



**NORTH OF
ENGLAND SCHOOLS
GYMNASTICS
ASSOCIATION**



**COMPETITION
RULES AND
INFORMATION**



2022-23



General Rules common to all NESGA and BSGA Competitions

Please refer to the 2022 - 2023 BSGA Handbook for all current BSGA rules and regulations before entering an event.

All competitors taking part in NESGA competitions must be affiliated to the British Schools Gymnastics Association. The fee is £18 for Secondary Schools, £12 for Primary Schools or £6 per individual. Affiliation Fees are due in September each year. **Payment can be made on-line via the BSGA website www.bsga.org.**

1. Age groups are taken from September 1st in the academic year of entry.
2. Girls should wear a leotard with matching shorts if desired. Boys may wear leotard with shorts or gymnastic trousers. Or alternatively all may wear smart PE kit with tee shirt and matching shorts. Jewellery is NOT allowed. Hair must be tied up and back in a safe and secure fashion.
3. No gymnast may use any piece of apparatus, either during the competition or the warm up, without their teacher/coach being present. Teachers and nominated coaches are responsible for the safety of their gymnasts at all times.
4. All participants must be affiliated to British Schools GA either through their school or as an individual. Affiliation to British Gymnastics is not valid for these events.

Entry Rules for NESGA Competitions

1. Competition entries should be sent, in writing, using an appropriate NESGA Competition Entry Form by the closing date.
2. For each school or each individual, the current BSGA affiliation number must be shown on the form.
3. Entry fees must accompany each entry. Cheques should be payable to NESGA or Schools (but not individual entrants), may pay by BACS to 20-18-47 50647446 **Please ensure BACS payments show clearly, the school's name and competition being entered.**

4. Entry Fees for Regional Finals:

Milano Team Competition	£12 per team
Floor and Vault	£12 per team
Sports Acrobatics and Tumbling	£4.00 per gymnast (Pairs and Tumbling) and £12 per group
Trampoline	£7.50 per individual.

5. Please do not send in entries after the closing date as they will not be accepted. Entries submitted without fees and entries without correct BSGA Affiliation numbers will be returned to the sender. This may mean they arrive too late for entry.
6. **For all Competitions** - All entries must be signed, either by the Head Teacher, Deputy Head or the Head of PE at the gymnast's school. At this event the gymnast is representing the school. Other signatures including those by parents, form teachers or other staff and coaches will not be accepted and gymnast's entry will be returned.
7. **Affiliation numbers must be included on the entry form** and therefore affiliation fees should be paid on-line, before the competition entry closing date. Affiliations from schools and individuals will not be accepted on the day of the competition.
8. Whenever possible, withdrawals from competitions should be notified to the competition organiser in advance of the competition date. Late withdrawals should be notified to the competition controller as soon as possible on the day of the event.
9. Schools taking part in a competition may be asked to provide volunteers willing to assist with the smooth running of the event.
10. The Milano Team and Floor and Vault Competitions are team events. Gymnasts may only enter as part of a school team. (Including reserves)
11. All schools are asked to provide a currently appropriately qualified judge for the competitions

General Competition Regulations

Specific Competition Rules

The up-to-date rules and regulations for each competition can be found in the BSGA Handbook available on line

Clothing

All gymnasts and coaches should be dressed appropriately and show a neat appearance. Gymnasts and coaches are not permitted to wear jewellery of any kind. Untidy clothing, untidy hair and jewellery will be penalised.

Teachers/Coaches

A maximum of two teachers/coaches per group may be allowed on the competition floor area at any one time. If a school has gymnasts competing at the same time on both floor and vault, a maximum of three teachers/coaches from the school may be on the competition area. Teachers and coaches should be appropriately dressed in a tracksuit and suitable footwear. Jewellery is not allowed.

Teachers and coaches should be appropriately qualified for the skills being performed by the children.

Behaviour

All teachers, coaches, gymnasts, volunteers, parents and officials are required to demonstrate sportsmanlike behaviour at all times. They are expected to show respect for others at the competition and to move smartly around the competition area when moving between apparatus and during the presentations. All gymnasts are expected to be present at the march on and medal presentation ceremony for their section of the competition.

Teachers and Coaches are responsible for the supervision of all the children from their school, throughout the event, including those times when they are not actively competing.

Photography

All teachers, coaches, children and parents should be aware that children taking part in NESGA events may be photographed. As far as possible, parents must only photograph their own children; however, during medal presentations it may

not be practical to avoid including other children. It is the school/club's responsibility to ensure that parents are made aware of this and if necessary, take appropriate action if permission has not been given.

Photographs may only be taken from within the spectator areas and photographers should not change positions or block the view of others. Flash photography is not permitted. Teachers and coaches who are directly involved with coaching a team currently performing at apparatus may not take photographs as their role is to ensure gymnasts safety.

