



**NORTH OF ENGLAND TUMBLING**

**HANDBOOK**

## **NORTH OF ENGLAND TUMBLING COMPETITION HANDBOOK**

### **COMMITTEE**

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Treasurer:	Melissa White	<a href="mailto:melissa.white1@nhs.net">melissa.white1@nhs.net</a>

Meetings will be held no further apart than 4 months.  
The AGM is held every March

### **DATES 2019**

Training day	30 <sup>th</sup> May	Hartlepool	Free
SS2	1 <sup>st</sup> /2 <sup>nd</sup> June	Sheffield	
British Teams	8 <sup>th</sup> /9 <sup>th</sup> June	Birmingham	
NDP finals	13 <sup>th</sup> /14 <sup>th</sup> July	Coventry	
FIG British	28 <sup>th</sup> /29 <sup>th</sup> September	Birmingham	
Team Tumble	6 <sup>th</sup> October	Hartlepool	
Christmas Tumble	1 <sup>st</sup> December	Durham City	

## **COMPETITIONS**

Competitions are run by the tumbling committee

All gymnasts competing in Club level require only bronze membership

All gymnasts competing in NDP, FIG development and FIG elite must hold a silver membership.

Entries will only be accepted if they are filled out correctly and on the correct entry form.

Incomplete entries will not be accepted.

All competition entries must be sent to the competition organiser NO LATER than the closing date stipulated. Money MUST be received with the entry.

If wishing to BACS the money over you MUST provide a screen shot or bank slip to state it has been done.

Bank:	Barclays Bank
Account no:	20-56-74
Sort Code:	13901459

Entries not received on time are subject to TRIPLE the entry fee stated.  
If clubs do not provide a judge the club will pay a fine of £40 to cover the cost of finding another judge.

All clubs are expected to offer volunteers to help with the running of regional competitions. Volunteers are not expected to volunteer for the whole day.  
These roles include:

- Runners
- Track organisers
- Crowd control

If a club fails to provide any volunteers, the club will be subject to a £50 fine.

The NDP's is a qualifying competition:

Gymnasts who qualify in 1<sup>st</sup> / 2<sup>nd</sup> will go through to the Semi finals

Gymnasts who qualify in 3<sup>rd</sup> / 4<sup>th</sup> will go to the English championships

If there are only 3 competitors, the English will be offered to 1<sup>st</sup> (in addition to the semi-finals) and 3<sup>rd</sup>

In the case of only 2 competitors 1<sup>st</sup> and 2<sup>nd</sup> will be offered the English in addition to the semi-finals

Entries to the ENGLISH championships and the British Semi finals must be sent to the competition organiser. This entry must include:

Gymnasts name

Date of Birth

Membership number

Coaches name

Date of Birth

Membership number

Entries to the British finals are to be done by the clubs via the GymNet on the British gymnastics home page.

### **GENERAL COMPETITION ETIQUETTE**

It is expected that all coaches will have a sporting code of conduct when in competition. This is paramount for competitions to run successfully.

Coaches may not approach the judges and if they have any concerns or queries must speak to the competition organiser and ask them to address any issues.

Coaches may not approach gymnasts from another club to discuss further advancement. Coaches caught doing so will be subject to answer to the committee.

If a coach has any grievances with regards to the competition, they must let the competition organiser know and ask them to address any issues. This will help with the smooth running of competitions.

Printed scores will be emailed to all clubs competing as soon as possible after the end of the competition.

### **TECHNICAL BRIEFING**

There will be a technical briefing before the start of any competition. Attendance is compulsory minimum 1 coach per club. Any queries must be voiced then.

### **JUDGING**

Female judges: Navy blue skirt / trousers white shirt/ blouse – no strappy tops or jeans

Male judges: Navy/ black trousers, white shirt and dark tie

Clubs must nominate their judges on the entry form

Failure to nominate a judge will incur a £40 judging fine which must be sent with the entry form. A separate cheque for the £40 must be sent to the competition organiser on entry to the competition. If your judge appears at the competition the cheque shall be returned to the club.

To avoid paying a fine, clubs may source another judge from another club to judge on their behalf.

The head of judging will organise the panels

It is vital that all clubs try to supply at least one judge for each competition to ensure that it runs fairly and smoothly.

### **COACHES**

All coaches must hold a gold membership and be affiliated the British Gymnastics

All coaches on the floor must have a minimum of a level 2 tumbling coaching qualification as now per the British gymnastics ruling.

A level 1 coach may NOT be on the track floor with the gymnasts during competition. A level 1 may be used in pastoral care and can supervise warm ups when the main coach is unavailable to do so.

Coaches must wear suitable coaching attire for all competitions and should wear club identifiable club clothing when representing your club.

It is expected that all coaches will have a sporting code of conduct when in competition. This is paramount for competitions to run successfully.

Coaches may not approach the judges and if they have any concerns or queries must make this in writing to the head of judging at the break or end of day

Coaches may not approach gymnasts from another club to discuss further advancement. Coaches caught doing so will be subject to answer to the committee.

## **GYMNASTS**

Gymnasts must arrive for all competitions and training days in the correct club kit.

Gymnasts should behave in a sportsmanlike manner at all competitions

Gymnasts should always stay with their clubs and to not run around the facilities.

## **GYMNASTS CHANGING CLUBS**

Gymnasts may change their affiliated club at any time. However, the committee ask that all transfers be made in writing to the old club (via email) to notify them that the gymnast wishes to change clubs. It is in the hopes that transfers are amicable.

Once closing date has already passed - If a gymnast is already entered for the competition and has changed clubs:

The gymnast must be withdrawn from the competition, once the old club is aware of them leaving

The new club must then apply for special permission to enter the gymnast.

Entry will be on the competition organisers discretion depending on as to how far the programme has progressed.

The gymnast is then subject to TRIPLE the entry fee in order to compete.

In the case whereby a gymnast turns up for the competition and the old club had not been notified that the gymnast had left. The old club may approach the competition organiser and WITHDRAW the gymnast immediately.

## **FUNDING**

The committee is prepared to fund 50% of any coaching course that is run in our region.

- Clubs must be established for at least 1 year in tumbling
- Cannot apply for more than two coaches to do a course per calendar year.
- Clubs must apply on behalf of their candidates
- Must state reasons for wanting the funding and benefits to the region

Gymnasts reaching the British NDP finals or FIG championships - NOT the team championships

- Clubs may apply for 50% funding for the competition entry fee for any of their gymnasts that reach either the NDP or FIG championships.
- The gymnast must be on the start list – no reserves will receive funding unless their name reaches the start list
- Clubs must apply on the gymnast's behalf
- Clubs must supply the gymnasts name and level
- Applications will not be accepted if there is less than 14 days before closing date of the competition.
- This funding is available for 2019 and subject to review

Expenses

- Application is to the treasurer who will send out an expenses form
- Judges who judge on behalf of the region may apply through the treasurer for travel expenses

- The Team Manager and Chaperone/s for the Team finals may apply for their expenses
- Expenses will only be paid once the form has been received back to the treasurer

### **TRAINING DAYS**

Any gymnast that qualifies for the British semi-finals will be invited to a training day.

The purpose of that training day:

- Team building amongst the gymnasts
- Team building amongst the coaches
- Judges to give feedback to gymnasts and coaches so improvements can be made before the competition