



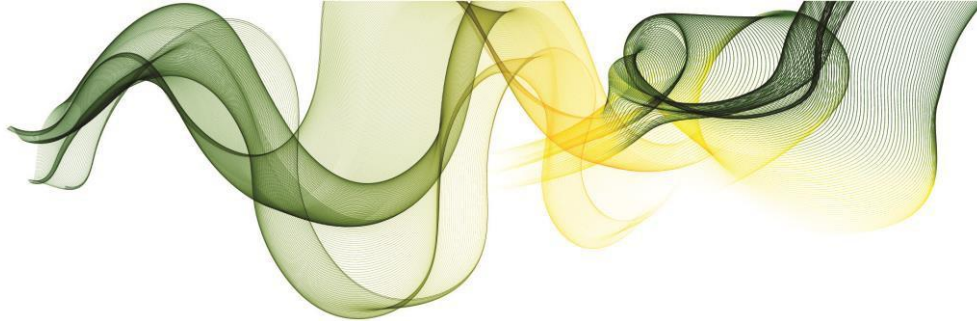
Yorkshire Gymnastics Association

General Gymnastics

Competition Handbook 2025

Working In partnership with our Governing Body

**British
Gymnastics**



About

Yorkshire Gymnastics Association

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

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

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

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



British Gymnastics

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

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

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

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

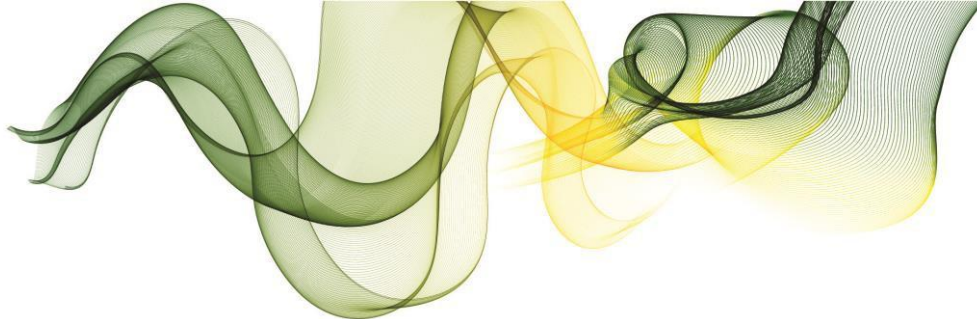
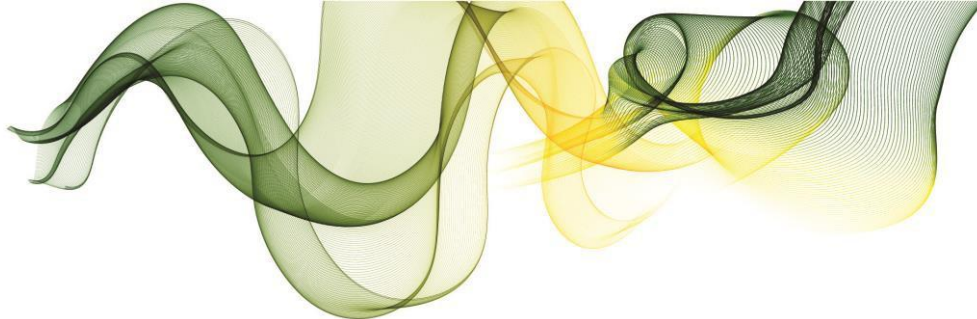
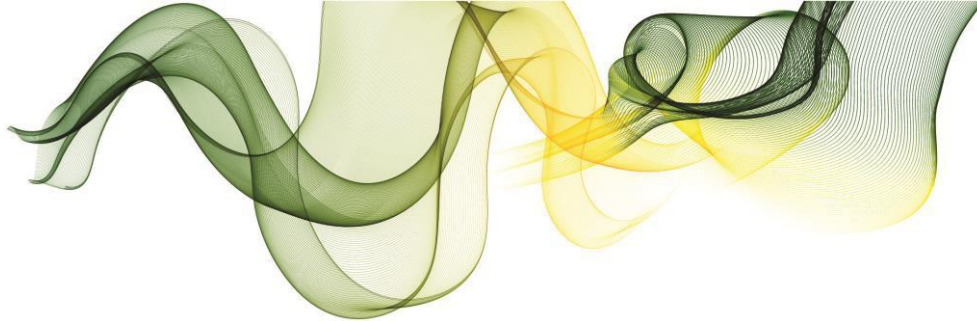


Table of Contents

About	1
Competition details – Overview	4
Who can enter?	4
Dates, Competition, Level, Venue, Address	5
Entry costs overview – Clubs, Gymnasts, and Spectators	7
Entry method and closure date.....	8
Payment method	8
Key contacts.....	8
Entry details	9
Late entries	9
Changing of a gymnast involved in the competition	9
Withdrawal of entry.....	10
Confirmation of entry	10
Structure and programme	11
Type, level, and pathway.....	11
Confirmation of programme.....	11
Pre-planned structure of competition.....	12
Category breakdown	12
Gymnasts that have.....	14
Adaptations: Disability or Mainstream category?.....	16
Rewards and gifts.....	16
Performance details	17
Warm up.....	17
Music licencing – PPL/PRS	17
Lining up.....	18
Skill requirements and Tariff sheets	18
Repetition of skills	18
Missing elements.....	18
Floor – Restarting.....	19
Teams	19
Apparatus.....	19



Deductions	21
Judge slips & Coaches Slips	21
Appealing a judge's decision	22
Club, school, and leisure centre requirements	22
Judge, Coach, Gymnast requirements.....	22
Volunteers	25
Facilities on-site	25
Spectator area and disabled access	25
Food and drink	25
Toilet and changing facilities	25
On-site entertainment.....	25
Car parking.....	25
First aid and welfare	25
Regulations	26
Standardisation	26
Etiquette	26
Photography	26
Complaints and grievances	27
Health and safety	27
Allergies	29
Emergencies	29
Terms and conditions	29



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.

