



Gymnastics for All North West TeamGym Levels 6, 5, 4, and 3 Competition 2018 Handbook

Host club – Crewe and Nantwich Gymnastics Club

Competition organiser name: Sammy Cooper

**British
Gymnastics**
More than a sport



About

Host club

As Gym Mark accredited club, it is a common goal of Crewe and Nantwich Gymnastic Club to provide a safe environment for all of our participants and cater for their needs regardless of age or ability. We also aim to develop a coach education programme that will meet the needs of coaches and participants.

The aims are:

- Increase the number of qualified coaches
- Raise the quality of coaching at all levels
- Provide healthy and educational activities for our young people

Crewe and Nantwich Gymnastics Club will provide a safe learning environment to develop gymnasts to their full potential. We operate an equal opportunities policy and promote a policy of fair play.



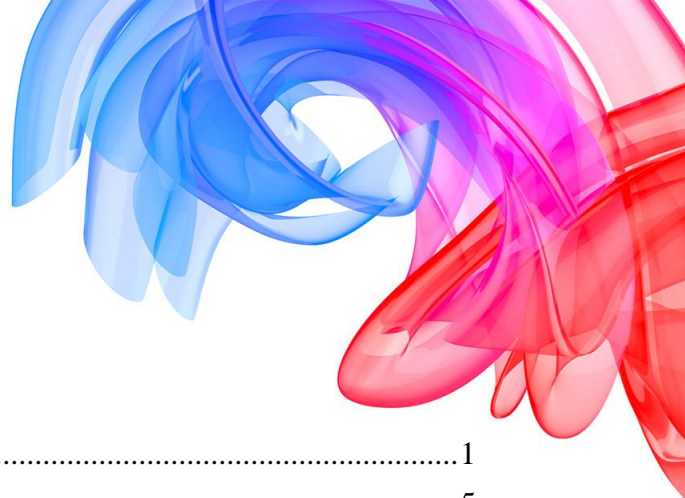
British Gymnastics

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

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

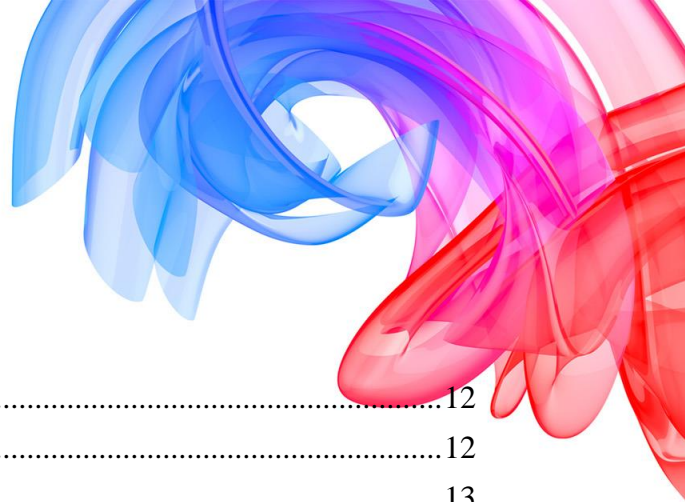
The British Gymnastics strategy aims to meet the following vision and core purpose:

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

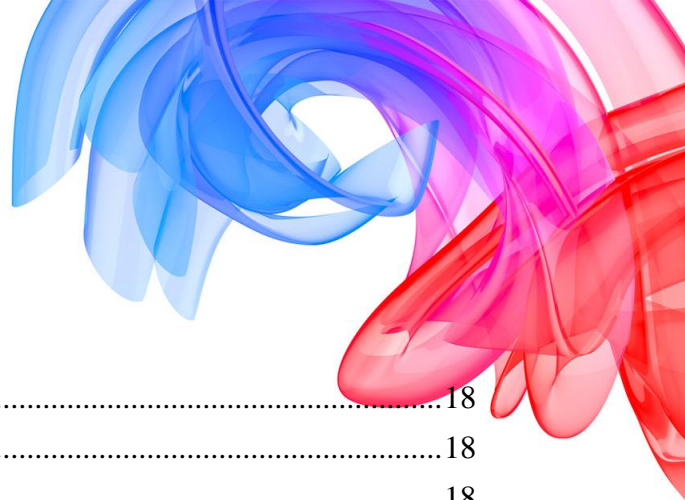


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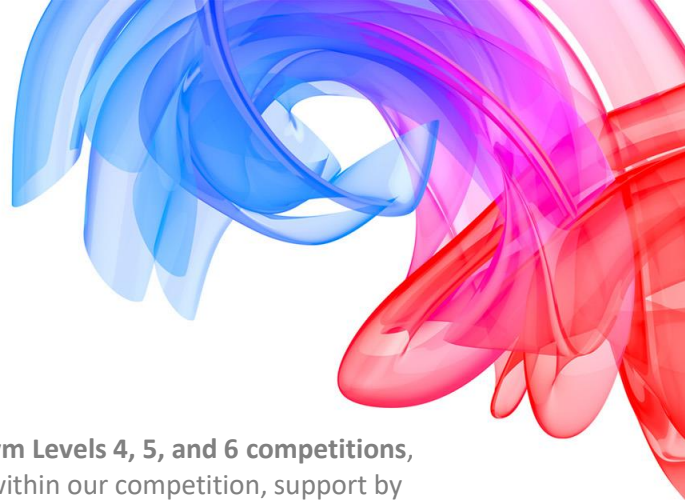
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Competition details – Overview

Welcome to the **Gymnastics for All – North West TeamGym Levels 4, 5, and 6 competitions**, within this pack you will find all the details to participate within our competition, support by British Gymnastics.

This competition includes both Full TeamGym and Micro TeamGym at all three levels and is aimed at providing a pathway into the discipline for those who haven't been involved in TeamGym before or very long, and allowing those who have been before the opportunity to develop further and take the next step into more challenging skills and the next level.

Who can enter?

This competition is for:

Anyone that has and hasn't been involved in TeamGym competitions before.

This great event is open to full and micro teams in mainstream and disability gymnastics who are currently (or wishing to) working towards the British Gymnastics TeamGym rules as shown online and referenced within this handbook.

This is open to any clubs British Gymnastics registered clubs.

Gymnasts aged 7 – 17 years old.

See '[Category breakdown](#)' section for further details.

Venue and address

Venue name: Crewe and Nantwich Gymnastics Club

Venue address and postcode: Camm Street Centre, Camm Street, Crewe, Cheshire, CW2 7DN

Link to google maps:

<https://www.google.co.uk/maps/place/Crewe+%26+Nantwich+Gymnastics/@53.0901796,-2.4419426,17z/data=!4m8!1m2!2m1!1sCamm+Street+Centre,+Camm+Street,+Crewe,+Cheshire,+CW2+7DN!3m4!1s0x487a5f5f5bc4b107:0xf8130a0b486bab0b!8m2!3d53.090287!4d-2.439395>

Time and date

Date/s: 8th July 2018

Estimated start time(s): 9:00am

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

Estimated end time(s): 1:00pm

Please note: The end time is estimated and subject to change. The running order will be circulated before the event but timings may still alter on the day.

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

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

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Place of Registration England. VAT Registration No 100166672



Type, level, and pathway

Competition type: Micro TeamGym and Full TeamGym

Competition level: Levels 6, 5, 4, and 3

Competition pathway: This is a club level competition which will help create a pathway into Level 3 and above. TeamGym also provides a pathway into festival and display style gymnasts.

If you are interested in taking the next steps in TeamGym to other Level 4 competitions or upwards to Level 3, and onwards, you can find out more information online –

<https://www.british-gymnastics.org/technical-information/discipline-updates/teamgym/9250-british-tg-code-2018-v2/file>

You can also find more information regarding higher level TeamGym events within the British TeamGym Code –

<http://www.ueg.org/files/page/editor/files/2017%20TG%20CoP%20-%20English.pdf>

Theme

This competition has no theme.

Entry costs overview – Clubs, Gymnasts, and Spectators

Cost per entry: Full TeamGym = £90 per team

Micro TeamGym = £50 per team

Cost per spectator:

| Adult | Child (under 5 years) |
|-------|-----------------------|
| £3.00 | £0.00 |

Note: Spectator fees to be paid upon entry to competition. Seating is limited and will be restricted to spectators only (not gymnasts).

Cost for no allocated judge: £25.00 per club (not team)

Note: See [Judge Requirements](#) section for specific requirements

Souvenir T-shirts

As part of this competition you can order souvenir T-shirts to help remember this great adventure.

Please see entry form for details.



Key contacts

| | | | |
|--|--------------|--------------|--|
| Competition organiser: | Sammy Cooper | 01270 214324 | teamgym@cngc.info |
| Venue contact: | Sammy Cooper | 01270 214324 | teamgym@cngc.info |
| British Gymnastics Competition Coordinator: | Jack Duggan | 07584517635 | jack.duggan@british-gymnastics.org |



Entry details

Method of entry

You can enter this competition via:

- **Email entry** – Complete and email the entry form to teamgym@cngc.info

Method of payment

| BACs transfer: | |
|------------------------|-----------------------------|
| Name: | CNGC |
| Account number: | 82305382 |
| Sort code: | 60 – 06 – 23 |
| Reference: | North West Comp [Club name] |

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

Entry dates

Entry opening date: 16/05/2018

Entry closure date: 15/06/2018 at noon

Note: The competition organiser holds the right to close the entry period early, if the maximum entries have been reached.

