



Organized by:
The Gymnastics Association of Hong Kong, China



Subvented by:
Leisure and Cultural Services Department

Revised: 23/11/2023

Hong Kong Artistic Gymnastics Open & Novice Championships 2023-2024 [Directives]

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

Date	Time	Level	Venue
14 January, 2024 (Sun)	TBC	Novice	Ma On Shan Sports Centre
20 January, 2024 (Sat)		Elementary	
21 January, 2024 (Sun)		Open	

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.

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 and have achieved top 3 result in the Individual All Around or any event, **must promote to the next level; except for the Open 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, 2006)
		Junior	18 or below (born on or after 1 January, 2006)
	Women's Open	Senior	16 or above (born on or before 31 December, 2008)
		Junior	15 or below (born on or after 1 January, 2009)

4.4 Participants in Elementary and Novice level must be born on or after 1 January, 2007.

4.5 Team Event

- 3 to 5 gymnasts in a team. Team score count on the best 3 for each apparatus.
- Each team cannot have more than 1 current Hong Kong Artistic Gymnastics Squad member (includes Senior Squad, Junior Squad and Squad B).
- The group must be GAHK's affiliated association/ regional sports association/ school/ registered company/registered organization (please provide supporting documents for registered company and registered organization).
- If the organization sends more than one team to compete, please add team 1 and team 2 at the end of the name for identification.

5. Enrollment Details:

5.1 Entry Fee: 1) \$170 per gymnast per individual event; \$200 for team event
2) Addition \$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: 4 December, 2023 (Mon). 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 **4 December, 2023 (Mon)** 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 22 December, 2023 (Fri)**. Please bring a USB for spare on competition day.

7. Scoring & Award:
 - 7.1 The points scored in each individual event will be counted for the Individual All-Around.
 - 7.2 Top 8 of individual event, top 4 of Individual All-Around and Team Event will be awarded a “Certificate of Merit” and a medal or a trophy: medal for individual event awardees; trophy for Individual All-Around awardees; medal and trophy for Team Event awardees. Awardees of top 5-8 of the Individual All-Around will all awarded a “Certificate of Merit” .
 - 7.3 N-1 system will be applied in case the total enrollment does not reach the total number of awards to be presented (Except for team event).
 - 7.4 Participants of Open – Senior & Junior will be awarded if they achieve a score 6.00 or above.

8. Coach Accreditation Card:
 - 8.1 **Each gymnast can only apply for 1 coach to enter to the competition area**
 - 8.2 Applicants must be a valid Artistic Gymnastics Registered Coach of The Gymnastics Association of Hong Kong, China (GAHK)*
 - 8.3 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.
 - 8.4 **Please complete the online application form by Gmail before 4 December, 2023 (Mon): <https://forms.gle/Y8MGBp3k3uJ4ecVXA> OR Fill in the form in Appendix II and post to our office with a recent photo before 4 December, 2023 (Mon).** No late or incomplete applications will be considered.
 - 8.5 Coach Accreditation Cards must be collected before the competition day, details of collection will be uploaded to our website on 22 December, 2023 (Fri)
 - * For details of GAHK Coach Registration, please visit the following link: <http://www.gahk.org.hk/p4.htm>

9. Team Managers Meeting:

The Team Managers Meeting will be held on **18 December, 2023 (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/PDjT9oBDnk2jqRf38> **before 4 December, 2023 (Mon).** **Any no reply will be considered as will not attend the Meeting.**

10. Others:
 - 10.1 Unless stipulated, all rules and regulations will follow The Gymnastics Association of Hong Kong, China.
 - 10.2 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.
 - 10.3 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.
 - 10.4 Athlete and Coach Accreditation Cards must be collected before the competition day, details of collection will be uploaded to our website on 22 December, 2023 (Fri).
 - 10.5 **All Coaches must wear the valid Coach Accreditation Card to enter the competition zone. No late or incomplete applications will be considered.**

10.6 **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.**

10.7 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.

11. Enquiries :

Tel: 2504 8233

Website: www.gahk.org.hk

Email: mail@gahk.org.hk



Application Form of Coach
Accreditation Card



Team Managers
Meeting

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 4 December, 2023 (Mon):

<https://forms.gle/Y8MGBp3k3uJ4ecVXA>

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 22 Decmeber, 2023 (Fri).
4. Please fill in the form below, affix a recent passport size photo and return to us by post **before 4 December, 2023 (Mon)**. **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

Photo must be
sticked here