



Gymnastics for All
Robin Hood TeamGym
Level 5 and 6
Competition Handbook
Host club – Robin Hood Gymnastics Club

Competition organiser name: Jack Duggan

British
Gymnastics
More than a sport



About

Host club

The club has been formed to cater for both the demands of the local community and the surrounding area. It is offering gymnastics to children of all ages and ability. Robin Hood has been formed to offer similar activities and programs of training that have been proven to be successful under various scheme and programs throughout the country.



British Gymnastics

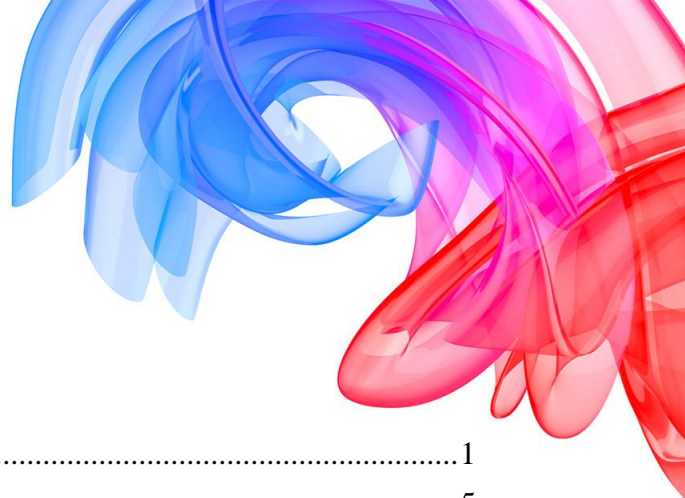
British Gymnastics is proud to be the UK Governing Body for the sport of Gymnastics. We exist to support, lead and inspire all those involved or interested in Gymnastics.

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:

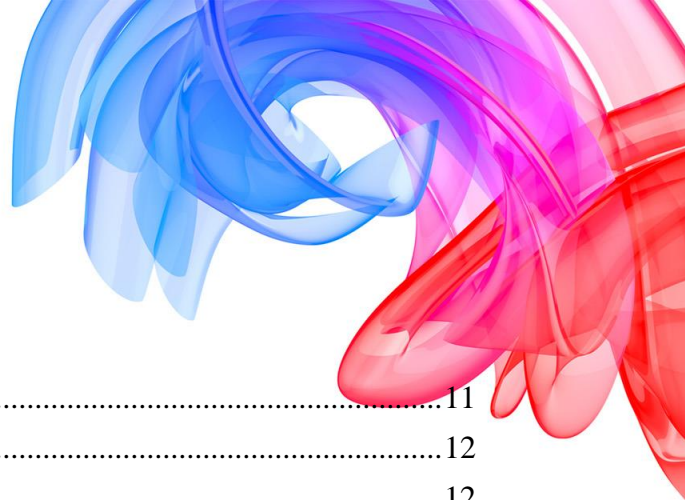
- Gymnastics is a passion shared by millions.
- To create and inspire lasting success for Gymnastics.



