

Sussex Championships 2019



Rule Pack

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Introduction

The Sussex Championships 2019 will be held at Triangle Leisure Centre on 21st-22nd September 2019. All clubs affiliated to Sussex Gymnastics are eligible to enter.

Keep looking at the Sussex gymnastics website (www.gym-sussex.org.uk/champs) for information. Any updates to rules, timetables and so on will be posted there; it is your responsibility to keep checking. A copy of this document will be available for download from the Sussex Gymnastics website should you need a copy.

Dates

Please read the dates carefully to ensure you understand when things will happen.

Closing date – Friday 16th August 2019, 6:00pm

The closing date applies to all disciplines. This is as late as we can make it. Late entries will only be considered on receipt of double the entry fee. Even in this case, late entries will only be admitted if there is space to accommodate them without re-arranging the running order. Incorrect or incomplete entries will not be accepted. Gymnasts will not be allowed to move from one category to another once entries have been submitted. If you are posting your entry you should allow an extra 3 days for your entry to arrive.

Pre-Competition Meeting - Monday 2nd September 2019 - Plough Inn, Pyecombe 8.30pm

This will involve the Sussex chair and discipline reps primarily. Job allocation will occur at this meeting with clubs then being notified.

Return trophies – Monday 9th September 2019

All clubs must return their trophies to your discipline rep before this date. You can do this through the club at which your discipline representative is based. Trophies must be returned on time, engraved, and in good condition, ready to be presented. If trophies are not returned, or if they are returned late, the club responsible will be billed for the trophy's replacement. Any such bills must be paid before the club's gymnasts can compete.

A list of last year's trophy winners is included with this Rule Pack.

Sussex Qualifiers

As this is an open competition, there is no way to be sure, of how many entries will be received in each category. If the number of gymnasts entering this event increases, it may make it necessary to limit numbers in some categories. We will run a qualifier competition for any category that is too large. This process will be extended to **all** disciplines and categories as necessary. All gymnasts entering the Sussex Championships, regardless of the discipline or category they have entered, should be prepared to attend the qualifier event.

Notice of those gymnast required to enter the Qualifiers will be sent to all entered clubs soon after 17th August 2018.

Please note that there will be no spectators at this event and there will be no medals presented.

Music dead-line

All music will be submitted electronically once the entry date has closed and they have created a list of entries. Details of how to do this will be sent directly to competing clubs.

Sponsorship

The competition is very expensive to run. Sponsorship is essential to allow us to run this weekend event in its current form. Maybe someone would like to donate a trophy. If you know anyone who is interested in sponsoring the event, then please get in touch with the Competition Organisers.

There will be advertising space in the programme. Any adverts need to be received by Lisa Jestico (Sussex Vice Chair) in their final form (electronically) by 17th August 2019. Perhaps your club would like to place an advert in the programme, or maybe there is a business being run by a parent associated with your club who could benefit by placing an advert.

Photography

DE photography will be the official photographer at the event.

Members of the audience who wish to take photos should ensure they adhere to BG guidelines. These can be found on the BG website.

Jobs

We will allocate jobs and let you know which you have been selected to do when we publish the running order. Please note that we will try and respect your choice of job, but inevitably this will not be possible in all cases.

Your club should perform any job allocated as well as possible. Encourage your parents to get involved. We need to make this year's event as successful as last year. The more people help we get, the easier it all is.

Some of the jobs (notably the door / raffle / registration desk) need a good team of people all day so that the job can be done effectively without being too tiresome for the same few individuals. Please ensure your club allocates enough responsible adults to ensure the job can be performed correctly.

Many of the jobs involve bringing along equipment (e.g. Timers need a stop-watch, score recorders need a pen). Please make sure you have provided everything that is needed. If you're not sure what is needed, find out before the day!

Participation fee

Instead of the extra cheque we have requested in previous years, we are asking each club to add an additional participation fee of £50.00 to their entry. This amount will be returned to clubs following the competition weekend to each club that has helped in the running of the competition to the satisfaction of the organisers.

