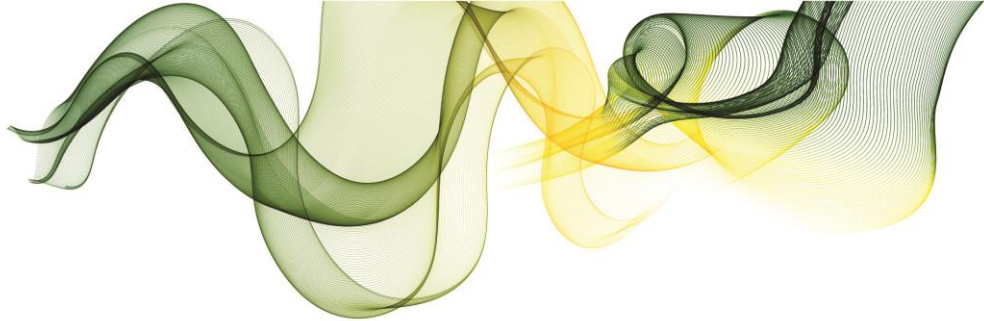


**Yorkshire Gymnastics Association  
General Gymnastics  
Floor and Vault  
Competition Handbook**

**Working In partnership with our Governing Body**

**British  
Gymnastics**



## About

### Yorkshire Gymnastics Association

Welcome to the Yorkshire Gymnastics Association (YGA). The association was founded in 1898 and was one of the first to become affiliated to British Gymnastics. It was known then as Yorkshire Amateur Gymnastic Association and has had several changes over the decades to also include the Humberside Region.

Yorkshire Gymnastics covers North, West, East (formally Humberside) and South Yorkshire.

The mission of Yorkshire Gymnastics Association is to encourage, promote and control the sport of gymnastics within the Yorkshire Region.

In 2009 a small number of individuals identified a need to provide competitions for children who were not on an elite gymnastics' pathway. A committee was formed to co-ordinate friendly competition opportunities for clubs in the Yorkshire region to enter. A decade into managing the events we have now teamed up with British Gymnastics to continue to provide our competitions with the support of our governing body.



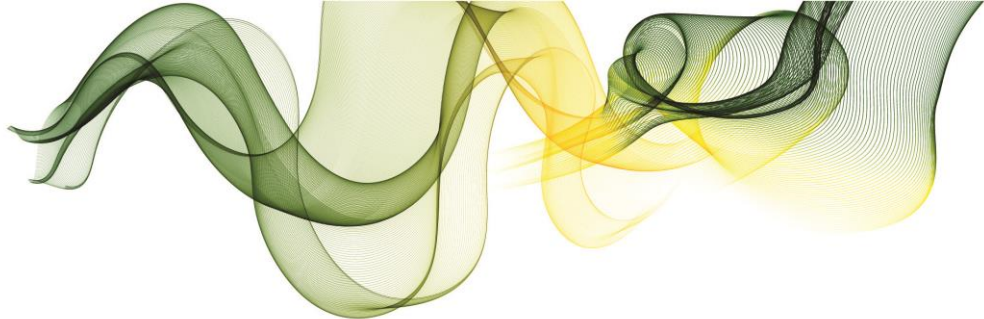
### British Gymnastics

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.

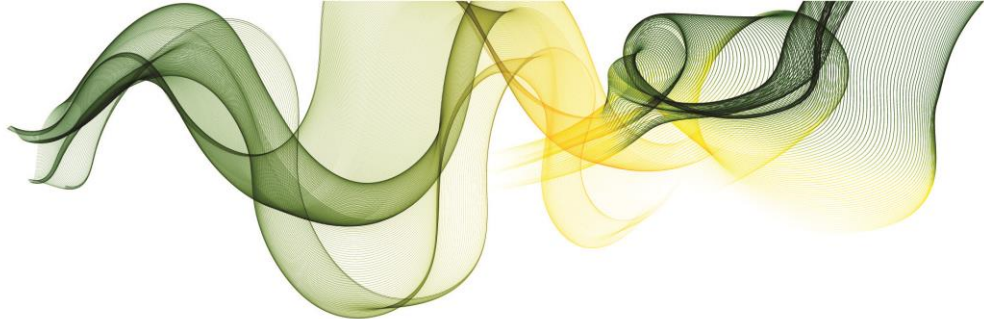
The British Gymnastics strategy aims to meet the following vision and core purpose:

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

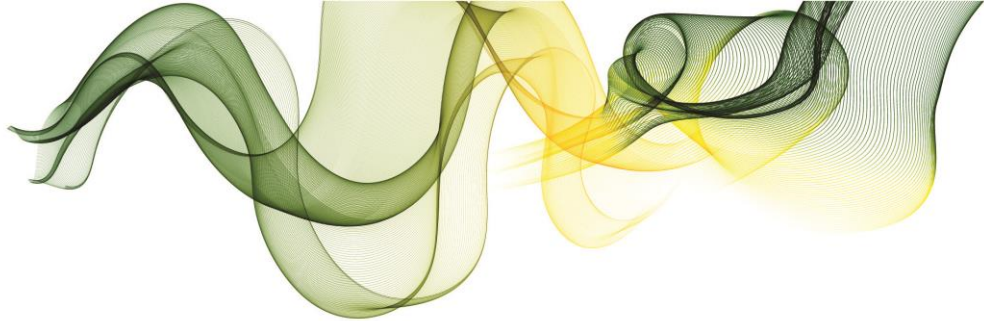


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## Competition details – Overview

Welcome to the **Yorkshire Gymnastics Association Competition Handbook**, within this pack you will find all the details to participate within our competitions, support by British Gymnastics.

The aim of this gymnastics competition is to provide an opportunity for gymnasts to participate within a recreational and fun competitive environment. This competition breaks down the 'Key Skills' involved in General Gymnastics (also the other disciplines) and builds them up towards more challenging skills which gymnasts love to do in any environment.

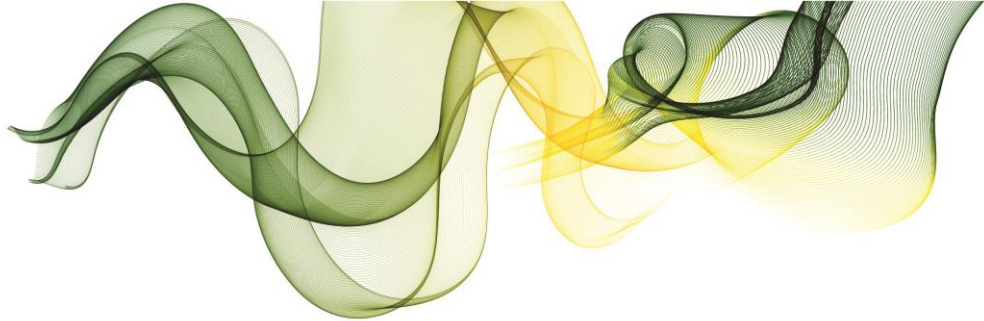
This competition is a Regional level focused competition aimed at those who otherwise would have few competition opportunities.

### Who can enter?

This competition is for:

<b>Gender</b>	Boys and Girls (see specific event)
<b>Age</b>	6 years + Gymnasts must be of age [to enter the appropriate category] in the <b>year</b> of the competition. <b>For example:</b> A gymnast needs to be 7 years old in by the 31 <sup>st</sup> December to enter the Under 8's category.
<b>Ability</b>	This competition is aimed at <b>individual</b> and <b>teamed</b> gymnasts training a maximum of 1 – 4+ hours per week (category dependant) within a General Gymnastics setting.
<b>Club, County, Region</b>	This is open to all British Gymnastics clubs who are affiliated to Yorkshire Gymnastics Association (YGA).  Anyone within the Yorkshire region can be affiliated. For further details see ' <a href="#">Club requirements</a> ' section.

