

# City of Edinburgh Gymnastics Club

## COMPETITIONS AND GRADES

Competitive Gymnasts are eligible to compete in competitions organised by our governing body (Scottish Gymnastics) the year they turn 8. 2 piece and 4 piece gymnasts who are under 8 may compete in Development or friendly competitions that are organised by other clubs.

### 2 PIECE (FLOOR AND VAULT) COMPETITIONS

Our 2 Piece Section train on all four apparatus, but only compete on Floor and Vault. There are a beginner and intermediate levels. Their aim is to place as high as they can in their age category individually and in their team. Scottish Gymnastics organises two floor and vault competitions each year in November and May which take place in Perth. 2 piece gymnasts may also compete in floor and vault events organised by other clubs.

### 4 PIECE COMPETITIONS

#### A) SCOTTISH GRADES

Scottish Gymnastics follows the National Development Plan (NDP) Club Grade System set out by British Gymnastics. Each grade has set skills that the gymnast has to demonstrate to a good standard to pass. There are three different pathways a gymnast can follow, and this will determine what Grades she will take

Women's Artistic Gymnastics Competition Structure			
Age	Compulsory Elite Levels	NDP National Grades	NDP Regional Grades
Min Age 8	<b>Compulsory 5 (Scottish)</b>	NDP Club Grade 6	
Min Age 9	<b>Compulsory 4</b>	NDP Club Grade 5	
Min Age 10	<b>Compulsory 3</b>	<b>National 4</b> Not Eligible: a Pass at Compulsory 3 2 1	<b>Regional 4</b> Not Eligible: a Pass at Compulsory 4 3 2 1 a Pass at National 4 3 2 1
Min Age 11	<b>Compulsory 2</b>	<b>National 3</b> Not Eligible: a Pass at Compulsory 2 1	<b>Regional 3</b> Not Eligible: a Pass at Compulsory 3 2 1 a Pass at National 3 2 1
Min Age 12	<b>Compulsory 1</b>	<b>National 2</b> Not Eligible: a Pass at Compulsory 1	<b>Regional 2</b> Not Eligible: a Pass at Compulsory 3 2 1 a Pass at National 2 1
Min Age 13		<b>National 1</b> Not Eligible: a Pass at Compulsory 1	<b>Regional 1</b> Not Eligible: a Pass at Compulsory 3 2 1 a Pass at National 1

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Women's Artistic Gymnastics Competition Structure			
Age	Compulsory Elite Levels	NDP National Grades	NDP Regional Grades
Espoir 12 - 13	British Championships	<b>Challenge Cup</b> Not Eligible: Qualified for British Champs	
Junior 14 - 15	British Championships	<b>Challenge Cup</b> Not Eligible: Qualified for British Champs	
Senior 16+	British Championships	<b>Challenge Cup</b> Not Eligible: Qualified for British Champs	

In March, April and May regional, national and compulsory grades take place. Gymnasts can only compete in one grade each year. At each grade they have to gain a certain score to pass and if they score very highly they gain a merit or distinction award. Depending on how each girl develops they may not be ready to sit a grade every year as we will only enter them if their coach thinks they have the ability to pass well.

### B) SCOTTISH VOLUNTARY LEVELS

At voluntary competitions the girls do not pass or fail. The aim is to place as high as they can in their category. In each level the age categories go from 8 right up to 14+. From September to November voluntary Levels 6 & 5 Competition takes place, and an Elite Levels 4, 3 & 2 Competition. There is an individual competition followed by a separate team competition on a later date to allow coaches to select their strongest gymnasts for the team. Each level has competition requirements but not set skills like Grades. By looking at the competition requirements the coaches can determine what level the girls will compete at, girls may compete at the same Level for a few years. They are able to compete at the same level the next year unless their score is too high from the previous year or if they have passed a certain grade.

### C) OTHER COMPETITIONS

4 piece gymnasts may also compete in competitions organised by other clubs.

### D) CHALLENGE CUP

Gymnasts may compete in the Challenge Cup after they have completed National Grade 1.

### E) BRITISH CHAMPIONSHIPS

National, Compulsory Grades and "In Age" Voluntary levels may lead to British Finals. The top 4 in each competition qualify to represent Scotland at the British finals which are held in April and November.

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### COMPETITION ETIQUETTE

Gymnastics competitions are quite formal, and the girls have to look well turned out. At all Scottish Gymnastics competitions each Club has to nominate a volunteer who may be asked to help with the running of the competition, our competition secretary will let you know when it's your turn as it's done on a rota basis.

Before your child is entered into a competition the coaches will advise you of the date to ensure they can attend, however the times of the competition are not available from Scottish Gymnasts until 1-2 weeks before the actual competition and as soon as the times have been confirmed you will be advised.

#### For Competitions

- Competition Leotard\*, Club t-shirt and tracksuit top, navy leggings.
- Tidy neat competition hair\*.
- No food allowed in competition area. Bring healthy snacks for before and after.
- Take water (other drinks are not allowed in the competition area)
- Floor music on a CD for back up. Make sure child's name and Club are on the CD
- Hand guard Pouch if 4 piece

\* Points can be deducted from gymnasts' score if they "fix their clothes or hair" during routines, so we recommend that hair is held in place tightly with curby grips and hairspray. No underpants should be worn beneath leotards for competition. Jewellery and nail varnish must be removed.

### GYMNASTS SELECTED FOR NATIONAL SQUAD TRIALS OR SIMILAR

There may be the opportunity for gymnasts to trial for National or Regional squads. For any gymnast who is offered a place on these squads there has to be agreement from coach, parent and gymnast to agree to the time commitment and costs. All parties would need to be in agreement with costs and commitment involved to allow the place to be taken. Any payment made to the coach for attending these sessions will be made through the club.

### FEEDBACK AND PROGRESS REPORTS

As a competitive club focusing on high level gymnastics, the coaches at City of Edinburgh Gymnastics Club continually assess the development of its gymnasts. Feedback should be regular, three way between coach, gymnast and parent, and a combination of informal verbal feedback and formal written reports.

Parents and gymnasts are encouraged to speak to their coach regularly to address concerns as they arise. Before training during the warm up is usually the most convenient time.

Formal written progress reports will be completed at least once a year so that:

- (a) Gymnasts and parents/carers can receive constructive feedback on the gymnast's development
- (b) Gymnasts and parents/carers can be informed of the aspects that will be focused on next

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- (c) Coaches can suggest any support the parent(s)/carer(s) can provide to help achieve the development goals
- (d) Gymnasts can be advised in advance should they show signs of not developing at a satisfactory rate (as determined by the coach) to provide gymnasts with an opportunity to understand where they are underperforming and sufficient time to raise their skill level in order to remain on a particular training pathway

The report process has been implemented to help gymnasts, parents and coaches alike reflect on the progress made and work together on the gymnast's development. As a performance club it is essential that all gymnasts are committed to their development; The Club appreciates that to do this the gymnast needs support both in the gym from the coach and at home from the parents. The progress report, in partnership with strong relationships between parents, gymnasts and coaches can help communicate and achieve this.

Coaches will keep progress reports for current members on file to provide a long term indication on the gymnast's development and assist any new coaches to the club understand each gymnast's development needs.

The level of detail of the progress reports will depend on the gymnast's performance pathway. Elite gymnasts will have the most comprehensive reports to reflect their more complex training needs.