



**Gymnastics for All –
Spalding Gym Academy GfA
Men’s Artistic 2 – 6 Piece
Competition Handbook**

Host club – Spalding Gymnastics Academy

Competition organiser name: Jack Duggan

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More than a sport



About

Host club

Started in 1978 the club moved from place to place until we eventually got our own Gym in 2008 at Cradge Bank, Spalding. We had 100 members when we moved into our new gym and now have 400/500 boys and girls across our different age classes. We have a dedicated team of coaches all qualified to both British Gymnastics Association (B.G.A) requirements and GymMark.

We have classes for boys' and girls' recreational gymnastics, after school classes. Also, we have development squads. We have squads of boys and girls in Artistic Gymnastics, these are our competition squads. We compete in County, Region and National competitions with great success.



British Gymnastics

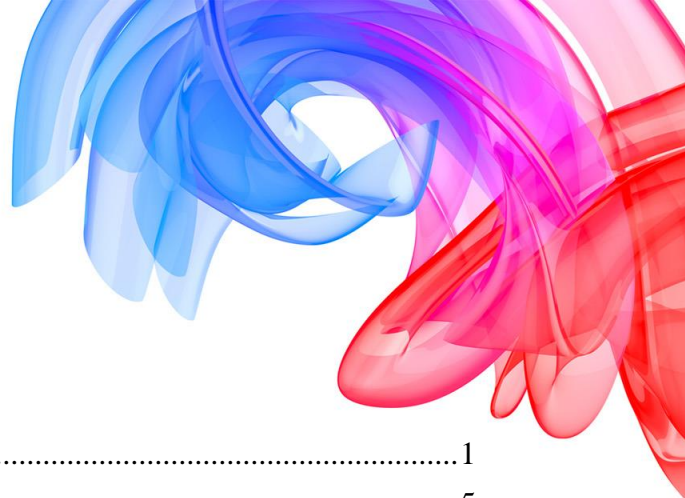
British Gymnastics is proud to be the UK Governing Body for the sport of Gymnastics. We exist to support, lead and inspire all those involved or interested in Gymnastics.

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:

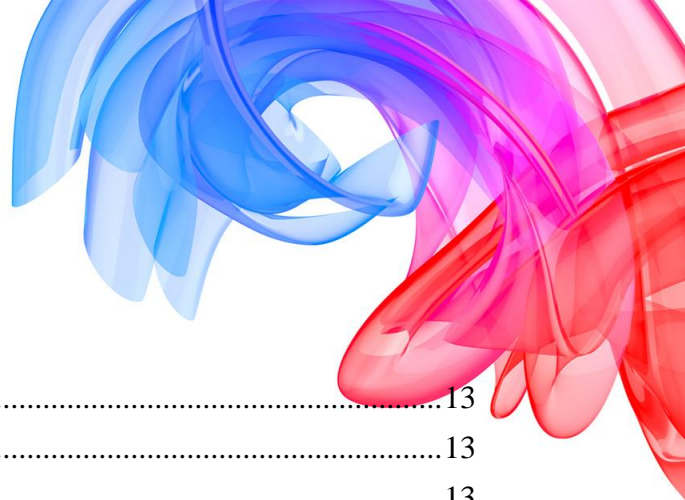
- Gymnastics is a passion shared by millions.
- To create and inspire lasting success for Gymnastics.



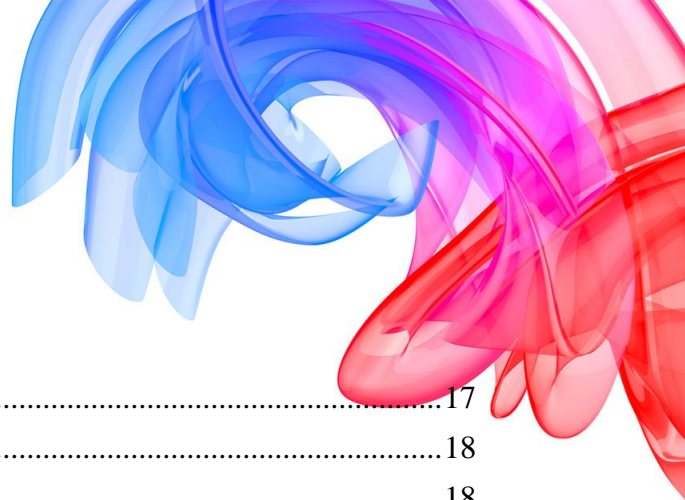


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Competition details – Overview

Welcome to the **Men's Artistic – Spalding Gymnastics Academy GfA Men's Artistic 2 – 6 Piece Competition 2018**, within this pack you will find all the details to participate within our competition, support by British Gymnastics.

