



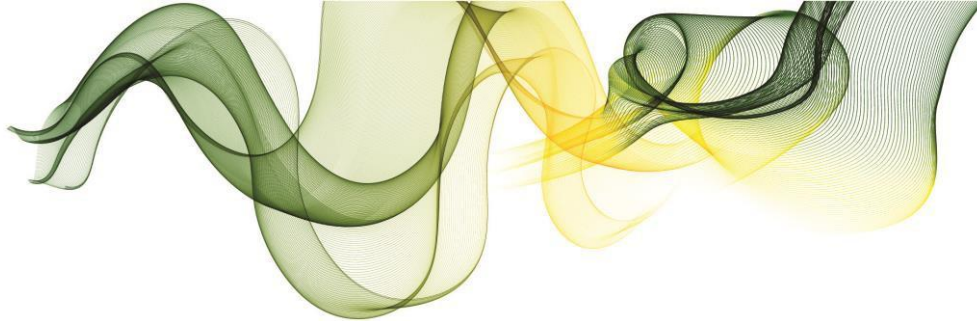
Yorkshire Gymnastics Association

General Gymnastics

Competition Handbook 2026

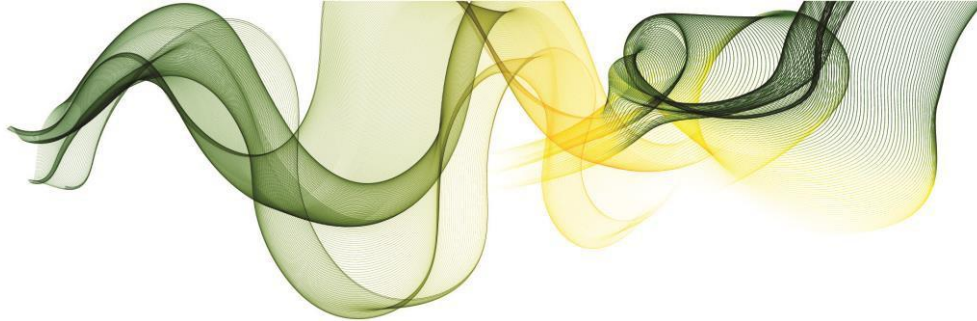
Working In partnership with our Governing Body

**British
Gymnastics**



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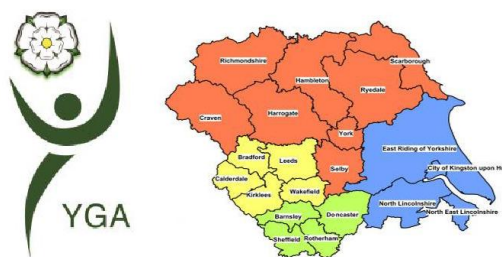
ABOUT US

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 Gymnastics Association and has had several changes over the decades to also include the Humberside Region.

Yorkshire Gymnastics covers North, West, East (formerly 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.

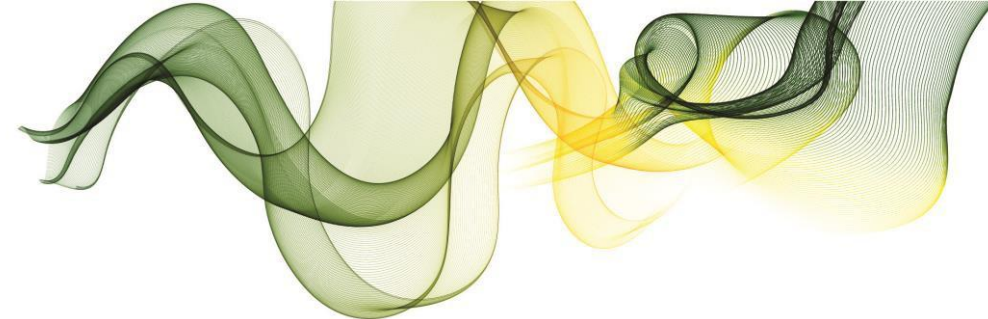


British Gymnastics

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.



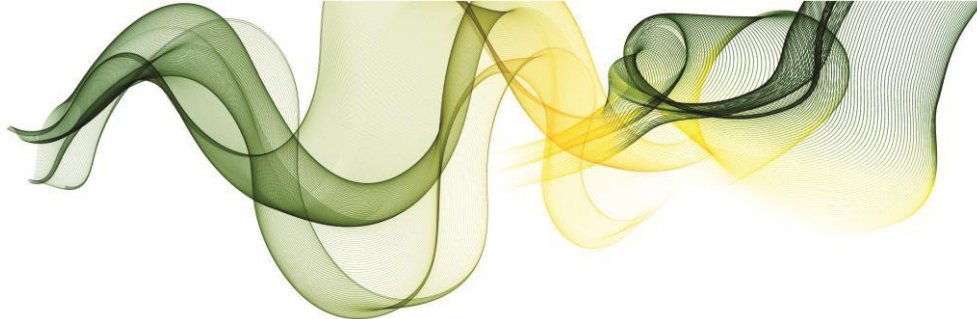
COMPETITION DATES

All competition events can be found on our website where locations are confirmed once these have been agreed with the host clubs.

<https://www.yorkshiregeneralgymnastics.co.uk/events-calender>

2026 Competitions	Competition	Level
BOYS FLOOR AND VAULT		
26.04.2026 and 11.10.2026	2PC Competition (Floor and Vault) Individual and Team Regional Competition	Introductory, Intermediate, Advanced, Advanced Plus and Champions levels.
GIRLS FLOOR AND VAULT		
03.05.2026 and 25.10.2026	2PC Sub-Regional Competition (Floor and Vault) Individual and Team Competition South/East/West/North heats	Introductory, Intermediate, Advanced, Advanced Plus and Champions levels.
17.05.2026 and 08.11.2026	2PC Regional Finals (Floor and Vault) Individual Competition	Introductory, Intermediate, Advanced, Advanced Plus and Champions levels.
GIRLS 3PC AND 4PC 'GIVE IT A GO'		
28.06.2026	3PC and 4PC 'Give it a Go' Individual and Team Regional Competition	Introductory, Intermediate, Advanced, Advanced Plus and Champions levels.
29.11.2026	3PC and 4PC 'Give it a Go' Christmas Team Regional Competition Teams of 4 (2 for older age groups)	As above for categories. Gymnasts can perform on a maximum of 2 pieces of apparatus
GIRLS OPAL, OPAL+, CRYSTAL AND DIAMOND		
06/07/2026 07/07/2026 and 05/12/2026 06/12/2026	4PC Regional Competition Individual and Team Competition (2 days -Saturday and Sunday)	Opal, Opal +, Crystal and Diamond

Please note – the closing date for all competitions will be 6 weeks prior to the competition date (or earlier if the maximum entries are received)



