



**GfA Floor and Vault
Levels 1 to 4
High Springers OPEN
Competition Handbook**

Host club – High Springers Gymnastics and
Trampoline Club

Competition organiser name: Polly Hucker/Karen Colman

**British
Gymnastics**
More than a sport



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About

High Springers Gymnastics and Trampoline Club

High Springers is a Hertfordshire and London based club established for 5 years. We provide both trampoline and gymnastics activities over several different sites. We strive on providing a fun and effective learning environment.



British Gymnastics

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

British Gymnastics provides a national directive and structure for the sport; delivering a range of opportunities across the age spectrum to take part and stay in gymnastics, as well as developing talent and delivering top-level success.

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

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



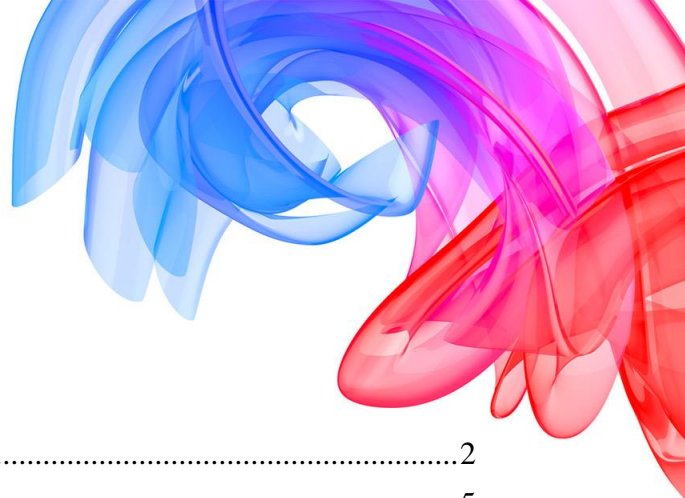
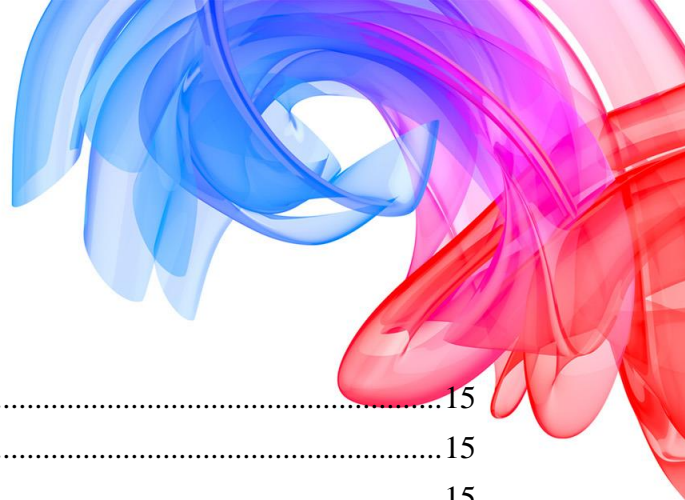
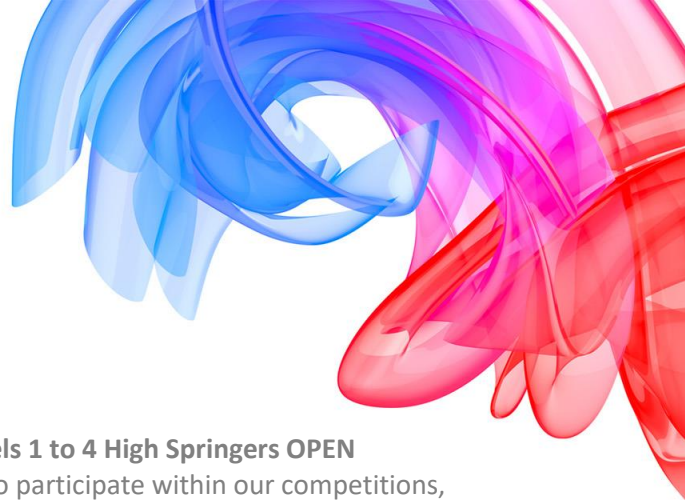


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Competition details – Overview

Welcome to the **Gymnastics for All – Floor and Vault Levels 1 to 4 High Springers OPEN Competition**, 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 low-level 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.

