



TEAMGYM
NATIONAL COMPETITION
HANDBOOK
2010

The TeamGym Technical Committee 2009

Chair	Keith Hughes	keith.h@virgin.net
Judge Education	Lisa Rose	rosieandtom@blueyonder.co.uk
Judge Events	Daren Norman	daren@globalnet.co.uk
Coach Education	Julian Such	julian.such@btinternet.com
Development	Kathy Pryde-Jarman	gym90@lineone.net
National Events	Peter Tranckle	PTranckle@aol.com

Competition Dates 2009- 2010

Event	Date	Venue	Closing Date	Organiser
Southern Qualification	20-21. 02. 2010	Bracknell		Peter Tranckle
Northern Qualification	06 03. 2010	Meadowbank, Edinburgh		Margaret Jackson and Donna Crowther
British Championships	08.05.2010	GL1, Gloucester		Peter Tranckle

Other events maybe organised by Clubs and Regions throughout the year. Details will be circulated to all Clubs and dates will be posted on the website.

General Rules and Regulations

British Championships

Entry to the British Championships is by qualification through a Northern and Southern competition.

Regulations regarding qualification are the responsibility of the British Gymnastics TeamGym Technical Committee. Qualification scores will be set out in the competition rules. Qualification procedures may be modified at the discretion of the Chair of the TC.

British Champions will be declared in four sections at National Levels 1, 2, 3 and Disability competition for Men's Women's and Mixed Teams.

British Gymnastic Membership

In order to take part in any events or competitions managed by or on behalf of the BG National TeamGym Technical Committee:

- All Teams must be part of a BG registered Club.
- All Gymnasts must hold the appropriate level of British Gymnastics Membership.
- All Coaches must hold the appropriate level of British Gymnastics Membership and a recognised and approved Coaching qualification at the relevant level.
- All Judges must hold the appropriate level of British Gymnastics Membership.

Entry Forms

Entry to national events will be through the BG website. In the case of difficult a hard copy will be available from the National Competition Organiser.

At friendly Regional, Inter- Regional or Inter-Club events, entry will be direct to the event organiser.

Only correctly completed entry forms will be accepted. Entry must be completed prior to the closing date/deadline. The appropriate entry fee must be paid at the time of entry.

Entry Fees

The Entry fee to the British Championships in 2010 will be £120 per team.

Apparatus

At all events the competition organiser will endeavour to provide equipment as close to UEG specifications as possible. Teams entering friendly Regional, Inter- Regional or Inter-Club events, must be prepared to adapt their work to the equipment provided by the event organising panel.

At National events the organisers will endeavour to provide up to date equipment which fully meets UEG regulations and specifications.

Trampette Disclaimer

At present the rules allow for clubs to provide their own Trampette. Clubs wishing to do so must complete a 'Trampette Declaration Form' and present this form and the trampette for inspection on the day of the event. The timing of the inspection is to be at the time of the Team's registration. The trampette will be inspected to ensure it complies with the specification in the Regulations for the event and that the apparatus is in good condition. The coach is responsible for informing the Competition Organiser that the trampette is erected and is available for inspection. The trampette must not be used until this inspection and approval has been completed. No changes or modifications may be made to the Trampette after the inspection has taken place without a further inspection being requested and completed.

Teams who do not provide their own trampette must use the official trampette(s) provided by the organising body.

Code of Practice for Health and Safety

This code and any subsequent action is to ensure the health, safety and welfare of all gymnasts, coaches and volunteers taking part in competitions. It is to ensure that no BG coach or other person shall put a gymnast at risk of injury due to poor preparation, poor safety awareness or poor decision making within the competitive environment.

Complaints in respect of Health, Safety and Welfare issues may only be submitted to one of the following:

The Welfare Office designated as responsible at the event.

The Chair of the TeamGym Committee (national events)

The event organiser (regional/inter-club events)

Coaches in Attendance at competitions.

At all competitions a maximum of two coaches per team may be in attendance within the competition area. Coaches must hold a current qualification, recognised by British Gymnastics as appropriate to the level of the competition and to the work being performed by the Team.

A representative from the Club should be designated as Team Manager with responsibility for the Team's registration, tariff sheets, behaviour, time keeping etc. throughout the event.

Coaches must not wear jewellery of any kind including wedding rings, when standing in or supporting on apparatus.

Two coaches must be present at all times, on the landing mat for Trampoline and Vaulting and be prepared to step in and react quickly to avoid an accident.

One coach may be present on the landing area during the Tumbling exercise. The coach should be prepared to stand on the opposite side of the track from the judging panel.

Coaches may not communicate with or give instructions to gymnasts or teams in any way once a performance has started. This includes visual signals. The only exception would be in extenuating circumstances such as an accident or injury or failure of the music or equipment.

A technical briefing may be arranged prior to the start of each event, or round of the competition. Coaches must be given adequate notice of all such meetings in advance. At least one coach from each Club taking part should attend such a meeting. Issues requiring a ruling by the competition organiser should be submitted in writing prior to the meeting.

