



MEN'S ARTISTIC GYMNASTICS 2020 HANDBOOK

London Gymnastics Men's Technical Committee

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Regional Coach	

London Regional Squad Training

The Regional Squad Training will be beneficial to gymnasts, but more importantly a process of coach education will encourage coaches to aspire to produce a higher standard of gymnastics in the region

Benefits:

Regional Squad Training will:

- Give gymnasts a sense of achievement by being a member of the Regional Squad
- Give gymnasts the opportunity to mix with gymnasts from other clubs
- Give gymnasts the opportunity to mix with new coaches
- Gymnasts can refine skills, and work new skills
- Gymnasts will train in different clubs, some of which will have better facilities than their own
- Gymnasts can work closely with other youngsters who will be in their team in National Finals and can create a good team atmosphere
- Give coaches the opportunity to learn from others, refine techniques and share ideas.

Selection

- Those gymnasts selected as Regional Squad gymnasts will be expected to adhere to the regional squad membership guidelines as shown below.
- Coaches should inform the MTC Chairman if a selected gymnast has given up gymnastics or no longer aspires to be part of the London Team so that the space may be offered to another gymnast for inclusion in the Regional Squad Training

Regional Squad membership guidelines

- At any time the MTC may decide that gymnasts are not appropriate to stay in the Regional Squad Training or may be removed due to bad behaviour or irregular attendance.
- Training sessions will be communicated in advance with times and dates.
- All gymnasts that wish to compete in the National Finals and represent London, must attend Regional Training (according to the rules of selection shown above)
- The MTC chairman should be notified ASAP if a gymnast or coach cannot make the session
- All gymnasts must wear regional kit.
- All gymnasts must pay Regional subs at every training session @ **£10.00**.

Competition Information

Competition dates will be adhered to where possible, however, these may be changed if they clash with unpublished National events

Parents

London Gymnastics will now **only** accept card payments for spectator entry, Regional Kit payments and Regional Squad training sessions. No cash or cheques will be accepted.

Acceptance of Entries

- Event entry is on-line via the BG website
- Late entries will only be accepted at the Competition Organiser's discretion and by payment of the late entry fee of £80.00.
- The MTC, reserves the right to refuse any entry and disqualify a competitor or team at any time, if they do not comply with BG/LG regulations.

JUDGES

- **All Clubs are expected to provide a judge for each competition in which gymnasts are entered. If there is no judge from a club, the club will not be allowed to enter the competition.**
- A levy of £150 for judge non attendance on the day will need to be paid in advance of the competition start.
- Clubs are expected to provide a judge for the whole day, regardless of the number of rounds their gymnasts enter
- If a club wishes to use a WA judge the Chairman must be informed, by email, prior to the closing date of entries. The judge's details should be included so that an informed decision may be taken by the TC.
- WA judges may only judge Floor or Vault.

COACHES

- Nominated Coaches that work in the competition arena must be qualified to the level of the skills being performed
- Junior Coaches must hold a minimum Level 1 MAG coaching qualification to be allowed on the competition floor at any Regional competition.
- A copy of the British Gymnastics Elite and Club grades will be available at competitions.
- A copy of the FIG handbook will be available at competitions.
- Each club will be allowed to nominate one coach per gymnast in an individual competition and two coaches per team in team competitions

TROPHIES

It is the responsibility of the Winner of any annual trophy to ensure that it is properly inscribed, cleaned and returned in time for presentation to the next holder either:

- a. By making arrangements for it to be delivered to the competition on the day
- b. By returning it to the Competition Organiser one week prior to the competition

If a trophy becomes lost or stolen, please inform the LG MTC straight away. Failure to return a trophy may result in payment being sought in order to replace the original

Competition Ethics

The LG MTC is anxious that the good discipline and good behaviour, which is a mark of gymnastics, is adhered to at ALL Regional Competitions.

The following list is the normal rules of good behaviour that is expected in any gymnasium and helps ensure that our young gymnasts are guided in good, courteous behaviour.

COACHES

- 1) Coaches must ensure that long hair is tied back and jewelry removed
- 2) Coaches should wear suitable clothing for coaching, i.e. Tracksuit, Jogging Trousers – full length, T-shirt, Sweatshirt. Shorts and Vests are not suitable gymnastic attire.
- 3) Coaches must ensure that they have switched off their mobile telephones whilst in the arena
- 4) Coaches must ensure that their language and behaviour, is, at all times, appropriate to the sport, taking into account the ages of most gymnasts.
- 5) Coaches are not permitted to eat, drink or chew whilst in the arena.
- 6) Coaches are responsible for the behaviour of their gymnasts. Please ensure that they are correctly dressed, register at the correct time, do not leave the competition arena without permission being sought and given from the Head Judge on the apparatus and the Competition Organiser.
- 7) Clubs have responsibility for ensuring the good and courteous behaviour of their supporters at competitions. Please ensure that: - Spectators do not make so much noise that other gymnasts are disturbed. Video cameras are kept in the spectator area (unless previous arrangements have been made with the Competition Organiser, and do not interfere with other spectator's enjoyment).

GYMNASTS

- 1) At 'March on' gymnasts are expected to march neatly and as directed. Please remember to march neatly between rotations, ensuring that both gymnasts and coaches march around (rather than over) equipment.
- 2) All gymnasts to be dressed in accordance with current FIG and National Regulations for male competitors.
- 3) Gymnasts must not remove leotards until they are in the competitors seating area.
- 4) All competitors are expected to enter the arena 'smartly dressed'. Gymnasts should wear either a zipped club tracksuit or leotard with appropriate leggings or shorts. T-shirts and outdoor shoes are not accepted for March On unless instructed. All bags and equipment relating to performance must have been stowed under the gymnasts seating area for the first piece of apparatus.
- 5) No form of body piercing is allowed or the wearing of jewellery as per BG rules.