



GYMNASTICS for ALL FLOOR & VAULT

2021 HANDBOOK

Version 1

LONDON GYMNASTICS

GFA HANDBOOK 2021 (version 1)

GFA TECHNICAL COMMITTEE

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COMPETITOR AGES

COMPETITION TITLE	Minimum age in year of competition
GFA, F&V Grades	7 years in the year of competition
GFA, F&V Regional Levels	8 years in the year of competition

MEMBERSHIP LEVELS

GYMNASTS	Bronze BG membership
COACHES (L2 or above)	Gold BG membership, DBS, safeguarding
JUDGES	BG judge qualification in F&V or WA or MA or Acro

EVENT RULES AND REGULATIONS

The following BG & LG policies must be adhered to for all events:

Safeguarding and Protecting Children and Vulnerable Adults

Equality

Health & Safety

Anti-doping

Photography

Standards of Conduct

Social Media

LG Generic Event Rules

Integrity

The disruption caused by the Covid pandemic continues to affect our GFA, F&V Programme. It is unlikely that we will be able to hold Competitions at Redbridge in the first part of 2021.

For this reason, GFA will be offering **Virtual F&V Events** at Grading and Regional Levels.

We cannot offer our usual format but we can provide a 'competition-like' experience to the gymnasts, without contravening Covid regulations and H&S precautions.

Should the situation change we will endeavour to return to the Redbridge format of competition as soon as possible.

This interim GFA Handbook should be read alongside the London Gymnastics Floor & Vault Programme Rules, which give information concerning participation levels etc. they can be accessed via:

[https://www.british-gymnastics.org/london/gymnastics-for-all/documents/2020 - 2021 GFA FV Programme Rules](https://www.british-gymnastics.org/london/gymnastics-for-all/documents/2020-2021-GFA-FV-Programme-Rules)

The health, safety and welfare of all participants is of primary consideration. All British Gymnastics policies and procedures must be rigorously applied with regards to health, welfare and safeguarding & protecting children.

LG reserves the right to refuse any entry and disqualify an official, judge, coach, gymnast or team at any time, if they do not comply with BG and/or LG rules and regulations

GFA, F&V VIRTUAL EVENT RULES

Clubs	Must be BG registered and LG affiliated.
Gymnasts:	Gymnasts must have BG bronze membership Gymnasts must be the correct age to enter the event Gymnasts must have an accredited coach present at all times Gymnasts must have long hair tied back: no jewellery: no chewing gum
Coaches: Level 2 or above	Level 2 & above coaches must have Gold BG membership All coaches must have current DBS & SPCA Only L2 or above coaches may put gymnasts on the floor.
Coaches L1	Level 1 coaches must have Silver BG membership, DBS & SPCA
Event entry	Entry is via the BG on-line entry system Entry fees are non-refundable after the entry has been submitted A club may not enter a Virtual Event if there is an outstanding BG /LG/GFA invoice Late entries will not be accepted.
Music	Some music from Disney, Andrew Lloyd-Webber and Cirque du Soleil may not be used. <i>Clarification: PPL Website www.ppluk.com.</i>
Results:	Virtual Event results will be published on the LG website
Certificates :	Certificates indicating grade: DISTINCTION, MERIT, PASS, PARTICIPATION, will be presented to every gymnast at a 'Club Presentation Ceremony'
Pins:	Pins will not be awarded at the VIRTUAL EVENTS
Welfare	A named Welfare Officer must be available for the duration of any event
First Aid:	A named First Aider must be on duty for the duration of the event
Videos Photography	Videos may only be taken and used in accordance with the BG Child Protection Policy. By entering this Virtual Event the parents/ guardians agree to their child being videoed for purposes of judging and grading Clubs will require parental/guardian written consent prior to filming Videos will only be used for judging purposes, and will be deleted after the event. By entering a LG Event, there is an acceptance that the participant may be photographed and published by LG
Video Submission	Details of video submission will follow in New Year

GFA Virtual Grades & Regional Level Overview:

- Routines and vaults will be videoed in one's own club & submitted for judging
- There will be no deduction for incorrect floor sizes in virtual competitions
- Each club will organise their own Virtual Grades or Virtual Regional Level Videoing Event, within existing gym bubbles
- Entries and payment will be on-line by the Virtual Event date. Late entry will not be accepted
- Gymnasts will be charged a fee of **£5.00** each to enter Virtual Grades or Regional Levels.

- The videos must be submitted by the Virtual Event date. *(Submission information to follow in the New Year)*

Grade 3 = 26/02/2021

Grade 2 = 12/03/2021

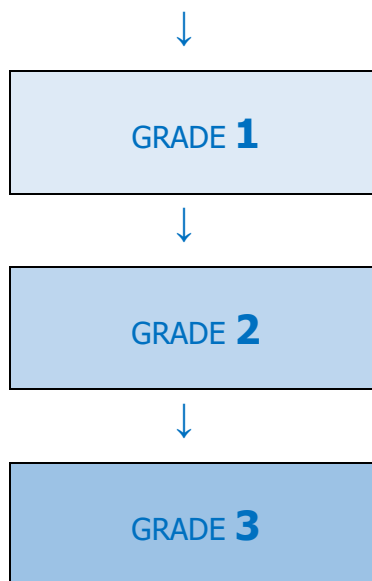
Grade 1 = 26/03/2021

Regional Level 3&4= 14/05/2021

Regional Level 1&2 =28/05/2021

- > Video evidence of performance will be judged by qualified judges
- > Parents/Guardians will be required to give written consent to their child being videoed
- > Results will be used to move gymnasts through the Grades
- > There will be no ranked placing, but certificates indicating;
DISTINCTION, MERIT, PASS, PARTICIPATION
- > Clubs will be informed of results
- > Results will be collated and published on the LG www.
- > There will be no Pins
- > There will be no Medals.
- > Clubs will be supplied with certificates for presentation.
- > Clubs will conduct a presentations ceremony in their own gym.
- > A named First Aider must be on duty at the time of filming
- > A named Welfare Officer must be available for the duration of the filming