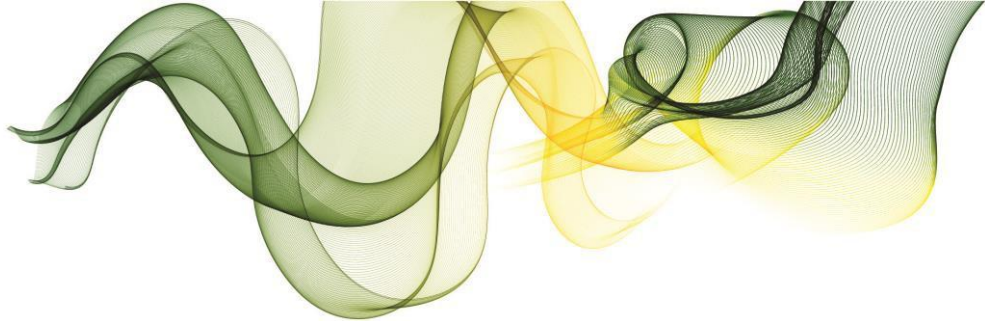
2027 Competitions	Competition	Level
BOYS FLOOR AND VAULT		
	2PC Competition (Floor and Vault) Individual and Team Regional Competition	Introductory, Intermediate, Advanced, Advanced Plus and Champions levels.
GIRLS FLOOR AND VAULT		
	2PC Sub-Regional Competition (Floor and Vault) Individual and Team Competition South/East/West/North heats	Introductory, Intermediate, Advanced, Advanced Plus and Champions levels.
	2PC Regional Finals (Floor and Vault) Individual Competition	Introductory, Intermediate, Advanced, Advanced Plus and Champions levels.
GIRLS 3PC AND 4PC 'GIVE IT A GO'		
	3PC and 4PC 'Give it a Go' Individual and Team Regional Competition	Introductory, Intermediate, Advanced, Advanced Plus and Champions levels.
	3PC and 4PC 'Give it a Go' Christmas Team Regional Competition Teams of 4 (2 for older age groups)	As above for categories. Gymnasts can perform on a maximum of 2 pieces of apparatus
GIRLS OPAL, OPAL+, CRYSTAL AND DIAMOND		
	4PC Regional Competition Individual and Team Competition (2 days -Saturday and Sunday)	Opal, Opal +, Crystal and Diamond

Start time: start times are estimated but generally events start around 8.15-8.30am

Estimated end time: we endeavour to finish all events around 5.30-6.00pm

Note: start and end times may vary depending on the number of entries received.
These will be confirmed approximately 10 days in advance of the competition

Please note that entries will not be confirmed until all music has been received (in MP3 format and correctly labelled) and the names of all coaches and judges has been supplied.



COMPETITION DETAILS – OVERVIEW

Welcome to the **Yorkshire General Gymnastics Association General Gymnastics Competition Handbook**.

The aim of these 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.

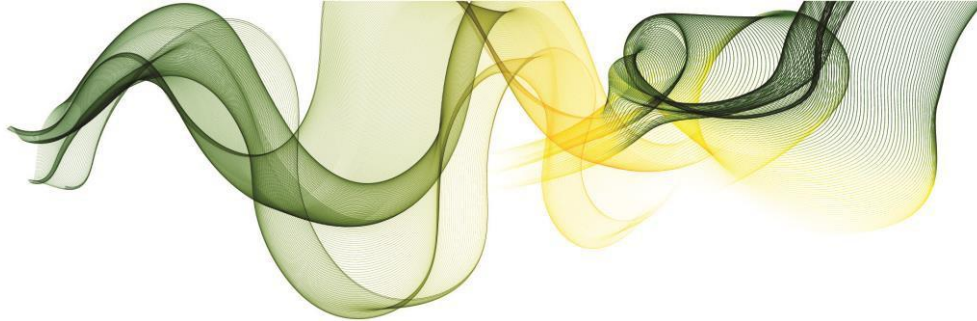
These competitions have been designed to encourage progression from 2PC (floor and vault) to 4PC for those who wish to develop in this direction, whilst trying to maintain a level playing field using training hours as well as ages as categories.

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

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

WHO CAN ENTER?

Gender	Boys and Girls (see individual competitions)
Age	6 years + Gymnasts must be of age to enter the appropriate category in the <u>year</u> of competition For example: a gymnast needs to be 7 years old by the 31 st 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	Competitions are 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 the 'Club Requirements' section.



ENTRY COSTS – Clubs, Gymnasts and Spectators

Cost per competing individual gymnast	2PC - £12.50 (including Christmas comp) 3PC - £18.75 4PC - £25.00
Cost per competing gymnast in an individual and a teamed Christmas event	£15.00 individual and team £50 per team – Christmas competition

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)
	Spectator fees are paid on the day of the event, on arrival. The venue and the host club will do the best they can to aid a good view of the event.		

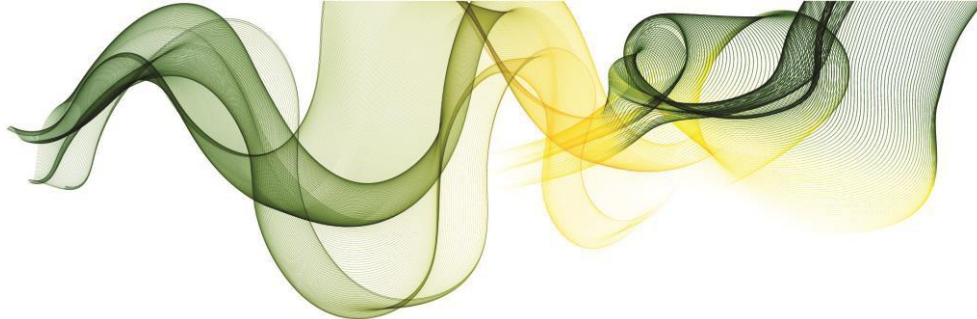
Please be aware that there is limited seating. Please speak to the Competition Organiser if you have a large group of supporters attending.

Cost for no allocated judge (per gymnast):	Double entry fee per gymnast following confirmation with event management team.
Cost for no show judge (per judge)	£100.00 per judge

If you do not have a judge, please contact the YGA General Gymnastics Competition Co-ordinator to discuss support options. **Notice must be provided for lack of judge at the time of entry.**

Please be aware that ALL JUDGES are required to attend from the beginning to the end of the competition (unless special arrangements have been made) and part time judges will incur the full penalty of £100.00 unless sharing the role, if this has been agreed with the competition manager in advance.

See Judges Requirements section for specific requirements.



ENTRY METHOD, CLOSURE DATES & WITHDRAWALS

ENTRY METHOD AND CLOSING DATES

Entry method:	British Gymnastics online entry system JustGo
Entry opening date:	At least 2 calendar months prior to event date
Entry closing date:	6 weeks prior to event date (events may close earlier if the maximum entries are received)

Notes:

- The competition organiser holds the right to close the entry period early if the maximum entries have been reached. Time permitting, clubs will be notified when events close early.
- 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 level and a maximum of **one team** for apparatus and team events.
- Extra gymnasts want an opportunity to compete need to be added to the 'additional entries' sheet and await confirmation of places. This can be found on our website and is often sent out when dates are announced.
- **The names of all coaches and judges attending and music (girls competitions only) must be submitted with entries via email to ygaggcompetitions@gmail.com to provide the management team with sufficient time to plan. Entries will not be confirmed until this information has been received and clubs run the risk of not being permitted to enter competitions.**

PAYMENT METHOD

Payment should be made at the time of submitting entries on the JustGo system.