Rig

We do not expect all clubs to get involved in the rig. The rig will be one of the jobs for the weekend, and clubs who get involved in the rig will not be asked to perform anything else over the weekend. We hope that local clubs will come and help on Friday, leaving the clubs further away to perform jobs on the day. This will increase the work load of the more remote clubs during the competition.

Scoring

There will be a computerised scoring system in place for the day; this means judges can input scores with a direct link to the scoring system. There is therefore no need for a runner as judges input the scores themselves at the desk. If judges feel that a 'secretary' or someone is required for data entry then this may be possible to accommodate by speaking to the discipline rep.

Once the day's competition is complete, the competition organisers will be responsible for checking scores, and making sure awards are given to the correct winners.

De-rig

We still expect all clubs to get involved in the dismantling of equipment on any day they are involved in. This process does not take long if there are enough people, but it soon becomes a massive task if it is left to a few. Please remember; clubs who do not help with the de-rig will forfeit their participation fee.

British Gymnastics Membership

All participants (gymnasts and coaches) must hold the appropriate level of British Gymnastics membership. We will check the BG membership of all participants. If the membership status of a participant cannot be verified, they will have to bring proof of membership to the event in order to enter the venue.

Entries

Entries to this year's competition will be done online.

https://www.gymevent.uk/returns/index.php?evt_id=17

Payment information

Acrobatic Gymnastics entry fee is per person per event.

Acrobatic Gymnastics: £18.00 per person

Floor & Vault: £20.00 per entry

Women's Artistic: £30.00 per entry

Entry fees must be paid via BACS using the following account details:

Account name: Sussex Gymnastics

Sort code: 40-45-32

Account number: 01120352

Reference: Champs 2019

Categories and team name

Ensure each entry is in the correct discipline and has the correct category selected. Entries are sorted each time the entry is saved.

Please enter a team name (if applicable). This only applies to competitions where there is more than one gymnast in each entry, e.g. Team-gym, Acrobatics.

Gymnasts' entry

- Each gymnast should be placed on a single separate line.
- Several pieces of information are required for each gymnast: first name, last name, DoB, BG number.
- Separate each piece of information with a comma.
- You must include all information for each gymnast. If, for example, you don't know a gymnast's BG number, please enter "unknown".
- Some disciplines (e.g. Acrobatics and team-gym) have more than one gymnast in an entry. Ensure these gymnasts are all placed in the same box.
- Save your entry, then view it to ensure you have correctly entered all the details.
- The data will be collected on the closing day. You may edit your entry in any way you like until then.

General Rules

Rules and regulations are there to make competitions easier for gymnasts, coaches and officials and it is essential that everyone co-operates by adhering to them.

1. Where not stated, national rules apply.
2. All clubs wishing to enter are responsible for ensuring they have obtained entry forms and returned them by the closing date.
3. In all competitions the final decision, including the competition working order, rests with the relevant Sussex Technical Committee chairman.
4. Times advised for registration of gymnasts must be strictly adhered to. Coaches may not register gymnasts if the gymnast is not actually in the competition venue.
5. All music will be sent in electronically. Instructions on how and when to upload music will be sent out to clubs following entry

Coaches are responsible for ensuring they have the right to play all music in a public place. The music played at any Sussex Gymnastics competition is covered under a PPL Event Licence and BGA dubbing licence. The PPL licence covers most commercially available music however there are exceptions to this, notably; you cannot use original material from Disney, Andrew Lloyd-Webber and Cirque du Soleil. They are specifically excluded from this agreement and cannot be used under any circumstances. If your music is from reproductions of these artists, you can use the material. For full information regarding this agreement please check out the report on the British Gymnastics website www.british-gymnastics.org under downloads/membership and insurance/PPL Licence.