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



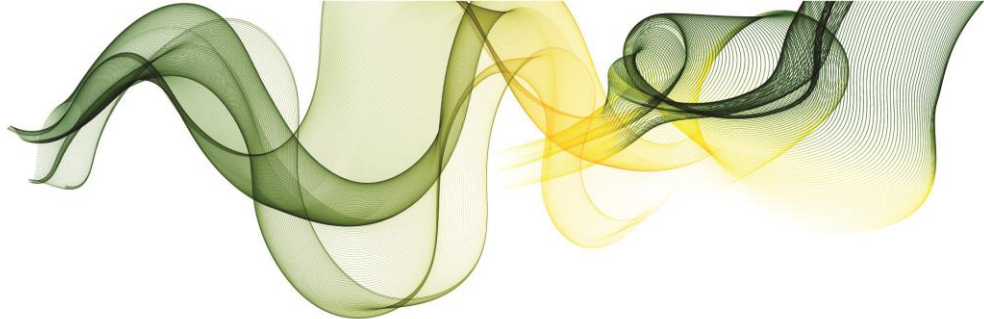
Dates, Competition, Level, Venue, Address

2019 competition dates	Competition	Level	Venue, Post code	Link to Google maps	BG website link
22/09/2019	Yorkshire GG Girls Sub-Regional 2019 – West Yorkshire	Individual and Team: Introductory Level Intermediate Level Advanced Level Advanced+ Level	Temple-Newsam Halton GC, Fearnville Leisure Centre, Oakwood Lane, Leeds – LS8 3LF	<a href="#">Link</a>	<a href="#">BG website link</a>
22/09/2019	Yorkshire GG Girls Sub-Regional 2019 – South Yorkshire	Individual and Team: Introductory Level Intermediate Level Advanced Level Advanced+ Level	Ecco Gymnastics Club, Wisewood Sports Centre, 75 Laird Road, Sheffield – S6 4BS	<a href="#">Link</a>	<a href="#">BG website link</a>
22/09/2019	Yorkshire GG Girls Sub-Regional 2019 – East Yorkshire	Individual and Team: Introductory Level Intermediate Level Advanced Level Advanced+ Level	Allegro Gymnastics Academy, 2a Birkdale Road, Bottesford, Scunthorpe, DN17 2AU	<a href="#">Link</a>	<a href="#">BG website link</a>
06/10/2019	Yorkshire GG Boys Regional Competition 2019	Individual and Team: Introductory Level Intermediate Level Advanced Level Advanced+ Level	North Leeds Gymnastics Academy, Boston Spa School, Clifford Moor Road, Boston Spa, Wetherby – LS23 6RW	<a href="#">Link</a>	TBC
06/10/2019	Yorkshire GG Girls Final 2019	Individual and Team: Introductory Level Intermediate Level Advanced Level Advanced+ Level	North Leeds Gymnastics Academy, Boston Spa School, Clifford Moor Road, Boston Spa, Wetherby – LS23 6RW	<a href="#">Link</a>	TBC

**Start time:** All competition start times are estimated to be approximately 8:30am.

**Estimated end time:** All competition end times are estimated to be approximately 5:30pm

**Note:** The start and end times are estimated and subject to change pending entries received and category breakdown. Maximising your experience is vital, please be patient with the Competition Organiser.



**Programme circulation:** The Competition Organiser will aim to circulate the programme within 10 days of the event date, if not earlier.

**Please note:** These are just Regional competitions being hosted by YGA, please see [Find an Event](#) on the British Gymnastics website for further competitions at various levels.

### Theme

<b>This event has the following theme:</b>	There is no theme for any of these events.
--	--

### Entry costs overview – Clubs, Gymnasts, and Spectators

<b>Cost per competing gymnast:</b>	£10.00
<b>Cost per competing gymnast in teamed event:</b>	£12.00

<b>Also required as part of entry:</b>	<b>Volunteers</b>	<b>Display group or individual to perform between rounds</b>
	One	Optional and depending on availability of programme space – Contact Competition Organiser for details

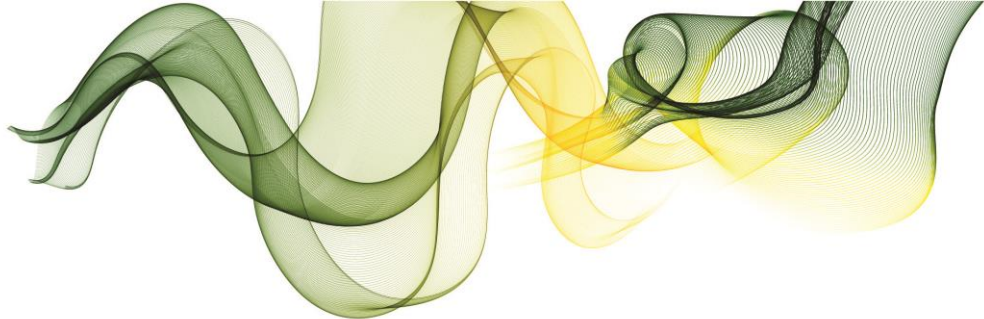
<b>Cost per spectator:</b>	<b>Adult</b>	<b>Concession and Child (under 16 years)</b>	<b>Infant (under 2 years)</b>
	£4.00	£2.00	No seat = No charge
	Spectator fees are paid on the day of the event, on arrival to the venue.		

Please be aware, there is limited seating. Please speak with the Competition Organiser if you have a large group of spectators attending.

<b>Cost for no allocated judge (per gymnast):</b>	Double entry fee per gymnast
<b>Cost for no show judge (per judge):</b>	£100.00

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



Any gymnasts, coaches, spectators, or judges requiring additional requirements please state on the entry form.

### Entry method and closure date

<b>Entry method:</b>	British Gymnastics online entry system (GymNet) – see <a href="#">specific event</a> for entry system link
<b>Entry opening date:</b>	Estimated 2 calendar months prior to event date (see Find an Event for specifics)
<b>Entry closure date:</b>	Estimated 1 calendar months prior to event date (see Find an Event for specifics)

### Notes:

- The Competition Organiser holds the right to close the entry period early if the maximum entries have been reached.
- YGA GG competitions wish to provide an opportunity to as many clubs as possible to take part in our competitions. Our entry system allows you to enter up to 5 gymnasts per age group and difficulty category.
- Additional numbers of gymnasts have previously been added to a reserve/additional entries list and then at a later date, providing we can find places for them to compete, they have been invited to join the event. You will need to continue to add any gymnasts you wish to compete as a special request be sending a form directly to YGA GG. This form can be found as a download on the Find an Event page for each event.

### Payment method

As part of the British Gymnastics online entry system (GymNet), you will be able to pay for your entries.

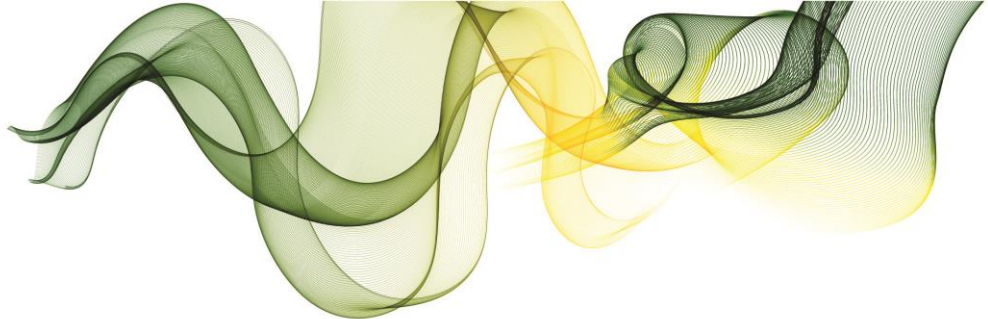
Please ensure the correct amount is paid upon entry. Without payment, entry **will not** be submitted or counted.