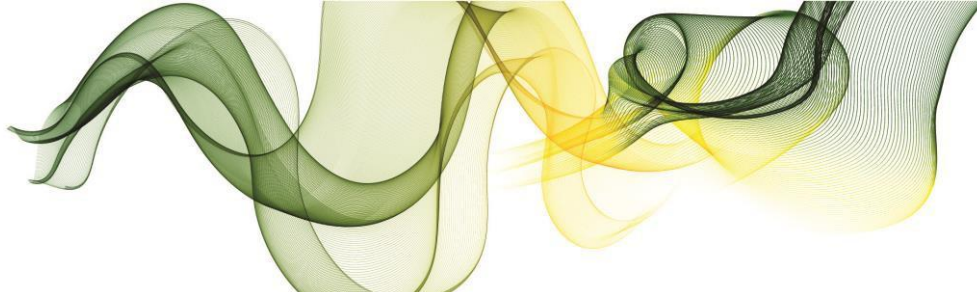
Please ensure that the correct amount is paid upon entry. Without payment, entries will not be submitted our counted and will not be visible to the competition organisers.

LATE ENTRIES

Entries received after the closure date will 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
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If you believe your entry will be late, please speak to the Competition Organiser to discuss your situation. Each case is taken on an individual basis.



CHANGING OF A GYMNAST INVOLVED IN THE COMPETITION

PRIOR TO EVENT CLOSURE DATE

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

- Not submitted your entry yet? – you can manually amend your entry on the JustGo system.
- Submitted and paid for your entry? – you will need to email the Competition Organiser on ygaggcompetitions@gmail.com to transfer the gymnast as this must be done manually.

POST EVENT CLOSURE DATE

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, it must be done manually. The Competition Organiser will require the following details for both gymnasts:

- Full name
- Membership number
- Category (level and age)

WITHDRAWAL OF ENTRY

To withdraw a gymnast please email the Competition Organiser (ygaggcompetitions@gmail.com) with the following details:

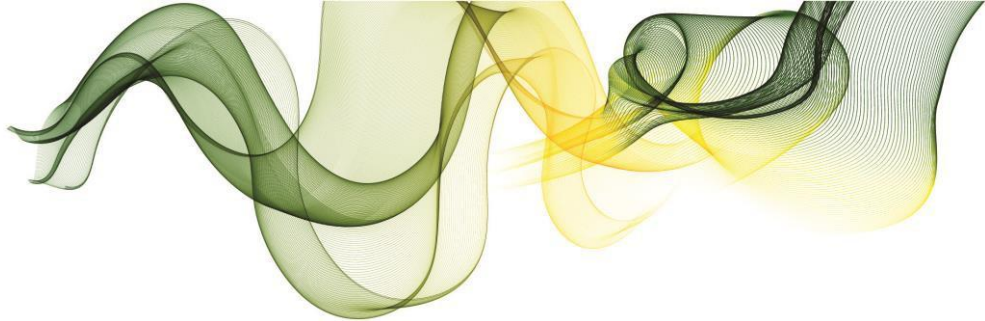
- Full name
- Membership number
- Category (level and age)
- Reason for withdrawal

WITHDRAWAL FEES

If the withdrawal is:

- **After the closure date** – full cost of the entry fee unless gymnast has been hospitalised with an injury or illness
- **Before submission of the entry** – no fee has been charged
- **Before the closure date** – no fee will be charged as per consumer rights, although a small processing charge may be levied (£1.00)

Any withdrawal information should be relayed to the competition management team via email as soon as possible to assist with planning.



CONFIRMATION OF ENTRY

Entries will not be considered as complete until all the following information has been received in addition to the entry fee:

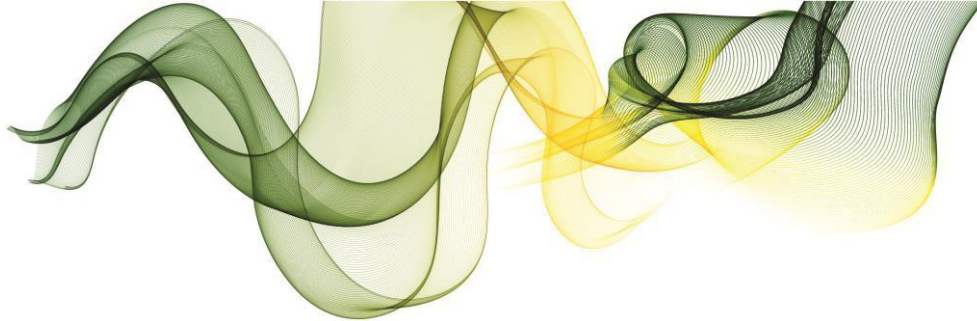
- Names and qualification level of all coaches attending
- Names of all judges attending
- All music in MP3 format and appropriately labelled (not required for boys competitions)

JUDGING REQUIREMENTS

A **minimum of one judge per 20 gymnasts** entered is required. No specific judging qualifications are required but some experience and/or knowledge of floor and vault would be beneficial. Judges are expected to attend for the whole competition. This includes both Saturday and Sunday where the competition runs over two days.

KEY CONTACTS

Competition Organiser:	Lisa Ann Davis	07946 082801	ygaggcompetitions@gmail.com
Management Team:	Charlotte Barker	n/a	ygaggcompetitions@gmail.com
Management Team:	Rachel Revell	n/a	ygaggcompetitions@gmail.com
Management Team:	Kirstie Whittles	n/a	ygaggcompetitions@gmail.com
Management Team:	Pam Stevenson	n/a	ygaggcompetitions@gmail.com



COMPETITION STRUCTURE AND PROGRAMME

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 Introductory 2PC		Boys & Girls Intermediate 2PC		Boys & Girls Advanced 2PC		Boys & Girls Adv Plus 2PC		Boys & Girls Champions 2PC
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The following diagram provides a simple visual of the General Gymnastics pathway at Yorkshire Regional level for girls wishing to progress and compete on additional apparatus. Please note that similar opportunities are offered for boys arranged by the Men's Artistic Committee.

