



**SOUTH REGION WOMEN'S  
TECHNICAL COMMITTEE  
Handbook 2024**

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## Introduction

The South Region Women's Technical Committee (SRWTC) is a volunteer-led organisation run according to the constitution of the South Region Management committee which uphold standards and regulations for all gymnastics disciplines in the South region.

Working together to offer gymnast-centred opportunities for gymnasts to compete in a friendly and supportive environment, where all standards of club and gymnast are welcomed and celebrated.

Helping coaches develop, clubs to work together and judges to be recruited and trained so that gymnasts have the best possible opportunities and experiences.

Competitions and squads will aim to be well organised and timed, whilst offering a relaxed, welcoming and inclusive atmosphere.

The 2024 SRWTC handbook details the rules for all South region women's gymnastics competitions held in the coming year.

This handbook refers to the National WTC handbook, which details the nationally run competitions in the UK. You can find a copy of this and other BG rules which form the basis of our competitions [here](#)

### The 2024 SRWTC Committee is as follows:

Co-Chairs:	Debra Courtenay-Crane and Hazel Walsh
Secretary:	Jade Shepperd
Treasurer:	Ruth Easterling
Competition Team:	Anton, Laura
Judging Convenor:	Sarah Fry
Bucks Rep:	Helen Winder
Hants Rep:	Hayley Williams
Oxon Rep:	Jade Sheppard
Berks Rep:	Cala Whitton
Channel Island Rep:	Vacant
Gymnast Reps:	Kelly Simm and Lucy Collins
Squad coaches:	Vacant
Welfare officer:	Rebecca Taylor
Kit officer:	Cala Whitton

### Communication:

The SRWTC website acts as a noticeboard [www.southwag.com](http://www.southwag.com)

Here you can access [rules](#), and [results](#) of County and Regional competitions

## Roles and Contacts:

Role	Name	Contact	Responsibilities
BG South Region secretary	Nicola Beckley	<a href="mailto:nicola.beckley@btinternet.com">nicola.beckley@btinternet.com</a>	South Region Affiliation
SRWTC CHAIRS	Debra Courtenay-Crane Hazel Walsh	<a href="mailto:debra.gym@gmail.com">debra.gym@gmail.com</a> <a href="mailto:fieldhazel@hotmail.com">fieldhazel@hotmail.com</a>	<ul style="list-style-type: none"> <li>-Set agenda and chair committee meetings</li> <li>-Represent South at National Regional Chair meetings</li> <li>-Write handbook</li> <li>- Arbitrate disputes</li> <li>-Enter South teams for national finals/invitationals</li> <li>-Support all committee roles</li> <li>-Create competition entry forms</li> <li>-Share competition entries with organising team</li> <li>-Organise AGM</li> </ul>
SRWTC Competition team	Anton Angelski  Laura Davies (medals)	<a href="mailto:southcomporg@outlook.com">southcomporg@outlook.com</a>	<ul style="list-style-type: none"> <li>-Design programme, score spreadsheet and slips for competitions</li> <li>-Distribute programme and judge rota to competing clubs</li> <li>-Book physio</li> <li>-Deal with queries/amend programme</li> <li>-Order medals and trophies</li> <li>-Deal with additional spectator requests</li> </ul>
SRWTC judging convener	Sarah Fry	<a href="mailto:frysarah@hotmail.co.uk">frysarah@hotmail.co.uk</a>	<ul style="list-style-type: none"> <li>-Set regional level rules</li> <li>-Organise judge rota for competitions</li> <li>-Send judge rota to judges and treasurer</li> <li>-Support judges to get qualified</li> <li>-Pass national information down to judges and clubs</li> </ul>
SRWTC squad coaches		<a href="mailto:southwagsquad@hotmail.com">southwagsquad@hotmail.com</a>	<ul style="list-style-type: none"> <li>-Set squad selection parameters</li> <li>-Invite gymnasts to squad</li> <li>-Set squad dates and book venues</li> <li>-Agree squad costs for chairs and treasurer</li> <li>-Book guest coaches</li> <li>-Lead squad sessions</li> <li>-Select gymnasts for South team at invitationals</li> <li>-Ensure squad list shared with treasurer</li> </ul>