Upon entry please state when you will expect payment will be received by the hosting club, as this can affect organisation planning, and would be greatly appreciated.

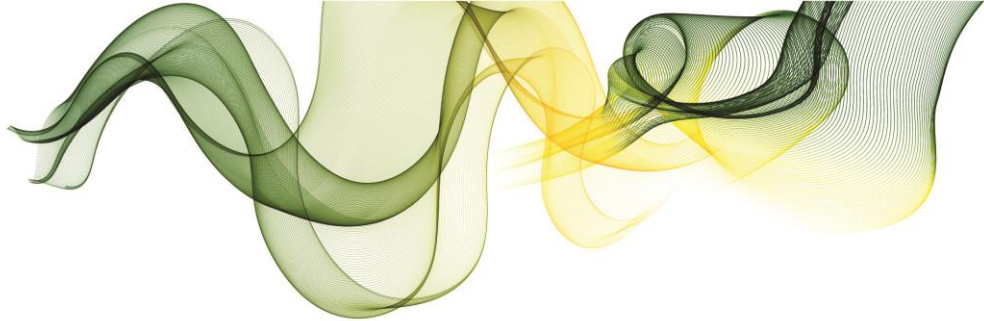
### Key contacts

<b>Competition Organiser:</b>	Lisa Ann Davis	07946 082801	<a href="mailto:yorksgengymnasticscompetitions@googlemail.com">yorksgengymnasticscompetitions@googlemail.com</a>
<b>Committee Chair:</b>	Judy Clark	01423 883131	<a href="mailto:yorksgym@btinternet.com">yorksgym@btinternet.com</a>
<b>Head Judge / Management team:</b>	Charlotte Barker	N/a	N/a
<b>Head Judge / Management team:</b>	Rachel Revell	N/a	N/a





<b>Head Judge / Management team:</b>	Josephine Beatson	N/a	N/a
<b>British Gymnastics Competition Coordinator:</b>	Jack Duggan	07584517635	<a href="mailto:jack.duggan@british-gymnastics.org">jack.duggan@british-gymnastics.org</a>
	Polly Hucker	07584515030	<a href="mailto:polly.hucker@british-gymnastics.org">polly.hucker@british-gymnastics.org</a>



## Entry details

Please see the following sections for initial details regarding entries:

- [Entry costs overview - Clubs, Gymnasts, and Spectators](#)
- [Entry method and closure date](#)
- [Payment method](#)

### Late entries

Entries received after the entry closure date may incur the following administration charge:

<b>Late entry fee:</b>	Double entry fee
------------------------	------------------

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

#### Pre-event entry closure

If a gymnast is unable to attend the event for a specific reason (injury, illness etc.) then you are welcome to transfer (change) the gymnast so you maximise the opportunity for your club.

- Not submitted your entry yet? – You can manually amend your entry list on GymNet
- Submitted (paid) for your entry? – You will need to email the Competition Organiser to request a transfer in gymnast, as this must be done manually.

#### Post event entry closure

Contact the Competition Organiser to discuss your individual situation and the stage of event organisation. It may be too late to alter/re-do any preparation that has been completed for the big day.

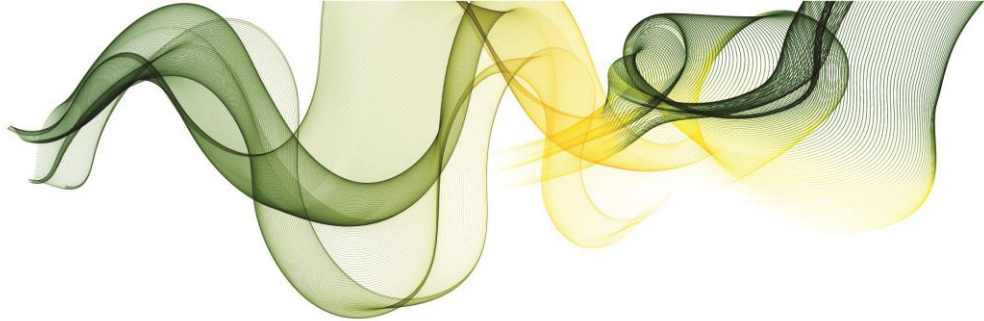
If a transfer is accepted and must be done manually, the Competition Organiser will need the following details of both the old and new gymnasts:

- Full name
- Membership number
- Category – Level and Age

### Withdrawal of entry

To withdraw a gymnast please email the Competition Organiser with the following details:

- Full name
- Membership number
- Category – Level and Age



- Reason for withdrawal

#### Fees to withdraw

If the withdrawal is:

- **After the closure date** – Full cost of the entry fee.
- **Before submission of the entry** – No fee has been charged.
- **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.

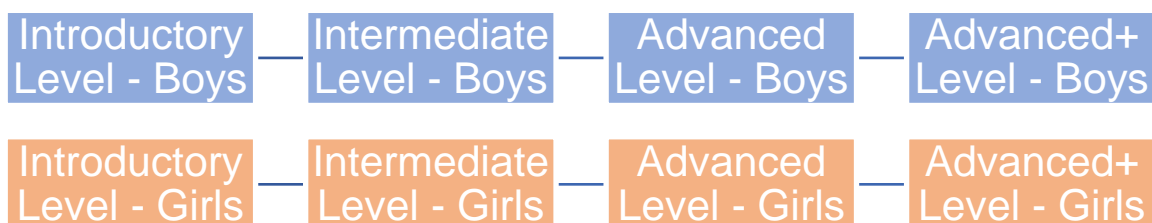
## Structure and programme

### Type, level, and pathway

**Competition type:** General Gymnastics

**Competition level:** Introductory to Advanced+ Level

**Competition pathway:** The following diagram provides a simple visual of the General Gymnastics pathway at Yorkshire Regional level for boys and girls.



Each discipline will have specific pathway requirements; please see the [British Gymnastics Technical pages](#) for further details.

See the [Gymnasts that have...](#) section of this document for details regarding any specific entry levels restrictions e.g. gymnasts that have entered Artistic competitions prior to this competition.

If you have developed your gymnasts to a higher standard (which is great) then exploring other discipline competitive pathways maybe an option – Please see the [Yorkshire Gymnastics Association – Contact Us](#) web page for discipline representative contact details.

#### Confirmation of programme

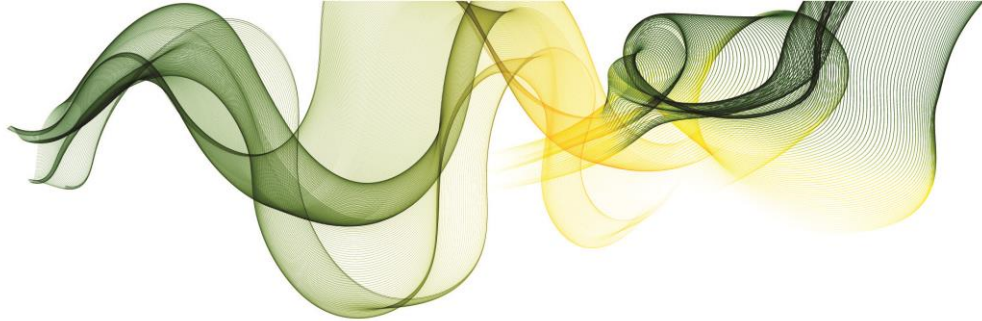
After the entry closure date, the Competition Organiser will finalise the competition programme/running order and circulate this with all clubs involved.

Yorkshire GG Floor and Vault Competition

Introductory to Advanced+ Levels

Handbook

Boys and Girls



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.

