

# GYMSTART

Please find below all the information your club should require to take part.

**The ethos of this event is inspiring enjoyment and rewarding participation.**

2019 - GENERAL INFORMATION	
<b>Disciplines</b>	Gymnasts from any GI registered club are invited to take part in one, or all, of the events taking place.  All standards and abilities welcome.
<b>Medical Information</b>	Clubs should ensure that they have received all relevant medical information in relation to any participant, with or without a disability, to ensure that they are well enough physically, intellectually & emotionally to take part in this event.
	Any gymnast with a disability, which may increase the risk of injury due the nature of gymnastic activities e.g. Down Syndrome, must have sought medical clearance before participating in this event. Please contact the office for more information.
EVENT ENTRIES	
<b>Entry Requirements</b>	<ul style="list-style-type: none"> <li>- All participants must be GI members</li> <li>- All membership types welcome</li> <li>- Age limit: 5 years old, in the year of participation as of the 31st December</li> <li>- Clubs may enter as gymnasts as they wish per level</li> <li>- Gymnasts may only enter one level per event</li> <li>- Gymnasts may enter all of the events during the year and may change level per event</li> <li>- All entries must be submitted to the GI office using the official entry form which will be supplied.</li> </ul>
<b>Entry Costs</b>	€35 per participant
<b>Entry Deadlines</b>	<p>Entries must reach the office four <u>(6) weeks</u> before the event.</p> <p><b>Late entry date:</b> Entries will be accepted up to five (5) weeks before the event, however late fees will apply. There will be no additional entries take after the late entry date. Late entry fee applies as per all Gymnastics Ireland events: <b>€10 per participant</b></p> <p><b>PLEASE NOTE:</b></p> <p><b><u>Withdrawals:</u></b></p> <ul style="list-style-type: none"> <li>- Withdrawals before the late entry date will be refundable</li> <li>- Withdrawals after the late entry date will be non-refundable</li> </ul> <p><b>Substitutions:</b></p> <ul style="list-style-type: none"> <li>- can be made up to and including the day of the event, with no penalty.</li> </ul>

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SPECIFIC RULES AND REGULATIONS	
<b>Coaches</b>	<p>There must be at least one coach from each club present at the event.</p> <p>All coaches must be members of Gymnastics Ireland.</p> <p>Level 1 coaching qualification in any discipline, including GymSTART, is accepted.</p> <p>Coaches who have completed the GymSTART Module may coach on the day as 'support coaches', but they must have a minimum of one other coach who is at least a Level 1 also present supervising them.</p> <p><b>Coach: Gymnast Ratio:</b> Both the club and club coach in charge must always make an assessment (i.e. a risk assessment) of each situation and must determine a ratio of participants to coach(es) that is reasonable, safe and effective.</p> <p><b>*The Gym START challenge is a huge event and each club needs ample staff to ensure the effective running of their rotations with their gymnasts*</b></p> <p><b>PLEASE NOTE:</b> In line with our Code of Ethics and Good Practise for Youth Sport, and to ensure that a safe and effective coaching/teaching situation is maintained, Gymnastics Ireland recommends the following reasonable ratio of participants to coach - 16:2. This is with a view to both safety and organisation.</p> <p>2 Coaches or Chaperones per 16 gymnasts.</p>
<b>Club Chaperone (Helper)</b>	<p>All club chaperones must:</p> <ol style="list-style-type: none"> <li>1. Be vetted by their clubs via their Club Children's Officer</li> </ol> <ul style="list-style-type: none"> <li>- ROI - club ensures that the <b>E-vetting invitation &amp; ID Validation form</b> is completed and forwarded to GI Policy Welfare Manager with the appropriate ID as per GI procedures - <a href="http://www.gymnasticsireland.com/structure-policy/garda-vetting">http://www.gymnasticsireland.com/structure-policy/garda-vetting</a>.</li> <li>- NI – Club ensures that the AccessNI process is carried out as per the procedures outlined at <a href="http://www.gymnasticsireland.com/structure-policy/access-ni">http://www.gymnasticsireland.com/structure-policy/access-ni</a></li> </ul> <ol style="list-style-type: none"> <li>2. Be over 18 years of age</li> <li>3. Complete a GI Code of Conduct &amp; submit with club entry</li> <li>4. Wear clothing appropriate for the role, and be identifiable with their club</li> </ol>
<b>Registration</b>	<p>Only coaches are permitted to register the Gymnasts.</p> <p>Parents will handover children to club coaches in the 'Hand Over Area'. No parents will be allowed in the main event arena.</p> <p>Gymnasts should not warm up until they have been registered.</p>
<b>Routine Content and Construction</b>	<p>All routines are based on the Gymnastic Ireland GymSTART Floor Awards. <a href="http://bit.ly/2wTitYu">http://bit.ly/2wTitYu</a></p>

