



**FLOOR & VAULT PROGRAMME RULES- 2020**

# LONDON GYMNASTICS

## FLOOR & VAULT PROGRAMME RULES- 2020

The London Gymnastics Floor and Vault Programme is a progressive framework, providing a pathway for gymnastic development and competitive opportunities for GfA gymnasts from BG London affiliate clubs.

The Programme seeks to find the balance between performance and skills execution.

Each level has been designed to progress gymnasts within a Gymnastics for All environment but also to align to the British Gymnastics General Gymnastics / Gymnastics for All Educational pathway

The purpose of the programme:

- Assist the growth and development of gymnasts through education and competition
- Provide a sound developmental and educational framework that enables coaches and judges to assess progress, attainment and potential through gymnast's performance.
- Facilitate the creation of standardisation across the region.
- Provide a steady pathway for general gymnastic development

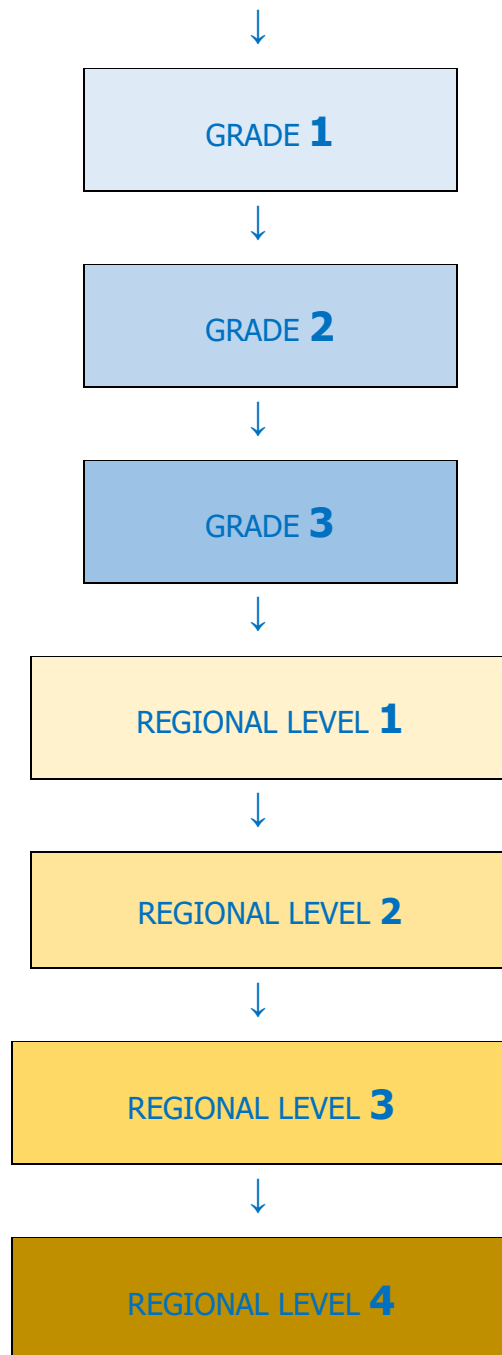
It is intrinsic to the skills that the basic principles of Strength, Flexibility, Balance and Coordination are incorporated into a conditioning programme to run alongside the skills development.

The health, safety and welfare of all participants is of primary consideration. All British Gymnastics policies and procedures will be rigorously applied with regards to health, welfare and safeguarding and protecting children.

