

Artistic Gymnastics National Junior U-Series Championship 2024 Selection Directives

Competition: Artistic Gymnastics National Junior U-Series Championship 2024

Competition Date: August 2024 (TBC)

Location: China (TBC)

Eligible Gymnasts to participate:

1. Any individual holding a Hong Kong SAR passport, including gymnasts residing in Hong Kong, overseas, and Mainland China.
2. Male and female gymnasts aged from 9 to 12 years old in 2024 (born between 2012 and 2015).
3. Holders of valid Mainland Travel Permit for Hong Kong and Macau Residents
4. Registered members of The Gymnastics Association of Hong Kong, China in 2024-2025;
5. Must have participated in the Artistic Gymnastics National Junior U-Series Championship 2024 Selection

Objective:

1. Provide equal opportunities for all eligible participants
2. Ensure an open, fair, and just selection process
3. Foster healthy competition and challenges

Goal:

1. Select the best 4 male gymnasts and the best 4 female gymnasts to participate in the competition.
2. Select the gymnasts with the potential to win medals in individual events and trampoline.
3. Select the gymnasts with the potential to win medals in individual events.

Selection Schedule:

12 June 2024	Deadline for registration
23 June 2024	Open Selection (Shun Lee Tsuen Sports Centre – Gymnastics Training Hall)

Registration Fee:

HKD 100 (except for the Squad gymnasts)

Registration Methods:

1. Online registration by filling in the google form: <https://forms.gle/YV7JqZpJrGMKgfRr5> and send cheque by post or deliver in person to the association office - 'Room 1002, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong, Hong Kong'.
2. Participants must fill out and submit the registration form to The Gymnastics Association of Hong Kong, China before 18:00 (Hong Kong Time) on 12 June 2024. Failure to submit the required documents as instructed will result in the rejection of your registration.

*Please carefully read the selection terms before submitting the registration

*Please ensure that all provided information is accurate. Incomplete or inaccurate registrations will not be accepted.

Selection Procedure and Criteria

1. Selection criteria

MAG

Age	9 years-old	10 years-old	11 years-old	12 years-old
AA Score	55.00	55.00	60.00	60.00
Trampoline Score	10.50	11.00	11.50	12.00

**Must meet both the AA and Trampoline requirements.*

WAG

Age	9 years-old	10 years-old	11 years-old	12 years-old
AA Score	35.00	40.00	40.00	45.00
Trampoline Score	12.00	12.50	13.00	13.50

**Must meet both the AA and Trampoline requirements.*

2. According to the "Chinese Youth Gymnastics Competition Rules and Regulations 2024" as the selection criteria.
3. The selection criteria are as follows:
 - a) Meet all the requirements of the competition routines
 - b) Achieve the qualifying all-around score and trampoline score
4. Priority will be given to athletes who have the opportunity to win medals or reach the finals.
5. If necessary, The Gymnastics Association of Hong Kong, China reserves the right to change the selection policies without prior notification.
6. The selection panel has the authority to make decisions and the final interpretation on any matters that contribute to the development of Hong Kong Gymnastics elites.
7. The selection panel's decisions are final.

Selection Panel

1. Representative(s) from The Gymnastics Association of Hong Kong, China
2. Representative(s) from the Men's and Women's Artistic Gymnastics Technical Committee
3. Gymnastics Head Coach of the Hong Kong Sports Institute

Appeal System

The Gymnastics Association of Hong Kong, China has an Appeals Panel consisting of the following members:

1. The appeal committee of The Gymnastics Association of Hong Kong, China
 2. Representative(s) from the Men's and Women's Artistic Gymnastics Technical Committee
 3. Gymnastics Head Coach of the Hong Kong Sports Institute
- (For details, please refer to the "Selection of Gymnasts for Overseas Competitions" on our website)*
(Gymnasts must file an appeal within 2 days after the announcement of the results and pay a fee of HKD1,000.)
Appeals submitted after the deadline will not be accepted)

Team Coach(es)

The following criteria will be used to select team coach(es):

1. Coach(es) of gymnasts with medal-winning opportunities
2. Coach(es) of a large number of selected gymnasts

The Gymnastics Association of Hong Kong, China

Finalize the decision of delegation based on the list of gymnasts and coaches submitted by the Selection Panel after review.

