



## THE FLOOR 2019 GUIDELINES

EVENT DETAILS	
<b>1. Date</b>	<p>Sunday 2nd June 2019</p> <p><i>The event may run over two days (Saturday 1st and Sunday 2<sup>nd</sup>) if entry numbers are very high.</i></p>
<b>2. Venue</b>	<p>National Indoor Arena (NIA) National Sports Campus Blanchardstown, Dublin 15 Ireland</p>
EVENT ENTRIES	
<b>3. Entry Process</b>	<p>Entries should be submitted electronically directly to Gymnastics Ireland (GI), using the entry form provided.</p> <p><b>Please Note:</b> By your club entering this event, you agree to comply with its rules including upholding Gymnastics Ireland Codes of Conduct.</p> <p><b>Click here for 2019 entry form</b> <b>Click here for Chaperones Code of Conduct</b> <b>Click here for GI Codes of Conduct</b></p>
<b>4. Entry Fees</b>	€45.00 per participant
<b>5. Entry Deadline</b>	Friday 19 <sup>th</sup> April 2019
<b>6. Late Entry Deadline</b>	Friday 26 <sup>th</sup> April 2019 (standard late fees will apply)
<b>7. Performance Video Submission</b>	<p>Friday 10<sup>th</sup> May 2019</p> <p>Note: Clubs are requested to submit a video of their display routine two 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 to maximise audience entertainment.</p>

<p><b>8. Withdrawals and substitutions</b></p>	<p>Amendments to an entry before the closing date will not incur any penalties and in the case of an injury the entry fee will be refunded.</p> <p>Entry fees are non-refundable after the late entry date. If a club wishes to make a substitution (due to a withdrawal of a previous entry) they can do so up to 2 days before the event. Where, through unforeseen circumstances that this is not possible, substitutions may be accepted on the day of the event.</p>
<p><b>9. Eligibility of Entry</b></p>	<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"> <li>- 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.</li> <li>- 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.</li> </ul>
<p><b>10. International Teams - Special Requirements</b></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"> <li>a) Are members of your Federation</li> <li>b) Have successfully completed vetting/ policy check and</li> <li>c) Hold valid Safeguarding training</li> </ul> <p><b>Code of Conduct:</b> All chaperones (Helpers) travelling as part of the delegation must sign and submit a code of conduct with the team entry form.  <a href="#">Click here for Chaperones Code of Conduct</a></p> <p><b>Insurance:</b> International Teams must provide proof of Insurance cover prior to travelling to the event.</p> <p>For more information, please contact the office on <a href="mailto:sarah@gymnasticsireland.com">sarah@gymnasticsireland.com</a> or 00 353 1 6251125</p>

## GENERAL RULES AND GUIDELINES

### 11. Coaches and Chaperones

All coaches and chaperones (i.e. additional club personnel / helpers) must be members of Gymnastics Ireland, unless part of an International team.

The coaches attending the event must be qualified to coach the skills being performed. 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.

A maximum of two chaperones per club are allowed access to the warm up areas etc.

#### **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 over 18 years of age
3. complete a GI Code of Conduct and submit with club entry form

#### **Note:**

- 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.

	<ul style="list-style-type: none"> <li>- Chaperones must wear club attire (i.e. be identifiable as part of the club group)</li> </ul>
<b>4. Registration</b>	<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>
<b>5. Performance/ Routine Content</b>	<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... <a href="https://bit.ly/2Wa0gho">https://bit.ly/2Wa0gho</a></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>
<b>6. Performance Attire</b>	<p>Costumes and theatrical makeup are encouraged, but not required.</p> <p>Gymnasts:</p> <ul style="list-style-type: none"> <li>- Participants can wear costumes and do not have to wear leotards if their clothing is safe for the skills being performed</li> <li>- Long hair must be tied back</li> <li>- All jewellery must be removed - If this is not possible, they should be taped</li> </ul> <p>Coaches:</p> <ul style="list-style-type: none"> <li>- Must wear suitable attire e.g. tracksuit and training shoes</li> <li>- Long hair must be tied back</li> <li>- All jewellery must be removed. If this is not possible, then they should be taped</li> </ul>
<b>7. Warm Up</b>	<p>A warm up floor will be provided.</p> <p>The warm up floor may not be the same size as the performance floor.</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><b>8. Music</b></p>	<p>All routine to be performed to music - with/without vocals (please be mindful of suitable lyrics).</p> <p><b>Routine Length:</b></p> <ul style="list-style-type: none"> <li>- Display groups with 8-12 gymnasts- max 4 mins</li> <li>- Display groups with all gymnasts 12 years or younger - max 4 mins</li> <li>- Display groups with 13-25 gymnasts - max 5 mins</li> <li>- Display groups with 25+ gymnasts - max 6 mins</li> </ul> <p><b>Please Note:</b> Teams attending international festivals (e.g. Gym for Life) 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 <b>must</b> let GI know when they submit their entry if this is the case. This will be on a 'case by case' basis.</p> <p><b>Music Submission:</b></p> <ul style="list-style-type: none"> <li>- Drop Box - Clubs will be sent a link</li> <li>- Music will also be handed in on the day on CD/ Memory Key as a backup</li> </ul> <p><b>Please ensure the following:</b></p> <ul style="list-style-type: none"> <li>- Club Name, Display Team Name, Event Number clearly visible/ readable</li> <li>- Ensure each team has at least one spare CD / Memory Key</li> </ul> <p>It is extremely important that the best clarity of music possible is obtained so please avoid old 'crackly' versions of any music. <b>Please also ensure there are no 'pips' or 'beeps' at the start of the routine.</b></p>
<p><b>9. Apparatus</b></p>	<p>The main performances will take place on a 12x12m Sprung Floor.</p> <p>A warm up floor will also be provided.</p> <p>GI will supply safety/ landing pads.</p> <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>Any club wishing to bring their own additional larger equipment e.g. trampette, must submit a request to GI administration (<a href="mailto:sarah@gymnasticsireland.com">sarah@gymnasticsireland.com</a>) two weeks before the event and fill in a Risk Assessment and Equipment Check Form.</p>
<p><b>10. Awards &amp; Commendations</b></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 GI YouTube account.</p> <p><b>Special Commendations for 2019</b></p> <p>(1) <u>Concept</u></p> <p>This is about how well the <b>IDEA</b> for the performance is presented. Is the concept clear? Can we see it in the team's use of music, movement, costume, props and choice of gymnastics skills?</p> <p>(2) <u>Team Spirit</u></p> <p>How well does the team cooperate, work together and support each other? We will be watching teams throughout the event to see how they look out for and care for each other as the day progresses. Our observers will consider how teams behave in arriving to the hall, during warm-ups, the performance itself and after the performance is done. The Floor is an event that celebrates what it means to be a team, and not just an individual gymnast.</p> <p>There may be Junior and Senior sections - entry dependant.</p>
<p><b>11. Video &amp; Photography</b></p>	<p>Hello Deer Media and SD photos 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>
<p><b>12. Medical Services</b></p>	<p>There will be first aid facilities available, as per all Gymnastic Ireland events.</p>
<p><b>13. Insurance</b></p>	<p>All gymnasts taking part will be Gymnastics Ireland I 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 10).</p>



<b>14. Main Point of Contact</b>	Sarah Lowe <a href="mailto:sarah@gymnasticsireland.com">sarah@gymnasticsireland.com</a> + 353 1 625 1125

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