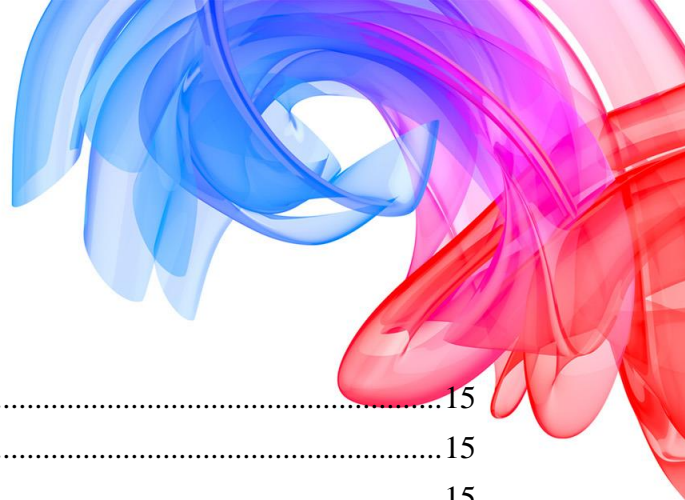


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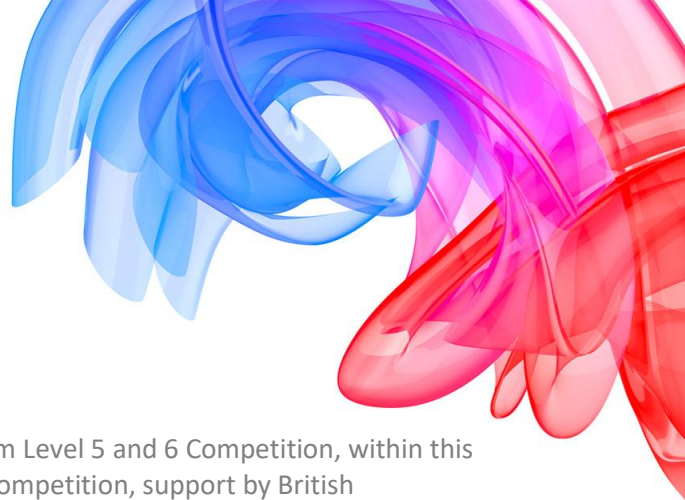
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Competition details – Overview

Welcome to the Gymnastics for All – Robin Hood TeamGym Level 5 and 6 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:

All beginner clubs who have never taken part in TeamGym competition before 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.

It is level 5 and level 6 based competition.

This is open to BG members only.

Venue and address

Venue name: Robin Hood Gymnastics Club, Unit 1, Ellesmere Court, Haydn Road, Sherwood

Venue address postcode: NG5 1DX

Link to google maps:

https://www.google.co.uk/maps/place/Robin+Hood+Gymnastics+Club/@52.9789619,-1.1595753,15z/data=!4m2!3m1!1s0x0:0x76f250d1b15119d7?sa=X&ved=0ahUKewiy6f_jl4LZAhUGbFAKHV_WCckQ_BIIFtAK

Time and date

Date/s: 6th May 2018

Start time: 12:30

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

Estimated end time: 18:00

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

TeamGym is a gymnastics discipline providing a unique opportunity to socialise and compete as a team. It also creates a seamless pathway into festival and display gymnastics. This competition will follow the Gymnastics for All (GfA) TeamGym Level 6 and Level 5 competition rules.

There are options at both L6 and 5 to enter as Full TeamGym or Micro TeamGym. See [Category Breakdown](#) for further details.

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

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Theme

This competition has no theme.

Entry costs overview – Clubs, Gymnasts, and Spectators

Cost per team: Micro TeamGym = £30 per entry Full TeamGym = £60 per entry

Cost per spectator: Adult = £6 Child = £4 Family (of 4) = £15

Note: Spectator fees to be paid on the day of competition. Please be aware, there is limited seating. Please speak with the competition organiser if you have a large group of spectators attending.

Cost for no allocated judge: £15

Note: See [Judge Requirements](#) section for specific requirements

Key contacts

Competition organiser: Jack Duggan – jack.duggan@british-gymnastics.org

Venue contact: Racheal Griffiths – info@robinhoodgymnastics.co.uk



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

Method of payment

Cheques payable to:		BACs transfer:	
Name:	Robin Hood Gymnastics Club	Name:	Robin Hood Gymnastics Club
Address:	Unit 1 Ellesmere Crescent, Hayden Road, Sherwood, Nottingham, NG5 1DX	Account number:	33308675
		Sort code:	54-21-47
		Reference:	Name of club and competition

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

Entry dates

Entry opening date: 12/02/2018

Entry closure date: 22/04/2018

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 will not be accepted and may incur an administration charge for the refund process.

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.