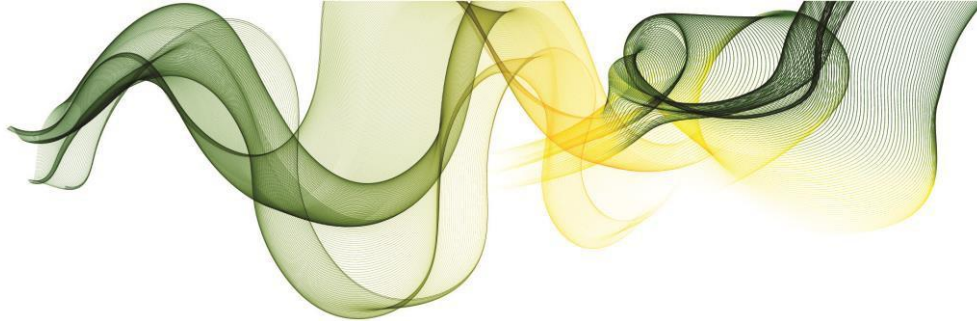
These competitions are all Regional level focused competitions aimed at those who otherwise would have few or no other competition opportunities.

Who can enter?

This competition is for:

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

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

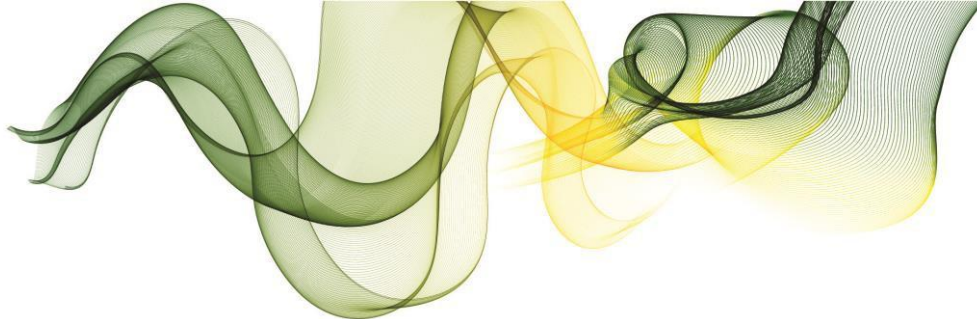


Dates, Competition, Level, Venue, Address

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>

2025 competition dates	Competition	Level
27/04/2025 & 12/10/2025	Yorkshire GG 2 PC Boys (Floor & Vault) Regional Competition	Individual and Team: Introductory Level Intermediate Level Advanced Level Advanced+ Level
04/05/2025 & 19/10/2025	Yorkshire GG 2 PC (Floor & Vault) Girls Sub-Regional West/North/South/ East Yorkshire	Individual and Team: Introductory Level Intermediate Level Advanced Level Advanced+ Level
18/05/2025 & 02/11/2025	Yorkshire GG Girls 2 PC (Floor & Vault) Regional Final	Individual and Team: Introductory Level Intermediate Level Advanced Level Advanced+ Level
07/06/2025 & 08/06/2025 & 06/12/2025 & 07/12/2025	Yorkshire GG Girls 4 PC Regional Competition Opal/ Opal+ / Crystal & Diamond	Individual and team 4 PC comps – competition opportunities for at Christmas
29/06/2025 & 30/11/2025	Yorkshire GG Girls 3PC & 4PC “Give it a Go” & Christmas Apparatus Teams “Give it a Go”	Individual: Introductory Level Intermediate Level Advanced Level Advanced+ Level (As above for categories but max 2 pieces of apparatus per gymnast, team of 4 (minimum 2))



2026 competition dates (TBC)	Competition	Level
26/04/2026 & 11/10/2026	Yorkshire GG 2 PC Boys (Floor & Vault) Regional Competition	Individual and Team: Introductory Level Intermediate Level Advanced Level Advanced+ Level and Champions
03/05/2026 & 25/10/2026	Yorkshire GG 2 PC (Floor & Vault) Girls Sub-Regional West/North/South/ East Yorkshire	Individual and Team: Introductory Level Intermediate Level Advanced Level Advanced+ Level and Champions
17/05/2026 & 08/11/2026	Yorkshire GG Girls 2 PC (Floor & Vault) Regional Final	Individual and Team: Introductory Level Intermediate Level Advanced Level Advanced+ Level and Champions
06/06/2026 & 07/06/26 & 05/12/2026 & 06/12/26	Yorkshire GG Girls 4PC Regional Competition Opal/ Opal+/ Crystal & Diamond	Individual and team 4 PC comps – competition opportunities for at Christmas
28/06/2026 & 29/11/2026	Yorkshire GG Girls 3PC & 4PC “Give it a Go” & Christmas Apparatus Teams “Give it a Go”	Individual and team: Introductory Level Intermediate Level Advanced Level Advanced+ Level and Champions As above for categories but max 2 pieces of apparatus per gymnast, team of 4 (minimum 2)

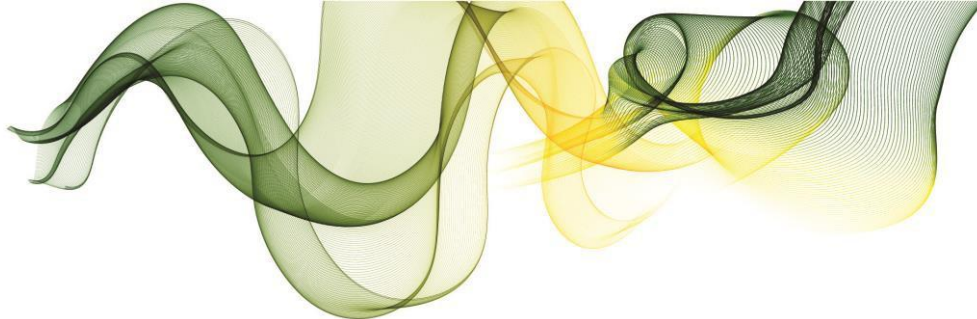
Start time: All competition start times are estimated, but our events normally get started around 8.15/ 8.30am.

