

HERTFORDSHIRE GYMNASTICS ASSOCIATION



2022 RULES AND REGULATIONS

British Gymnastics regulations as published in the 2022 National WTC Competition Handbook and 2022 Regional WTC Competition Handbook will apply to all H.G.A. competitions with any exceptions detailed in this handbook.

Coaches and Club Leaders who wish to enter gymnasts to a Herts event are asked to read and take note of the following information for all Artistic competitions. For all General Gymnastic competitions please refer to the ECGA General Gymnastics Competition Handbook

All coaches must have a current DBS and a Safeguarding & Protecting Children Certificate before being allowed to accompany gymnasts at competition

Apparatus:

Competition apparatus available at Marriotts is to current FIG specification. Therefore, clubs may not bring their own equipment to the competition venue, unless this is the hand placement mat for a Yurchenko vault. Any apparatus queries and requests must be made at least 7 days before the date of competition.

Code of Conduct

The Regional Code of Conduct is applied across all disciplines and to all members of the region. Coaches and gymnasts are also subject to the code of conduct as detailed in the current Code of Points.

Competition Entry

Forms will be available to download from the county website and should be submitted by the closing date stated on page 7. All competitions will be held at Marriotts Gymnastics Centre, Stevenage. Should the Treasurer not receive the entry fee by the entry closing date as stated on the entry form, the late entry fee will be applied.

Please note there is currently no spectators allowed at Competitions in 2022 due to the Covid-19 protocol of the sports centre. As and when rules change this will be communicated to clubs.

Fees

Competition entry fee is £20.00 for all 2022 competitions. Payment by BACS in the name of the **Club** not individual name entry. The entry fee should be made from the club account using the reference as stated on the entry form. Entry Fees are non-refundable once the closing date has passed.

HSBC: name Hertfordshire Gymnastics Association sort code 40-37-19 Account 81025163 when remitting BACS payment please send a copy of the entry by email to the treasurer Ms K Smith treasurer.hga@gmail.com

Gymnasts

Gymnasts who qualify from a County qualifier to a Regional final will need to be entered by the club and pay the entry fee for their qualifying gymnasts direct using BG's online system. Following the results of the regional finals clubs will receive a refund of entry fee for each gymnast that competes in the final from the county treasurer.

Gymnasts who do not compete on all apparatus (apart from injury on the day) will not have a county refund.

Should a gymnast, who qualified for a final become injured, the club should contact the appropriate reserve and notify the Regional Competition Organiser and County Treasurer.

Coaches

When submitting entries for a BG event each club must ensure that the coaches attending to the participants are qualified to the level of the participants' performance. The practice of supervising participants working above the level of the coach's qualification cannot be condoned.

The caveat that permits coaches to practice one level above their coaching qualification in the coaching syllabus refers to a training environment only and is not permitted at BG events. Coaches who have a Level 1 qualification are allowed to provide pastoral care under the supervision of a Level 2 or above coach.

Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets in the main arena during the event.

*LEVEL 1 COACH - Must be under the direct supervision of at least a Level 2 or above qualified coach and may only coach to the level of their qualification. If you are unsure please click on the link to look at the skills matrix for Level 1.

<http://www.british-gymnastics.org/search?q=matrix+level+1>

Jewellery/Chewing Gum

Body piercing, adornments and chewing gum is not permitted at training sessions and in the competition arena. Wedding rings must be covered with tape.

Judges

All clubs must provide at least 1 qualified judge for all county competitions/grades in which their gymnasts have been entered.

Clubs who fail to provide a qualified judge will be denied entry to county competitions. Judges must be aware that they should be available for all rounds of the days competition however this does not need to be the same Judge from the Club for all rounds. Clubs should be prepared to provide more than one judge when entering competitions; if there is insufficient available then the competition will have to be cancelled. If judges outside of the County are being proposed this will need to be approved by our judging convenor (gtovey@btinternet.com) and treasurer (treasurer.hga@gmail.com).

County Events

In County competitions leading to qualification for a regional final the following criteria applies to a coach accompanying gymnasts.

1. The coach must hold a minimum qualification of Level 2 coach or above in the sports specific discipline and must hold an award appropriate to the skills being performed by the gymnast.

In individual competitions 1 coach per gymnast is allowed on the competition area at any one time.

As per the BG handbook removal of leotards in the competition arena is not allowed.

All coaches who are in the competition arena must wear a tracksuit and collared polo shirt or club T-shirt and tracksuit bottoms with suitable footwear.

No shorts or backless footwear allowed.

The competition organiser must be informed in advance where it is necessary to substitute a coach or judge.

