



Gymnastics for All – Southern Region Floor and Vault 2018 Competition Handbook

Host venue – Portsmouth Gymnastics Club

Competition organiser name: Jack Duggan

**British
Gymnastics**
More than a sport



About

Host Venue

Portsmouth Gymnastics Club works alongside Portsmouth Gymnastics Centre but is independently managed. This is a thriving club with a well-established gym to support local, Regional and National events while the local demand for participation and elite gymnastics.

British Gymnastics

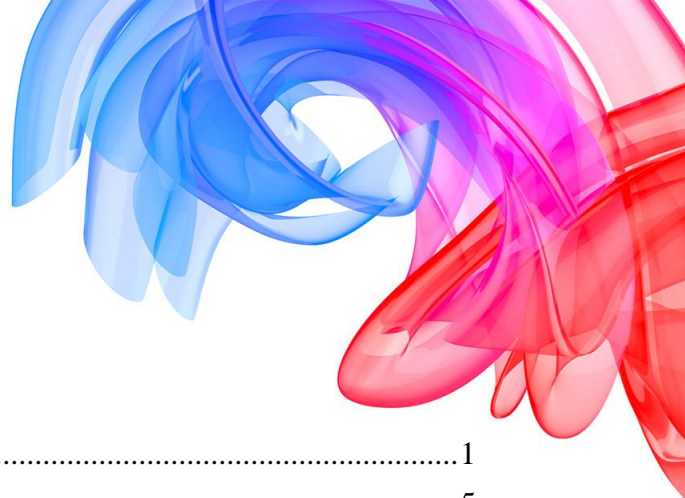
British Gymnastics is proud to be the UK Governing Body for the sport of Gymnastics. We exist to support, lead and inspire all those involved or interested in Gymnastics.

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:

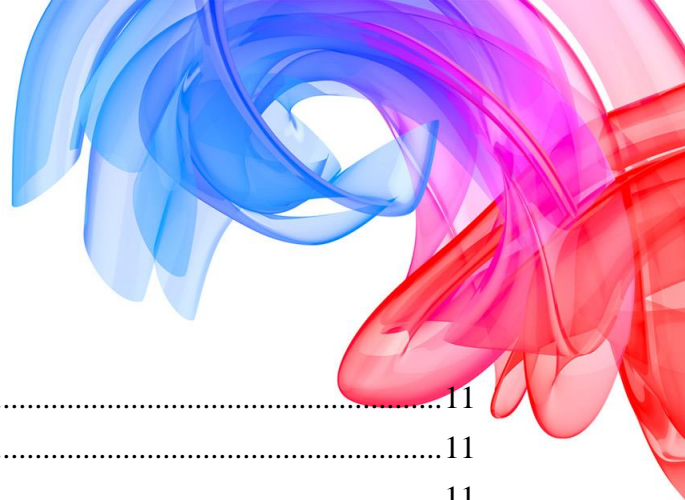
- Gymnastics is a passion shared by millions.
- To create and inspire lasting success for Gymnastics.



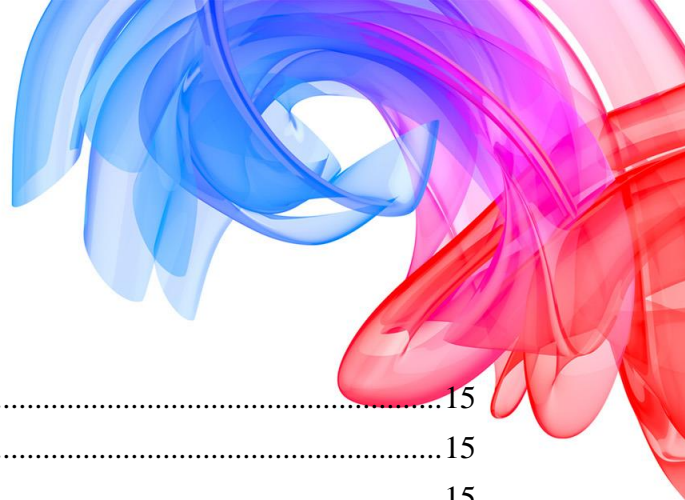


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Competition details – Overview

Welcome to the Gymnastics for All – Southern Region Floor and Vault Competition 2018, within this pack you will find all the details to participate within our competition, delivered by British Gymnastics.

