



# **In Flyt and Pyramid Acro GFA ACRO and TUM Competition Handbook**

Host club – In Flyt and Pyramid Acro  
Gymnastics Clubs

Competition Organisers' name: Jack Duggan



## About

In Flyt Gymnastics Club was created by Chanese Edwards-Clarke and Alisha Edwards-Clarke who are ex-national gymnasts. As a club we specialise in Acrobatics and Tumbling.

We welcome children from the age of 5 upwards and all abilities and genders are welcome.

Our goal at In Flyt is to provide a safe coaching environment in which Gymnasts can participate and progress in classes, displays and competitions.



Pyramid Acro Gymnastics Club are both communities based voluntary clubs specialising in Acrobatics we have been running for a combined total of 24 years.

We all have a passion for gymnastics and would like to bring teams together to showcase their talent.



## British Gymnastics

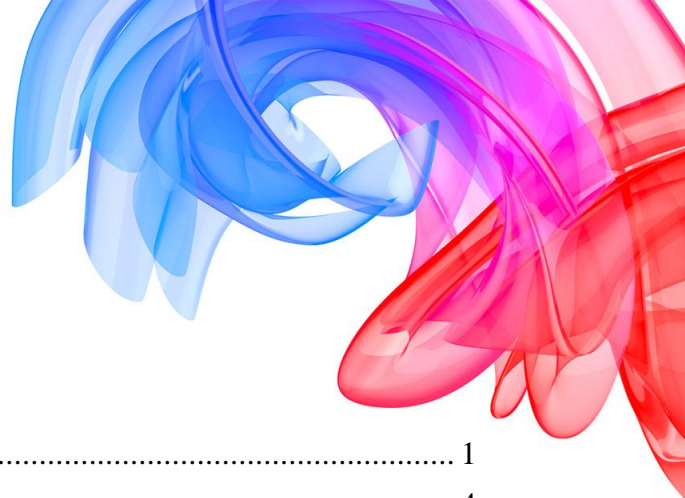
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British Gymnastics provides a national directive and structure for the sport; delivering a range of opportunities across the age spectrum to take part and stay in gymnastics, as well as developing talent and delivering top-level success.

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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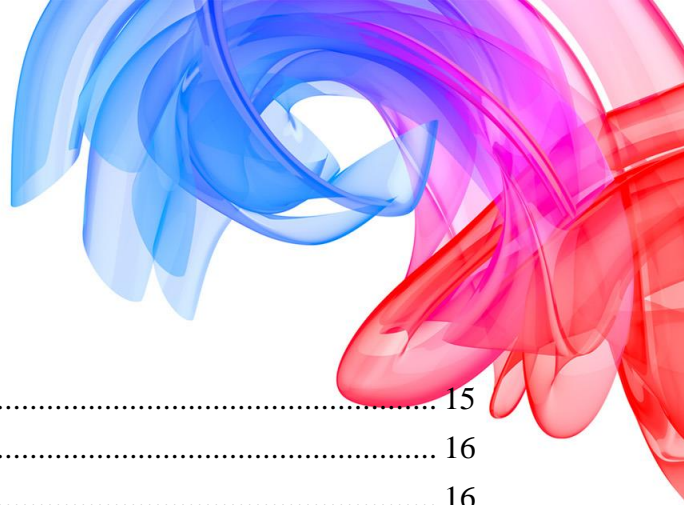
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ACRO – Pre NDP to Grade 2

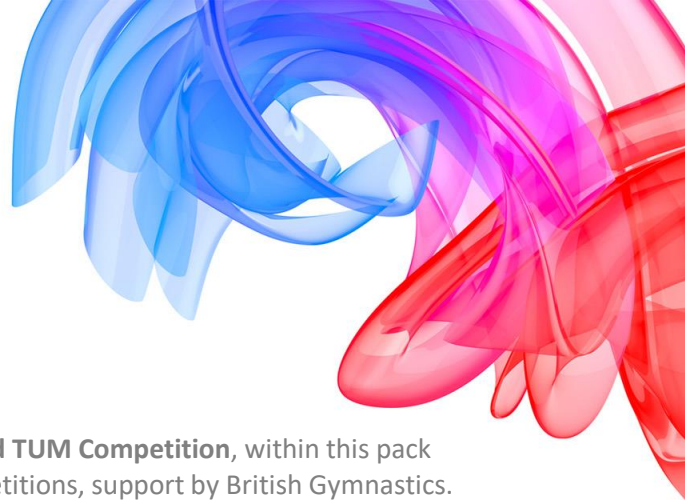
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## Competition details – Overview

Welcome to the **In Flyt and Pyramid Acro GfA – ACRO and TUM Competition**, within this pack you will find all the details to participate within our competitions, support by British Gymnastics.

The aim of ACRO gymnastics competition is to provide an opportunity for gymnasts to participate within a low-level and fun competitive environment. This competition is based on the existing Pre NDP and NDP Grades but un-restricts the ages allowing the gymnasts to opportunities to compete where they may not have done before.

The aim of the TUM gymnastics competition is to provide a similar opportunity to the ACRO competition, but with the Club Levels 1 and 2.

### Who can enter?

This competition is for:

<b>Gender</b>	Boys and Girls
<b>Age</b>	5 – 16years+  Gymnasts must be of age [to enter the appropriate category] on the <b>date</b> of the competition.  <b>For example:</b> A gymnast needs to be 6 years old by the 21 <sup>st</sup> July 2019 to enter the 6 years age category.
<b>Ability</b>	This competition is aimed at gymnasts training a maximum of 1 – 3 hours per week (category dependant).
<b>Club, County, Region</b>	This is open to all British Gymnastics registered clubs.

