



**Eclipse
ACRO**
Competition Handbook
Host club – Eclipse Gymnastics Club

Competition Organisers' name: Karen Colman / Polly Hucker

**British
Gymnastics**

About

Eclipse Gymnastics was formed by Laura Paynton and Lil Davis in 2014 and we'd love to tell you a little about us.

Our main goal is to provide more opportunities for local children to take part in an engaging sport with our sessions designed to allow each gymnast to train as an individual. Using a variety of equipment and activities we help to develop gymnastic skills along with key life skills and body awareness- such as co-ordination, balance, teamwork and self-confidence.

We have built a strong team of coaches who share our passion of providing a safe, fun, friendly and encouraging environment for all of our boys and girls who attend a session.



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 **Eclipse Gymnastics Club – ACRO Competition**, within this pack you will find all the details to participate within our competitions, support by British Gymnastics.

The aim of ACRO gymnastics competition is to provide an opportunity for gymnasts to participate within a low-level and fun competitive environment. This competition is based on the existing NDP Grades but un-restricts the ages allowing the gymnasts to opportunities to compete where they may not have done before.

Who can enter?

This competition is for:

Gender	Boys and Girls
Age	Born 2014 onwards For example: A gymnast needs to be 6 years old in the year 2020 to enter.
Ability	This competition is aimed at gymnasts training a maximum of 6 hours per week
Club, County, Region	This is open to all British Gymnastics registered clubs.

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

Time and date

Date(s):	28/06/2020
Estimated start time: *	9am
Estimated end time: *	TBC
Programme circulation:	12/06/2020

***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.

Venue and address

Venue name:	Fareham Academy
Address and postcode:	St Anne's Grove, Fareham, PO14 1JJ
Google maps link:	Google maps



Entry costs overview – Clubs, Gymnasts, and Spectators

Cost per competing gymnast:	£8
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Cost per spectator:	Adult	Child (under 16 years)	Infant (under 5 years)
	£4	£4	FREE
Spectator fees are paid on the day of the event, on arrival to the venue. Cash only.			

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 (per club):	£35
Cost for no show judge (per judge):	£35

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

Entry method:	Entry form to be submitted by email to eclipseheadcoach@gmail.com
Entry opening date:	23/03/2020
Entry closure date:	15/05/2020

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



Payment method

BACs transfer:	
Name:	Eclipse Gymnastics
Account number:	73132528
Sort code:	203089
Reference:	28/6 "club name"

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

Competition Organiser:	Laura Paynton	07821442793	eclipseheadcoach@gmail.com
Venue contact:	Laura Paynton	07707081886	eclipseheadcoach@gmail.com
British Gymnastics Competition Coordinator:	Jack Duggan	07584517635	jack.duggan@british-gymnastics.org
	Polly Hucker / Karen Colman	07584515030	polly.hucker@british-gymnastics.org / karen.colman@british-gymnastics.org



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:

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

Transfer/change of a gymnasts

If a gymnast is unable to attend the event for a specific reason (injury, illness etc.) then please contact the event organiser to discuss options.

After prior consultation and agreement with the Competition Organiser, you will be able to transfer/change a gymnast within your entry e.g. removal of one gymnast and insertion of another.

To do this please email the Competition Organiser with the details as per the 'Entry Form' but stating which details are to be removed from the entry and which are to be inserted.

Withdrawal of entry

To do this please email the Competition Organiser with the details as per the 'Entry Form' with a brief explanation.

Fees to withdraw

There will be no charge to withdraw a partnership, however, unfortunately entry fees will not be refunded.

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: ACRO

Competition level: ACRO and Disability – NDP Grade 1, Grade 2 & Grade 3



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.