Requirements after being selected

1. Gymnasts must prioritize injury prevention as part of their preparation
2. Gymnasts must not conceal any of their injuries or illnesses that might affect the training at any time before the competition
3. If gymnasts are unable to attend the training arranged by the coach(es) before the competition, their eligibility to participate in the competition may be revoked

Substitution and Injuries

If selected gymnasts sustain injuries after being selected, they must immediately report to the head coach and the Gymnastics Association of Hong Kong, China, and provide valid medical proof. If the head coach and the association determine that the gymnast is unable to train or compete effectively, their eligibility for the competition may be revoked, and the right to substitute from the reserve list will be reserved.

Competition Expenses

1. All the competition expenses of ETG athlete(s) who meet the selection criteria will be covered by the Gymnastics Department of the Hong Kong Sports Institute. This includes registration fees, local and overseas transportation, accommodation, insurance, competition attire, etc.
2. Non-ETG athlete(s) must pay for the competition expenses. Expenses may include but are not limited to entry fees, coach salaries, local and overseas transportation, meals, accommodation, insurance, competition attire, award ceremony attire, etc. All expenses must be paid to the Gymnastics Association of Hong Kong, China.
3. Non-HKSI coach(es) must pay for the competition expenses. Expenses may include but are not limited to local and overseas transportation, meals, accommodation, insurance, competition attire, award ceremony attire, etc. All expenses must be paid to the Gymnastics Association of Hong Kong, China.
4. Any selected athletes or coaches who withdraw from the competition due to personal reasons (excluding injuries) will be responsible for all incurred expenses that have been paid.

Drug Testing

Athletes are responsible for understanding the behaviours that constitutes a violation of anti-doping rules, as well as the substances and methods included in the Prohibited List. Gymnasts should understand that it is their responsibility from not intaking any prohibited substances. Athletes are responsible for any prohibited substances, metabolites, or markers found in their samples during drug testing. Any gymnasts who commits an anti-doping rule violation set by the International Gymnastics Federation (FIG) will have their selection eligibility revoked.

<https://www.gymnastics.sport/site/pages/antidoping-about.php>
www.antidoping.hk/education/education-materials/pamphlets

Privacy Statement

According to The Personal Data (Privacy) Ordinance, the association will strictly keep confidential the personal information of participants, except for purposes related to the selection activities.

The provision of your information is voluntary. If you provide us with any personal information about a third party, you must ensure that you have informed the third party about the terms of the personal data policy and obtained their consent before submitting the information to us. For more information about the policies regarding the collection of personal data, please visit <http://www.legislation.gov.hk>

Policy Changes

The Gymnastics Association of Hong Kong, China is committed to ensuring that all policies are up-to-date, fair and reflect the current situations. Policy changes will be reviewed and approved by The Gymnastics Association of Hong Kong, China. Once approved, the updated policy will be published on the website of The Gymnastics Association of Hong Kong, China. The Gymnastics Association of Hong Kong, China reserves the right to interpret and make final decisions on all the above terms.

The Gymnastics Association of Hong Kong, China

Physical Activity Readiness

1. I certify that:
 - My doctor has never said that I have a heart condition and that I should only do physical activity recommended by a doctor.
 - I have never felt pain in my chest when I do physical activity.
 - In the past month, I did not have had chest pain when I was not doing physical activity.
 - I have never lost my balance because of dizziness or I have never lost consciousness.
 - I do not have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in my physical activity.
 - My doctor is not currently prescribing drugs (for example, water pills) for my blood pressure or heart condition.
 - I do not know of any other reasons why I should not do physical activity.
2. It is suggested that you should determine your basic fitness so that you can have the best planning when doing physical activity. It is also highly recommended that you have your blood pressure evaluated and consult your doctor before you join the event.
3. If you are not feeling well because of a temporary illness such as cold or fever, please join the event after you feel better.
4. If you are or may be pregnant, please talk to your doctor before you join this event.
5. You should start the activity slowly and build up gradually. This is the safest and easiest way to go.
6. If you have the above health changes, tell your doctor or the coach. Ask whether you should continue this event.
7. If you know of any other reasons such as safety, disease, or condition changes that may influence you to join the event, you should notice the GAHK in writing.
8. If necessary, the GAHK has the right to request your medical certificate for reference.

If you have any questions of this physical activity readiness, please consult your doctor before you join the event.