

Sussex Championships

2025



Rule and Entry Pack

Introduction.....	2
Jobs.....	3
General Information.....	4
Women's Artistic.....	5
Sussex Trophy List 2022.....	6
Entry Instructions and Forms	7-15

Introduction

The Sussex Championships 2025 will be held at Horsham GC on 5th October 2025. All clubs affiliated to Sussex Gymnastics are eligible to enter.

Sussex Championships (1) – 5th October at Horsham GC will include the following levels: All Zinc, Copper/Bronze and Silver up to 10 hours

Keep looking at the Sussex gymnastics web-site (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 and the entry forms will be available for download from the Sussex Gymnastics web-site should you need a copy.

Dates

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

Closing date for Sussex Champs 2 on 5th October – Sunday 7th September 2025, 6:00pm

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 forms will not be accepted. Gymnasts will not be allowed to move from one category to another once entries have been submitted.

Return trophies for both competitions – Sunday 7th September 2025

All clubs must return their trophies to Lisa Jestico 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 the last Sussex Championships trophy winners is included with this Rule Pack.

Music dead-line

All music will be submitted 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.

Jobs

A form containing a list of jobs that need to be done at the competition has been included with the entry forms. Please tick which ones you are able to help with. Be as flexible as possible. Every club entered in this competition must help out during the competition.

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. The more people help we get, the easier it all is.

Some of the jobs (notably the door / 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.

Rig/De Rig

We do not expect all clubs to get involved in the rig. The rig will be one of the jobs for the competition, and clubs who get involved in the rig will not be asked to perform anything else.

Scoring

There will be a scoring system in place for the day

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.

Judging

A judge is required to be provided by each club at each of the Sussex Championships. The judging fee is required to be paid for each competition if you are unable to provide a judge.

Entry Forms

There are three entry forms. Each club should return one General Entry form and one Jobs Form.

One Discipline Entry form also needs to be filled out.

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.

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 unless stated otherwise. 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 web-site 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/clubs need a stand in coach, clubs should name the stand-in coach and enclose a letter with the entry form from the stand-in coach indicating their agreement to act in this way. If you need a stand in coach please name them and send a letter from them agreeing to this.
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.

Women's Artistic

Eligibility

Competitors must hold Bronze BG membership?

Categories

Tin (up to 10 hours per week)	Tin (10+ hours per week)	
Zinc (up to 10 hours per week)	Zinc (10+ hours per week)	Pre FIG Development 1 (as per SE rules 2024)
Copper (up to 10 hours per week)	Copper (10+ hours per week)	FIG Development 1 (as per national rules)
Bronze (up to 10 hours per week)	Bronze (10+ hours per week)	FIG Development 2 (as per national rules)
Silver (up to 10 hours per week)	Silver (10+ hours per week)	FIG Development 3 (as per national rules)
	Gold	FIG Aspire (2012-2013)
		FIG Junior (2010-2011)
		FIG Senior (2009+)

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 to work to FIG rules.

FIG Development 1, FIG Development 2 and FIG Development 3 will use the latest national rules.

Tin, Zinc, Copper, Bronze, Silver and Gold level will use the Classic challenge rules.

Pre Development 1 will use the south east regional rules and age bands.

Sussex Championships 2024 – Trophy Winners

Women's Artistic

Tin up to 10 hours	Zuzanna Rewolinska (TAG)
Tin 10+ hours	-
Zinc up to 10 hours	Georgie Cornish (TAG)
Zinc 10+ hours	Sophia Cherry (TAG)
Pre FIG Dev 1	Roseanna McGinn (Hor)
Copper up to 10 hours	Holly Earl (Hor)
Copper 10+ hours	Isabella Fletcher (Chi)
FIG Dev 1	Lucia Schofield (Hor)
Bronze up to 10 hours	Jessica McCleery (Summ)
Bronze 10+ hours	Harriett Chalkley (Wick)
FIG Dev 2	Isabelle Martin (Hor)
Silver up to 10 hours	-
Silver 10+ hours	Grace Spindler (Wick)
FIG Dev 3	Bella Fry-May (Hor)
Gold	Layla Grayling (Uck)
FIG Aspire	-
FIG Junior	-
FIG Senior	Macey Davis (Uck)
FIG Vault	Macey Davis (Uck)
FIG Bars	Macey Davis (Uck)
FIG Beam	Macey Davis (Uck)
FIG Floor	Macey Davis (Uck)
Women's Artistic Supreme	Macey Davis (Uck)

Sussex Championships 2025 – Entry forms

Welcome to the electronic entry forms for Sussex Championships 2025.