Welfare Officers for the Competition will either be Glynis Tovey, Teresa O'Neill or Katrina Smith for WAG/MAG competitions.

The Competition Organiser will collect in County trophies for engraving, these must be returned by the date requested so that they are ready to given out at this year's competition. It is the responsibility of the club of the gymnast at the time of winning the trophy to ensure it is returned by the requested date, there will be an administration fee if this is not adhered to.

Music

Clubs are required to send gymnasts music to the competition organiser with **the entry**, failure to do this may result in music not being available at the competition. The music must show the name of the gymnast and club. This can be emailed to comps.hga@gmail.com

MEMBER CLUBS – Clubs must ensure all gymnasts and members have current British Gymnastics membership and affiliate all eligible members to the region.

Competition Covid-19 Procedures

It is requested that all gymnasts, coaches and officials complete a lateral flow test within the 24 hours prior to each competition. If your test result is positive, you should follow the most recent Government guidance and should not attend the competition. Any volunteer officials or judges should notify the competition organiser as early as possible if they record a positive result by emailing comps.hga@gmail.com.

Comps.hga@gmail.com should also be emailed if a gymnast is not attending due to a positive Covid test copying in treasurer.hga@gmail.com and a refund will be arranged in due course.

No spectators are allowed into the Sports Centre/Gymnastics Arena. Coaches should collect the gymnasts from outside the main door of the sports centre and escort them to the gym. Coaches should then deliver the gymnasts back to parents after the competition who should wait in the car park.

One additional coach per club will be permitted to attend the competition to video performances. They must remain in the designated area and should not enter the gymnastic arena during the competition. They must be BG affiliated and dressed in club clothing. The name and BG number of this person must be emailed to the competition organiser 7 days before the competition.

On entry to the gym on the day of competition all gymnasts, coaches and officials will be expected to sanitise their hands with the gel provided and also as they rotate round pieces.

Any queries with regard to Covid-19 protocol should be submitted to the competition organiser no later than 7 days prior to the competition date.

Clubs				
Berkhamsted Gymnastics Club	GG/MAG	Jane Lewis	07920 558140	secretary_berkhamsted.g.c@hotmail.co.uk
Dolphina Gymnastics Club	WAG	Mrs D McShannon	01923 800158	karen@dolphinagymnastics.com
Flips Sports Acro Club	ACRO	Mrs J Pritchard	01727 861973	jenny.pritchard@gmail.com
Gosling Gymnastics		Tracey Royle	01707 903848	tracey@roylesoft.co.uk
HBS Trampoline Club	TRA/DMT	Jenny Newman	01462 459270	hbssports@hitchinboys.co.uk
HGC	ACRO/WAG	Nicola Munns	07956 135019	hertfordshiregymnastics@gmail.com
Hertford Gymnastics Academy		Ms S Westley	07947 222321	hertfordgymnastics@hotmail.co.uk
High Springers	TRA/DMT/WAG	Charlotte Canniford	07508 051 524	info@highspringers.co.uk
K-Gymnastics	GG	Katya Tsareva-Stefanova	07380 889222	stefanova_katya@yahoo.co.uk
Marriotts Gymnastics Club	WAG/MAG/DMT	Dr C Hirons / Miss K Smith	01438 726999	kat@marriottsgymnastics.com
Ministry of Air	TRA	Mr T Williams		ministryofair@gmail.com
Rib Valley Trampoline Club	TRA	Ms A Allen		ribvalleytc@live.co.uk
Richards Trampoline Club	TRA	Ms K Fairweather	01582 557754	kyrstin@ntlworld.com
Rotate Gymnastics	WAG/GG	Nina Doukanaris	07957 114 158	ninadoukanaris@gmail.com
SAADI Gymnastics Ltd	WAG/MAG/GG	Cat Brooke	07876 258115	admin@saadigymnastics.co.uk
Sapphire School of Gymnastics	WAG/MAG/GG	Mrs A Price	01442 230077	Admin.sc@sapphiregymnastics.co.uk
Sapphire CIC Ltd	WAG/MAG/GG	Lauren O'Connor	01442 230077	admin.mr@sapphiregymnastics.co.uk
Stevenage S. Acro Club	ACRO	Mrs L Lavelle		lisa_ssac@yahoo.co.uk
St. Albans Gymnastics Club	MAG/MAG	Mr R Wilson	07806 483820	info@stalbangymclub.com
Turnford Gymnastics Club	WAG/MAG	Miss K Wayman	01992 630088	turnfordgymclub@hotmail.com
Ware Gymnastics	ACRO	Zoe Richardson	07903 021490	waregymnastics@hotmail.co.uk
Watford Gymnastics	WAG/GG	Mrs N O'Sullivan	01923 605019	admin@watfordgymnastics.co.uk