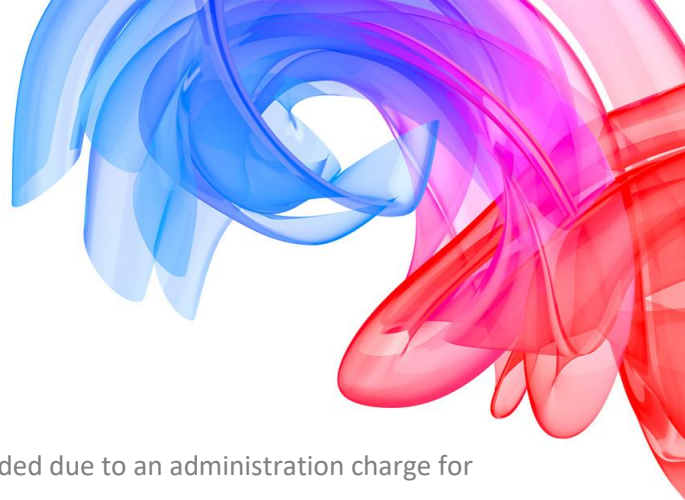
To transfer a gymnast in this competition, please complete and return the 'Transfer of gymnast' form jack.duggan@british-gymnastics.org. This will help keep track and amendments of the running order.

Withdrawal of entry

If you require to withdraw a gymnast, please complete and return the 'Withdrawal of gymnast/club' form to jack.duggan@british-gymnastics.org. This will help keep track and amendments of the running order.

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If the withdrawal is:

- **After the closure date** – A partial fee will be refunded due to an administration charge for the refund process.
- **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.

Please see entry form for details required to enter teams/gymnasts.

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 3 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 pre-planned structure which will be adapted (after the closure date) to suit the number of entries.

Activity	Estimated time
Arrival	12:30
Registration	12:30 – 12:45
Coaches and judge's briefings	12:55
General warm up	13:00
Door open for spectators	12:45
Competition begins	13:15
Competition ends	18:00

Category breakdown

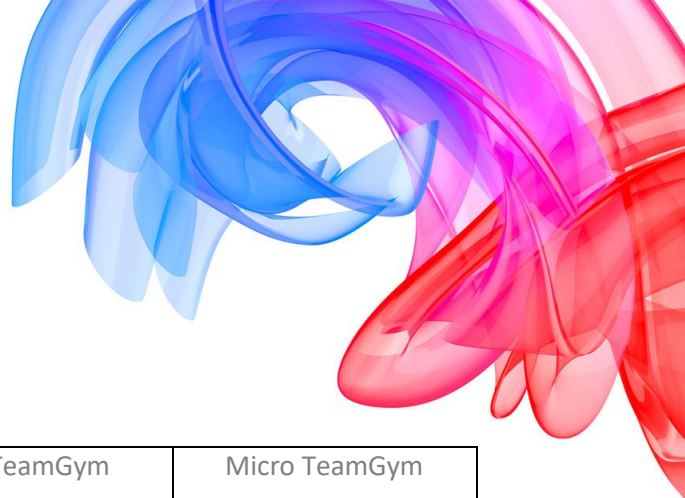
Within this competition the categories are as follows:

Age group	Mini	Youth	Junior	Senior	Disability
(Age in year of competition)	7 – 11 years	10 – 14 years	13 – 17 years	16+ years	Open age

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Gymnastics Enterprises Limited, Registration No 2646569, VAT Registration No 594059506
Company limited by Guarantee Registration No 1630001
Place of Registration England. VAT Registration No 100166672



Full or Micro	Full TeamGym	Micro TeamGym
Pieces covered:	Floor Trampette Tumble	Trampette Tumble
Routines performed in teams of:	6 – 12 gymnasts	3 – 5 gymnasts
Gender and disabilities: (Number of male and female gymnasts don't have to be equal)	All male All female Mixed Disabled Non-disabled	
Cost per team to enter:	£60	£30

Depending on the number of entries in each category after the closing date, some categories are subject to change.

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

Rewards and gifts

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

A medal

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

A medal

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

A trophy

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

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Performance details

Warm up

There **isn't** a separate 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 shall be approximately five minutes per apparatus. Timings subject to change at the competition organisers discretion.

Music and PPL licence

Please ensure that part of your entry will require your music to be submitted.

Please ensure you bring a copy of your music on the day.

If possible to have music converted into a mp4 format on your CD-ROM/iPod etc. to ensure it will play on all mediums.

