

Competition Handbook



**PEARL COAST
GYMNASTICS CLUB**

2024

COMPETITION INFORMATION

Event Entry/Registration

PCGC will notify parents of children able to compete in the scheduled event of the process of registration. Generally, PCGC will distribute an online event registration form, which must be filled and submitted prior to the close of event registrations. It is important that you review all your child's information prior to submitting the form! For the state events, athletes must have qualified at a competition prior to registration for State Championship. PCGC will inform you whether your child has qualified or not.

Session Times

GWA (or the managing club) will distribute the Event Workplan to PCGC approx 2 weeks prior to the event start (this timeframe is only an estimation). The Event Workplan contains all the information about the event, as well as your child's session dates/times and other information such as presentation times and registration. PCGC will then distribute copies to parents via email, and on the event pages located on our websites.

COMPETITION INFORMATION

Uniforms

During a competition, there are a number of strict uniform regulations that athletes must follow:

MAG ATHLETES

- PCGC Leotard
- PCGC, clean competition longs
- PCGC shorts (same color as longs)
- Clean, White socks
- PCGC Polo
- Underwear must be skin colour, and not visible (deductions apply)
- Hair must be gelled back, off the face, and suitable for rolls, etc - Make sure you are using strong gel

WAG ATHLETES

- Level 1-3 Short Sleeved leotard
- Level 4+ Long Sleeved Leotard
- PCGC Polo (all levels)
- PCGC Shorts (optional)
- Competition scrunchie is to be used in athletes hair
- Hair is to be the same as the image to the right
- Underwear must be skin coloured, and not visible (deductions apply)

All athletes must have clean feet, removed nail polish and no jewellery is permitted during a competition. These requirements are the responsibility of YOU, not coaches or other parents!

Uniforms can be purchased through the PCGC Online Store



COMPETITION INFORMATION

Ensuring your athlete is ready to compete!

PCGC has compiled the below list of recommendations for you and your child to enjoy a smooth, fun competition:

- Ensure your child has at least 8hrs of good quality sleep the night before
- Ensure your child has eaten a healthy meal, full of nutritious goodies prior to the competition - about 2hrs before (this timeframe can be different for every individual child)
- Make sure to arrive at least 20mins prior to the registration time for your child's session - If you are unfamiliar with competitions or the venue, we recommend arriving at least 30-40mins prior to the registration time for your child's session
- PCGC coaches are super busy before a competition starts - organizing athletes, coaches meetings, preparing equipment, etc, which is why we encourage parents to direct any enquires to our committee members who are at the event, or to our admin staff at least 5 days before the day of the competition
- Make sure your child's bag is packed with the following items:
 - Hair Gel/Spray
 - Spare hair bands
 - Spare Safety Pins
 - Small, mess free, healthy snacks (not a full lunch box!)
 - Clean, white socks (MAG athletes)
 - Club polo - Can be worn over leotard when not competing
 - Club shorts - Can be worn while not competing
 - Water Bottle
 - Longs (MAG athletes)
- Coaches are unable to prepare your gymnast for you, please have hair, uniforms, bag packed, etc before arriving at the venue, or arrange for another parent to help your child at the venue
- Make sure your child has gone to the toilet prior to the start of their session, to minimise distractions/disruptions during the competition



COMPETITION INFORMATION

Spectators - During the competition

During the competition, spectators are required to follow some basic rules/guidelines to keep our competitions enjoyable, safe and fun for all!

- Spectators must remain in the spectator area at all times and are prohibited from entering the competition arena at any time
- Spectators must not communicate in any way to their child, including passing food or other items that your child may have forgotten, or using hand gestures
- Communicating with athletes throughout the event can result in the immediate disqualification of your child from the event - Please don't risk it!
- Spectators must conduct themselves in a respectful, calm, supportive and inclusive manner at all times!
- Spectators are only permitted to take photographs/videos of their own child and follow the Gymnastics Australia photographic policy
- Spectators should refrain from becoming 'too competitive' during a competition - Focus on your child having fun, and doing their best!
- Spectators must not communicate with any personnel on the competition arena, at any time!
- Remember - Coaches and judges decisions/scores are final!
- PCGC has no control over the final scores participants receive



COMPETITION INFORMATION

Volunteers

Without volunteers, competitions don't run! Which is why events make volunteering mandatory. The managing club of an event will distribute a list of volunteer roles that they require PCGC to fill, PCGC will then distribute either a roster or list of the roles which need to be filled. For more information about the roles required at an event, please contact our administration staff.

Event Enquiries

Please direct any questions or concerns to PCGC admin staff, please do not ring or email Gymnastics Western Australia staff about an event, unless you require assistance setting up the GWA Membership App, which allows athletes free entry into a session they are not competing in.



COMPETITION INFORMATION

Athletes - Expectations

During an event, PCGC holds high expectations of the athletes competing, and representing our club! All athletes are required to follow standard PCGC and GWA policies, as well as the below rules/expectations:

- Athletes will come prepared, on time and in the correct uniform
- Athletes will ensure all their belongings are well labelled, and looked after while competing
- Athletes will follow all instructions given to them by PCGC staff, other coaches, GWA staff, and other event personnel, and act with professionalism and sportsmanship at all times during a competition
- Respect other gymnasts, staff and the equipment they are using
- Respect the scores and decisions made by judging staff, respectfully and with good sportsmanship
- Notify their coach should an athlete require use of the bathroom, or drink fountain
- Notify their coach should they feel unsafe at anytime, for any reason
- Athletes should always try their best
- Athletes should always abide by Gymnastics Western Australia and Gymnastics Australia Policies - Including the ant-doping policies



COMPETITION INFORMATION

Event Information - Via Event Pages

PCGC provides essential information about an event through the use of 'Event Pages' on our Parent Portal.

These pages contain all information relevant to parents/athletes when competing in an event. They include information about the session times, arrival times, entry fees and payment methods, venue information, spectator ticketing, etc.

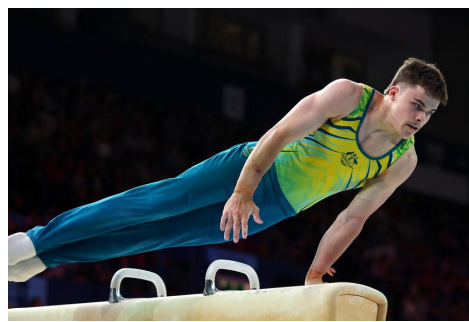
Need more info?

Visit our website for more information:

<https://pearlcoastgymnastics.com.au>

Or get in touch with us today!

GET IN TOUCH →



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ACROMAT