Officers and Officials 2022

Clubs are entitled to one vote per club on matters discussed at meetings if required

CHAIR	Mrs T O'Neill	07780 706264	teresadolphinagymclub@gmail.com
SECRETARY	Miss S Hearne		hga.secretary@hotmail.com
TREASURER	Miss K Smith		treasurer.hga@gmail.com
JUDGE CONVENOR & WTC REP	Ms G Tovey		gtovey@btinternet.com
WAG/MAG COMPETITIONS	Miss K Wayman		comps.hga@gmail.com
GG COMPETITIONS	Mrs C Brooke		admin@saadigymnastics.co.uk
EXECUTIVE:	Mrs J Wheatley		turnfordgymclub@hotmail.com
	Mrs P Collins		penelopcollins@gmail.com
HGA WEBSITE:	https://www.hertscountygymnastics.com/		

HERTFORDSHIRE COMPETITION CALENDAR 2022 – WAG/MAG
All competitions at Marriotts Gymnastics Centre, Stevenage

Date	Competition	Closing date	Volunteers Provided By
Sunday 20 th March	HGA Grades	Friday 18 th February	Turnford
Sunday 10 th April	Club/Regional Grades	Friday 11 th March	Dolphina
Sunday 12 th June	Novice/Intermediate Individual Apparatus	Friday 13 th May	Sapphire Marks Road
Sunday 18 th September	Level 7/6 & County Classic Levels Bronze, Silver & Gold Individuals	Friday 19 th August	SAADI
Sunday 25 th September	County Classic Copper & Zinc Individuals	Friday 26 th August	TBC
Sunday 9 th October	County Classic Copper, Bronze, Silver & Gold Teams*	Friday 9 th September	Sapphire Sports Centre
Sunday 23 rd October	Level 7/6 & County Classic Zinc Teams*	Friday 23 rd September	Marriotts

*If there are low numbers of individual entries at a level, we reserve the right to cancel the Team competition.

WA County Squad Dates: 13th February, 24th April, 29th May, 26th June, & 11th September. All squads are held at Marriotts, 9.30am – 1.30pm

Training for gymnasts selected for Inter County Teams: 29th October

County Coach contact details: Justine Rich & Ruth Larbey - jus46@hotmail.com

HERTFORDSHIRE COMPETITION CALENDAR 2022 – GG
All competitions at SAADI Gymnastics, Redbourn

Date	Competition
Sunday 8 th May	L1 & L2 County Qualifier
Sunday 12 th June	L3 County Qualifier
Sunday 3 rd July	L4, L5 & L6 County Qualifier

Regional Finals are held at Pipers Vale in Ipswich:

L1&2 – 22nd May

L3 – 26th June

L4, 5 & 6 – 17th July

H.G.A. Grades 1-6 for Girls and Boys – 20th March

Open to a gymnast with BG Bronze or Silver membership who has not competed in a Level 5 (girls) or 6 piece (boys) County or above competition or the National Development Grades.

If clubs are intending to enter more than 20 gymnasts across all levels at this competition, they must request permission from the Competition Organiser (comps.hga@gmail.com) who reserves the right to cap at 20 depending on total entry. This notification must be received two weeks before the official closing date.

Minimum age is 6 in the year of competition. For details of exercise see published HGA Grades booklet.

Certificates for this competition are preprinted as per the programme. Any errors must be notified to the competition organiser no later than 7 days before the competition date.

Club/Regional Grades 6 – 1 – 10th April

Open to gymnasts as described in the National Development Club Grades handbook 2020.

Age groups:

- Grade 6 age groups 8, 9/10 & 11+
- Grade 5 age groups 9, 10/11 & 12+
- Grade 4 age groups 10, 11/12 & 13+
- Grade 3 age groups 11/12 & 13+
- Grade 2 age groups 12/13 & 14+
- Grade 1 age groups 13/14 & 15+

Current British Gymnastics Grades regulations apply. A Certificate will be presented to each gymnast who pass their respective grade. Certificates for this competition are preprinted as per the programme. Any errors must be notified to the competition organiser no later than 7 days before the competition date.

County qualifier to regional finals with first 3 gymnasts at each grade in each age group entered to the finals to be held at Pipers Vale on Sunday 8th May

Women's & Men's Artistic Novice & Intermediate County Apparatus Competition – 12th June

If clubs are intending to enter more than 30 gymnasts across all levels at this competition, they must request permission from the Competition Organiser (comps.hga@gmail.com) who reserves the right to cap at 30 depending on total entry. This notification must be received two weeks before the official closing date.