Music will be played via **CD-ROM** on the club's sound system.

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

Tariff sheets

You will 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.

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)

Skill requirements and routines

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

Repetition of skills

Skills from the boxes maybe repeated in other rounds but try use a range of combinations.



Acrobatic skills

Skills that are held are not to be held longer than two seconds e.g. handstand forwards roll.

Apparatus

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

Apparatus	Manufacturer	Size, dimensions, run up, landing details	Image
Sprung floor	Gymnova	12 x 12m	Contact the venue for further details
Trampette	Gymnova	Contact the venue for further details	Contact the venue for further details
Table vault	Gymnova	Contact the venue for further details	Contact the venue for further details

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

Deductions

This is a guide of how your team scores are created. Deductions will always be to the nearest 0.1

	Floor	Trampette	Tumble
Difficulty value	Open This is total from your tariff sheet	Open This is total from your tariff sheet	Open This is total from your tariff sheet
Composition mark	4.00	2.00	2.00
Execution score	10.00	10.00	10.00
Team score	Difficulty + Composition + Execution = Team score		

Appealing a judge's decision

Any appeals of a judge's decision need to be given to the head judge (this person will be identified during the coaches briefing on the day). This needs to be ASAP and delivered by only the gymnasts' coach. No other can submit an appeal on behalf of the coach.



Club, school, and leisure centre requirements

Club membership requirements

Current British Gymnastics affiliation is required.

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

School membership requirements

Be a registered member of the BG Partner School Programme.

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

Leisure centre membership requirements

Be a registered member of the BG Leisure Centre Programme.

Further details can be found on the British Gymnastics website - <https://www.british-gymnastics.org/clubs/leisure-centres/registration>

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

Ideally will be Intro To... Judging or TeamGym club judge qualified.

An experienced TeamGym gymnast or coach will be allowed for this competition.

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 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

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.

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.

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

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.

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If attire isn't suitable for coaching, the competition organiser holds the right to restrict entry 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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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.

Facilities on-site

Disabled access

This site has disabled access, if you wish to check/arrange any specific requirements please contact the venue directly.

Food and drink

Cold food including sandwiches and snacks will be available on-site. Hot dogs will also be sold.

Toilet and changing facilities

This site has toilet and changing facilities. It also has baby changing and disabled facilities

Spectator area

There is 150 seating capacity – some in the gym and some within the viewing gallery.

Car parking

There is free car parking outside the facility but this is limited. On-street parking is also available.



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 the North of the Country.

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

If you have any gymnasts or coaches that can't be involved in media (photographs, videos etc.) please ensure you state this against their name on the entry form.

At **no point** should flash photography be used as this can affect the gymnast's performances and those with epilepsy.

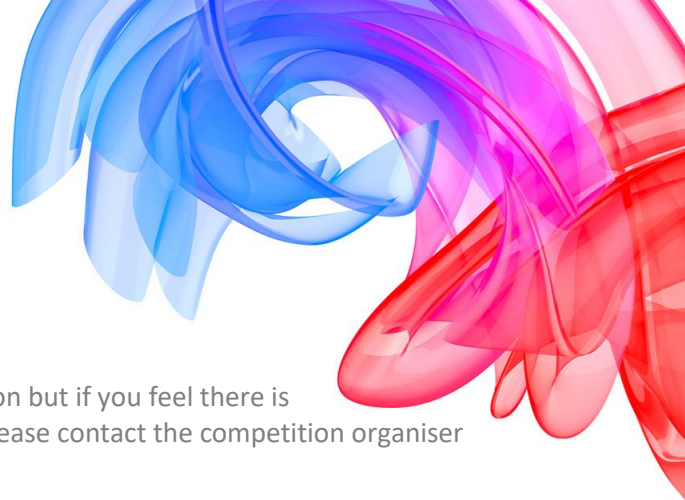
Further details on British Gymnastics photography policy can be found - <https://www.british-gymnastics.org/documents/footer-menu-items/british-gymnastics/3276-photography-policy/file>

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.

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 an emergency (fire etc.), please exit via the nearest emergency exit and meeting at the front car park (meeting point).

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.