LG reserves the right to refuse any entry and disqualify an official, judge, coach, gymnast or team at any time, if they do not comply with BG and/or LG rules and regulations

# LONDON GYMNASTIC'S F&V PROGRAMME

# 2020



## PARTICIPATION ELIGIBILITY

### GYMNASTS

- Gymnasts must be members of London Gymnastics affiliated clubs
- Gymnasts must have Bronze BG membership
- Gymnasts must be a minimum of 7 years in the year of the event
- Gymnasts must have an accredited coach present at all times
- Level 1 coaches who are competing gymnasts may have silver membership, in which case they must inform the event organiser at the point of event entry *[appendix 1]*

### ACCREDITED LEAD AND SUPERVISING COACHES

- Lead Coaches must be members of BG to the correct level of membership, min Gold
- Must have the specific qualification to the level of skills being performed
- Must have current DBS & SPCA Qualification
- Lead coaches and supervising coaches must have L2 *(or above)* BG qualifications in GG, WA, MA, Acro or Tumbling
- Coaches entered into the on-line event entry must be the same ones attending the event. *Any changes must be confirmed with the Event Organiser in advance of the event.*
- Lead Coaches have the ultimate responsibility for the participants from their club
- Lead Coaches must ensure that all of the coaches under their supervision are both qualified and competent to coach at the appropriate level
- Lead Coaches must ensure that the gymnasts are adequately prepared, physically and psychologically, for performing in a competitive situation
- Clubs entering disabled gymnasts may have one additional qualified coach accredited

### ACCREDITED ASSISTING COACHES

- Assisting coaches must be members of BG to the correct level of membership, minimum silver
- Assisting coaches must have a L1 *(or above)* BG coach qualification
- Level 1 Assisting coaches must be under the supervision of a L2 *(or above)* coach
- Assisting coaches must have current DBS & SPCA Qualifications

### NOMINATED and/or SELECTED JUDGES

- Nominated Judges require minimum Bronze BG membership.
- Nominated Judges require a minimum F&V level 1 judge qualification, or minimum club level WA, MA, Acro or Tumbling qualification
- Nominated Judges must abide by the Judges' Standards of Conduct
- Lead judges must ensure that all of the judges in their club, under their supervision, are both qualified and competent to judge at the appropriate level

### ACCREDITED OFFICIALS & VOLUNTEERS

- Officials and Volunteers are required to sign the LG Volunteer Agreement *[Appendix 7]*

## GRADES REGIONAL LEVELS and TEAM COMPETITION

- Apart from Grade 1, Gymnasts may enter the programme at a level appropriate to their ability and skills
- Gymnasts must perform both a Floor routine and Vaults
- Regional Level Gymnasts may compete at the same level on consecutive years unless they 'Pin' in which case they must progress to the next level.
- Gymnast's progression should be managed by their coach to ensure a safe transition of levels.
- Categories at each level are set by age

## AGE RESTRICTIONS

- Gymnasts must be a minimum of 7 years, in the year of the event, to enter Grade levels
- Gymnasts who are 7 years of age, in the year of the event, must enter the Programme at Grade 1
- Gymnasts must be a minimum of 8 years, in the year of the event, to enter Regional Levels and the Team Competition
- Gymnasts who are 8 years or over may enter the programme at the discretion of their coach

## GRADES and GRADING

- Grade 1, Grade 2 and Grade 3 is for gymnasts acquiring and developing skills
- Each gymnast will perform a routine which will consist of set elements on a 12m x 2m mat
- Each Gymnast will perform two vaults, the highest score will be counted
- Deductions are taken in accordance with the current F&V Code of Points
- There will be no ranked placing, but certificates indicating grades
- Grades: DISTINCTION: MERIT: PASS: PARTICIPATION
- Gymnasts should achieve a minimum PASS in both Floor & Vault before moving up to the next Grade
- Gymnasts who do not achieve a minimum PASS in either floor or vault should remain at the same level.
- Grades 1, 2 and 3 gymnasts will not proceed to a Regional Final  
*[set routines and vaults in F&V Code of Points]*

## GRADE PRESENTATIONS

- Each gymnast will receive a Participation Medal
- Each Gymnast will receive certificates indicating their Floor & Vault Gradings.
- Scores are recorded and sent to clubs

## REGIONAL 1

- Regional 1 is a bridge between the Grades and the Regional Levels.
- It serves as a transition to a full floor routine, with some Optional Elements, but still focusses on the basic Grade skills.
- Gymnasts must be a minimum of 8 years in the year of the event
- Each gymnast will perform a routine consisting of 10 elements, with options
- It is performed on an 8 metre x 8 metre non-sprung floor, without music
- Choreography or steps may be added between elements