6. Only officials, gymnasts and nominated coaches involved in the current round are allowed in the competition arena. Competitors are not allowed to leave the competition area without permission from a judge or the competition organiser.
7. Gymnasts are responsible for all their personal items thus ensuring that the competition arena remains tidy and safe. Gymnasts are particularly reminded not to leave their clothing and other possessions lying around the competition hall.
8. British Gymnastics requires all jewellery to be removed during a competition. All gymnasts and coaches must adhere to this rule. Coaches should also adhere to correct dress code as well as appropriate nail length.
9. Coaches of tall gymnasts must make the request to raise the bar at the time of entry. Failure to do so incurs a 0.5 penalty.
10. Clubs are responsible for ensuring participants only perform moves that are covered in their coaches' current qualification.
11. Coaches must ensure gymnasts are eligible to enter the event before submitting their entry. A gymnast's eligibility may be affected by things such as B.G. membership level, training hours and previous competition experience.
12. If gymnasts need a stand in coach, clubs should name the stand-in coach and provide a letter from the stand-in coach indicating their agreement to act in this way. No stand-in coaches are allowed for Acrobatic Gymnastics.
13. Protests must be made in writing with payment of £20.00 through the competition organiser within fifteen minutes of the end of the relevant rotation.
14. Coaches looking for guidance from judges regarding their gymnast's performance may approach a judge after the end of the round.
15. Tie breaker rules will be applied wherever possible. Read the specific rules for each discipline for further clarification. If there is a tie, there will be no place awarded directly behind that place. E.g. Third place will not be awarded if there are 2 or more gymnasts in joint second place.
16. Gymnasts should attend the medal ceremony and should not leave that presentation without authorisation from the Sussex Chairperson/Vice chair or competition organiser. We also ask that the gymnasts are respectful of fellow competitors presentation ceremonies at all times.

Acrobatic Gymnastics

Eligibility

Competitors must hold Bronze BG membership.

Any pair/group who finished in the top three last year cannot compete at the same grade this year (not including FIG levels).

Please note: You are not allowed to nominate a stand-in coach in this discipline.

Categories

Women's Pairs, Mixed Pairs, Men's Pairs, Women's Groups, Men's Groups.

Grade 1 (YoB 2007 to 2010),

Grade 2 (YoB 2006 to 2010),

Grade 3 (YoB 2004 to 2010),

Grade 4, Grade 5, Youth (YoB 2009 and before),

IDP, FIG 10-16yrs, 12-18 yrs, 13-19 yrs.

Pair or groups where one partner or more is older than the age limit of the chosen grade are eligible to enter:

Grade 1 out of age pair/trio

Grade 2 out of age pair/trio

Grade 3 out of age pair/trio

Awards

There will be medals for the first three places at each grade for pairs / groups in Women's, Men's and Mixed.

The "Milano Shield" will be awarded for the highest average pair or group score, across all the grades competed on the day. This will be averaged according to the total for routines and worked out as a percentage of the total score.

To be eligible for medals and trophies, pairs need to achieve a minimum score of 23.00 and groups need to achieve a minimum score of 22.00. Groups or pairs that do not achieve this minimum score will not receive medals or trophies. For grades that require more than one routine, this score must be achieved in all routines.

Trophies for grades, with the exception of the "Milano Shield", will only be eligible to those competitors in the "in age" categories.

Criteria

All routines will be marked according to current national rules.

Routines

Grade 1, 2, 3, 4. Youth: Combined

Grade 5, 6, 11-16 yrs: Balance, Dynamic

Juniors, Seniors: Balance, Dynamic, Combined

Tariff Sheets

All tariff sheets need to be filled in and highlighted using computer tariff sheets.

Judges

All clubs must nominate at least one judge for this discipline for the day. If this is not possible, clubs must speak to a member of the Sussex Organising Committee and explain the reason behind this so other arrangement can be made.

Floor & Vault – Men

Eligibility

Competitors must hold Bronze BG membership.

Gymnasts must satisfy the eligibility requirements set out in the Regional General Gymnastics rules.

Categories

Advanced, Bronze, Silver and Gold levels for both category 1 and 2.

Age categories are 8 & 9, 10 & 11, 12 – 14, 15+.

Awards

Medals will be awarded for the top three places in all competing categories.

