



Neon Gymnastics Competition
Sunday 19th November 2023
Tolworth Recreational Centre,
Fullers Way North
Tolworth
KT6 7LQ

Competition organiser - Carla Gale-Parks

Contact - info@neongymnastics.co.uk

Phone - 07736651219 - This number will be active on the competition day for emergency use only.
Please make all contact prior to the competition via email.

Numbers

Coaches will need to show the gymnast's number to the judge before each performance. Please remember that gymnasts can create their own numbers. The best and most artistic numbers in each round will be awarded a prize. If the gymnast decides not to create their own number, their coach will be able to use the number flip charts that will be available.

Halls

Registration and warm up will be in a separate warm up hall. The warm up will be a mass warm up. We ask that clubs take it in turn to lead the warm ups, however all coaches should help to supervise to ensure the warm up runs smoothly. Once the gymnasts have registered they must stay in the registration hall. If they need to leave to go to the toilet they must ensure one of their coaches are aware or a Neon staff member. We also ask that no parents stay in the hall, they are welcome to wait in the soft play waiting area while they wait for the doors to the arena to open.

The competition is in the main arena and the gymnasts will be led through when ready to start. If the gymnast has their own number they should bring it in at this point.

After the competition the gymnasts will be led through the side doors into the dismissal hall. In the hall the gymnasts will choose their t-shirt. The spectators will then leave the arena via the exit doors which will bring them to outside the dismissal hall, ready to collect their gymnast. It is the coaches responsibility to ensure their gymnasts are collected by their parents.

All gymnast's belongings must be left with parents. Only water bottles (and a jumper for warmth if needed) should be in the warm up hall. These then must be taken in when the gymnasts leave the warm up hall for the competition arena. If any item is left in the warm up hall, gymnasts will have to collect the item after the next round have marched into the competition arena and therefore left the warm up hall. If they enter before this time it creates too many people in one area and is not safe. **We please therefore ask all clubs to ensure the parents take the gymnasts belongings.**

Neon Gymnastics do not accept any responsibility for gymnast's, coaches or spectators possessions.

Event T-shirts

Gymnasts will receive their competition t-shirts at the end of the event in the dismissal hall. They will have a choice of colours (while stocks last). We order T-shirts numbers depending on ages entered and so it is important they **take T-shirts according to their age** to ensure enough stock of sizes even if colours become limited.

Event stalls

There will be an official photographer taking photos during the event and the pictures will be available to buy in the dismissal hall and online a few days afterwards.

Tolworth Recreational Centre do not have a cafe, but they do have a machine at reception for hot drinks and then food is available from vending machines.

Timing

We never like to think the worst but please be aware that gymnastics competitions can sometimes over-run. Neon has given a little extra time per round and given a break in the middle of the day to ensure smooth running.

To ensure we run to time the competition will not be able to wait for late arrivals. If gymnasts arrive after registration time they may still be able to participate, if possible. Please make sure parents/guardians are aware of this to avoid disappointment.

In some rounds we have allowed some extra time between registration and warm up. If the competition is running early the warm up time may be brought forward. We will never bring the registration end time forward unless all gymnasts have arrived. The gymnasts should wait in the warm up hall between registration and warm up.

Spectators are able to pay for entry and then wait in the soft play waiting area between the registration and doors opening. If the competition is running early the door will open early, however they may also be slightly after time if the competition is running a little late.

Coaches

Coaches must wear their club kit on the competition floor.

There will be a coaches meeting at 8.40am and during the warm up of round two. If needed, we may also call others just before warm up starts in each round in case there is any confusion. Any clubs not present in the first rounds will be able to get all information before their first round starts.

Spectators

Tickets will be available only on the day when door open at **8.40am**, priced at:

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

Spectators will be able to pay for entry outside of the arena before the start time to help ensure a safe flow of people between rounds.

Please note that Neon gymnastics can only take cash for spectators. Please make sure all parents are aware of this.