Helping to create a pathway, this event is designed to be the next step from Key Steps/Next Steps competitions, building gymnasts up towards GfA County and Regional competitions.

Who can enter?

This competition is for:

Boys, girls, disability gymnasts age 5-16 years

Gymnasts must be of age 6 within the year of competition.

For example: A gymnast needs to be 6 years old within 2019 to enter the competition on the 5th May 2019

This is open to all British Gymnastics registered clubs.

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

Venue and address

Venue name: Aldenham School Sports Centre

Venue address and postcode: Aldenham School Sports Centre, Aldenham Road, Elstree, WD6 3AJ

Time and date

Date/s: 10th November 2019

Estimated start time(s): 1pm registration

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

Estimated end time(s): 4pm - TBC

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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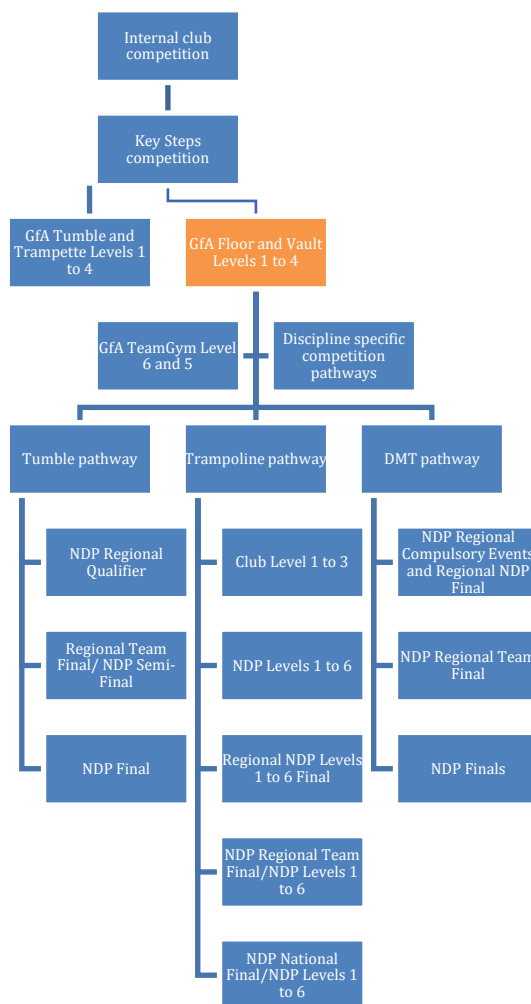


Type, level, and pathway

Competition type: GfA Floor and Vault

Competition level: Levels 1 to 4

Competition pathway: The following diagram provides a generic overview of the type of pathway Gymnastics for All has up to Regional level.



Those segments highlighted in orange are those which this competition is focusing on.

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 Trampoline NDP competition prior to this competition.

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Theme

This competition has [no theme/insert chosen theme]

Entry costs overview – Clubs, Gymnasts, and Spectators

Entry costs:

Entry cost per gymnast	Special offer cost per gymnast	Late entry cost per gymnast
£17.00(spectator fee included)	N/A	£20.00

Spectator entry fee:

Adult	Child (under 14 years)
N/A	N/A
Spectator fees are included within the gymnast entry fee. MAXIMUM FAMILY OF 4	

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

Judge fees:

No allocated judge	No show of nominated judge
£15.00	N/A

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:	Karen Colman	-	Karen.colman@british-gymnastics.org
Venue contact:	Charlotte Canniford	-	Highspringers@outlook.com
British Gymnastics Competition Coordinator:	Karen Colman	-	As above



Entry details

Method of entry

You can enter this competition via: BACS

Email – Complete and return the entry form to karen.colman@british-gymnastics.org

Method of payment

BACs transfer:	
Name:	High Springers LLP
Account number:	29339460
Sort code:	30-96-26
Reference:	[Competition and club name]

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

Entry dates

Entry opening date: 23/08/2019

Entry closure date: 10/10/2019

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.