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

### Time and date

<b>Date(s):</b>	21/07/2019
<b>Estimated start time: *</b>	ACRO – 10:00am and TUM – 1:00pm
<b>Estimated end time: *</b>	ACRO – 12:30pm and TUM – 4:00pm
<b>Programme circulation:</b>	10/07/2019

**\*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.

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### Venue and address

<b>Venue name:</b>	Nottingham Sports and Fitness Centre
<b>Address and postcode:</b>	Farnborough Road, Clifton, Nottingham, NG11 8JW
<b>Google maps link:</b>	<a href="https://www.google.co.uk/maps/place/Nottingham+Sports+%26+Fitness+Centre/@52.9085501,-1.1698634,17z/data=!3m1!4b1!4m5!3m4!1s0x4879c2f42b2b26a3:0xb0702a7d7108802e!8m2!3d52.9085501!4d-1.1676747">https://www.google.co.uk/maps/place/Nottingham+Sports+%26+Fitness+Centre/@52.9085501,-1.1698634,17z/data=!3m1!4b1!4m5!3m4!1s0x4879c2f42b2b26a3:0xb0702a7d7108802e!8m2!3d52.9085501!4d-1.1676747</a>

### Theme

<b>This event has the following theme:</b>	No theme
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### Entry costs overview – Clubs, Gymnasts, and Spectators

<b>Cost per competing gymnast:</b>	£10.00 for one event. If entering both events £15.00
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<b>Also required as part of entry:</b>	<b>Volunteers</b>	<b>Display group or individual to perform between rounds</b>
	No essential but helpful	N/a

<b>Cost per spectator:</b>	<b>Adult</b>	<b>Child (under 16 years)</b>	<b>Infant (under 5 years)</b>
	£3.00	£1.00	£1.00
Spectator fees are paid on the day of the event, on arrival to the venue.			

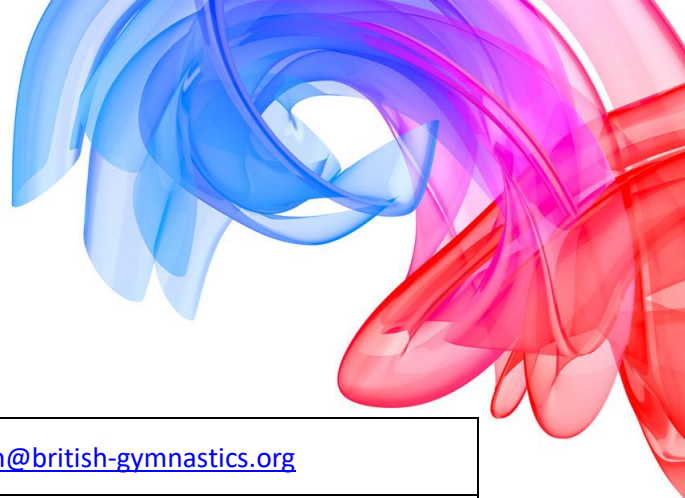
Please be aware, there is limited seating. Please speak with the Competition Organiser if you have a large group of spectators attending.

<b>Cost for no allocated judge (per club):</b>	£25.00
<b>Cost for no show judge (per judge):</b>	£50.00

If you don't have a judge, please contact the British Gymnastics Competition Coordinator to discuss support options.

**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

<b>Entry method:</b>	Email – <a href="mailto:jack.duggan@british-gymnastics.org">jack.duggan@british-gymnastics.org</a>
<b>Entry opening date:</b>	02/04/2019
<b>Entry closure date:</b>	16/06/2019

**Note:** The Competition Organiser holds the right to close the entry period early if the maximum entries have been reached.

#### Payment method

BACs transfer:	
<b>Name:</b>	In Flyt
<b>Account number:</b>	31877868
<b>Sort code:</b>	30 – 96 – 26
<b>Reference:</b>	IFPA ACRO comp [club name]

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

Upon entry please state when you will expect payment will be received by the hosting club, as this can affect organisation planning, and would be greatly appreciated.

#### Key contacts

<b>Competition Organiser:</b>	Jack Duggan	07584517635	<a href="mailto:Jack.duggan@british-gymnastics.org">Jack.duggan@british-gymnastics.org</a>
<b>Venue contact:</b>	Reception	0800 228 9642	N/a
<b>In Flyt GC contact:</b>	Alisha Edwards-Clarke	N/a	<a href="mailto:info@inflytgymnastics.com">info@inflytgymnastics.com</a>
<b>Pyramid Acro GC contact</b>	Ros	07741195611	N/a
<b>British Gymnastics Competition Coordinator:</b>	Jack Duggan	07584517635	<a href="mailto:jack.duggan@british-gymnastics.org">jack.duggan@british-gymnastics.org</a>
	Polly Hucker	07584515030	<a href="mailto:polly.hucker@british-gymnastics.org">polly.hucker@british-gymnastics.org</a>



## 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 may incur the following administration charge:

<b>Late entry fee:</b>	No late entries accepted
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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.

This can be done anytime up until the entry closure date.

#### Post event entry closure

Please contact the Competition Organiser prior to discuss your individual situation.

Depending on the stage of event organisation, it may be too late to alter/re-do any preparation that has been completed for the big day.

### Transfer/change of a gymnasts

After prior consultation and agreement with the Competition Organiser, you will be able to transfer/change a gymnast within your entry e.g. removal of one gymnast and insertion of another.

To do this please email the Competition Organiser with the details as per the 'Entry Form' but stating which details are to be removed from the entry and which are to be inserted.

### Withdrawal of entry

To do this please email the Competition Organiser with the details as per the 'Entry Form' with a brief explanation.

### Fees to withdraw

If the withdrawal is:

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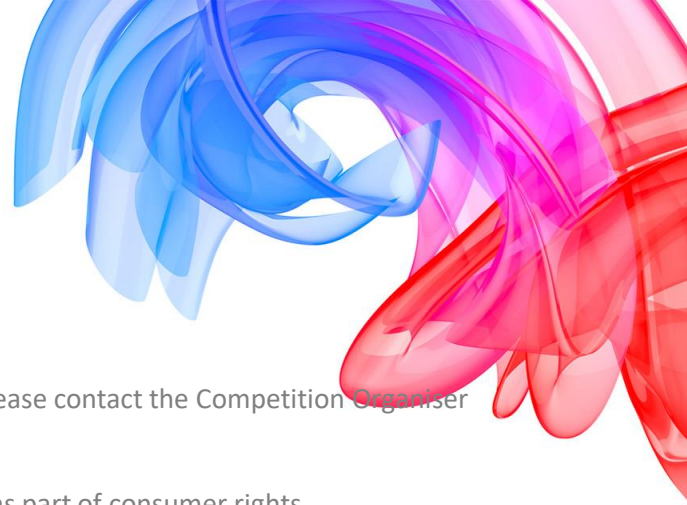
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- **After the closure date** – A fee may be charged, please contact the Competition Organiser to find out this detail.
- **Before the closure date** – No fee will be charged as part of consumer rights.

