

# ACROBATIC

## Discipline and Competition Handbook

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### Section 1 - Version History

The Acrobatic Technical Panel (ATP) reserves the right to make amendments to this handbook.

Notification of a change to the handbook will be communicated through the Welsh Gymnastics website and an updated version will be made available to download at the time of change.

Version	Summary of Changes	Document Status	Date
Version V1	Complete	DRAFT 1	17/10/2019
Version V2	Various from feedback from TP	DRAFT 2	08/01/2020
Version V3	Sent to clubs	LIVE	31/01/2020

Approved by	Owner	Dept	Date
MARIA GAYNOR	Acrobatic Technical Panel	Non-Olympic Discipline	31/01/2020

Any enquiries should be addressed to one of the following (depending on the query), using [maria.gaynor@welshgymnastics.org](mailto:maria.gaynor@welshgymnastics.org)

Acrobatic Technical Panel Lead – Maria Gaynor [maria.gaynor@welshgymnastics.org](mailto:maria.gaynor@welshgymnastics.org)

Competition Queries - Acrobatic National Competition Organiser/Technical Lead – Lisa Thomas

Lead Acrobatic Squad Coach: TBC



## **Section 2 – Welcome Statement**

Welcome and thank you for reading the 2020 Welsh Acrobatic Handbook. I am pleased to share with you the fabulous news that Acrobatic Gymnastics in Wales is doing exceptionally well, increasing at every level, with gymnasts competing along all stages of the competition pathway.

Our Elite level acrobatic gymnasts are competing for team GB at the highest level possible with our most successful trip competing at Europeans in Israel in October 2019. Last year (2019), together with English, Scottish, NI, British Gymnastics and Gymnastics Ireland we were part of the very first Home Nations competition which gave our younger Acrobatic gymnasts the opportunity to experience a full British Home Nations International Competition and to compete for their country in the most prestigious way. Wales as a team did extremely well with a massive number of individual medals and as team placing second overall.

Our Acrobatic Squad systems has just gone through a review and will be re-structured in 2020, with an agreed new squad criterion, which will give us a more coherent and stronger Elite Home Nations Squad. Area squads will be re-introduced with Lisa Thomas leading in the South Area and Debbie Lavender leading in the North Area.

The handbook will be updated as the British Gymnastics Technical Committee make changes to the Acro Gymnastics landscape, we will release a new handbook after every change incorporating the changes.

The Technical Panel and I are looking forward to a successful period in the run up to the new cycle and look forward to helping to make Wales successful and a discipline that the rest of our gymnastics community can look to as leaders in our field.

Yours in Sport

Maria Gaynor  
WG Funded Disciplines

**Section 3 - National Competition Calendar – All Dates are subject to change and venue confirmation**

Event	Date	Venue
FIG Acro Championships	26 <sup>th</sup> January 2020	West Street GC
Welsh Acro NDP Championships	21 <sup>st</sup> March 2020	Sports Wales, Sophia Gardens
Pat Wade	15 <sup>th</sup> /16 <sup>th</sup> February 2020	Fenton Manor, Stoke on Trent
British NDP finals	16 <sup>th</sup> /17 <sup>th</sup> May 2020	Fenton Manor, Stoke on Trent
Southampton Regional	2 <sup>nd</sup> /3 <sup>rd</sup> May 2020	Southampton
British Championships	30 <sup>th</sup> July – 2 <sup>nd</sup> August 2020	Liverpool
Welsh FIG Championships	11 <sup>th</sup> October 2020	Saltney Gymnastics Club



#### **Section 4 – Acrobatic Competition Protocol and code of Conduct**

Competition Year: 1<sup>st</sup> January 2020 – 31<sup>st</sup> December 2020

#### **Health & Safety**

The safety of all participants is the primary consideration, at all events. This will include gymnasts, coaches and officials. All BG policies and procedures will be rigorously applied with regards to health, safety and welfare and child protection. In 2020 the accreditation of officials (coaches, volunteers, WTC, judges) will be enforced and any coaches who do not have appropriate insurance, DBS or safeguarding in place will not be permitted entry onto the competition area. Please note that this extends to those who breach the rules set out within this Handbook. Clubs should prepare for this and are asked to ensure that coaches representing their clubs are familiar with the content of this Handbook.

Coaches are reminded of their responsibilities in relation to the safety of their gymnasts. In the competition environment this will specifically include ensuring the gymnasts are adequately prepared (physically and psychologically) for performing their routines in a competition situation.

It is the Head Judge's responsibility to ensure that the apparatus is the correct specification.

#### **Competitions**

Please note that the event timings/days that are provided on the entry form are subject to change and will be dependent on the number of gymnasts that enter the competition. In order to maintain a regulated competition, the ATP reserves the right to change the working order and/or time of commencement of the competition round. All gymnasts must register by the advised time and remain in the venue until they have competed.