			-Ensure squad fees are collected
SRWTC Treasurer	Ruth Easterling	<a href="mailto:ruteasterling57@gmail.com">ruteasterling57@gmail.com</a>	-Prepare finance reports -Manage bank account -Pay officials and suppliers
SRWTC Secretary	Jade Sheppard	<a href="mailto:jade@wantagegymnasticscentre.co.uk">jade@wantagegymnasticscentre.co.uk</a>	-Sets committee meeting dates -Write and share minutes with committee. Update action tracker. -Share relevant information with South clubs -Book competition venues
County representatives	See list above		-Attend committee meetings -Share regional info with their county -Ensure county competition dates fit with regional requirements
Gymnast representatives	Kelly Simm Lucy Collins		-Attend committee meetings -Feed into decisions to improve experience for gymnasts -Test new kit
Kit Manager	Cala Whitton	<a href="mailto:Cala_Whitton@hotmail.co.uk">Cala_Whitton@hotmail.co.uk</a>	-Store and inventory all South kit - Send list of gymnasts needing kit to treasurer -Communicate competition code with clubs - Ensure all payments have been made -Distribute and collect kit to/from gymnasts and coaches -Lead re-design of kit when needed
Welfare officer	Rebecca Taylor	<a href="mailto:becca@kennylandsgymnastics.com">becca@kennylandsgymnastics.com</a>	-Lead on any welfare issues related to SRWTC competitions -Advise the committee on safeguarding -Be a point of contact for clubs to raise safeguarding issues to the committee

## Competition Calendar 2024

Event	Date	Qualification	Venue	Closing date	Type
British Championships	14-17 March	TBC	Liverpool	2 Feb 2024	National
Performance, Pre-Excel and Excel Grades Regional finals	<b>24 March</b>	Open entry via BG GymNet	Rushmoor Gymnastics Academy GU11 3SN	1 March 2024	Regional
Preparation, Development and Disability Grades Regional finals	<b>28 April</b>	Qualification via County grades competitions	Portsmouth Gymnastics Centre PO2 9AD	5 April 2024	Regional
Performance Grades National finals	11 May	Qualification of South teams via Regional competition	Stoke on Trent	28 Mar 2024	National
Excel 2 and 3 National finals	12 May	Qualification Excel 2 South team via regional comp. Excel 3 direct entry	Stoke on Trent	28 Mar 2024	National
Pre FIG Dev, FIG Dev 1-3, Classic Challenge Bronze-Gold, FIG Regional finals	<b>5-6 Oct</b>	Open entry via BG GymNet	Dynamo School of Gymnastics SO31 4NE	13 Sep 2024	Regional
British Club Team championships	12-13 October		Stoke on Trent	30 Aug 2024	National
Classic Challenge Copper and Zinc FIG Excel grades 1,2 Disability	<b>17 Nov</b>	Qualification via County competitions	Carterton Gymnastics Club (The Vault) OX18 3FP	25 Oct 2024	Regional
FIG Dev 2 and 3 National finals	1 November	Qualification Dev 2 South team via regional comp. Dev 3 direct entry	Guildford	20 Sep 2024	National
Classic Challenge National finals	22-24 November	Qualification of South teams via Regional competition	Guildford	11 Oct 2024	National

# How do gymnastics competitions work?

## Age of competitors

In Gymnastics the age of entrants is taken as the age they will be on December 31st of the competition year. i.e. if a gymnast will turn 10 on November 30th they will compete as a ten-year-old for the whole year.

## The different type of gymnastics

This document covers the rules for Women's artistic competitions that take place at a regional level. Other committees in the South will organise rules for other gymnastics disciplines.

County committees will organise the competitions for their county.

South Region is made up of

1. Berkshire
2. Hampshire and Isle of Wight
3. Buckinghamshire
4. Oxfordshire
5. The Channel Islands

## The type of competitions

Competitions are split into two categories; See Appendix 1 on page 22

### i) Grades

These take place at the start of the year usually. There are different levels and names of grades for different levels of gymnastics. There are criteria and age bands for some grades. Grades have set routines or set moves to put into a routine. Usually, gymnasts can only complete one grade a year. It is not compulsory to take grades. Coaches will work with gymnasts to find the correct pathway of grades for each child, and they can switch between.