### Confirmation of entry

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

## Structure and programme

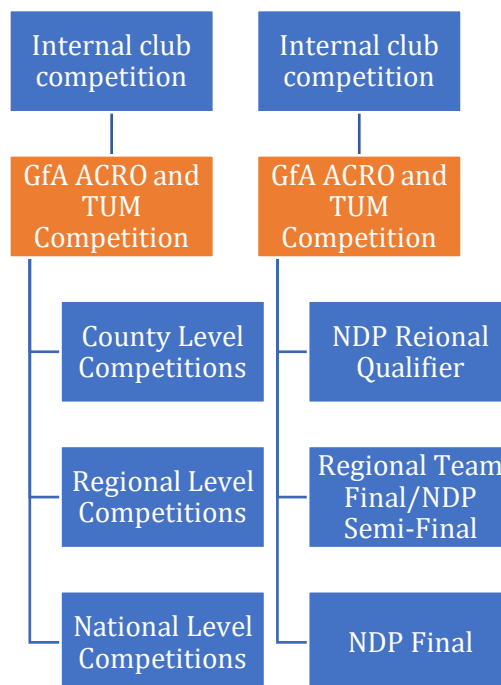
### Type, level, and pathway

**Competition type:** ACRO and TUM

**Competition level:** ACRO – Pre NDP, Grade 1, and Grade 2

TUM – Club Level 1 and Club Level 2

**Competition pathway:** The following diagram provides a generic overview of the pathway this type of event has.



The segments highlighted in orange are those which this competition is focusing on.

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

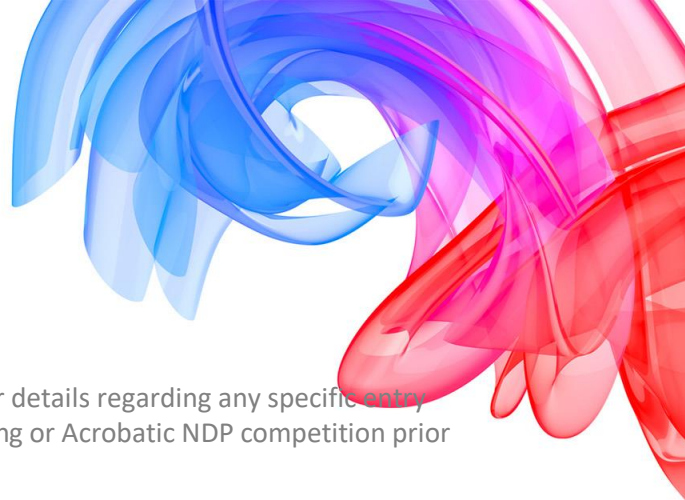
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See the [Gymnasts that have...](#) section of this document for details regarding any specific entry levels restrictions e.g. gymnasts that have entered Tumbling or Acrobatic NDP competition prior to this competition.

### 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 and confirmed after the closure date.

**Note:** Some competitions may be broken up into separate smaller competitions to suit the number of entries/categories, for example a morning and afternoon competition using the same templated programme.

Activity	Estimated time
Arrival	10:00
Registration	10:00
Door open for spectators	10:00
Coaches and judge's briefings	10:15
General warm up	10:25
Competition begins	10:35
Rounds including change over, intervals, apparatus warm ups, performances	
Presentation	12:00
Photo opportunity	12:15
Competition ends	12:30

### Category breakdown

Within this competition the categories are as follows:

ACRO categories	Categories		
	Pre NDP	Grade 1	Grade 2
ACRO age breakdown	5 years	5 years	5 years
	6 years	6 years	6 years
	7 years	7 years	7 years
	8 years	8 years	8 years

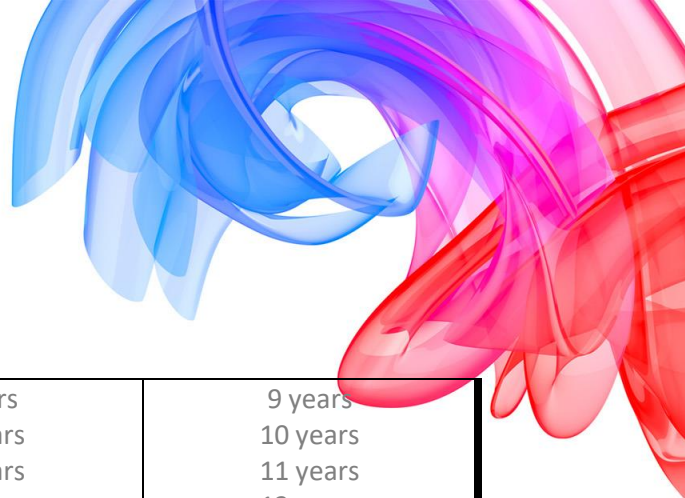
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	9 years 10 years 11 years 12 years 13 years 14 years 15 years 16 years+	9 years 10 years 11 years 12 years 13 years 14 years 15 years 16 years+	9 years 10 years 11 years 12 years 13 years 14 years 15 years 16 years+
<b>ACRO gender</b>	Pairs – Male, Female, Mixed Trios – Male, Female	Pairs – Male, Female, Mixed Trios – Male, Female	Pairs – Male, Female, Mixed Trios – Male, Female
<b>TUM categories</b>	NDP Club Level 1		NDP Club Level 2
<b>TUM age categories</b>	5 years 6 years 7 years 8 years 9 years 10 years 11 years 12 years 13 years 14 years 15 years 16 years+		5 years 6 years 7 years 8 years 9 years 10 years 11 years 12 years 13 years 14 years 15 years 16 years+
<b>TUM age categories</b>	Male Female		Male Female
<b>Disability</b>	<p>Open to all Disability Gymnasts.</p> <p>Depending on the number of, ages, requests of adaptations, and disability classifications post entry closure will determine the number of and type of categories.</p> <p>Contact the Competition Organiser to discuss options at this low-level event. Also see <a href="#">‘Disability Gymnasts: Adaptations’</a> and <a href="#">‘Disability Gymnasts: Classification of impairment’</a> sections for further information.</p>		

