



INTERCLUB PROGRAM

BC Provincial Interclub Program

General Guidelines and Information Package

August 2009

INTERCLUB PROGRAM:

PURPOSE OF INTERCLUB:

The purpose of the interclub category is to extend performance and training opportunities and give recreational level athletes throughout British Columbia the opportunity to showcase their personal ability without the pressure of being ranked or judged. Through the interclub category recreational gymnasts will have the opportunity to participate in gymnastics events and perform routines.

The BC Interclub Program is performance based and is meant to focus on the opportunity to perform rather than the content of the routine.

ATHLETE ELIGIBILITY:

Athletes must be 7 years of age as of December 31st of the year in which they are participating as an Interclub Athlete (as per LTAD guidelines). There will be no exceptions to the age eligibility.

The Interclub category is strictly intended for recreational participants.

Athletes must be registered with Gymnastics BC.

INTERCLUB EVENT PROGRAM GUIDELINES:

1. The interclub program is not to be used as a developmental competitive or pre-competitive program
2. There is no requisite minimal skill level
3. Routines should be a maximum of 90 seconds (one or two vaults allowed)
 - Music is optional for women and men's floor exercise

ROUTINES/APPARATUS:

Routines may be performed on traditional men's and women's artistic gymnastics apparatus, trampoline gymnastics apparatus and may utilize apparatus and elements from other gymnastics disciplines. Non-traditional gymnastics apparatus is permitted.

Host clubs are welcome to set out their own formats and offer varying competition events. There are no format requirements.

Clubs must outline events offered in the first Meet Invitation.

INTERCLUB EVENTS:

EVENT SANCTIONING:

Clubs are required to sanction their interclub events with Gymnastics BC. Clubs must follow the GBC sanctioning policy. The exception to this policy is that no late fees will be applied. If an interclub event occurs in conjunction with another GBC sanctioned event, then no additional fee will apply.

ENTRY FEES:

Entry fees should be kept at a minimum and should range from \$45 to no more than \$80 per participant. Although clubs should try to keep fees at a reasonable amount, event hosting costs will depend on cities, zones and the amount of work a club puts into their event.

When Interclub events are combined with another GBC sanctioned event, fees should be reduced.

Interclub events should be athlete centred.

INTERCLUB EVENT HOSTING GUIDELINES:

1. There should be no more than 50 participants in one flight or session
2. Each flight or session should last no more than 3 hours
3. There should be a strong emphasis on the awards ceremony and the recognition provided to each participant
4. Adjudicators should be at least 16 years of age or older, whenever possible
5. A small training session of adjudicators should be held prior to the event (see section entitled "Adjudicator Training")
6. There will be no ranking in the awards of any kind
7. There are no limitations or restrictions on the use of safety mats and additional equipment (such as beam pads, boxes, etc.) during interclub events
8. Spotting during Interclub performances should be kept to a minimum

SPOTTING:

The goal of the Interclub Program is for athletes to show pride in their personal abilities – promoting success through personal accomplishments. While the athlete may be able to perform the skill sooner if they are assisted the goal should be to perform independently to display personal achievement.

Spotting is allowed, although athletes should be able to fully perform the skills they are presenting with a high degree of proficiency. Only light and mental spotting will be allowed.

SAFETY:

Although there are no skill restrictions in the Interclub Program, coaches must be aware that more difficult skills require more repetitions and perhaps more physical preparation and ability. By increasing the difficulty, safety concerns are also increased, especially when athletes are not training the required hours to be physically prepared. Please consider this when teaching new skills and including harder skills in performances.

Participants should be able to perform all components of their routine with a reasonable level of mastery and competence consistent with the safety and teaching principles of the National Coaching Certification Program.

AWARDS:

Considerable emphasis should be put on the awards ceremony, highlighting each participant's performance. Each participant should be given a participation ribbon or medal, etc. They should also be given a certificate that lists all the events they performed in and positive comments from each of the adjudicators for each event.

INTERCLUB EVENT FEEDBACK FORM:

The feedback form for Interclub events will be available to clubs for two weeks after the event ends. This form will be used to rate clubs and their events, as well as help both Gymnastics BC and the clubs learn about improvements that can be made.

ADJUDICATOR GUIDELINES:

GENERAL:

- Adjudicators should be at least 16 years of age or older, whenever possible
- Adjudicators should be mature and be familiar with gymnastics but do not need to be trained judges
- There should be a minimum of one adjudicator per event
- Adjudicators should provide a positive comment for each participant's certificate
- Host clubs should provide adjudicators with a list of comment ideas (i.e. "99 ways to say very good")
- Adjudicators should be paid. A recommended honorarium is \$25 per session
- It is recommended that the meet director read through each certificate before handing them out to ensure that only positive comments have been included

EVENT SPECIFIC:

Adjudicators should focus on the following performance characteristics for their comments:

1. Variety
2. Use of Apparatus (confidence/dynamics)
3. Quality of performance (artistry)
4. Quality of skills – Safe Performances

Comments can pertain to:

- The way the routine is put together: diversified and creative composition of skills, dance and choreographic elements
- The way the routine is executed: quality, sureness and precision of execution
- The way the athlete uses the entire apparatus spatially and directionally:
 - Use of various levels: being tall, being close to the floor/beam
 - Using the entire length of the beam or covering most of the floor area
 - Moving, walking, running, dancing forward, backward, sideward
- The way the athlete experiments with rhythm and tempo:
 - Dynamics: Inclusion of explosive and powerful movements
 - Rhythm: Variety in speed of movement within passages or within individual elements (fast, slow, fluid, energetic, etc.)
- Presentation and Artistry:
 - Carriage, presence, personal expression
 - Exercise is compelling to watch and captivating from beginning to end
 - Choreography and choice of elements are interesting because the exercise is "unpredictable" from beginning to end
 - On floor, the music enhances movements

ADJUDICATOR TRAINING

All adjudicators should follow a basic training prior to the competition so they are aware of the etiquette for interclub events.