- Each element has a Difficulty Value and an Execution Value
- Deductions are taken in accordance with the current F&V Code of Points

### REGIONAL 2, REGIONAL 3, REGIONAL 4

- A progressive set of levels with gymnasts performing a full floor routine and vaults
- Gymnasts must be a minimum of 8 years in the year of the event
- Each gymnast will perform a routine consisting of optional elements from the F&V Code of Points and incorporate linking movements
- Girls routines will be performed to musical accompaniment
- Boys routines will be performed without musical accompaniment
- Gymnasts perform two vaults, the highest score counts towards the final score
- Each element has a Difficulty Value and an Execution Value
- Deductions are taken in accordance with the current F&V Code of Points

### LENGTH OF EXERCISE

- 45- 90 seconds

### REGIONAL LEVEL PRESENTATIONS

- Ribbons will be awarded to 4, 5,& 6<sup>th</sup> placed gymnasts in each category
- Medals will be awarded to 1, 2 & 3<sup>rd</sup> placed gymnasts in each category
- Pins will be awarded to gymnasts scoring above set thresholds in F & V

### PINS

- To be awarded a 'Pin' a gymnast must score above set thresholds in both Floor and Vault
- Once a gymnast has been awarded a Pin they must progress to the next level of competition

### REGIONAL FINAL

- The top 6 placed gymnasts from each category in Regional Levels 1,2,3,4 will progress to the Regional Final
- Ribbons will be awarded to 4, 5,& 6<sup>th</sup> placed gymnasts in each category
- Medals will be awarded to 1, 2 & 3<sup>rd</sup> placed gymnasts in each category
- Trophies will be awarded in the final in each category
- Pins will not be awarded to Regional 4 gymnasts in the final.

### TEAM COMPETITION

- Gymnasts who are not competing in the final may enter the Team Competition
- Ribbons will be awarded to 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> placed teams in each category
- Medals will be awarded to 1<sup>st</sup>,2<sup>nd</sup> & 3<sup>rd</sup> placed teams in each category
- A Club Trophy will be awarded in each category

## TRANSFER FROM OTHER DISCIPLINES

- Requests may be made for former NDP Gymnasts to transfer into the GfA programme.
- Inclusion will be considered on an individual basis
- Requests should be submitted to the TC Chairman on a Transfer Form *[appendix 2]*

## DISABILITY/ ADDITIONAL SUPPORT

- Clubs must inform the F&V Event Organiser of any gymnast with conditions or additional needs requiring special consideration
- GFA will make the necessary adjustments, where possible, to cater for the additional needs of each gymnast.
- Requests should be submitted on the 'Additional Support Form' at the point of event entry *[appendix 3]*

## FEEDBACK

- Constructive feedback is welcomed and may be emailed to London Gymnastics within one week post event on the 'Feedback Form' *[appendix 6]*

## EVENT ENTRY

- Entry to LG F&V events is on-line only. *[Complete instructions for adding an entry via the GymNet Online Entry Portal are available to download from the BG website.]*
- All entries must be completed and submitted electronically by the stipulated closing date and time and must include payment
- Entry fees are non-refundable after the entry closing date and time
- Late entries will not be accepted
- A club may not enter an event if there is an outstanding invoice to LG or GFA.
- A club may not enter an event without a nominated BG qualified judge *[The nominated judge may be from your own club or another club, the choice is yours]*
- Named judges must be nominated at the time of entry, at the set F&V ratio
- Nominated judges must be the same ones attending the event.
- Named coaches must be submitted at the time of entry
- Each club will be required to nominate an appropriate number of coaches for the safe supervision of their gymnasts *[see individual Work Plans for ratios]*
- Coaches entered into the event entry must be the same ones attending the event.
- Music must be up-loaded on-line by the prescribed date
- Payment may be made by Debit or Credit Card