Girls Introductory 3PC / 4PC		Girls Intermediate 3PC / 4PC		Girls Advanced 3PC / 4PC		Girls Adv Plus 3PC / 4PC		Girls Champions 3PC / 4PC
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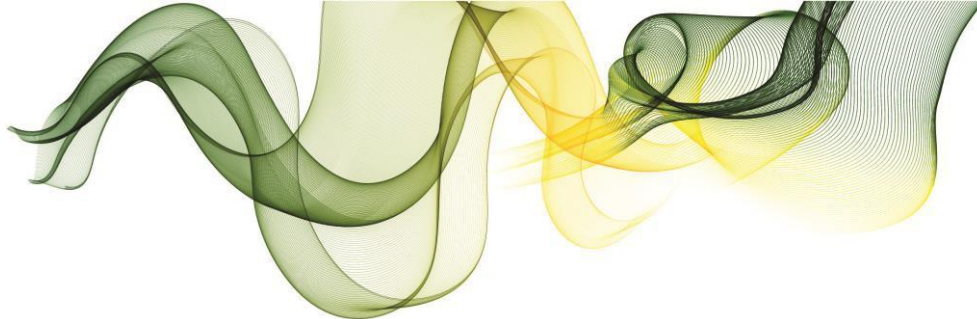
The following diagram provides a simple visual of the General Gymnastics pathway at Yorkshire Regional level for girls wishing to commence and progress on 4PC apparatus.

Girls Opal 4PC		Girls Opal Plus 4PC		Girls Crystal 4PC		Girls Diamond 4PC		Girls Diamond Plus 4PC
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*please note this category (Opal) is reserved for gymnast who have no previous competition experience on full apparatus. Gymnasts who have already entered WA competitions need to enter the Opal Plus category as a starting point unless agreed to compete at 2PC as a guest with the GG committee. It is suggested that gymnasts remain in Opal for a maximum of two competitions.

CONFIRMATION OF PROGRAMME

After the entry closure date the Competition Organiser will finalise the competition programme and running order and circulate this with all the clubs involved. If you have not received this ten days prior to the competition please contact the Competition Organiser. Please check your 'junk' folder prior to getting in touch.

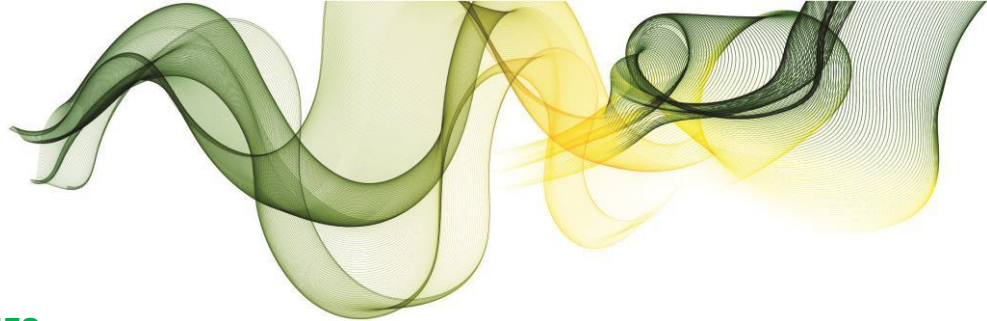


CATEGORY BREAKDOWN AND LIMITS ON TRAINING HOURS

Within these competitions, the categories are as follows:

Comps	Categories				
2PC / 3PC and 4PC	Introductory (up to 1 hour)	Intermediate (up to 2 hours)	Advanced (up to 4 hours)	Advanced Plus (4+ hours)	Champions (4+ hours)
Individuals & Teams age breakdown	Under 8's (age 7/8)	Under 8's (age 7/8)	Under 8's (age 7/8)	Under 8's (age 7/8)	Under 8's (age 7/8)
	Under 10's (age 9/10)	Under 10's (age 9/10)	Under 10's (age 9/10)	Under 10's (age 9/10)	Under 10's (age 9/10)
	Under 12's (age 11/12)	Under 12's (age 11/12)	Under 12's (age 11/12)	Under 12's (age 11/12)	Under 12's (age 11/12)
	Under 14's (age 13/14)	Under 14's (age 13/14)	Under 14's (age 13/14)	Under 14's (age 13/14)	Under 14's (age 13/14)
	Seniors (age 15-18)	Seniors (age 15-18)	Seniors (age 15-18)	Seniors (age 15-18)	Seniors (age 15-18)

Comps	Categories			
4 PC	Opal (no training time restriction)	Opal Plus (no training time restriction)	Crystal (no training time restriction)	Diamond/Diamond Plus (no training time restriction)
Additional 4PC comps Opal / Opal + / Crystal / Diamond and Diamond Plus Individual and Teams	Under 8's (age 7/8)	Under 8's (age 7/8)	Under 8's (age 7/8)	Under 8's (age 7/8)
	Under 10's (age 9/10)	Under 10's (age 9/10)	Under 10's (age 9/10)	Under 10's (age 9/10)
	Under 12's (age 11/12)	Under 12's (age 11/12)	Under 12's (age 11/12)	Under 12's (age 11/12)
	Under 14's (age 13/14)	Under 14's (age 13/14)	Under 14's (age 13/14)	Under 14's (age 13/14)
	Seniors (age 15-18)	Seniors (age 15-18)	Seniors (age 15-18)	Seniors (age 15-18)



GYMNASTS WITH DISABILITIES

All our competitions are open to gymnasts with disabilities. Please contact the Competition Organiser to discuss your gymnast requirements to help establish the most suitable events.

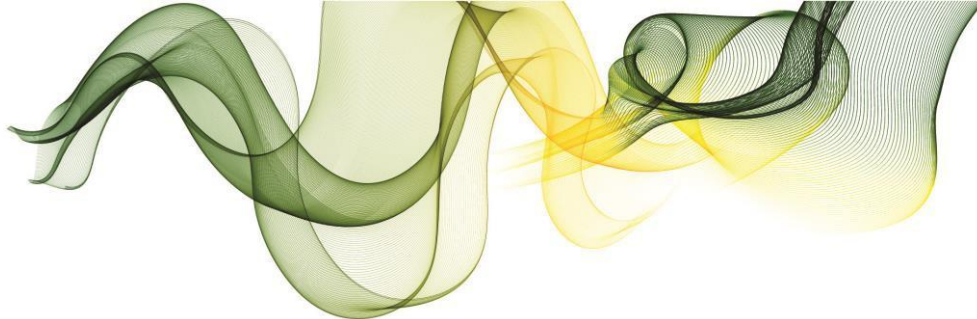
POINTS TO NOTE

- 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 years and 8 years if volumes are over 20 gymnasts within this category. This will be down to the discretion of the Competition Organiser but 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 (taking into account training hours where applicable)
- There is a limit of 5 gymnasts per individual age group allowed per club entry. This is to allow a fair opportunity to all Yorkshire affiliated clubs to the 120 (small venues) and 150 (larger venues) spaces in each competition.
- Gymnasts must compete at the same level on all apparatus as they would on floor & vault when advancing to the 3PC/4PC 'Give it a Go' events.
- Due to the high volume of entries for our competitions, gymnasts are only permitted to enter the floor & vault OR the 3PC/4PC 'Give it a Go' competition in the spring season, and again in the autumn season. They do not need to enter the same competition each time, i.e. a gymnast could enter the floor & vault in the spring and the 3PC/4PC in the autumn (or vice versa). **Please note** that gymnasts who enter the Opal/Opal+/Crystal/Diamond competition are not eligible to enter the floor & vault or the 3PC/4PC competitions or the Christmas 2PC teams competition.
- 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.

