

Prospectus for the Rhythmic Gymnastics Asian Championships 2024 Selection

Competition: 15th Senior & 20th Junior Rhythmic Gymnastics Asian Championships

Date: 2-4 May 2024

Location: Republic of Uzbekistan

Eligible Gymnasts to participate:

1. Any individual holding a Hong Kong SAR passport, including gymnasts residing in Hong Kong, overseas, and Mainland China.
2. Senior: gymnasts must be 16-year-old or above in 2024
3. Junior: gymnasts must be 13 to 15-year-old in 2024
4. Registered members of The Gymnastics Association of Hong Kong, China in 2024
5. Must have participated in the Rhythmic Gymnastics Asian Championships 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 two senior gymnasts and the best two junior gymnasts to participate in the Individual All-Around, with 1 alternate member each
2. Select 5 seniors and 5 juniors to participate in group events, with 1 alternate member each
3. Strive to win medals in the competition
4. Aim to reach the top 8 in the competition finals
 - * *Alternate members for the Individual Events will not travel with the team*
 - * *Alternate members for the Group Events will travel with the team*

Selection Schedule

1. Deadline for registration: 9 February 2024
2. Location: Hong Kong Sports Institute
(The selection dates are revised on 25/1/2024)
3. Senior Individual & Junior Group – 1st and 2nd Selection: 24 February & 2 March 2024
4. Junior Individual & Senior Group – 1st and 2nd Selection: 25 February & 3 March 2024

Registration Fee

HKD 100 (except for the Squad member)

Registration Methods

1. Online registration by filling in the google form: <https://forms.gle/vTEMi8gJgPp9QQWm9> 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 17:00 (Hong Kong Time) on 9 February 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 will be based on the competition rules of the International Gymnastics Federation (FIG) for the years 2022-2024 and the specific rules of Asian Championships.
2. In case where gymnasts are unable to participate in the selection due to injury or special circumstances, the selection panel may consider the gymnast's international competition results from the past 12 months that recognized by The Gymnastics Association of Hong Kong, China (valid proof must be provided)
3. Gymnasts who are unable to participate in the selection on the designated date due to presenting Hong Kong, China in overseas competitions may have their overseas competition results considered or provide video footage on the selection date or one day before / after to the Selection Panel
4. Priority considerations will be given to gymnasts with a chance to win medals or enter 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's decisions are final
7. Selection criteria

Group	Team	Individual All-around	Group	Remarks
Senior	200.00	80.00	36.000	All-Around: the results of the four apparatuses are combined
Junior	160.00	70.00	33.000	All-Around: the results of the four apparatuses are combined

Selection Panel

1. Representative(s) from The Gymnastics Association of Hong Kong, China
2. Representative(s) from the Rhythmic Gymnastics Technical Committee
3. Head Gymnastics 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 Rhythmic Gymnastics Technical Committee
 3. Head Gymnastics 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

The final decision will be made 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

Please refer to the Chinese version. The Chinese version shall prevail, correct and effective.

Drug Testing

Athletes are responsible for understanding the behaviors 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.