**Preparation Grades:** Grade 1 (min age 8), Grade 2 (min age 9) and Grade 3 (min age 9).  
Gymnasts can take their grade at their county competition. The top scoring gymnasts will be invited to then compete at the Regional finals.

**Development Grades:** Grade 1 (min age 10), Grade 2 (min age 11), Grade 3 (min age 12) and 4 (min age 13)  
Gymnasts can take their grade at their county competition. The top scoring gymnasts will be invited to then compete at the Regional finals.

**Performance Grades:** Grade 1 (min age 10), 2 (min age 11), 3 (min age 12) and 4 (min age 13)  
Gymnasts take these grades directly at a regional final. The top scoring gymnasts are invited to be part of the South Team at the National Performance Grades Championship

**Excel Grades:** Grade 1 (min age 9), Grade 2 (min age 10), Grade 3 (min age 11)  
Gymnasts take grades 1 and 2 at a regional final. The top scoring gymnasts at grade 2 are

invited to be part of the South Team at the National Excel 2 championship. Gymnasts take grade 3 at the National Excel championship directly but are usually offered a practice competition at the regional Excel competition. If a gymnast passes Excel 3, they become eligible for the British Championships the following year.

## **ii) Voluntaries**

Most younger gymnasts will follow the **Classic Challenge rules**. Different levels have different levels of difficulty required. Competitions usually take place in Summer-Autumn.

**Tin:** Min age 8. This is the lowest level. It is competed at County competitions but not offered at a regional level.

**Zinc:** Min age 8. Gymnasts will compete at a county level. The top scoring gymnasts are invited to the regional finals.

**Copper:** Min age 9. Gymnasts will compete at a county level. The top scoring gymnasts are invited to the regional finals.

**Bronze:** Min age 10. Gymnasts can directly enter the regional finals and the top scoring gymnasts are invited to be part of the South team at the National Classic Challenge Championships.

**Silver:** Min age 12. Gymnasts can directly enter the regional finals and the top scoring gymnasts are invited to be part of the South team at the National Classic Challenge Championships.

**Gold:** Min age 14. Gymnasts can directly enter the regional finals and the top scoring gymnasts are invited to be part of the South team at the National Classic Challenge Championships.

For gymnasts following the Excel Grade pathway there are corresponding **FIG Development Levels**. FIG level 1 (only competes at regional level), Level 2 (competes at regional level and the top scoring gymnasts are invited to be part of the South team at the National finals) and Level 3 (competes only at the National finals, but have a practice at the regional event)

Older gymnasts will start using the International rules (**FIG**) at competitions.

Aged 12-13: Aspire level FIG.

Aged 14-15: Junior level FIG.

Aged 16+: Senior level FIG

## **How clubs can enter South competitions**

For clubs to compete in South competitions they need to register with the South Region Management Committee. This committee sits above SRWTC and manages the region as a whole. South membership forms will be shared with clubs and their secretary can advise on membership matters. For more information <https://www.british-gymnastics.org/south>

For some South competitions clubs can enter any eligible gymnasts. For others they need to qualify via their county competition.

## **Classic Challenge**

There is no requirement to move up a level for the Classic Challenge due to the rules incorporating capped D scores and barred elements, however coaches are expected to enter gymnasts into a level which is fair, appropriate, and progressive to their development.



# COMPETITION ENTRY INFORMATION

## Entering a competition

All SRWTC competitions will use the BG online competition [entry system](#).

The system checks:

- coach qualification, Safeguarding and DBS status.
- gymnast/coach/judge BG membership status.
- If the status does not meet the competition requirements as set out in this handbook, entry is not possible until the status is corrected with BG.

The closing date for all SRWTC events will be **midnight** on the advertised day. Late entries will be accepted after the closing date at twice the competition fee.

The programme and judge rota will be sent to **the club contact on entry** who will be responsible for disseminating the information to coaches, judges and club officers.

Please start entries well in advance of the deadline- once they are live on the system our team can see them and help much more easily. Use guidance for help.

## Floor music

Music must be uploaded to the BG system by the deadline specified (this may be later than entry deadline). Format for music entry is **Gymnast's Name, Club and Competition Level**

Spare copies of floor music should be brought to the competition on a phone/pen drive/USB.

