

Hong Kong Artistic Gymnastics Open & Novice Championships
2022-2023

Remarks

1. Novice Level

- Floor Exercise: The 14m x 1.5m x 8cm folding mat will be set on the floor

2. Elementary & Open Level

- Horizontal Bar & Vault: The set-up of landing area of HB & VT will be filling up by landing mats inside the foam pit
- The lockers in the gymnasium will not be opened
- Gymnasts' shoes must be placed on the shoe rack
- Coaches please bring your own clean indoor shoes / gymnastics shoes / take off your shoes and put them on the shoe rack / use the shoe covers provided by GAHK
- Judges and officials need to use the shoe covers provided by GAHK
- All participants should take good care of their personal belongings
- Bags of coaches and athletes can be placed next to the wall bars (rest area of gymnasts) so as not to block the entrance.

3. Special Arrangement under the COVID Pandemic

- All participants must abide by the venue regulations and COVID prevention measures of the Leisure and Cultural Services Department
- All participants including judges, coaches, officials and audience of Novice Level must wear a surgical mask (mask) at all time.
- Gymnasts can choose whether to wear a 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.
- All participants entering the competition venue (including gymnasts, coaches, judges, officials, audience etc.) must fill in the health declaration form within 48 hours before the competition (<https://forms.gle/VC7h2PiBJ8Whsndj8>) and conduct the RAT Test before competition, write the name and date on the test kit (must be done on the competition day). Then show the negative RAT test result in smart phone during registration.

*Otherwise, they will not be allowed to enter the competition venue

- Guardians of Novice Level who have applied for the " Guardian Pass " can collect the pass at registration counter on the competition day
 - For Elementary and Open Level, audience are not allowed to get into the gymnasium while audience may watch the competition via live stream at the YouTube channel of GAHK (中國香港體操總會 GAHK)
 - In order to reduce crowds, there will be no award ceremony this year. The results of the competition will be uploaded to GAHK website at night of the competition day. Each awardee will receive an email notification for more details of the award collection after the competition.
 - In order to reduce crowds, please leave the competition venue when each gymnast has finished their competition
4. 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.

Collection of Number Cloth, Gymnast Pass and Coach Pass

1. Collection of Number Cloth, Gymnast Pass and Coach Pass
 - Gymnast or Coach can come to the office (Room1002, Olympic House) to collect the above items during **28 December 2022 to 6 January 2023**.
 - Coach can help his/her gymnasts to collect all the above items
 - If coach is going to collect for his/her gymnasts, please contact Ms. Leung / Ms. Chan in advance (Tel: 2504 8233) to confirm the gymnasts list.
 - If you cannot come to the office during the scheduled period, please inform us by email (mail@gahk.org.hk) with reasonable reasons.
 - If you need to reissue your number cloth, gymnast pass or coach pass due to unable to show any of them on the competition day, it cost \$100 each.

2. Gymnasts in Elementary & Open level must be accompanied by their coach when attending the podium training. Also, both must show the valid athlete and coach accreditation card. Otherwise, they will not be allowed to do the podium training.

3. Only the one with number cloth and gymnast pass, or coach pass are allow entering the competition area. Others may stay at the audience area to watch the competition. In order to make the competition run smoothly, GAHK will implement this rule strictly.

The Gymnastics Association of Hong Kong, China
22 December 2022