- Only the Floor Manager should approach the Top Table during the competition.
- All coaches and gymnasts must be members of Welsh/British Gymnastics
- In an individual competition one coach per gymnast is allowed from any two nominated, male or female. We would ask that not more than one coach accompanies an individual gymnast.

At an Area Qualification competition or Welsh competition, the ATP and/or nominated Floor Manager will be responsible for the implementation of the rules included in this Handbook. Should a coach be deemed to be dressed inappropriately or not abiding by the rules included in this handbook (for example, regarding sportsmanship / use of mobile

phones), they will be asked to leave the Competition Arena. Clubs should consider this when planning for the event.

Should at any time during a competition, a Head Judge or National Coaching Team member, believe the elements performed, put the gymnast at risk, they will intervene and make a decision on whether the gymnast is capable of performing the skill / routine. A review and discussion with the personal coach and/or club will take place post competition to ensure the safety and well-being of all gymnasts is paramount and a plan will be made moving forward.

### **Competition Attire**

- All gymnasts and coaches must march on in competition attire. Club, Regional kit must be worn, to ensure that all clubs are clearly identifiable.
- Jewellery, body piercing and similar adornments are not allowed. Coaches will not be allowed on the competition floor if wearing jewellery (ear studs are permitted, wedding rings if taped up). Exceptions are as per BG Body Piercing and Adornments Policy, but individual cases will be reviewed separately.
- Chewing gum is not allowed at any phase of the competition, including the opening ceremony, presentation of the awards or closing ceremony.
- 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.
- As per BG protocol, coaches should be in full length tracksuit bottoms, polo shirt / t-shirt and trainers or similar. Coaches will not be permitted onto the competition floor if they are not dressed appropriately (as set out in this section).
- All shoulder length hair must be tied back.
- Coaches will not be permitted onto the competition floor if they are not dressed appropriately (as set out in this section).

Gymnasts must wear either club or region competition attire (dependant on the competition status), with leotard.

### **Competition Apparatus**

Unless otherwise stated, the equipment at ATP competitions will be to current FIG specifications;



### Competition Entries

- Entries must be completed via GymNet. A link will be sent to all clubs by Welsh Gymnastics staff.
- Please note that changes to nominated team members will not be made less than two weeks prior to any event, changes after this time must be made in email / writing to the WG office as an “amendment to the entry form”.
- Entry forms must be accompanied by entry fee (stated on the Gymnet system). Where payment is required any other way, cheques should be made payable to Welsh Gymnastics. Should a refund be required for any reason, this must be requested and processed prior to the event. For more information please see Maria in the Welsh Gymnastics office.
- Late entries - Entries must be received by the closing date and late entries will be charged at triple the entry fee. There may be instances when the Technical Panel will be called upon to use their discretion regarding late entries.
- Acceptance of entry will be subject to the club having current Welsh membership.
- Please note the following membership requirements, in line with British Gymnastics rules:
  - Any competition leading to a British Competition (ie: NDP's) will require **silver** membership, this is stipulated by British Gymnastics.
  - All other acro competitions will require a minimum of bronze competitive unless otherwise stated on the entry form.

No GymNet entries will be accepted without a nominated volunteer. Volunteers / clubs will be allocated a role for the day of the competition and this will be communicated via the Competition Organiser. It is the responsibility of a club to communicate this with their nominated volunteer. If a club or area's volunteer (or an appropriate replacement) does not attend on the day of the competition, then a fine of £50 will be applied. Volunteers must also be available to assist the whole section of competition assigned – should the volunteer leave part way through (without prior notice given), the fine will be applied to the GymNet shopping basket via the Welsh Gymnastics office staff.

If a club enters a gymnast into an event, they are assumed to be confirming that the gymnast is eligible to compete (according to the rules in place). Should a gymnast be deemed





ineligible prior to the event, the gymnast will not be permitted to compete, and the score will not stand (if the competition has begun). A refund will not be permitted.

### **Judging Provision**

Clubs and Areas entering competitions are required to nominate and supply a judge or judges for the days on which their gymnasts are competing. If a club or region's competitors cover various age groups which cover more than one day, it will be necessary to provide a judge for each day of their competition. The number of judges required is as below:

1 – 10 partnerships – 1 judge per whole day

11+ partnerships – 2 judges for whole day

If the club cannot provide a judge, that club may not enter the competition. If a club provides one judge, then the club may enter up to 16 gymnasts across the event groups. If a club provides more than one judge, proportionately more gymnasts may be entered. No GymNet entries will be accepted without a nominated named judge. Clubs will have to limit their competitors if they do not have enough judges.