MAXIMUM TRAINING HOURS

To ensure a fair competition, we have enforced the following maximum training hours per week at our **2PC / 3PC & 4PC 'Give it a Go' competitions** for both boys and girls.

Maximum training hours per week			
Introductory	Intermediate	Advanced	Adv + & Champions
One	Two	Four	No limit



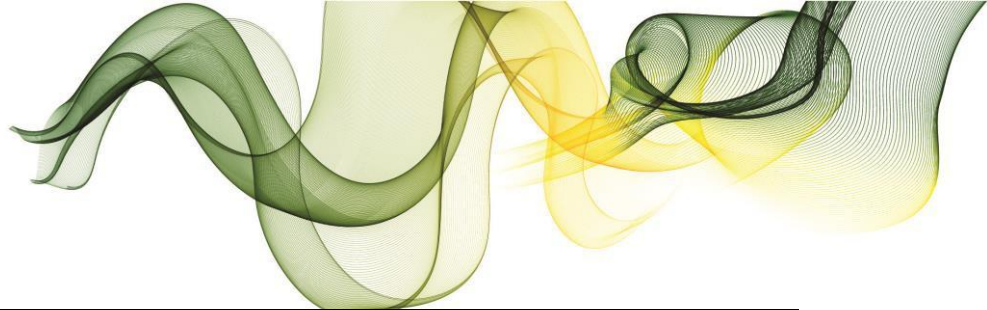
GYMNASTS THAT HAVE

- Entered Women's Artistic Four Piece competition in previous year **MUST** enter Advanced Plus in their first year and will **receive a score as a guest**. Alternatively they can take part in the Opal+/Crystal/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 floor & vault events will not be entitled to a place at the finals.
- Been invited to the Regional Finals events (meaning they have come in the top two in the regional heats) **must either move up a level or an age group in the next round of competitions**. This also applies to the 3PC/4PC 'Give it a Go' category (i.e. aged 7 overall medal winner would be competing in the same category the following year 9under 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 Executive Committee for consideration.
- Competed at our 4 piece Opal, Opal +, Crystal or Diamond events should not then enter the floor & vault competitions unless there are circumstances which mean they won't be able to continue in the 4 piece pathway. In such circumstances **the club should write to the YGA Executive Committee to inform them of the circumstances**.
- Entered Women's Artistic county or regional competitions, Classic Challenge/ National/Elite Grades and/or Tumbling or any other discipline at a National level or above **are not eligible** to enter General Gymnastics competitions.
- Entered all levels of **display festival can** enter these competitions.
- Competed within other recreational club, schools and leisure centre (inter and intro) type competitions **can enter these competitions**.

Note: With all points it is 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 Advanced Plus 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 have created a table to try and 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 gymnast can compete at, whilst still being able to enter that GG competition.



Opal	Working towards but not competed in – Grades & Classic Challenge
Opal +	For Prep 1 and up to Tin
Crystal	Up to Prep 2 & Development 1 and basic Zinc routines
Diamond / Diamond Plus	Development 1, Development 2 and top level Zinc routines
If they have competed in the below competition and higher, they will not be able to enter these competitions. Unless we are contacted about exceptional circumstances, then we may allow them to compete as a guest.	
Prep 3, Development 3 and Copper	

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.

ADAPTATIONS, DISABILITY OR MAINSTREAM CATEGORY

To support gymnasts to integrate into mainstream gymnastics there can be certain adaptations allowed without affecting how the gymnasts are scored/judged. If you would like to discuss any possible adaptations prior to entering our events, 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:

- Certificate of attendance
- Rosette for performance

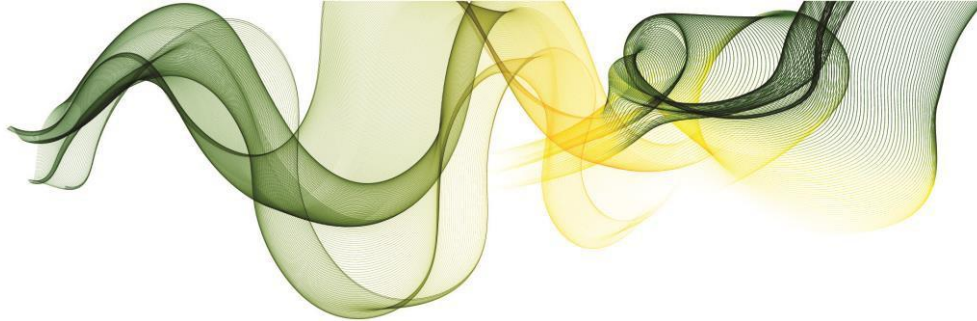
As part of the competitions, the highest scoring individual gymnasts on the day will also receive 1st, 2nd and 3rd place medals on each apparatus

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

Overall medals and a champions trophy will also be presented for the highest all-around score

As part of our competitions, **winning teams** will receive:

- 1st, 2nd and 3rd place medals
- Overall champions trophy (one per team)



PERFORMANCE DETAILS & REQUIREMENTS

WARM UP

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

Individual apparatus warm up will be approximately 5 minutes, or two attempts (e.g. vault and bar) or one minute on beam. Attempts and timings may be changed at the Competition Organiser's discretion.

MUSIC LICENCING – PPL/PRS

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.

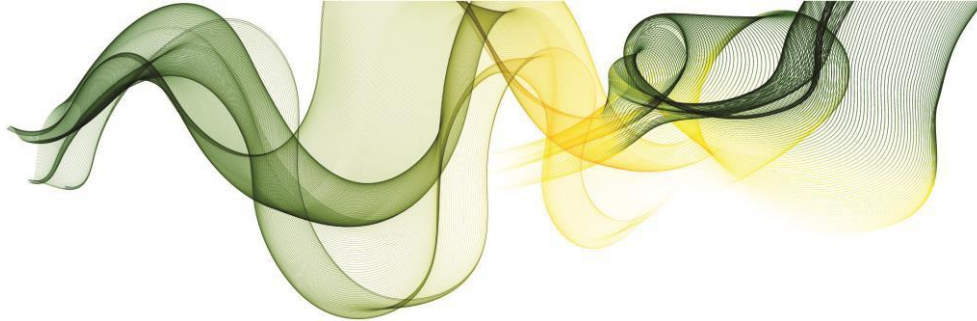
https://repsearch.ppluk.com/ars/faces/pages/audioSearch.ispx?_afLoop=12521061282463709&_afWindowMode=0&_adf.ctrl-state=27kf5b2cs_4

Please note: no Walt Disney, Andrew Lloyd Webber or Cirque de Soleil music is permitted.

British Gymnastics also offer guidance on their website in relation to PPL/PRS. Please go to [TheMusicLicence – PPL/PRS – British Gymnastics Club Hub Resources](#)

PRE-EVENT MUSIC REQUIREMENTS

Music is required for the following categories:	Girls floor (all levels)
Music submission date deadline	Music must be submitted with the entries. Entries will not be confirmed until the music has been received in the correct format.
Music submission method	By email to ygaggcompetitions@gmail.com
Music format	MP3
Information to be included	Club/team name Gymnast full name Category (e.g. U12 Advanced)



EVENT DAY MUSIC REQUIREMENTS

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

- MP3 / USB
- Fully charged portable device e.g. MP3 player, i-phone etc

Please be prepared to play your own music on the day if required.