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	<p><u>There will be two separate Challenges per event:</u></p> <ol style="list-style-type: none"> <li><b>GymSTART Challenge</b></li> <li><b>GymSTART Super Challenge</b></li> </ol> <table border="1"> <thead> <tr> <th>1. GymSTART Challenge</th><th>2. GymSTART Super Challenge</th></tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> <li>- Based on the GymSTART Floor Awards level 1 – level 10</li> <li>- Gymnasts chose their best 7 (seven) skills in their chosen level</li> <li>- The 7 skills are performed as a routine/sequence, in any order or direction</li> <li>- 12m flat strip</li> </ul> <p><b>Please note:</b> There are a few skills in some levels that are not possible for the gymnast to perform at this event. Please refer to the specific routine guidelines for further details.</p> <p>LINK HERE</p> </td><td> <ul style="list-style-type: none"> <li>- Based on the GymSTART Floor Awards level 1 – level 10</li> <li>- Gymnasts will chose their best 10 (ten) skills from a combination of levels</li> <li>- The 10 skills are performed as a routine/sequence, in any order or direction</li> <li>- 12m flat strip</li> <li>- There are 4 (four) levels: Platinum, Gold, Silver &amp; Bronze</li> </ul> <p><b>*Platinum is new for 2019</b></p> <p><b>Platinum:</b> Gymnasts chose:</p> <ul style="list-style-type: none"> <li>- Level 10 x 5 skills</li> <li>- Level 9 x 5 skills</li> </ul> <p><b>Gold:</b> Gymnasts chose:</p> <ul style="list-style-type: none"> <li>- Level 10 x 4 skills</li> <li>- Level 9 x 4 skills</li> <li>- Level 8 x 2 skills</li> </ul> <p><b>Silver:</b> Gymnasts chose:</p> <ul style="list-style-type: none"> <li>- Level 7 x 4 skills</li> <li>- Level 6 x 4 skills</li> <li>- Level 5 x 2 skills</li> </ul> <p><b>Bronze:</b> Gymnasts chose:</p> <ul style="list-style-type: none"> <li>- Level 4 x 4 skills</li> <li>- Level 3 x 4 skills</li> <li>- Level 2 x 2 skills</li> </ul> </td></tr> </tbody> </table>	1. GymSTART Challenge	2. GymSTART Super Challenge	<ul style="list-style-type: none"> <li>- Based on the GymSTART Floor Awards level 1 – level 10</li> <li>- Gymnasts chose their best 7 (seven) skills in their chosen level</li> <li>- The 7 skills are performed as a routine/sequence, in any order or direction</li> <li>- 12m flat strip</li> </ul> <p><b>Please note:</b> There are a few skills in some levels that are not possible for the gymnast to perform at this event. Please refer to the specific routine guidelines for further details.</p> <p>LINK HERE</p>	<ul style="list-style-type: none"> <li>- Based on the GymSTART Floor Awards level 1 – level 10</li> <li>- Gymnasts will chose their best 10 (ten) skills from a combination of levels</li> <li>- The 10 skills are performed as a routine/sequence, in any order or direction</li> <li>- 12m flat strip</li> <li>- There are 4 (four) levels: Platinum, Gold, Silver &amp; Bronze</li> </ul> <p><b>*Platinum is new for 2019</b></p> <p><b>Platinum:</b> Gymnasts chose:</p> <ul style="list-style-type: none"> <li>- Level 10 x 5 skills</li> <li>- Level 9 x 5 skills</li> </ul> <p><b>Gold:</b> Gymnasts chose:</p> <ul style="list-style-type: none"> <li>- Level 10 x 4 skills</li> <li>- Level 9 x 4 skills</li> <li>- Level 8 x 2 skills</li> </ul> <p><b>Silver:</b> Gymnasts chose:</p> <ul style="list-style-type: none"> <li>- Level 7 x 4 skills</li> <li>- Level 6 x 4 skills</li> <li>- Level 5 x 2 skills</li> </ul> <p><b>Bronze:</b> Gymnasts chose:</p> <ul style="list-style-type: none"> <li>- Level 4 x 4 skills</li> <li>- Level 3 x 4 skills</li> <li>- Level 2 x 2 skills</li> </ul>
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<p><b>Equipment Supplied</b></p>	<p>In some of the levels, there is additional equipment related to skills e.g. a slope for a roll, block for handstand etc.</p> <p><b>PLEASE NOTE: It is the responsibility of the club to notify GI of their equipment requirements. This must be done 2 weeks before the event, and again on the day of the event.</b></p> <p>The club coach will be responsible for moving the equipment as needed per gymnast. Please see notes below for each level:</p> <p><b><u>Level 5:</u></b></p> <ul style="list-style-type: none"> <li>- <b>Skill 10</b> (supported h/stand) will require a coach to support</li> </ul> <p><b><u>Level 6:</u></b></p> <ul style="list-style-type: none"> <li>- <b>Skill 5</b> (straddle roll) will have no raised mat available</li> </ul> <p><b><u>Level 7:</u></b></p> <ul style="list-style-type: none"> <li>- <b>Skill 10</b> (plank) only needs to be hold for 5 seconds.</li> </ul>				

