

General Gymnastics Etiquette

The following rules apply to all LGFGGTC Competitions

Competition Entry Forms

Entry forms may be e-mailed in advance but ALL details and finances, including judges' nomination fee, must be with the competition organiser no later than the closing date (NO EXCEPTIONS). Entries that are not completed in full on the form will have their entries returned to the club and will not be accepted. There are no refunds for incorrect entries or withdrawals. Only coaches nominated on the entry forms will be allowed in the arena on the day.

Coaches Qualification and Licences: Coaches must hold an appropriate qualification to coach the moves being performed; hold an LGF Licence and BG membership, before the closing date of the competition.

At all competitions both cards must be produced at Registration and throughout the competition if asked for by the competition officials. Failure to do so will result in the coach not being allowed into the arena which therefore may result in gymnasts being disqualified.

One Licenced UKCC Level 1 or ACC coach can sit with a group but must not coach. They must not be left alone or in charge at any time, including in the warm up area. The Level 2 or above must be with the gymnasts at all times.

Clothing and dress for coaches:

Coaches must wear suitable club identifiable clothing at competitions i.e. Club Tracksuit, Jogging Trousers, T Shirt, Sweat Shirt and trainers. Please do not take bags into the arena. Outside footwear, Watches, Vests and Hooded tops will NOT be accepted in the arena. Long hair must be tied well back and all jewellery (except a flat wedding band) must be removed before entering the warm up area.

Coach and Gymnasts Behaviour and Judges

Coaches who are Level 2 or above are responsible for their gymnasts and junior coach's behaviour. Coaches requiring clarification on scores must go to the Competition Organiser first and must not approach the Judges direct or the score table. The Judges decision is final no appeals allowed. Coaches are not permitted to use mobile phones or any filming device in the arena except for presentations.

Nominated judges are asked to wear smart attire such as a navy/black suit and white shirt & tie.

Gymnasts and Spectators

Gymnast must sit correctly with their coaches at all times. No eating, chewing or drinking, except water, in the arena except the officials. Gymnasts are not allowed to leave the arena without the Head Judge or Competition Organisers permission, nor are parents allowed to come to their child at any time, including the warm up area. Parents or club officials are not allowed to approach the judges, score table at any time. Failure to comply with these rules will mean that the gymnast will be disqualified immediately and will be asked to leave the competition.

Gymnasts Clothing

Female Gymnasts: Leotard, matching shorts if required. Hair must be tied well back, no socks.

Male Gymnasts: Male leotards and gymnastics shorts.

No unitards, long trousers or singlet vest or football shorts (a deduction will be given for incorrect dress by the vault judge).

Music

Where music is used which is considered "illegal" the whole floor routine will be marked as void.

Photography

Photography is now permitted but only from the official seating/viewing area. Video's of other clubs gymnasts are not permitted as this is a child protection issue. Flash must be switched off.

General Rules

Everyone must treat the venue with respect with regard to eating and drinking and disposing of rubbish. Due to Health and Safety, Prams and Buggies etc will not be allowed in to the spectator's space. Children in the spectator's area must not be allowed to run around the seating area or venue. Seats must NOT be reserved for gymnasts or small children by coats or bags, as adults have paid a spectators fee to get in and expect a seat.