



Organized by:

The Gymnastics Association of Hong Kong, China



Subvented by:

Leisure and Cultural Services Department

Hong Kong Artistic Gymnastics Open & Novice Championships 2022-2023 [Directives]

1. Aim: To enhance skill level of gymnastics and identify potential gymnasts in Hong Kong
2. Competition Date & Venue:

Date	Time	Level	Venue
8 January, 2023 (Sun)	0900 - 2000	Novice	Shun Lee Tsuen Sports Centre - 2/F Arena
14 January, 2023 (Sat)	0800 - 1300	Elementary	Shun Lee Tsuen Sports Centre - Gymnasium
15 January, 2023 (Sun)	0800 - 1900	Open	

2.1 The competition date and time of each level will be arranged based on the number of participants, the information will be confirmed after the Team Managers Meeting. The above schedule is for reference only.

2.2 Floor Exercise of Novice Level: The 14m x 1.5m x 8cm folding mat will be set on the floor.

2.3 Elementary & Open Level: The set-up of landing area of HB & VT will be filling up by landing mats inside the foam pit.

3. Competition Level & Event:

[Men]

Level/ Event	Floor Exercise	Pommel Horse	Still Rings	Vault	Parallel Bars	Horizontal Bar
Open (Senior)	✓	✓	✓	✓	✓	✓
Open (Junior)	✓	✓	✓	✓	✓	✓
Elementary	✓	---	---	✓	✓	✓
Novice	✓	---	---	✓	---	---

[Women]

Level/ Event	Vault	Uneven Bars	Balance Beam	Floor Exercise
Open (Senior)	✓	✓	✓	✓
Open (Junior)	✓	✓	✓	✓
Elementary	✓	✓	✓	✓
Novice	✓	---	✓	✓

3.1 Individual All-Around and Individual Event are included

3.2 『✓』 indicates the available event for application

3.3 Any individual events with less than 3 entries will be cancelled and refunds will be made accordingly.

4. Eligibility:

4.1 Each gymnast can participate in one level only. Gymnasts who participated in the previous Hong Kong Artistic Gymnastics Open & Novice Championships whether achieved top 3 result or not, can choose to promote to the next level or stay at the previous level this year, while must fulfill the age requirement of each level.

4.2 Except Squad B, all current gymnasts in Hong Kong Artistic Gymnastics Squad are applicable for participating in Elementary level or above.

4.3 Men's Open	Senior	18 or above (born on or before 31 December, 2005)
	Junior	17 or below (born on or after 1 January, 2006)
Women's Open	Senior	16 or above (born on or before 31 December, 2007)
	Junior	15 or below (born on or after 1 January, 2008)

4.4 Participants in Elementary and Novice level must be born on or after 1 January, 2006.

5. Enrollment Details:

5.1 Entry Fee: 1) \$120 for each gymnast in individual event categories;
2) Add \$30 for insurance fee for each gymnast

5.2 Please mail the application form with the copy of personal identification document and the cheque made payable to "The Gymnastics Association of Hong Kong, China" to the following address: Room 1002, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong. Please write down the name of participant, contact number, competition level and "HK AG Open" at the back of the cheque. **Any applications by fax, email and post-dated cheque are NOT accepted. Deadline: 2 December, 2022 (Fri). No late applications will be considered (Based on the arrival date to office).**

5.3 Please mail the Application Form for Coach Accreditation Card with photo **before 2 December, 2022 (Fri)** to our Association. **No late or incomplete applications will be considered (Based on the arrival date to office).**

6. Rules & Regulations:

6.1 For the details of routines, scoring schemes and apparatus please refer to our website www.gahk.org.hk.

6.2 The competitions will take place according to FIG Code of Points 2022~2024.

6.3 No appeals will be entertained for this competition after the Referees have confirmed a decision.

6.4 A competitor code and a competition numbered-bib will be distributed for each participant on competition day.

6.5 There will be a deduction of points for competitors not meeting the requirements according to FIG Code of Points 2022~2024.

6.6 Gymnasts in Women's Open (Senior), Open (Junior) and Elementary must perform Floor Exercise with music, otherwise points will be deducted. Participants must submit the music file with mp3 format, save file name as "Full Name_competition level" and send to agcpmusic@gmail.com **before 23 December, 2022 (Fri)** or submit music CD with marking the participants' name and competition level in Team Managers Meeting. Please bring a USB for spare on competition day.

7. Podium Training (**Applicable for Elementary & Open Level Only**)

Elementary Level: 13 January 2023 (Fri) Night

Open Level: 14 January 2023 (Sat) Afternoon

The exact period will be confirmed after the Team Managers Meeting. Gymnasts who participated in Elementary & Open level and their coaches can attend the podium training during the captioned period with the valid athlete and coach accreditation card.

8. Scoring & Award:
 - 8.1 The points scored in each individual event will be counted for the Individual All-Around.
 - 8.2 Top 3 of all level in Individual All-Around and individual event will be awarded a medal and a certificate while top 4-8 will be awarded a "Certificate of Merit" .
 - 8.3 N-1 system will be applied in case the total enrollment does not reach the total number of awards to be presented.
 - 8.4 Participants of Open – Senior & Junior will be awarded if they achieve a score 6.00 or above.