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 our Regional competitions being hosted by YGA, please see [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		

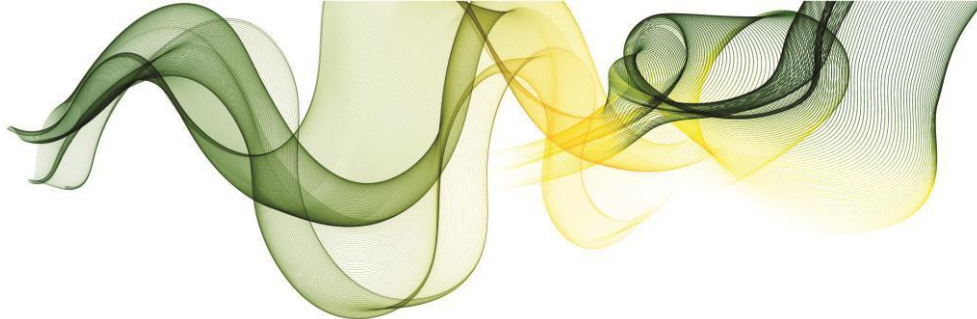
Please be aware, there is limited seating. Please speak with the Competition Organiser if you have a large group of **supporters** attending.

Cost for no allocated judge (per gymnast):	Double entry fee per gymnast following confirmation with event management team
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](#) 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 (JustGo) – see specific events for entry system link
Entry opening date:	At least 2 calendar months prior to event date (see Find an Event for specifics)
Entry closure date:	5 weeks (boys) / 6 weeks (girls) 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. 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 category for floor and vault events and **with no limit to 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 can be found on our website and is often sent out when dates are announced.
- **Coaches Info, Judges Info and Music (girls only) must all be submitted with entries via email to ygaggcompetitions@gmail.com or by the deadline for the event at the latest to provide the management team with sufficient time to plan. Clubs who do not provide this information run the risk of not being permitted to enter the competitions.**

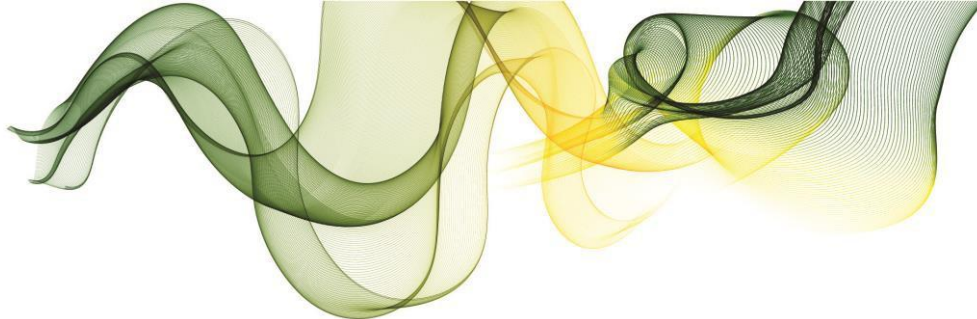
Payment method

As part of the British Gymnastics online entry system (JustGo), 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.

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

Entry details

Please see the following sections for initial details regarding entries:

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

Late entries

Entries received after the entry closure date 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.

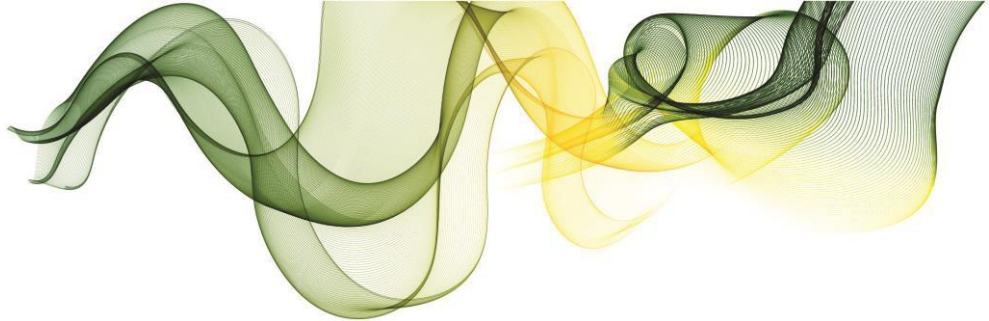
- Not submitted your entry yet? – You can manually amend your entry list on JustGo
- Submitted (paid) for your entry? – You will need to email the Competition Organiser to request a transfer in gymnast, as this must be done manually.

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

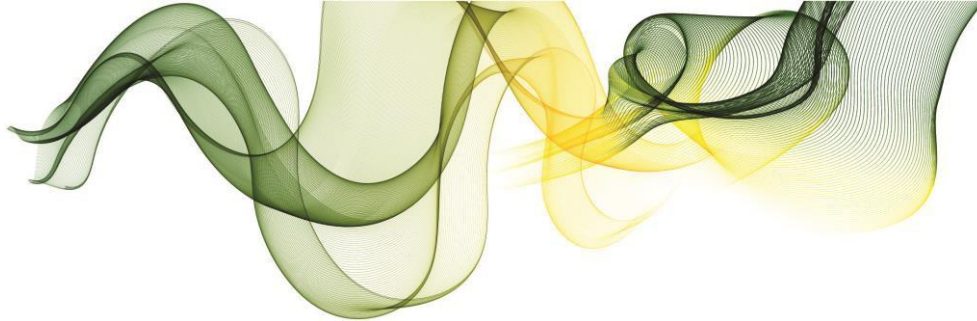
If the withdrawal is:

- **After the closure date** – Full cost of the entry fee **unless gymnast has been hospitalised with an injury**
- **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)

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 the names of coaches and judges attending and all music has been received in the appropriate format. Music is only required for girls competitions.



Structure and programme

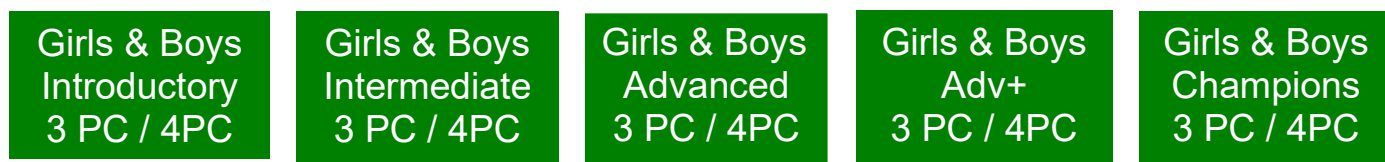
Type, level, and pathway

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.



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.



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.



