A close up of a snake

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**Yorkshire Gymnastics Association**

**General Gymnastics**

**Competition Handbook 2024**

**Working In partnership with our Governing Body**



# About

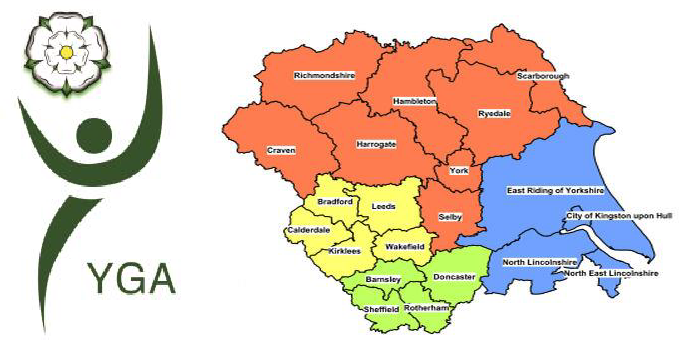
### Yorkshire Gymnastics Association

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 General Gymnastics Competition Handbook**, within this pack you will find all the details to participate within our competitions, supported by British Gymnastics.

The aim of these gymnastics’ competitions 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.

These competitions have been designed to encourage progression from 2PC (Floor & Vault) to 4PC for those who wish to develop in this direction, whilst trying to maintain a level playing field using training hours as well as ages as categories.

In addition, due to requests from our clubs, the GG committee has now added competitions for those gymnasts who wish to start at 4PC who may eventually progress towards a traditional 4 PC route within the region.

These competitions are all Regional level focused competitions aimed at those who otherwise would have few or no other competition opportunities.

## Who can enter?

This competition is for:

|  |  |
| --- | --- |
| **Gender** | Boys and Girls (see specific event) |
| **Age** | 6 years +  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 in by the 31st December to enter the Under 8’s category. |
| **Ability** | Competitions are aimed at **individual** and **teamed**  gymnasts training within a General Gymnastics setting. |
| **Club, County, Region** | This is open to all British Gymnastics clubs who are affiliated to the General Gymnastics section of the Yorkshire Gymnastics Association (YGA).  Anyone within the Yorkshire region can be affiliated. For further details see ‘[Club requirements’](#_Club,_school,_and) section. |

See ‘[Category breakdown’](#_Category_breakdown) and ‘[Entry restrictions: Gymnasts that have](#_TOC_250035)...’ for specific details.

## Dates, Competition, Level, Venue, Address

**All competition events can be found on our website where locations are confirmed once agreed with host clubs**

[**https://www.yorkshiregeneralgymnastics.co.uk/events-calender**](https://www.yorkshiregeneralgymnastics.co.uk/events-calender)

|  |  |  |
| --- | --- | --- |
| **2024**  **competition dates** | **Competition** | **Level** |
| 28/04/2024  &  13/10/2024 | Yorkshire GG 2 PC Girls Sub-Regional  West/North/South/  East Yorkshire  (normally hosted in 3 of the 4 regions) | Individual and Team: Introductory Level Intermediate Level Advanced Level Advanced+ Level |
| 12/05/2024  &  10/11/2024 | Yorkshire GG 2 PC Boys Regional Competition | Individual and Team: Introductory Level Intermediate Level Advanced Level Advanced+ Level |
| 19/05/2024  &  06/11/2024 | Yorkshire GG Girls 2 PC Regional Final | Individual and Team: Introductory Level Intermediate Level Advanced Level Advanced+ Level |
| 15/06/2024  &  07/12/2024 | Yorkshire GG  Opal/ Opal+ / Crystal & Diamond | Individual 4 PC comps – competition opportunities for Teams at Xmas if region requires |
| 16/06/2023  &  08//12/2023 | Yorkshire GG  3PC & 4PC | Individual: Introductory Level Intermediate Level Advanced Level Advanced+ Level |