**Notes:**

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

**For example:** 7 years category may become two groups of 7 years, Jan – Jun born and Jul – Dec born. This may also work in reverse, for example; 5 and 6 years will join as there are only

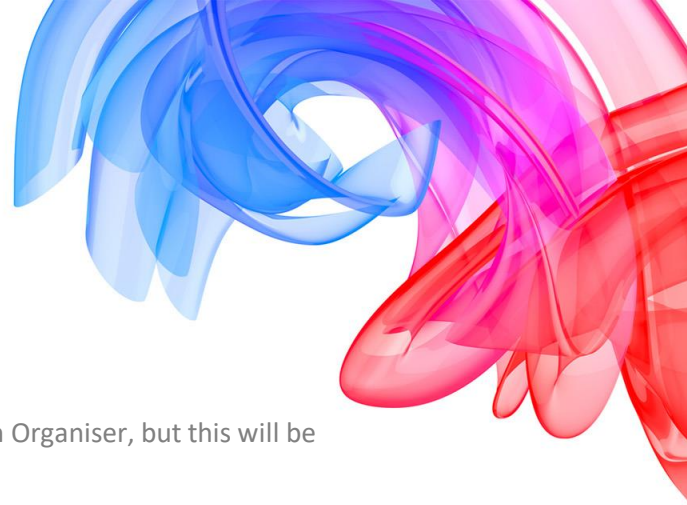
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two gymnasts in each age group entered.

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] on the **date** of the competition.

**For example:** A gymnast needs to be 6 years old by the 21<sup>st</sup> July 2019 to enter the 6 years age category.

- In fairness to all gymnasts, the coach should decide at what level gymnasts compete.
- Gymnastics for All (GfA) 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.
  - There are two entry forms types; main stream 'Entry form' and the 'Entry form – Disability Gymnasts' which gathers further detail about the gymnast classifications and additional needs in comparison to the main stream entry form.

#### Gymnasts that have...

- Entered a National Finals are not eligible to enter Gymnastics for All competitions.
- A previous partnership entry level (entered a competition before) must enter the next appropriate level.
- Competed within Club Grades **can** enter.
- Entered all levels of display festival **can** enter this competition.
- Competed within other low-level club, schools and leisure centre (inter and intra) type competitions **can** enter this competition.
- Been a former Performance Gymnasts wishing to compete at a lower level may do so, but must not have competed for **one year**, and enter at the advance more Levels

**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 the Grade 2 although they have never entered a competition prior. Thus, keeping in mind

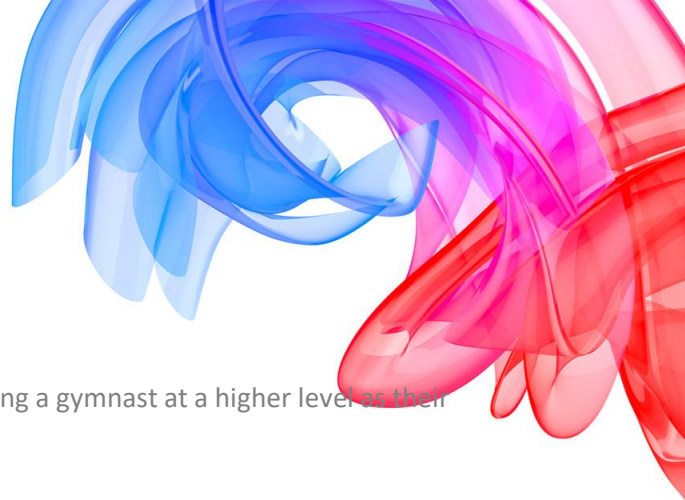
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the physical and psychological factors involved with entering a gymnast at a higher level as their first time.

### Maximum training hours

To ensure a fair competition, we have enforced the following maximum training hours per week:

Maximum training hours per week				
ACRO			TUM	
Pre NDP	Grade 1	Grade 2	Club Level 1	Club Level 2
Three	Three	Three	Three	Three

This applies to each individual gymnast.

### Adaptations: Disability or Main stream category?

When deciding with your gymnasts if they wish to enter a competition, you need to discuss if they wish to enter as into a main stream category or a disability category.

To support gymnasts, integrate into mainstream gymnastics, there can be certain adaptations allowed without effecting how the gymnasts are scored/judged.

Appropriate required aids can be used to support gymnasts within the competition; gymnasts will be judges against the mainstream judging criteria unless entered a Disability category.

If you would like to discuss any possible adaptations prior to entering this event, please contact the Competition Organiser as each situation is decided on an individual basis.

If you both feel that adaptations into the mainstream categories aren't currently the most appropriate entry method for the gymnast currently, then maybe a disability category would be most suited. Depending on the number of 'entries' and 'classification of impairments', it will determine how the Competition Organiser is able to categorise the competition for Disability Gymnasts to maximise the experience for the gymnasts, as they would for mainstream gymnasts (see [Category breakdown](#) notes).

The next section ([Classification of impairments](#)) lists how the Competition Organiser may categorise the Disability Gymnasts for this competition.

### Entering: Mainstream category

Following the process set in the [Entry method and closure date](#) section, completing the 'Entry form' using the 'Gymnasts' tab.

### Entering: Disability category

Following the process set in the [Entry method and closure date](#) section, completing the 'Entry form' using the 'Disability Gymnasts' tab.

