

**HERTFORDSHIRE
GYMNASTICS
ASSOCIATION**



2023 RULES AND REGULATIONS

British Gymnastics regulations as published in the 2023 National WTC Competition Handbook and 2023 Regional WTC Competition Handbook will apply to all H.G.A. competitions with any exceptions detailed in this handbook.

Coaches and Club Leaders who wish to enter gymnasts to a Herts event are asked to read and take note of the following information for all Artistic competitions. For all General Gymnastic competitions please refer to the ECGA General Gymnastics Competition Handbook

All coaches must have a current DBS and a Safeguarding & Protecting Children Certificate before being allowed to accompany gymnasts at competition

Apparatus:

Competition apparatus available at Marriotts is to current FIG specification. Therefore, clubs may not bring their own equipment to the competition venue, unless this is the hand placement mat for a Yurchenko vault. Any apparatus queries and requests must be made at least 7 days before the date of competition.

Code of Conduct

The Regional Code of Conduct is applied across all disciplines and to all members of the region. Coaches and gymnasts are also subject to the code of conduct as detailed in the current Code of Points.

Competition Entry

Forms will be emailed and available to download from the county website and should be submitted by the closing date stated on page 7. Should the Treasurer not receive the entry fee by the entry closing date as stated on the entry form, the late entry fee will be applied. Gymnasts can only compete at one individual level per year, however they can work at a higher level at a Team competition.

All Artistic and one General Gymnastic competition will be held at Marriotts Gymnastics Centre, Stevenage, SG2 0AN. Marriotts Sports Centre have the following regulations in place for events & competitions that must be adhered to:

- Spectators must adhere to the parking signs within the Sports Centre car park and not use the disabled bays without a blue badge.
- Spectators are required to wait outside the Sports Centre in an orderly queue to the side of the building until a member of staff advises that the competition hall can be entered for their gymnast's round.
- As the Sports Centre has many other users, younger gymnasts should wait with their parent/carer until they are taken into the duty of care of their coach.
- Food and Drink are not allowed to be consumed in the gymnastics hall by members of the public.
- Spectators should use the waiting area outside the gymnastics hall by the chairs or remain seated whilst judging & rotations are in progress.
- Spectators must ensure that they are not blocking any corridors or doorways or leaning or standing in front of the cubby holes in the corridor.
- Spectators must not climb, sit or stand on or under any of the equipment in the gymnastics hall.
- Spectators must not stand on the competition floor during or after any medal ceremony to take photographs.
- Photography & Video are allowed in line with British Gymnastics regulations, but the use of flash or bright lights is not permitted.
- Spectators for each competition round should vacate the competition arena promptly taking any personal belongings / rubbish to allow the next set of spectators to enter the building.

Fees

Competition entry fee is £20.00 for all 2023 competitions. Payment by BACS in the name of the **Club** not individual name entry. The entry fee should be made from the club account using the reference as stated on the entry form. Entry Fees are non-refundable once the closing date has passed.

HSBC: name Hertfordshire Gymnastics Association sort code 40-37-19 Account 81025163 when remitting BACS payment please send a copy of the entry by email to the treasurer Ms K Smith treasurer.hga@gmail.com

Gymnasts

Gymnasts who qualify from a County qualifier to a Regional final will need to be entered by the club and pay the entry fee for their qualifying gymnasts direct using BG's online system. Following the results of the regional finals clubs will receive a refund of entry fee for each gymnast that competes in the final from the county treasurer. Gymnasts who do not compete on all apparatus (apart from injury on the day) will not have a county refund.

Should a gymnast, who qualified for a final become injured, the club should contact the appropriate reserve and notify the Regional Competition Organiser and County Treasurer.

Coaches

When submitting entries for a BG event each club must ensure that the coaches attending to the participants are qualified to the level of the participants' performance. The practice of supervising participants working above the level of the coach's qualification cannot be condoned.

The caveat that permits coaches to practice one level above their coaching qualification in the coaching syllabus refers to a training environment only and is not permitted at BG events. Coaches who have a Level 1 qualification are allowed to provide pastoral care under the supervision of a Level 2 or above coach.

Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets in the main arena during the event.

*LEVEL 1 COACH - Must be under the direct supervision of at least a Level 2 or above qualified coach and may only coach to the level of their qualification. If you are unsure please click on the link to look at the skills matrix for Level 1.

<http://www.british-gymnastics.org/search?q=matrix+level+1>

Jewellery/Chewing Gum

Body piercing, adornments and chewing gum is not permitted at training sessions and in the competition arena. Wedding rings must be covered with tape.

Judges

All clubs must provide at least 1 qualified judge for all county competitions/grades in which their gymnasts have been entered.

Clubs who fail to provide a qualified judge will be denied entry to county competitions. Judges must be aware that they should be available for all rounds of the days competition however this does not need to be the same Judge from the Club for all rounds. Clubs should be prepared to provide more than one judge when entering competitions; if there is insufficient available then the competition will have to be cancelled. If judges outside of the County are being proposed this will need to be approved by our judging convenor (gtovey@btinternet.com) and treasurer (treasurer.hga@gmail.com).