## Competition fees

All South competitions: **£40** per gymnast (includes two spectators)

## Spectator policy

Maximum of 2 spectators are allowed per gymnast entry and this is **included in the entry fee**. Spectators will **not be allowed to pay on the door**. Young children can attend provided they sit on the lap of an adult.

Due to the restricted numbers allowed in the venues, spectators are restricted to 2 per gymnast. However, in exceptional circumstances, extra seats can be applied for, and agreed before the event by emailing the competition organiser [southcomporg@outlook.com](mailto:southcomporg@outlook.com). If extra seats have been agreed, the fee of **£6** per person must be paid into the SRWTC bank account quoting the name of the gymnast. Your name will be given to the door staff at the competition.

## Withdrawals and refunds

If a gymnast is unable to compete, please alert [southcomporg@outlook.com](mailto:southcomporg@outlook.com) as soon as possible.

Your judge is still required to attend the competition.

All competition/trial entry fees are refundable upon receipt of a doctor's note or evidence of injury/serious personal reason for not attending competition. Requests for refunds should be sent to [ruteasterling57@gmail.com](mailto:ruteasterling57@gmail.com) within ten days of the competition.

## Coach qualifications

An entry cannot be made on GymNet without an appropriately qualified lead coach.

Lead coach/additional coaches	Pastoral coach
<ul style="list-style-type: none"> <li>● WAG Level 2 coach (Coach)</li> <li>● WAG Level 3 coach (Club Coach)</li> <li>● WAG Level 4 coach (Senior Club Coach)</li> <li>● WAG HPC/IPC</li> </ul> <p><b>Additional modules signed off by mentors – evidence to be brought to the competition and shown to the Floor Manager</b></p> <ul style="list-style-type: none"> <li>● MAG Level 2 coach (Coach)</li> <li>● MAG Level 3 coach (Club Coach)</li> <li>● MAG Level 4 coach (Senior Club coach)</li> <li>● MAG HPC/IPC</li> <li>● NOTE: Men's Artistic coaches are not qualified to coach beam</li> </ul>	<ul style="list-style-type: none"> <li>● WAG Level 1+ coach</li> <li>● MAG Level 1+ coach</li> <li>● General Gym Level 1+ coach</li> </ul>

For all Level 2 coaches and above, coach registration is mandatory for all competitions. This is done via the BG entry system before the entry can be submitted. **Please enter the names of all potential coaches who may attend the competition so they can be checked in advance.**

Should it be necessary to add additional coaches after the closing date, an email must be sent to [southcomporg@outlook.com](mailto:southcomporg@outlook.com) **as soon as possible.**

Proof of coaching qualification, current membership, DBS and Safeguarding must be provided. A screenshot of the appropriate BG pages will suffice.

Only coaches who hold the appropriate qualifications for the skills being competed by their gymnasts will be permitted to take an active coaching role at South competitions. A Men's Artistic Coach may take gymnasts on Vault, Bars and Floor if their training and qualifications cover the skills being performed.

It is the responsibility of the club and the coach to ensure the appropriate training and qualification has been successfully completed by the nominated coach.

Coaches have a responsibility in relation to the safety of their gymnasts in the competition environment. This specifically includes ensuring the gymnasts are adequately prepared (physically and psychologically) for performing their routines in a competition situation.

All coaches accompanying gymnasts at South events must hold a full/joint/life BG membership for the current year, along with up-to-date Safeguarding and DBS.

It is the responsibility of the club to ensure all coaches and gymnasts have correct

membership and where necessary DBS, safeguarding. i.e. if one of these expires between competition entry and competition date it is the club's responsibility to note and rectify the situation.

### **Pastoral Coaches**

WAG/MAG/GG Level 1+ coaches can be added to GymNet entry to accompany groups of gymnasts at competitions for pastoral care only i.e. to assist with pastoral needs of a large group of gymnasts, where there are not enough qualified coaches available. They may move springboards and hold gymnasts' numbers up.

## **COMPETITION INFORMATION**

### **Coaches Briefing**

- A coaches briefing will take place before each round of the competition.
- Attendance is mandatory by ALL coaches on the floor.
- A coach only needs to attend the meeting on joining the competition, not for each round, but must attend both days if coaching both days.
- Coaches who are not on the entry will not be permitted onto the competition floor.

