

# Information and Rules

Competition organiser - Carla Gale-Parks

Contact - [info@neongymnastics.co.uk](mailto:info@neongymnastics.co.uk)

Phone - 07736651219 - This number will be active on competition days for emergency use only. All contact prior to competitions should be via email.

## Competition Entry

### General

Entry will open 8 weeks prior to competition date. Forms will be available to download from the website ([neongymnastics.co.uk](http://neongymnastics.co.uk)).

The closing date will be 4 weeks before the competition date. However if the maximum number of competitors is reached before the closing date Neon will have to close the entry applications early. So we highly suggest if you have a large entry you get the names in early.

Please note that Neon Gymnastics reserves the right to refuse entry if unsportsmanlike behaviour from clubs is shown.

Final programmes will be sent out 2 weeks before the event.

### Programme

Prior to the final programme being published to all clubs and our website we will send a provisional programme to the clubs. Clubs will have 3 days to check their gymnasts are in the correct age group and level. If Neon gymnastics has placed a gymnast in the wrong category the programme will be edited. However Neon gymnastics will be unable to change levels of gymnast if the club has filled in the form incorrectly. Therefore we advise clubs to triple check the levels.

The programme will be posted online after these 3 days and cannot then be edited.

### Entry Fee

£22 per gymnast for levels 1-6 and £26 for level AP, fee includes event t-shirt.

If a club enters after the closing date Neon gymnastics may not be able to process the entry, however if possible Neon gymnastics may try to accommodate the club, but the club will be charged an additional £50.

Neon Gymnastics will not be able to give refunds for withdrawn gymnasts.

### Entries

Complete the entry form file then save as a word document and email it to [info@neongymnastics.co.uk](mailto:info@neongymnastics.co.uk). Please note scans or postal entry forms will not be accepted.

*You will receive a confirmation email that the entry has been received, but it will only be processed once payment has cleared.*

### **Payment**

Pay via internet banking by transferring the total amount due to:

Neon Gymnastics

Sort code - 50-21-01

Account number - 22996958

Place your club name in the payment reference

*All entries will be processed on receipt of payment. You will be emailed confirmation that payment has cleared and that your entry has been accepted.*

## **Competition Sections**

Level 1-6 - male and female gymnasts competing Floor and Vault

Level AP - female gymnasts competing Floor, Vault and Beam

<b>Level</b>	<b>Maximum Hours</b>	<b>Age range</b>
1 and 2 (beginners)	<b>2 hours per week</b>	Minimum age 5 No maximum age limit
3 and 4 (intermediate)	<b>4 hours per week</b>	
5 and 6 (advanced)	<b>6 hours per week</b>	
Women's Artistic Prep (AP)	<b>9 hours per week</b>	Min age 5 - Max age 9
<b>Coaches must take in to account all gymnastics clubs/activities the gymnasts do when calculating maximum hours (eg School gym)</b>		
<b>Age is determined by what age the gymnast will be by 31st December in the year of competition</b>		

Neon gymnastics was built to allow all gymnasts to have their moment to shine and so we must have gymnasts in the correct levels for ability and hours to achieve a fair competition. Therefore we expect that all coaches will show sportsmanlike behaviour and always enter the gymnasts into the correct and fair levels. Clubs seen to not do this may not have their entry accepted in the future. For gymnasts who have been training above the max hours they must be on their lower hours for a minimum of 6 months before competition date to be entered.

For rules and routines specific to each level please see the Neon Competition Criteria document which is available to download at [neongymnastics.co.uk](http://neongymnastics.co.uk). Examples of the set routines can be viewed on our YouTube channel "NeonGymnasticsUK"

Age categories will be decided depending on numbers of entries. In our beginner sections in the younger age categories, groups may be a mixed category (rather than just boys and girls) to ensure gymnasts have competition. All gymnasts will compete within their age categories only, we will never place a gymnast in a higher age category.

## Gymnasts Numbers

Number flip-charts will be available at each piece of apparatus. However to keep the competition fun for the gymnast, gymnasts are asked to design their own numbers to hold up on the day. Prizes will be given to the gymnasts whose numbers really shine bright!

## Awards

- Medals will be awarded to 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup>.
- Rosettes will be awarded to 4<sup>th</sup> 5<sup>th</sup> and 6<sup>th</sup>.
- If there is a tie the next place is missed and then the next placing awarded (eg, =1st x 2, miss 2nd, award 3rd next...)
- There will be no separate apparatus awards.

## Judges

Clubs are required to supply judges as per below:

Number of Entries	Number of Judges
1-5	None
6-49	1 Judge
50-99	2 Judges
100+	3 Judges

Clubs will be invoiced £70 per judge missing. This is to be paid with entry. This fee then goes towards paying for extra Neon Judges. Please note that only Neon judges will be paid for the day. Any nominated judges expenses will not be covered by Neon. If a club withdraws a judge after the closing date, they will need to pay the missing judge fee, plus the late entry fee of £50.

Judges must be qualified BG judges and current members of British Gymnastics. They must have given their permission to be nominated and will be needed for the whole day. Expenses for judges will be up to the nominating club.

We ask that all judges read the rules prior to the day and if they have any questions please email. As this is a friendly competition judgements must always be made on the side of the gymnast.

Judges are to wear correct judging attire plus one or two brightly coloured items, e.g. bright green scarf, pink shoes, orange tie etc. This is to reinforce the fun, lively environment.

All judges will be fed and “watered” throughout the day!

## Gymnasts

All competing gymnasts must be current members of British Gymnastics.

Gymnasts should wear leotards with or without leggings/shorts or unitards or shorts with a close fitting t-shirt. Gymnasts should have long hair tied back and be bare foot.

No jewellery should be worn, newly pierced ears need to be taped.

## Coaches

All coaches accompanying gymnasts must be current members of British Gymnastics and be qualified to the level of the participants’ performance.

Coaches must wear sporting attire with a club t-shirt/top, which should have a professional neckline, plus suitable footwear. Long hair must be tied back and no jewellery is permitted. Rings that cannot be removed must be covered with protective tape.

We ask that sportsman like behaviour is shown at all times between coaches and clubs during the competition and after the results. If any clubs have any concerns then please contact Neon event staff and they will try and resolve the situation if needs be.

Coaches have responsibility for ensuring the good behaviour of their supporters. No abuse of Neon staff, judges or volunteers will be accepted. People seen to be showing abusive behaviour will be asked to leave.

## Welfare

It is the coach’s responsibility to make sure the gymnast is prepared for the competition. During warm up judges may ask for a move to be removed if deemed unsafe.

If a gymnast is showing signs of injury they will NOT be allowed to compete.

Accredited photographers may be present at Neon competitions. By entering a neon event, participants accept that they may be photographed.

It is the responsibility of the clubs to make sure all parents/carers are aware of the policy regarding photography.

## Spectators

Paid only on the day of the event, priced:

- Adults - £6 (16+ years old)
- Kids - £4 (3-15 years old)
- 2 and under free

Neon gymnastics can only accept cash on the day of the event so we please ask clubs to make their parents aware of this in advance as cash points are not close to the centre.

**Neon Gymnastics looks forward to seeing you  
at a competition soon!**

[info@neongymnastics.co.uk](mailto:info@neongymnastics.co.uk) | [www.neongymnastics.co.uk](http://www.neongymnastics.co.uk) [http://  
youtube.com/NeonGymnasticsUK](http://youtube.com/NeonGymnasticsUK)