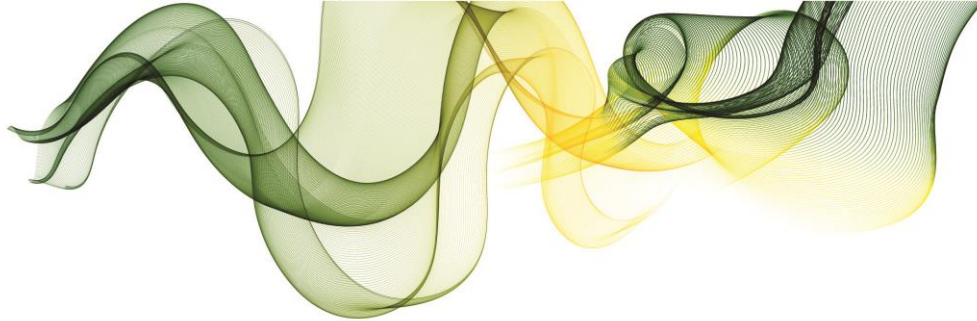
**Note:** Some competitions may be broken up into separate smaller competitions to suit the number of entries/categories, for example a morning and afternoon competition using the same templated programme.

Activity	Estimated time
Arrival	8:15am
Registration	8:15am
Door open for spectators	8:15am
Coaches and judge's briefings	8:20am
Judges briefing	8:30am
General warm up	8:30am
Competition begins	9:00am
Rounds including change over, intervals, apparatus warmups, performances	
Presentation	11:00am
Photo opportunity	11:20am
Competition ends	11:30am

### Category breakdown

Within this competition the categories are as follows:

Category	Categories			
	Introductory	Intermediate	Advanced	Advanced+
Individual's age breakdown	Under 8's (aged 7/8)	Under 8's (aged 7/8)	Under 8's (aged 7/8)	Under 8's (aged 7/8)
	Under 10's (aged 9/10)	Under 10's (aged 9/10)	Under 10's (aged 9/10)	Under 10's (aged 9/10)
	Under 12's (aged 11/12)	Under 12's (aged 11/12)	Under 12's (aged 11/12)	Under 12's (aged 11/12)
	13's & Over (aged 13+)	13's & Over (aged 13+)	13's & Over (aged 13+)	13's & Over (aged 13+)
Team's age breakdown	Under 8's (aged 7/8)	Under 8's (aged 7/8)	Under 8's (aged 7/8)	Under 8's (aged 7/8)



	Under 10's (aged 9/10)	Under 10's (aged 9/10)	Under 10's (aged 9/10)	Under 10's (aged 9/10)
	Under 12's (aged 11/12)	Under 12's (aged 11/12)	Under 12's (aged 11/12)	Under 12's (aged 11/12)
	13's & Over (aged 13+)	13's & Over (aged 13+)	13's & Over (aged 13+)	13's & Over (aged 13+)
<b>Disability</b>	<p>Open to all Disability Gymnasts.</p> <p>Depending on the number of, ages, and requests of adaptations post entry closure will determine the number of and type of categories.</p> <p>Contact the Competition Organiser to discuss options at this recreational event.</p> <p>Also see '<a href="#">Adaptations: Disability or Mainstream category?</a>' section for further information.</p>			
<b>Gender</b>	All	All	All	All
<b>Apparatus</b>	Floor Vault	Floor Vault	Floor Vault	Floor Vault

**Notes:**

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

**For example:** Under 8 years category may become two groups of 7 and 8 years if volumes are over 20 gymnasts within this category.

This will be down to the discretion of the Competition Organiser, but this will be communicated prior to the competition date.

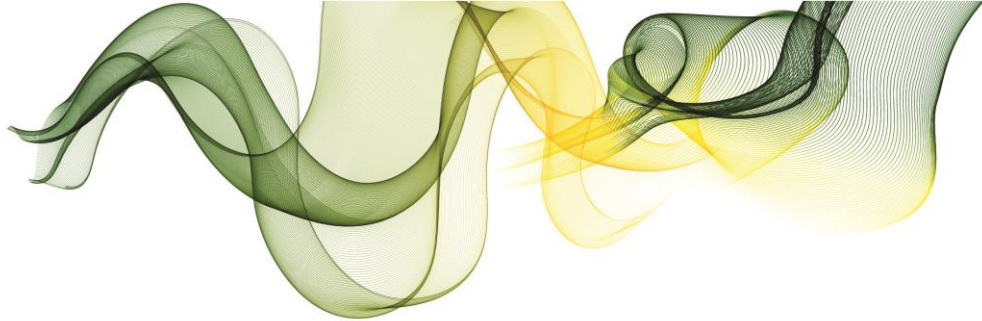
- Gymnasts must be of age [to enter the appropriate category] in the **year** of the competition.

**For example:** A gymnast needs to be 7 years old by the 31<sup>st</sup> December to enter the Under 8 years age category.

- In fairness to all gymnasts, the coach should decide at what level gymnasts compete.
  - There is a limit of 5 gymnasts per individual age group allowed per club entry.

This is to allow a fair opportunity to all Yorkshire affiliated clubs to the 150 spaces in each competition.

- Gymnasts are to compete in the same level on all apparatus.



- Gymnastics for All (GfA) rules are designed to be inclusive:
  - Gymnasts with additional needs may take part within a mainstream category or a disability specific category.
  - If any gymnasts have specific additional needs/support, please make the Competition Organiser aware upon entry.

### Gymnasts that have...

- Entered Women's Artistic Four Piece competitions **must** enter Advanced+.
- Entered Gymnastics for All Floor and Vault competitions and won a medal in the overall category **must move up** a level in the following year
- Entered Woman's Artistic County or Regional four-piece competitions Level 5 or above or National/Elite Grades and / or Tumbling National 1 at or higher **are not eligible** to enter General Gymnastic competitions
- Been a former Artistic Gymnasts wishing to compete at a lower level may do so, but must not have competed for **one year**, and enter at the Advanced plus Levels
- Entered Woman's Artistic competition (including Grades) **can only enter as a guest** in the first year of Floor and Vault General Gymnastics competitions.
- Entered all levels of display festival **can** enter this competition.
- Competed within other recreational club, schools and leisure centre (inter and intra) type competitions **can** enter this competition.

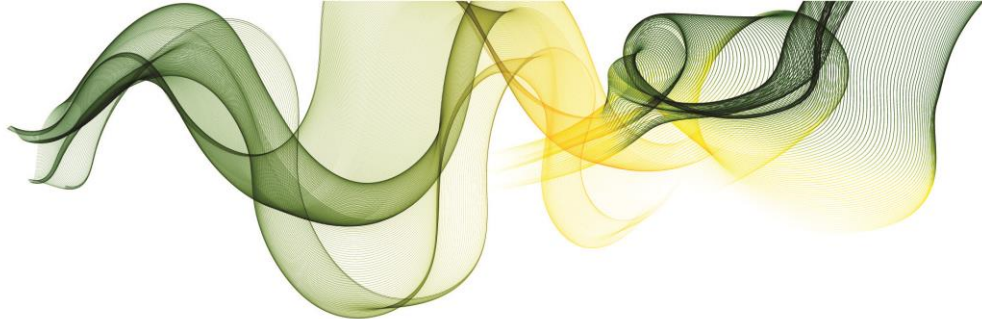
**Note:** With all points, the discretion of the coach's professional judgement on the level which a gymnast should enter; and they should not advance the gymnast beyond their level or hold the gymnast back for the success of the club.

Apart from the above restrictions, you may enter any gymnasts at any level e.g. a gymnast could enter the Level 3 although they have never entered a competition prior. Thus, keeping in mind the physical and psychological factors involved with entering a gymnast at a higher level as their first time.

### Maximum training hours

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

Maximum training hours per week				
Gender	Introductory Level	Intermediate Level	Advanced Level	Advanced+ Level
Girls	One	Two	Four	No limit
Boys	One	Two	Four	No limit



This applies to each individual gymnast.