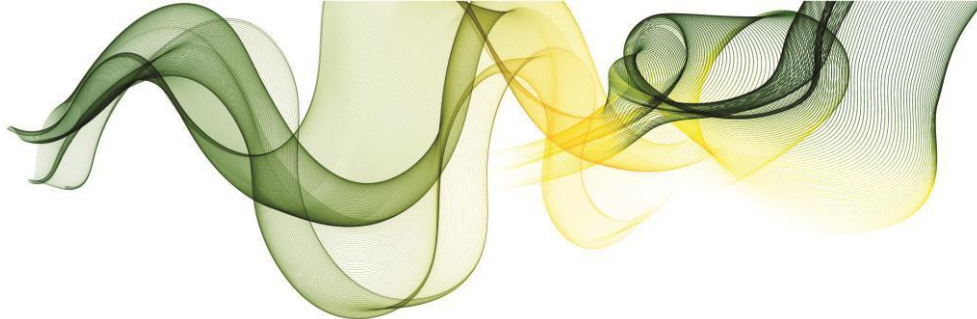
- Please note this category is reserved for gymnasts who have no previous competition experience on full apparatus. Gymnasts who have already entered WA comps in the region need to enter the Opal+ category as a starting point unless agreed to compete at 2PC as a guest with GG committee. It is suggested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

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

See the [Gymnasts that have...](#) section of this document for details regarding any specific entry levels restrictions e.g. gymnasts that have entered Artistic competitions prior to this competition. If you have developed your gymnasts to a higher standard (which is great) then exploring other discipline competitive pathways maybe an option – Please see the [Yorkshire Gymnastics Association – Contact Us](#) web page for discipline representative contact details.

Confirmation of programme

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



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.

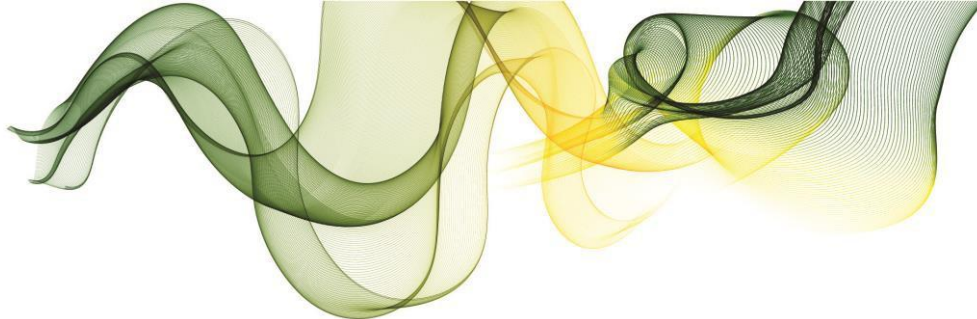
Note: Some competitions may be broken up into separate smaller competitions to suit the number of entries/categories.

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 PC / 3 PC & 4 PC	Introductory (up to 1 hr)	Intermediate (up to 2 hrs)	Advanced (up to 4 hrs)	Adv+ (4hrs+)	Champion (4hrs+ - use Adv+ criteria)
Individuals & Teams age breakdown	Under 8's (aged 7/8)	Under 8's (aged 7/8)	Under 8's (aged 7/8)	Under 8's (aged 7/8)	Under 8's (aged 7/8)
	Under 10's (aged 9/10)	Under 10's (aged 9/10)	Under 10's (aged 9/10)	Under 10's (aged 9/10)	Under 10's (aged 9/10)
	Under 12's (aged 11/12)	Under 12's (aged 11/12)	Under 12's (aged 11/12)	Under 12's (aged 11/12)	Under 12's (aged 11/12)
	Under 14's (aged 13/14)	Under 14's (aged 13/14)	Under 14's (aged 13/14)	Under 14's (aged 13/14)	Under 14's (aged 13/14)
	Seniors (aged 15+)	Seniors (aged 15+)	Seniors (aged 15+)	Seniors (aged 15+)	Seniors (aged 15+)



Comps	Opal No training time restriction	Opal+ No training time restriction	Crystal No training time restriction	Diamond No training time restriction
Additional 4 PC comps	Under 8's (aged 7/8)	Under 8's (aged 7/8)	Under 8's (aged 7/8)	(Under 8's (aged 7/8)
Opal / Opal+ Crystal & Diamond 4 PC	Under 10's (aged 9/10)	Under 10's (aged 9/10)	Under 10's (aged 9/10)	Under 10's (aged 9/10)
	Under 12's (aged 11/12)	Under 12's (aged 11/12)	Under 12's (aged 11/12)	Under 12's (aged 11/12)
	Under 14's (aged 13/14)	Under 14's (aged 13/14)	Under 14's (aged 13/14)	Under 14's (aged 13/14)
	Seniors (Aged 15+)	Seniors (Aged 15+)	Seniors (Aged 15+)	Seniors (Aged 15+)
Disability	<p>All of our events are open to gymnasts with disabilities.</p> <p>Please contact the competition organiser to discuss your gymnasts requirements to help establish the most suitable events.</p> <p>Also see Adaptions:Disability or Mainstream category? Section</p>			
Gender	All	All	All	All

Notes:

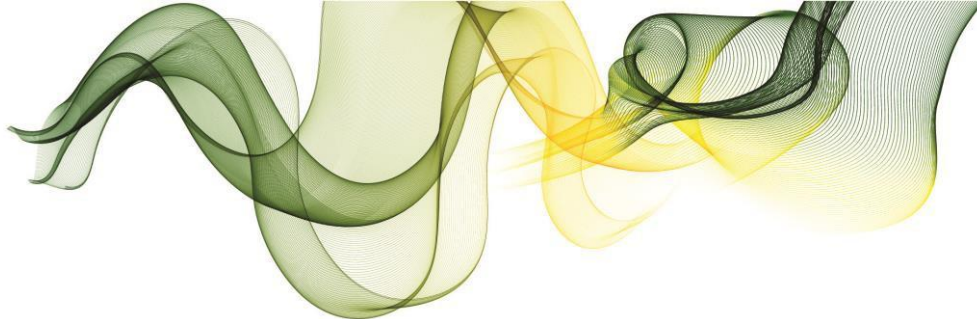
- Depending on the number of entries in each category after the closing date, some categories are subject to change.