LONDON GYMNASTIC'S F&V
Virtual Grades
2021



Virtual Grades dates

Grade 3 = 26/02/2021

Grade 2 = 12/03/2021

Grade 1 = 26/03/2021

GRADES

- Each gymnast will perform a routine which will consist of set elements on a 12m x 2m mat
- Gymnasts perform two vaults, the highest score counts towards the final grade
- Deductions are taken in accordance with the current F&V Code of Points
- There will be no ranked placing, but certificates indicating grades
- Grades: DISTINCTION: MERIT: PASS: PARTICIPATION
- Gymnasts should achieve a minimum PASS in both Floor & Vault before moving up to the next Grade
- Gymnasts who do not achieve a minimum PASS in either floor or vault should remain at the same level.
[set routines and vaults in F&V Code of Points]

GYMNASTS

- Gymnasts must have Bronze BG membership
- Gymnasts must be a minimum of 7 years in the year of the event
- Gymnasts who are 7 years must enter at Grade 1.
- Gymnasts above 7 years may enter the programme at a level appropriate to their ability and skills

COACHES

- Lead Coaches have the ultimate responsibility for the participants from their club

EVENT ENTRY

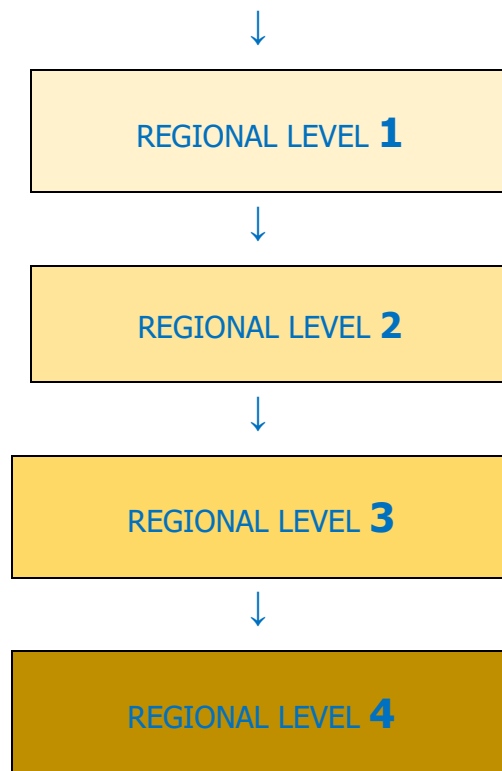
- All entries must be completed on-line, including payment, by the date of the Virtual Grade Event.
- Late entries will not be accepted
- A club may not enter an event if there is an outstanding invoice to LG or GFA.
- Named lead coaches must be submitted at the time of entry
- Gymnasts will be charged a fee of **£5.00** each to enter this Virtual Grading Event.
- Clubs will require parental/guardian written consent prior to filming

VIDEO INSTRUCTIONS

- 2 Vaults and the floor routine of each gymnast will be videoed and submitted for judging
- Videos must be submitted by the Virtual Event date
- Information on method of video submission will follow in the New Year

LONDON GYMNASTIC'S F&V

Virtual Regional Levels 2021



Virtual Regional Level dates:

Regional level 3&4= 14/05/2021

Regional level 1&2= 28/05/2021

REGIONAL LEVEL 1

- Regional Level 1 is a transition to a full floor routine, with some Optional Elements, but still focusses on the basic Grade skills.
- Gymnasts must be a minimum of 8 years in the year of the event
- Each gymnast will perform a routine consisting of 10 elements, with options
- It is performed on an 8 metre x 8 metre non-sprung floor, without music.
- We are aware that not every club has a large amount of space, there will be no deduction for incorrect floor sizes in virtual competitions
- Choreography or steps may be added between elements
- Each element has a Difficulty Value and an Execution Value
- Deductions are taken in accordance with the current F&V Code of Points

REGIONAL LEVEL 2, REGIONAL LEVEL 3, REGIONAL LEVEL 4

- A progressive set of levels with gymnasts performing a full floor routine and vaults
- There will be no deduction for incorrect floor size. Gymnasts may perform in a smaller floor area, up and down a strip, etc. be creative!
- Gymnasts must be a minimum of 8 years in the year of the event
- Each gymnast will perform a routine consisting of optional elements from the F&V Code of Points and incorporate linking movements
- Girl's routines will be performed to musical accompaniment. [This includes those working on an incorrect floor size.]
- Boys routines will be performed without musical accompaniment
- Gymnasts perform two vaults, the highest score counts towards the final grade
- Each element has a Difficulty Value and an Execution Value
- Deductions are taken in accordance with the current F&V Code of Points
- Length of exercise is 45-90 seconds

GYMNASTS

- Gymnasts must have Bronze BG membership
- Gymnasts must be a minimum of 8 years in the year of the event
- Gymnasts may enter the programme at a level appropriate to their ability and skills

COACHES

- Lead Coaches have the ultimate responsibility for the participants from their club

EVENT ENTRY

- All entries must be completed by on-line entry, by the virtual event date.
- Gymnasts will be charged a fee of **£5.00** each to enter this Virtual Competition.
- Clubs will require parental/guardian written consent prior to filming

VIDEO INSTRUCTIONS

- 2 Vaults and the floor routine of each gymnast will be videoed and submitted for judging
- Videos must be submitted by the Virtual Event date
- Information on method of video submission will follow in the New Year