Please note, that although very low risk, any damages are your own responsibility and not the host club or the competition organisers.

The host venue will also be abiding by the PPL/PRS licensing laws. Therefore, there may be background music being played to help create a calming atmosphere. This will be at the competition organiser/venue discretion.

LINING UP / MARCH ON / PRESENTATION TO JUDGES

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 or team)

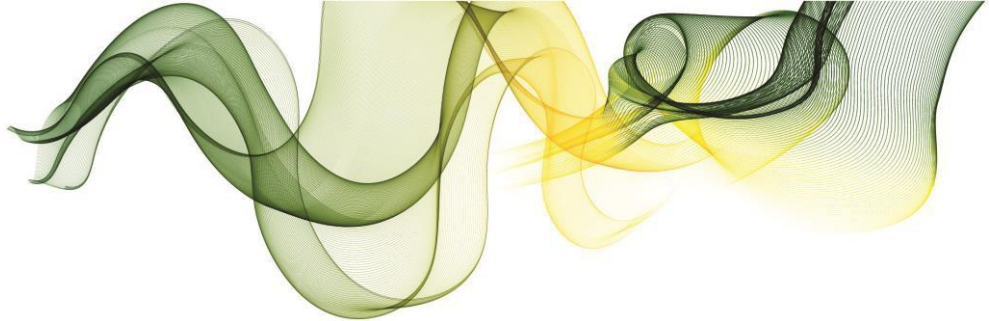
SKILL REQUIREMENTS AND TARIFF SHEETS

Skill requirements for our competitions can be found in the 'Skills and Tariff' sheets accompanying this handbook. These have been designed to be easy to read for each level and are also available on our website.

REPETITION OF SKILLS

Floor / Beam / Bar – Each skill must be different (unless repeating a skill on the high bar to count towards a CV) and all Categories must be selected. Repeated skills will not count towards the DV score and will receive Execution Deductions if performed. Please see the 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, the music can be stopped/faded out and the gymnast come to a safe stop. The routine can then be restarted from the beginning without penalty.

TEAMS

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

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

Age groups U14's and 15+ (Seniors)

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

Please note that only **one team** per club, per category is permitted.

JUDGE SLIPS AND COACHES SLIPS

We have invested in technology so that judges now enter all scores electronically to a central score sheet. Judges will continue to complete score slips for coaches to collect from the relevant judging panel.

DEDUCTIONS

All deductions are included with the 'Skills and Tariff Sheets' accompanying this handbook.

Wherever possible there will be two panels of judges on each apparatus. The Competition Organiser will appropriately place the judges in line with their qualifications and experience. **This is why it is vital that this information is provided by clubs.**

APPEALING A JUDGE'S DECISION

Any appeals of a judge's Difficulty Value (DV) score decision must be given to the Competition Organiser on the day who will uptake it with the Head Judge. Any queries 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's coach only. These are friendly, low-pressure fun competitions 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.**

APPARATUS

The following equipment and apparatus will be used for our competitions.

Apparatus	Specific Use For	Manufacturer	Size, dimensions, run up, landing details
Floor	All levels	Contact venue for specifics	Minimum size 10m x 8m
Box vault (cross or long) [*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 13+ = 1.1m to 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 (straight/tuck/star)	Contact venue for specifics	Heights: All ages = 0.6m Landing: 0.3m thick safety mat
Vault with level mats [*Block only Vault type]	All Levels Vault selection: 6 (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, Advanced + and Champs levels Vault selection: 7 (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, Advanced+ and Champs levels Vaults selections: 8 (Handstand flatback)	Contact venue for specifics	Heights: Under 8's = 0.6m Under 10's = 0.6m Under 12's = 0.9m 13+ = 0.9m
Vault with safety landing mat at the end [*Inverted Vault type]	Advanced, Advanced + and Champs levels Vault selections: 9 (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, Advanced+ and Champs levels Vault selections: 10 (Handspring)	Contact venue for specifics	Heights: Under 8's = 0.6m Under 10's = 0.6m Under 12's = 0.9m 13+ = 0.9m
Vault [*Inverted Vault type]	Advanced, Advanced + and Champs Levels Vault selection: 11 and 12 (Handspring ½ on or Handspring ½ off)	Contact venue for specifics	Heights: Under 8's = 0.8m Under 10's = 0.9m Under 12's = 1.0m 13+ = 1.1m to 1.2m 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 the Skills and Tariff Sheets for individual vault values.

*vault type definitions

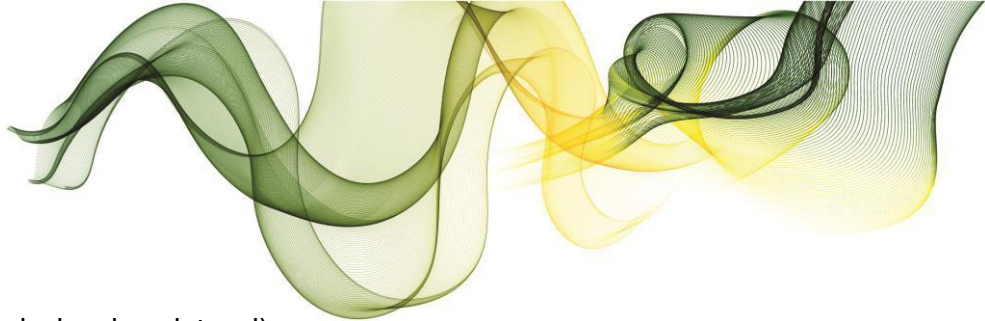
Traditional Vault

School vaults (wooden layered, box vaults or horse style vaults)

NB please allow + / - 5cm of the stated vault height

Block Only Vault

Coaching block – maximum height 60cm



Inverted Vaults (vaults that include a handstand)

Block, block and mats, table (if available) or school vaults if preferred.

Coaches can request for vault heights to be increased from the stated heights. Heights cannot be lower than the stated measurements.

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 Community Membership	BG Community Membership	BG Community Membership
	Further details can be found on the British Gymnastics website: Memberships		
Affiliation	Yorkshire Region	Yorkshire Region	Yorkshire Region
	Further details on how to become affiliated can be found by emailing ygaexecsecretary@gmail.com		

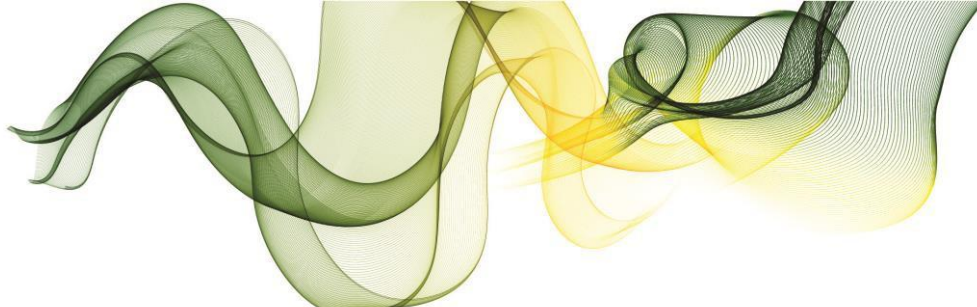
JUDGE, COACH, GYMNAST REQUIREMENTS

The following table provides requirements for Judges, Coaches and Gymnasts that are to be involved in our events.

