



**Women's Artistic
Gymnastics
Competition Handbook**

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ELIGIBILITY

MEMBERSHIP

Gymnasts

All gymnasts must be Bronze, Silver, Gold, Joint Gold or Life Members of BG and affiliated to London Gymnastics.

Regional Membership

Compulsory Level 4 - 1 - SILVER Membership
NDP Grades 6 – 1 Regional and National - SILVER Membership
Vol Age Groups In/Out of Age Level 4 - 1 - SILVER Membership
Compulsory and Vol Age Groups Level 5 - BRONZE Membership

IF LEVEL 5 AND COMPETING IN NDP GRADES THE GYMNASTS MUST BE SILVER MEMBERSHIP

Supervising Coaches

Supervising Coach(es) are those coaches submitted in the online entry process and who are responsible for the gymnast(s) for the entire event. This coach must have the relevant qualifications and BG membership of Gold, Joint Gold or Life members of BG and qualified to the level of the skills being performed before being allowed to participate in a Regional competition and or BG Event.

Coaches must also have a valid DBS (formally CRB) also a Sports Coach UK Safeguarding and Protecting Children Awareness Certificate and be valid both at the time of entry and through to the end of the Event. These must be renewed every three years.

Assistant Coaches

Assistant coaches' Membership Gold, Joint Gold or Life Members of BG before being allowed to participate in an Event. They must also hold a current DBS and Safeguarding Certificate.

Judges

Judges must be Bronze, Silver, Gold, Joint Gold or Life Members of BG before being allowed to officiate at a Regional Competition or BG Event.

Judges must also hold a current cycle of judging award (Cycle 14). Requalification or qualification for all judges in this cycle.

JUDGES PLEASE NOTE THE FOLLOWING NEW RULE FROM BRITISH GYMNASTICS:-

BG does not require judges to complete a criminal record check to judge at Regional or BG competitions, as the role that judges fulfill at the event no longer falls within DBS. However, some judges are actively involved in club gymnastics and may provide judging instruction to children in a training environment or carry out a supervisory role (or may complete a criminal record check by virtue of another role they undertake e.g. coach). As not all judges use their qualification in the same way, it is the club's responsibility to assess the role the judge is undertaking and determine whether the activities involved fall within the eligibility criteria for a criminal record check. BG no longer requires all judges to complete safeguarding training but clubs should ensure any judge who supervise or instruct children has completed appropriate training.

COMPETITION ENTRY RULES

Competition entry is online entry from the London Website. All entries must be received electronically via the BG Gymnet Online Entry Portal by the stipulated closing date and time including Floor Music. (* See Late Music Submission)

JUDGES FOR COMPETITIONS – NEW RULE

Qualification or re-qualification has now been run for all levels, Cycle 14, therefore the following NEW RULE will be imposed.

a. **A CLUB MAY NOT ENTER A COMPETITION WITHOUT A NOMINATED JUDGE** "*The nominated judge may be from their own club or another club*"

b. The TC will refuse to let gymnasts compete if the judge down does not turn up on the day. The TC may allow the gymnasts to compete, provided that the club pays the set fine of £150 on the day.

If a judge changes her day after the rota has been sent to all nominated judges for a competition and a replacement judge is not given to replace that day, then a £150 fine will be imposed.

FLOOR MUSIC

LATE MUSIC SUBMISSION – ONLINE MUSIC TO BE UPLOADED BY CLOSING DATE OF ENTRY

All Music **must** be uploaded on the BG Online Entry System by the **Closing Date of Entry**. **If the gymnast's music has not changed and been uploaded onto the Entry System previously PLEASE DO NOT UPLOAD THE MUSIC AGAIN ON FOLLOWING COMPETITIONS.** If there is a problem with upload to the online system music, then it can be emailed to michelewalduck@me.com

After the closing date, a late submission of music request can be emailed to Michele Walduck **up to 2 weeks prior to the competition date**. **Any request after this will have a Music Levy of £20.00 per gymnast/team/twin**. An invoice will be sent to the club to be paid into the WTC Account within 2 weeks after the competition date. If this sum is not paid, entry to further competitions will not be allowed. To ensure backup at the competition, please have the floor music of your gymnast on a MP3 or CD.

Certain tracks belonging to Disney, Andrew Lloyd-Webber and Cirque du Soleil can be used but this should be checked on the PPL be used. For any clarification please consult the PPL Website <http://www.ppluk.com> to confirm the track is included within their repertoire.