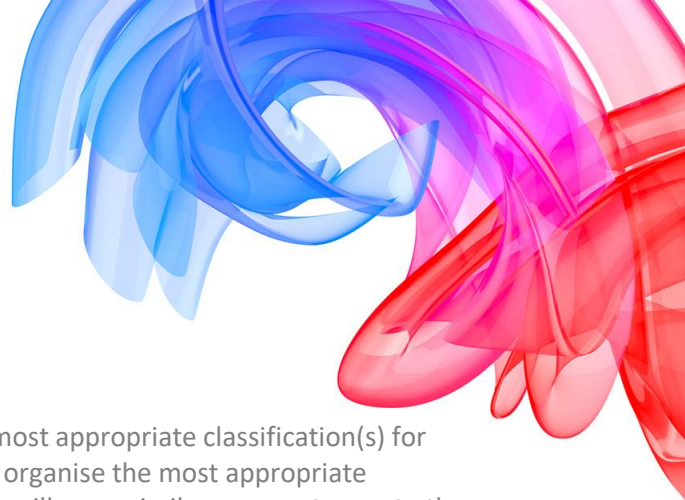
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### Disability Gymnasts: Classification of impairment

As part of your entry form you will be asked to select the most appropriate classification(s) for your disability. This will help the Competition Organiser to organise the most appropriate categories for the competition. The Competition Organiser will use a similar process to create the appropriate categories for this event:

	Are the gymnasts mainstream or disability?	What level are they	Male or Female?	How old are the gymnasts?	What adaptations are required?	How do the previous info fit into the classification of impairments?
Competition Organisers options	Mainstream Disability	ACRO – Pre NDP ACRO – Grade 1 ACRO – Grade 2 TUM – Club Level 1 TUM – Club Level 2	Male Female	5 years 6 years 7 years 8 years 9 years 10 years 11 years 12 years 13 years 14 years 15 years 16 years+	Individual basis	Category 1 – Hearing, Visual, and Physical Category 2 – Learning

#### Notes:

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

**For example:** Category 1 – 1 Hearing, Visual, and Physical may be split into two (or three) categories to suit the number of entries per impairment.

This will be down to the discretion of the Competition Organiser, but this will be communicated prior to the competition date.

- If you are unsure of your Classification of Impairment, please contact the British Gymnastics Competition Coordinator for guidance – see [Key contacts](#) section.

#### Rewards and gifts

As part of this competition **every gymnast** will receive:

Participation certificate

As part of this competition **1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> winning gymnasts** will receive:

Medal

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

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## Performance details

### Warm up

There **isn't** a 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 will be approximately **5 minutes** per apparatus for the apparatus warm up.

Attempts/timings subject to change at the Competition Organisers discretion.

Timings subject to change at the competition organisers discretion.

### Music licencing – PPL/PRS

#### Music requirements for this event

<b>Music is required for the following categories of this competition:</b>	<ul style="list-style-type: none"> <li>• ACRO – Pre NDP</li> <li>• ACRO – Grade 1</li> <li>• ACRO – Grade 2</li> </ul>
----------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------

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

#### Pre-event music requirements

<b>Music submission date deadline:</b>	16/06/2019
<b>Music submission method:</b>	Email or online transfer
<b>Music format:</b>	MP4 or 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](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

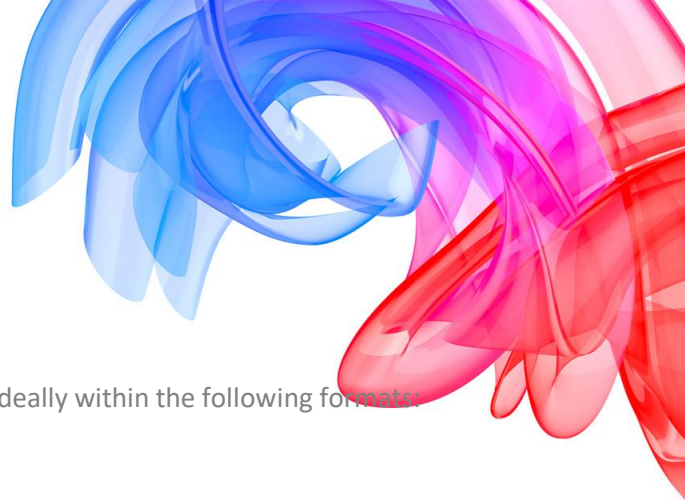
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Please ensure you bring a copy of your music on the day. Ideally within the following formats:

- CD-ROM

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)
- 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 (ACRO and TUM) can be found on the 'Skill and Tariff sheets' document which are accompanying this Handbook.

Tariff sheets are only required for ACRO side of this event. These are those used across the Acrobatic discipline. These can be found on the British Gymnastics website under the [Technical information > Discipline specific resources > Acrobatic](#). These can also be found on this specific competition page on Find an Event pages.

The order of which your elements are written on the Tariff sheets, must be the order of those performed.

Please ensure you bring **1** copies of the Tariff sheet pages on the day and hand them in during registration.

#### **Repetition of skills**

**ACRO** – The table provides you with 2 – 3 options (level depending) which you are to select only one element from each row. These can be performed in any order.

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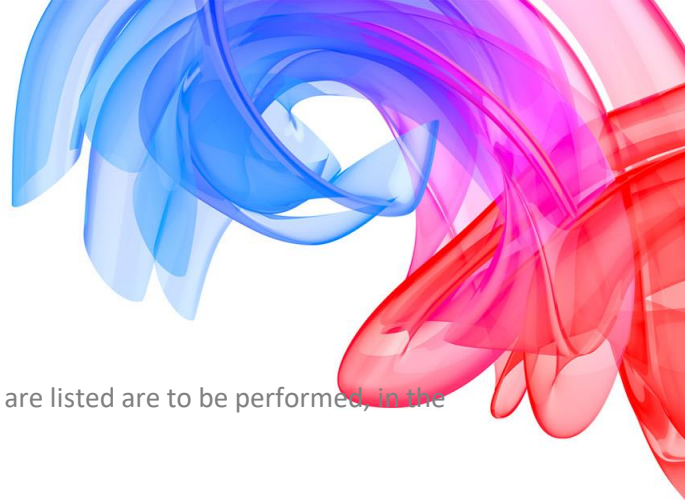
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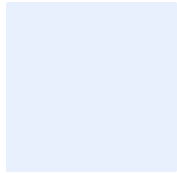
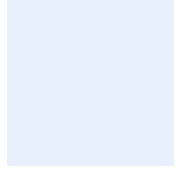




**TUM** – The routines are set, so only those elements which are listed are to be performed, in the order of which they are listed.