### Adaptations: Disability or Mainstream category?

To support gymnasts, integrate into mainstream gymnastics there can be certain adaptations allowed without effecting how the gymnasts are scored/judged. If you would like to discuss any possible adaptations prior to entering this event, please contact the Competition Organiser whereby you can discuss the most suitable option based on the needs of the individual.

### Rewards and gifts

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

A rosette and certificate of attendance

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

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Place medals

Overall champion trophy

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

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Place medals

Overall champion trophy

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

- Where categories are made up of more than 10 gymnasts / teams then 4<sup>th</sup> and 5<sup>th</sup> places may also be given (Competition Organisers discretion).

## Performance details

### Warm up

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

There will be approximately **5 minutes** per apparatus, or two attempts (e.g. vault), for the apparatus warm up.

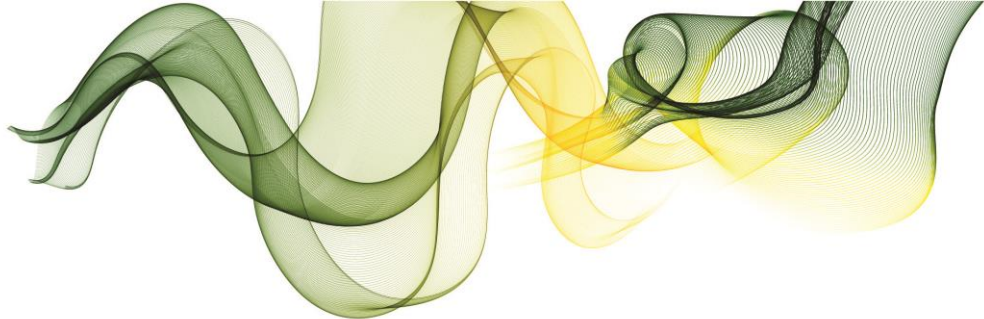
Attempts/timings subject to change at the Competition Organisers discretion.

Timings subject to change at the competition organisers discretion.

### Music licencing – PPL/PRS

#### Music requirements for this event

<p>Music is required for the following categories of this competition:</p>	<ul style="list-style-type: none"> <li>• Girls floor (all levels)</li> </ul>
--	--



**Note:** Timings etc. requirements are stipulated on specific 'Skills and Tariff sheets'.

### Pre-event music requirements

<b>Music submission date deadline:</b>	As per entry closure date
<b>Music submission method:</b>	Online submission via GymNet
<b>Music format:</b>	MP3 / MP4

Music submission must include the:

- Club/team
- Gymnast full name
- Category

Please ensure you are aware of the stipulations placed on the event and all clubs wishing to use music, by PPL.

If you wish to use music in your gymnastics environment, you require a PPL/PRS licence. More information can be found: <http://www.ppluk.com/I-Play-Music/Businesses/>

To check your music is permitted for use, the PPL UK website lists online all the music that can be used:  
[https://repsearch.ppluk.com/ars/faces/pages/audioSearch.jspx?\\_afLoop=12521061282463709&\\_afWindowMode=0&\\_adf.ctrl-state=27kf5b2cs\\_4](https://repsearch.ppluk.com/ars/faces/pages/audioSearch.jspx?_afLoop=12521061282463709&_afWindowMode=0&_adf.ctrl-state=27kf5b2cs_4)

No Walt Disney, Andrew Lloyd Webber or Cirque de Soleil music is permitted.

### Event day music requirements

Please ensure you bring a copy of your music on the day. Ideally within the following formats:

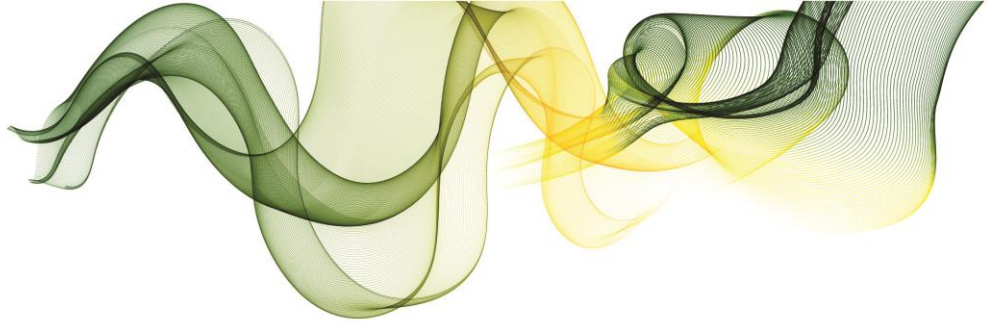
- CD-ROM
- MP3 / MP4
- Fully charged portable device e.g. MP3 player/iPhone etc.

Please note that although very-low risk, any damages are your own responsibility and not the host or the Competition Organisers.

The host venue will also be abiding by the PPL/PRS licencing laws. Therefore, their maybe background music being played to help create a calming atmosphere. This will be the competition organiser/venue representatives' discretion.

### British Gymnastics guidance on PPL/PRS





Within the above information there is some guidance/useful links taken from the British Gymnastics website. For full details please go to <https://www.british-gymnastics.org/clubs/club-membership/music-licensing-ppl-prs>

### Lining up

Please ensure that at the following times the gymnasts line up and present to the audience and judges:

- At the start of the competition (as a team)
- Before the performance
- After each individual/team performance
- During the awards ceremony (as an individual/team)

### Skill 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.

### Repetition of skills

**Floor** – You are required to select eight skills (girls) / ten skills (boys) from a range of categories (see Skills and Tariff sheet for details).

Each skill must be different, and all Categories must be selected; repeated skills won't be counted towards the DV score and will receive Execution Deductions if performed.

**Vault** – Each gymnast is to perform two vaults. These can be the same or different elements; the highest scoring element will be recorded.

### Missing elements

**Floor** – Any routines with missing elements (skills) will receive a 0.5 Deduction from the Head Judge on their C score.

### Floor – Restarting

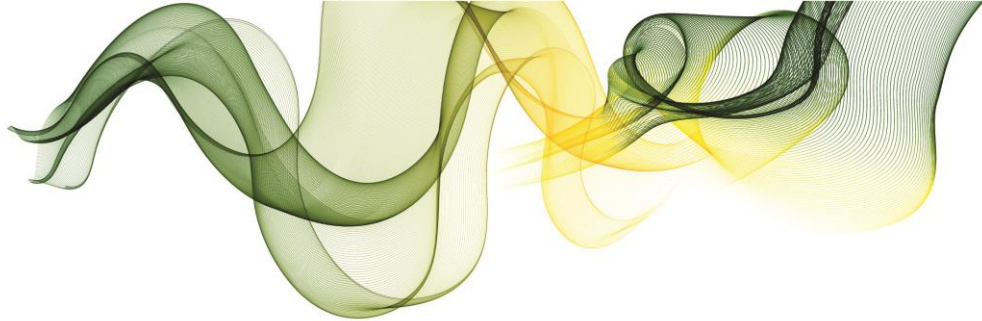
Where music has disturbed the gymnast due to a malfunction or incorrect use of, the music can be stopped/faded out and the gymnast come to safe stop. After which they can restart their routine from the beginning.

Although preferred not to for event time management (e.g. the more times it happens the later the event will finish), this is a General Gymnastics competition and the focus is the gymnasts.

