

FAQs

Can my school join?

Yes, you are more than welcome! Your school has to be a fee paying independent school. Schools can be in membership of any of the Heads' Associations, or none.

What should I do first?

Browse this website thoroughly. If you still have queries email the General Secretary Linda McNally; she is full of advice! secretary@isgagymnastics.org The Chairman and others on the Committee are there to help you too. See CONTACT US on the Home page main menu.

OK, What do I do next?

You need to affiliate your school. Go to ADMINISTRATION / click on 'Affiliation forms'. It is a word document which comes up on bottom left of your screen. Fill it in and give it to your Bursar's office, plus email to all the three names on the form. New Schools get a special rate for the first year. Your school may be slow in processing the fee, so allow plenty of time. After it has been received by the I.S.G.A. Treasurer, he will send you your school Affiliation Number which has to be quoted on all entry forms.

Now what?

Print off and fill in the ANNUAL DISCLAIMER FORM. It must be signed by your Headteacher and yourself. Post it to the General Secretary. Without it you can't be involved in our events. Then complete your ENTRY FORMS (see **More Information** list, on the right-hand-side of the Home Page.) This is a word document which comes up on bottom left of your screen. Return to: secretary@isgagymnastics.org

When are the competitions?

Each competition is on the I.S.G.A. DOWNLOADABLE CALENDAR found on the **More Information** column. Also SEE OUR CALENDAR on the Home page.

The first competition of the season is November. Can I enter nearer the date?

The Closing date is in **September**, which is why you can affiliate to join I.S.G.A. from 1st May each year. Please note all the Closing Dates in your diary. They must be adhered to: the 2 Piece and 5 Piece closing date is in **September** – look on your downloadable calendar or DEADLINES on the Home page. If some Girls 5 Piece age categories are over-subscribed, qualification needs to take place at the 2 Piece Championships.

Whereabouts are the competition venue schools?

Look at the COMPETITIONS drop-down menu. Each competition venue has a map.

What's the difference between 2 Piece, 4 Piece and 5 Piece competitions?

The 2,4 and 5 refers to the number of disciplines each gymnast has to perform at the competition.

2 Piece - Set Floor and Voluntary Vault

4 Piece - Set Floor and Vault, Voluntary Floor and Vault

5 Piece – Set Floor and Vault, Voluntary Floor and Vault, plus a Synchronised Group Sequence.

How do I know which competition to enter?

There are two official competitions each year for member schools' teams to compete in.

Girls: 1. The 2 piece competition in the Autumn.

Then for the girls there are two routes to choose from.

2. **Either** the Premier 5 Piece Competition – March **or the** 4 Piece Challenge Cup – January.

Boys: 1. The 2 piece competition in the Autumn.

2. The Boys Premier 4 Piece Championships - January. (Boys do not perform a Group Sequence).

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What is the difference between the Girls 5 and Girls 4 Piece competitions?

The Girls Premier 5 Piece has been established for nearly 40 years and some of the schools have pupils who have competed since year 3 or year 4. It is the highest level of our girls' competitions. The 4 Piece Challenge Cup is a slightly lower level national championships. It was recently set up to accommodate those schools who are working, for whatever reason, at a slightly lower level, ie limited number of pupils on roll, limited facilities available for gym teams to train, schools new to the sport, schools not able to get a place in an over-subscribed age group in the 5 Piece competition, or who have a particularly weak year group. See the ELIGIBILITY document, under MORE INFORMATION on the Home page.

We are a new school but have done competitive work; can we do the 5 Piece?

Yes. The choice is yours. Any school may enter the 5 Piece's age groups. If 16 or fewer teams apply for the U10s, U11s, U13s, and O13s, all entries will be accepted. If 12 or fewer teams apply for the U15s age group, all entries will be accepted. If there are more than the numbers stated, the Competition Secretary will inform schools who need to qualify, (some automatically qualify from the previous year's results). Qualification takes place at the 2 Piece Championships in that particular age group. All U9 teams who aspire to compete in the Premier 5 Piece competition must compete at the 2 Piece championships and perform the 5 Piece set floor routine (ie not take part in the separate U9 Novice Challenge category).

Is the 2 Piece Championships just a qualifying competition then?

