



THE FLOOR 2024 GUIDELINES

(updated March 2024)

EVENT DETAILS	
1. Date	<p>Sunday 10th June 2024</p> <p><i>Please note: The event may run over two days if entry numbers are very high - Saturday 9th and Sunday 10th June 2024</i></p>
2. Venue	<p>National Indoor Arena (NIA) National Sports Campus Blanchardstown, Dublin 15 Ireland</p>
EVENT ENTRIES	
3. Entry Process	<p>Entries should be submitted electronically directly to Gymnastics Ireland (GI), using the entry form provided.</p> <p>Please Note: By your club entering this event, you agree to comply with its rules including upholding Gymnastics Ireland Codes of Conduct.</p>
4. Entry Deadline	<p>Friday 26th April 2024 Six (6) weeks prior to the event, as per all other GI Events Policy</p>
5. Late Entry Deadline	<p>Friday 3rd May 2024 Five (5) weeks prior to the event, as per GI Events Policy (standard late fees will apply)</p>
6. Performance Video Submission	<p>Three (3) weeks prior to the event.</p> <p>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</p>
7. Withdrawals and substitutions	<p>Please refer to the GI National Events Policy 2023/2024</p>
8. Eligibility of Entry	<p>All participants must be GI members, unless participating as an international team (please see special requirements below).</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

	<p>disability, to ensure they are well enough physically, intellectually, and emotionally to take part in this event.</p> <ul style="list-style-type: none"> - 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> <ul 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.</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. Gymnasts must not begin warm up without a coach present.</p> <p>Important Safety Information: 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.</p>

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.

***NEW 2024 (March)**

- A three-person high pyramid, with only one base, can only be performed in a display routine if there is a suitably qualified coach with a level 3+ acrobatics coaching qualification. The base must also be a minimum of 19yrs old, in line with FIG Acrobatics rules.
- Any group that is performing a three-person high pyramid, with two or more bases, must submit a video of the skill a minimum of 4 weeks before an event, and it will be reviewed by a GI panel of experts. The bases must also be a minimum of 18 years of age.

All chaperones must:

1. be vetted by their clubs via their Club Children's Officer
 - *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)
11. Registration	<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, <u>other than safety</u>.</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. 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>
<p>15. Music</p>	<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. Routines should be max 5 mins in length 3. Display groups who have a prepared routine for International Festivals/Events may have longer (see below) - up to 7 mins max <p>Please Note: Teams attending international festivals (e.g., FIG WGL 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 - Each team should bring a USB containing a spare copy of their music in mp3 format. <p>Please ensure the following:</p> <ul style="list-style-type: none"> - Club Name, Display Team Name <p>It is extremely important that the best clarity of music possible is obtained so please avoid old 'crackly' versions of any music. Please also ensure there are no 'pips' or 'beeps' at the start of the routine.</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>Important: Any club wishing to bring their own additional larger equipment e.g., trampette, vault etc., OR additional props that are</p>

	<p>not traditional gymnastics equipment, must submit a request to GI administration (sarah@gymnasticsireland.com) before the event and fill in a Risk Assessment and Equipment Check Form.</p>
<p>17. Panel of Experts *NEW 2024</p>	<p>Panel of Experts *NEW FOR 2024</p> <p>This year, we will have our own ‘x-factor style’ panel of experts who will be sitting ‘floor side’ to catch all the action up-close. These experts will give each team valuable feedback directly after their performance and create ‘moments of pride’ for each team in front of the audience, which will all be captured on their own personal team routine video.</p> <p>Each expert will also have the opportunity to present a “WOW” Award.</p> <p>This award is for a group performance that really impresses and excites the experts - something that basically makes the expert go “Wow”!</p> <p>It can be for anything from how a team uses a wide range of ages and abilities to create the routine, something different or new in terms of theme/music/costume, use of equipment and/ props, something original that they’ve never seen before, a standout moment in a routine or something that created a strong emotional response for the expert.</p> <p>When an expert feels the moment is right, and is truly wowed with a performance, they will give their “WOW” award to the team, immediately after the routine!</p> <p>Each expert will have one of these “WOW” awards to present over the course of the day.</p>
<p>18. Awards & Commendations</p>	<p>1. Bespoke Medal: All participants will receive a bespoke medal.</p> <p>2. Star Gymnast Award: We want to award one gymnast per display team with a special recognition award for their contribution to your team.</p> <p>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</p>

	<p>worker, the person who brings the most to the team, the most dedicated - you decide!</p> <p>Clubs will be asked to provide the participants name, and details around why you want them to receive it.</p> <p>3. Club Spirit Award - Social Media: We will be awarding a Social Media prize for club team spirit leading up to the event - more details to come. This will include photos and videos on club SM platforms etc.</p>
19. 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>
20. Medical Services	<p>There will be first aid facilities available, as per all Gymnastic Ireland events.</p>
21. Insurance	<p>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).</p>
22. International FIG/EG Display Events	<p>Any club wishing to take part in a FIG or EG International Display Event must take part in The Floor in the year of the international event.</p> <p>For 2024, this applies to the EG EuroGym and Euro Gym for Life Event in Norway (July 2024)</p>
23. Main Point of Contact	<p>Sarah Tierney sarah@gymnasticsireland.com + 353 1 625 1125</p>