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)

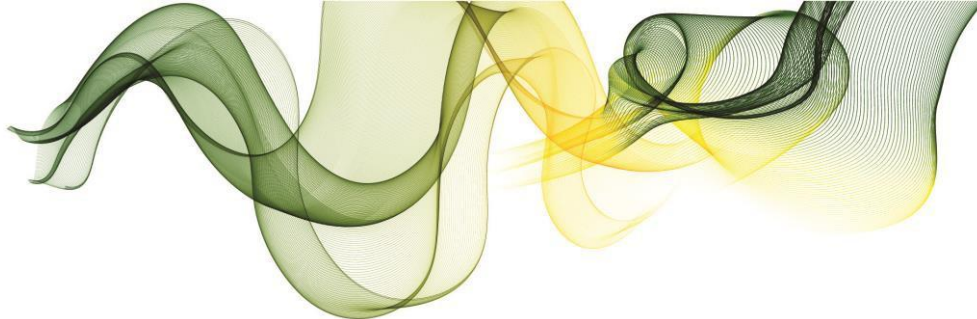
This is to allow a fair opportunity to all Yorkshire affiliated clubs to the 120 (small venues) 150 (larger venues) spaces in each competition.



- 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.
- Due to the high volume of entries for our competitions, gymnasts are only permitted to enter either the floor & vault OR the 3pc/4pc 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 floor & vault in the Spring and 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/ Christmas 2PC apparatus Teams comp.
- 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.

Opal	Working towards but not competed in – Grades & classic challenge
Opal+	For Prep 1 & up to tin
Crystal	Up to Prep 2 & development 1 & basic Zinc routines
Diamond	Development 1, Development 2 & top-level Zinc routines
If they've competed in the below competition and higher, they will not be able to enter these competitions. Unless we're contacted about exceptional circumstances, then we may allow them to compete as a guest.	
Prep 3, Development 3 & 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.

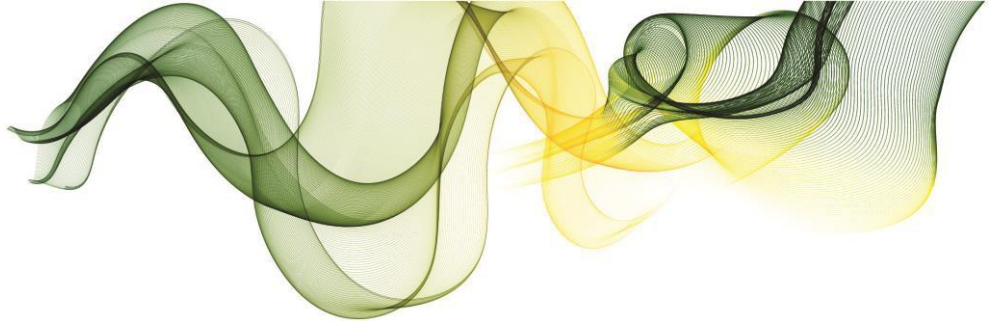
Maximum training hours

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+ and Champs Level
Girls	One	Two	Four	No limit
Boys	One	Two	Four	No limit

We also run 4 PC competitions for girls only whereby there are **no maximum training hours** set (Opal, Opal+, Crystal & Diamond). The Men's Artistic discipline arrange apparatus competitions for boys.

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 affecting 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

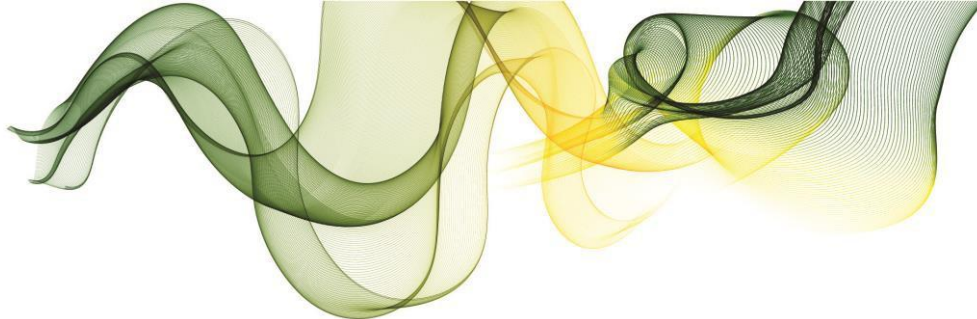
- Where categories are made up of more than 10 gymnasts / teams then 4th, 5th & 6th place ribbons will also be awarded.

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](#)' 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 organiser's discretion.

Music licencing – PPL/PRS

Music requirements for this event

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

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

Pre-event music requirements

Music submission date deadline:	Music for the girls comps should be submitted with entries and at the latest by the end of the entry deadline
Music submission method:	Directly to the YGA comp email address
Music format:	MP3

Music submission must include the:

- Club/team
- Gymnast full name
- Category

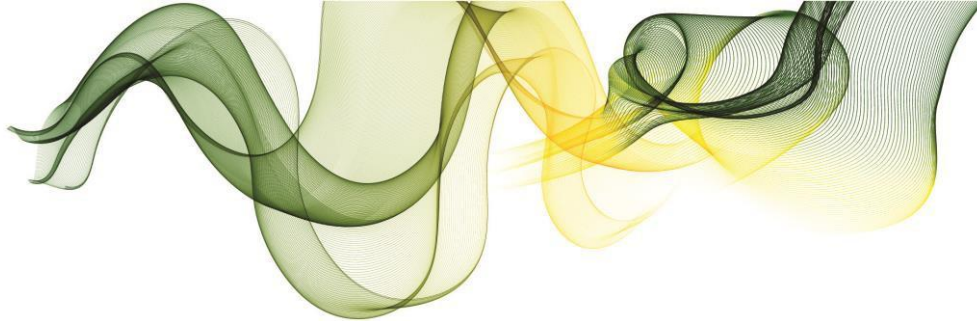
Please ensure you are aware of the stipulations placed on the event and all clubs wishing to use music, by PPL.

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?_afLoop=12521061282463709&_afWindowMode=0&_adf.ctrl-state=27kf5b2cs_4

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



Event day music requirements

Please ensure you bring a copy of your music on the day. Ideally within the following formats: Please be prepared to play your own music if requested.

