

19th Singapore Gymnastics Open Championships (RG) Selection Directive for Parents/Gymnasts

Competition: 19th Singapore Gymnastics Open Championships (RG)

Competition Date: 22nd May – 28th May 2024 (according to the competition directive)

Location: Singapore

Eligible Gymnasts:

1. Any individual of Hong Kong Rhythmic Gymnastics Squad holding a valid Hong Kong SAR passport, residing in Hong Kong.
2. Senior: gymnasts must be 16-year-old or above in 2024 (born on or before 31st December 2008)
3. Junior: gymnasts must be 14 to 15-year-old in 2024 (born in 2009, 2010)
4. Age Group: gymnasts must be 13-year-old in 2024 (born in 2011)
5. Registered members of The Gymnastics Association of Hong Kong, China in 2024
6. Must have participated in the 19th Singapore Gymnastics Open Championships (RG) Selection

Rationale:

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 who will be funded by the Hong Kong Sports Institute (HKSI) to participate in Individual All-Around events.
2. Gymnasts selected for the Singapore Open must meet the age requirements set by FIG for Senior and Junior athletes, as well as Age Group defined by this competition.
3. The GAHK, together with the Selection Panel, will recommend some other qualified gymnasts to participate in the Championships at their own expenses (including full-time gymnasts).
4. The Selection Panel reserves the right to determine the event(s) that each participating gymnast will join in the competition according to the requirements and regulations of this competition.

Selection Schedule:

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|----------------------------|---|
| 5 th April 2024 | Deadline for registration |
| 7 th April 2024 | Selection (at Hong Kong Sports Institute) |

Registration Fee:

Free of charge

Registration Methods:

1. Online registration by filling in the google form: <https://forms.gle/t7MLF2Cwy1rMCjBy5>
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 5 April 2024. Failure to submit the required documents as required 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.

Important:

1. Selection criteria will be based on the competition rules of the International Gymnastics Federation (FIG) for the years 2022-2024.
2. The Selection Panel has the authority and the final right of interpreting on any matters that contribute to this selection exercise.
3. The Selection Panel's decisions are final.
4. Gymnasts' enquiries should be raised to the Panel BEFORE the selection exercise.

Selection criteria

Gymnast has to choose one apparatus from Hoop, Ball, Clubs, Ribbon to complete the routine

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

Appeals 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)

Role of The Gymnastics Association of Hong Kong, China

Final decision will be made by GAHK based on the list of participating gymnasts and coaches submitted by the Selection Panel after review.

Requirements upon Participating Gymnasts after Selection

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 a substitute from the reserve list will be maintained.

Competition expenses (The Chinese version shall prevail, correct and effective.)

1. The HKSI will subvent up to 4 athletes (2 senior and 2 junior athletes). All competition expenses will be covered by the Gymnastics Department of the HKSI. This includes airfare, local and overseas transportation, accommodation, FIG athlete license, etc.
2. The costs for the **self-funded gymnasts** include airfare, local and overseas transportation, accommodation, etc. All participation fees must be paid to “The Gymnastics Association of Hong Kong, China” upon confirmation.
3. Any selected gymnast or coach who withdraws midway due to personal reasons will be responsible for all expenses incurred.

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.