



THE FLOOR 2023 GUIDELINES

EVENT DETAILS	
1. Date	Sunday 11 th June 2023 <i>Please note: The event may run over two days if entry numbers are very high.</i>
2. Venue	National Indoor Arena (NIA) National Sports Campus Blanchardstown, Dublin 15 Ireland
EVENT ENTRIES	
3. Entry Process	Entries should be submitted electronically directly to Gymnastics Ireland (GI), using the entry form provided. Please Note: By your club entering this event, you agree to comply with its rules including upholding Gymnastics Ireland Codes of Conduct.
4. Entry Deadline	Friday 28th April 2023 Six (6) weeks prior to the event, as per all other GI Events Policy
5. Late Entry Deadline	Friday 5th May 2023 Five (5) weeks prior to the event, as per GI Events Policy (standard late fees will apply)
6. Performance Video Submission	Friday 19 th May 2023 Three (3) weeks prior to the event. Note: Clubs are requested to submit a video of their display routine three weeks before the event (smart phone/ tablet quality is fine), the purpose of which is to facilitate sequencing of routines i.e., to create a spread of performance types throughout the day
7. Withdrawals and substitutions	Please refer to the GI National Events Policy 2022/23
8. Eligibility of Entry	All participants must be GI members, unless participating as an international team (please see special requirements below). There may be Junior, Senior and mixed sections – entry dependant. <ul style="list-style-type: none"> - Junior = all gymnasts under 16 years (i.e., must not turn 16 before 31st December in the year of the event) - Senior = all gymnasts 14 years or older (i.e., must turn 14 by the end 31st December in the year of the event) - Mixed = any age combination

	<p><i>*These age groups will be indicated on the Entry form</i></p> <p>Note:</p> <ul style="list-style-type: none"> - Clubs must ensure that they have received all relevant medical information in relation to any participant with /without a disability, to ensure they are well enough physically, intellectually, and emotionally to take part in this event. - Clubs must ensure that any participant who has any of the following disabilities e.g. Down Syndrome, Spinal Cord Injury, Spinal Fusion, Spinal Stenosis, Dwarfism or any other condition which may increase the risk of injury due the nature of gymnastic activities, has provided medical clearance prior to participating in this event.
<p>9. International Teams - Special Requirements</p>	<p>Gymnastics Ireland places a high importance on the welfare of children. International clubs must ensure that the adult delegation travelling and listed on the official entry form comply with the following:</p> <ol style="list-style-type: none"> a) Are members of your Federation b) Have successfully completed vetting/ policy check and c) Hold valid Safeguarding training <p>Code of Conduct: All chaperones (Helpers) travelling as part of the delegation must sign and submit a code of conduct with the team entry form. Click here for Chaperones Code of Conduct</p> <p>Insurance: International Teams must provide proof of Insurance cover prior to travelling to the event.</p> <p>For more information, please contact the office on sarah@gymnasticsireland.com or 00 353 1 6251125</p>
<p>GENERAL RULES AND GUIDELINES</p>	
<p>10. Coaches and Chaperones</p>	<p>All coaches and chaperones must be members of Gymnastics Ireland unless part of an international team.</p> <p>Coaches must make adequate provision for the supervision of their gymnasts upon arrival at the venue. There is no limit to the number of coaches participating.</p>

	<p>Important: The coaches attending the event must be qualified to coach the skills being performed. The safety of the gymnast is paramount, and all coaches should continue to conduct risk assessments prior to attempting any skill(s) in the routine. Gymnastics Ireland has the right to remove any skill(s) they deem unsafe or a dangerous element. Coaches are permitted to spot during the routine at the event e.g., when using trampette or vault. Additional landing mats may also be used. Please contact Gymnastics Ireland if you require additional information or support.</p> <p>Gymnasts must not begin warm up without a coach present.</p> <p>All chaperones must:</p> <ol style="list-style-type: none"> 1. be vetted by their clubs via their Club Children’s Officer <ul style="list-style-type: none"> ➤ ROI: club ensures that the E-vetting invitation & ID Validation form is completed and forwarded to GI Policy Welfare Manager with the appropriate ID as per GI procedures - http://www.gymnasticsireland.com/structure-policy/garda-vetting. ➤ NI: Club ensures that the AccessNI process is carried out as per the procedures outlined at http://www.gymnasticsireland.com/structure-policy/access-ni ➤ International Teams: Refer to No. 10 above 2. be 18+ years of age 3. complete a GI Code of Conduct and submit with club entry form <p>Note:</p> <ul style="list-style-type: none"> - Clubs will have to plan in terms of knowing who the chaperones are and ensure vetting is concluded prior to the event. - Chaperones are at the event in an organisational capacity and are under no circumstances allowed on the main floor, or to coach gymnasts at any time. - Chaperones must wear club attire (i.e. be identifiable as part of the club group)
<p>11. Registration</p>	<p>All coaches, chaperones and gymnasts must be registered on the day.</p> <p>Clubs may only register teams when all the gymnasts have arrived.</p>