|  |  |  |
| --- | --- | --- |
| **2025**  **competition dates** | **Competition** | **Level** |
| 27/04/2025  &  12/10/2025 | Yorkshire GG 2 PC Girls Sub-Regional  West/North/South/  East Yorkshire  (normally hosted in 3 of the 4 regions) | Individual and Team: Introductory Level Intermediate Level Advanced Level Advanced+ Level |
| 11/05/2025  &  10/10/2025 | Yorkshire GG 2 PC Boys Regional Competition | Individual and Team: Introductory Level Intermediate Level Advanced Level Advanced+ Level |
| 18/05/2025  &  09/11/2025 | Yorkshire GG Girls 2 PC Regional Final | Individual and Team: Introductory Level Intermediate Level Advanced Level Advanced+ Level |
| 14/06/2025  &  06/12/2025 | Yorkshire GG  Opal/ Opal+/ Crystal & Diamond | Individual 4 PC comps – competition opportunities for Teams at Xmas if region requires |
| 15/06/2025  &  07/12/2025 | Yorkshire GG  3PC & 4PC  (Give it a Go) | Individual: Introductory Level Intermediate Level Advanced Level Advanced+ Level |

**Start time:** All competition start times are estimated, but our events normally get started around 8.15/ 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](https://www.british-gymnastics.org/find-an-event) on the British Gymnastics website for further competitions.

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

|  |  |
| --- | --- |
| **Cost per competing**  **individual gymnast:** | 2 PC - £12.50  (including Xmas comp)  3 PC - £18.75  4 PC - £25.00 |
| **Costs per competing**  **gymnast in an individual and a teamed Xmas Event** | £15.00 Individual & Team  £50 per team – Xmas event |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Cost per spectator:** | **Adult** | **Concession and Child (under 16**  **years)** | **Infant (under 2 years)** |
| £5.00 | £3.00 | No seat = No charge (Balcony viewing still requires a charge when available) |
| **Supporter fees** are paid on the day of the event, on arrival.  The venue and the host club will do the best it can to aid a good view of the event | | |

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

|  |  |
| --- | --- |
| **Cost for no allocated judge**  **(per gymnast):** | Double entry fee per gymnast |
| **Cost for no show judge (per judge):** | £100.00 |

If you don’t have a judge, please contact the YGA General Gymnastics Competition Coordinator

to discuss support options. **Notice must be provided of lack of judge at time of entry.**

Please be aware that all judges are required to attend from the beginning to the end of the competition day (unless special arrangements have been made) and part time judges will incur the full penalty of £100.00 (same as no show) unless sharing the role if this has been agreed with the competition manager in advance.

**Note:** See [Judge Requirements](#_Judge,_Coach,_Gymnast) 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:** | British Gymnastics online entry system (GymNet) – see [specfic events](https://www.yorkshiregeneralgymnastics.co.uk/events-calender) for entry system link |
| **Entry opening date:** | Estimated 2 calendar months prior to event date (see Find an Event for specifics) |
| **Entry closure date:** | 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 for floor and vault events **with no limit to full apparatus comps at this stage.**
* Extra gymnasts wanting an opportunity to compete at Floor & vault events need to be added to the additional entries sheet and await confirmation of places. This form can be found as a download on the Find an Event page for each event in section 6 as well as our website.

## 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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Competition Organiser:** | Lisa Ann Davis | 07946 082801 | [ygaggcompetitions@gmail.com](mailto:ygaggcompetitions@gmail.com) | |
| **Management team::** | Charlotte Barker | N/a | [ygaggcompetitions@gmail.com](mailto:ygaggcompetitions@gmail.com) | |
| **Management team:** | Rachel Revell | N/a | [ygaggcompetitions@gmail.com](mailto:ygaggcompetitions@gmail.com) | |
| **Management team:** | Kirstie Whittles | N/a | [ygaggcompetitions@gmail.com](mailto:ygaggcompetitions@gmail.com) | |
| **Management team:** | Position vacant | N/a | [ygaggcompetitions@gmail.com](mailto:ygaggcompetitions@gmail.com) | |
| **British Gymnastics Competition Coordinator:** | Jack Duggan | 07584517635 | jack.duggan@british- gymnastics.org |
| Polly Hucker | 07584515030 | polly.hucker@british- gymnastics.org |

# Entry details

Please see the following sections for initial details regarding entries:

* [Entry costs overview - Clubs, Gymnasts, and Spectators](#_Entry_costs_overview)
* [Entry method and closure date](#_TOC_250048)
* [Payment method](#_TOC_250047)

## Late entries

Entries received after the entry closure date will normally not be accepted. Exceptions to the rule may apply on a case-by-case basis but may incur the late entry penalty.

|  |  |
| --- | --- |
| **Late entry fee:** | 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 although a small processing charge may be levied (£1)

## 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 pathway:** The following diagram provides a simple visual of the General Gymnastics pathway at Yorkshire Regional level for boys and girls competing on Floor and Vault.