The 2 Piece is a national competition in its own right. It was first established to encourage schools who felt unable to compete well over all five Pieces, and became popular very quickly. The top six teams in each age group from the previous 5 Piece Championships, apart from the U9s, are not allowed to enter, which gives other schools a chance to shine. It is used as a qualifier for the 5 Piece when necessary.

Are there lots of Boys' teams in the competitions?

Boys have only just been introduced into I.S.G.A. So we are very eager to recruit new teams to join in!

Boys seem to be less disciplined and harder to teach. Is it really worthwhile ?

Absolutely! Boys see things in a different light so don't expect them to work in the same way as your girls. They love the challenge of the vault. Boys are naturally less supple than girls, so perhaps you should major on their strength and tumbling moves. Join in our boys' events now, whilst there are only a few schools involved. You will soon get them hooked!

Is there any chance of seeing the set floors performed by a gymnast?

Yes. We run Workshops at one or two schools each year for a small fee, to show the set floors and other disciplines you may be unsure of. Our rules are revised every four years. The last revision was 2016, so these rules should remain until 2020. New videos will be made and posted after any major set floor rule change. Contact Michelle O'Brien our Development Officer: mobrien@tormeadschool.org.uk

Is there anyone who will come to my school to advise me?

Yes. We have two or three people who may be able to help you, depending on where your school is situated. Stuart Dunkley is our Treasurer and also Head Judge, and lives at Peterborough in the East Midlands. He has visited a number of schools in the south and other parts of the country, to advise on how to interpret the competition rules and is the first person to approach: treasurer@isgagymnastics.org June Walden chairman@isgagymnastics.org is situated on the Shropshire / Staffordshire border and is happy to help schools, especially in the West Midlands and North. The service is free of charge, but your school will need to pay travel costs.

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Is there anyone who can explain technical details?

Of course, just email Marion Charafeddine our Technical Director. She will be only too willing to help you. Her email address is: technical@isgagymnastics.org

My school Head is a member of IAPS. Do they have a gymnastics competition?

Yes, usually in November. IAPS follow exactly the same rules as the I.S.G.A. 5 Piece, with the exception of the group sequence which is a separate non-compulsory competition. See COMPETITIONS and HISTORY / IAPS for more information. If you want to get involved contact IAPS representative, Linda McNally, who is also the I.S.G.A. Gen. Secretary: secretary@isgagymnastics.org

Does ISA have a Gymnastics Championships?

Yes, on one day at the start of February each year, for both girls and boys. It loosely adheres to the 4 Piece I.S.G.A. rules. For further details contact June Walden: chairman@isgagymnastics.org

How do I find out if my school is in a Heads' Association or not?

Ask your Headteacher, ask in your school office or look on your school website.

Can I enter MISGA?

Yes if your independent school is in the Midlands (Norfolk coast to the Welsh borders!). This competition has been on the calendar for many years. It takes place over two days on a weekend in late spring and it caters for boys and girls, novice and elite. Organiser: Mrs Trudy Smith tsmith@ses.lincs.sch.uk

Are there other competitions?

Yes. During the summer term there is a friendly, invitation Novice competition for U7 and U8 girls' teams, (Set Vault and Voluntary Floor). For more details contact the Organiser, Vikki Cook from Holmewood House, Tunbridge Wells, Kent TN3 0EB. Email: vcook@holmewoodhouse.co.uk Other friendly competitions may pop up throughout the year. Look on our NOTICEBOARD for details of these.

I would like to go on a Judges' Floor and Vault Course; are there any?

Yes. In the South East, Geoff Turner (Holmewood House) is a Course Tutor. email: geoff.turner1@tinyworld.co.uk For further details of other regions contact Verity Boulger, our Judges' Convenor, judges@isgagymnastics.org or the BG/BSGA Floor and Vault Judges Co-ordinator.

Do you teach people how to use a computer scoring system?

Yes. Our scorer and website manager, Claire Pocock, is happy to teach people how to use the scoring system she designed. The system can be purchased for schools to use at their own competitions. To contact Claire email: website@isgagymnastics.org

I would like to sponsor the I.S.G.A. in a small way. How can I help?

I.S.G.A. is not subsidised and has no funds apart from its annual affiliations. If you would like to help us in any way, large or small, please make contact with the Chairman, Mrs June Walden, by emailing her at: chairman@isgagymnastics.org Thank you.