## JUDGES

- Judging panels for the event will be selected from the nominated judges
- The set ratio of judges is: 1-29 gymnasts = 1 judge: 30-59 gymnasts = 2 judges: 60+ gymnasts= 3 judges
- The correct number of judges must be nominated at the time of entry
- Judges will be paid travel expenses at the rate of 45p per mile and refreshments will be provided
- Judges will be provided with a 'Log Book' to log their judging /volunteering activities
- Nominated judges must be the same ones attending the event.
- A levy of £100 per day / per judge, will be charged, if the correct number of judges is not nominated for each day or for non- attendance by a judge on the day
- The TC may cancel an event if there are insufficient judges to run the event
- The TC may refuse to let gymnasts compete if the club's judge/s does not turn up on the day; unless there are extenuating circumstances.
- Judges must agree to abide by the Judge's Standards of Conduct *[Appendix 8]*

## GENERAL REGULATIONS

- Clubs must ensure that they have a nominated 'Lead Coach' in place who will be responsible for the coaches and gymnasts, from their club, for the duration of the specific event

## REGISTRATION

- Specific registration processes for an event can be found in each Event Work Plan.
- During registration accreditation passes will be issued to coaches and officials
- Coaches and officials will be required to wear their identity passes at all times
- Abuse of accreditation passes may result in disciplinary action
- The lead coach must inform the registration desk of any withdrawals

## ORDER OF PERFORMANCE

- The order of performance shall be decided by the Event Organiser and will appear in the Workplan
- The Event Organiser reserves the right to alter the running order of performances up to the start of warm up.

## MUSIC

- Grades 1, 2 and 3 will be performed without musical accompaniment
- Regional 1 will be performed without musical accompaniment
- Regional 2, 3 and 4 girls routines will be performed with musical accompaniment
- Regional 2, 3 and 4 boys routines will be performed without musical accompaniment
- No Walt Disney, Andrew Lloyd Webber or Cirque de Soleil music is permitted.
- Music is up-loaded onto GymNet at the set date *[a USB stick for back-up should be brought to the event]*



## WARM UP AREA & FIELD OF PLAY

- Only accredited personnel, wearing an identity pass, will have access to the warm-up area and/or Field of Play

## HEALTH & SAFETY

- A named Medical Practitioner will be on duty for the duration of the event
- A named Welfare Officer will be on duty for the duration of the event
- In the case of emergency, the evacuation procedure will be announced.
- The coaches will supervise the gymnasts to move safely to the Fire Assembly Point
- The spectators will follow venue evacuation procedures, as organised by venue staff

## VIDEO & PHOTOGRAPHY

- By entering a LG Event, there is an acceptance that the participant may be photographed and published by LG
- Photos & videos may only be taken and used in accordance with the BG Child Protection Policy.
- Photos may not be used, distributed or copied for commercial purposes.
- Flash may not be used at any time during the event.
- The Event Organiser may at any time in his or her absolute discretion, direct that photos shall not be taken

## ELECTRONIC DEVICES

- No mobile phones or any other electronic communication devices may be used in the Field of Play for the duration of the event
- Coaches who are spectating are under the same rules as family spectators

## RANKING AT REGIONAL LEVELS

- The emphasis of the programme is on perfecting the technical execution of skills.
- All exercises are judged for technical merit in accordance with the current F&V Code of Points
- The score is used in determining the ranking of competitors
- The score is determined by adding together the Execution Score and the Difficulty Score.
- Should there be a tie at one level, the level below will be omitted
- Should there be a tie in the Regional Final, the ranking will be determined by the following criteria: The highest E score followed by the highest D score.