Boys & Girls Advanced

2 PC

Boys & Girls

Champions

2 PC

y

3 PC / 4PC

Boys & Girls

Adv+

2 PC

y

3 PC / 4PC

Boys & Girls

Intermediate

2 PC

y

3 PC / 4PC

Boys & Girls

Introductory

2 PC

y

3 PC / 4PC

The following diagram provides a simple visual of the General Gymnastics pathway at Yorkshire Regional level for boys and girls wishing to progress and compete on additional apparatus.

Girls & Boys

Champions

3 PC / 4PC

y

3 PC / 4PC

Girls & Boys

Adv+

3 PC / 4PC

y

3 PC / 4PC

Girls & Boys

Advanced

3 PC / 4PC

Girls & Boys

Intermediate

3 PC / 4PC

y

3 PC / 4PC

Girls & Boys

Introductory

3 PC / 4PC

y

3 PC / 4PC

The following diagram provides a simple visual of the General Gymnastics pathway at Yorkshire Regional level for girls wishing to commence and progress on 4PC apparatus.

Girls

Diamond

4PC

Girls

Opal +

4PC

Girls

Opal

4PC\*

y

3 PC / 4PC

Girls

Crystal

4PC

* **Please note this category is reserved for gymnasts who have no previous competition experience on full apparatus. Gymnasts who have already entered WA comps in the region need to enter the Opal+ category as a starting point unless agreed to compete at 2PC as a guest with GG committee.**

Each discipline will have specific pathway requirements; please see the [British Gymnastics Technical pages](https://www.british-gymnastics.org) for further details.

See the [Gymnasts that have...](#_TOC_250035) 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](https://yorkshiregymnastics.org/) 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.

If you haven’t received an email of the competition programme ten 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.

|  |  |
| --- | --- |
| **Activity** | **Estimated time** |
| Doors Open / Arrival / Registration | 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 | 10:45am |
| Photo opportunity | 11:00am |
| Competition ends | 11:10am |
| Next Round of Competitions | 11.15am |

## Category breakdown

Within these competitions the categories are as follows:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Comps** | **Categories** | | | |  |
| 2  2 PC / 3 PC & 4 PC  2 PC | **Introductory**  **(up to 1 hr)** | **Intermediate**  **(up to 2 hrs)** | **Advanced**  **(up to 4 hrs)** | **Adv+**  **(4hrs+)** | **Champion**  **(4hrs+ - use Avd+ criteria)** |
|  | Under 8’s  (aged7/8) | Under 8’s  (aged 7/8) | Under 8’s  (aged 7/8) | Under 8’s  (aged 7/8) | Under 8’s  (aged7/8) |
|  | 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 10’s  (aged 9/10) |
| **Individual’s**  **& Teams age** | Under 12’s  (aged 11/12) | Under 12’s  (aged 11/12) | Under 12’s  (aged 11/12) | Under 12’s  (aged 11/12) | Under 12’s  (aged 11/12) |
| **breakdown** | Under 14’s  (aged 13/14)  Seniors  (aged 15+) | Under 14’s  (aged 13/14)  Seniors  (aged 15+) | Under 14’s  (aged 13/14)  Seniors  (aged 15+) | Under 14’s  (aged 13/14)  Seniors  (aged 15+) | Under 14’s  (aged 13/14)  Seniors  (aged 15+) |
|  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Comps | No training time restriction | No training time restriction | No training time restriction | No training time restriction |
| Additional 4 PC comps  Opal / Opal+ Crystal & Diamond  4 PC | Under 8’s  (aged 7/8)  Under 10’s  (aged 9/10)  Under 12’s  (aged 11/12)  Seniors  (Aged 13+) | Under 8’s  (aged 7/8)  Under 10’s  (aged 9/10)  Under 12’s  (aged 11/12) | Under 8’s  (aged 7/8)  Under 10’s  (aged 9/10)  Under 12’s  (aged 11/12) | (Under 8’s  (aged 7/8)  Under 10’s  (aged 9/10)  Under 12’s  (aged 11/12) |
|  | Seniors  (Aged 13+) | Seniors  (Aged 13+) | Seniors  (Aged 13+) |
|  |  |  |  |
| **Disability** | All of our events are open to gymnasts with disabilities.  Please contact the competition organiser to discuss your gymnasts requirements to help establish the most suitable events.  Also see [Adaptions:Disability or Mainstream category?](#_Adaptations:_Disability_or) Section | | | |
| **Gender** | All | All | All | All |

### 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 31st 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 in our well established competitions (floor and vault)

This is to allow a fair opportunity to all Yorkshire affiliated clubs to the 120 (small venues) 150 (larger venues) spaces in each competition.

