

# Frequently Asked Questions – 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 Administrator, Suzanne Rimini, who is both Secretary and Treasurer: [administrator@isgagymnastics.org](mailto:administrator@isgagymnastics.org) She is full of advice!

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. You will see is a sample copy of the form. If you want to continue, contact the Administrator for the official form. Fill it in (via computer, not handwritten), 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 General Administrator she will send your school Affiliation Number, which has to be quoted on all entry forms and Workshop booking forms, and also the official copies of our competition entry forms. Sample copies of the entry forms are on the website.

## Now what?

Print off and fill in the ANNUAL DISCLAIMER FORM. It must be signed by your Headteacher and yourself. Post this hard copy to Suzanne Rimini our General Administrator. Without it you can't be involved in our events. Then complete your ENTRY FORMS (see **More Information** list/ Entry Forms on the right-hand-side of the Home Page.) These are Word documents which comes up on bottom left of your screen.

## 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. We hope to finalise our new season's Calendar in the second half of the summer term. Annual Season: 1<sup>st</sup> May – 30 April.

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

No sorry! All Closing dates are usually in **September**, which is why you can affiliate to join I.S.G.A. from 1<sup>st</sup> May each year. Please note all the Closing Dates in your diary. They must to be adhered to: the 2 Piece and 5 Piece closing date is the end of **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 November.

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

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

- Boys:** 1. The 2 piece competition in the November.  
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 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 U9s and U15s age group, all entries will be accepted. If there are more than the numbers stated, the Competition Secretary, Linda North, 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!

### Do you run Courses for Teachers / Coaches and Judges ?

Yes. We have a Development Officer, Miss Emily Burman, email: [eburman@habsgirls.org.uk](mailto:eburman@habsgirls.org.uk) who is the gymnastics coach at Haberdashers' Aske's Boys' and Girls' Schools, Elstree, Hertfordshire. She also runs her own club and is a Women's Artistic High Performance Coach and Women's Artistic Regional Judge. Workshops are run each year for teachers and judges for a small fee, to show new schools how to interpret the ISGA rules. Depending on demand, they may be used to teach how to perform the more advanced floor agilities and vaults as well as how to compose voluntary floors or group sequences. ISGA is keen that coaches see things from the judges' perspective and visa versa.

### Is there anyone who would 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 in the country. Contact Suzanne in the first instance [administrator@isgagymnastics.org](mailto:administrator@isgagymnastics.org) She will try to put you into contact with a suitable person in your part of the country. June Walden our chairman [chairman@isgagymnastics.org](mailto:chairman@isgagymnastics.org) is situated on the Shropshire / Staffordshire border and is happy to help

schools, especially in the Midlands and North. The service is free of charge, but your school will need to pay travel costs of the 'tutor'.

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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](mailto:technical@isgagymnastics.org) Our rules are revised every four years. The last revision was 2016, so the current rules will remain until 2020.

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

Yes, 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, and the Boys 4 Piece. See Competitions and History/IAPS for more information. If you want to get involved, email IAPS representative, Linda North, [competitionsec@isgagymnastics.org](mailto:competitionsec@isgagymnastics.org)

### Does ISA have a Gymnastics Championships?

Yes, on one day early in May 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](mailto: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!) and you ask the organiser if there is space! This competition has been on the calendar for more than 20 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](mailto:tsmith@ses.lincs.sch.uk)

### Are there other competitions?

Yes. During the summer term there is a friendly, **Novice competition for U7 and U8 girls' teams**, (Set Vault and Voluntary Floor ISGA Rules). For more details contact the Organiser: Mrs Vikki Cook from Holmewood House School, Tunbridge Wells, Kent TN3 0EB. Email: [vcook@holmewoodhouse.co.uk](mailto: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 School, is a BG. Floor and Vault Tutor. Contact our Administrator for further details and also look on the British Gymnastics website for the current Floor and Vault Level 1 courses. If you would like to learn how to qualify to become a judge at the ISGA competitions or you are already qualified, and are sympathetic to schools competitions email Mrs Verity Boulger, our Judges' Convenor: [judges@isgagymnastics.org](mailto:judges@isgagymnastics.org) for further details.

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

Yes. Our scorer, 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](mailto: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](mailto:chairman@isgagymnastics.org) Thank you.

### Where will I find ISGA's Privacy Policy?

There is a link to it at the bottom left hand-side of the blue footer of the Home page. Please ensure you are familiar with the **'Use of children's personal information'** in section 5.