

Information and Rules

Competition organiser - Carla Gale-Parks

Contact - 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).

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.

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

£16 per gymnast for levels 1-6 and £22 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Neon Gymnastics will not be able to give refunds for withdrawn gymnasts.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. 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 Methods

- a) Post a cheque for the total amount, made payable to “Neon Gymnastics”, to Neon Gymnastics, Fir Tree Cottage, Wheeler Lane, Witley, Surrey, GU8 5QP. Please write your club name on the back of the cheque.
- b) 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

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

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. 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.

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 1st 2nd and 3rd.
- Rosettes will be awarded to 4th 5th and 6th.
- There will be no separate apparatus awards.

Judges

Clubs are required to supply judges as per below:

Number of Entries	Number of Judges
1-9	None
10-49	1 Judge
50-99	2 Judges
100+	3 Judges

Clubs will be invoiced £50 per judge missing. This is to be paid with entry. Clubs will be invoiced if judges do not attend. 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.

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.

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 unless proof of separate insurance is provided to the competition organiser prior to their entry.

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.

Coaches

All coaches accompanying gymnasts must be current members of British Gymnastics and be qualified to the level of the participants' performance. If, however, they are from a non-BG affiliated club, proof of separate insurance, CRB and qualifications must be provided to the competition organiser prior to entry.

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

Neon Gymnastics will have a welfare officer and first aider present or on call.

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 BG policy regarding photography.

Spectators

Paid only on the day of the event, priced:

- Adults - £6 (16+ years old)
- Kids - £4 (4-15 years old)
- 3 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.

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

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