## INQUIRIES

- Coaches may not approach the judges.
- Only Lead Coaches may submit a written inquiry, for their own gymnasts
- Only the Difficulty Score may be questioned
- Inquiry forms are available from the control table and must be submitted within 15 minutes of the coach receiving the score
- The placement of an inquiry form becomes a contract to pay the £25 fee.
- This fee will be returned to the club if the inquiry is upheld
- The Superior Jury will not accept video or photographic evidence at F&V events
- The inquiry decision of the Superior Jury is final. *[appendix 4]*

## ETIQUETTE

- Ensure you support every gymnast, coach and volunteer involved. Everyone has been involved at some point and every event is a celebration of those efforts.
- Gymnasts, coaches & spectators must treat Event Officials with respect at all times
- Only accredited Lead Coaches may contact the Event Organiser or Event Officials
- Access to the Officials Area and Field of Play is restricted to authorised personnel only.
- Officials and coaches will wear identity passes, at all times, so they may be easily identified

## COMPETITION ATTIRE

### COACHES

- Coaches will wear club tracksuit or tracksuit bottoms and polo shirt (*not cropped trousers or shorts*)
- Long hair tied back: No jewellery: No chewing gum
- Appropriate gym/training shoes.

### GYMNASTS

- Girls Leotards may be with or without sleeves. Girls may wear matching shorts.
- Boy's leotards may be with or without sleeves with matching shorts.
- For safety reasons, loose clothing, raised attachments and accessories are not permitted
- All attire must be modest
- Competitors may compete with or without footwear
- If worn, footwear must be white or flesh coloured
- Jewellery, including earrings, ankle bracelets and studs are not allowed
- Hairclips, slides or ribbons, if worn, must be secure
- Face painting, coloured nail varnish or make-up is not allowed
- Taping and support bandages must be of neutral or flesh colour

### JUDGES

- Judges must wear the official, formal uniform when judging at LG events.
  - Black or navy jacket and skirt or full length trousers (women)
  - Black or navy jacket and full length trousers (men)
  - White shirt or blouse
  - Black shoes
- Head judges or Regional Level judges will wear the LG scarf or tie

## OFFICIALS

- Officials should wear suitable formal attire or LG Event T shirts

## VOLUNTEERS

- Volunteers will wear LG event T shirts

## CLOTHING MODIFICATIONS

- Requests may be made for gymnasts to adopt reasonable clothing modifications.
- Clubs must inform the F&V Competition Organiser of any gymnast with a request for clothing modifications
- Requests should be submitted on the Clothing Modification Form at the point of event entry [*appendix 5*]

## **TERMS and CONDITIONS**

- By entering a London Gymnastics event your club is agreeing to the rules, regulations, and standards set out within this F&V Programme Rules Book.
- By entering a London Gymnastics Event your club is agreeing to abide by the BG and LG Policies
- The person making the online entry on behalf of a club undertakes to ensure that those members of the club are fully aware of and agree to abide by the contents of this F&V Programme Rules Book
- By submitting an Inquiry you agree to pay an 'inquiry fee' of £25.00 per inquiry
- By entering this event your club agrees to the storing of event scores
- By entering this event your club agrees to abide by the BG Photography at Gymnastics Events Policy.
- By entering this event your club agrees to ensure that all of the coaches are both qualified and competent to coach at the appropriate level
- By entering this event your club agrees to ensure that the gymnasts are adequately prepared, physically and psychologically, for performing in a competitive situation
- By entering this event your club agrees to ensure that the judges are competent to judge at the appropriate level, commensurate with their qualification

**Failure to comply with any or all of these terms and conditions may result in your club being excluded from the event or future events**

[Appendix 1]

## COMPETING GYMNAST / LEVEL 1 COACH ENTRY FORM

A Level 1 coach who wish to compete as a gymnast in a F&V event should submit this form to the Event Organiser [at the time of event entry], so that the Event Organiser can override the on-line entry membership requirement

<i>Coach / Gymnasts name:</i>	
<i>Club:</i>	
<i>BG number :</i>	
<i>Coach / Gymnast's coaching qualification &amp; level:</i>	
<i>Supervising Coach name:</i>	
<i>Event category to be entered:</i>	
<i>Signed :</i> <i>Date:</i>	
<i>Club email address:</i>	
<i>GfA Chairman response:</i>	
<i>Signed:</i> <i>Date:</i>	