Late entries

Entries after the closure date may not be accepted and may incur an administration charge for the refund process.

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

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

To transfer a gymnast in this competition, please complete and return the 'Transfer of gymnast' form to the competition organiser. This will help keep track and amendments of the running order.



Withdrawal of entry

If you require to withdraw a gymnast, ease complete and return the 'Withdrawal of gymnast/club' form to the competition organiser. This will help keep track and amendments of the running order.

If the withdrawal is:

- **After the closure date** – A partial fee will be refunded due to an administration charge for the refund process.
- **Before the closure date** – No fee will be charged as part of consumer rights.

Confirmation of entry

Upon entry and payment of entry; you will receive a confirmation email for your entry.

Structure and programme

Confirmation of programme

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

If you haven't received an email of the competition programme five days prior to the competition start date, please contact the competition organiser.

Note: Sometimes emails can get moved to 'junk mail' boxes without our knowledge, please check prior to contacting the competition organiser.

Pre-planned structure of competition

Below is a guide of the structure of the competition. This will be adapted after the closure date confirmed to all those involved.

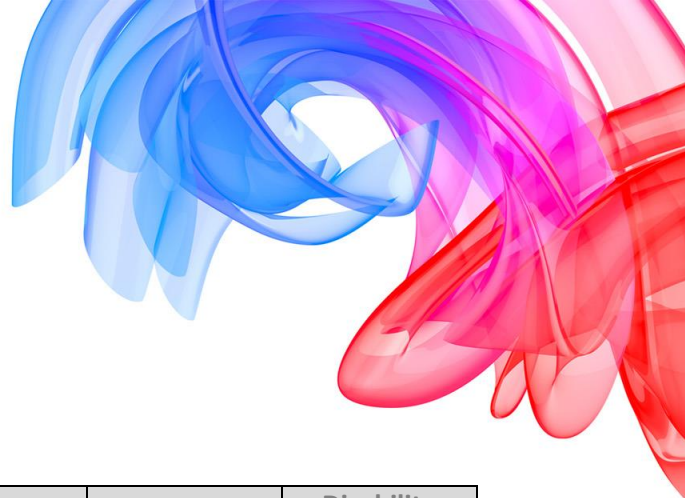
Note: Some competitions may be broken up into separate smaller competitions to suit the number of entries/categories.

| Activity | Estimated time |
|---|----------------|
| Arrival | 9:00 |
| Registration | 9:00 |
| Door open for spectators | 9:00 |
| Coaches and judge's briefings | 9:15 |
| General warm up | 9:30 |
| Competition begins | 9:30 |
| Rounds including change over, intervals, apparatus warm ups, performances | |
| Gymnasts tumble/show off favourite skills while results gathered | 12:00 |
| Presentation | 12:10 |
| Photo opportunity | 12:20 |
| Competition ends | 12:30 |

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Category breakdown

Within this competition the categories are as follows:

| Age Level | Development 7 – 10 years | Primary 9 – 11 years | Youth 10 – 14 years | Junior 13 – 17 years | Disability Open 9+ years |
|-------------------------|-----------------------------|-------------------------|------------------------|-------------------------|--------------------------------|
| Level 6 | X | X | X | X | |
| Level 5 | | X | X | X | |
| Level 4 | | X | X | X | |
| Level 3 | | X | X | | |
| Disabilities Level 1 | | | | | X |
| Disabilities Level 2 | | | | | X |

Note: 'X' indicates the level which can be entered for that age group.

| | Competition type | |
|--------------------------------|---|---------------------|
| Competition type: | Full TeamGym | Micro TeamGym |
| Apparatus competed: | Floor Trampette Tumble | Trampette Tumble |
| Team size: | 6 – 12 gymnasts | 3 – 5 gymnasts |
| Gender: | All male All female Mixed | |
| Cost per team to enter: | £90 | £50 |
| Notes: | <ul style="list-style-type: none"> Mixed gender teams don't have to have equal number of male and female gymnasts, but it must be minimum one of each. Mixed gender teams must have at least a male and female perform in all runs on all apparatus. Disabled gymnasts can compete alongside mainstream gymnasts if they wish to. Please speak with the competition organizer if you are unsure. | |

Depending on the number of entries in each category after the closing date, some categories are subject to change; for example, if any category has less than three entries.