### Apparatus

The following equipment and apparatus will be used for these competitions:

Apparatus	Specific use for	Manufacturer	Size, dimensions, run up, landing details	Image
Flexi roll mat floor (none sprung)	ACRO	Tracks2000	Size = 12 x 12m	
Flexi roll mat floor (none sprung)	TUM	Tracks2000	Size = 12 x 12m Strip will be use for gymnast	

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

### Deductions

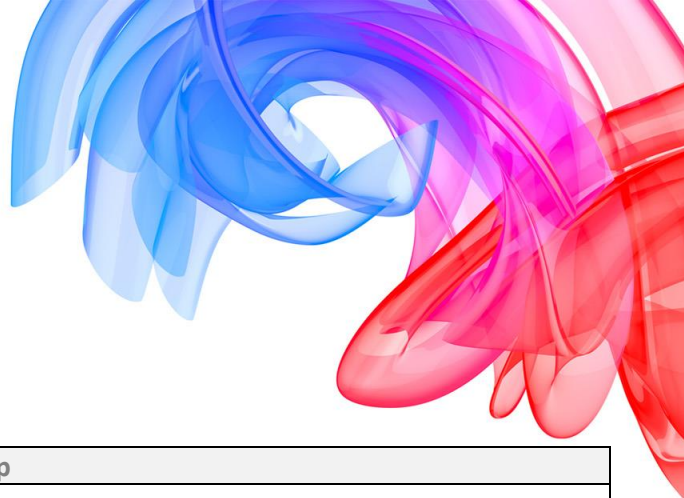
You will find general deductions in the ‘Skills and Tariff Sheets’ accompanying this handbook.

### Judge slips

When you are nominating a judge, you may wish to show them the below judge slip. This judge slip may be like what the judges will be using on the day to work out each team’s final score.

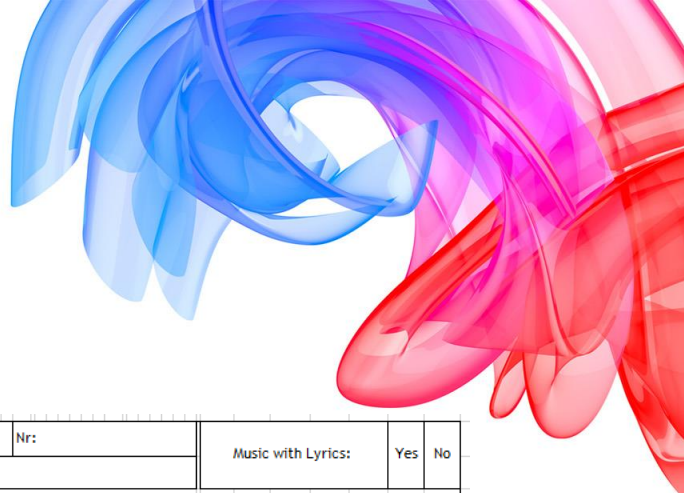
From this score sheet you can see how important it is for you as a coach to complete the tariff sheets correctly for judges to be able to ‘judge’ efficiently and keep the flow of the competition moving smoothly.

### Judge slip example



**Tumbling judging slip**

Tumbling Judge Slip				
No.		Gymnast name:		
This is based on the skills performed	Run 1	Tariff:	10.00	
		Execution starting score:	10.00	
		Tariff + Execution starting score =	Starting score: 20.00	
		What errors have they done against the requirements	Execution deductions:	
		Starting score – Execution deductions =	Final score:	
This is based on the skills performed	Run 2	Tariff:	10.00	
		Execution starting score:	10.00	
		Tariff + Execution starting score =	Starting score: 20.00	
		What errors have they done against the requirements	Execution deductions:	
		Starting score – Execution deductions =	Final score:	
This is based on the skills performed	Run 3	Tariff:	10.00	
		Execution starting score:	10.00	
		Tariff + Execution starting score =	Starting score: 20.00	
		What errors have they done against the requirements	Execution deductions:	
		Starting score – Execution deductions =	Final score:	
Run 1 Final score + Run 2 Final score + Run 3 Final score =		Run score total:		
Run score total / 3 =		Overall score:		



### ACRO judging slip

NDP9 Tariff sheet 2017 - 2020										Competition:					Nr:					Music with Lyrics:		Yes	No
Names of Gymnasts + Contact Person (Telephone Number)																							
1	2	3	4	5	6	7	8	9	CLUB/REGION														
LEVEL																							
1	2	3	4	YOUTH	5	IDP																	
Value																							
SH																							
Top																							
Base																							
10	11	12	13	14	15	16	17	18	CATEGORY														
W2 M2 MX2 WG M4																							
EXERCISE																							
BAL DYN COM																							
Value																							
SH																							
Top																							
Base																							
INDIVIDUAL ELEMENTS																							
11	12	13	14	15	16	17	18	D-SCORE															
DV																							
VALUE																							
BALANCE																							
DYNAMIC																							
INDIVIDUA																							
Value																							
Size:					TF:					SR:													

### Appealing a judge's decision

Any appeals of a judge's Execution score decision need to be given to the head judge and must be submitted prior to the end of the competition.

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.