LATE ENTRIES

Late entries will only be considered in exceptional circumstances and only up to 7 days after the closing date. If the entry is accepted payment will be twice the normal entry fee stated for the competition.

WITHDRAWALS AND SUBSTITUTIONS

Amendments to the entry **before** the closing date will be allowed and in the case of withdrawals, the entry fee will be refunded.

Entry Fees are non-refundable AFTER the closing date

TERMS AND CONDITIONS OF ENTRY TO ALL COMPETITIONS THE PERSON MAKING THE ONLINE ENTRY ON BEHALF OF THE GYMNAST(S) COACHES AND JUDGES FOR A CLUB, UNDERTAKES TO ENSURE THAT THOSE WHO THEY ARE MAKING AN ENTRY ARE FULLY AWARE OF, AND AGREE TO ABIDE BY THE CONTENTS OF THIS HANDBOOK.

COACH REGULATIONS AND RULES

COACHES RULES

In individual competitions **one** coach per gymnast will be allowed in the competition arena. In team competitions **two** coaches from three nominated on the entry form are allowed in the arena at any one time. One female coach and/or one male coach is permitted, or two female coaches.

All gymnasts must have an accredited coach present on the competition floor at all times. If a gymnast attends a competition without a coach that gymnast will not be allowed to compete.

A gymnast **will not** be allowed to warm up without a coach. Late arrivals will only be accommodated at the discretion of the competition organiser.

No photo image or video footage may be given to the judges.

Only the use of the Inquiry Form for the D Score may be used.

- Be up to date with current BG competition regulations
- Must wear a tracksuit or tracksuit bottoms with polo shirt or t/shirt and appropriate gym training shoes.
- Long hair should be braided or tied back so as not to obscure vision.
- No jewellery may be worn. Coaches will not be allowed to support on the competition floor if wearing ANY jewellery. If it is impossible to remove items of jewellery they should be taped.
- No chewing gum is allowed at any phase of the competition
- No mobile phones or any other electronic devices including tablets to make calls, take photographs or videos is allowed
- **Only coaches entered on the online system are allowed on the competition floor for their gymnast at the level and age group they been entered.**

Non-compliance may result in removal of the coach and consequently, for health and safety reasons, their gymnast from the competition.

COACH QUALIFICATIONS

- **It is the Coaches responsibility to coach NOT ABOVE their qualification.**
- **It is the Coaches responsibility if the above is not met. If another qualified coach stands in, it is their responsibility for that gymnast**

Supervising Coaches at Competitions - Minimum qualification is WA Level 2 Coach

When submitting entries for a Regional Competition, clubs must ensure that the nominated Supervising Coach(es) is/are qualified to the level of the participant's performance. The practice of supervising participants working above the level of the coach's qualification is NOT allowed.

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 Regional Competitions and BG Events. Its purpose is to enable coaches to practice within the post course guided learning environment following attendance at a course and in preparation for the examination, under the supervision of a BG mentor coach.

Supervising Coaches entered into the event entry **MUST** be the same ones attending the event. It is **NOT** acceptable to enter a coach who will not be attending and under no circumstances may a coach or assistant coach be on the competition floor that has not been entered on the online system for that competition.

Supervising Coaches have a duty of care towards their performers and have responsibility to ensure that they are both qualified and competent to teach at the appropriate level, as well as ensuring that the

participant is adequately prepared, physically and psychologically, for performing their routines in a competition situation.

ASSISTANT COACHES – WA LEVEL 1

WA LEVEL 1 ARE NOT ALLOWED ON THE COMPETITION FLOOR.

Accreditation at the discretion of the Chairman, Bernice Negri, a Level 1 coach may only be present on the competition floor to assist with the pastoral care of the gymnasts. **Level 1 coaches may not coach the gymnasts** unless they fulfil the requirement of holding a recognised qualification suitable to the level of skills being performed.

Permission from the WTC Chairman, Bernice Negri, is required, and reasons for the request in writing. If permission is granted the Level 1 Coach may only provide pastoral care of the gymnast, move the equipment, adjust apparatus and present the gymnast's competition number. They may **NOT** coach the gymnasts.