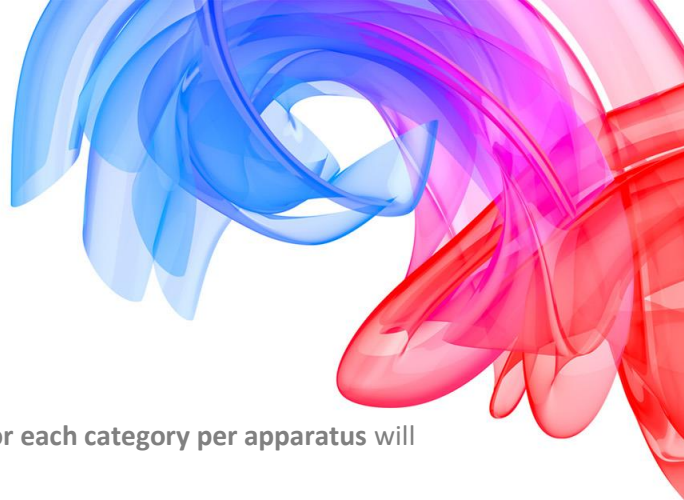
The gymnast must of appropriate age for category on the date of the competition e.g. must be 10 at the time of the competition to enter the Youth category.

You may enter as many teams into each category as you wish.

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Rewards and gifts

As part of this competition the **winning gymnasts/team for each category per apparatus** will receive:

Either Bronze, Silver or Gold medal (place dependant)

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

Performance details

Warm up

There is a separate warm up hall for the gymnasts. The programme will include a general warm up at the start of the competition but also per apparatus.

There shall be approximately five minutes per apparatus. Timings subject to change at the competition organisers discretion.

Music and PPL licence

Music is required for the following categories of this competition: **Floor, Tumble, and Trampoline**. These can be the same or different. Music must not contain lyrics.

Where music is required

Please ensure you email any music to the competition organiser at **least two weeks prior** to the competition date. This should state the:

- Club/team
- Apparatus

Please ensure you bring a copy of your music on the day.

If possible to have music converted into a mp4 format to ensure it will play on all mediums.

Music is required it will be played via CD-ROM on the club's sound system.

Please ensure you are aware of the stipulations placed on the event by PPL. Ensure you have checked whether your music is eligible – This can be done online through www.ppluk.com

Background music may be played to help create a calming atmosphere. This will be the competition organiser/venue representatives' discretion.

Where no music is required

Background music may be played to help create a calming atmosphere. This will be the competition organiser/venue representatives' discretion.



Lining up

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

- At the start of the competition (as a team)
- Before the performance
- After each individual performance
- During the awards ceremony (as a team)

Tariff sheets

You will find the 'Tariff Sheets' accompanying this handbook.

Please ensure you bring the follow **per team**:

- **7 x copies** of the completed **floor** tariff sheet
- **6 x copies** of the completed **tumble** tariff sheet
- **6 x copies** of the completed **trampette** tariff sheet

It would be useful for you to have a copy for yourself also.

There will be additional administration fees for any photocopying on the day.

Skill requirements and routines

You will find these on the 'Tariff Sheets' accompanying this handbook.

Podium training

There is no podium training.

Streaming

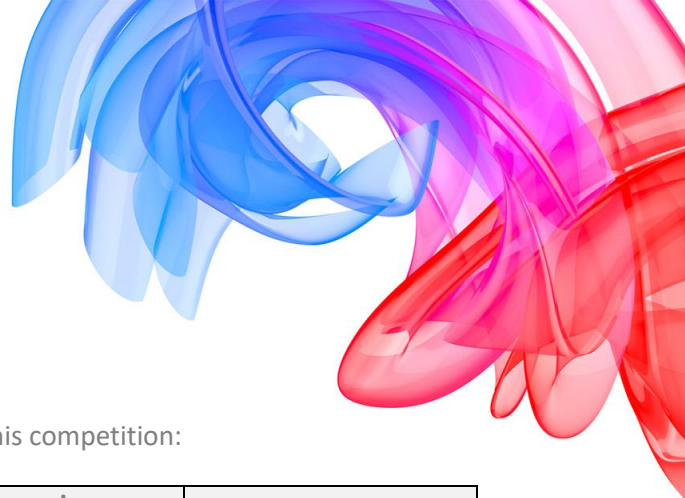
No more than two gymnasts can be moving down the runway at any time. While one gymnast is performing their final skill, the next can commence their performance.

Repetition of skills

Skills from the boxes may be repeated in other rounds but try use a range of combinations.