Repetition of an Exercise

Gymnasts may have only ONE attempt to complete an exercise. In exceptional circumstances, where technical problems occur beyond the gymnast's control, e.g. a fault in the apparatus, a fault with lighting, a fire alarm, the competition controller may at their discretion, allow a second attempt.

Leaving the competition area.

Gymnasts should not leave the competition area during the competition without permission from the Head Judge. Gymnasts must remain in the area designated for gymnasts until they are marched out of the arena.

Music

Coaches and gymnasts are responsible for any music required. Music must be on an individual DVD, clearly marked with the gymnast's name and School. It should be at the start of the recording and set ready for use. Music on i-pads, phones and similar devices is not acceptable.

Appealing against a score.

BSGA does not have appeal process. Appeals against a score are not permitted

Judges.

- All judges must hold a current and relevant qualification.
- Judges are expected to attend the judges meeting prior to the start of the competition
- Judges should be appropriately dressed.
- All judges are expected to behave in a fair and professional manner. Judges should not engage in conversation with gymnasts, spectators, teachers or

coaches, regarding the performance of gymnasts, during a competition and they should not be expected to do so. They may give oral or written feedback to teachers/coaches, on request, after the competition is over, with a view to giving guidance for improving gymnast's performance at future events.

Selection of music.

BSGA rules state that 'It is now not possible to use music for sequences composed by

- Andrew Lloyd Webber eg Variations, Cats, Phantom etc
- Cirque De Soleil e.g. Allegria, Quidam, etc or
- Disney / Pixar e.g. Pirates of the Caribbean, Narnia, or any Disney classic.

Anyone using those pieces of music will have the music turned off during the gymnast's performance and they will have to continue without music, no matter how bad that seems. The directive from British Gymnastics leaves us in no way uncertain about the effect of a lawsuit on BSGA and our individual schools.'

National Finals:

Where a school team or individuals qualify for national finals, it will be the school's (or if appropriate club's) responsibility to pay NESGA the national entry fee for the competition. The current fees are: Milano and Floor and Vault £30 for each team; Acrobatics and Tumbling £5 per individual for each entry.

NESGA Officers and Competition Organisers

Chair and Secretary	Mrs Jane Hughes	janesafchughes@sky.com
Vice Chair	Mrs Vanessa Foster	vanessa@cumbriape.co.uk
Treasurer	Mrs Enid Harrison	enid.harrison@british-gymnastics.org

Acrobatics and Tumbling	Mrs Lynn Hope	Fabtots@aol.com
Team Floor and Vault	Mrs Fiona Reeed	f.reed@stanwix.cumbria.sch.uk
Milano Competition	Mr Roddy Mckay	mackayroddy@hotmail.com
Trampoline	Mrs Joanne Rear	competitions@nettc.org.uk

**NORTH OF ENGLAND SCHOOLS GYMNASTICS ASSOCIATION
FLOOR AND VAULT SCHOOL TEAM COMPETITION ENTRY 2021-2022**

Please complete a separate form for each Section and Age Group. Entry Fees of £12 per Team; Payment to NESGA by cheque with entry or via 20-18-47 50647446 with clear details of name of school and competition, should accompany each entry.

Entry forms returned to Mrs F. Reed, Stanwix School, Church Street, Carlisle. CA3 9DW.
f.reed@stanwix.cumbria.sch.uk

COMPETITION:	School Team Floor and Vault. Cumbria March 3 rd 2023 venue tbc; Closing Date: February 3 rd 2023
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School	
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BSGA Affiliation Number 2022	
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Name of Teacher/Coach with responsibility at the event	
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Name & Address for correspondence

Telephone

Email

Section (✓)	Girls	Boys	Mixed
Age Group (✓)	Under 11 (Y3-6)	Under 14 (Y7-9)	Under 19 (Y7-13)

Gymnasts may compete in one age group higher but not lower. Only one gymnast per team may be 'moved up'.

Name	Age Group	B/G

Name of Judge(s) available to attend:
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School Acknowledgment: To be signed by the Head, Deputy Head or Head of PE.
We wish to enter a Team to represent this school at the NESGA Competition indicated.

Signed:

Print name:

Official Position:

**NORTH OF ENGLAND SCHOOLS GYMNASTICS ASSOCIATION
MILANO SCHOOL TEAM COMPETITION ENTRY 2021-2022**

Please complete a separate form for each Section and Age Group. Entry Fees of £12 per Team; Payment to NESGA by cheque with entry or via 20-18-47 50647446 with clear details of name of school and competition, should accompany each entry.