* Gymnasts are to compete in the same level on all apparatus as they would on Floor & Vault if they are advancing to the “Give it a Go” events.
* Gymnastics for All (GfA) / GG 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.

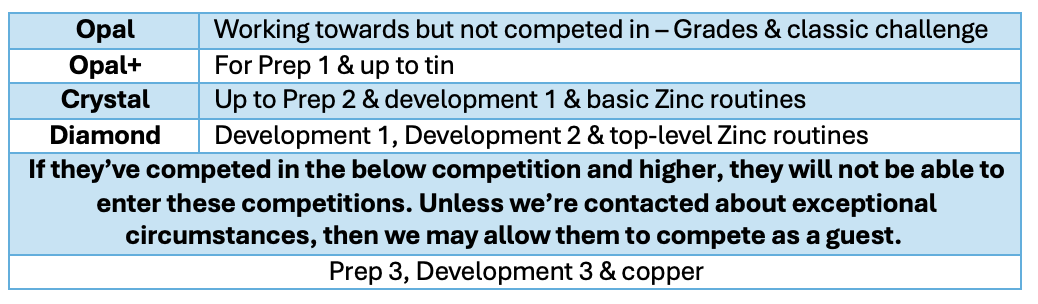
## Gymnasts that have…

* entered Women’s Artistic Four Piece competitions in previous years **must** enter Advanced+ in their first year and **will receive a score as a guest** or alternatively they can take part in the Opal + competition / Crystal or Diamond events. To clarify, the Floor & Vault competitions may not be suitable for full apparatus gymnasts but IF they check in advance they are allowed to enter as guests (no medals) to receive a score to see if this is a suitable competition. Gymnasts entering as guests at the 4PC events will not be entitled to a place at the finals.
* have been invited to the Regional Final events (meaning they have come in the top two in the Regional heat) must either **move up a level or an age group in the next round of competitions**. This applies to the 3PC & 4 PC “Give it a Go” event in the same year or in the following year, if they do not move up an age category, (i.e aged 7 overall medal winner would be competing in same category the following year (under 8’s) so would need to move up a difficulty level. **Please note this only applies when a minimum of 6 gymnasts have entered the regional heat**. Coaches are welcome to apply for extenuating circumstances and these requests should be sent to the Exec committee for consideration.
* competed at our 4 piece, Opal, Opal+, Crystal or Diamond, they should not then enter floor and vault competitions unless there are circumstances which mean they won't be able to continue in the 4 piece pathway, in that case **the club should write to YGA exec to inform them of the circumstance.**
* entered Woman’s Artistic County or Regional four-piece competitions Level 5 / Bronze level WA pathway or above / National/Elite Grades and / or Tumbling/ or any other discipline at a National level or above **are not eligible** to enter General Gymnastic competitions
* entered all levels of **display festival can** enter these competitions.
* competed within other recreational club, schools and leisure centre (inter and intra) type competitions **can enter these competitions**.

**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 at Adv+ 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.

We've created a table to try guide clubs when moving across disciplines, please see below. The competitions which are listed next to the GG competition are the highest level that the gymnasts can compete at, whilst still being able to enter that GG competition.

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**\*Coaches who feel that their Gymnasts are in a position with exceptional circumstances and without competition options should contact the committee directly and submit supporting information to explain their position.  If the decision is upheld, then opportunities to compete as a guest with GG will be provided.**

Maximum training hours

To ensure a fair competition, we have enforced the following maximum training hours per week at our **2 PC / 3 PC & 4 PC (Give it a Go) competitions**.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 |

We also run 4 PC competitions whereby there are **no maximum training hours** set (Opal, Opal+, Crystal & Diamond)

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 our competitions **every gymnast** will receive:

A rosette for performance and certificate of attendance

As part of our competitions, the highest scoring individual gymnasts on the day will also receive: 1st, 2nd, 3rd Place medals on pieces

* Where categories are made up of more than 10 gymnasts / teams then 4th, 5th & 6th place ribbons will also be awarded.