Tariff Sheets

The proposed elements of the Teams performance on each piece of apparatus must be recorded on a tariff form and submitted to the competition organiser or nominated person within the timescale set out in the competition regulations. The Team are responsible for the completion and accuracy of the tariff form.

At national events, alterations may be made up to 1 hour before the start of the competition in each section. Alterations may be made after this time, subject to the consent of the competition organiser. This rule may be modified at other events at the competition organiser's discretion.

Floor – the formations should be clearly shown with dots or crosses. Code numbers and the name or symbol of each of the elements to be counted towards the 'difficulty' score should be shown in the appropriate place.

Tumbling and Trampoline – the name or symbol for each element should be clearly shown.

Repetition of an Exercise

Teams 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 etc the competition controller may at their discretion, allow a second attempt after consultation with the Head Judge at the apparatus concerned.

Dress Code

Judges should be appropriately dressed. At National events this should include grey, dark blue or black trousers or skirt and jacket and a white shirt. Men must wear ties.

Coaches must wear suitable and appropriate sports clothing. This should be similar in colour to the clothing worn by the Team or Club.

Gymnasts taking part in National competitions should follow the rules as set out in the UEG Code and copied below.

- A neat and proper athletic appearance should be the overall impression
- The dress must be identical for members of the same team, with some exceptions for mixed teams
- The wearing of gymnastic footwear is optional on each discipline, but if chosen must be worn by entire team for the Floor Programme
- Bandages are permitted. They must be securely fastened and of a non-intrusive colour. (This includes joint supports)
- No Jewellery may be worn by gymnasts (This includes ear studs)
- Body paint is not allowed (Tattoos are not deductible)
- Loose items such as belts, suspenders/braces and laces are not allowed
- Hair grips must be secure and safe
- Decorated hair grips (slides) are classed as jewellery
- Advertising must follow British Gymnastics rules

Women

- Gymnasts must wear sportive and non transparent leotards
- The neckline of the front and back of the leotard must be proper, that is no lower (further) than half of the sternum at the front and no lower (further) than the lower line of the shoulder blades at the back
- The leg cut may not extend beyond the hipbone (maximum)
- Leotards may be with or without sleeves and the shoulder strap width must be a minimum of two (2) cm. Narrow straps are not allowed
- The length of arms is optional, as well as the length of legs of unitards and leggings
- The leggings may be worn under or over the leotard

Men

- Gymnasts must wear a leotard or a gymnastic sports shirt, with either a pair of gymnastics shorts or long gymnastic 'trousers' that are not baggy or loose
- The top of the men's attire must not have an open cut below the shoulder blade

Mixed

The women and men must follow the rules above respective to their gender. However the dress need not be identical in colour for example men may wear blue and women yellow. However all the women in the team must be dressed identically and similarly all the men in the team must wear identical outfits,

Other Rules

Jewellery, body piercing and similar adornments are not allowed.

Chewing Gum is not allowed at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.

Injuries to gymnasts at national events will be monitored by the medical staff present at the event. Decisions taken by medical professionals regarding a gymnast's ability to continue must be respected and acted upon.

Trophies, other than perpetual trophies, are the responsibility of the winning Club. The Club is responsible for the safe keeping and maintenance of the trophy and for returning it to the event organiser prior to the competition the following year.

Photography at national events will be managed following approved British Gymnastics guidelines. Those wishing to take photographs must follow procedures set out by the event organiser.

Accredited photographers may be present at national events. The Club must ensure that all parents and carers understand that this may mean their child will be photographed or filmed during the Teams performance. Such photographs or film may subsequently be shown on BG TV, published in BG reports and publications or used for training purposes, for example judging courses.

Playing Music in Public issues are largely covered by the PPL – Phonographic Performance Limited and Public Rights Society (PRS) Licence and agreements made by BG with these organisations. This covers the material from a large number of record companies and performers. However music by Disney, Andrew Lloyd-Weber and Cirque du Soleil is specifically excluded. Teams should therefore avoid using music by these groups and individuals during their performance.

Music for each Team's performance must be recorded on to a separate CD. The CD must be clearly marked with the Team name, section and piece of apparatus.

Music must be handed to the appropriate responsible person by the deadline stated in the rules and should be collected promptly after the team's last performance in the competition.

Withdrawal of a Team from a competition should be brought to the competition organiser's attention at the earliest opportunity, well in advance of the competition date. Very late withdrawals on the day of the event should only be necessary in extreme, unforeseen circumstances.

Micro TeamGym Competition: Teams of 3 or 4 gymnasts compete on tumble and trampette vault only using Teamgym rules. 3 gymnasts must perform in each round. For mixed teams, both genders must be represented in each run, although the number of boys and girls in the team may be uneven. Competition sections are the same as TeamGym. Micro TeamGym is a relatively new concept designed to develop TeamGym across Europe. As such this event is currently not part of the British Championships but may be offered in inter club competitions.