This competition is aimed at providing a pathway into the discipline for those who haven't been involved in Men's Artistic 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.

This competition includes allows gymnasts to enter the compulsory apparatus of Floor and Vault but then allowing them the choice of entering any of the voluntary apparatus; High Bars, Rings, Pommel (Mushroom), or P Bars.

Who can enter?

This competition is for:

Gymnasts that wish to explore and perform within a friendly low-level competition.

Clubs from East Midlands and surrounding regions.

Gymnasts aged 5 – 15 years old

See '[Category breakdown](#)' and '[Entry restrictions: Gymnasts that have...](#)' sections for further details.

Venue and address

Venue name: Spalding Gymnastics Academy

Venue address and postcode: Unit 8 Cradge Bank, Spalding, Lincolnshire, PE11 3AB

Link to google maps:

[https://www.google.co.uk/maps/place/8+Cradge+Bank,+Spalding/data=!4m2!3m1!1s0x4878036e61dfaf81:0xa4f7166bd0b69cef?sa=X&ved=0ahUKEwjrxqHuPjaAhUJIsAKHUQnB1sQ8gEIJAA](https://www.google.co.uk/maps/place/8+Cragde+Bank,+Spalding/data=!4m2!3m1!1s0x4878036e61dfaf81:0xa4f7166bd0b69cef?sa=X&ved=0ahUKEwjrxqHuPjaAhUJIsAKHUQnB1sQ8gEIJAA)

Time and date

Date/s: 21st October 2018

Start time(s): 9:00am and 1:30pm

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

Estimated end time(s): 1:00pm and 5:30pm

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.

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Type, level, and pathway

Competition type: Men's Artistic 2 – 6 Piece

Competition level: Low-level Gymnastics for All

Competition pathway: This competition is a standalone competition within the club itself, but the routines and skills are closely linked to the County and Regional competitions. If you wish to progress to the next step in competition level, you would need to contact the County or Regional representatives.

Theme

This competition has no theme.

Entry costs overview – Clubs, Gymnasts, and Spectators

Cost per entry:

Floor and Vault (minimum)	Additional apparatus	All six apparatus
£6.00	£3.00 per apparatus	£15.00 (saving £3.00)

Cost per spectator:

Adult	Child (under 16 years)	Infant (under 5 years)
£4.00	£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

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:	Alec Harding	01775 713599	info@spaldinggymnasticsacademy.co.uk
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:	Spalding Gymnastic Academy
Account number:	55 – 50 – 56
Sort code:	62120549
Reference:	Spalding GfA MA [club name]

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

Entry dates

Entry opening date: 06/08/2018

Entry closure date: 21/09/2018

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

Late entries

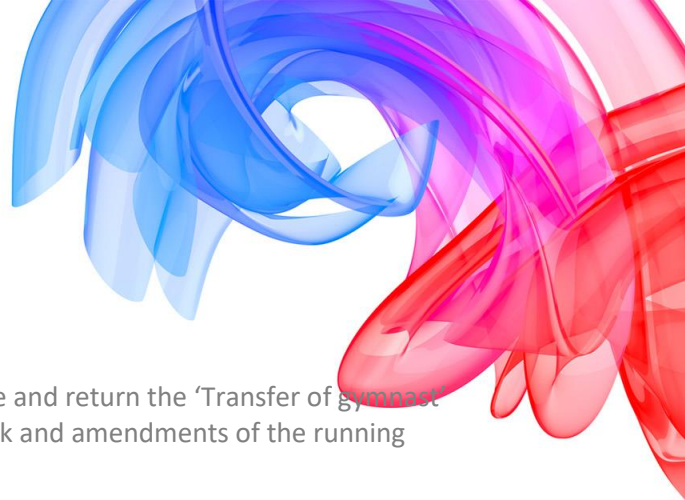
Entries after the closure date may not be accepted (depending on the stage of the organisation process) and may incur an administration charge for the refund process.

