**HERTFORDSHIRE GYMNASTICS ASSOCIATION
GENERAL GYMNASTICS EVENT**

**Level 3 Individual Apparatus Competition - Female, Male and Disability Gymnastics**

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| **Venue** | **Competition Date** | **Closing Date** | **Entry Fee** |
| **SAADI Gymnastics Club****Redbourn Leisure Centre** **75 Dunstable Rd, AL3 7PP** | **12/06/2022** | **11/05/2022** | **£5.00 per piece** |
| Name of Club:  |    | Contact Name: |     |
| E-mail:  |    | Tel No: |     |
| This event is for gymnasts who train no more than 4 hrs per week at Level 3 |

 **Please indicate in the red column, if your gymnast/s qualifies whether they will or they will not attend the regional final.
If NOT indicated, then gymnasts will not be considered for the qualifying position.**

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| Gymnast’s Name | Level | M/F | D.O.B. | Vault | UB | Beam | PB | FX | Dis.Profile | Reg. Final Y/N |
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| Copy this sheet if required |  |  |  |  |  |  |  |  |  |  |

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| **Nominated Judges** |
| Under the General Rules of Entry, all participating clubs are expected to supply at least one qualified judge for each competition. Note we will accept any judge with a qualification from the previous cycle for 2022. |
| Clubs that are not able to provide a judge will not be able to enter the competition. |
| Please list the qualified judges you can supply for this competition. Please advise of any special dietary requirements. Only judges listed below will be allowed into this competition. |
| **Name** | **Discipline** |  **Qualification** | **Email Address** |
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| **Nominated Coaches**  |
| British Gymnastics require that the coach at competitions must be level 2 or higher and it is the responsibility of the Club entering the gymnasts to ensure the coach(es) responsible have undergone appropriate training and are qualified and competent for the skills being performed by their gymnasts. Each competing club should provide at least one Level 2 or Club Coach in an appropriate discipline; Assistant Club Coaches may accompany and assist the Level 2 or Club Coach.  Only coaches listed below will be allowed on the floor during this competition. Please ensure ALL coaches are wearing the correct attire for the competition. |
| Please list all coaches attending this competition. **Only 4 coaches can be on the floor per rotation.** |
| **Name** | **Discipline** | **Qualification** |
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| **Nominated volunteers**  |
| As a condition of entry all clubs who enter gymnasts to an event agree to provide one volunteer to assist with the smooth running of the event. Please list all volunteers attending this competition. |
| **Name** | **Job 1** | **Job 2** |
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| **Nominated Welfare officer**  |
| It is a requirement of each event that there be a welfare office present at all times. Would your club’s welfare officer be able to attend this competition? If so, please leave details below. The aim is to rotate the officer throughout the year. |
| Please list all welfare officers attending this competition. |
| **Name** | **Qualification** |  |
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When submitting entries for Herts Gymnastic events, the onus is on the club and coach to ensure that the coaches attending to the participants are qualified to the level of the participant’s performance.

I confirm that the above criterion has been adhered to and each gymnast has the correct level of BG membership (Minimum Bronze) for the competition and is a member of an ECGA affiliated club at the time of entry to the event. I confirm the entered gymnasts train no more than two hours per week (level 1) four hours per week (levels 2 & 3) six hours per week (levels 4, 5 & 6) across any gymnastic discipline.

**Signature:**

When complete, the entry form should be sent by e-mail in “Word or Excel” format only (Handwritten entries will not be accepted)

E-mail: **admin@saadigymnastics.co.uk**

Telephone: **01582 794931**

Payment should be made by BACS:

Name: **HERTS GYMNASTICS ASSOCIATION**

Sort Code: **40-37-19**

Account: **81025163**

Reference: **HGA GG L1**

Please note that the entry form may be sent by e-mail but will not be accepted until payment is received.

**Entry fee enclosed …. @ £5.00 per piece.**

There will be no refund for withdrawals

All parts of the form must be complete; an incorrect or incomplete form will not be accepted.

Entry Fee and form must be received by closing date or late entry fee will be applied

**Please note this is qualifying event for the ECGA Regional Final and gymnastics that qualify are expected to go forward to the regional final to be held at:**

Pipers Vale Gymnastic Club,
7 Brazier's Wood Road,
Ipswich, IP3 0SP,
England

**On :** **26/05/2022**

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**Special Circumstances 2022**

Owing to the disruption of COVID-19 we must compile with venue, regional and other guidelines.

* There is a limit of one spectator per gymnast. Spectator entry fees are inclusive of the gymnast entry fee to avoid cash handling by the venue. No cash will be taken at the door.
* If a coach, judge or official is unable to attend the event due to COVID related rules then a suitable substitute from the club or any other club will be allowed but must inform the competition organiser ASAP.