If it is found that a club is in breach of these policies, the Competition Organisers reserve the right to reject an entry on the grounds of gymnast safety. If a Club has not asked permission and a Level 1 coach is seen on the competition floor, that coach will be asked to leave. If discovered post performance, the WTC Chairman or Technical Committee will disqualify the competitor and remove their score from the results.

CHANGE OF COACH

Any changes to the supervising coach(es) submitted on the online entry system must be notified to the Chairman, prior to the event in order to prove their Membership of BG, have a valid DBS, Valid Safeguarding award and the correct coaching qualification. **If any coach is not notified prior to the competition, they will NOT be allowed on the competition floor.**

In exceptional circumstances if changes are required during the event, these must be notified to the Organisers. Changes to Supervising Coaches will only be permitted where the replacement coach meets all of the relevant eligibility requirements.

GYMNASTS REGULATIONS AND RULES

AGE

Gymnasts' ages will be the age reached in the year of the competition.
Competition year is 1st January – 31st December.

TALL GYMNASTS – Uneven Bars

Both bars may be raised by 10cm only where a gymnast's feet touch the basic matting.
Where a single bar is used, this may be raised so that the gymnast's feet in long hang clear the matting.
The request for the bars to be raised must be made at the time of competition entry. No Unauthorised raising of the bars.

GYMNASTS RULES

- Behave in an appropriate manner
- Follow the Gymnasts Code of Contact
- No jewellery, body piercing or adornments of any kind are permitted.
- No chewing gum is allowed at any phase of the competition
- Wear appropriate gymnastic clothing during warm-up and competition
- If changing leotard, **do so 5 minutes before** the required march-on time
- Be available for the march-on at the correct time
- Be available for presentation ceremonies in competition attire
- Be prepared to compete at a time other than the advertised time
- No mobile phones or any other electronic devices including tablets to make calls, take photographs or videos is allowed
- Handguards, body bandages and wrist wraps are permitted; they must be securely fastened, in good repair and should not detract from the aesthetics of the performance. Bandage **MUST** be **beige or skin coloured**.

QUALIFICATION AND REGIONAL REPRESENTATION TO NATIONAL FINALS

- Gymnasts may only represent the London Region to which their club is affiliated, at any one time within a discipline.
- Gymnasts and Coaches will be selected according to the rules and will represent the London Region.
- Only gymnasts not in the London Team and have qualified to the BG regulations and rules may represent their Club.
- They will only have one opportunity to qualify for National Finals.
- Gymnasts may only complete in ONE grade/level per competition year.
- The minimum age for entry to National BG events is 9 years in the year of competition.

BENCHMARKS

Any gymnast who reaches the new benchmark in the Spring Competitions **MUST** move up a level for the Autumn Competitions. Bench Marks do not have to be reached. Gymnasts may move **UP** a level at any time.

DISQUALIFICATIONS

Any gymnast that is found to have been entered and competed in a competition at the incorrect level (Benchmark not followed) the gymnast will be disqualified and removed from the score sheet.

GENERAL REGULATIONS AND RULES

COMPETITION DATES AND ORDER OF PERFORMANCE

Competition dates will be adhered to where possible, however, the WTC and Competition Organisers reserve the right to change:-

1. To combine age categories if numbers entered into the competition are small (minimum 3 gymnasts). **This includes any withdrawals on the day of competition**
2. The running order of performance, prior to the competition date or on the day of the competition in order to maintain a regular competition structure format
3. If entries are over-subscribed the whole weekend will have to be used
4. If entries are small, competitions may be amalgamated or cut to one day
5. BG changes its dates
6. Unforeseen circumstances dictate a change in date/venue

In all individual competitions the gymnasts will follow the drop down rule. The first gymnast on their first apparatus will drop down to the bottom of their group on the next apparatus.

Team and Twin competitions must complete order of performance for each apparatus and handed to the Head Judge of each apparatus. Form on page 16 of handbook.

All gymnasts and coaches must arrive at the venue 30 minutes before registration time for their round.

Where no specific point is addressed in the regulations, the current FIG rules apply. However, the Competition Organisers and Technical Committee and its appointed officials reserve the right to define any regulation conflict as is deemed appropriate to ensure a fair and equitable competition.

The Competition Organisers reserves the right to refuse any entry and dis-qualify a competitor or team at any time, if they do not comply with BG and WTC regulations.