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 if it 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.

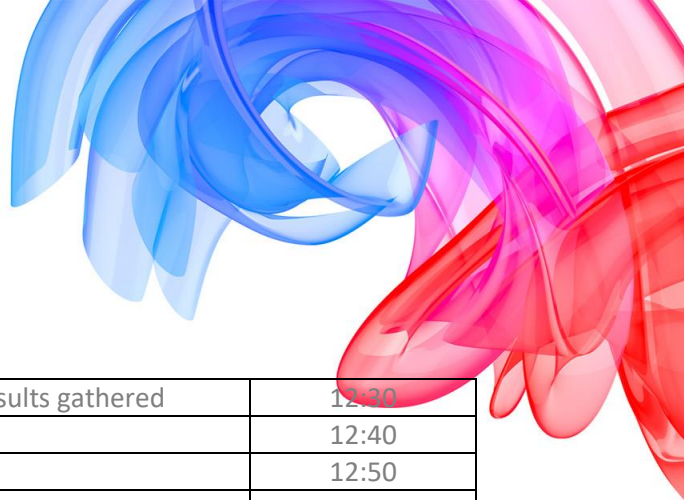
Note: Some competitions may be broken up into separate smaller competitions to suit the number of entries/categories e.g. AM and PM.

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	9:30
Rounds including change over, intervals, apparatus warm ups, performances	

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Gymnasts tumble/show off favourite skills while results gathered	12:30
Presentation	12:40
Photo opportunity	12:50
Competition ends	13:00

Category breakdown

Within this competition the categories are as follows:

Category title	Category	
	U8	O8
Maximum training hours per week	Two	Three
Individual categories	5 years old 6 years old 7 years old 8 years old	8 years old 9 years old 10 years old 11 years old 12 years old 13 years old 14 years old 15 years old
Gender	Male	Male
Compulsory apparatus	Floor Vault	Floor Vault
Voluntary apparatus	High bar Parallel bars Pommel (mushroom) Rings	High bar Parallel bars Pommel (mushroom) Rings

The gymnast must be of appropriate age for category **on the date** of the competition e.g. must be **5 years old on the day** of the competition **to enter the 5 years old category**.

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.

Gymnastics for All rules are designed to be inclusive. Gymnasts with additional needs may take part within the age category or within a disability specific category. Please make the competition organiser aware of any specific requirements upon entry.

Entry restrictions: Gymnasts that have...

- Competed within County and Regional competition **can** enter this competition but please ensure you look at the maximum training hours, level of skills, and age groups entering this competition and use your professional judgement when entering your gymnasts into this event.

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- 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.
- Competed in any other competition type or are outside the requirements and can't access into this event can still get involved. Please **email the competition organiser** to see how they could bring their experience and skill set to the event through display, coaching/support/mentoring, role model/VIP, judge, volunteer etc.

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:

A participation certificate

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

A medal – Bronze, Silver, Gold (place dependant)

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

Performance details

Warm up

There **isn't** a warm up hall for the gymnasts. The programme will include a general warm up at the start of the competition but also per apparatus.

There will be approximately five minutes on floor and two minutes on all other apparatus for the apparatus warm up.

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

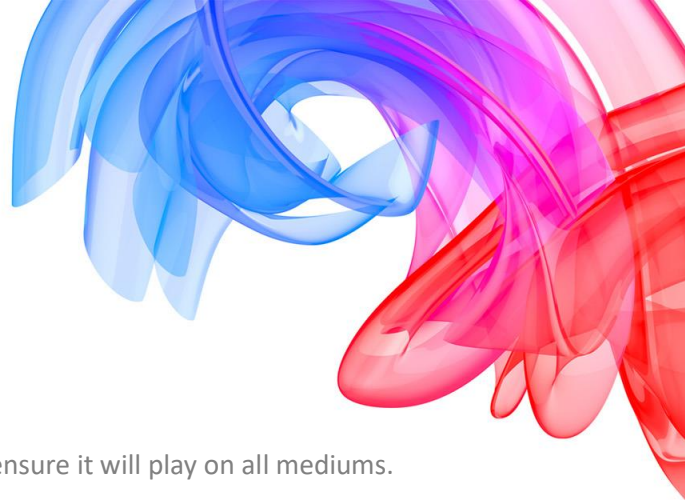
Music and PPL licence

Music is required for the following categories of this competition: **None**

Where music is required

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 radio within the background.