Complete form and return by event entry closing date to: [gfachair@london-gymnastics.co.uk](mailto:gfachair@london-gymnastics.co.uk)

[Appendix 2]

## TRANSFER FROM OTHER DISCIPLINES

Requests may be made for former NDP Gymnasts to transfer into the GfA programme.  
Inclusion will be considered on an individual basis

<i>Gymnasts name:</i>	
<i>Club:</i>	
<i>Past club [if applicable]</i>	
<i>Supervising Coach name</i>	
<i>Current NDP gymnastic discipline:</i>	
<i>Level of competition: Medals won: Number of years competing:</i>	
<i>Date &amp; result of last competition:</i>	
<i>Intended GfA level:</i>	
<i>Reason for transferring to GfA:</i>	
<i>Signed : Date:</i>	
<i>Club email address:</i>	
<i>GfA Chairman response:</i>	
<i>Signed: Date:</i>	

Complete form and return as soon as the gymnast indicates that they wish to transfer to GfA to: [gfachair@london-gymnastics.co.uk](mailto:gfachair@london-gymnastics.co.uk)

[Appendix 3]

## **DISABILITY/ ADDITIONAL SUPPORT**

Clubs must inform the F&V Event Organiser of any gymnast with conditions or additional needs requiring special consideration at an event

GfA will make the necessary adjustments, where possible, to cater for the additional needs of each gymnast.

<i>Gymnasts name:</i>	
<i>Grade / Regional level:</i>	
<i>Category code:</i>	
<i>Club:</i>	
<i>Supervising Coach name</i>	
<i>Nature of disability / Special needs</i>	
<i>Additional support/ accommodation/ adjustments / consideration required:</i>	
<i>Signed : Date:</i>	
<i>Club email address:</i>	
<i>Disability representative response:</i>	
<i>Signed: Date:</i>	

Complete form and email to the GfA disability representative on the technical committee  
[gfadisability@london-gymnastics.co.uk](mailto:gfadisability@london-gymnastics.co.uk)

[Appendix 4]

## INQUIRIES

Coaches may not approach the judges to discuss gymnast's scores  
Accredited supervising coaches may submit a written inquiry, [together with a fee of £25.00]  
for their own gymnasts, in accordance with FIG regulations. Only the difficulty score may be  
questioned. Video or photographic evidence will NOT be accepted.  
The inquiry decision of the Appeals Panel/Superior jury is final.

Should the inquiry be upheld, the fee will be returned to the club.

<i>Gymnasts name:</i>	
<i>Grade / Regional level:</i>	
<i>Category code:</i>	
<i>Club:</i>	
<i>Supervising Coach name</i>	
<i>Awarded score</i>	
<i>Difficulty score</i>	
<i>Outline of Inquiry:</i>	
<i>Signed :</i> <i>Date:</i> <i>Time:</i>	
<i>Club email address:</i>	
<i>Receipt of £25.00</i> <i>Signed:</i>	
<i>Appeals panel /Superior jury</i> <i>response</i>	
<i>Appeal up-held</i>	
<i>Appeal not up-held</i>	
<i>Signed:</i>	

Complete form and return to the Judging Coordinator on control table, with a fee of £25.00

[Appendix 5]

## CLOTHING MODIFICATION FORM

Requests may be made to adopt reasonable clothing modifications.  
Clubs must inform the F&V Competition Organiser of any gymnast with a request for clothing modification

<i>Gymnasts name:</i>	
<i>Grade / Regional level:</i>	
<i>Category code:</i>	
<i>Club:</i>	
<i>Supervising Coach name</i>	
<i>Outline of Clothing Modification request:</i>	
<i>Signed :</i> <i>Date:</i>	
<i>Club email address:</i>	
<i>GfA response:</i>	
<i>Signed:</i> <i>Date:</i>	

Complete form and email to the GFA Chairman at the time of event On-line entry  
[gfacomp@london-gymnastics.co.uk](mailto:gfacomp@london-gymnastics.co.uk)