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	8:50am
Registration	9:00am
Door open for spectators	9:00am
Coaches and judge's briefings	9:20am
General warm up	9:10am
Competition begins	9:45am
Rounds including change over, intervals, routines	
Presentation	End of each round TBC
Photo opportunity	
Competition ends	



Category breakdown

Within this competition the categories are as follows:

	Categories		
ACRO categories	Grade 1	Grade 2	Grade 3
ACRO categories	WP MP MxP	WP MP MxP WG	WP MP MxP WG
Disability	<p>Open to all Disability Gymnasts.</p> <p>Depending on the number of, ages, requests of adaptations, and disability classifications post entry closure will determine the number of and type of categories.</p> <p>Contact the Competition Organiser to discuss options at this low-level event.</p> <p>Also see 'Disability Gymnasts: Adaptations' and 'Disability Gymnasts: Classification of impairment' sections for further information.</p>		

Notes:

- Depending on the number of entries in each category after the closing date, some categories are subject to change. 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 6 in the **year** of the competition.

For example: A gymnast needs to be 6 years old anytime in the year 2020 to enter the 6 years age category.
- In fairness to all gymnasts, the coach should decide at what level gymnasts compete.

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 Grade 2 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:

ACRO		
Grade 1	Grade 2	Grade 3
Six	Six	Six

This applies to each individual gymnast.

Adaptations: Disability or Mainstream category?

When deciding with your gymnasts if they wish to enter a competition, you need to discuss if they wish to enter as into a mainstream category or a disability 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.

Gymnast will be categorised into impairment groups dependant on the number of entries as you will see in the classification section below.

Entering: Mainstream category

Following the process set in the [Entry method and closure date](#) section, completing the 'Entry form' using the 'Gymnasts' tab.

Entering: Disability category

Following the process set in the [Entry method and closure date](#) section, completing the 'Entry form' using the 'Disability Gymnasts' tab.

Rewards and gifts

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

A participation certificate

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

Medals for top three places

As part of this competition there will be judges awards:

Favourite routine- this isn't necessary the highest score but the one the judges enjoyed the most.

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



Performance details

Warm up

There is a warm up hall for the gymnasts. The programme will include a general warm up on the competition floor as well as time in the warm up hall.

There will be approximately 5mins on the competition floor.

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

The competition floor, is non-sprung carpet mats.

Music licencing – PPL/PRS

Music requirements for this event

Music is required for the following categories of this competition:	<ul style="list-style-type: none"> • ACRO – Grade 1 • ACRO – Grade 2 • ACRO – Grade 3
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Note: Timings etc. requirements are stipulated on specific 'Skills and Tariff sheets'.

Pre-event music requirements

Music submission date deadline:	20 th June 2020
Music submission method:	"we transfer" or by email to eclipseheadcoach@gmail.com
Music format:	MP3 file

Music submission must include the:

- Club/team
- Gymnast Surname
- Category and grade

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

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:

- Back-up digital file

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

Competition to be performed following the guidelines set out in the Acrobatic Gymnastic NDP 9 Handbook. Competition entries are for NDP Grades 1-3 and NDP Disability Grades 1-3

Tariff sheets are required for this event. These are those used across the Acrobatic discipline. These can be found on the British Gymnastics website under the [Technical information > Discipline specific resources > Acrobatic](#). These can also be found on this specific competition page on Find an Event pages.

The order of which your elements are written on the Tariff sheets, must be the order of those performed.

Please ensure you bring **one** copy of the Tariff sheet on the day and hand them in during registration.



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	ACRO	Click or tap here to enter text.	12 x 12m carpet non sprung mat	

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

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, 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	Further details on how to become a registered British Gymnastics Club can be found on the British Gymnastics website - https://www.british-gymnastics.org/clubs/club-membership/fees		

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 club	A British Gymnastics Level 2 (and above) coach can take a team of gymnasts into the	For everyone's safety, all gymnast must be suitable experienced to perform their chosen skills and routines



