



Welsh Gymnastics
Gymnasteg Cymru



Event Handbook

WELSH GYMNASTICS
GYMTASTIC EVENT



Purpose

“Opportunities for all: to perform, enjoy and shine”



The Welsh Fun4All Event scheme of work is a pilot to increase participation at a regional level and to provide enjoyable opportunities to recreational level gymnasts, coaches and parents



Aspirational

We are ambitious and inspire each other to achieve our personal best.



Nurturing

We are a community which is safe, fun and inclusive; we use our voice and are empowered to realise our full potential.



Accountable

We have integrity and are always improving, with our community at the heart of our decision-making.

The Gymnastics for All Technical Panel (GFA TP) reserves the right to make amendments to this handbook.

Notifications of any changes to the handbook will be communicated to clubs through the Welsh Gymnastics website and an updated version will be made available to download at the time of change.

Any enquiries regarding events should be directed to one of the following:

Welsh Gymnastics Events Team
competitions@welshgymnastics.org

GFA TP Panel Lead
Maria Gaynor
maria.gaynor@welshgymnastics.org

GFA TP Judging Lead
Harri Pugh

GFA TP Discipline Representatives
Jazz Tredinnick - Kathryn Griffiths

Section 1 - Participant Eligibility

All participants must hold a valid Welsh Gymnastics Bronze membership.

Participants must be of recreational level and be training between **45 minutes to 90 minutes per week.**

Section 2 - Event Apparatus

- Trampoline
 - Free standing trampoline
- Beam
 - Bench for Level 1 participants
 - Beam (100cm) for Level 2 participants
- Single Wooden Bar (UB)
 - Low or high bar dependent on participant preference/needs
- Vault
 - Mini springboard available to 5/6/7y participants
 - 60cm block vault
- Floor
 - 12m Floor strip
- Rings
 - Ring extensions suspended from MAG Horizontal Bar

Section 3 - Event Scoring

Specific Event Considerations

This event will follow a positive scoring system that differs from that of the traditional deduction-based scoring system found in gymnastics competition.

Participants must complete a minimum of 4 routines across the 6 available apparatus

Participants may only complete one level per event.

Scoring System

Participants will be scored on each routine performed using a tick box system.

Each apparatus will be scored out of 20. The score will consist of four considerations varying for different apparatus.

These scores will then be averaged to form a final score out of 20 total marks.

Section 4 - Judging

There are no formal judging requirements for this type of event as there is no formal competition format.

Clubs are required to nominate and supply a person or people for the

day(s) on which their gymnasts are participating. If a club's participants are attending on multiple days of the event, the club is required to provide a person or people to satisfy the event requirement which is determined based on numbers at the point of entry. The number of people required is as below:

- 1 – 15 participants entered
 - 1 person for one whole day
- 16–31 participants entered
 - 1 person for two whole days, or 2 people for 1 DIFFERENT whole day each
- 32+ participants entered
 - 3 people across both days (e.g. 2 people on day 1, 1 person on day 2)

Nominated people must all have appropriate Welsh Gymnastics registrations & safeguarding documents. Failure to comply will result in the nominated person(s) to be refused entry to the event floor and subsequent fines for failure to supply nominated person(s)

Section 5 - Club Officials Requirements

Each club will be required to supply coaches/sports leaders to manage participants from their own clubs.

Each club must nominate a **suitably qualified lead coach** (Level 2+ or Gymnastics Activity Instructor) to attend on each day of the event in which they have participants involved.

Clubs may satisfy the need for officials by use of qualified sports leaders. Lead coaches will be fully responsible for the actions and conduct of these sport leaders and may oversee up to four sports leaders per Level 2+ coach. Please see the below example of how coach requirement can be satisfied in line with participant numbers.

The below is an example and is not exhaustive:

- 1 – 15 participants entered
 - 1 lead coach
- 16–31 participants entered
 - 1 lead coach & 2 sports leaders (or two Level 2+ coaches)
- 32+ participants entered
 - 1 lead coach & 3+ sports leaders

Official Coach : Participant Ratio

Lead Coach 1:16

Assistant Coach/Sport Leader 1:8 (under supervision of lead coach)

Section 6 - General Rules

Safe Environment Guidelines

This event will follow the **Safe Environment Policy** which can be found at <https://www.welshgymnastics.org> > Policies > Safe Environment Policy.

One Level 2 will be able to oversee/be responsible for **four sport leaders** on the event floor reducing barriers to entry for young/aspiring coaches to be a part of this event and gain valuable experience.

Event Entry Policies

All entries must be received no later than 18/08/2025 via the Sport:80 entry portal unless there extenuating circumstances.

For 'Judging' requirement please refer to section 2.

Clubs are required to nominate an appropriate number of officials in line with the number of entered participants. **Please refer to Section 3 for required number of officials : participants ratio.**

Appropriate Attire Guidelines

Appropriate attire must be worn to comply with safety regulations. e.g. Overly loose clothing must be able to be tucked away.

Where appropriate, long hair must be able to be tied up.

For all events held by Welsh Gymnastics, excluding Welsh Championships, no attire deductions will be taken.

All other Welsh Gymnastics attire policies will be upheld at this event.

Officials will award a score of:

Brilliant (B) - 1 point

Super (S) - 3 points

Glorious (G) - 5 points

for each of the four tickboxes

Scoresheet:

Name:

Apparatus:

Consideration	B	S	G
Height/Flight Time			
Overall Artistry			
Shape Aesthetics			
Routine Accuracy			
Total	16/20		

15 - 20 Points

9 - 14 Points



**Super
Silver**



**Glorious
Gold**

1 - 12 Points



**Brilliant
Bronze**

The above will be awarded based on the average scores accumulated across the apparatus