County Events

In County competitions leading to qualification for a regional final the following criteria applies to a coach accompanying gymnasts.

1. The coach must hold a minimum qualification of Level 2 coach or above in the sports specific discipline and must hold an award appropriate to the skills being performed by the gymnast.

In individual competitions 1 coach per gymnast is allowed on the competition area at any one time. At Team competitions 2 coaches are permitted to accompany each team.

As per the BG handbook removal of leotards in the competition arena is not allowed.

All coaches who are in the competition arena must wear a tracksuit and collared polo shirt or club T-shirt and tracksuit bottoms with suitable footwear.

No shorts or backless footwear allowed.

The competition organiser must be informed in advance where it is necessary to substitute a coach or judge.

Welfare Officers for the Competition will either be Glynis Tovey, Teresa O'Neill or Katrina Smith for WAG/MAG competitions.

The Competition Organiser will collect in County trophies for engraving, these must be returned by the date requested so that they are ready to given out at this year's competition. It is the responsibility of the club of the gymnast at the time of winning the trophy to ensure it is returned by the requested date, there will be an administration fee if this is not adhered to.

Music

Clubs are required to send gymnasts music to the competition organiser with **the entry**, failure to do this may result in music not being available at the competition. The music must show the name of the gymnast and club. This can be emailed to comps.hga@gmail.com

MEMBER CLUBS – Clubs must ensure all gymnasts and members have current British Gymnastics membership and affiliate all eligible members to the region.

Clubs				
Berkhamsted Gymnastics Club	GG/MAG	Jane Lewis	07920 558140	secretary_berkhamsted.g.c@hotmail.co.uk
Dolphina Gymnastics Club	WAG	Mrs D McShannon	01923 800158	karen@dolphinagymnastics.com
Flips Sports Acro Club	ACRO	Mrs J Pritchard	01727 861973	jenny.pritchard@gmail.com
Gosling Gymnastics		Tracey Royle	01707 903848	tracey@roylesoft.co.uk
HBS Trampoline Club	TRA/DMT	Jenny Newman	01462 459270	hbssports@hitchinboys.co.uk
HGC	ACRO/WAG	Nicola Munns	07956 135019	hertfordshiregymnastics@gmail.com
Hertford Gymnastics Academy		Ms S Westley	07947 222321	hertfordgymnastics@hotmail.co.uk
High Springers	TRA/DMT/WAG	Charlotte Canniford	07508 051 524	info@highspringers.co.uk
K-Gymnastics	GG	Katya Tsareva-Stefanova	07380 889222	stefanova_katya@yahoo.co.uk
Marriotts Gymnastics Club	WAG/MAG/DMT	Dr C Hirons / Miss K Smith	01438 726999	kat@marriottsgymnastics.com
Ministry of Air	TRA	Mr T Williams		ministryofair@gmail.com
Rib Valley Trampoline Club	TRA	Ms A Allen		ribvalleytc@live.co.uk
Richards Trampoline Club	TRA	Ms K Fairweather	01582 557754	kyrstin@ntlworld.com
Rotate Gymnastics	WAG/GG	Nina Doukanaris	07957 114 158	ninadoukanaris@gmail.com
SAADI Gymnastics Ltd	WAG/MAG/GG	Cat Brooke	07876 258115	admin@saadigymnastics.co.uk
Sapphire School of Gymnastics	WAG/MAG/GG	Mrs A Price	01442 230077	Admin.sc@sapphiregymnastics.co.uk
Stevenage S. Acro Club	ACRO	Mrs L Lavelle		lisa_ssac@yahoo.co.uk
St. Albans Gymnastics Club	MAG/MAG	Mr R Wilson	07806 483820	info@stalbangymclub.com
Turnford Gymnastics Club	WAG/MAG	Miss K Wayman	01992 630088	turnfordgymclub@hotmail.com
Ware Gymnastics	ACRO	Zoe Richardson	07903 021490	waregymnastics@hotmail.co.uk
Watford Gymnastics	WAG/GG	Mrs N O'Sullivan	01923 605019	admin@watfordgymnastics.co.uk

Officers and Officials 2023

Clubs are entitled to one vote per club on matters discussed at meetings if required

CHAIR	Mrs T O'Neill	07780 706264	teresadolphinagymclub@gmail.com
SECRETARY	Mrs A Peace		hga.secretary@hotmail.com
TREASURER	Miss K Smith		treasurer.hga@gmail.com
JUDGE CONVENOR & WTC REP	Ms G Tovey		gtovey@btinternet.com
WAG/MAG COMPETITIONS	Miss K Wayman		comps.hga@gmail.com
GG COMPETITIONS	Mrs C Brooke		admin@saadigymnastics.co.uk
EXECUTIVE:	Mrs J Wheatley		turnfordgymclub@hotmail.com
	Mrs P Collins		penelopcollins@gmail.com
HGA WEBSITE:	https://www.hertscountygymnastics.com/		

HERTFORDSHIRE COMPETITION CALENDAR 2023 – WAG/MAG
All competitions at Marriotts Gymnastics Centre, Stevenage

Date	Competition	Closing date	Volunteers Provided By
Sunday 12 th March	HGA Grades	Friday 10 th February	Marriotts
Sunday 19 th March	Club/Regional Grades	Friday 17 th February	Dolphina
Sunday 1 st October	County Classic Levels Copper, Bronze, Silver & Gold Individuals	Friday 1 st September	Watford
Sunday 8 th October	County Classic Steel & Zinc Individuals	Friday 8 th September	SAADI
Sunday 22 nd October	County Classic Copper, Bronze, Silver & Gold Teams*	Friday 22 nd September	Sapphire
Sunday 12 th November	County Classic Steel & Zinc Teams*	Friday 13 th October	Turnford

*If there are low numbers of individual entries at a level, we reserve the right to cancel the Team competition.