### **Competition etiquette – coaches:**

- Must not approach any E panel judges for scores or other information at any point during the competition.
- Must not bring hot drinks or chewing gum onto the competition floor.
- Must follow the BG jewellery policy\*

\*Participants: A person participating with body adornments or jewellery MUST inform the coach and also remove the relevant items to reduce the risk of injury to the participant, the coach and others.

Coaches: Whilst a coach is carrying out a spotting or gymnast supporting role; all jewellery must be removed. However, if the coach is evaluating performance or giving instruction only; (by this we mean coaching whilst not in direct physical contact with the gymnast or gymnastic equipment), jewellery may be worn.

Exceptions to the above policy may be applicable in special circumstances which are outlined below:

Jewellery that cannot be removed: - It is acknowledged that in some circumstances, it may be impossible to remove a ring and/or dermal piercings. Should this be the case; the ring must be sufficiently covered with protective tape; and the piercings covered sufficiently in order to eliminate any risk. Newly pierced ears Newly pierced stud earrings need to be covered with protective tape but must be removed as soon as possible (normally after six-weeks). For the avoidance of doubt, any jewellery which can be removed, must be removed.

### **Coaches Attire**

We ask coaches to dress professionally and to abide by the footwear rules of hosting clubs. If high cut shorts/see through tops or leggings/revealing vests are worn coaches may be asked to change.

Coaches attending National Finals must wear the prescribed South kit provided.

## Gymnasts Attire

British Gymnastics [competition attire rules](#) will be followed:

- Gymnasts **must** wear a suitably supportive, safe and appropriate non-transparent leotard or unitard (one-piece leotard, of full length, shoulder to ankle).
- Gymnasts **may** wear form fitting complete leg coverings.
- Gymnasts **may** wear gymnastics shorts.
- Gymnasts **may** wear alternative Competition Attire in accordance with their particular faith, belief or religion (including head coverings) with the proviso that the Lead Coach or Coach has assessed the risk associated with this and has taken any suitable mitigating action(s), where applicable, to ensure the highest standards of safety are upheld.

## Trophies

- Trophies are awarded to overall champions to keep.
- Apparatus medals and place ribbons will be presented at each competition.

## Photography at competitions

**Flash photography is not permitted at any time during the warm-up or competition.**

Spectators and coaches are allowed to photograph or film at competitions for personal legitimate reason e.g. recording their own child. In accordance with [BG policy](#) you must not share these via social media. See section 3.7 of the policy.

If there is anyone at high risk and must not have photos taken, the coach must inform the competition organiser with the entry, and photos/videos will be banned in that round.

## First Aid and gymnast welfare

Every SRWTC competition will have a qualified physiotherapist who is suitably first aid trained in attendance for the entire competition, including warm up.

If a gymnast is injured or falls during the competition the physiotherapist will make the decision about whether they are fit to continue the competition.

Judges will watch the warmup and have the right to prevent a gymnast attempting a move in competition which they cannot perform safely in warm up- as per FIG and BG rules.

The safety and welfare of the gymnast will take priority in all such matters.

## Refreshments

Coaches from the competition floor will be welcome to hot drinks and snacks.

## Inquiries

If there is a query on a score, a coach may choose to do one of two things:

1. 1. make an informal verbal inquiry to the D Panel Judge for feedback (at end of the rotation/competition) OR
  2. submit a formal inquiry (using forms provided by WTC). via the Competition Organiser, the Floor Manager or the Head Judge directly as soon as possible before the end of the round.
- Inquiries can only be made against the D score for the coach's own gymnast.
  - Comparative scores of other gymnasts will not be considered.
  - Video footage cannot be considered and will not be used in the settlement of inquiries as per the National Competition Handbook
  - The score will be reviewed by the apparatus panel who may seek advice from other senior judges if needed.
  - Coaches will not be permitted to be present while the review takes place and must move completely away from the judges at this time.
  - Verbal notification of the result of the review will be provided by the apparatus panel via the Head Judge.

In the spirit of continually improving the standard of judging and improving the experience for gymnasts, coaches are encouraged to ask for feedback on D or E scores via the Head Judge at the end of the round.

## INQUIRY FORM

Gymnast name and number	
Club	
Coach	
Apparatus	

Reason for inquiry	
Response	

Head Judge	
Original Score	
New score	

Official inquiry forms are available from the Competition Organiser and must be completed and returned to them as soon after the routine as possible.