The "Ray Peck Shield" will be awarded to the highest floor score of the day in this competition.

Medals will only be awarded to gymnasts who score higher than 12.00 overall.

Criteria

This competition will use the Regional General Gymnastics rules. These are available for download from the 'library' of the gym-sussex website.

Floor & Vault – Women

Eligibility

Competitors must hold Bronze BG membership.

Gymnasts must satisfy the eligibility requirements set out in the Regional General Gymnastics rules.

Categories

Advanced, Bronze, Silver and Gold levels for both category 1 and 2.

Age categories are 8 & 9, 10 & 11, 12 – 14, 15+.

Awards

Medals will be awarded for the top three places in all competing categories.

Gymnasts will also be eligible for the Colin Warner Trophy (awarded to the gymnast with the highest vault score) and the Barclay's Bank Trophy (awarded to the gymnast with the highest floor score).

Medals will only be awarded to gymnasts who score higher than 12.00 overall.

Criteria

This competition will use the Regional General Gymnastics rules. These are available for download from the 'library' of the gym-sussex website.

Women's Artistic

Eligibility

Competitors must hold Bronze BG membership.

Competitors must hold Bronze BG membership. The level entered in the Sussex Championships needs to be done using the scoring system/eligibility being used at the South-East Championships.

These scores are listed with the South-East regional rules 2018.

'FIG Challenge' groups are for gymnasts who are not eligible to compete in the British Championships and are eligible to compete in the Challenge Cup. Gymnasts who are eligible to compete in the British Championships should enter the 'FIG' groups.

Categories

| | | |
|-----------------------------------|--------------------------------------|----------------------------|
| Level 5 modified (YoB 2010-2007) | Level 5 out of age (YoB 2010-2009) | Level 5 in age (YoB 2011) |
| Level 4 modified (YoB 2009-2006) | Level 4 out of age (YoB 2009-2005) | Level 4 in age (YoB 2010) |
| Level 3 modified (YoB 2009-2005) | Level 3 out of age (YoB 2008-2005) | Level 3 in age (YoB 2009) |
| Level 2 modified (YoB 2007+) | Level 2 out of age (YoB 2007+) | Level 2 in age (YoB 2008) |
| | FIG Challenge Espoir (YoB 2007-2006) | FIG Espoir (YoB 2007-2006) |
| | FIG Challenge Junior (YoB 2005-2004) | FIG Junior (YoB 2005-2004) |
| | FIG Challenge Senior (YoB 2003+) | FIG Senior (YoB 2003+) |

Awards

There will be a trophy for the winner of each group and medals for the top three places in each group. Gymnasts must perform a routine on each piece of apparatus in to be eligible for an overall medal. Gymnasts competing in the FIG category must compete a routine on all pieces of apparatus to be eligible for an overall medal but, will still be eligible for individual apparatus titles.

In addition, trophies will be awarded for the following:

FIG: Highest Overall Vault Score

FIG: Highest Overall Bars Score

FIG: Highest Overall Beam Score

FIG: Highest Overall Floor Score

FIG: Highest Overall Total Score

Criteria

FIG and FIG challenge to work to FIG rules.

Level 4 in age, Level 3 in age and Level 2 in age will use the latest national in age rules.

Level 5 in age, all out of age and modified levels will use the south east regional rules and age bands.

The rules used will be the latest South East Regional Women's Artistic Rules.