Should a nominated judge (or appropriate replacement) fail to attend the nominated event, a £100 (per day) fine will be applied. Judges must also be available to judge the whole day of competition – should the judge leave partway through the fine will be applied to the GymNet shopping basket via the Welsh Gymnastics office staff.

These rules have to be enforced to ensure that all competitions can run. It is important that we have club judges and also sufficient numbers of regional (or higher) judges at each competition to ensure fairness and expertise to recognise the work that our gymnast and coaches are producing. Areas need to ensure that this stipulation from BG is met when holding area grades competitions. Clubs need to be mindful of this when entering judges. In the case that Welsh Clubs or Welsh Gymnastics cannot provide the relevantly qualified judges Welsh Gymnastics reserve the right to bring in outside, Non-Welsh judges from other regions.

### **Video, Film and Photography**

Accredited photographers may be present at WG events and will be made known to the audience. WG may publish images. By entering an event, there is an acceptance that the participant may be photographed, and the photographs may be published.

Any person wishing to use video, film or take photographs must abide by the BG Photography at Gymnastics Events Policy. Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial



use, or publication in printed or electronic form, such as on websites. Clubs may publish some photos, but this may only be done in accordance with British Gymnastics Child Protection Policy.

Flash may not be used at any time while gymnasts are warming up or competing.

If you have concerns about the identity or actions of any photographer or if you believe that and unsuitable photos are being taken, you should report your concerns to the WG appointed Welfare Officer at the event.

As taken from the British Gymnastics ATP Handbook: 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, to make calls, take photographs or be used for other forms of communication in the main arena during the event. Such mobile devices may only be used for monitoring scores and results, where the BG Score App is in operation. It will be part of the role of the Floor Manager to monitor this area. Any coaches who are identified as filming their gymnasts' performances from the competition floor or using their devices in an inappropriate manner will be asked to leave the floor.



## **SQUAD AND COMPETITION CODE OF CONDUCT**

### **Standards of Conduct for Gymnasts, Coaches and Club Officials**

#### ***Coaches and Club Officials***

Individual Coaches and Club Officials are responsible for ensuring they conform to the standards of conduct, behaviour, equality of treatment, etiquette and good manners specified in not only these Standards but also any additional Standards of behaviour that are detailed by British Gymnastics, as the Governing Body of Gymnastics, which all Gymnastics Regions, Clubs and Home Nations operate.

#### **Coaches and Club Officials shall:**

1. Ensure they attend all squad sessions and fully engage with the lead coach in charge of running the session. Without prior consent, failure to attend could result in your gymnast(s) being asked to leave the session. This is due to the safety and well-being of other gymnasts who may be in attendance and the health and safety policy which can be found on the Welsh Gymnastics website. This policy clearly states the gymnast to coach ratio and in accordance to these numbers squad sessions will be conducted as such.
2. Not consume alcohol before or whilst coaching at the either competition or squad sessions. Welsh Gymnastics would also recommend that no consumption of alcohol be undertaken if, as a coach official you are driving your gymnasts to the squad session the morning after.
3. Not smoke in front of or, in the vicinity of gymnasts, or whilst wearing any Welsh Gymnastics apparel or kit. Failure to uphold this or point number 2, will result in the individual being asked to leave that competition/squad session and their position, as coach or gymnast, in future squad session will be discussed in length with Welsh Gymnastics staff.
4. Fully engage with and partake in learning from the lead coach of the squad sessions. Squad sessions are put on to encourage the gymnast's development, discipline development and coach development.
5. Not discriminate against any individual or group of people as a direct result of the club they are members of or towards any subsequent coach or official from any club. It is expected that coaches behave in an appropriate manner, supporting and being supportive of all gymnasts and peers.

6. Only coach within their qualification or within the remit of any course/CPD that is currently being taken and worked towards. Gymnasts entries into competition should reflect coaches' current qualifications.
7. Unless used as a specific tool for to aid the session, mobile devices are not permitted into the gymnastics arena, and in accordance with the venue health and safety policy.
8. Correct and appropriate use of social media is to be adhered to, and incidents that brings the name of the squad or Welsh Gymnastics into disrepute will be a concerning break of the code of conduct and acted upon appropriately.

By attending competition and squad sessions, we will assume you agree to these points and act in accordance to them.

#### **Gymnasts shall....**

The gymnast is required to adhere to set level of behaviour and standards which have been agreed by the technical panel and the management at Welsh Gymnastics.