12. Performance/ Routine Content	<p>There is no limited to content, other than safety.</p> <p>For ideas, please view our past events on our YouTube Channel by clicking here... https://bit.ly/2Wa0gho</p> <p>Routines with gymnastics and /or dance can be performed with or without equipment.</p> <p>Additional props, costumes and small ancillary pieces of equipment (e.g. ribbon, hoops etc.) are welcome.</p> <p>Each club is responsible for their own ancillary equipment.</p>
13. Performance Attire	<p>Costumes and theatrical makeup are encouraged, but not required.</p> <p>Gymnasts:</p> <ul style="list-style-type: none"> - Participants can wear costumes and do not have to wear leotards <i>*clothing must be safe for the skills being performed</i> - Long hair must be tied back - All jewellery must be removed - If this is not possible, they should be taped <p>Coaches:</p> <ul style="list-style-type: none"> - Must wear suitable attire e.g., tracksuit and training shoes - Long hair must be tied back - All jewellery must be removed. If this is not possible, then they should be taped
14. Warm Up	<p>A warmup floor will be provided.</p> <p>The warmup floor may not be the same size as the performance floor. Performance floor is sprung (12m x 12m).</p> <p>There will also be specific time slots for all teams to get a 'touch' of the sprung performance floor prior to the opening of the event.</p>
15. Music	<p>All routine to be performed to music – with/without vocals (please be mindful of suitable lyrics).</p> <p>Approx. Routine Length:</p> <ol style="list-style-type: none"> 1. There is no minimum time length 2. Display groups with 8-12 gymnasts – Max 4 mins in length 3. All other display groups – max 5 mins 4. Display groups who have a prepared routine for International Festivals/Events may have longer (see below)

	<p>Please Note: Teams attending international festivals (e.g., FIG WGfL or Gymnaestrada) may have different music lengths than those stated above. In this instance, and in the year of the festival only, they may be permitted to extend the time if needed for their performance. Teams must let GI know when they submit their entry if this is the case. This will be on a 'case by case' basis.</p> <p>Music Submission:</p> <ul style="list-style-type: none"> - Clubs will be sent submission process - Music will also be handed in on the day Memory Key as a backup <p><u>Please ensure the following:</u></p> <ul style="list-style-type: none"> - Club Name, Display Team Name - Ensure each team has at least one spare CD / Memory Key <p>It is extremely important that the best clarity of music possible is obtained so please avoid old 'crackly' versions of any music.</p> <p><u>Please also ensure there are no 'pips' or 'beeps' at the start of the routine.</u></p>
<p>16. Apparatus</p>	<ul style="list-style-type: none"> - The main performances will take place on a 12x12m Sprung Floor - A warmup floor will also be provided - GI will supply safety/ landing pads <p>Props and small ancillary pieces of equipment are allowed e.g., hoops, ribbons, scarfs, balls etc. Each team to supply their own, as per their requirements.</p> <p><u>Important:</u> Any club wishing to bring their own additional larger equipment e.g., trampette, vault etc., must submit a request to GI administration (sarah@gymnasticsireland.com) weeks before the event and fill in a Risk Assessment and Equipment Check Form.</p>
<p>17. Awards & Commendations</p>	<p>All participants will receive a bespoke medal.</p> <p>Hello Deer Media will produce a personalised performance video for each team. This will be published online via the Gymnastics Ireland YouTube account.</p> <p>Commendations for 2023 There will be separate commendations for each age category</p>

These awards are not for “1st place” or “winner”, but rather for special recommendation or worthy of specific praise.

1. Costume

Assessors will consider the following:

- Well crafted
- Effort involved
- Originality
- Creativity and imagination
- Sparkly/colourful/crazy
- Compliments routine theme/music

2. Theme/Concept:

Assessors will consider the following:

- Is the idea or concept for the routine clear?
- Did you tell a story?
- Is it an original idea?
- Can we see the theme/concept in the routine movement & choice of gymnastic skills?
- Is the routine well-choreographed to the chosen music?
- Do the costume and / or props complement?

3. Impactful Moment:

- Something in the routine that created a powerful effect, or that made a strong impression on the audience and assessors
- Something special, different or unusual in the routine that stood out

4. Club Spirit Award - Social Media:

- We will be awarding a Social Media prize for club team spirit leading up to (prior) the event – more details to come. This will include photos and videos on club SM platforms etc.

5. **Star Gymnast Award:**

- We want to award one gymnast **per display team** with a special recognition award for their contribution to your team.
- This gymnast will be nominated by each club in advance of the event and will receive an award on the day. This may be the hardest worker, the person who brings the most to the team, the most dedicated – you decide!

18. Video & Photography	<p>Hello Deer Media will be present on the day.</p> <p>Hello Deer Media will produce a personalised performance video for each team. This will be published online via the GI YouTube account.</p>
19. Medical Services	There will be first aid facilities available, as per all Gymnastic Ireland events.
20. Insurance	All gymnasts taking part will be Gymnastics Ireland members and must be accompanied and accounted for always by Gymnastics Ireland coaches/ club officials. International teams will have their own insurance and will provide proof prior to attending the event (as per point 9).
21. Main Point of Contact	<p>Sarah Tierney</p> <p>sarah@gymnasticsireland.com</p> <p>+ 353 1 625 1125</p>