INQUIRIES TO JUDGES

Any 'D' panel inquiry may be raised with the Head Judge only using the required Official inquiry Form available at the Control Desk within 15 minutes of the coach receiving the score. A coach should register the intention to inquire with the Competition Organiser at the Control Desk, the Head Judge and the 'D' panel judge at the apparatus where the inquiry will be raised.

Photographic or Video analysis cannot be accepted at any time.

PRESENTATIONS AND AWARDS

**1st, 2nd, 3rd place in each age category.
4th – 6th place (guide 10 gymnasts) will be awarded ribbons.**

Individual Apparatus Medals will be awarded at Individual Competitions in each category or age group only. Compulsory Levels will be awarded Certificates and NDP Grades will be awarded Certificates and NDP Badges.

INDIVIDUAL APPARATUS MEDALS

**Gold Medal – minimum 4 gymnasts in each age category
Silver and Bronze medals - minimum of 7 gymnasts in each age category**

JUDGE EXCELLENCE AWARD BADGES

These badges will be awarded during the competition by the D Panel Judge for any exceptional performance or elements or artistry performed on that piece of apparatus.

TIE BREAK RULES

Tie-break rules as per FIG Regulations for competitions that are qualifiers for National Competitions.

CODE OF CONDUCT – As defined by:-

British Gymnastics National Technical Committee Code of Conduct.

Womens Artistic Judges Code of Conduct.

WTC, acting through its Committee, reserves the right to refuse any entry and disqualify an official, judge, gymnast or team at any time, if they do not comply with BG regulations.

MOBILE PHONES AND TABLETS

Gymnasts and coaches must **NOT** use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication during the competition.

PARENTS AT EVENTS

All Clubs take responsibility for the actions of their parents. No parent is allowed on the competition arena to approach either active Coaches or Judges.

Should this occur, the immediate expulsion of the related club's gymnast(s) from the competition will be implemented.

MEDICAL PROVISION

Anyone requiring First Aid assistance should speak to the Competition Organiser,

On the Control Table. It is recommended that all coaches have a First Aid kit with them for minor injuries.

HEALTH AND SAFETY

The health and 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, safety, welfare and Safeguarding and Protecting Children.

BG PHOTO POLICY USE OF PHOTOGRAPHY/VIDEO/DIGITAL CAMERA EQUIPMENT

In order to protect the welfare of children at the event, photography at this event is permitted only on conditions set by British Gymnastics. This is a summary of those conditions

If you do not agree to these conditions you may not bring any photo equipment into the venue or take any photos.

1. 'Photos' includes any form of or still image including those taken with mobile phones.
2. The Competition Organiser (or person acting on his or her authority) may require anyone at the event:
 - a. Not to take photos, either generally or in particular circumstances
 - b. To provide their full name and address and evidence of this
 - c. To let the Competition Organiser view any images recorded and to delete any images
 - d. To surrender media or equipment on which the images have been recorded if they cannot be viewed (e.g. photos on traditional film), or if they cannot be deleted.
3. Photos may only be taken and used in accordance with the British Gymnastics Child Protection Policy.
4. Photos may not be used, distributed or copied for commercial purposes.
5. Flash on cameras may not be used at any time while gymnasts are warming up or competing.

NATIONAL RULES APPLICABLE TO LONDON GYMNASTICS COMPETITIONS

NATIONAL PROGRAMME - VOLUNTARIES

Rules as set by BG WTC and coaches should ensure that they download the official British Gymnastics WTC Handbook. **Any event leading to National Finals must follow the finals rules, all gymnasts MUST have a Silver BG Competitive Licence.**

NATIONAL CLUB GRADES AND COMPULSORY LEVEL REGULATIONS

Club and Regional Grades 6 - 1 are competed Regionally only and National Grades 4 - 1 are competed Regionally and the top 4 gymnasts scores of each of these Grades plus a reserve (5th place) will be selected to represent the London Region at National Finals. The gymnasts may enter any new Grade as long as they are the minimum age required for that Grade as per rules. Gymnasts may not compete the same grade twice unless they fail that grade in the previous year. **Gymnasts are not allowed to move back to a lower grade for any reason.**

NATIONAL VOLUNTARY LEVELS 4 & 3

Regional qualification. First 4 gymnasts and nominated reserve, 5th place, in each Voluntary In Age Group Level 4 and 3 will represent London.