Overall medals & a champion’s trophy will also be presented for the highest all-around score

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

1st, 2nd, 3rd Place medals & Overall champions trophy

See ‘[Category breakdown’](#_TOC_250036) for explanation of categories.

# Performance details

## Warm up

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

There will be approximately **5 minutes** per apparatus, or two attempts (e.g. vault/ bar) or 1 minute on beam 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

* Girls floor (all levels)

**Music is required for the following categories of this competition:**

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

### Pre-event music requirements

|  |  |
| --- | --- |
| **Music submission date deadline:** | As per entry closure date |
| **Music submission method:** | Online submission via GymNet or directly to the YGA comp email address |
| **Music format:** | MP3 |

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?\_afrLoop=1252106128246 3709&\_afrWindowMode=0&\_adf.ctrl-state=27kf5b2cs\_4](https://repsearch.ppluk.com/ars/faces/pages/audioSearch.jspx;jsessionid=ad966ea9b431a2912b79b20cb5df?_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 be prepared to play your own music if requested.

* CD-ROM
* MP3 /
* 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 or individual)
* 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/ Beam /Bar -** Each skill must be different (unless repeating a skill on the high bar or to count towards a CV) and all Categories must be selected; repeated skills won’t be counted towards the DV score and will receive Execution Deductions if performed. Please see individual tariff sheets for the minimum number of skills required.

**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/Beam/Bar** – Any routines with missing elements (skills) will receive a 0.5 Deduction from the Head Judge on their C score and the value of the move (0.1) if the minimum number of skills has not been performed.

## 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 can be made up of three to five gymnasts .
* The three highest scores count to the team score – allowing a team of three to enter.

### Age group Under 14’s / Seniors –

* Teams are made up of two to four gymnasts
* The two highest scores count to the team score – allowing a team of 2 to enter.

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** |
| Floor | All levels | Contact venue for specifics | Min = 10m x 8m |
| Box vault (cross)  **[\*Traditional Vault type]** | All Levels  Vault selections: 1, 2, 4, and 5  (Squat on / through and Straddle on / over) | 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 |
| Vault  **[\*Block only Vault type]** | All Levels  Vault selections: 3  (Straight jump on to block – jump off (straights/tuck/star) | Contact venue for specifics | Heights:  **All ages = 0.6m**  Landing: 0.3m thick safety mat |
| Box vault (cross or long)  **[\*Traditional Vault type]** | All Levels  Vault selections: 6 and 7  (Layout Squat through or Straddle over) | 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 |
| Vault with level mats  **[\*Block only Vault type]** | All  Level  Vault selection: 8  (Straight jump up handstand onto level mats) | Contact venue for specifics | Heights:  **All ages = 0.6m**  Landing mats to level with block |
| Vault  **[\*Block Vault type]** | Intermediate,  Advanced and Advanced+ Level  Vaults  selection: 9  (Straight jump up Round off dismount) | Contact venue for specifics | Heights:  **All ages = 0.6m**  Landing: 0.3m thick safety mat |
| Vault with level mats  **[\*Inverted Vault type]** | Intermediate, Advanced and  Advanced+  Level  Vaults selections: 10  (Handstand flatback) | Contact venue for specifics | Heights:  Under 8’s = 0.6m  Under 10’s = 0.6m  Under 12’s = 0.9m  Over 13’s = 0.9m |
| Vault with safety landing mat at the end  **[\*Inverted Vault type]** | Advanced and Advanced +  Levels  Vault selections:  11  (Straight jump up Handspring dismount) | Contact venue for specifics | Heights:  All Ages = 0.6m  Landing: 0.3m thick safety mat |
| Vault with level mats  **[\*Inverted Vault type]** | Intermediate, Advanced and  Advanced+  Level  Vault selections: 12  (Handspring) | Contact venue for specifics | Heights:  Under 8’s = 0.6m  Under 10’s = 0.6m  Under 12’s = 0.9m  Over 13’s = 0.9m |
| Vault  **[\*Inverted Vault type]** | Advanced and  Advanced + Levels  Vault selection: 13 and 14  (Handspring ½ on or Handspring ½ off) | Contact venue for specifics | Heights:  Under 8’s = 0.6m  Under 10’s = 0.6m  Under 12’s = 0.9m  Over 13’s = 0.9m  Landing:  0.3m thick safety mat |

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

**Notes:**

‘Please see Skills and Tariff sheets’ for vault values

\*Vault type definitions:

**Traditional vault**

School vaults (Wooden layered, box vaults or horse style vault)

**Block only Vault**

Coaching block – maximum height 60cm

**Inverted vaults** (vaults that include a handstand)

Block, Block & mats, Table (if available) or school vaultsif preferred.