*[Appendix 6]*

**EVENT FEEDBACK FORM**

Constructive feedback is welcomed and may be emailed to London Gymnastics within one week post event

<i>Name:</i>	
<i>Club:</i>	
<i>LG club number:</i>	
<i>Club email address:</i>	
<i>Position:</i>	
<i>Feedback:</i>	
<i>Signed :</i> <i>Date:</i>	

*Complete form and return to the GfA technical committee within one week post event*

[gfacomp@london-gymnastics.co.uk](mailto:gfacomp@london-gymnastics.co.uk)

[Appendix 7]

## **London Gymnastics Volunteering Agreement**

Between

### **LONDON GYMNASTICS TECHNICAL COMMITTEES**

and

**VOLUNTEERS** (*referred to as "you"*).

This Volunteering Agreement tells you what you can expect from the Technical Committee and what the Technical Committee hopes to gain from you.

As a volunteer you will not receive any remuneration, benefits or other allowances in respect of volunteering other than the reimbursement of your expenses, and refreshments

### **What the Technical Committee will provide**

#### **Induction and Training**

The Technical Committee will provide you with a thorough induction to the Technical Committee's work, and provide any relevant training required to meet the responsibilities of your volunteer role.

#### **Supervision and Support**

The purpose of supervision and the support provided to you is as follows:

- To explain the standards the Technical Committee sets for the service(s) and to support you in achieving and maintaining these standards.
- To provide a named point of reference for you in the fulfilment of your role, who will meet with you regularly to review and discuss your role as a volunteer.
- To help you develop in your volunteering role.
- To enable you to develop positive, constructive working relationships with any employees.

#### **Expenses**

To reimburse expenses in relation to travelling expenses in accordance with the Expenses Procedure, a copy of which is available you.

#### **Health and Safety**

To provide you with adequate training in support of the Technical Committee's health and safety policy, which can be located on the LG website.

#### **Insurance**

To provide adequate insurance cover for you whilst undertaking voluntary work that is approved and authorised by us. This includes cover for you to drive Technical Committee vehicles but does not include either vehicle or contents insurance for private vehicles.

## **Equal Opportunities**

To ensure all volunteers are supported in accordance with the Technical Committee's Equal Opportunities Policy a copy of this policy will be provided to you.

## **Concerns**

If you have any concerns or issues during the course of your voluntary activities the Technical Committee will seek to resolve these. You should initially raise such concerns with a member of the Technical Committee. If your concerns are very serious please have reference to the complaints and Disciplinary Procedure or the whistleblowing Policy.

## **Volunteer Agreement**

The expectations in relation to your volunteer work are that you will:

- perform your volunteering role to the best of your ability;
- provide your services to agreed standards;
- follow the Technical Committee's policies and procedures, including health and safety and equal opportunities;
- maintain the confidential information of the Technical Committee and its clients to which you will have access during the course of your volunteering;
- provide suitable agreed personal referees who may be contacted and to agree to any other necessary checks being carried out;
- if you use your own vehicle when carrying out your volunteering role, to ensure that your vehicle is properly taxed and appropriately insured for such use.
- give reasonable notice to the Technical Committee when you are unable to volunteer your services for any reason to enable the Technical Committee to make alternative arrangements.

## **General Statement on Volunteering**

Volunteers are an important and valued part of the Technical Committee. We appreciate you volunteering with us and we will do the best we can to make your volunteering experience an enjoyable and rewarding one.

## **Acknowledgement**

You acknowledge receipt of this Agreement and agree to provide voluntary services and to comply with all the Technical Committee's operating procedures and the standards required of you during the course of carrying out your volunteering role.

You also agree to maintain all the confidential information of the Technical Committee and its clients both during and after the termination of your volunteering role.

For the avoidance of doubt, this agreement is binding in honour only; it is not intended to be a legally binding contract and is not intended to give rise to a relationship of employer and employee.