### Teams

**Age groups U12's, U10's, and U8's** –

- Teams are made up of five gymnasts
- The three highest scores count to the team score



### Age group 13+ Years –

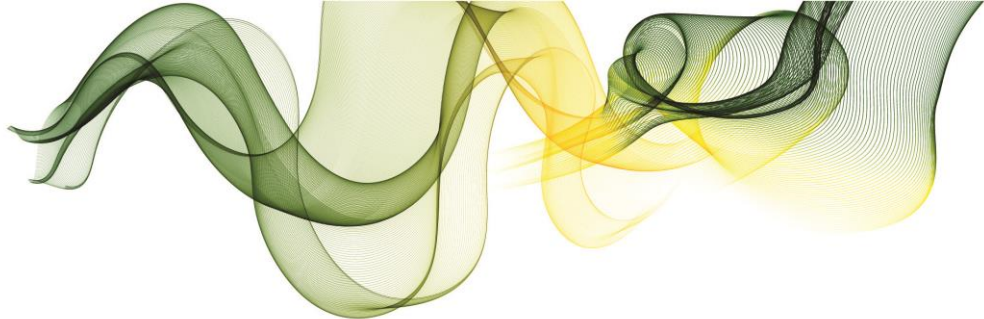
- Teams are made up of 4 gymnasts
- The two highest scores count to the team score

Note: In the event of two small teams entering from the same club, a team of five may be entered providing there are no other competitors in the team competition.

### Apparatus

The following equipment and apparatus will be used for these competitions:

Apparatus	Specific use for	Manufacturer	Size, dimensions, run up, landing details	Image
Floor	All levels	Contact venue for specifics	Min = 10m x 8m	Images to follow on completion of registration
Box vault (cross) [*Traditional Vault type]	All Levels  Vault selections: 1, 2, 3, and 4	Contact venue for specifics	Heights: Under 8's = 0.8m Under 10's = 0.9m Under 12's = 1.0m Over 13's = 1.1m – 1.2m  Landing: 0.3m thick safety mat	Images to follow on completion of registration
Box vault (cross or long) [*Traditional Vault type]	All Levels  Vault selections: 5 and 6	Contact venue for specifics	Heights: Under 8's = 0.8m Under 10's = 0.9m Under 12's = 1.0m Over 13's = 1.1m – 1.2m  Landing: 0.3m thick safety mat	Images to follow on completion of registration
Vault with level mats [*Inverted Vault type]	Introductory Level  Vault selection: 7	Contact venue for specifics	Heights: Under 8's = 0.8m Under 10's = 0.9m Under 12's = 1.0m Over 13's = 1.1m – 1.2m	Images to follow on completion of registration



<p>Vault with level mats and safety landing mat at the end</p> <p><b>[*Inverted Vault type]</b></p>	<p>Intermediate Level</p> <p>Vaults selections: 7, 8, and 9</p>	<p>Contact venue for specifics</p>	<p>Heights: Under 8's = 0.8m Under 10's = 0.9m Under 12's = 1.0m Over 13's = 1.1m – 1.2m</p> <p>Landing: 0.3m thick safety mat</p>	<p>Images to follow on completion of registration</p>
<p>Vault with level mats and safety landing mat at the end</p> <p><b>[*Inverted Vault type]</b></p>	<p>Advanced and Advanced+ Levels</p> <p>Vault selections: 7, 8, 9, 10, and 11</p>	<p>Contact venue for specifics</p>	<p>Heights: Under 8's = 0.6m Under 10's = 0.6m Under 12's = 0.9m Over 13's = 0.9m</p> <p>Landing: 0.3m thick safety mat</p>	<p>Images to follow on completion of registration</p>
<p>Vault</p> <p><b>[*Inverted Vault type]</b></p>	<p>Advanced and Advanced+ Levels</p> <p>Vault selection: 12</p>	<p>Contact venue for specifics</p>	<p>Heights: Under 8's = 0.6m Under 10's = 0.6m Under 12's = 0.9m Over 13's = 0.9m</p> <p>Landing: 0.3m thick safety mat</p>	<p>Images to follow on completion of registration</p>

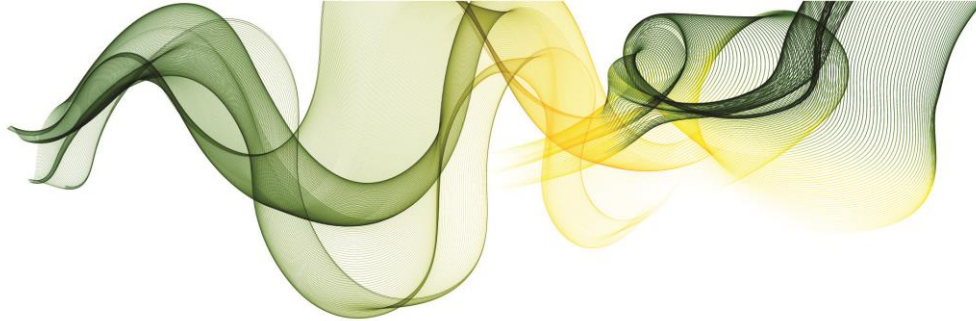
If you have any specific questions regarding the apparatus, please contact the Competition Organiser.

#### Notes:

- 'Vault selections' can be found on the 'Skills and Tariff sheets'
- \*Vault type definitions:
  - **Traditional** – Layered, Wooden school, Box vaults
  - **Inverted** – Block, Block with mat, Table, Soft table, Horse vaults
- When using traditional style vaults (box, layered, wooden style school vaults etc.) please allow for + / - 5 cm of the stated vault height.
- Coaches can request for vault heights to be increased then stated heights. Heights can't be lowered then stated measurements.

#### Deductions

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



There will be two panels of judges on each apparatus, where possible to ensure the flow of the event is maintained. The Competition Organiser will appropriately place the judges out in-line with their qualification and experience; this will also suit the categories applied to the competition.

### Judge slips

When you are nominating a judge, you may wish to show them the below judge slip. This judge slip may be like what the judges will be using on the day to work out each team's final score.

From this score sheet you can see how important it is for you as a coach to complete the tariff sheets correctly for judges to be able to 'judge' efficiently and keep the flow of the competition moving smoothly.

### Example of judge's deduction processing

Floor		Vault	
No.		Gymnast name:	
This is based on the skills performed		DV score (including bonus):	
		C score:	
		Execution starting score:	10.00
DV score + C score + Execution starting score =		Starting score:	
What errors have they done against the requirements (max 10.0)		Execution deductions:	
Starting score – Execution deductions =		Final score:	

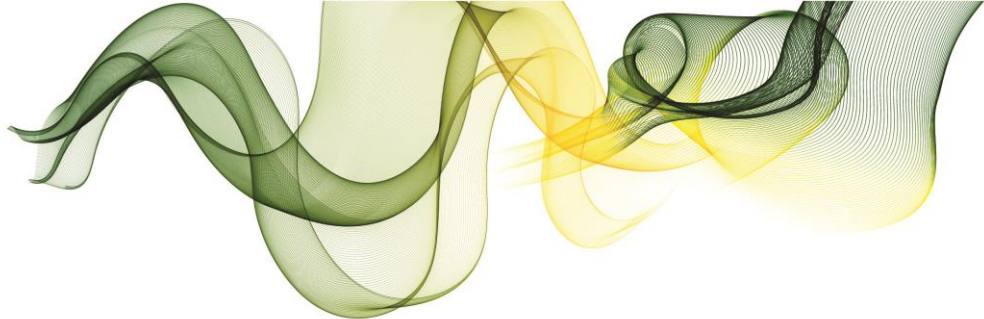
### Appealing a judge's decision

Any appeals of a judge's Difficulty Value (DV) score decision need to be given to the Event Organiser on the day who will uptake it with the head judge, these must be submitted prior to the end of the competition.

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.

Video evidence will not be accepted on any grounds.