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)
- At the start of each apparatus rotation (pre-warm up) (as a team)
- Before the performance (as an individual)
- After each individual performance (as an individual)
- During the awards ceremony (as an individual/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.

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Repetition of skills

Floor – If a skill is repeated, the second attempt will be ignored.

Vault – You can perform the same skill on both attempts.

Pommel, Rings, Parallel Bars, and High Bar – All have set routines and will state if skills are repeated or not.

Apparatus

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

Apparatus	Manufacturer	Size, dimensions, run up, landing details	Image
Sprung floor	Gym Nova	Up to 12m (a strip of the sprung floor)	N/a
Vault (Block)	Gym Nova	60cm blocks Gym Nova run up mat also will be used	N/a
Pommel – High mushroom	Gym Nova	N/a	N/a
Rings	Gym Nova	N/a	N/a
Parallel Bars	Gym Nova	Adjustable to gymnast	N/a
High Bar	Gym Nova	Adjustable to gymnast	N/a

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

Deductions

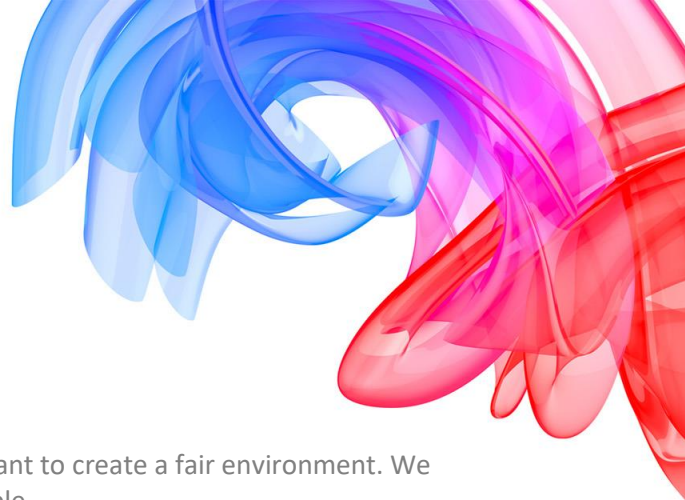
You will find general deductions in the 'Skills and Tariff Sheets' accompanying this handbook.

Appealing a judge's decision

Any appeals of a judge's decision need to be given to the head judge and must be submitted prior to the end of the competition.

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Appeals must be submitted by the gymnast' 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.

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

Judges required per team

1 – 15 gymnasts entered = 1 judge required

16 – 29 gymnasts entered = 2 judges required

30+ gymnasts entered = 3 judges required

Where a judge can't be provided a £15 fee will apply.

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.

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Qualification requirements

Minimum to hold any of the following:

- Men's Artistic Club Judge (minimum)

You can assist a qualified judge if you hold any of the following:

- Intro to... Judging
- Floor and Vault Judging Level 1 or 2
- Women's Artistic Club Judge (or above)

Note: Judging guides will be provided on the day for those who haven't judged at this type of competition before.

Note: The competition will require at least one qualified Men's Artistic Club judge on each apparatus to run. Therefore, the more Men's Artistic qualified judges nominated the better; but if you can't supply this please still enter but with a nominated assistant judge.

Payment

It is the judges' club responsibility to pay the judges expenditure costs such as travel etc.

Attire

Ideally FIG standards will be followed – Navy trousers/skirt, white shirt*.

Allowed – Black trousers/skirt, white shirt*.

