

18 September 2020

SAGF

Attention: SAGF EXCO
SAGF DMCs
SAGF Management
Provincial Leadership and TCs



Gymnastics Competitions guidelines under Lockdown conditions

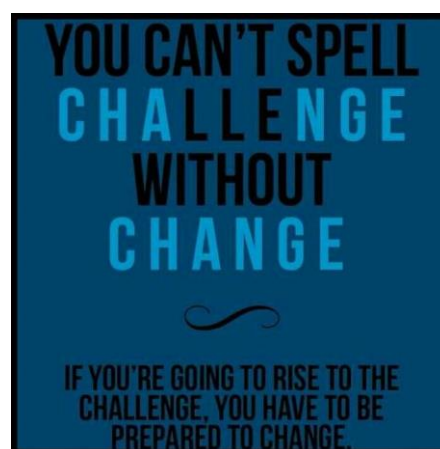
Within the gymnastics fraternity, September is traditionally a very busy month – as the final preparation for Gym Games is underway. This year, the “busyness” is of a very different nature – remaining afloat as a business.

The lockdown has created a large variance in where gymnasts are in terms of their fitness and skill levels and this affects their competitive readiness. Those gymnasts that returned in mid-June are way ahead of those that have only been back a month, and streaks ahead of those who have still not returned.

Some gymnasts and clubs are wanting some form of competitive event/s, whilst others are not. To this end, this document is a guideline for Clubs, Districts and Provinces should they wish to provide competitions in the remainder of 2020, bearing in mind the disparity of readiness.

General guidelines for all levels of events – in person and online (live streaming and pre- recorded):

1. At no time can the maximum number of people permitted in the venue be exceeded.
2. Spectators are NOT permitted.
3. Screening, physical distancing, hand sanitizing and mask wearing must be enforced (except when gymnasts are competing).
4. Any gymnast or official who presents with a temperature of 37,5 degrees or higher or displaying any of the symptoms (included in the symptom check) should not be permitted to enter the venue.
5. Gymnasts should be given the option to participate at their level of readiness – so maybe only 1 or 2 apparatus/routines. Additionally, gymnasts should not be required to be dressed in competition attire. (Finances!!). Suitable training attire would suffice.
6. Gymnasts could be entered by Level and by apparatus – judges can then judge the same apparatus/routine per level, and this is not affected by age group. Ranking by age group can be done afterwards (if required). Level 1-3 could use the Zone scoring bands for medal determination. Level 4 up could follow a similar plan – this way everyone receives a medal. Ranked score sheets can be emailed to clubs/districts/provinces after the event.



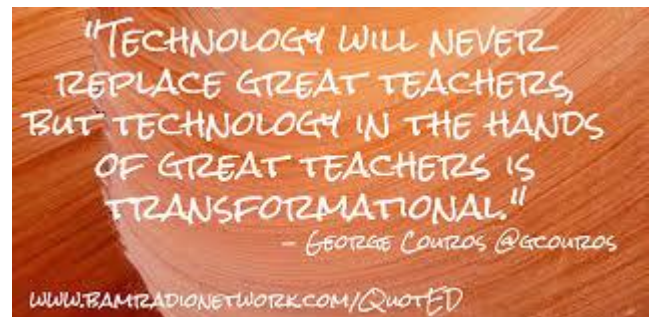
7. Parents and gymnasts should be informed ahead of the event if footage of the gymnasts may be shared via social media platforms – Safeguarding! Parents can request no sharing of videos/photos of their child.
8. Organisers must stipulate how the event will run – as it will not be in the “regular” format.

Guidelines - In person events:

1. Gymnasts should be grouped in small batches and perform all their routines/apparatus very quickly – almost no waiting time in between routines/apparatus.
2. Gymnasts could perform a club at a time – this reduces the number of coaches in the venue at any one time. Gymnasts of various levels can perform during this time – provided judges remain consistent across the apparatus/routine.
3. Scoring can be done in the normal way. The gymnast’s score/certificate/medal is awarded at the end of their session. Level 1-3 could use the Zone scoring bands for medal determination. Podium places will only be determined once all gymnasts have competed. Level 4 up could follow a similar plan – this way everyone receives a medal. Ranked score sheets can be emailed to clubs/districts/provinces after the event.
4. If possible, provide some footage of the event for parents/spectators ie online streaming, or video recording.
5. Ideally, a designated area should be provided for any gymnast/official who falls ill during the competition.

Guidelines – virtual events (pre-recorded):

1. Stipulate dates for entries – preferably over a few days so that the system isn’t overloaded
2. Videos can be uploaded onto whatever platform you wish to use – Whatsapp, Google drive, One Drive, MS Teams, YouTube etc
3. Videos must contain only 1 gymnast performing 1 routine
4. Videos must be labelled ie Gymnast name, Club, level, apparatus (for provincial/national events, club will be replaced by district/province)
5. The video should be taken from the “judges’ view”. The videographer should stand/sit where the judges would normally be.
6. Determine the best video orientation for each apparatus/routine – landscape or portrait
7. Judges are appointed by apparatus/routine per level, so that age groupings are not a concern.
8. The routines that each judge will judge is sent to the judge (a link/email/Whatsapp), together with the start list. Organizers should label the routines with corresponding start order details.
9. A time frame for judging to be completed must be stipulated.
10. Each routine must only be viewed once – as it would be at an in-person event



11. When the quality of the footage makes it difficult to give an accurate assessment of a movement/skill, the benefit of the doubt should be given to the gymnast
12. Judge's scores are either filled in manually on an Excel sheet and submitted at the end of the session or submitted online in real time (via Google docs or similar platform).
13. Each judge's scores are entered onto a regular scoresheet and the normal process of determining the final score is used.
14. Gymnasts are informed of their results via their club/district/province.
15. Gymnasts can be issued with certificates via email (club/district/province)
16. If medals are provided, these can be posted/couriered to clubs/districts/provinces

Guidelines – virtual events (live streaming):

1. If more than 1 routine is happening at the same time, then the corresponding number of cameras must be provided.
2. Determine the wifi capacity required to provide live streaming to the audience (and judges if the event is being judged remotely)
3. Scores will be provided by judges in real time.
4. All other guidelines as for in person or on-line recorded events.

Skill and sequence testing

For gymnasts who are not yet ready to compete, the possibility exists for them to take part in short skill and sequence testing events. This is ideal for clubs who don't want to spend time on routine/competition preparation. These can be hosted by Clubs, Districts, Provinces or Nationally.

This would involve the required sequence/skills to be sent out to clubs and gymnasts prior to the submission/entry date. This type of event could be discipline specific or it could be gymnastics generic.



The same guidelines as for competitions would apply to these types of events.

Event entry fees

Online events provide the possibility of lower entry fees, as the costs for such events are that much lower. Smaller clubs who never previously hosted inter-club events due to venue size restrictions, now have an opportunity to host on-line events.

District, Provincial and National events

Competitive gymnasts are required to be registered with SAGF as either Cat A or Cat C. With the outbreak of the pandemic, many clubs chose to register their gymnasts as Cat B – non-competitive.

Should these gymnasts (Cat B) wish to enter any competitive events hosted by a District, Province or SAGF, they would need to pay an additional competition levy – to compensate for the lower registration fee.

We do encourage all Provinces to consider the possibility of hosting district and provincial events across all disciplines.

Club Connect adverts

Clubs that wish to advertise their online Club competition, are welcome to submit the advert to caronh@sagf.co.za and this will be placed on the Club Connect social media pages.

If anyone has any other ideas to share regarding competitions and skills testing, please get in touch – the more we share the better our events will become.

Warm regards

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