A coach may only inquire about the D score.

The WTC cannot accept any video or photographic analysis at an event.

## JUDGE AND OFFICIALS' INFORMATION

All Clubs need to volunteer a qualified judge/scorer in order to enter South Region competition. If you would like to nominate a scorer for the day instead of a judge, please contact the judge convener and start your GymNet entry in good time for requirements to be altered. Scorers will receive travel expenses and will need to bring a working laptop.

### Uniform

All judges should wear the official FIG judging uniform at all levels of competition. Navy blue suit (with skirt or trousers), white shirt/blouse/top, suitable shoes.  
Dark blazer/jacket, grey/dark trousers, white shirt.

### Judging Requirements

- Clubs must ensure that their nominated judges are aware and available for the duration of the full competition day (unless otherwise agreed with the judging convener)
- Substitute judges must only be used with prior consultation and agreement with the Judging Convenor and should be the same or higher qualification.
- If a judge is unable to attend, they must let the judging convener know as soon as possible- at the latest on the morning of the competition.
- Reserve Judges should keep the date free in case they are needed last minute. They are not required to attend on the day of the competition unless contacted by the Judge Convenor prior to the event.

### Judge Responsibilities

- Arrive in plenty of time for the advertised judges' meeting.
- Possess and have studied the current rules for the competitions they will be judging and have suitable recording materials.
- During the competition phase, judges should not have contact with coaches, gymnasts, members of the audience.
- Not leave the competition arena without informing the D Judge as this could delay the competition.
- Behave in a professional manner and judge impartially without bias.

### Officials Expenses

Judges and officials should claim expenses through the SRWTC expense form within a week of the competition. This should be returned to the judging convener.

**Judges:** Travel expenses and honorarium for judge expenses such as printing, materials

**Scorers:** Travel expenses and honorarium for computing and equipment expenses

**Competition floor manager** (1 per host club): Travel expenses

### Travel Expenses

- £0.45p per mile mileage (one judge in vehicle) **OR**
- £0.60p per mile mileage (more than one judge in vehicle) **OR**
- Public transport expenses- please confirm with judging convener and keep receipt

- Any expenses that create tax liability are the responsibility of the official to record. Public transport expenses are encouraged for environmental reasons- we ask for screenshots/photos of receipts to be sent along with the expense form. Where possible please book the most economical options.

### **Honorarium per day of competition**

Club Judges £15

Regional Judges £20

National and Brevet Judges/competition scorers £25

### **Hotels**

If an official has a long journey and the competition has an early start/late finish the SRWTC will endeavour to cover hotel costs (max £100 a night). Please speak to the judging convener before booking. Please attach receipt to expense form.

### **Refreshments**

Suitable refreshment and lunch will be provided at the competition venue for officials.

### **Payment terms**

Anyone providing SRWTC with a service will be paid by BACS **within 28 days** from the receipt of a valid invoice/official's expense form. If payment is needed more urgently, please inform the treasurer as soon as possible.

### **Supporting clubs to qualify judges**

The SRWTC believes in supporting judges across the region. Anyone who completes a Women's Artistic Gymnastics qualification and intends to judge in the region (and their county) can claim half of the course fees back from SRWTC. Their club will need to send proof of qualification and payment to our treasurer along with the bank details for the payment.

If judges who benefit from this financial support do not judge regularly in the region or their county, they may not be offered support for future qualifications.



# **NATIONAL COMPETITION INFORMATION**

## **South Team selection**

For South competitions that are qualifying events for national finals selection shall follow the rules and guidance in the National BG WTC handbook for 2024.

At the end of the competition once scores are confirmed selected gymnasts will be asked to confirm their availability for the team.

- SRWTC will enter the team and pay the entry fee once gymnasts and coaches are confirmed.
- Coaches of selected gymnasts will upload their music before the deadline
- Coaches will ensure their own and their gymnasts membership requirements are up to date before the closing date of the National competition.
- Kit manager will send the treasurer the list of gymnast names and will receive a code to share with clubs of competing gymnasts.

For Team selection for other invitational events where Team South is competing the Regional coaches will circulate selection criteria and invite gymnasts to put themselves forward to the team. If selection disputes arise the co-chairs will mediate.