Who can enter?

This competition is for:

Any club can enter this competition from the Southern half of the Country.

All ages are welcome. See categories for further details.

Venue and address

Venue name: Portsmouth Gymnastics Centre

Venue address: Alex Way, Portsmouth, PO2 9AD

Link to google maps:

https://www.google.co.uk/maps/place/Portsmouth+Gymnastics+Centre/@50.8254256,-1.0802264,15z/data=!4m2!3m1!1s0x0:0xee4e48b974717655?sa=X&ved=0ahUKEwjK-MD70qLZAhUCJIAKHRYADQcQ_BlltQEwDg

Time and date

Date/s: 24th June 2018

Start time: 9:00am

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

Estimated end time: 12:00 noon

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

Gymnastics for All – Southern Region Floor and Vault competitions are focused on recreational gymnasts who are training between 1 – 3 hours per week at all ages.

The Southern Region GfA Floor and Vault Competition aims to provide General gymnasts with the chance to compete on Floor and Vault across three levels (white, blue, and red), in a fun and friendly environment.

Theme

This competition has no theme. You may wish to create individual numbers in the theme of your club to help present to the judges before each performance.

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

T. 0845 1297129 F. 0845 1249089
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W. british-gymnastics.org



Entry costs overview – Clubs, Gymnasts, and Spectators

Cost per competing gymnast: £10

Cost per spectator: Adults - £4

Child/concessions - £0

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

Key contacts

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

Venue contact: Reception 023 9320 0402



Entry details

Method of entry

You can enter this competition via:

- **Online entry** – Complete the online entry form via <https://www.british-gymnastics.org/event/9151/gymnastics-for-all-southern-region-floor-and-vault-2018-competition>

Method of payment

Payment method is via GymNet upon entry.

Without payment, entry will not be counted.

Entry dates

Entry opening date: 14/02/2018

Entry closure date: 10/06/2018

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 to 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.

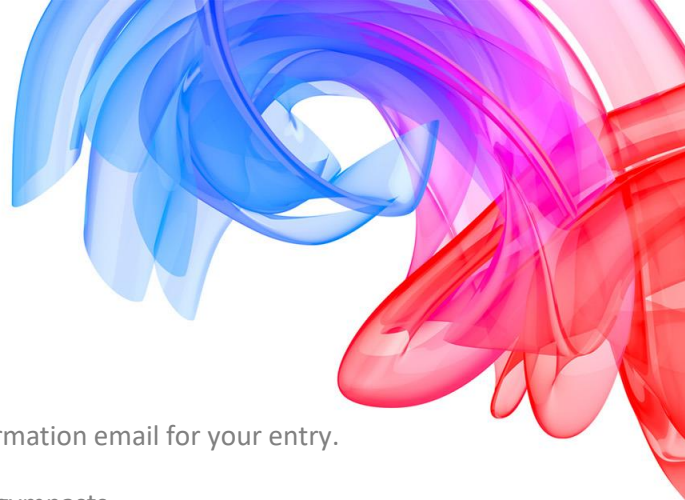
If the withdrawal is:

- **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.

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Place of Registration England. VAT Registration No 100166672



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

Activity	Estimated time
Arrival	9:00
Registration	9:00
Coaches and judge's briefings	9:20
General warm up	9:30
Door open for spectators	9:00
Competition begins	9:40
Competition ends	12:00

Category breakdown

Within this competition the categories are as follows:



	Category		
Category title	White	Blue	Red
Maximum training hours per week	One	Two	Three
Age categories	U8 U10 U12 U14 15+	U8 U10 U12 U14 15+	U10 U12 U14 15+
Gender	Male Female	Male Female	Male Female
Apparatus	Floor Vault	Floor Vault	Floor Vault

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

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

Rewards and gifts

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

British Gymnastics certificate



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

A medal

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



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 on the competition floor and 2-touch warm up on the competition vault.