Acrobatic skills

Skills that are held are not to be held longer than two seconds e.g. handstand forwards roll.

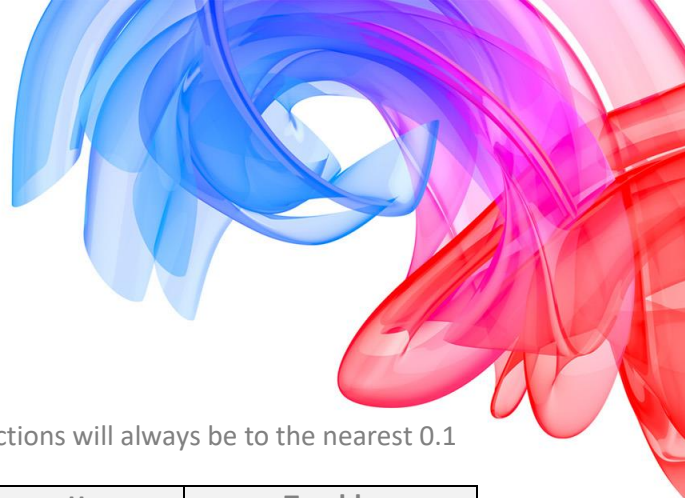


Apparatus

The following equipment and apparatus will be used for this competition:

| Apparatus | Manufacturer | Size, dimensions, run up, landing details | Image |
|-------------------|--|---|-------|
| Sprung floor | GymNova | 12m x 12m | |
| Table vault | EuroGym | Height 100 – 165cm Landing area 4 x 6m with continental mat on top | |
| TeamGym trampette | Either: Continental Or Dorado | Both are 40 sprung Landing area 4 x 6m with continental mat on top | |
| Track | EuroGym | 15m in length Landing area 4 x 6m with continental mat on top | |

If you have any specific questions regarding the apparatus, please contact the competition organiser.



Scoring – Levels 6 and 5

This is a guide of how your team scores are created. Deductions will always be to the nearest 0.1

| | Floor | Trampette | Tumble |
|--------------------------------------|---|--|--|
| Difficulty Value (DV score) | Score created from skills chosen for routine | Score created from skills chosen for routine | Score created from skills chosen for routine |
| Compositional Score (C score) | 4.00 | 2.00 | 2.00 |
| Execution Score (E score) | 10.00 | 10.00 | 10.00 |
| Starting score | Difficulty + Composition + Execution = Starting score | | |

All other levels will use the British TeamGym Code 2018 accompanying this handbook.

Appealing a judge's decision

Any appeals of a judge's decision need to be given to the head judge. This needs to be ASAP and delivered by only the gymnasts' coach. No other can submit an appeal on behalf of the coach.

This is a friendly competition and we will wish to provide everyone with the best service possible.

Club membership requirements

Current British Gymnastics club affiliation is required.

Further details can be found on the British Gymnastics website - <https://www.british-gymnastics.org/clubs/club-membership/fees>

School membership requirements

Current British Gymnastics club affiliation is required.

Further details can be found on the British Gymnastics website - <https://www.british-gymnastics.org/clubs/club-membership/fees>

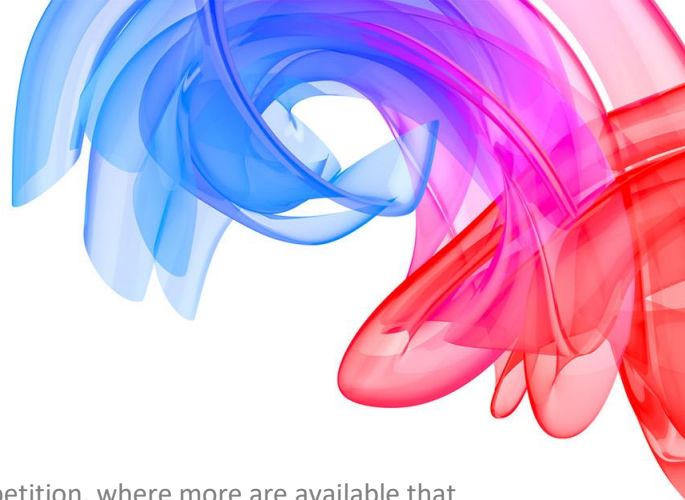
Leisure centre membership requirements

Current British Gymnastics club affiliation is required.

Further details can be found on the British Gymnastics website - <https://www.british-gymnastics.org/clubs/club-membership/fees>

Additional requirements

If any coaches, judges, or gymnasts have any additional requirements to support their time during the competition e.g. they have a disability that requires additional support or consideration by the competition organiser. Please complete the 'Additional support' form.