### Club, school, and leisure centre requirements

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

Environment	Club	School	Leisure Centre
Level of membership	BG Club membership	BG Club membership	BG Club membership

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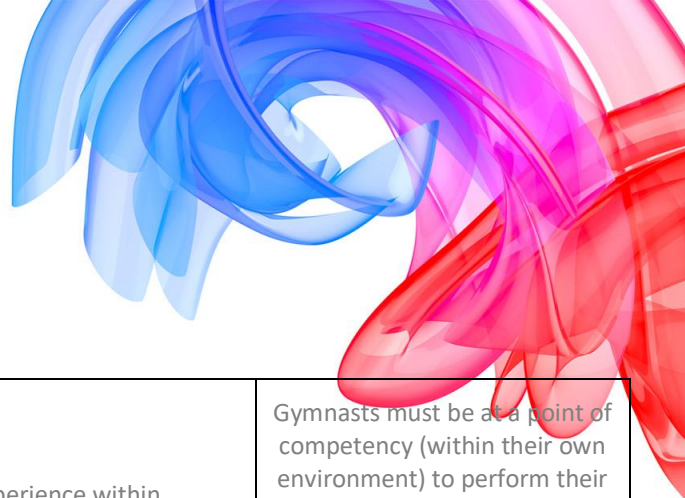


<b>Further details</b>	Further details on how to become a registered British Gymnastics Club can be found on the British Gymnastics website - <a href="https://www.british-gymnastics.org/clubs/club-membership/fees">https://www.british-gymnastics.org/clubs/club-membership/fees</a>
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## Judge, Coach, Gymnast requirements

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

Role/ Requirement	Judge	Coach	Gymnast
<b>Requirements per club entry</b>	Minimum requirement = 1 judges per club	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.			
<b>British Gymnastics ratios</b>	N/a	1 coach : 8 gymnasts	
<b>Qualifications</b>	<p><b>TUM competition</b></p> <p>Minimum = Intro to... Judging</p> <p>Ideally = TUM Club Judge, MAG/WAG/GG Club Judge</p> <p><b>ACRO competition</b></p> <p>Minimum = Acro Club Judge</p> <p>Ideally = Acro Club Judge or above</p> <p><b>Note:</b> Judging guides will be provided on the day.</p>	<p>Appropriate British Gymnastics qualifications must be held to deliver the selected skills.</p> <p>See '<a href="#">Skill requirements and routines</a>' for further details.</p> <p>All gymnasts can only perform skills that their nominated coach is suitably qualified to coach.</p> <p>The lead coach must be qualified one of the following: <b>TUM competition</b> – TUM, ACRO</p> <p><b>ACRO competition</b> – ACRO</p> <p>Supporting coaches can be qualified in one of the following: TUM or ACRO</p>	All gymnasts can only perform skills that their nominated coach is suitably qualified to coach.
<b>DBS</b>	Yes	Yes	No
<b>Safeguarding training</b>	Ideally	Yes	No



<b>Experience and abilities</b>	<p>No judging experience is required but some experience/knowledge of your discipline would be beneficial.</p> <p>Judging guides will be provided on the day for those who haven't judged at this type of competition before.</p>	<p>Experience within delivering/supporting all skills which gymnasts are performing.</p>	<p>Gymnasts must be at a point of competency (within their own environment) to perform their chosen skills and routines.</p> <p>For example; it can't be the first time they have completed the skill.</p>
<b>Membership</b>	<p>BG Bronze judge membership</p> <p><a href="#">British Gymnastics guidance</a></p>	<p>Supervising coach = BG Gold, Joint Gold, or Life Member</p> <p>Assisting coach = BG Silver (if level 1), BG Gold, Joint Gold, or Life Member</p> <p>Volunteer = No membership required but must always be accompanied by a named coach</p> <p><a href="#">British Gymnastics guidance</a></p>	<p>BG Bronze gymnast membership</p> <p><a href="#">British Gymnastics guidance</a></p>
<b>Attire</b>	<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>Clothing = Tight fitting shorts, T-shirt, Leotard, Leggings, Leotards preferred if not shorts, matching gymnastic shorts may be worn but not cycling shorts.</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>
<b>Payment arrangements</b>	<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>	<p>N/a</p>
<b>Transport arrangements</b>	<p>Judges are required to organise their own method of transport to and from the</p>	<p>Clubs and coaches are responsible for organising appropriate transport to and from the event.</p> <p><a href="#">British Gymnastics guidance</a></p>	



	competition at the appropriate times.	
<b>Jewellery and body adornments</b>	Please set a precedent for coaches, gymnasts and spectators of professionalism.	British Gymnastics has a strict no jewellery policy during training or performance. Please ensure all piercings and body adornments are removed prior to the competition.  <a href="#">British Gymnastics guidelines</a>
<b>Additional requirements</b>	If any anyone has any additional requirements to support their time during the event e.g., they have a disability that requires additional support or consideration by the Competition Organiser. Please add this into your competition entry.	

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

If your club is unable to find a judge (or doesn't have one) please don't worry. Contact the British Gymnastics 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 is located around the floor/performance area. This will be on the ground level, so no steps/lifts are required.

Disabled seating can be available on request; this needs to be organised prior to the event date.

### Food and drink

There will be a selection of cold food/snacks and drinks available on the day.

### Toilet and changing facilities

There are toilets and changing facilities on-site.

### On-site entertainment

There isn't a waiting area of such, please bring any quiet entertainment for your little ones.

### Car parking

There is plenty of free car parking available on-site.

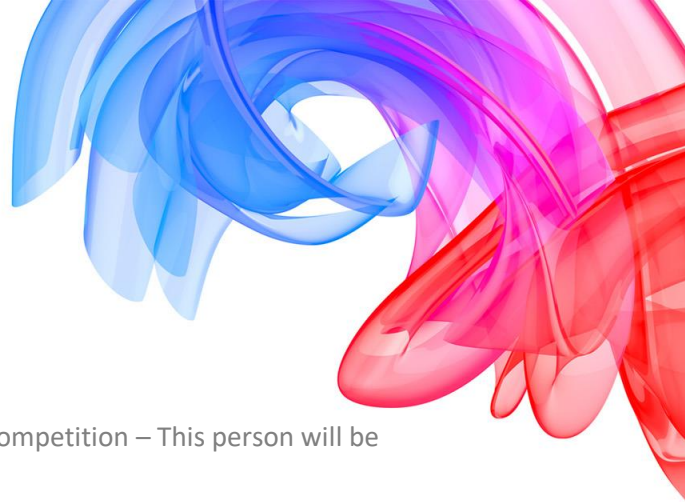
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### First aid and welfare

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 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.