Timings subject to change at the competition organisers discretion.

Music and PPL licence

You don't require music for this competition.

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 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

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

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

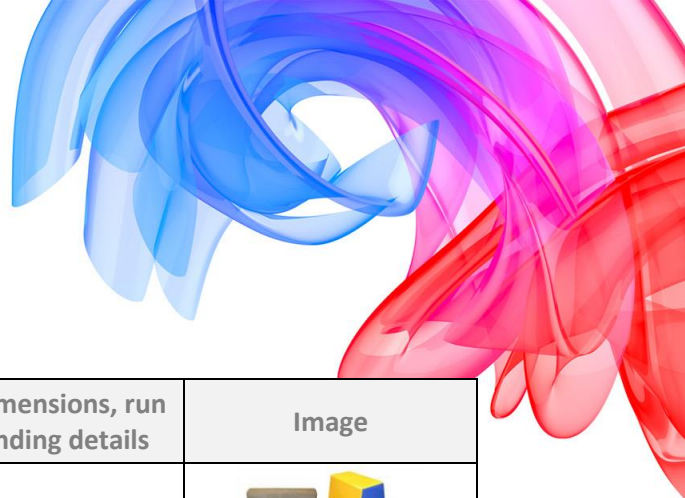
Apparatus


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

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Apparatus	Manufacturer	Size, dimensions, run up, landing details	Image
Cross vault and soft vault module	Contact the venue for further details	See below table for vault high settings	
Sprung floor	Contact the venue for further details	12m x 12m	Contact the venue for further details

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

	White	Blue	Red
Under 8	Coaching Block 60cm	Soft Module 95cm	
Under 10	Soft Module 95cm	Soft Module 95cm	Cross 100cm
Under 12	Cross 110cm	Cross 110cm	Cross 110cm
Under 14	Cross 110cm	Cross 110cm	Cross 110cm
15+	Cross 120cm	Cross 120cm	Cross 120cm

Deductions

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

Appealing a judge's decision

Any appeals of a judge's decision need to be given to the [Insert role here e.g. 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.

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>

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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, they will hold a Floor and Vault judging qualification.

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

They can hold either a MAG, WAG, or TG club judge qualification.

Payment

Travel expenses can be claimed from the competition organiser.

Complete and return the 'Travel expenses – Judges' form to the competition organiser within five working days of the competition date.

Attire

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

Membership requirements

Current British Gymnastics coaching membership is required.

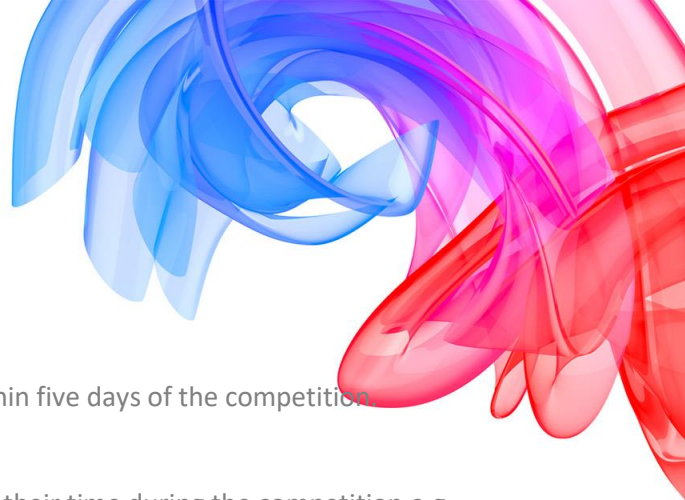
Further details can be found on the British Gymnastics website - <https://www.british-gymnastics.org/coaching/coach-membership/fees>

Travel arrangements

Judges are required to organise their own method of transport to and from the competition at the appropriate times.

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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. 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.