Judge requirements

Judges required per team

A judge must be provided by every club entering the competition, where more are available that would be greatly supportive.

There is a fee of £25.00 is per club (not team) if no judge is nominated/doesn't show on the day.

Qualification requirements

As a minimum either:

- Hold a minimum of a 'Intro To... Judging' qualification
- Or,
- Be experienced in TeamGym (doesn't require a judge qualification)

Ideally will hold a TeamGym judge qualification but can have a Floor and Vault judge qualification or a Club judge qualification in Men's or Women's Artistic.

It is recommended that TeamGym judges are used where possible. Judging guides and briefings will be provided on the day for those who haven't judged at this type of competition before or in some time.

Payment

It is the judges' club responsibility to support the judges attending the competition financially.

Attire

Smart wear – Trousers, Shirt, Skirt, Shoes etc.

Membership requirements

Current British Gymnastics '**Judge**' membership type is required.

Further details can be found on the British Gymnastics website - <https://www.british-gymnastics.org/coaching/coach-membership/fees>

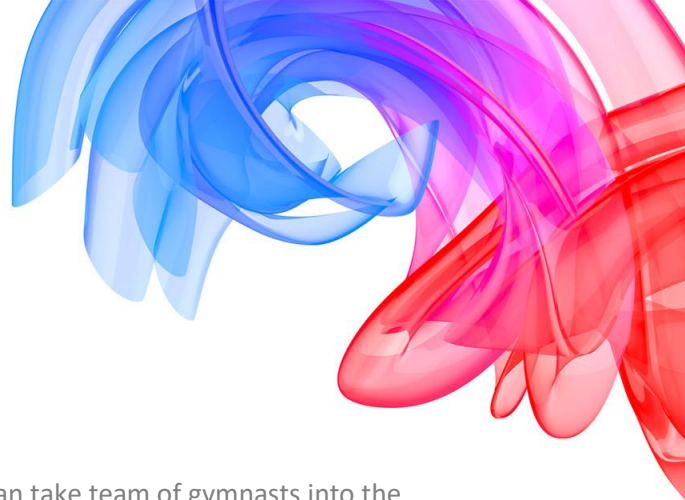
Travel arrangements

Judges are required to organise their own method of transport to and from the competition at the appropriate times.

Timings will be provided by the competition organiser within five days of the competition.

Additional requirements

If any judges have any additional requirements to support their time during the competition e.g. they have a disability that requires additional support or consideration by the competition organiser. Please complete the 'Additional support' form for everyone requiring additional support.



Coach requirements

Coaches required per team

A British Gymnastics Level 2 (and above) qualified coach can take team of gymnasts into the competition area.

Two coaches must be present during the Trampoline/vault performance.

There can only be a maximum of two coaches on the competition floor and listed on the entrance form.

All gymnasts can only perform skills that their nominated coach is suitably qualified to coach.

Qualification requirements

Appropriate British Gymnastics qualifications must be held to deliver the appropriate skills. See '[Skill requirements and routines](#)' for further details.

A current DBS must be held.

A current recognised Safeguarding Certificate must be held.

Payment

It is the coaches' club responsibility to support the coaches attending the competition financially.

Attire

Suitable (identifiable) coaching attire e.g. club tracksuit or sweatshirt / polo top etc.

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

Membership requirements

Current '**Coach**' type British Gymnastics coaching membership is required.

Further details can be found on the British Gymnastics website - <https://www.british-gymnastics.org/coaching/coach-membership/fees>

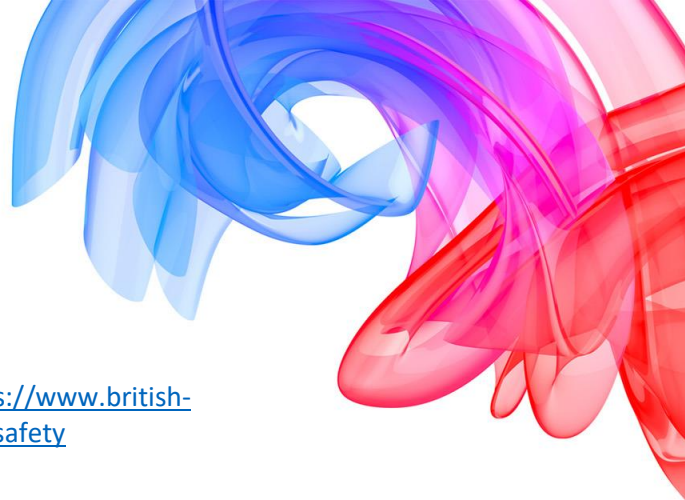
Travel arrangements

Coaches are required to organise their own method of transport to and from the competition at the appropriate times.

