

East Region General Gymnastics competition hand book | **Cover notes**

Dear East Region Gymnastics Club,

This cover notes document has been produced as the General Gymnastics Technical Committee have approved a number of changes to the rules and regulations that may affect your clubs and gymnasts programs. Your club may not have been made aware of these changes prior to the 2020 handbook being issued.

These changes have been made to ensure that General Gymnastics in the East is delivered on a fair and even playing field while opening the discipline to a wider audience and to increase participation. The emphasis within general gymnastics is that the coach or club should prepare and enter gymnasts at the correct level and within the rules set out by the GGTC.

There are three main issues that GGTC would like to bring to your attention before entering our events or developing a General program within your club. These issues have been brought to our attention and we have given you some guideline ruling you may have to consider during the 2020 season.

1. Eligibility -

This ruling has been tweaked and possible sanctions have been applied to breaches of the ruling. The emphasis in general Gymnastics is all about total hours trained across all gymnastics disciplines. We know this is difficult to police but we must put the emphasis on the coaches to know their gymnasts and enter them into the correct level. The ruling is as follows:

- a) **Eligibility:** All competitions in the ECGA General Gymnastics Programme are intended to only train limited times per week, combined across all gymnastic disciplines:
Level 1 - 2hrs Max | Levels 2-3 - 4hrs Max | Levels 4-6 - 6hrs Max
Gymnast must have been training for the relevant weekly time period for a minimum of 12 months, regardless of previous level across all disciplines. Dispensation from the GGTC for gymnasts who are not eligible for this ruling can be granted prior to the event.

The competition organiser reserves the right to exclude a gymnast from an event if they rule the gymnast is deemed to be ineligible, prior to and during an event. The coach will be notified, and the gymnast will be allowed to compete and receive a score but will not medal or qualify for any qualifying place. It is the coaches responsibility to ensure gymnasts train the correct hours and are entered into the correct level for their ability.

2. County qualifying competitions -

It has been brought to the GGTC that some counties will not be able to hold a qualifying competition for the apparatus championships for various reasons. In this case if a club still wishes to enter gymnastics into the competition they should follow the following one of the below routes:

1. The club can host a qualifying event.
2. Link with another county to share resources

In both cases the following protocol should be followed:

1. Inform your County Secretary, GGTC Rep and the GGTC of the event.
2. The event must be opened to all clubs in your county
3. Only one entry can be made on behalf of the county & must follow the GGTC Rules
4. If the county is not providing the event the event organiser will be responsible for any financial commitment

Please communicate with your county to ensure there is event planning before committing to an event.

3. Training hours at level 1 - 2 hours Max.

As there training hours for level 1 have changed it has been brought to our attention that there may be some gymnast working to this level who exceed this ruling. Competition Secretaries are encouraged to advise these gymnasts to move to level 2 as it is deemed by the GGTC that gymnast exceeding 2 hours should be capable, but can use their discretion on entries for the 2020 season. Competition Secretaries do not want to have to apply the eligibility ruling of excluding gymnasts from an event but this can still apply.

Bradley Thompson

Chair of the East Region General Gymnastics Technical Committee