2022 – Women's Artistic Individual Novice Apparatus Competition

Eligibility: Gymnasts who have not competed in a 4-piece County voluntary competition.

Gymnasts who have taken part in the current NDP Grades cannot enter this event.

Open to gymnasts who do not train more than 4 hours a week

Age Groups: 7/8 9/10 11/12 13+

Coach qualification: Minimum General Gymnastics Club Coach Award (Level 3 coach) or Women's Artistic Coach Award (Level 2).

2022 – Women’s Artistic Individual Intermediate Apparatus Competition

Eligibility: Gymnasts who have not competed in a 4 piece County individual voluntary competition other than county Level 6 individual

Gymnasts who have taken part in the current NDP Grades cannot enter this event.

Open to gymnasts who do not train more than 6 hours a week

Age Groups: 7/8 9/10 11/12 13+

Coach qualification: Minimum General Gymnastics Club Coach Award (Level 3 coach) or Women’s Artistic Coach Award (Level 2).

2022 – Men’s Artistic Individual Novice Apparatus Competition

Eligibility: Gymnasts with a minimum of BG bronze membership who have not competed in a 4 piece County voluntary competition other than county Level 6 individual or HGA Grades. Gymnasts who have taken part in the current NDP Grades cannot enter this event.

Open to gymnasts who do not train more than 4 hours a week

Age Groups: 6 7/8 9/10 11/12 13+

Coach qualification: Minimum General Gymnastics Club Coach Award (Level 3 coach) or Women’s Artistic Coach Award or Men’s Artistic Coach Award (Level 2).

2022 – Men’s Artistic Individual Intermediate Apparatus Competition

Eligibility: Gymnasts with a minimum of BG bronze membership who have not competed in a 4/6-piece individual voluntary competition other than county Level 6 individual or HGA Grades. Gymnasts who have taken part in the current BDP Grades cannot enter this event.

Open to gymnasts who do not train more than 6 hours a week

Age Groups: 7/8 9/10 11/12 13+

Coach qualification: Minimum General Gymnastics Club Coach Award (Level 3 coach) or Women’s Artistic Coach Award or Men’s Artistic Coach (Level 2).

If Boys are opting to use a metal bar this should be notified to the Competition Organiser when the entry is submitted.

Gymnasts can enter any 1, 2, 3 or 4 pieces of apparatus with medals awarded for each. Overall medals will also be awarded at this competition.

[Rules as shown in the 2022 Herts Competition booklet](#)

WAG – Gold, Silver, Bronze & Level 7 County Individual Championship – 18th September

Gold, Silver and Bronze is open to gymnasts with BG Silver membership. Please note that you cannot enter voluntary levels and classic challenge in 2022. Level 7 is open to gymnasts with BG Bronze or Silver membership who have not competed in a County 4-piece competition (excluding HGA Grades).

As per 2021 Women’s Artistic Classic Challenge Championships rules and the 2022 Herts Competition booklet.

Age groups

Level 7 – 7/8, 9/10, 11/12 and 13+ (should there be insufficient entries in 13+ age group, the county reserves the right to revert to an 11/12+ age group).

Bronze – 10, 11/12 and 13+

Silver – 12/13 and 14+

Gold – 14/15 and 16+

MAG – Level 7 & 6 County Individual Championship – 18th September

Level 7 open to gymnasts with BG Bronze or Silver membership who have not competed in a County or Regional competition (apart from recreational apparatus event/general gymnastics competition) for boys. Level 6 open to male gymnasts with BG Bronze or silver membership. Age taken as attained in the year of competition.

Age groups

Level 7	7/8	9/10	11/12	13+ (should there be insufficient entries in 13+ age group, the county reserves the right to revert to an 11/12+ age group.
Level 6	7/8	9/10	11/12	13+

Rules as published in the 2019 Herts Competition booklet.

Zinc & Copper County Individual Championship – 25th September

Open to gymnasts with BG Silver membership. Please note that you cannot enter voluntary levels and classic challenge in 2022

As per 2021 Women's Artistic Classic Challenge Championships rules

Age Groups

Zinc - 8, 9/10 and 11+

Copper – 9, 10/11 and 12+

First three placed gymnasts in each age group go forward to regional finals **30th October** at Pipers Vale.

WAG – Copper, Bronze, Silver & Gold Teams – 9th October

As per 2021 Women's Artistic Classic Challenge Championships rules

WAG – Zinc & Level 7 Teams / MAG – Level 7 & 6 Teams – 23rd October

As per 2021 Women's Artistic Classic Challenge Championships rules and Herts Competition booklet.