LONDON REGIONAL REPRESENTATION

Coaches and Gymnasts representing the Region in National or Representative Competitions will be expected to wear London Gymnastics Regional Uniform.

REGIONAL UNIFORM FOR COMPULSORY LEVELS AND VOLUNTARY AGE GROUPS

Long sleeve competition leotard + scrunchie
Sleeveless Warm up leotard + scrunchie

NATIONAL NDP GRADES

Sleeveless Leotard + scrunchie

Regional Track Suit - **Adidas online**

Polo or T/Shirt - **Adidas** polo shirt 2 styles available in Navy blue

To order Adidas online and receive a 10% discount quote Code LGWA when ordering.

<https://www.elitegymwear.co.uk/london-regionalkit>

Click on **Gym Link** button on the right hand side of the page

Select **London Regional Kit Page**

Code LGWA for 10% discount

PROCEDURE FOR ORDERING REGIONAL UNIFORM

Coaches and Parents/Guardians must order the Leotard(s) **immediately** after the qualification competition (1st – 5th) **and paid for by cash or cheque only. The Leotards by the Zone will be posted to one of the WTC Committee Members who will distribute them**

THE ORDERING OF THE REGIONAL TRACKSUIT AND POLO SHIRT IS DIRECT WITH ADIDAS. Coaches and Parents must order immediately after the competition in order to receive the kit by the National Competition date.

APPARATUS

VAULT:

- For round off entry vaults, the safety collar MUST be in place.
- 20cm FIG specification matting + 10 cm supplementary matting with markings as specified for vault landing
- Maximum run allowed 25 metres

BARS:

- Low bar 170cm / High bar 250cm (both +/- 1 cm) from the floor to the top side of the bars.
- Maximum width between bars, inside bars on diagonal is 180cm.
- 20cm FIG specification matting with 10cm supplementary matting.
- The take- off board may be placed on the supplementary mat.
- The supplementary mat may NOT be moved during the exercise.
- Unauthorised raising of the bars will be penalised in accordance with the FIG regulations.

BEAM

- 125cm from the floor to the top of beam
- 20cm FIG specification matting with 10cm supplementary landing mat.
- The dismount supplementary mat at the permitted end of the Beam may not be moved at any time.

FLOOR

- 12m x 12m FIG specification floor area

COACHES AT APPARATUS

BEAM A coach may remain near the apparatus on BEAM DISMOUNTS ONLY. This does not permit the coach to touch the gymnast during her routine unless to prevent an accident.

U. BARS The coach should remain at the apparatus throughout the routine and as above, should not touch the gymnast during the exercise.

For National Competitions a coach may ONLY be present on the podium for U. BARS to remove the springboard, then spot during the exercise. There may be a second person (coach/gymnast) on the podium to remove the board, *after which she/he must immediately leave the podium.* At BALANCE BEAM the coach may remove the springboard *after which she/he must immediately leave the podium.* The coach may assist and advise the gymnast during the intermediate fall time period from *below* the podium at Uneven Bars and Balance Beam.



APPLICATION FOR RE-DESIGNATION

Gymnasts Name		
Club		
Coach Name		
Coach Qualification		
Coach Telephone		
E-Mail address		
Competitions competed Last year with scores	Competition	Score
1.		
2.		
3.		
Days and Hours training each week		
Current WTC Designation		
Programme to be Re- designated to		
Supporting Reasons		

Please complete this form and e-mail or return to:-

Bernice Negri,
Chairman LG WTC
44 Devonshire Road,
Hornchurch
Essex. RM12 4LQ

Telephone: 07973 660930
bernicenegri17@gmail.com

For Office Use only

Date Received

Date Replied



TEAM WORKING ORDER

VAULT		BARS	
Number	Gymnasts Name	Number	Gymnasts Name

BEAM		FLOOR	
Number	Gymnasts Name	Number	Gymnasts Name

Changes can be made before the 2 minute apparatus warm up by informing the Head Judge at the apparatus. Only those gymnasts named on the form may be on the competition floor.



TWIN WORKING ORDER

VAULT		BARS	
Number	Gymnasts Name	Number	Gymnasts Name

BEAM		FLOOR	
Number	Gymnasts Name	Number	Gymnasts Name

Changes can be made before the 2 minute apparatus warm up by informing the Head Judge at the apparatus . Only those gymnasts named on the form may be on the competition floor.