## Club, school, and leisure centre requirements

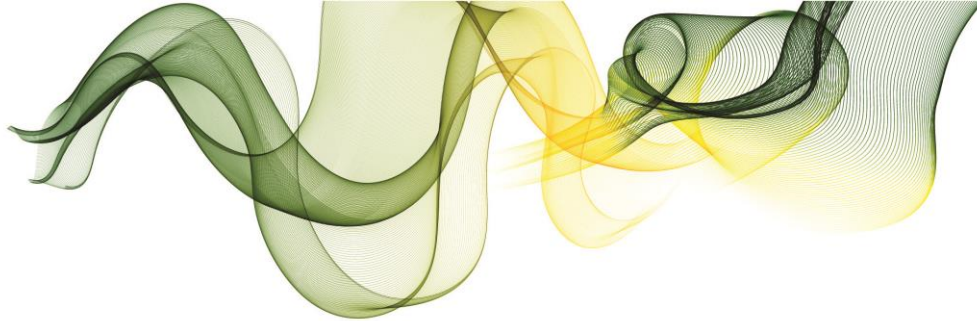
The following table provides information on the level of British Gymnastics membership each gymnastics environment requires to enter this event:

Environment	Club	School	Leisure Centre
Level of membership	BG Club membership	BG Club membership	BG Club membership
	Further details can be found on the British Gymnastics website - <a href="https://www.british-gymnastics.org/clubs/club-membership/fees">https://www.british-gymnastics.org/clubs/club-membership/fees</a>		
Affiliation	Yorkshire Region	Yorkshire Region	Yorkshire Region
	Further details on how to become affiliated can be found by emailing <a href="mailto:yorksgengymnasticscompetitions@googlemail.com">yorksgengymnasticscompetitions@googlemail.com</a>		

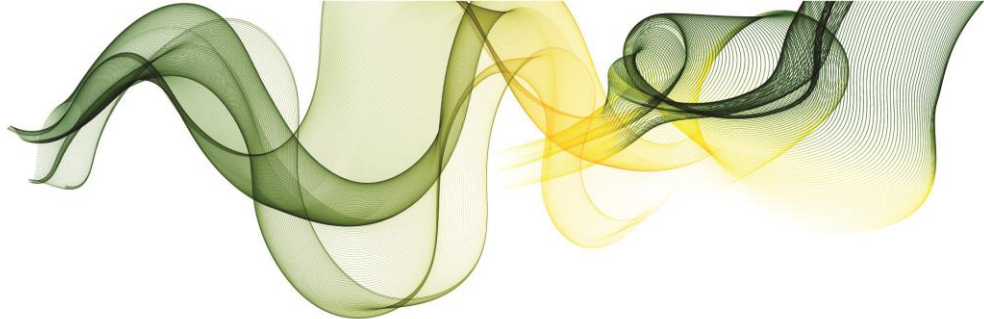
## Judge, Coach, Gymnast requirements

The following table provides requirements for Judges, Coaches, and Gymnasts that are to be involved within this event:

Role/ Requirement	Judge	Coach	Gymnast
Requirements per club entry	Minimum requirement = 1 judges per 20 gymnasts	A British Gymnastics Level 2 (and above) coach can take a team of gymnasts into the competition area (minimum requirement).  Level 1 coaches can support the lead coach(s).	For everyone's safety, all gymnast must be suitable 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.
	Only those listed on the entry form will be allowed within the competition area.		
British Gymnastics ratios	N/a	1 coach : 8 gymnasts	
Qualifications	Minimum = Intro To... Judging qualification  Ideally = Floor and Vault judge, Club level judge qualification in any of the following disciplines; Men's Artistic, Women's Artistic, TeamGym, Tumbling, Trampoline, DMT	Appropriate British Gymnastics qualifications must be held to deliver the selected skills.  See ' <a href="#">Skill requirements and routines</a> ' for further details.  All gymnasts can only perform skills that their nominated coach is suitably qualified to coach.	All gymnasts can only perform skills that their nominated coach is suitably qualified to coach.



	<b>Note:</b> Judging guides will be provided on the day.	The lead coach must be qualified one of the following: MAG, WAG, GG  Supporting coaches can be qualified in one of the following: MAG, WAG, GG, TG, TUM	
<b>DBS</b>	Yes	Yes	No
<b>Safeguarding training</b>	Ideally	Yes	No
<b>Experience and abilities</b>	No judging experience is required but some experience/knowledge of Floor and Vault would be beneficial.  Judging guides will be provided on the day for those who haven't judged at this type of competition before.	Experience within delivering/supporting all skills which gymnasts are performing.	Gymnasts must be at a point of competency (within their own environment) to perform their chosen skills and routines.  For example; it can't be the first time they have completed the skill.
<b>Membership</b>	BG Bronze judge membership  <a href="#">British Gymnastics guidance</a>	Supervising coach = BG Gold, Joint Gold, or Life Member  Assisting coach = BG Silver (if level 1), BG Gold, Joint Gold, or Life Member  Volunteer = No membership required but must always be accompanied by a named coach  <a href="#">British Gymnastics guidance</a>	BG Bronze gymnast membership  <a href="#">British Gymnastics guidance</a>
<b>Attire</b>	Ideally = FIG standards – Navy trousers/skirt, white shirt.  Allowed = Black trousers/skirt, white shirt.	Suitably recognisable by all.  Appropriate to spot/support gymnasts during practice and performance.  Following BG Education guidance.	Girls' clothing = Leotard. If leggings or shorts to be worn to match leotard.  Boys' clothing = Unitard or shorts and t-shirt in club colours.  Hair = Neat and tidy, tied back from the face.  Feet = Bare or gym shoes  Rest/waiting times = Optional



			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.
<b>Payment arrangements</b>	It's not the host clubs' responsibility to financially support the judges to attend this event.	It's not the host clubs' responsibility to financially support the coaches to attend this event.	N/a
<b>Transport arrangements</b>	Judges are required to organise their own method of transport to and from the competition at the appropriate times.	Clubs and coaches are responsible for organising appropriate transport to and from the event.  <a href="#">British Gymnastics guidance</a>	
<b>Jewellery and body adornments</b>	Please set a precedent for coaches, gymnasts and spectators of professionalism.	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.  <a href="#">British Gymnastics guidelines</a>	
<b>Additional requirements</b>	If any anyone has any additional requirements to support their time during the event e.g., they have a disability that requires additional support or consideration by the Competition Organiser. Please add this into your competition entry.		

If requirements are not upheld, then the Competition Organiser has the right to withdraw your (and possibly your clubs') right to step into the competition area.

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. See [Key contact](#) section.

### Volunteers

Volunteers are to be listed on the entry form to ensure that anyone providing support is allowed within the competitive area, including waiting and warm up areas.

Volunteers must be DBS checked and must always be supervised by a qualified coach.

Volunteers are not coaches' and therefore not allowed to 'coach'.

### Facilities on-site

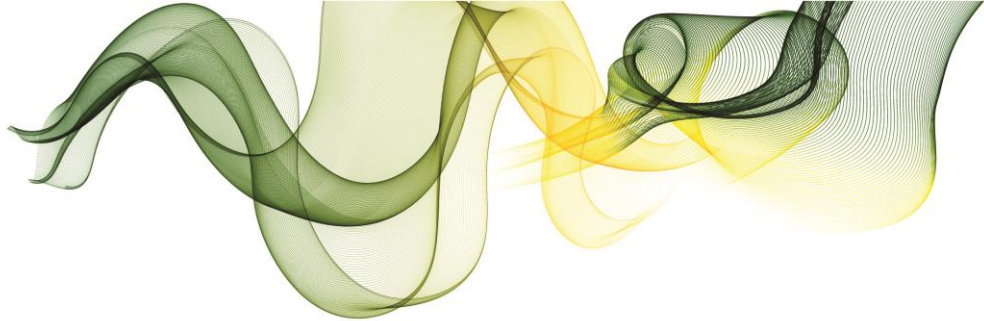
#### Spectator area and disabled access

Seating will be on ground level and accessible by all.

If you require any specific access, please contact the venue directly prior to the event to make them aware (also include the Competition Organiser so they are aware also).

#### Food and drink

Hot and cold drinks will be available. A range of snacks and other refreshments will be available, these will vary from event to event.



### Toilet and changing facilities

There are toilets and changing facilities at all sites used for events.

There are baby changing facilities also.