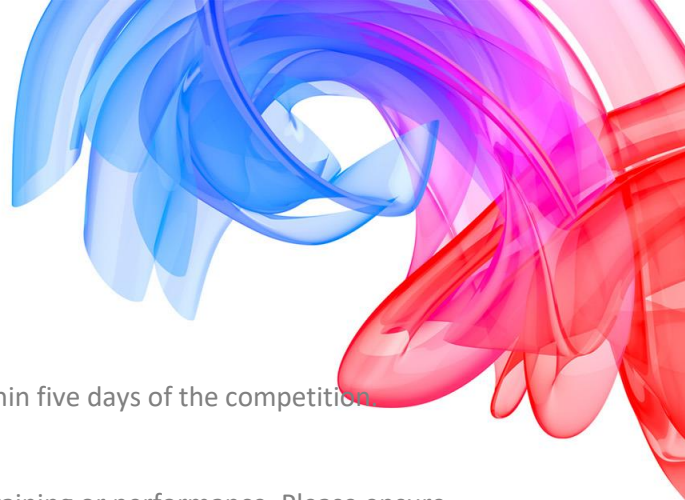
Membership requirements

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.

Gym shoes are accepted.

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

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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

Portsmouth Gymnastics Centre has disabled access. If you require any specific requirements please contact the venue directly.

Food and drink

Portsmouth Gymnastics Centre has hot and cold drink vending machines on-site.

There is a café across the road from the venue.

The centre is planning to have an on-site café but this isn't certain on the opening date.

Toilet and changing facilities

Portsmouth Gymnastics Centre has a range of toilet and changing facilities on-site.

On-site entertainment

There is viewing gallery behind glass but on-site they don't have any other entertainment.

There is a children's outdoor play park nearby if required.

Spectator area

There is seating within the gym and within the viewing gallery. Seating will be limited.

Car parking

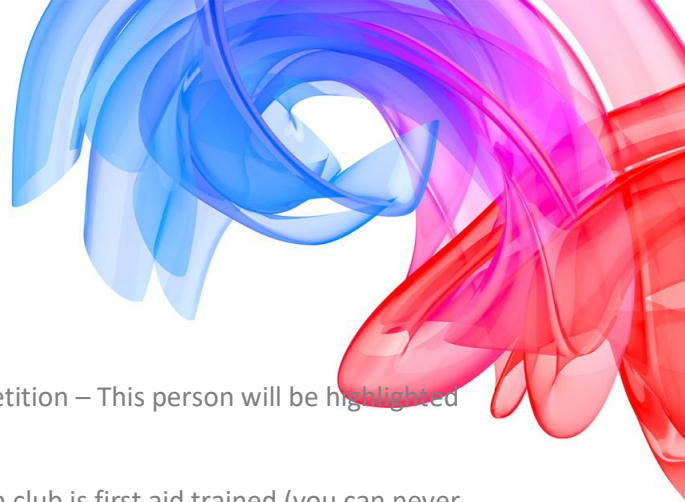
On-site car parking is available and free of charge.

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.

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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

British Gymnastics will follow their normal guidelines for photography and videoing.

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>

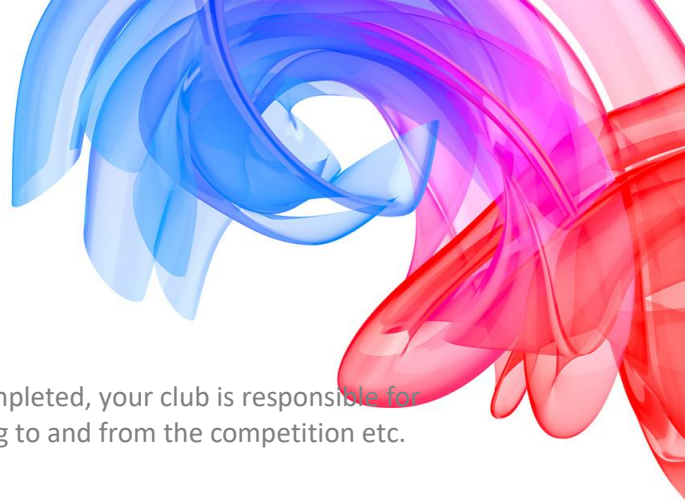
Complaints and grievances

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.

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.