm up.

## **18. Safety**

It is strongly recommended that a coach should be close enough to the landing area for dismount on Vault, Bars, Beam, H-bar, Rings and P-bars.

Judges will not deduct due to the presence of a coach; however, this rule does not permit the coach to touch the gymnast during the routine unless it is to prevent an accident.

### **19. Competition Music**

Music must be brought on a device which has an aux connector - tablet, iPod, phone or USB Memory Stick.

A CD can be brought if available at the competition venue so please check with the host club. If using CD's, gymnasts must have their own individual CD's regardless of whether multiple gymnasts are using the same piece of music. Hosting clubs cannot be held responsible if they jump/don't play. Digital is therefore preferred.

It is suggested that all Clubs keep individual copies for their gymnasts that are only used for competitions as training CD's can become scratched.

Music for all competitions should be brought on the day of competitions and handed in when registering or sent to organising club beforehand, if requested.

### **20. Judging Protests**

Coaches may ask a master judge for details of deductions at an appropriate time, to enable the improvement of routines by being informed of mistakes.

Protests regarding D score only should be made at an appropriate time which avoids disruption to the competition running. Any further dispute will be adjudicated upon by the referee whose decision will be final.

Coaches may not complain about another gymnast's score, compare scores or cite other gymnast's scores in a protest.

Video evidence will not be permitted.

### **21. Disputes**

In the event of a dispute that cannot be resolved by reference to the rules, the competition referee shall decide at competitions and the chairman of Lincolnshire Gymnastics Association (LGA) in other circumstances. These decisions shall be final. The situation will then be discussed by the LGA at their next available meeting. Video evidence is not allowed.

### **22. Rule Changes**

The Lincolnshire Gymnastics Association (LGA) reserves the right to amend competition rules as it may feel necessary. Such changes shall be informed to member clubs before closing date of competitions at which they will take effect except where such changes are demanded by the British Gymnastics Association or the FIG within a shorter period.

### **23. Competition Results**

A complete copy of competition results will be issued by email to each Club competing in an event.

In the unlikely event of an incorrect score/medal being announced a member of the LGA will contact the Club involved to make good the error.

## **24. Trophies**

All trophies are the property of Lincolnshire Gymnastics Association. Provision for the return of trophies won at competitions should be made by the date of the following year's competition.

Clubs are responsible for the return of all trophies won by gymnasts competing for them. The cost of engraving winner's names on trophies is the responsibility of the individual gymnasts/clubs.

If trophies are damaged or not returned the Club will be invoiced for the cost of a new one.

## **25. Clarification**

For clarification on any subject please contact the relevant Technical Committee via email allowing a minimum of 14 days for a response.