## **South Team kit**

Gymnasts are required to wear South Team kit for competitions where they are representing the region.

This is hired from the region for each event at a cost of £20 per competition.

The Team kit manager will liaise with clubs or via squad events to get gymnast sizing and to ensure gymnasts have the right kit.

Parents or clubs will need to pay the hire fee direct to the SRWTC bank account using the reference of their child's name and a code. The code for that competition and the bank details will be shared with them by the kit manager.

## Team Managers

For all Regional team finals, a Team Manager will be appointed. The coach of the winning gymnast at the regional finals will be the manager unless agreed otherwise with the SRWTC. The main duties of the team manager are listed below:

1. Co-ordinate and lead team training events (or work alongside an appointed team coach to oversee the training events)
2. Collect training fees (if applicable) from gymnasts at each training event.
3. Keep a register of gymnasts at team training.
4. Complete and submit the working order for the finals\*
5. Distribute information about the finals to all gymnasts and coaches.
6. Distribute information about team training events to all gymnasts and coaches.
7. Ensure gymnasts and coaches liaise with the kit manager and have their kit.
8. Register gymnasts at the finals.
9. Ensure that there is a nominated person on each competition day to collect all kit from gymnasts and coaches who will return it to the official kit organiser. This may be the Team Manager, a coach or one of the parents. If the kit is not returned on the day of the competition to the nominated person, it is the responsibility of the coach/parent to return that kit within one week of the competition to the official kit organiser.

\*Gymnasts will usually compete in reverse order, on each apparatus, as placed in the qualifying competition. If competition rules make apparatus selection complicated the SRWTC will make a collective decision before the competition. If on the day decisions are needed the Team Manager will have final say.

## REGIONAL SQUAD- inactive 2024

Squad selection for 2024/25 will take place after Regional Grades & FIG Home Nation competitions / British Championships.

Selection will be:

- 1) Top 3 from Performance grades 1 2 3 & 4
- 2) Top 6 from Excel grade 1
- 3) Top 6 from Excel grade 2

\*Achieving minimum of Working at for the above

- 4) All gymnasts showing work towards / At / Beyond Excel 3 with the intention of qualifying to British.
- 5) FIG gymnasts - we will look at results following the Home Nations and British Championships and select as many gymnasts as possible.

If necessary, a trial session will be held to ensure FIG gymnasts are achieving a number of CRs on each event - we will do our best as a region to support as many gymnasts as possible. Anyone working towards FIG but not competing in a Home Nations competition in 2024 can write to the region to ask for a trial session.

We will also offer a trial session to anyone who is working at / beyond but who did not place in the top 6 if coaches feel they will benefit from this.

Once capacity of the squad is completed, gymnasts will be placed on a reserve list and invited to sessions if places become available.

The squad will be split into 2 halves - each training 3 1/2 hour sessions at each squad.

We will also aim to provide one full day / camp style squad session throughout the 2024/25 squad which would be charged separately. (In 2023 we had a successful camp day at Lilleshall)

We will try to run a minimum of 5 sessions across the year. Dates and venues will be confirmed for 2024 upon selection, the remaining dates for 2025 will be confirmed later in the year.

Costs will be split in 2 invoices to squad members, one for the 2024 sessions and one for the 2025 sessions. Gymnasts will also have the choice of purchasing a south training leotard and kit.

We aim to give gymnasts an opportunity to train with different coaches and gymnasts, creating a strong team unit within the south region. Offering specialist coaching from guest coaches at each squad, judge input and support.

## SPECIFIC COMPETITIONS

Competition	Venue	Qualification	Medals/awards	Pathway
<p><b>March 24th 2024</b></p> <p>Performance Grades 1-4</p> <p>South Pre-Excel Grade (aged 8-9)</p> <p>Excel Grades 1 and 2</p> <p>Excel Grade 3 (cannot pass grade at this competition but medals awarded)</p>	<p>Rushmoor Gymnastics Academy GU11 3SN</p>	<p>Open entry</p> <p>Closing date 1 March 2024 11.59 pm</p>	<p>For all grades: All around and each apparatus medals and ribbons to place 6.</p> <p>Trophy for overall winner</p> <p>Grade Certificates for all gymnasts</p>	<p>Qualification for Performance Grades and Excel Grade 2 to national finals will follow BG WTC handbook</p>