*Tie not required

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>

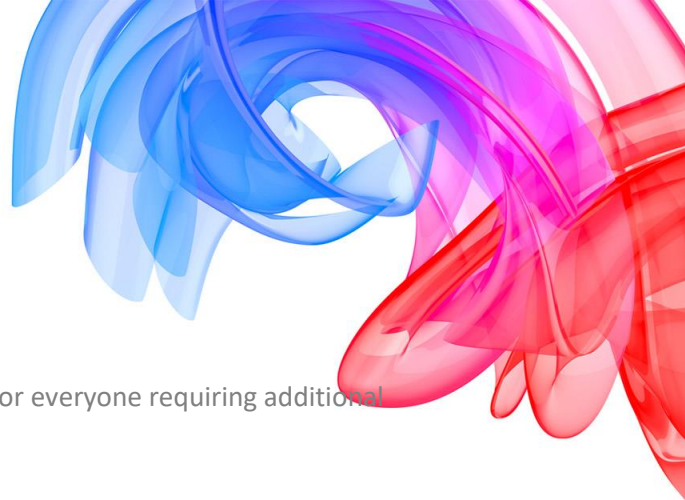
Travel arrangements

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 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.

Contact the competition organiser for links to another club/host club.

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

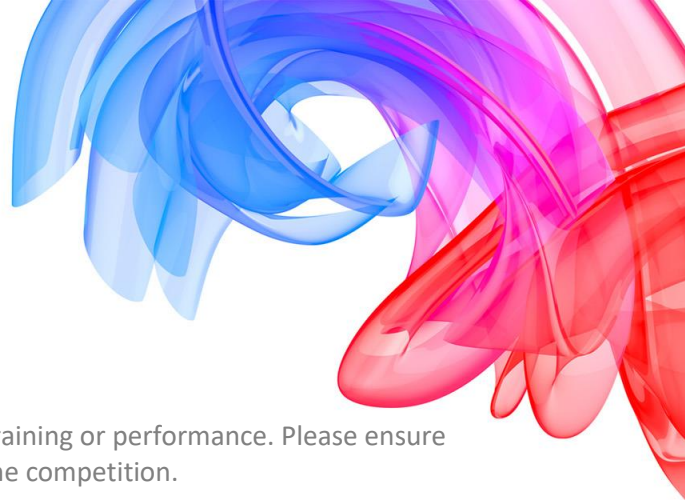
Coaches require current British Gymnastics coaching membership.

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.

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

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: Leotard, T-shirt and shorts (no longer than knee length) 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>

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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

Spectator area and disabled access

The spectator area will be located upstairs within the viewing gallery area, where the café area is also located. This can hold up to 120 spectators.

If you require a large number of spectator seats, please contact the competition organiser to discuss this prior to the event.

There is disability to the site. There isn't a lift to the upstairs seating/café area but if required assistance to the café facilities this can be pre-arranged as with the seating downstairs. Please contact the competition organiser prior to the event to arrange this.

Food and drink

There is a café on-site. Conventional snacks and drinks will be available.

Toilet and changing facilities

Toilets and changing facilities are on-site. Where possible please bring the gymnasts ready for the competition with their warm clothes on top of their performing clothing.

Baby changing is also available.

On-site entertainment

There are no on-site entertainment areas available.

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Car parking

There is on-site parking available, 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.

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.

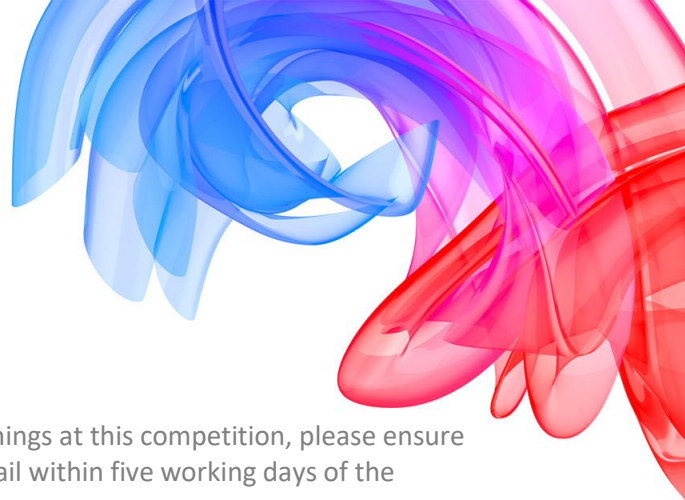
Photography

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:

- Marked emergency exits located all around the gym and building

At the start of the event a safety announcement will take place to ensure everyone is aware of the procedure also.

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.