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 than stated heights. Heights can’t be lower than stated measurements.

## Deductions

You will find deductions in the ‘Skills and Tariff Sheets’ accompanying this

handbook.

Please note for non-matching kit (shorties/leggings not in the same material/colour) a **deduction of 0.3** will be applied to the overall score. The same penalty applies to team members in non-matching attire.

We will aim to have 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 in-line with their qualification and experience; this will also suit the categories applied to the competition.

## Judge slips & Coaches Slips

Judges will fill in the slips for the scoring panel and for the coaches present. Runners will distribute the scores to the coaches and take the completed scores to the scorer for entry into the system’s score sheet. If additional support has been employed to assist the running of the event this process will work electronically, and slips will be printed at pieces for coaches to collect.

## 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. Coaches are not permitted to approach our judges under any circumstances.

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 –  [British Gymnastics guidance](https://www.british-gymnastics.org/memberships) | | |
| **Affiliation** | Yorkshire Region | Yorkshire Region | Yorkshire Region |
| Further details on how to become affiliated can be found by emailing  [ygaexecsecretary@gmail.com](https://d.docs.live.net/45681ccb985c8fe4/Documents/documents/NLGACC/yga%20boc/GG/All%20Competition%20Admin/ygaexecsecretary@gmail.com) | | |

# 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 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 | |
|  | Minimum = Intro To…  Judging qualification | Appropriate British Gymnastics qualifications must be held to deliver the selected skills. |  |
| **Qualifications** | 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 | See tariff sheets 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 and is within the GG syllabus. |

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Note:** 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 |  |
| **DBS** | Yes | Yes | No |
| **Safeguarding training** | Ideally | Yes | No |
| **Experience and abilities** | 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. |
|  |  | Supervising coach = BG Gold, Joint Gold, or Life Member |  |
| **Membership** | BG Bronze judge membership | Assisting coach = BG Silver (if level 1), BG Gold, Joint Gold, or Life Member | BG Bronze gymnast membership |
|  | [British Gymnastics guidance](https://www.british-gymnastics.org/memberships) | Volunteer = No membership required but must always be accompanied by a named coach | [British Gymnastics guidance](https://www.british-gymnastics.org/memberships) |
|  |  | [British Gymnastics guidance](https://www.british-gymnastics.org/memberships) |  |
|  |  |  | Girls’ clothing = Leotard. If leggings or shorts to be worn **to match leotard or deductions may be applied** |
| **Attire** | 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. | 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. |
| **Payment arrangements** | 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 |
| **Transport arrangements** | 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.  British Gymnastics guidance | |
| **Jewellery and body adornments** | 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.  British Gymnastics guidelines | |
| **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 contact the YGA Competition Coordinator to discuss your options and how you can gain/train a judge. See [Key contact](#_Key_contacts) 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.** [ygaggcompetitions@gmail.com](mailto:ygaggcompetitions@gmail.com)

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-](http://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. [ygaggcompetitions@gmail.com](mailto:ygaggcompetitions@gmail.com) or [ygaggexecutiveofficers@gmail.com](mailto:ygaggexecutiveofficers@gmail.com)

## 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 | <https://www.british-gymnastics.org/clubs/club-support/health-and-safety> |
| Risk assessment training for clubs | British Gymnastics eLearning course | <https://www.british-gymnastics.org/courses> |
| GDPR Date Security | British Gymnastics eLearning course | <https://www.british-gymnastics.org/courses> |
| GDPR Implementation | British Gymnastics eLearning course | <https://www.british-gymnastics.org/courses> |
| YGA Codes of conduct | Policy | [Link](https://yorkshiregymnastics.org/) |
| YGA Complaints Procedure | Policy | [Link](https://yorkshiregymnastics.org/) |

## 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.

Gymnast club transfer

Our transfer policy is currently under review. Please find the key points which must be adhered to below.

* At the event/for results the gymnast will be shown as representation for dual clubs.
* This will be for 6 months from the date the gymnast joined the new club.
* They will only be able to compete as an individual for the first 6 months, after that they may be able to compete in a team.
* If a gymnast moves clubs after the closing date of a competition, we will refund the club that entered that gymnast into the competition. The gymnast will not be able to compete for the new club.