

Burnley Gymnastics Club

GFA BOYS Intro Competition

HANDBOOK 2020

DATES:
Sunday 10th May 2020.

Burnley GfA FLOOR AND VAULT COMPETITIONS - GENERAL REGULATIONS

1. REGULATIONS

Unless otherwise stated the following regulations will apply at the GfA competitions.

2. BRITISH GYMNASTICS MEMBERSHIP

Gymnasts – Must be a minimum of bronze members to enter Burnley GfA Boys competition. All will be verified by BG.

Coaches – Must be current, fully paid, members of BG, holding an appropriate coaching qualification, enhanced DBS and appropriate level members of British Gymnastics.

Judges - Must be current, fully paid, members of BG, holding an appropriate Coaching qualification and appropriate level members of British Gymnastics

Clubs – Must be affiliated to British Gymnastics in order to participate in GfA Floor & Vault competitions

3. ENTRY FORMS

Only correctly completed entry forms will be accepted and must be submitted by the stated closing date of Saturday 25th April 2020 to the competition organiser. **We reserve the right to close entries at any time before the deadline should maximum numbers be received.** The appropriate entry fee must be submitted at the time of entry. Entry will be final once payment has been received. We aim to get all timings at least 7 days prior to competition.

4. ENTRY FEES

An entry fee of £20 per gymnast will apply for the GfA Boys Competition. Cheques will not be accepted. You can arrange a bank transfer. Entries are not refundable once submitted. All Gymnasts will receive a Medal, Certificate and gift.

5. COMPETITION ENTRIES

No late entries will be accepted. In the event of an entry arriving by post after the closing date, the date of the post Mark will be used to decide whether the entry is accepted. The competition organising team reserve the right to close entries early if the maximum number of competitors is reached.

6. COACHES IN ATTENDANCE

According to the rules and regulations of BG, a coach must have the correct qualification to train gymnasts and enter them in competition at their appropriate level. Only qualified coaches to the skill levels being performed may put gymnasts on the floor. It is a coach's responsibility to ensure that all of their coaching qualifications are held by BG and appear on the database. Coaches must wear appropriate gymnastic clothing such as club tracksuit or sweatshirt / polo shirt or they may be asked by the competition organiser to leave the competition area.

7. WARMS UPS AT COMPETITION

A separate general warm up area will be provided at the competition. Please note that a suitably qualified coach must be in attendance with the gymnasts at all times. All competitors will also be entitled to the following specific warm ups (Provided they are present at the specified warm up timings).

1. A warm up of 5 minutes on the competition floor prior to them competing
2. 2 vault touch warm up's will be permitted where possible depending on numbers.

8. RULE CHANGES

The competition organising team reserves the right to amend competition rules as it feels necessary.

9. GYMNASTS ATTIRE

Boys – Leotard & Shorts or Shorts and t-shirt, Gymnastics shoes can be worn. As this is a low level comp club leotards are optional.

10. MUSIC

Music will not be required for this level of competition. Background music will be played throughout the routines which will not be off putting for the gymnasts.

11. ADVICE FOR COACHES

On arrival at the competition you must register the gymnasts who are competing, as well as notifying the registration desk of any gymnasts who are to be withdrawn. You should note the following:-

- 1 Ensure your gymnasts follow the code of conduct and respect the host facility.
- 2 Ensure your gymnasts are ready 10 minutes before the published times in case timings are altered.
- 3 Ensure your gymnasts wait until the chair of judging panel signals them onto the floor or vault.
- 4 Ensure your gymnasts are available for march on before the start of their round.
- 5 Ensure your gymnasts who are medallists are available for presentations at the published times.

12. CLUBS PROVIDING JUDGES

In an attempt to ensure that there are sufficient judges at competitions it is expected that all clubs competing at the Burnley GC Invitational GfA Boys competition will provide at least one judge/coach/assistant. This should normally be somebody from that club, but it is permissible to nominate and provide a judge from another Club/source to fill this place. Please note the judge should be someone with a sound knowledge of Gymnastics. Those not qualified judges will be placed alongside a qualified judge on the day, If those nominated are not a qualified judge, they must be qualified to minimum Level 1 Coaching Level in Gymnastics. At the discretion of the organising club, clubs may be able pay a £50 judge waiver in exceptional circumstances.

13. COMPETITION ENTRY FEES

Entry fees for competition entries should be sent at the same time as the entry form and should therefore be received by the closing date for entries to the competition. Entry competition fees should be sent to Competition Organiser, Burnley Gymnastics Club, BEST Centre, Bridgewater Close, Network 65 Business Park, Hapton Burnley BB11 5TE. To pay for entries via Bank Transfer please contact Info@thebestcentre.com

14. USE OF PHOTOGRAPHIC AND FILMING EQUIPMENT AT COMPETITIONS

This will be in line with the guidelines from British Gymnastics for Protection of gymnasts. As this an open event all competing Gymnasts, Coaches and spectators agree to photographs being taken and shared for the promotion of the competition.