- MP3 /USB
- 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.

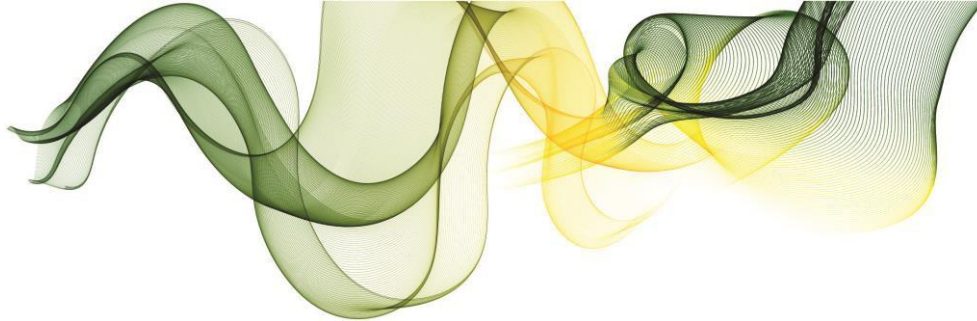
Repetition of skills

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 –

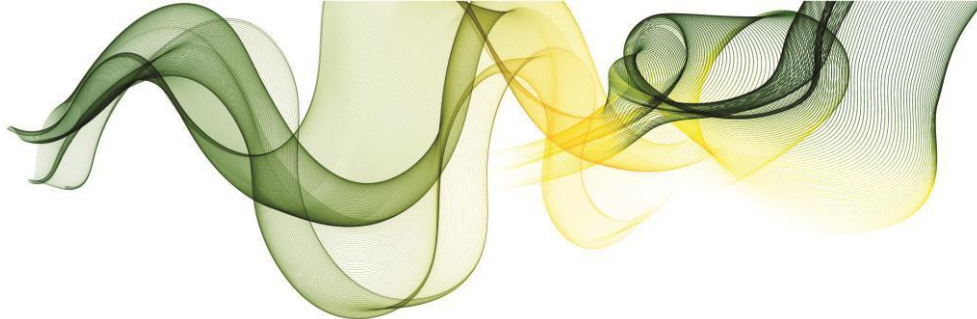
- Teams are made up of two to four gymnasts
- The two highest scores count to the team score – allowing a team of 2 to enter.

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.

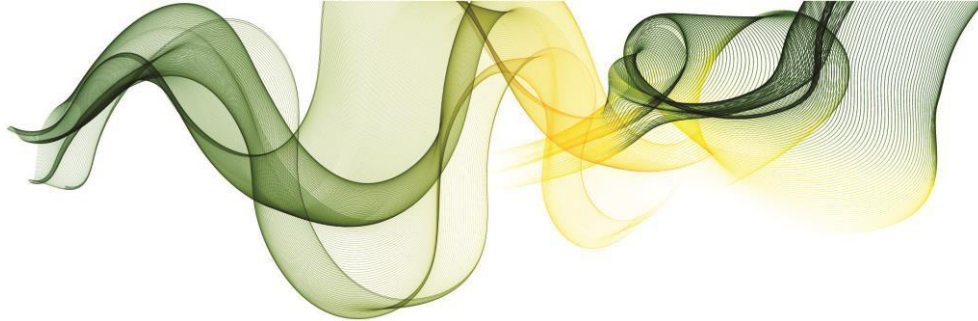
Apparatus

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 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 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 / Advanced+ and Champs Level Vaults selection: 9 (Straight jump up Round off dismount) (vault under review)	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 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 / Advanced+ and Champs 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]	Advanced / Advanced+ and Champs 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 Champs 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 vaults if 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

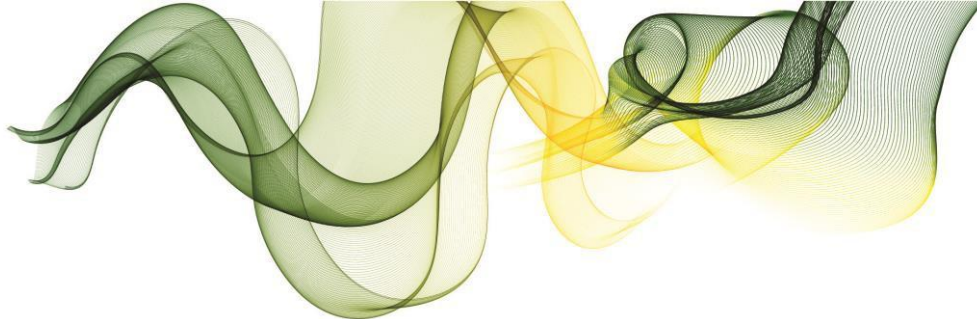
You will find deductions in the 'Skills and Tariff Sheets' accompanying this handbook.

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. **This is why it is vital that this information is provided by clubs**

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 available 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

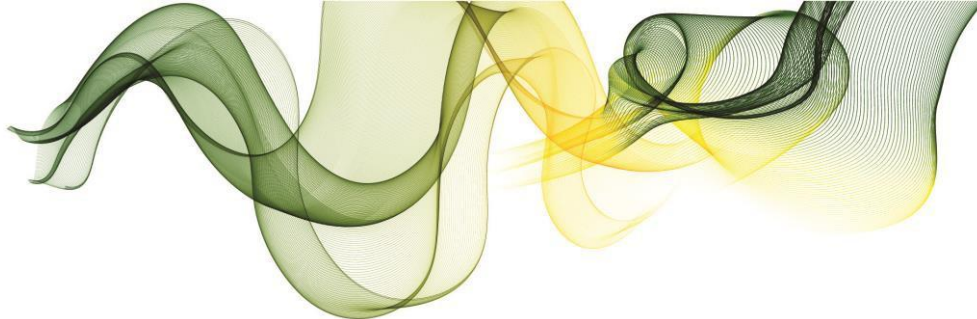
The following table provides information on the level of British Gymnastics membership each gymnastics environment requires to enter this event:

Environment	Club	School	Leisure Centre
Level of membership	BG Community membership	BG Community membership	BG Community membership
	Further details can be found on the British Gymnastics website – British Gymnastics guidance		
Affiliation	Yorkshire Region	Yorkshire Region	Yorkshire Region
	Further details on how to become affiliated can be found by emailing ygaexecsecretary@gmail.com		