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 the 'Entry form'**.

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 event 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.

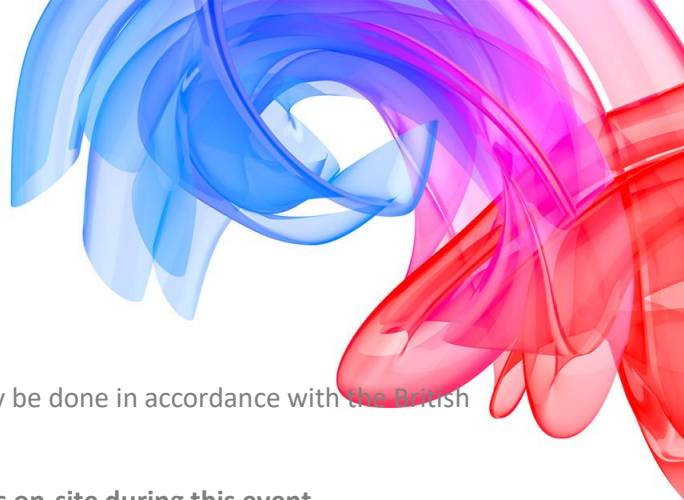
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Some photos may be published by Clubs, but this may only be done in accordance with the British Gymnastics Child Protection Policy.

**There aren't any professional photographers on-site during this event.**

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 or Competitions Floor 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)

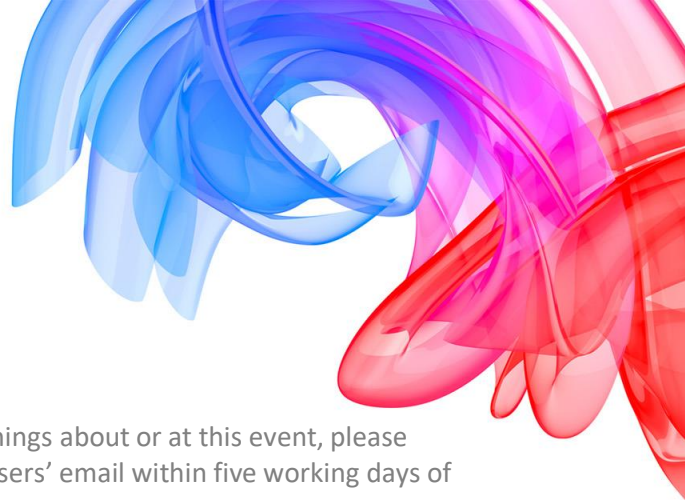
In Flyt and Pyramid Acro Gymnastics Clubs would like you to respect all those participating within this event by only taking images of your own gymnast.

If the Competition Organiser/Welfare Officer suspects inappropriate photography or filming, the Officer/Organiser should exercise their powers under the conditions to request the person to leave the venue and to surrender any film and/or delete any images relating to the event.

For full details please see the British Gymnastics policies:

- **British Gymnastics Photography Regulation** – <https://www.british-gymnastics.org/documents/footer-menu-items/british-gymnastics/3276-photography-policy/file>
- **British Gymnastics Safeguarding Children: Safe environment Policy** – <https://www.british-gymnastics.org/documents/departments/membership/ethics-and-welfare/safeguarding-and-protecting-children/7769-safeguarding-children-safe-environment-06-2016/file>





## Complaints and grievances

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

## Health and safety

### Overview

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

The intention of the event is to create a friendly and no-stress/low-pressure environment for all those involved, while allowing gymnasts the opportunity to challenge themselves to do their best. Ensuring the safety of the gymnasts, no matter their age, is a priority in the event set up, programme design, and risk assessment, using the guidance set out by British Gymnastics in its Safe Coaching Practice document – <https://www.british-gymnastics.org/documents/clubs-schools-and-leisure-centres/8851-h-s-guidance-safe-coaching-1/file>

### Risk assessments

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

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

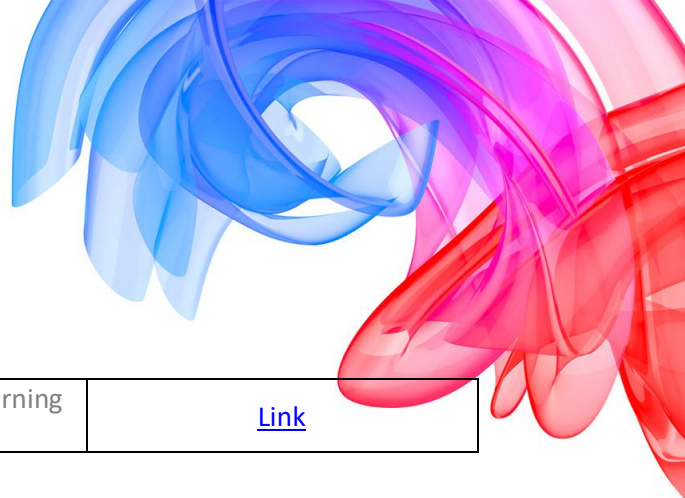
### Welfare

As part of your risk assessments and preparation for the event, please consider the welfare of individual gymnasts, including such items:

- Clothing not being revealing/embarrassing for males, females, and transgender gymnasts/coaches/judges.
- Age of gymnasts when changing, socialising etc.

The British Gymnastics Health, Safety and Welfare policy has guidance on such areas and there are a few videos/courses which may help you also:

Resource Title	Type	Link
British Gymnastics Health, Safety and Welfare policy link	Policy	<a href="#">Link</a>
Risk assessment training for clubs	British Gymnastics eLearning course	<a href="#">Link</a>
GDPR Data Security	British Gymnastics eLearning course	<a href="#">Link</a>



GDPR Implementation	British Gymnastics eLearning course	<a href="#">Link</a>
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### 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.