15. 'OFFICIALS AREA' AT COMPETITIONS

It is important that the access to the 'Officials Area' – (Scorers, music, judges area etc) is restricted to authorised persons only. Gymnasts / spectators will not be allowed to be in this area without the permission of the competition organising team. Only the club coaches may accompany gymnasts to the competition area. Non officials found in officials' area will be asked to leave.

16. MARCH-ON and PRESENTATIONS

1. There will be a march-on for all competitors in club order at the start and end of the competition.
2. March-on at the start of the competition should be in club tracksuit/ t-shirts.
3. Gymnasts preferably should be in competing/club kit for medal presentations.

17. Medals

Medals will be presented for Bronze, Silver and Gold positions depending on gymnasts overall score. Medals will be presented to Floor, Vault and Overall Winners. Special Distinction awards will be awarded by judges. Certificates will be awarded to all participants. A gift will also be given to each competitor.

18. Entry Levels

Entry level is on a trust basis for all clubs to enter gymnasts at the correct level. This competition is aimed at giving boys an opportunity to compete without the need to fulfil all 6 pieces of apparatus and for a friendly inviting experience.

Maximum Training Times (Hours per week)

Level 1 (2 Piece) = 1 or 2 hours training per week maximum.

Level 2 (4 Piece) = Between 2 & 4 Hours per week maximum.

Level 3 (4 Piece) = 4 + Hours per week

*****Those who have competed at 4 Piece Competitions are not eligible to enter Level 1*****

19. Age Group Splits

Gymnasts will compete in the Age Category in the year of Competition:

Ages 6

Ages 7

Ages 8

Ages 9

Ages 10

Ages 11

Ages 12+

By entering the Burnley GC Invitational GfA Boys competition you are agreeing to adhere to the General Regulations listed above. Failure to comply with any of the regulations agreed for entering the Burnley GC Invitational GfA Boys Competition could see your team excluded from the competition and no refunds will be given under these circumstances.

20. Routine Sets

LEVEL 1 - 2 Piece Comp (beginner boys approx. 0-2 hours per week of training)

Floor Sequence:

Forward Roll to Stand

1 Footed Stand (Optional stance)

Forward Roll to Straddle Sit

Back Support (Hold for 3 seconds)

Bridge (Hold for 3 seconds)

Shoulder Stand (Hold for 3 seconds)

Rock and stand

Tuck Jump

Star Jump

Vault:

Squat on Immediate Stretch Jump Off (4 box sections under 10s 5 box sections 10+)

Level 2 - 4 Piece Comp (2+ hours of training per week)

Floor Sequence:

Round Off Stretch Jump Backward Roll to Front Support
Squat Feet in
Stretch Jump 1/2 Turn
Handstand Forward Roll
Forward Roll to Straddle Stand (Show table top position)
1 Handed Cartwheel

Vault:

Handspring Flat Back (90cm under 10s, 110cm 10+)

Rings:

Start from hang
Tuck hold (x3 seconds)
Pike Hold (x3 seconds)
Straddle hold (x3 seconds)
Lift to inverted Hang
3 swings to release rings and land

Parallel Bars:

Start at the end of p bars
Walk to the middle
Tuck Hold
Pike Hold
x2 Dips
x3 Swings
Walk to the end of p bars

Level 3 - 4 Piece Comp (4+ hours per week)

Floor Sequence:

Round Off Flick
Tuck Jump 1/2 Turn
Handstand Forward Roll
Sideways Cartwheel Cartwheel (linked keep leg above 90 degrees between cartwheels)
Backward roll through handstand into front support
Squat in
Front Somersault or Handspring

Vault:

Full Handspring over table vault (1m under 10s, 110cm 10+)

Rings:

Start from hang
Tuck hold (x3 seconds)

Pike Hold (x3 seconds)
Straddle hold (x3 seconds)
Lift to inverted Hang
3 swings
tuck back somersault dismount

Parallel Bars:

Start at the end of p bars
Walk to the middle
Tuck Hold
Pike Hold
x2 Dips
x3 Swings
Dismount front or back to feet.

21. How to Enter

Please complete the club entry matrix and send completed to info@thebestcentre.com by the deadline 25th April 2020. Incomplete forms will not be accepted. Payment must be made prior to competition and within 5 days following the entry deadline.