1. Successful and selected gymnasts are expected to attend all squad sessions. If they are unable to attend, prior notice must be given to the WG representative, who will inform the lead coach. If a gymnast fails to make contact and then subsequently fails to attend their squad session, they could face de-selection and potentially risk their place in squad being offered someone else.
2. During the squad sessions all gymnasts are expected to treat the Lead and Assistant Coaches and any subsequent chosen coaches with respect. Gymnasts will be expected to engage in activities, conditioning, and all training programmes set out by the lead acro coach. At no stage will disrespect be tolerated and any behaviour deemed unfit or unsuitable for the session, will result in that gymnast being asked to immediately leave the session and the gymnast will be issued with a card, as per the card system which can be viewed at the end of the document.
3. The Squad sessions are the ideal opportunity for gymnasts to train with other coaches and gymnasts that perhaps do not attend their club, region or area. Gymnasts are expected to make the most of these opportunities and to engage and act appropriately.
4. Gymnasts will be expected to wear their squad leotards to ALL squad sessions, and club leotards to all competition. The squad kit will be reviewed every year, in terms of additions to kit and not changes.

5. Gymnasts are expected to arrive in plenty of time for the competition/session start, with the appropriate club/regional clothing.
6. Unless used as a specific tool to aid the session, mobile devices are not permitted into the gymnastics arena.
7. Correct and appropriate use of social media is to be adhered to, and incidents that brings the name of the squad or Welsh Gymnastics into disrepute will be a concerning break of the code of conduct and acted upon appropriately.

This system will be implemented at the next squad session/Welsh Championships 2019, if a coach or gymnast's behaviour is seen to be outside of the required behaviour criteria, detailed above, they will be issued with a yellow card which will be kept on file, if an individual is issued with two yellow cards then a red card gets issued and the individual will be asked to leave the Competition/squad session until a formal investigation can be carried out.

<b>YELLOW 1</b>	First offense - as detailed in the code of conduct
<b>YELLOW 2</b>	Second offense - as detailed in the code of conduct
<b>RED CARD</b>	Results in Gymnast/Coach/Club Official being asked to leave the competition/squad system until further notice. If this happens and there are subsequent safeguarding issues all the appropriate actions necessary to the offence will be taken.

Finally, we would expect everyone who attend and competition/squad sessions to be mindful of their surroundings and at no time to bring the name of Welsh Gymnastics or their club into disrepute by behaving inappropriately towards fellow gymnasts, Coaches, Officials or Parents.



### **Section 5 – National Development Programme**

Clubs should also check that gymnasts hold the correct insurance to take part in any acro event. There is information in the Competition Entries section of this handbook – for more information please liaise with the Welsh Gymnastics office.

### **Section 6 – FIG/Elite level Acro Gymnastics**

For further information on the FIG/Elite level competitions pathway please see the link below:

<https://www.british-gymnastics.org/technical-information/competition-handbooks/acrobatic/10939-acrobatic-gymnastics-competition-handbook-2020-v1/file>



### **Section 8 - Welsh Squad and Area Squads**

Welsh Acro Squad (Home Nations Squad) will be run between 2 and 4 times a year. One session will be held at Saltney Gymnastics in North Wales and one will be run out of West Street Gymnastics Club in South Wales (Dates TBC). Our Welsh Squad will be made up of gymnasts competing at the FIG/Elite level within Wales and GB and gymnasts within this squad will be “in age” in their respective competing levels.

Area squads will be run in both the North and South, these are called Area squads NOT North Wales or South Wales Squads. These squads will be run by Lisa Thomas (Senior Lead) & Sophie Bevan (Junior Lead) – South and Denise Bayley (Senior Lead) & Debbie Lavender (Junior Lead) – North. Squad criteria and training session will be discussed and agreed between the two lead coaches and communicated to the Welsh Gymnastics lead. Gymnasts from this squad will be chosen from a trial and an agreed level of achievement. North area and South area squads will train once a month. These squads will be self-sufficient, and funds raised by the Areas will be used to finance venue hire and coach reimbursement.

Only gymnasts from the Welsh Squad and invited area squad gymnasts will be eligible to represent Wales at International Level. Any selection will be made via a specific trial.

Clubs are only eligible to compete abroad if the Welsh Squad teams are not competing in/at and at the agreement of Welsh/British Gymnastics. Clubs must fill in the relevant forms and paperwork. There must however be no mention of Welsh or Welsh Gymnastics in any of their team and no stage must they wear either Welsh Kit or any kit that can be construed as being a Welsh team. Club kit MUST always be worn.



### **Section 9 – Eligibility**

#### Eligibility

In order to be considered for selection for any Welsh National Squad/Home Nations structure, or participate in the Welsh Championships (closed) gymnasts must meet and provide proof of the following:

- Must be born in Wales
  - or
  - Their mother, father or a grandparent must have been born in Wales
  - or
  - They must have lived in Wales for a period exceeding 48 months prior any selection / event
- 
- They must be a member of a WG/BG registered club with appropriate membership
  - They must not be under disciplinary or suspension
  - They must not have any fees outstanding to WG i.e. membership fees, that are deemed outstanding without good reason.