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	<p><b><u>Level 8:</u></b></p> <ul style="list-style-type: none"> <li>- <b>Skill 8</b> (handstand with force) <u>cannot be used</u></li> </ul> <p><b><u>Level 9:</u></b></p> <ul style="list-style-type: none"> <li>- <b>Skill 10</b> (crunch 360 roll) needs to be done twice (X2) only</li> </ul> <p><b><u>Level 10:</u></b></p> <ul style="list-style-type: none"> <li>- <b>Skill 10</b> (supported metronome) cannot be performed</li> </ul>
<b>Warm Up</b>	<p>A warm-up area will be supplied for all gymnasts, in addition to the main floor strips.</p> <p>Gymnasts will also get a warm-up on the main floor prior to their performance.</p>
<b>Routine Performance</b>	<p>Routines will be performed on 12x12m flat strips.</p> <p>All strips will be working at the same time, each with their own assessor.</p> <p>Routines may be performed in any direction, with skills in any order.</p> <p>The routine will start and finish with a salute (of choice) to the assessor.</p> <p>Gymnasts will perform in rotations, these will be supplied to clubs prior to the event.</p> <p>Each routine will be viewed and assessed by an official GI assessor.</p>
<b>Assessment</b>	<p>The assessors are involved to provide a sense of importance for the gymnasts, and also their families. The assessors are also there to assist and encourage the gymnasts during their performance if necessary.</p> <p>They will be called 'Assessors' rather than judges as the routines are being assessed for content as opposed to be judged against specific criteria.</p> <p>Each club must provide two assessors to assist the smooth running of the event. If a club has less than 15 participants, one assessor will be accepted.</p> <p><b>Assessors must:</b></p> <ul style="list-style-type: none"> <li>- Wear smart attire (usual judging attire): black or navy top and trousers/ skirt plus white top/ shirt.</li> <li>- Be a minimum of 16 years of age</li> <li>- Be a member of Gymnastics Ireland</li> </ul>
<b>Awarding</b>	<p>All participants will receive a bespoke medal relating to their level.</p>
<b>Schedule</b>	<p>The event schedule and timetable will be issued to all clubs approximately two weeks before the event, after the late entry deadline.</p>

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<b>Attire</b>	<p><b>Gymnasts:</b></p> <ul style="list-style-type: none"> <li>- Leotard (any type), shorts, and t-shirt and/or tight leggings</li> <li>- If gymnasts (particularly female) are only wearing t-shirt and shorts/ leggings, please ensure that they wear some form of under garment e.g. swimming togs, crop top etc. or ensure that the t-shirt is firmly tucked in.</li> <li>- <u>No runners please</u></li> <li>- Bare feet, gym shoes or pool shoes would be ideal</li> <li>- No jewellery. If this is not possible, they must be taped.</li> <li>- Hair must be tied back neatly (including boys with long hair)</li> </ul> <p><b>Coaches:</b></p> <ul style="list-style-type: none"> <li>- Suitable coaching attire e.g. tracksuit and coaching shoes. Must wear Club Attire</li> <li>- All hair to be tied back</li> <li>- No jewellery. If this is not possible, they must be taped.</li> </ul>
<b>Main point of contact</b>	<p><i>Deirdre Farran</i>  <a href="mailto:ask@gymnasticsireland.com">ask@gymnasticsireland.com</a> 01 625 1125</p>

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