Timings will be provided by the competition organiser within five days of the competition.

Jewellery and body adornments

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.



See British Gymnastics guidelines for further details - <https://www.british-gymnastics.org/coaching/coach-membership/health-and-safety>

Additional requirements

If any coaches have any additional requirements to support their time during the competition e.g. they have a disability that requires additional support or consideration by the competition organiser. Please complete the 'Additional support' form for everyone requiring additional support.

Gymnast requirements

Experience and abilities

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.

For example; it can't be the first time they have completed the skill. It may be the first time they have competed the skill.

Membership requirements

'Competitive' type British Gymnastics membership is required.

Further details can be found on the British Gymnastics website - <https://www.british-gymnastics.org/coaching/coach-membership/fees>

This applies to all gymnasts no matter if from a club, leisure centre, or school environment.

Attire

Sportswear; shorts, leotard can be worn.

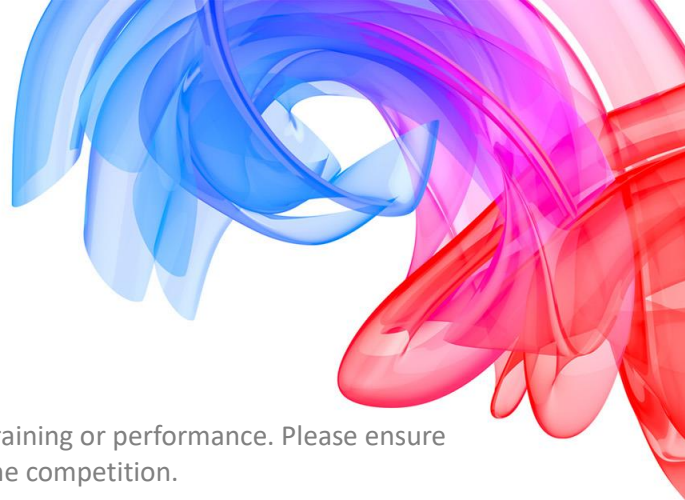
Hair must be fastened appropriately and secured (plaits and ponytails may not meet this criterion).

The judges must be able to see clearly the angles of which the arms, legs etc. are bending at for accurate scoring.

Travel arrangements

Individual clubs and coaches are responsible for communicating and organising appropriate transport to and from the competition. This maybe the gymnasts' parent/guardian or arranged transport.

See British Gymnastics guidelines for further details - <https://www.british-gymnastics.org/coaching/coach-membership/safeguarding-and-compliance>



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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.

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Additional requirements

If any gymnasts have any additional requirements to support their time during the competition e.g. they have a disability that requires additional support or consideration by the competition organiser. Please complete the 'Additional support' form for everyone requiring additional support.

Facilities on-site

Disabled access

Seating is located upstairs and unfortunately there is no lift on-site so access upstairs is limited. If you require any specific support upstairs please contact the venue directly prior the event to discuss potential opportunities.

Food and drink

There is a 'tuck shop' on-site which is will be selling cold snacks and drinks during the event.

Toilet and changing facilities

There are changing facilities and toilets on-site. Please ask a member of staff (venue) for details of the closest facilities to you on the day.

There are baby changing facilities also.

On-site entertainment

There are no on-site entertainment facilities apart from the great sport of gymnastics.

Spectator area

The seating is located upstairs and is limited to 200 spectators at a time. The programme and presentations will be tailored to suit this capacity appropriately and safety is our primary concern.

If you are attending in a large group (of spectators), please contact the competition organiser to discuss make them aware of potential high numbers so they can plan appropriately.

Car parking

Free parking on-site is limited (12 spaces).

Wicks offer free car parking and is approximately a five-minute walk away from the venue. They kindly ask if you could park away from the store -

<https://www.google.co.uk/maps/dir/Wickes,+Lockitt+St,+Crewe+CW2+7BB/The+Camm+Street+Centre,+Camm+Street,+Crewe+CW2+7DN/@53.0913613,->

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[2.4403926,18z/data=!3m1!4m1!4m13!1m5!1m1!1s0x487a5f58e7a0f865:0x9e604dd3a40e5665!2m2!1d-2.4388527!2d53.0927301!1m5!1m1!1s0x487a5f55bc4b107:0x74d1bf414698ef2a!2m2!1d-2.4401129!2d53.0900722!3e0](https://www.google.co.uk/maps/dir/Crewe+Station,+Nantwich+Rd,+Crewe+CW2+6HR/The+Cam+m+Street+Centre,+Camm+Street,+Crewe+CW2+7DN/@53.0896935,-2.4379501,18z/data=!3m1!4m1!4m13!1m5!1m1!1s0x487a5f58e7a0f865:0x9e604dd3a40e5665!2m2!1d-2.4388527!2d53.0927301!1m5!1m1!1s0x487a5f55bc4b107:0x74d1bf414698ef2a!2m2!1d-2.4401129!2d53.0900722!3e0)

Alternatively, there are several pay per hour car park locally to the venue.