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

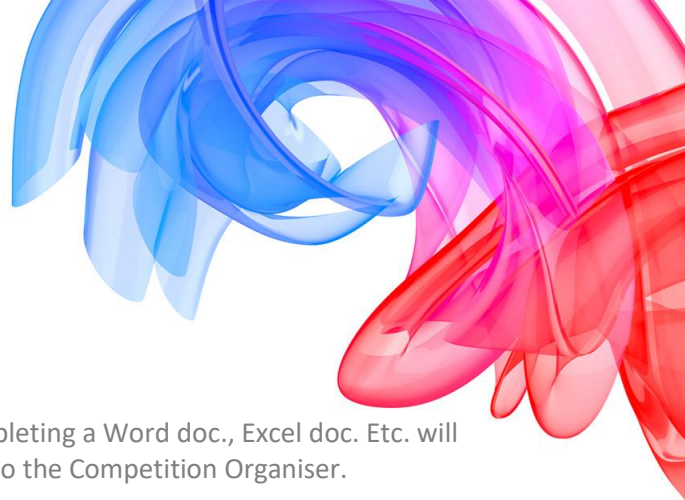
If a gymnast is unable to attend the competition for a specific reason (injury, illness etc.) then you are welcome to transfer (change) the gymnast so you maximise the opportunity for your club.

Post event entry closure

Changing of a gymnast can be done anytime up until the time of the entry closure date. After the entry closure date; please contact the competition organiser prior to discuss the situation or use the [Withdrawal of entry](#) process for the gymnast.

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How to transfer a gymnast – Manual entry process

Events with the entry process that includes manually completing a Word doc., Excel doc. Etc. will require a Transfer form being completed and submitting to the Competition Organiser.

You can find the Transfer form either online or by asking the Competition Organiser.

How to transfer a gymnast – Online entry (GymNet) process

You're able to un-submit your entry and remove/add gymnasts as much as you wish to until the entry deadline. Once you have paid for an entry you are unable to add/remove gymnasts. To add/remove a gymnast after paying for the entry you will need to contact the competition organiser as they will need to manually alter the entry (this may incur an admin fee).

Withdrawal of entry

Manual entry withdrawal process

Please complete the 'Withdrawal form' and return this to the competition organiser. This can be done at any time.

Online entry (GymNet) withdrawal process

Please un-submit the entry online, this will withdraw your entry. If you have paid already you need to contact the Competition Organiser to discuss how to withdraw, depending on the stage of withdrawal.

Fees to withdraw

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.

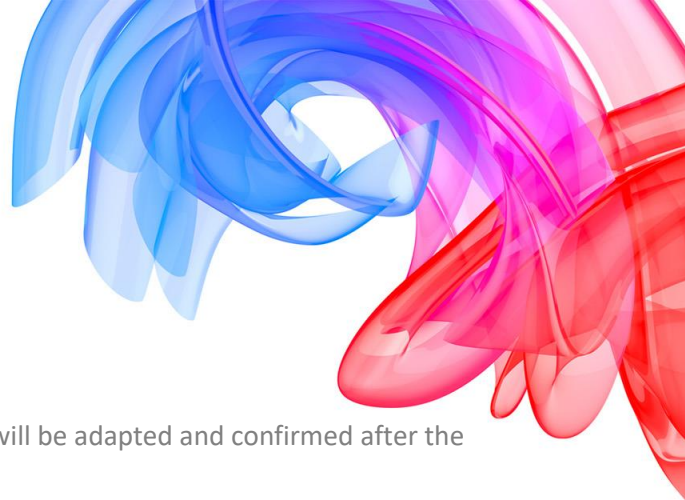
Structure and programme

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 events may be broken up into separate smaller competitions to suit the number of entries/categories.