Spectators are the responsibility of the clubs, and Neon Gymnastics will not tolerate abuse to its staff or volunteers. Unruly spectators may be asked to leave.

Gymnasts

Clubs and coaches are responsible for the gymnasts during the entire competition. It is down to the coaches to ensure the gymnasts are dismissed safely. The clubs must also ensure the gymnasts have coaches present in the warm up hall.

Competition

Coaches please read this next bit multiple times to ensure a smooth running of the day...

Round One

Beam One and Two

Two groups will be at the beam area. One group will have a 4 mins warm up on the main beam while the other group has a 4 min warm up on the low beam (or has a rest if in a non AP group). The groups will then swap over.

Note - We ask that the gymnasts do not wait for the gymnast to fully finish before they mount the competition beam in warm up. While one gymnast is half way along the beam the next gymnast can start to mount. We believe this will ensure all gymnasts get a fair warm up within the time, and will also help ensure we run to time. The routine has been designed to allow this.

Gymnast from Beam One group performs to Judge 1

While Judge 1 is scoring the gymnast from Beam One group, a gymnast from Beam Two group will perform to Judge 2

While Judge 2 is scoring the gymnast from Beam Two group, the next gymnast from Beam One group will perform to Judge 1

etc...

Floor One and Two

There will be two groups on one floor area, but with two sets of judges. Each group will get their own 3 min warm up, which will be timed by the judges.

3 min warm up Floor One group

3 min warm up Floor Two group

Gymnasts from each group will then take it in turns to compete to their judge. Gymnast from Floor One group performs to Judge 1

While Judge 1 is scoring the gymnast from Floor One group, a gymnast from Floor Two group will perform to Judge 2

While Judge 2 is scoring the gymnast from Floor Two group, the next gymnast from Floor One group will perform to Judge 1

etc...

Vault One and Two

There will be 2 vault set ups on 2 large mat. One group vault on one half of the mat and the other group will vault on the other half, running the other way. Please make sure the gymnasts walk to the side of the vault that does not have a vault on when walking back.

2 warm up vaults for all gymnasts followed by 2 competition vaults from all gymnasts.

Vault heights are to be adjusted by coaches.

Rounds Two-Six

Each round will have 4 groups performing on floor and 4 groups performing on vault

Floor

There will be two groups on one floor area, but with two sets of judges. Each group will get their own 3 min warm up, which will be timed by the judges.

3 min warm up Floor One group - 4 mins when groups are 11+

3 min warm up Floor Two group - 4 mins when groups are 11+

Gymnasts from each group will then take it in turns to compete to their judge. Gymnast from Floor One group performs to Judge 1

While Judge 1 is scoring the gymnast from Floor One group, a gymnast from Floor Two group will perform to Judge 2

While Judge 2 is scoring the gymnast from Floor Two group, the next gymnast from Floor One group will perform to Judge 1

etc...

And Likewise for Floor 3 and 4

Vault

There will be 4 vault set ups.

2 warm up vaults for all gymnasts followed by 2 competition vaults from all gymnasts

Some groups have some different age categories within them, and some age categories have a choice of vault set up. Please can the coaches ensure all gymnasts using the same set up go together. They can all have their two warm up vaults followed by their two competition vaults. The apparatus can then be rearranged for the next setup and the gymnasts can then have their warm up and competition. **It is the coaches responsibility that the vaults are at the correct height.**

If any coach is confused by the system please email prior to the day or ask a member of Neon staff to explain prior at the competition. It is vital that coaches understand the order of gymnasts so that the competition can run smoothly and to time. We thank you for your help in this matter

Scores

Score sheets will be posted to the Neon Facebook group throughout the day and then posted on our website by the end of the day. No score sheets are printed out during the competition.

We look forward to seeing you all on Sunday 19th November

info@neongymnastics.co.uk | www.neongymnastics.co.uk

<http://youtube.com/NeonGymnasticsUK>