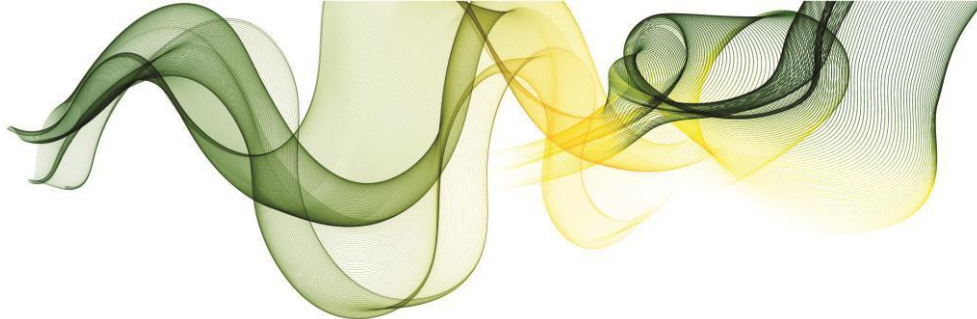
Judge, Coach, Gymnast requirements

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

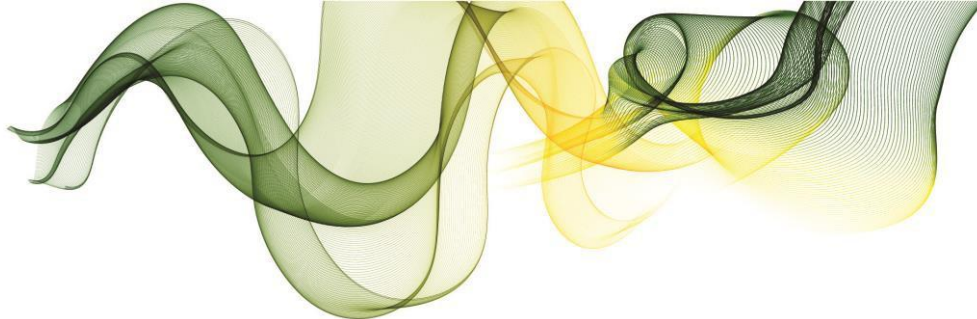
The names of coaches and judges attending our competitions must be submitted at the time of entry by email to ygaexecsecretary@gmail.com along with their BG Number, current qualifications and an outline of their judging experience. Our judges are not required to be in current cycle as we value experienced 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 requirement = 1 judges per 20 gymnasts	A British Gymnastics Level 2 (and above) coach can take a team of gymnasts into the competition area (minimum requirement). Level 1 coaches can support the lead coach(s).	For everyone's safety, all gymnast must be suitable experienced to perform their chosen skills and routines and must have completed the skill in their own coaching environment to a point of competency. For example, it can't be the first time they have completed the skill.
	Only those listed on the entry form will be allowed within the competition area.		
British Gymnastics ratios	N/a	1 coach : 8 gymnasts	
Qualifications	Minimum = Intro To... Judging qualification Ideally = Floor and Vault judge, Club level judge qualification in any of the following disciplines; Men's Artistic, Women's Artistic, TeamGym, Tumbling, Trampoline, DMT	Appropriate British Gymnastics qualifications must be held to deliver the selected skills. See 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.



Membership	<p>BG Community judge membership</p> <p>British Gymnastics guidance</p>	<p>Supervising coach = BG Enhanced Membership</p> <p>Assisting coach = BG National or Enhanced Member</p> <p>Volunteer = No membership required but must always be accompanied by a named coach</p> <p>British Gymnastics guidance</p>	<p>BG Community gymnast membership</p> <p>British Gymnastics guidance</p>
Attire	<p>Ideally = FIG standards – Navy trousers/skirt, white shirt.</p> <p>Allowed = Black trousers/skirt, white shirt.</p>	<p>Suitably recognisable by all.</p> <p>Appropriate to spot/support gymnasts during practice and performance.</p> <p>Following BG Education guidance.</p>	<p>Girls' clothing = Leotard. If leggings or shorts to be worn to match leotard or deductions may be applied</p> <p>Boys' clothing = Unitard or shorts and t-shirt in club colours.</p> <p>Hair = Neat and tidy, tied back from the face.</p> <p>Feet = Bare or gym shoes</p> <p>Rest/waiting times = Optional</p>
			<p>Judges must be able to see clearly the angles of which the arms legs etc. are bending at for accurate scoring. This is also a safety issue if any supporting is required by a coach.</p>
Payment arrangements	<p>It's not the host clubs' responsibility to financially support the judges to attend this event.</p>	<p>It's not the host clubs' responsibility to financially support the coaches to attend this event.</p>	N/a
Transport arrangements	<p>Judges are required to organise their own method of transport to and from the competition at the appropriate times.</p>	<p>Clubs and coaches are responsible for organising appropriate transport to and from the event.</p> <p>British Gymnastics guidance</p>	
Jewellery and body adornments	<p>Please set a precedent for coaches, gymnasts and spectators of professionalism.</p>	<p>British Gymnastics has a strict no jewellery policy during training or performance. Please ensure all piercings and body adornments are removed prior to the competition.</p> <p>British Gymnastics guidelines</p>	
Additional requirements	<p>If any anyone has any additional requirements to support their time during the event e.g., they have a disability that requires additional support or consideration by the Competition Organiser. Please add this into your competition entry.</p>		



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](#) 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 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 area.

Car parking

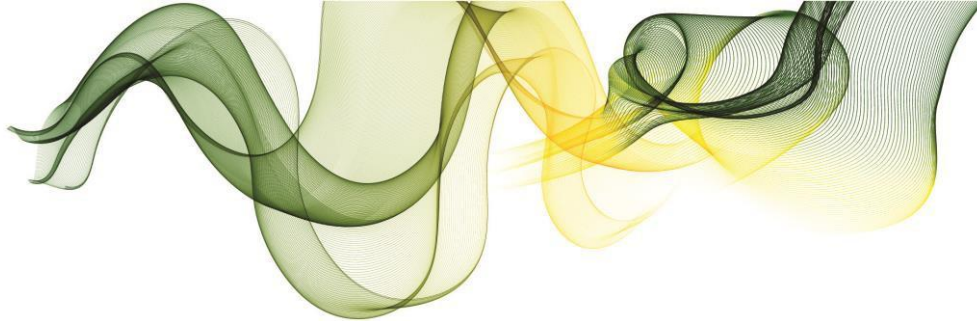
All venues are chosen with parking in mind. There will be plenty of parking available on the day although be aware the high volumes of cars. Where possible to car share or public transport for those local please do so. Please note that at some venues it may be a short walk from the parking facilities 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.