Activity	Estimated time
Arrival	1pm
Registration	1pm
Door open for spectators	1pm
Coaches and judge's briefings	1.15pm
General warm up	1.25pm
Competition begins	1.30pm
Rounds including change over, intervals, apparatus warm ups, performances	
Presentation	15.30pm
Photo opportunity	-
Competition ends	16.00pm

Category breakdown

Within this competition the categories are as follows:

Category	Categories			
	Level 1	Level 2	Level 3	Level 4
Age breakdown	5 years	6 years	7 years	8 years
	6 years	7 years	8 years	9 years
	7 years	8 years	9 years	10 years
	8 years	9 years	10 years	11 years
	9 years	10 years	11 years	12 years
	10 years	11 years	12 years	13 years
	11 years	12 years	13 years	14 years
	12 years	13 years	14 years	15 years
	13 years	14 years	15 years	16 years
	14 years	15 years	16 years	
	15 years	16 years		
	16 years			
Gender	All	All	All	All
Apparatus	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: 7 years category may become two groups of 7 years, Jan – Jun born and Jul – Dec born. This may also work in reverse, for example; 5 and 6 years will join as there are only two gymnasts in each age group entered.

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 within the year of competition.

For example: A gymnast needs to be 6 years old within 2019 to enter a competition on the 5th May 2019.

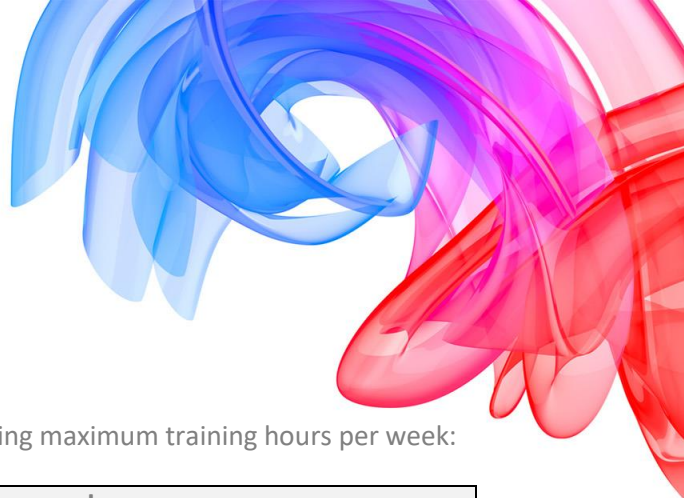
- In fairness to all gymnasts, the coach should decide at what level gymnasts compete.
- GfA rules are designed to be inclusive. Gymnasts with additional needs may take part within a mainstream category or a disability specific category. Please make the competition organiser aware of any specific requirements upon entry.

Gymnasts that have...

- Entered GfA or Artistic Floor and Vault competitions must enter Level 3 or 4.
- Entered GfA or Artistic Floor and Vault competitions and won a medal must enter Level 4
- Entered Regional competitions and won a medal must enter Level 3 or 4.
- Entered above Regional level are not eligible to enter Gymnastics for All competitions.
- Competed within Club Grades **can** enter.
- Entered all levels 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.
- Been a former Performance Gymnasts wishing to compete at a lower level may do so, but must not have competed for **one year**, and enter at the advance more Levels

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			
Level 1	Level 2	Level 3	Level 4
Two	Two	Three	Three

This applies to each individual gymnast.

Rewards and gifts

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

A Certificate

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

Bronze, Silver or Gold medal

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

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 **5 minutes** per apparatus 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

Music is required for the following categories of this competition:	<ul style="list-style-type: none"> N/A <p>Note: Timings etc. requirements are stipulated on specific Skills and Tariff sheets.</p>
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Pre-event music requirements

Music submission date deadline:	-
Music submission method:	-
Music format:	-

Music submission must include the:

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- Club/team
- Gymnast full name
- Category
- Gymnast membership number (unless event is a team event)

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://research.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:

- -

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

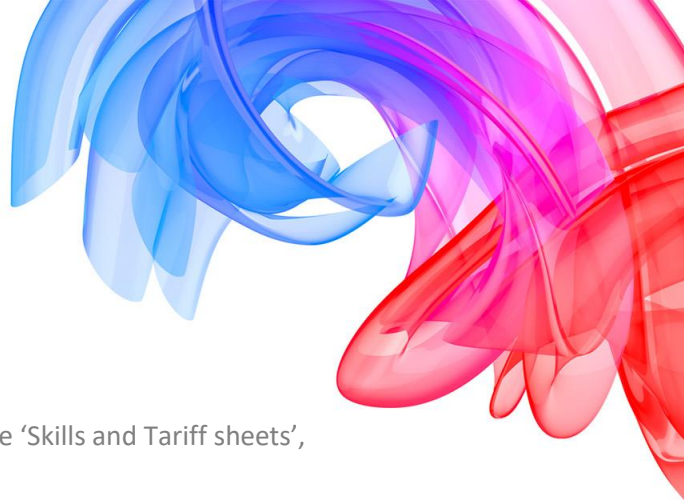
Please ensure that at the following times the gymnasts line up and present to the audience and judges:

- 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)

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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
- 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 [insert number of copies for the day e.g. two, one for each judging panel] copies of the Tariff sheet pages on the day and hand them in during registration.

Repetition of skills

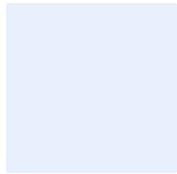
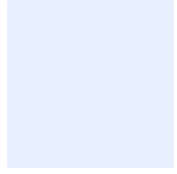
Floor – You are required to select eight skills from a range of categories (see Skills and Tariff sheet for details). Each skill must be different; repeated skills won't be counted and will receive a 1.0 deduction from the Difficulty Value and the any Execution Deductions if performed.

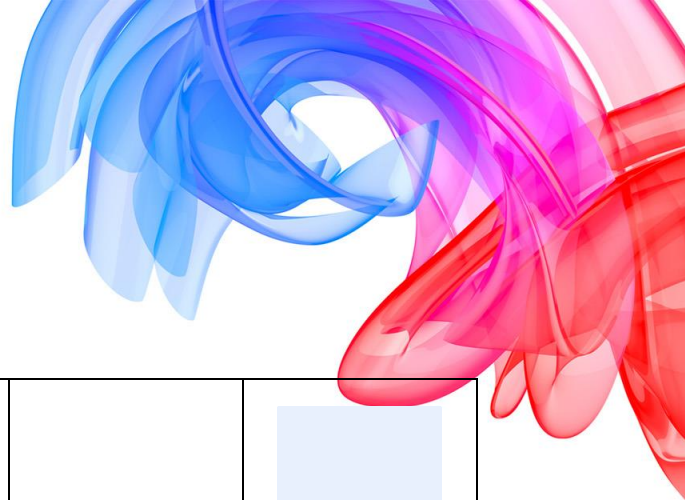
Vault – Each gymnast is to perform two vaults. These can be the same or different elements; the highest scoring element will be recorded.

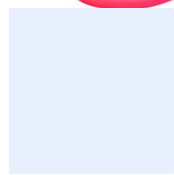
Apparatus

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

PLEASE CONTACT KAREN COLMAN FOR THIS INFORMATION

Apparatus	Specific use for	Manufacturer	Size, dimensions, run up, landing details	Image
				
				



				
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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 Difficulty Value (DV) score decision need to be given to the head judge and 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.

Club, school, and leisure centre requirements

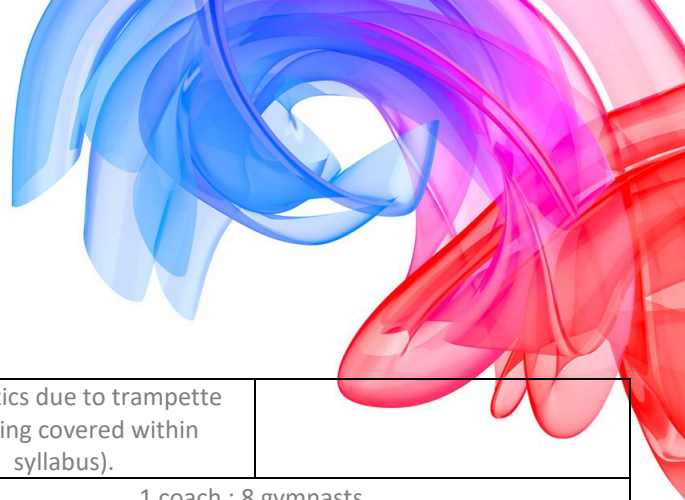
The following table provides information on the level of British Gymnastics membership each gymnastics environment requires to enter this event:

Environment	Club	School	Leisure Centre
Level of membership	BG Club membership	BG Club membership	BG Club membership
Further details	Further details 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	1 judge minimum	Minimum = A BG Level 2 (and above) qualified coach per team BG Level 1 coaches can bring a team under prior agreement of another BG Level 2 (or above) to supervise them (except General	N/A



		Gymnastics due to trampette not being covered within syllabus).	
British Gymnastics ratios	N/a	1 coach : 8 gymnasts	
Qualifications	<p>Minimum = Intro To... Judging qualification</p> <p>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</p> <p>Note: Judging guides will be provided on the day.</p>	<p>Insert requirement e.g. Appropriate British Gymnastics qualifications must be held to deliver the appropriate skills.</p> <p>See 'Skill requirements and routines' for further details.</p> <p>Men's Artistic (MA), Women's Artistic (WA), General Gymnastics (GG), and Team Gym (TG), Tumbling (TUM) coaches can supervise within Trampette and Tumble competitions.</p>	N/a
DBS	Yes	Yes	N/a
Safeguarding training	Ideally	Yes	N/a
Experience and abilities	N/a	Gymnasts can only perform skills that their nominated coach is suitably qualified/ experienced to coach.	<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>BG Gold coach membership</p> <p>British Gymnastics guidance</p>	<p>BG Bronze gymnast membership</p> <p>British Gymnastics guidance</p>
Attire	<p>Ideally = FIG standards – Navy trousers/skirt, white shirt.</p> <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, Leggings, 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>Judges must be able to see clearly the angles of the body for accurate scoring.</p>



			<p>This is also a safety issue if any supporting is required by a coach.</p> <p>Staying warm = Additional suitable clothing on top during rest periods</p>
Payment arrangements	<p>Judges linked/representing a club participating within the competition = Expenses to be claimed from the linked club they are representing.</p>	<p>It is the coaches' club responsibility to support the coaches attending the competition financially.</p>	N/a
Transport arrangements	<p>Coaches and 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 president 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	<p>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 complete and return the 'Additional support' form.</p>		

If attire isn't suitable for coaching, the competition organiser holds the right to step into the competition area.

Facilities on-site

Spectator area and disabled access

Please be aware that seating is limited. Although spectator fee is included within the gymnast entry fee, we cannot guarantee a seat. There is disabled access throughout the sports centre.

Food and drink

You are welcome to bring your own food and drink.

Toilet and changing facilities

There is toilets and changing facilities at this venue.

On-site entertainment

N/A

Car parking

There is car parking at this venue, parking is limited.

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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.

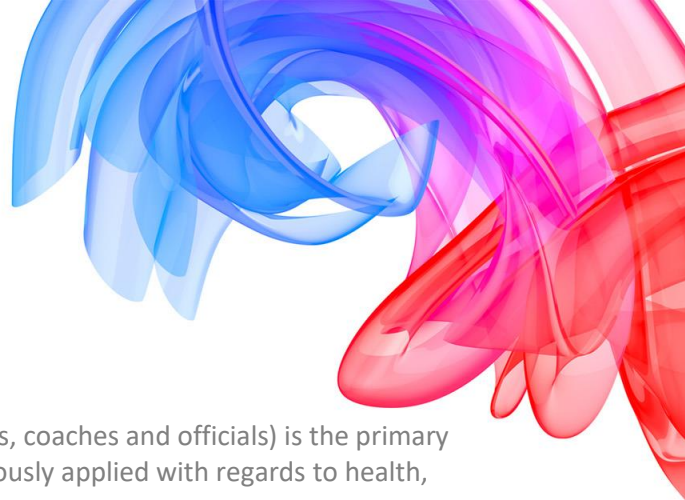
At **no point** should flash photography be used as this can affect those with epilepsy.

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.

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

T. 0845 1297129 F. 0845 1249089
E. information@british-gymnastics.org
W. british-gymnastics.org



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:

- 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 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.