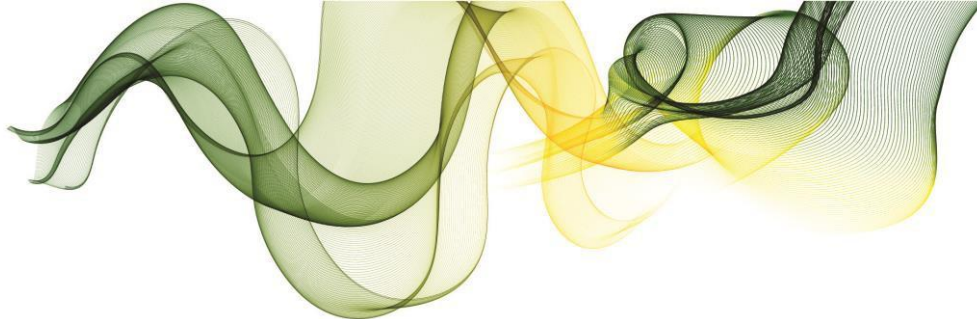
The name of coaches and judges attending must be submitted at the time of entry by email to ygaggcompetitions@gmail.com. Please provide the following information:

- Name of coach / judge
- Their BG number
- Current qualifications (see below for judges)
- Outline of judging experience (judges only)

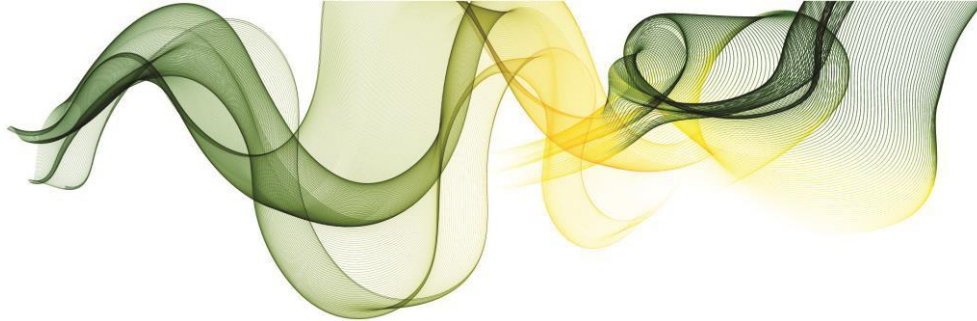
Our judges are not required to be in the current cycle as we value experienced individuals who can demonstrate competence and commitment to volunteering. It is however advised that all judges attend a GG judging course once every three years to be updated or refreshed on our rules and regulations.



Role / Requirement	Judge	Coach	Gymnast
Requirements per club entry	Minimum of 1 judge per 20 gymnasts	BG Level 2 (and above) coach can take a team of gymnasts into the competition area. Level 1 coaches are permitted in a supporting capacity	For everyone's safety, all gymnasts must be suitably experienced to perform their chosen skills and routines and must have completed the skill in their own coaching environment to a point of competency.
British Gymnastics Ratios	N/A	1 coach : 8 gymnasts	
Qualifications	Minimum 'Intro to Judging' qualification Ideally minimum Floor & Vault judge or Club level in any of the following disciplines: WAG, MAG, Team Gym, Tumbling, Trampoline, DMT	Appropriate BG qualifications must be held to deliver the selected skills. See tariff sheet for further details	Gymnasts can only perform skills that their nominated coach is suitably qualified to coach and is within the GG syllabus.
DBS	Yes	Yes	No
Safeguarding Training	Ideally	Yes	No
Experience and Abilities	No judging experience is required but some experience/knowledge of Floor & Vault would be beneficial. Judging guides will be provided on the day	Experience within delivering / supporting skills which gymnasts are performing	Gymnasts must be at a point of competency to perform their chosen skills and routines. Eg, it cannot be the first time they have completed the skills



BG Membership	BG Community Judge Membership Memberships	Supervising coach – BG Enhanced Membership Assisting coach – BG National or Enhanced Membership Volunteer = no membership required but must always be accompanied by a named coach Memberships	BG Community Gymnast Membership Memberships
Attire	Ideally FIG standard: Navy trousers/skirt and white shirt. Permitted – Black trousers/skirt and white shirt	Suitably recognisable by all. Appropriate to spot/support gymnasts during practice and performance Following BG education guidance	Girls Leotard. Shorts/leggings are optional. If shorts/leggings are worn they must match the leotard or deductions will be applied. Boys Leotard/unitard and shorts. Shorts and T shirt in club colours are also permitted. Hair – neat and tidy and tied back from the face Feet – bare or gym shoes Rest/waiting times = optional attire



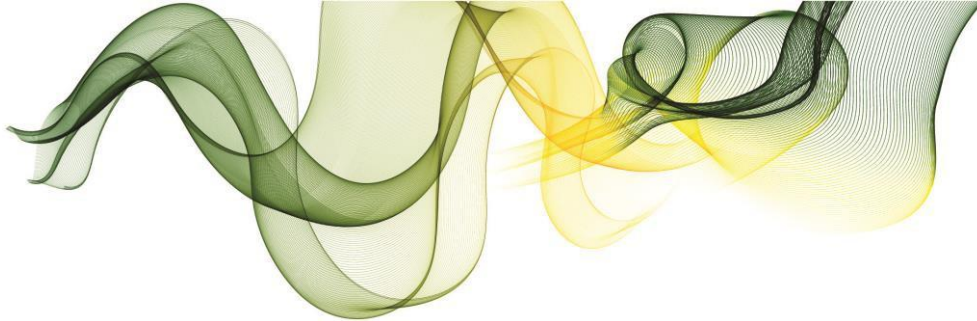
			Judges must be able to see clearly the angles of which arms, legs etc are bending at for accurate scoring. This is also a safety issue if any supporting is required by a coach
Payment Arrangements	It is not the host club's responsibility to financially support the judges to attend our events	It is not the host club's responsibility to financially support coaches to attend our events	N/A
Transport Arrangements	Judges are required to organise their own transport to and from the competition at the appropriate times	Clubs and coaches are responsible for organising appropriate transport to and from our events. health-safety-and-welfare-guidance-safe-trips.pdf	
Jewellery and Body Adornments	Please set a precedent for coaches, gymnasts and spectators of professionalism	BG has a strict no jewellery policy during training or performance. Please ensure all piercings and body adornments are removed prior to the competition HS-guidance-safe-coaching-1-Dec-2021.docx	
Additional Requirements	If anyone has any additional requirements to support their time during our events, e.g. they have a disability that requires additional support or consideration by the Competition Organiser, please add this to your competition entry.		