### On-site entertainment

Certain venues will have breakaway areas but please ensure you prepare to entertain your little ones without the breakaway area.

### Car parking

All venues are chosen with parking in mind. There will be plenty of parking available on the day although be aware the high volumes of cars. Where possible to car share or public transport for those local please do so.

### 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 recreational 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.

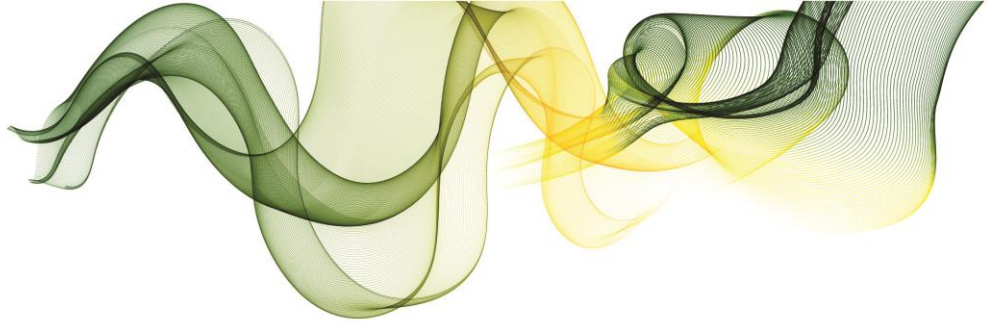
It is important that the access to the 'Officials area' (judges, scoring, music etc.) is restricted to authorised personnel only.

The Competition Organiser has the right to withdraw any entry/entries where appropriate etiquette and professionalism isn't upheld before, during and after the event. This therefore could affect future attendance at events and become a welfare issue.

### 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 ensure the Competition Organiser is aware prior to the date of the event so they can inform the appropriate persons so that any





photography/video of them is avoided. **This can be done via emailing the Competition Organiser upon entry.**

The following information is taken from the British Gymnastics policies and must be passed onto those who will be representing your club at this event, including spectators. At various points throughout the day the hosting club will also announce this information:

In the interests of child protection, photographs and video may only be taken during today's event in accordance with conditions set by British Gymnastics. Summaries of these conditions are on display and you can see a copy of the full conditions at **the reception desk**. Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use or for publication in printed or electronic form, such as on websites.

Some photos may be published by Clubs, but this may only be done in accordance with the British Gymnastics Child Protection Policy.

**Individual events may have a professional photographer arranged. Where appropriate all clubs attending will be notified prior of this information.**

If you have any concerns about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to **Welfare Officer/Event Manager**. In the interests of child protection please do let us know of anything that may be damaging to the welfare of a child.

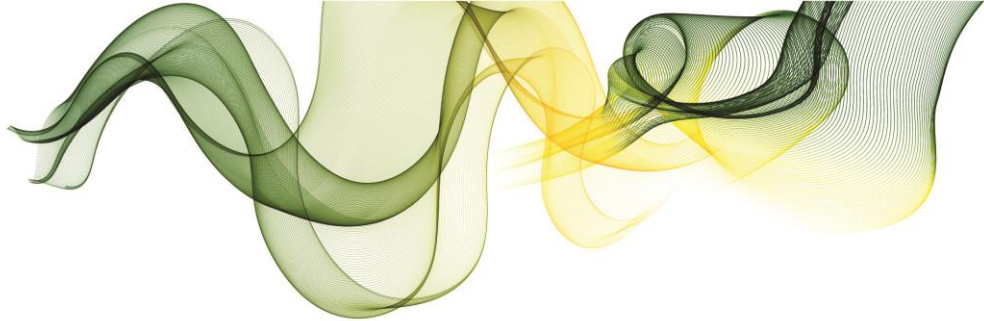
The **use of flash or supplementary lighting is not permitted** while gymnasts are warming up or competing. Please make sure that the flash is turned off on any device being used as your camera.

The **use of live streaming is not permitted** during any part of this event.

When 'posting' images on personal social media please ensure the following to reduce the risk of publication of the image (this isn't the full list but key from the policy):

- **Personal details are kept to a minimum** – Use of their first name only etc.
- **Suitable, sensible, and appropriate image taking/selection** – Avoid such skills as splits and sensitive areas on the body
- **Blur anyone else out of the image** – Use technology to blur others out the image (if you can't, don't take/post the image)

If the Competition Organiser/Welfare Officer suspects inappropriate photography or filming, the Officer/Organiser should exercise their powers under the conditions to request the person to leave the venue and to surrender any film and/or delete any images relating to the event.



For full details please see the British Gymnastics policies:

- **British Gymnastics Photography Regulation** – <https://www.british-gymnastics.org/documents/footer-menu-items/british-gymnastics/3276-photography-policy/file>
- **British Gymnastics Safeguarding Children: Safe environment Policy** – <https://www.british-gymnastics.org/documents/departments/membership/ethics-and-welfare/safeguarding-and-protecting-children/7769-safeguarding-children-safe-environment-06-2016/file>

### Complaints and grievances

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

### Health and safety

#### Overview

The health, safety and welfare of all participants (gymnasts, coaches and officials) is the primary consideration. All British Gymnastics policies and procedures will be rigorously applied with regards to health, welfare and safeguarding and protecting children.

The intention of the event 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

Risk assessments have been carried out for this event but if you feel there is something/one that may require additional assessment please contact the Competition Organiser ASAP with specific details.

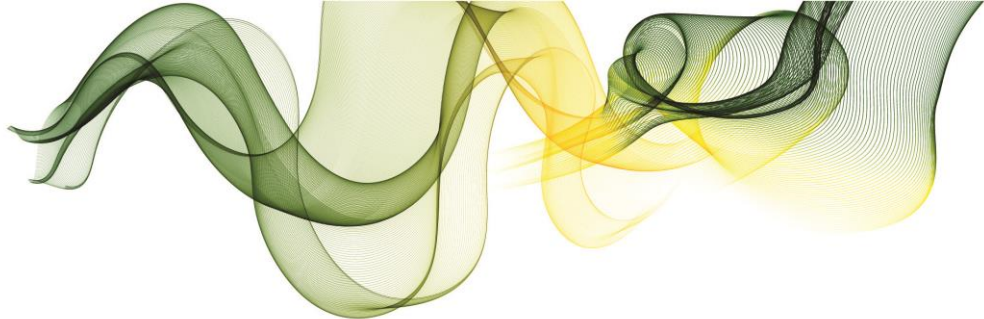
While risk assessments for the event have been completed, your club is responsible for specific risk assessments related to your club e.g. travelling to and from the event etc.

#### Welfare

As part of your risk assessments and preparation for the event, please consider the welfare of individual gymnasts, including such items:

- Clothing not being revealing/embarrassing for males, females, and transgender gymnasts/coaches/judges.
- Age of gymnasts when changing, socialising etc.

The British Gymnastics Health, Safety and Welfare policy has guidance on such areas and there are a few videos/courses which may help you also:



Resource Title	Type	Link
British Gymnastics Health, Safety and Welfare policy link	Policy	<a href="#">Link</a>
Risk assessment training for clubs	British Gymnastics eLearning course	<a href="#">Link</a>
GDPR Date Security	British Gymnastics eLearning course	<a href="#">Link</a>
GDPR Implementation	British Gymnastics eLearning course	<a href="#">Link</a>

### Allergies

As part of the safety for everyone, please ensure you pass on the message to all your coaches, gymnasts, judges, and parents/spectators that any food being brought to the event should be **nut free** and keep in mind any other potential allergies that could be affected by food being brought.

### 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:

- These will be highlighted on the day during a safety briefing

Coaches are to ensure all their gymnasts are kept together until registered and then handed back to their responsible adult.

### Terms and conditions

By entering this event your club is agreeing to the rules, regulations, and standards within this handbook.

Failure to comply may see your club being excluded from the event without refund.