Travelling by train

The train station is an approximately seven minute walk away from the venue -

<https://www.google.co.uk/maps/dir/Crewe+Station,+Nantwich+Rd,+Crewe+CW2+6HR/The+Cam+m+Street+Centre,+Camm+Street,+Crewe+CW2+7DN/@53.0896935,-2.4379501,18z/data=!3m1!4m1!4m13!1m5!1m1!1s0x487a5f5c17ded4f7:0x67b71d0b30bcc930!2m2!1d-2.4335987!2d53.089558!1m5!1m1!1s0x487a5f55bc4b107:0x74d1bf414698ef2a!2m2!1d-2.4401129!2d53.0900722!3e2>

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 (you can never have enough first aiders on-site), but this isn't essential.

Regulations

Standardisation

Unless stated these regulations have been created to help standardise competitions within low-level events.

Etiquette

While competitions can become competitive, please ensure you support every gymnast, coach and parent/guardian involved. Everyone has been involved at some point and every competition/event is a celebration of those efforts.

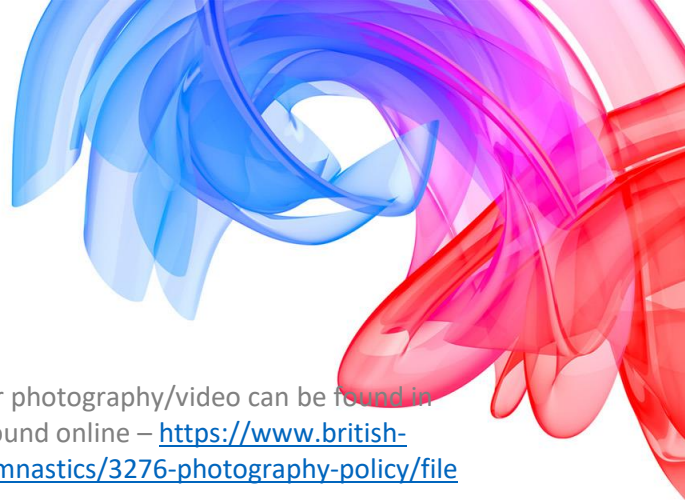
It is important that the access to the 'Officials area' (judges, scoring, music etc.) is restricted to authorised personnel only.

Photography

It is your responsibility as the coach in charge of your entered team/club to be aware and have records of anyone that can/can't have their photo/video taken for media purposes. If you have anyone that can't please make the competition organiser aware prior to the date of the competition for they can inform the appropriate persons at the venue so photo/video are avoided of them.

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

T. 0845 1297129 F. 0845 1249089
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Further details on how to gain appropriate permissions for photography/video can be found in the British Gymnastics photography policy which can be found online – <https://www.british-gymnastics.org/documents/footer-menu-items/british-gymnastics/3276-photography-policy/file>

At no point should flash photography is to be used as this can affect anyone with epilepsy.

The hosting club will announce throughout the day about photos not to be taken and specific times/places which they can be taken, in-line with their photography and media policy.

Complaints and grievances

If you have a complaint or grievance regarding any happenings at this competition please ensure you send in your details to the competition organisers email within five working days of the competition date.

Health and safety

The health, safety and welfare of all participants (gymnasts, coaches and officials) is the primary consideration. All BG policies and procedures will be rigorously applied with regards to health, welfare and safeguarding and protecting children.

Risk assessments have been carried out for this competition but if you feel there is something/one that may require additional assessment please contact the competition organiser ASAP with specific details.

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

Emergencies

As part of event, everyone attending must adhere to the emergency procedures and follow the professional guidance of the competition organiser and members of staff from the venue. Below is a brief guide of the venue emergency procedures.

In the event of an evacuation:

- Seek out the nearest emergency exit (there are four in total within the gym)
- Gymnasts will follow their designated coach(s)
- Meeting point is located within the car park
- Emergency services will be contacted by the venue representatives, whom will update and instruct accordingly.

Terms and conditions

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

Failure to comply may see your club being excluded from the competition without refund.