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

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 (if over 16) and must always be supervised by a qualified coach. Volunteers are not coaches and therefore are 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. Please also inform the Competition Organiser so that they are aware.

FOOD AND DRINK

Hot and cold drinks will be available at the venue. A range of snacks and other refreshments will also be available but will vary from event to event.

TOILET AND CHANGING FACILITIES

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

There are baby changing facilities at most venues.

ON-SITE ENTERTAINMENT

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

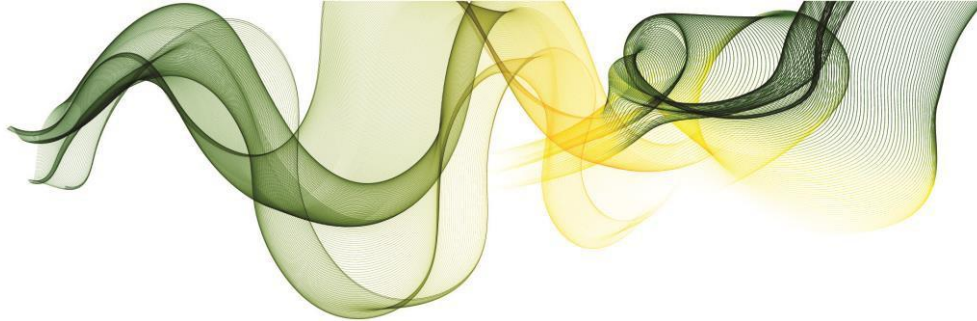
CAR PARKING

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 use public transport for those local, please do so. Please note that some venues it may be a short walk from the parking facilities to the venue.

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. In addition it would be helpful if the supporting coach from each club is also first aid trained but this is not 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 all 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 is not upheld before, during and after the event. This could affect attendance at future events and become a welfare issue.

PHOTOGRAPHY

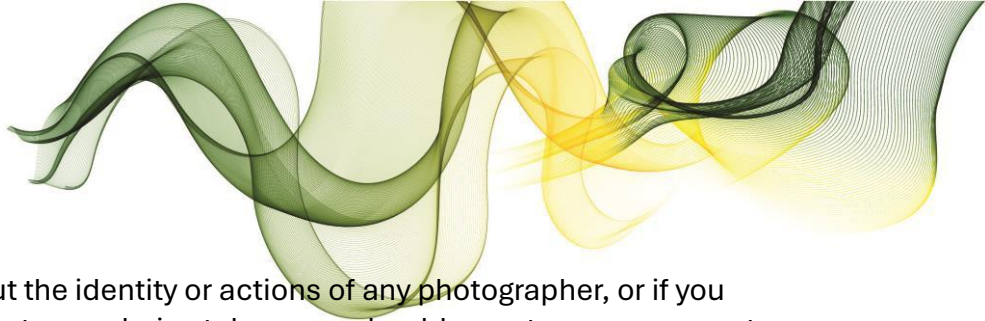
It is your responsibility as the coach in charge of your entered team/club to be aware, and have records, of anyone that can/can't have their photo/video taken for media purposes. If you have anyone that can't please ensure that the Competition Organiser is aware prior to the date of the event so that they can inform the appropriate persons and avoid any photography/videos of them. This can be done by emailing the Competition Organiser when submitting your entries 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 any 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 videos may only be taken during today's event in accordance with conditions set by British Gymnastics. Photographs 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 photographs may be published by clubs, but this may only be done in accordance with the British Gymnastics Child Protection/Safeguarding Policy.

Individual events may have a professional photographer arranged. Where this is the case, all clubs attending will be notified prior to the event 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 the 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 whilst 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 our events.

When posting images on personal social media please ensure the following to reduce the risk of publication of the image (this is not the full list but is the key points from the policy)

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

If the Welfare Officer/Event Manager suspects inappropriate photography or filming they will 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 following British Gymnastics Policies

- [Photography-Policy-v1.0-March-2020.pdf](#)
- [Safeguarding Children: Safe Environment – British Gymnastics Club Hub Resources](#)

COMPLAINTS AND GRIEVANCES

If you have a complaint or grievance regarding any happenings about, or at, our events please ensure you send in your detail to the Competition Organisers' email within five working days of the event date ygaggcompetitions@gmail.com or ygaggexecutiveofficers@gmail.com

HEALTH & 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, safety, welfare and safeguarding and protecting children.

The intention of our events is to create a friendly and no-stress/low-pressure environment for all those involved, whilst allowing gymnasts the opportunity to challenge themselves to do their best. Ensuring the safety of the gymnasts, now matter their age, is a priority in the event set up, programme design and risk assessments, using the guidance set out by British Gymnastics in its Safer Coaching Practice document [HS-guidance-safe-coaching-1-Dec-2021.docx](#)

RISK ASSESSMENTS

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

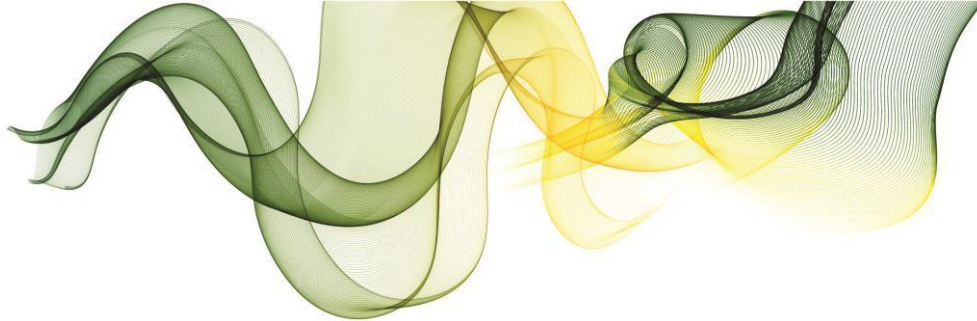
While risk assessments for the events have been completed, your club is responsible for specific risk assessments related to your club e.g. travelling to and from the event etc.

WELFARE

As part of your risk assessments and preparation for the events, 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 a few videos/courses which may help you also:



Resource Title	Type	Link
BG Safeguarding Policy	Policy	11.1-Safe-Environment.pdf
BG Health, Safety & Welfare Policy	Policy	HS-guidance-safe-coaching-1-Dec-2021.docx
Risk Assessment training for clubs	BG e-learning	EventsAndBookings - JustGo
YGA Codes of Conduct	Policy	https://www.yorkshiregymnasticsassociation.com
YGA Complaints Procedure	Policy	https://www.yorkshiregymnasticsassociation.com

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 brought to the events should be **NUT FREE** and keep in mind any other potential allergies that could be affected by food being brought.

EMERGENCIES

As part of our events, 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 routes highlighted at the start of the event
- Coaches must ensure that all their gymnasts are kept together until registered and then handed back to their responsible adult.

TERMS AND CONDITIONS

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

Failure to comply may result in your club being excluded from events without refund.