Entry forms returned to Mr R. McKay, Newcastle Royal Grammar School, Eskdale Terrace, Jesmond, Newcastle on Tyne, NE2 4DX

COMPETITION:	Milano Competition; Royal Grammar School, Newcastle. Sunday, January 22nd 2023. Closing Date: December 16th 2022
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School	
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BSGA Affiliation Number 2022	
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Name of Teacher/Coach with responsibility at the event	
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Name and address for correspondence

Telephone

Email

Section (✓)	Girls	Boys	Mixed
Age Group (✓)	Under 11 (Y3 - 6)	Under 13 (Y7-8)	Under 16 (Y9-11)
			Under 19 (Y12-14)

Gymnasts may compete in one age group higher but not lower. Only one gymnast per team may be 'moved up'.

Name	Age Group	B/G

Name of Judge(s) available to attend:

School Acknowledgment: To be signed by the Head, Deputy Head or Head of PE.
We wish to enter a Team to represent this school at the NESGA Competition indicated.

Signed:

Print name:

Official Position:

**NORTH OF ENGLAND SCHOOLS GYMNASTICS ASSOCIATION
ACROBATICS SCHOOL TEAM COMPETITION ENTRY FORM 2021-22**

Please complete a separate form for each Section and Age Group. Entry Fees £4 each gymnast. Individual entry fees are payable by cheque or cash to NESGA and sent to the organiser with each entry. Entry fees sent by a School or Club will be accepted by BACS.
Entry to Mrs Lynn Hope, Northern Hope Gymnastics Club, 78, Imex Business Centre, Station Lane, Birtley, DH3 1QT fabtots@aol.com

COMPETITION:	Acrobatics Competition. Northern Hope GC, Birtley Sunday, February 5th 2023 Closing Date: January 6th 2023
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School	
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BSGA Affiliation Number 2023	
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Name of Teacher/Coach with responsibility at the event	
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Name & Address

Email

Telephone

Section (✓)	Girls Pairs	Boys Pairs	Mixed Pairs	Group
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Age Group (✓)	Under 11 (Y3-6)	Under 14 (Y7-9)	Over 14/Under 19
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Gymnasts Name	Age Group

School Acknowledgment: To be signed by the Head, Deputy Head or Head of PE.
The school wishes the gymnasts named above to represent the school at the NESGA Competition as indicated.

Signed:	Print name:
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Official Position:	
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**NORTH OF ENGLAND SCHOOLS GYMNASTICS ASSOCIATION
TUMBLING SCHOOL TEAM COMPETITION ENTRY FORM 2022-2023**

Please complete a separate form for each Section and Age Group. Entry Fees £4 each gymnast. Individual entry fees are payable by cheque or cash to NESGA and sent to the organiser with each entry. Entry fees sent by a School or Club will be accepted by BACS.

Entry to Mrs Lynn Hope, Northern Hope Gymnastics Club, 78, Imex Business Centre, Station Lane, Birtley, DH3 1QT fabtots@aol.com

COMPETITION:	Tumbling Competition. Northern Hope GC, Birtley Sunday, February 5th 2023 Closing Date: January 6th 2023
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School	
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BSGA Affiliation Number 2023	
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Name of Teacher/Coach with responsibility at the event	
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Name and address for correspondence
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Email

Telephone

Age Group (✓)	Under 11 (Y3-6)	Under 14 (Y7-9)	Over 14/Under 19
Gymnasts Name		Age Group	Boy/Girl

School Acknowledgment: To be signed by the Head, Deputy Head or Head of PE.
The school wishes the gymnasts named above to represent the school at the NESGA Competition as indicated.

Signed:	Print name:
Official Position:	

<p style="text-align: center;">NORTH OF ENGLAND SCHOOLS GYMNASTICS ASSOCIATION TRAMPOLINE SCHOOL TEAM COMPETITION ENTRY INFORMATION</p>
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- **December 2022 to be confirmed**
- **Venue to be confirmed**
- **Closing date November 2022 to be confirmed**
- **Organiser Mrs J. Rear, competitions@nettc.org.uk**
- Schools wishing to enter young people into this competition should refer to the rules in the BSGA Handbook. This is available when you affiliate.
- Entries must be made and paid for on-line. Entry fee is £7.50 per competitor,
- **Entry Form and Entry Details can be found at www.nettc.org.uk/competitions**
- This is a SCHOOLS Competitions. All competitors must have 2022-2023 British Schools GA Membership. Membership and insurance of British Gymnastics is not valid at this competition.
- All competitors must be direct supervised by either a teacher from their school who has the appropriate level of qualification, or by a Level 2 or higher trampoline coach with current BG membership and an appropriate level of qualification for all the skills being performed. This person must be approved by the Headteacher to supervise children from the school.
- Entries without BSGA membership numbers will not be accepted.
- Gymnasts arriving at the event without appropriate teacher/coach supervision will not be allowed to compete.