Sussex Championships 2018 – Trophy Winners

Acrobatic Gymnastics

| | |
|-----------------------|--|
| Grade 1 Pairs | Fraser Kerr-Jones, Logan Jones (Hor) |
| Grade 2 Pairs | Liam Webb, Jodie Nash (Holl) |
| Grade 2 Groups | Faith Cunnington, Ella Neave, Abigail Corryer (Inf) |
| Grade 3 Pairs | Jackson Laing, Holly Venn (Hor) |
| Grade 3 Groups | Gemma Rosam, Sophie Neeson, Mya Dempsey (Bev) |
| Grade 4 Pairs | Grace Gillett, Ede Crowther (Holl) |
| Grade 4 Groups | Ella Turtle, Grace Hanger, Lily Garrard (Hor) |
| Grade 5 Pairs | Ethan Williams, India Fielden (Hor) |
| Grade 5 Groups | Olivia Barry, Madeline Kent, Jessica Harmer (Hor) |
| IDP Pairs | Brett Tatham-Wood, Chloe Cox (CACL) |
| IDP Women's Groups | Charlotte Wynne-Pennels, India Barrett, Ashlyn Cotman (Holl) |
| 11-16 Women's Pairs | - |
| 11-16 Mixed Pairs | - |
| 11-16 Women's Groups | - |
| Junior Women's Pairs | - |
| Junior Women's Groups | - |
| Supreme Milano Shield | Ella Turtle, Grace Hanger, Lily Garrard (Hor) |

Floor & Vault – Men

| | |
|---------------------------------|--------------------------|
| Advanced Age 8-9 | - |
| Advanced Age 10-11 | - |
| Advanced Age 12-14 | Daniel Shepherd (Reg) |
| Advanced Age 15+ | - |
| Bronze Age 8-9 | - |
| Bronze Age 10-11 | - |
| Bronze Age 12-14 | - |
| Silver Age 10-11 | - |
| Silver Age 12-14 | - |
| Silver Age 15+ | - |
| Gold Age 12-14 | Stanley Freshwater (Reg) |
| Gold 15+ | - |
| Highest Floor (Ray Peck Shield) | Daniel Shepherd (Reg) |

Floor & Vault – Women

| | |
|-------------------------------|--|
| Advanced Age 8-9 | Esme Ferris (Stars) |
| Advanced Age 10-11 | Florence Payne (1066) |
| Advanced Age 12-14 | Carys Trewick (Wick) |
| Advanced Age 15+ | Ellie Sweeney (Chi) |
| Bronze Age 8-9 | Bella Morris (Hor) |
| Bronze Age 10-11 | Eve Hoskison (Reg) |
| Bronze Age 12-14 | Anya Barrett (Hor) |
| Bronze Age 15+ | Freya Strach (Stars)? |
| Silver Age 8-9 | Evie Stauss (Hor) |
| Silver Age 10-11 | Madison Perry (Wick) |
| Silver Age 12-14 | Elouise Murphy (Wick) |
| Silver Age 15+ | Frenki Morina (Hor) |
| Gold Age 12-14 | - |
| Gold Age 15+ | Hannah Halfacree (Wick) |
| Highest Vault (Colin Warner) | Alice Bowman (Wick) |
| Highest Floor (Barclays Bank) | Madison Perry (Wick) Elouise Murphy (Wick) |

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Women's Artistic

| | |
|--------------------------|----------------------------|
| Level 5 modified | Ruby Hollands (GymCo) |
| Level 5 out of age | Imogen Barnett (TAG) |
| Level 5 in age | Lucy Marshall (Hor) |
| Level 4 modified | Olivia Bengé (Summ) |
| Level 4 out of age | Morgan Millar (Hor) |
| Level 4 in age | Amelie Beadle-Gates (Wick) |
| Level 3 modified | Ruby Ettridge (Wick) |
| Level 3 out of age | Phoebe Light (Hor) |
| Level 3 in age | Tabitha Lees (Hor) |
| Level 2 modified | Lucy Griffiths (Uck) |
| Level 2 out of age | Megan Smith (Uck) |
| Level 2 in age | --- |
| Espoir Challenge | Jessica Lowe (TAG) |
| Junior Challenge | Honesty South (Hor) |
| Senior Challenge | --- |
| FIG Espoir | --- |
| FIG Junior | --- |
| FIG Senior | --- |
| FIG Vault | Honesty South (Hor) |
| FIG Bars | Daisy Evans (TAG) |
| FIG Beam | Jessica Lowe (TAG) |
| FIG Floor | Honesty South (Hor) |
| Women's Artistic Supreme | Honesty South (Hor) |