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

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:

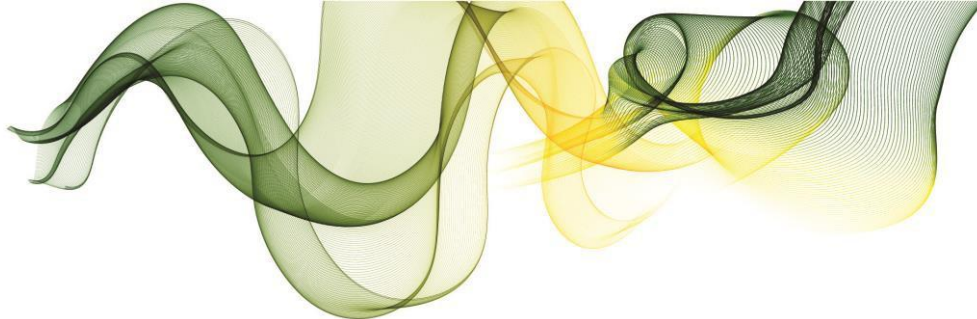
In the interests of child protection, photographs and video may only be taken during today's event in accordance with conditions set by British Gymnastics. Summaries of these conditions are on display and you can see a copy of the full conditions at **the reception desk**. Photos may only be taken for 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** [Photography-Policy-v1.0-March-2020.pdf](#)
- **British Gymnastics Safeguarding Children: Safe environment Policy** – [safe-environment-policy.pdf](#)

Complaints and grievances

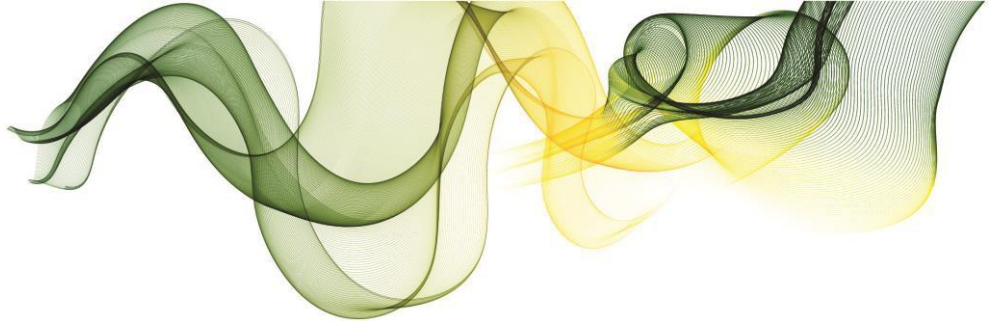
If you have a complaint or grievance regarding any happenings about or at this event, please ensure you send in your details to the Competition Organisers' email within five working days of the event date. ygaggcompetitions@gmail.com or ygaggexecutiveofficers@gmail.com

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 [health-and-safety-guidance-coaching-practice.pdf](#)

**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.

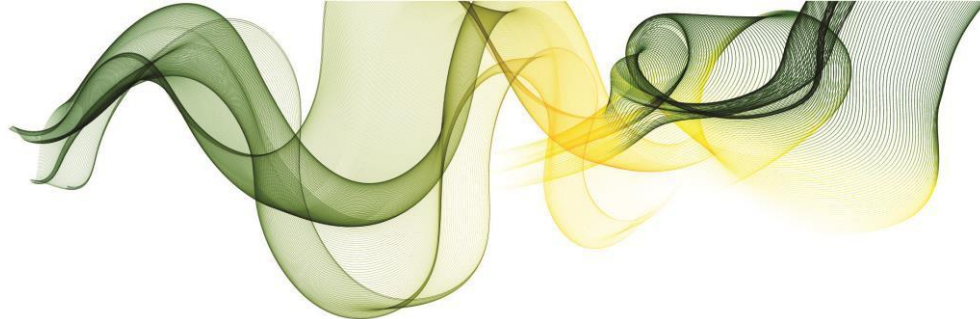
While risk assessments for the event have been completed, your club is responsible for specific risk assessments related to your club e.g. travelling to and from the event etc.

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 Safeguarding Policy	Policy	2023 03 15 safeguarding-policy-and-procedure-v2-0.pdf
British Gymnastics Health, Safety and Welfare policy link	Policy	2021 03 17 health - and safety policy for club s - affiliated organisations - v4-0.pdf
Risk assessment training for clubs	British Gymnastics eLearning course	courses
GDPR Data Security	British Gymnastics eLearning course	courses
GDPR Implementation	British Gymnastics eLearning course	https://www.british-gymnastics.org/courses courses
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 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.

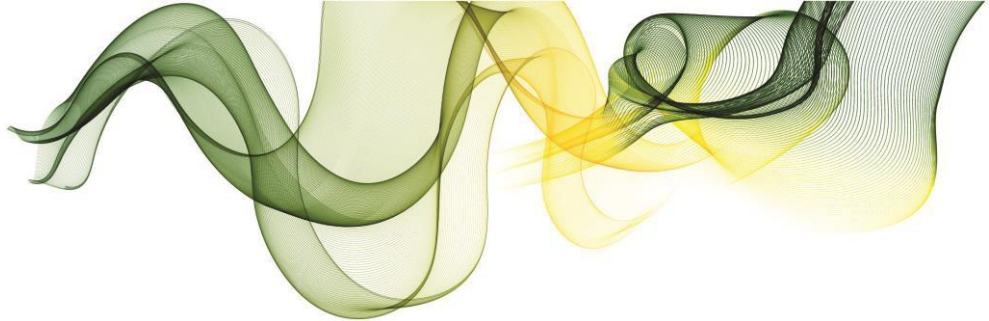
In the event of the emergency alarms sounding please evacuate via one of the following routes:

- 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.