We request clubs to send their completed forms by email to enter this year's competition to jesticolisa2@gmail.com.

You can pay by BACS to the Sussex Gymnastics account (please reference with club name + WA Champs 2025).

Please ensure the e-mail address field is filled in. We will use this to provide updates and changes, and as much information as possible will be sent this way.

Only include the Year of Birth for gymnasts. We do not need the complete date of birth.

A copy of these entry forms and the rules will be available for down-load from the Sussex Gymnastics web site (www.gym-sussex.org.uk/champs) should you need another copy.

Instructions

You will need to save a copy of this file to your computer before filling it in.

Make sure you have completed the General Entry Form and the Jobs Form as well as any Discipline Forms you need to fill in.!

Do not convert your entry to PDF / etc. Please send the entry form as it is, in Microsoft Word format.

If you need more pages a spare form is attached.

Please send entry forms to jesticolisa2@gmail.com

Please tell Lisa at Sussex Gymnastics if you have any problems with these forms

Please remember, we will not process any club's entry until the entry fee has arrived.

General Entry Form 5th October

Club

Contact

Name			
Address			
Post Code		Telephone	
E-mail			

Entry Fee

Competition	No of entrants	Cost per entry	Total cost
Women's Artistic	0	£40.00	£ 0.00
Judging Fee		£50.00	£ 0.00
Total entry fee			£ 0.00

Entry fees can be sent via BACS using the following account details:

Account name: Sussex Gymnastics

Sort code: 40-45-32

Account number: 01120352

Reference: Club name + WA Champs 2 2025

Entries and entry fees must be received before Sunday 7th September, 6:00pm. Late entries will only be considered on receipt of double the entry fee.

Incorrect or incomplete forms will not be accepted.

Information about the event will be posted on the Sussex Championships web-page. You must keep checking this page for any changes to the organisation and rules of this event.

www.gym-sussex.org.uk/champs

Email completed forms to Lisa Jestico (jesticolisa2@gmail.com).

Jobs Form 5th October

Please tick which job you are available to help for. Please note that some jobs have already been taken. These have been indicated in the table with the club who has taken the job.

Each club must perform the jobs allocated as well as possible. The number of people needed is indicated in the column for each job; you will need that number of people for the entire day. These jobs need to be performed by responsible adults; it is not acceptable to use children. Parents will be able to watch the competition while doing their job.

We will allocate jobs closer to the date. Clubs with large entries will be asked to help more than those with a small entry. We will try to ensure you are helping during the rounds you are involved in.

Job	Sunday	Notes
Example	2 <input type="checkbox"/>	Show your availability to provide 2 people like this.
Rig/De Rig	Horsham— Rig/De-Rig	All clubs to provide someone to help with de rig following the competition
Door	6 <input type="checkbox"/>	Selling spectator tickets and programmes. Supervising spectator seating.
Judges' refreshments	2 <input type="checkbox"/>	Teas and coffees for judges and helpers
Registration	2 <input type="checkbox"/>	Registering the gymnasts for each round of competition
Lunches	2 <input type="checkbox"/>	Set out the lunch for the judges and helpers
Runners	4 <input type="checkbox"/>	To take scores from the judges to the score desk
Scorers	Horsham	
Announcer	1 <input type="checkbox"/>	

Additional Comments

Discipline Entry Form 5th October

Discipline

Women's Artistic

Gymnasts

First Name	Last Name	YoB	BG number	Category

Coaches

If you need a stand-in coach please name them and send a letter from them agreeing to this.

First name	Last name	Qualification (discipline - level)	BG number

Incorrect or incomplete forms will not be accepted.

Discipline Entry Form (spare)

Discipline

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Gymnasts

First Name	Last Name	YoB	BG number	Category

Coaches

If you need a stand-in coach please name them and send a letter from them agreeing to this.

First name	Last name	Qualification (discipline - level)	BG number

Incorrect or incomplete forms will not be accepted.