The following are venue requirements:

The main things you need to be aware of are:

• We are limiting the number of children per round to 60.

• We are limiting spectators to 1 per gymnast, they can only watch the round that their child is competing in.

• HGA GGTC will register the gymnasts when they enter.

• Gymnasts and Spectators will not be allowed entry before the previous round has finished.

• Score sheets will be issued digitally to clubs and will not be available on the day

**Spectators**

• Spectators will be instructed as to when they can enter the viewing area and must remain seated to watch the event.

• Everyone is encouraged to celebrate responsibly and not raise their voices or shout, no high fives or hand shaking.

• Please leave the seating area by the designated exit.

• Gymnasts will be escorted by their coach to meet you.

**Gymnasts**

• Gymnasts taking part in the event must not wear a face mask.

• Gymnasts must bring their own chalk, water sprayers, training aids and hand-held equipment none of which may be shared.

• Celebratory physical contact should be kept to a minimum.

**Coaches**

• All coaches must stay with their gymnasts on entry to the gym and escort them to the exit. You must stay with your gymnast until a parent has collected them from you.

• Warm-up on the floor: Please encourage your gymnasts to stay within own club and avoid unnecessary close contact with gymnasts of different clubs

**Officials, Volunteers, Contractors & staff**

• All staff involved in the delivery of the gymnastics event should adhere to the key principles as outlined within this Code of Behaviour.

**Eastern Counties Gymnastics Association – Disability Gymnastics**

Gymnastics for children with disabilities are to be included in the General Gymnastics competition programme. They will perform in a separate section in the competition – Disability Gymnastics – and not compete against those without disabilities.

In order to allow the judges to make allowances for the gymnasts' disabilities, coaches will need to enter the disability on the entry form according to the list below which will additionally detail the degree of the disability. The profile of each gymnast should be determined by the coach in consultation with the gymnast and his or her parents. Once a gymnast has competed within a particular disability profile, that profile may not be changed for a subsequent competition without applying to the GGTC stating the reason why a different profile is now applicable. Coaches are asked to be fair with their assessment. Failure to do so may result in a formal statement from a doctor or health professional for future entries.

Where a disabilities gymnast with Downs Syndrome wishes to enter a competition, the mandatory clearance for the condition known as Atlanto-­‐Axial Instability required by BG will apply. Details are on the BG website. A copy of the completed clearance form must be attached to the entry form. Failure to do so will result in the competitor (and partner where appropriate) being refused entry to the competition arena and warm up areas on the day of the competition.

Initially, the competitions will be gender specific but open age group although, depending on the size of the entry, the organiser may introduce age banding. This will introduce a measure of competition for the gymnasts rather than a host of "sole competitor" winners.

Coaches accompanying the gymnasts will need to speak to the judges prior to their competing to explain the help / special equipment they will need to enable them to compete.

**Disability Profiles**

For clarification and the guidance of coaches, the definition of the term; disability, is that made by the World Health Organisation in 1980; “A disability is any restriction or lack (resulting from impairment\*) of ability to perform an activity in the manner or within the range considered normal for a human being”

\*”An impairment is any loss or abnormality of psychological, physiological, or anatomical structure or function”

For the purpose of this rule book, disability profiles are defined as follows:

1. Intellectual, language and other psychological disabilities (including hyperactivity, attention deficit disorder and dyslexia)
2. Hearing disabilities (including deafness and inner ear balance disorders)
3. Sight disabilities (including blindness, partial sightedness and tunnel vision)
4. Reduced or impaired internal organ function with no other physical manifestation (including coeliac disease, cystic fibrosis, asthma and some types of epilepsy)
5. Muscular and Skeletal, resulting in reduced limb or trunk function (including growth disorders, club foot, limb palsy and paralysis).

Each profile is further divided into Slight (A), Moderate (B) or Severe (C). Thus a gymnast with the profile

3A may be highly functioning but partially sighted and a gymnast with the profile 5C may be confined to a wheelchair and require special arrangements to compete.

Where a gymnast presents with a number of disabilities, the profile selected should reflect the disability which most affects their performance. For example, a Downs Syndrome gymnast may be profiled as 1 or 5 (A, B or C) depending on the severity of the effects on the gymnast.

Details of any special equipment or arrangements required by gymnasts with a disability should be provided to the competition organiser with the entry form. The competition organiser will try to incorporate these arrangements into the competition in a way which is sensitive to the needs of all gymnasts taking part in the competition. Any ‘special equipment’ should be provided by the club / coach / gymnast.

Gymnasts with disabilities should progress through the General Gymnastic competitions in the same way as gymnasts without disabilities. Should Special Olympics Rule competitions be introduced in the future, gymnasts cannot compete in both competitions if they are held on the same day.