9. Coach Accreditation Card:
 - 9.1 **Each gymnast can only apply for 1 coach to enter to the competition area**
 - 9.2 Applicants must be a valid Artistic Gymnastics Registered Coach of The Gymnastics Association of Hong Kong, China (GAHK)*
 - 9.3 All Coaches must wear the valid Coach Accreditation Card to enter the competition area. Non Coach Accreditation Card holders are not allowed to enter the competition area.
 - 9.4 **Please complete the online application form by Gmail before 2 December, 2022 (Fri): <https://forms.gle/XEzmxkA4xmhwmCKX6> OR Fill in the form in Appendix II and post to the our office with a recent photo before 2 December, 2022 (Fri).** No late or incomplete applications will be considered.
 - 9.5 Coach Accreditation Cards must be collected before the competition day, details of collection will be uploaded to our website on 23 December, 2022 (Fri)
 - * For details of GAHK Coach Registration, please visit the following link: <http://www.gahk.org.hk/p4.htm>

10. **Guardian Pass for Novice Level:**

In order to reduce crowds, **each athlete can only have two guardians to apply for the " Guardian Pass " for entering the spectator area**, and must be complete the online application form before 2 December, 2022 (Fri) (application link: <https://forms.gle/jW76uNpuv53nB8QE7>). The "Guardian Pass" will be distributed during the registration on the competition day.

For Elementary and Open Level, audience are not allowed to get into the gymnasium while there will be a live stream. Details will be announced in due course

11. Team Managers Meeting:

The Team Managers Meeting will be held on **19 December, 2022 (Mon) at 7:00pm** via online platform. Drawing of lots for competitors' order will be conducted and the competition information will be distributed. Participants can assign representative to attend the meeting. Please fill in the online reply slip of "The Team Managers Meeting" : <https://forms.gle/V1CL8iJD2YQtz1bW8> **before 2 December, 2022 (Fri).** **Any no reply will be considered as will not attend the Meeting.**

12. Others:
 - 12.1 Unless stipulated, all rules and regulations will follow The Gymnastics Association of Hong Kong, China.

- 12.2 According to our policy, all enrolled participants must pay for the insurance fee (i.e. Personal Accident Insurance) in addition to the entry fee for the event. Participants can purchase extra insurance due to specific needs. You may find more details on the insurance coverage in our website and read the Physical Activity Readiness attached in Appendix I.
- 12.3 If any participant(s) is/are found to be impostors, the Association will have the right to order him/her/them to withdraw from the competition and his/her/their result(s) in the competition will be cancelled. Enrolment fee will not be refunded.
- 12.4 **The competition organizing committee will make corresponding arrangements according to the latest situation of the pandemic.**
- 12.5 Athlete and Coach Accreditation Cards must be collected before the competition day, details of collection will be uploaded to our website on 23 December, 2022 (Fri).
- 12.6 **All Coaches must wear the valid Coach Accreditation Card to enter the competition zone. No late or incomplete applications will be considered.**
- 12.7 **For the awardees, please collect the certificates at our office according to the email notification of the award collection after the competition, failure to do so constitute forfeiture.**
- 12.8 **Special Arrangement under the pandemic please refer to Appendix III**
- 12.9 The Chinese version shall prevail
The Gymnastics Association of Hong Kong, China has the right to make any necessary changes and its decision will be final.

13. Enquiries :

Tel: 2504 8233

Website: www.gahk.org.hk

Email: mail@gahk.org.hk



Application Form of
Coach Accreditation
Card



Application Form of
Guardian Pass



Team Managers
Meeting



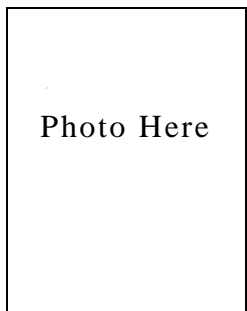
Health Declaration

The Gymnastics Association of Hong Kong, China
Hong Kong Artistic Gymnastics Open & Novice
Championships 2022-2023

Closing Date:
2 December, 2022 (Fri)

Application Form

Name: _____(Eng)_____ (Chi)
 Gender: M / F DOB: _____ YYYY MM DD Age: _____
 Address: _____
 Tel: _____ Email: _____ (required)



Remark: Participant has to submit the copy of personal identification document

Level & Event (Please tick appropriate boxes):

Elementary Level of Men's & Women's: ☆Please circle the appropriate height of Vault

Men						
Level/ Event	Floor Exercise	Pommel Horse	Still Rings	Vault	Parallel Bars	Horizontal Bar
Open (Senior)						
Open (Junior)						
Elementary		---	---	☆(1.15m / 1.25m)		
Novice		---	---		---	---

Women				
Level/ Event	Vault	Uneven Bars	Balance Beam	Floor Exercise
Open (Senior)				
Open (Junior)				
Elementary	☆(1.15m/ 1.25m)			
Novice		---		

*Name of Coach : _____ (Required) Contact No. : _____

*Signature of Coach : _____ (Required)