WA County Squad Dates: 22nd January, 26th February, 16th April, 25th June, 17th September. All squads are held at Marriotts, 9.30am – 1.30pm

Training for gymnasts selected for Inter County Teams: Saturday 11th November, 12.30pm – 4.00pm @ Sapphire School of Gymnastics.

County Coach contact details: Justine Rich & Ruth Larbey - jus46@hotmail.com

HERTFORDSHIRE COMPETITION CALENDAR 2023 – GG

Date	Competition	Venue
Sunday 23 rd April	L1 & L2 County Qualifier	SAADI Gymnastics Club, Redbourn
Sunday 30 th April	L3 County Qualifier	Marriotts Gymnastics Centre, Marriotts
Sunday 11 th June	L4, L5 & L6 County Qualifier	SAADI Gymnastics Club, Redbourn

Regional Finals are held at Pipers Vale in Ipswich:

L1&2 – 21st May

L3 – 4th June

L4, 5 & 6 – 2nd July

H.G.A. Grades 1-6 for Girls and Boys – 12th March

Open to a gymnast with BG Bronze or Silver membership who has not competed in a Zinc Level (girls) or 6 piece (boys) County or above competition or the National Development Grades or above.

If clubs are intending to enter more than 20 gymnasts across all levels at this competition, they must request permission from the Competition Organiser (comps.hga@gmail.com) who reserves the right to cap at 20 depending on total entry. This notification must be received two weeks before the official closing date.

Minimum age is 6 in the year of competition. For details of exercise see published HGA Grades booklet.

Certificates for this competition are preprinted as per the programme. Any errors must be notified to the competition organiser no later than 7 days before the competition date.

Club/Regional Grades 6 – 1 – 19th March

Open to gymnasts as described in the National Development Club Grades handbook 2018-2021.

Age groups:
Grade 6 age groups 8, 9/10 & 11+
Grade 5 age groups 9, 10/11 & 12+
Grade 4 age groups 10, 11/12 & 13+
Grade 3 age groups 11/12 & 13+
Grade 2 age groups 12/13 & 14+
Grade 1 age groups 13/14 & 15+

Current British Gymnastics Grades regulations apply. A Certificate will be presented to each gymnast who pass their respective grade. Certificates for this competition are preprinted as per the programme. Any errors must be notified to the competition organiser no later than 7 days before the competition date.

County qualifier to regional finals with first 3 gymnasts at for grades 4-1 across age groups entered to the finals to be held at Pipers Vale on Sunday 14th May.

WAG – Gold, Silver, Bronze & Copper County Individual Championship – 1st October

Gold, Silver, Bronze and Copper are open to gymnasts with BG Silver membership. Please note that you cannot enter voluntary levels and classic challenge in 2023.

As per 2022 Women's Artistic Classic Challenge Championships rules (unless a new revision is released before the competition) and the 2023 Herts Competition booklet.

Age groups

Copper – 9, 10/11 and 12+

Bronze – 10, 11/12 and 13+

Silver – 12/13 and 14+

Gold – 14/15 and 16+

Regional Finals will be held on **5th November** for Copper and **29th October** for and Bronze, Silver, Gold at Pipers Vale for those gymnasts that qualify.

Steel & Zinc County Individual Championship – 8th October

Zinc is open to gymnasts with BG Silver membership. Please note that you cannot enter voluntary levels and classic challenge in 2023.

Steel is open to gymnasts with BG Bronze or Silver membership who have not competed in a County 4-piece competition (excluding HGA Grades). Gymnasts can enter either 3 or 4 pieces of apparatus. Medals will be awarded for individual apparatus and overall.

As per 2022 Women's Artistic Classic Challenge Championships rules (unless a new revision is released before the competition) and the 2023 Herts Competition booklet.

Age Groups

Steel – 7/8, 9/10, 11/12 and 13+ (should there be insufficient entries in 13+ age group, the county reserves the right to revert to an 11/12+ age group).

Zinc - 8, 9/10 and 11+

Regional Finals will be held on **5th November** for Zinc at Pipers Vale for those gymnasts that qualify.

WAG – Copper, Bronze, Silver & Gold Teams – 22nd October

As per 2022 Women's Artistic Classic Challenge Championships rules (unless a new revision is released before the competition).

WAG – Zinc & Steel Teams – 12th November

As per 2022 Women's Artistic Classic Challenge Championships rules (unless a new revision is released before the competition) and Herts Competition booklet.