		<p>competition area (minimum requirement).</p> <p>Level 1 coaches can support the lead coach(s).</p>	<p>and must have completed the skill in their own coaching environment to a point of competency.</p> <p>For example, it can't be the first time they have completed the skill.</p>
Only those listed on the entry form will be allowed within the competition area.			
British Gymnastics ratios	N/a	1 coach : 8 gymnasts	
Qualifications	<p>Minimum = Acro Club Judge</p> <p>Ideally = Acro Club Judge or above</p> <p>Note: Judging guides will be provided on the day.</p>	<p>Appropriate British Gymnastics qualifications must be held to deliver the selected skills.</p> <p>See 'Skill requirements and routines' for further details.</p> <p>All gymnasts can only perform skills that their nominated coach is suitably qualified to coach.</p> <p>The lead coach must be qualified one of the following: TUM competition – MAG, WAG, GG, TUM, ACRO</p> <p>ACRO competition – ACRO</p> <p>Supporting coaches can be qualified in one of the following: MAG, WAG, GG, TUM, ACRO, TG</p>	<p>All gymnasts can only perform skills that their nominated coach is suitably qualified to coach.</p>
DBS	Yes	Yes	No
Safeguarding training	Ideally	Yes	No
Experience and abilities	<p>No judging experience is required but some experience/knowledge of your discipline would be beneficial.</p> <p>Judging guides will be provided on the day for those who haven't judged at this type of competition before.</p>	<p>Experience within delivering/supporting all skills which gymnasts are performing.</p>	<p>Gymnasts must be at a point of competency (within their own environment) to perform their chosen skills and routines.</p> <p>For example; it can't be the first time they have completed the skill.</p>



Membership	<p>BG Bronze judge membership</p> <p>British Gymnastics guidance</p>	<p>Supervising coach = BG Gold, Joint Gold, or Life Member</p> <p>Assisting coach = BG Silver (if level 1), BG Gold, Joint Gold, or Life Member</p> <p>Volunteer = No membership required but must always be accompanied by a named coach</p> <p>British Gymnastics guidance</p>	<p>BG Bronze gymnast membership</p> <p>British Gymnastics guidance</p>
Attire	<p>Allowed = Black trousers/skirt, white shirt.</p>	<p>Suitably recognisable by all.</p> <p>Appropriate to spot/support gymnasts during practice and performance.</p> <p>Following BG Education guidance.</p>	<p>Clothing = Tight fitting shorts, T-shirt, Leotard, Leotards preferred if not shorts, matching gymnastic shorts may be worn but not cycling shorts.</p> <p>Hair = Neat and tidy, tied back from the face.</p> <p>Feet = Bare or gym shoes</p> <p>Rest/waiting times = Optional</p> <p>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.</p>
Payment arrangements	<p>It's not the host clubs' responsibility to financially support the judges to attend this event.</p>	<p>It's not the host clubs' responsibility to financially support the coaches to attend this event.</p>	<p>N/a</p>
Transport arrangements	<p>Judges are required to organise their own method of transport to and from the competition at the appropriate times.</p>	<p>Clubs and coaches are responsible for organising appropriate transport to and from the event.</p> <p>British Gymnastics guidance</p>	
Jewellery and body adornments	<p>Please set a precedent for coaches, gymnasts and spectators of professionalism.</p>	<p>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.</p> <p>British Gymnastics guidelines</p>	



Additional requirements

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.

Facilities on-site

Spectator area and disabled access

There will be seating available on 3 sides of the competition floor, this is all one level. If disabled access is required please inform the competition organiser in advance so that seating can be reserved. The venue has no steps to access the building.

Food and drink

There will be tea, coffee, cakes and hot food available for both spectators and gymnasts to purchase on the day. Due to allergies, no bananas or nuts to be brought into the competition venue.

Raffle Tickets will be available at £1 a strip – winners announced on the day.

Toilet and changing facilities

There are separate toilets for the spectators and gymnasts along with changing rooms for gymnasts.

Car parking

There is plenty of free parking available in the school car park.

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.

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 the 'Entry form'.**

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. 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.

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 **Laura Paynton or Lil Davis at Eclipse**. 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	Link
Risk assessment training for clubs	British Gymnastics eLearning course	Link
GDPR Data Security	British Gymnastics eLearning course	Link
GDPR Implementation	British Gymnastics eLearning course	Link

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 and banana 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.