Declaration

***Signature from participants aged 18 or above /**

#Signature from the parents / guardians of participants aged below 18

I certify that I am entering this competition at my risk and responsibility. I agreed to abide by the regulations, policies and anti-doping policy of The Gymnastics Association of Hong Kong, China. I for myself, my executors and administrators, do hereby waive and release, any and all rights, claims and causes of action I have or may have against The Gymnastics Association of Hong Kong, China and all sponsors, promoters, supporters and all other contributors from any and all liability arising from illness, injury death, loss and economic consequences I may suffer as a result of my entry in this event from any cause whatsoever, including negligence. I certify that I am physically fit and sufficiently trained to compete for the completion of this event. I grant permission and assign all rights, title and interest to the organizer to utilize my appearance, name voice biodata and likeness in connection with the race in any and all media throughout the world in perpetually and agree to waive any rights of inspection or approval associated.

I have read and understood the declaration and Physical Activity Readiness (Appendix I).

*Signature of Participants : _____

Signature of Parents/Guardians : _____

Name of Parents/Guardians : _____

Date : _____

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

Application Form for Coach Accreditation Card

Please fill in the online application form by Gmail before 2 December, 2022 (Fri):

<https://forms.gle/XEzmxkA4xmhwmCKX6>

OR fill in this form

Notes for Coaches

1. Applicants must be a valid Artistic Gymnastics Registered Coach of The Gymnastics Association of Hong Kong, China (GAHK)*.
2. **All Coaches must wear the valid Coach Accreditation Card to enter the competition zone.** Non Coach Accreditation Card holders are not allowed to enter the competition zone.
3. Coach Accreditation Cards must be collected before the competition day, details of collection will be uploaded to our website on 23 Decmeber, 2022 (Fri).
4. Please fill in the form below, affix a recent passport size photo and return to us by post **before 2 December, 2022 (Fri)**. **No late or incomplete applications will be considered.**
Thank you for your cooperation.

* For details of GAHK Coach Registration, please visit the following link:

<http://www.gahk.org.hk/p4.htm>

Application Form for Coach Accreditation Card

Coach Registration No.: RC

Name of Coach: _____

Contact No. : _____

Email: _____

Address: _____

Coach signature: _____ Date: _____

Remark: Please supplement with separate sheets if necessary



Hong Kong Artistic Gymnastics Open & Novice Championships 2022-2023

Special Arrangement under the COVID Pandemic**Competition Arrangement**

1. Each person can participate in one level only. Gymnasts who participated in previous Hong Kong Artistic Gymnastics Open & Novice Championships whether achieved top 3 result or not, **can choose to promote to the next level or stay at the previous level this year, while must fulfill the age requirement of each level.**
2. Each athlete in **Novice Level** can only have two guardians to apply for the " Guardian Pass ", and must be complete the electronic application form before 2 December, 2022 (application link: <https://forms.gle/jW76uNpuv53nB8QE7>).
3. For **Elementary and Open Level**, audience are not allowed to get into the gymnasium while there will be a live stream. Details will be announced in due course.
4. The competition organizing committee will make corresponding arrangements according to the latest situation of the COVID pandemic.

Entering the Competition Venue

1. In accordance with the government's latest anti-epidemic arrangements, all persons entering the office premises and venues of the Leisure and Cultural Services Department must use the "LeaveHomeSafe" mobile app to scan the QR code and complied with the vaccination requirements under the Vaccine Pass.
2. All persons must take their body temperature when entering the venue and the body temperature must be below 37.5 °C.
3. If participants' body temperature is 37.5 °C or above, or have any symptoms of upper respiratory tract infection, sore throat, cough, muscle pain, fatigue, breathing difficulty, diarrhea, loss of smell or taste, they should stop participating in the activities and competitions, and seek medical advice promptly;
4. All persons entering the competition venue (including participants, coaches, judges and officials) *****must fill in the health declaration form and upload the negative RAT test result within 48 hours before the competition (<https://forms.gle/VC7h2PiBJ8Whsndj8>).** Otherwise, they will not be allowed to enter the competition venue;
5. Before entering the venue, all people must use hand sanitizer or soap to disinfect their hands.

During the Competition

1. Arrangement for wearing a surgical mask (mask):
 - All participants including judges, coaches and staffs must wear a surgical mask (mask) at all time.
 - Gymnasts can choose whether to wear a surgical mask during warm-up exercises and competitions. If necessary to remove the mask, it should be stored properly. At other times, gymnasts must wear a mask.
2. Participants must abide by the venue regulations and COVID prevention measures of the Leisure and Cultural Services Department. No more than twelve people a group, with a distance of at least 1.5 meters between each team.
3. In order to reduce crowds, there will be no award ceremony this year. The results of the competition will be uploaded to GAHK website. Each awardee will receive an email notification for more details of the award collection after the competition.
4. In order to reduce crowds, please leave the competition venue when each gymnast has finished their competition.
5. The Chinese version shall prevail. The association reserves the right to change the above special arrangements without further notice. In case of any dispute, the decision of the association will be final.