Competition	Venue	Qualification	Medals/awards	Pathway
<p><b>April 28th 2024</b></p> <p>Preparation Grades 1-3</p> <p>Development Grades 1-4</p>	<p>Portsmouth Gymnastics Centre</p> <p>PO2 9AD</p>	<p>Entry from County Grades finals</p> <p>Top 5 for each grade from each county qualify provided they reached the Working At Score. Plus, any additional gymnasts who achieved the Working beyond score at their county competition</p> <p>Closing date 5 April 2024 11.59 pm</p>	<p>For all grades: All around and each apparatus medals and ribbons to place 6.</p> <p>Trophy for overall winner</p>	<p>No National level competition</p>

Competition	Venue	Qualification	Medals/awards	Pathway
<b>October 5-6 2024</b>  Pre-FIG Dev (aged 8-9 only)  FIG Dev Levels 1-3  Classic Challenge Bronze, Silver, Gold  FIG- all ages	Dynamo School of Gymnastics  SO31 4NE	Open entry  Closing date 13 September 2024 11.59 pm	For all competitions: All around and each apparatus medals and ribbons to place 6.  Trophy for overall winner  Age groups to be confirmed once entries are in.	Qualification for Classic Challenge and FIG Dev 2 2 to national finals will follow BG WTC handbook

Competition	Venue	Qualification	Medals/awards	Pathway
<b>November 17th 2024</b>  Classic Challenge Zinc and Copper  Excel Grade 1 and 2 re-take option for eligible gymnasts  Disability competition (A and B) – open entry  FIG- scoring event	Carterton Gymnastics Club (The Vault)  OX18 3FP	Qualification from County qualifiers  <u>Zinc qualification:</u> Score of 43.5 or above and be in top 20 Zinc scores from their county comp  <u>Copper qualification:</u> Score 41.0 or above and be in top 20 Copper scores from their county comp  Closing date 25th October 2024 11.59 pm	For all Levels: All around and each apparatus medals and ribbons to place 6.  Trophy for overall winner  Age groups to be confirmed once entries are in.  No medals for Excel re-take or FIG	No National level competition

An online application form will be available for Zinc and Copper gymnasts who have not reached the qualification criteria and have compelling reasons to take part. The competition organising team will make decisions with guidance from the co-chairs.

Appendix 1:

Minimum Age	New Grade Pathway	Old Grade Pathway	Expected Classic Challenge Level
	<b>Preparation Pathway</b>	<b>Club Grades</b>	
8 years	Preparation Grade 1	Club Grade 6	Tin or Zinc - Min 8yrs (Zinc 8yrs+)
9 years	Preparation Grade 2	Club Grade 5	Tin or Zinc – Min 9yrs (Zinc 8yrs+)
9 years	Preparation Grade 3	<b>New Grade to bridge gap to Performance Grades</b>	Tin, Zinc or Copper – Min 9yrs (Copper 9yrs+)
	<b>Development Pathway</b>	<b>Regional Grades</b>	
10 years	Development Grade 1	Regional Grade 4	Zinc or Copper – Min 10yrs (Copper 9yrs+)
11 years	Development Grade 2	Regional Grade 3	Copper – Min 11yrs (Copper 9yrs+)
12 years	Development Grade 3	Regional Grade 2	Copper – Min 12yrs (Bronze 10yrs+)
13 years	Development Grade 4	Regional Grade 1	Copper or Bronze – Min 13yrs (Bronze 10yrs+)
	<b>Performance Pathway</b>	<b>National Grades</b>	
10 years	Performance Grade 1	National Grade 4	Copper or Bronze – Min 10yrs (Bronze 10yrs+)
11 years	Performance Grade 2	National Grade 3	Bronze – Min 11yrs (Bronze 10yrs+)
12 years	Performance Grade 3	National Grade 2	Bronze or Silver – Min 12yrs (Silver 12yrs+)
13 years	Performance Grade 4	National Grade 1	Silver or Gold – Min 13yrs (Gold 14yrs+)

**For 2024 only**

As this is the first year of the new National Development Plan grades, gymnasts will be able to enter at a level that is most appropriate for them, regardless of the grade they competed in 2023. Gymnasts who had previously completed the previous grades will also be eligible to enter at a level that is most appropriate for them.