TRAINING:

The following points should be covered in the training for adjudicators:

- Reception of athletes at the table
 - How to greet
 - Smiling and making athletes feel welcome – not nervous
 - Directions on how event is going to unfold
 - Taking attendance and asking kids to present when their name is called
 - Explaining the order of passage
 - Warm-up
- Explain to adjudicators that they should keep their eyes on the athlete's performance, from the moment they are called, until they dismount and present to them
- Positive specific feedback
 - The feedback needs to mean something to the athletes
 - Pay attention to what the athletes seem proud of – special skill that they might have been working on, no fall, etc.
 - 100 ways to say good job
 - Constructive feedback should not be included – the interclub program is not the place for this

INTERCLUB TRAMPOLINE

LEVEL 1	LEVEL 2	LEVEL 3
<p><u>Optional routine:</u> Any 5 skill optional, extra bounces are permitted. Maximum time limit of 20 seconds. No somersaults.</p>	<p><u>Suggested routine:</u> Straddle jump Seat drop, ½ turn to feet Tuck jump Hand and Knee drop to feet Stop Bounce</p>	<p><u>Suggested routine:</u> Front drop to feet Tuck jump Back drop to feet Full turn jump Stop bounce</p>
	<p><u>Optional routine:</u> Any 6 skill routine, extra bounces are permitted, Maximum time limit 25 seconds. May include 1 somersault</p>	<p><u>Optional routine:</u> Any 7 skill routine, extra bounces are permitted. Maximum time limit 30 seconds. May include 2 somersaults</p>

INTERCLUB DOUBLE-MINI TRAMPOLINE

LEVEL 1	LEVEL 2	LEVEL 3
2 Passes per Level		
<p><u>1ST Pass:</u> Tuck jump Spotter Straddle jump Dismount</p>	<p><u>1st Pass:</u> Straddle jump Spotter 1/1 Turn Dismount</p>	<p><u>1st Pass:</u> Tuck jump Spotter Front tuck Dismount</p>
<p><u>2nd Pass:</u> Straddle jump Spotter 1/2 Turn Dismount</p>	<p><u>2nd Pass:</u> Tuck jump Spotter Front tuck Dismount</p>	<p><u>2nd Pass (optional):</u> May include 2 saltos</p>

INTERCLUB TUMBLING

LEVEL 1	LEVEL 2	LEVEL 3
2 Routines per Level		
<u>1ST Routine:</u> Cartwheel Cartwheel Forward Roll Tuck Jump	<u>1st Routine:</u> Round-off Jump 1/2 Turn Cartwheel Cartwheel Backward Roll	<u>1st Routine:</u> Round-off Back Handspring Back Handspring Back Handspring Straight Jump
<u>2nd Routine:</u> Round-off Jump 1/2 Turn Forward Roll Straddle Jump	<u>2nd Routine:</u> Round-off Back Handspring Jump 1/2 Turn Round-off Tuck Jump	<u>2nd Routine:</u> 5 Skills optional (may include one salto)

GUIDELINES:

- Routines may have an out bounce, which is one straight jump after the last performed skill and before the stop bounce
- Spotting is not allowed
- Inversions such as front or back handsprings are not trampoline skills and are therefore not permitted
- Knee drops, where the hands are not used to distribute the weight safely are restricted skills and must NOT be performed
- Four spotters must be positioned at the four corners of the trampoline whenever it is in use. Spotters should be of sufficient size to render assistance if necessary

COACHING GUIDELINES:

Each athlete performing any inverted skills on the trampoline must have an NCCP certified level 2 trampoline coach present.

It is recommended that coaches refer to the level 1 and 2 NCCP trampoline manuals for suggestions on routine building.

INTERCLUB ACROBATIC GYMNASTICS

Acrobatic Gymnastics in BC is considered a Gymnastics for All - Interclub category because it provides athletes the opportunity to perform outside of their club so at Gymnastics BC sanctioned Interclub events.

This category is only for non-competitive, recreational level Acrobatic Gymnastics participants and does not include anyone competing or being ranked.

INTERCLUB EVENT MEET DIRECTOR FORM

Please return this form within 14 days of the completion of the competition.

Name of competition: _____

Date of competition: _____

1. REGISTRATION OF GBC MEMBERS:

- Were all of the competitors registered with GBC? Yes No
→ If NO, was the club and GBC notified? Yes No

- Were all of the coaches registered and checked for NCCP Certification? Yes No

→ If NO, please clarify

- Were there any injuries during the competition? Yes No
→ If YES, please attach the injury report form.

2. PARTICIPATION

Please summarize the number of sessions that were offered and the number of athletes in each session:

Session #	# of Athletes	Gender	
		Male	Female

INTERCLUB EVENT FEEDBACK FORM
(To be completed by attending clubs only)

Please return this form within 14 days of the completion of the competition. Host clubs will be notified of possible improvements directly, while star rankings of events will be published on the GBC website and updated yearly.

Name of club filling form: _____ (will be kept anonymous)

Name of competition: _____

Date of competition: _____

Were all Interclub Technical Guidelines followed? Yes No

→ If NO, please clarify

Was the spirit of Interclub embodied in the event? Yes No

→ If NO, please clarify

Was the event well organized? Yes No

→ If NO, please clarify

Was the event fun? Yes No

→ If NO, please clarify

Was the entry fee fair, based on the quality of the event and demographic?

Yes No

**Based on the above questions and on a five-star scale,
how many stars would you give this event?**

