

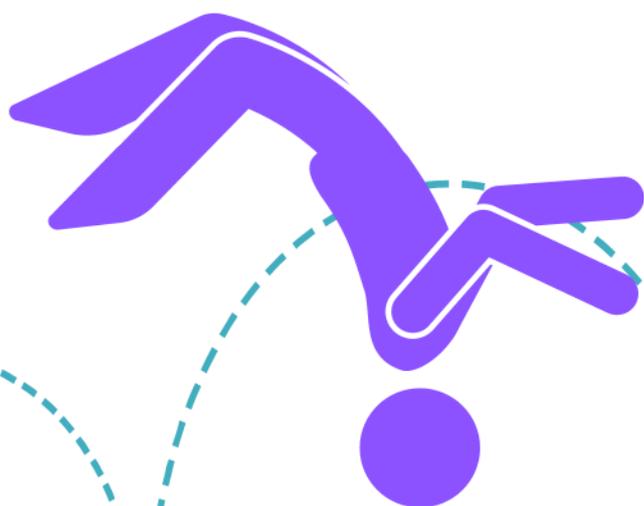


IGA

FLIP FEST

FLIP FEST OFFICIAL HANDBOOK
2025

Version 1.1 Published March 2025





CONTENTS

Flip Fest Introduction, Contacts & Event Structure

Flip Fest General Event Rules and Regulations

Flip Fest Event Entry Rules

Performance & Routine Content

Performance Attire

Team Creation

Music Submission

Performance Length

Participation Awards

Entry Fee & Late Entries



WELCOME TO OUR FLIP FEST HANDBOOK

Welcome to the official handbook for Flip Fest, your comprehensive guide to delving into the exhilarating world of display gymnastics. No matter the discipline or ability of gymnast, Flip Fest is for YOU! This handbook is designed to provide you with everything you need to know about our vibrant event

IMPORTANT CONTACTS

General Enquiries: info@igauk.com
Competitions: robyn.adams@igauk.com

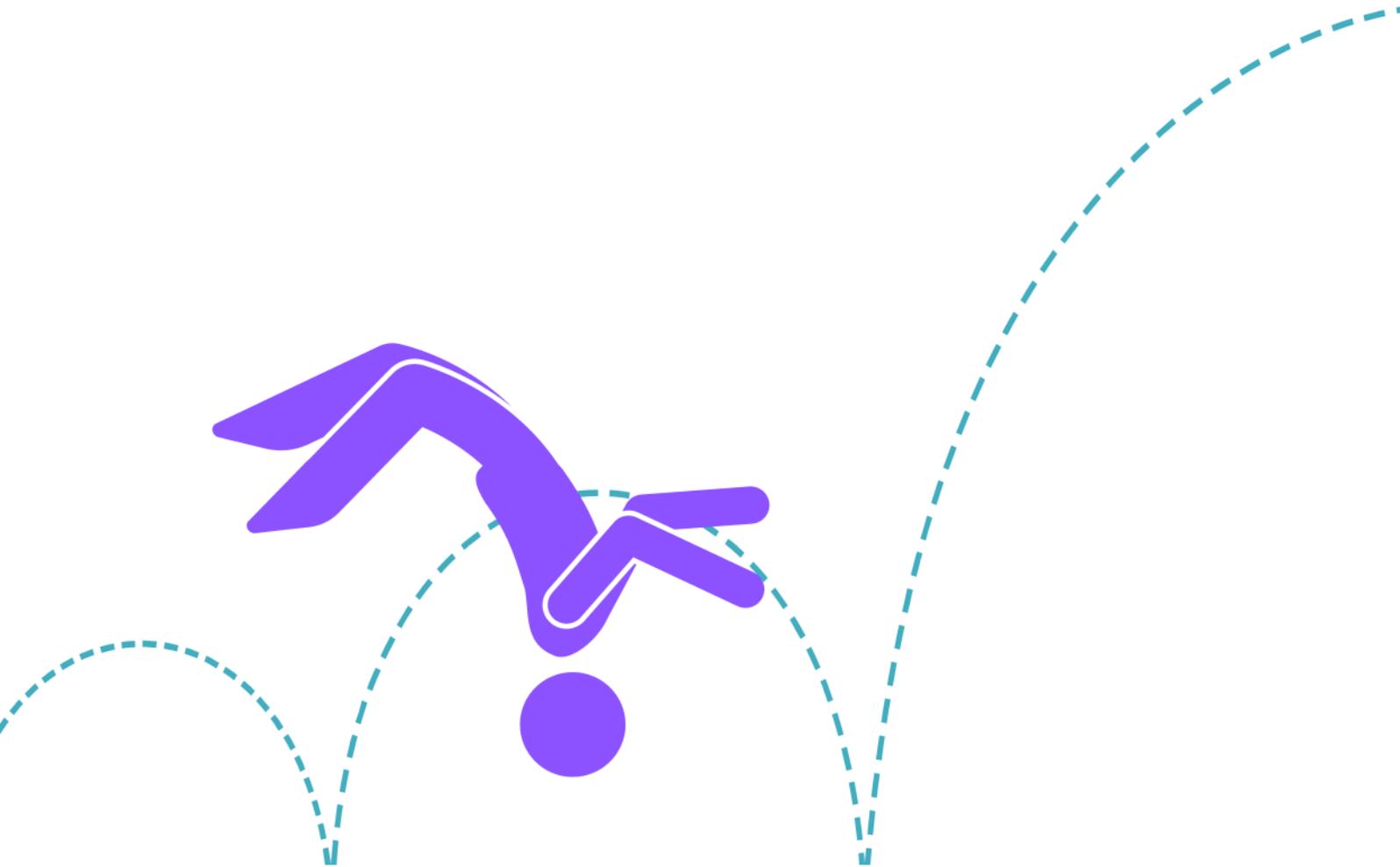
EVENT STRUCTURE

We are thrilled to introduce our new discipline event series, designed to provide year-round opportunities for all IGA members to participate and showcase their incredible gymnastics skills. These events will take place throughout the year, offering a platform for gymnasts of all levels to shine. As we gauge the demand and enthusiasm from our community, we are prepared to dedicate additional weekends to accommodate more participants and create even more chances for everyone to engage in this exciting new discipline. We look forward to your participation and can't wait to see the remarkable talent and dedication of our gymnasts in action.

We understand the importance of IGA competitions in our other disciplines, and we want to assure you that these new events will be scheduled to avoid any conflicts. Our goal is to ensure that all gymnasts have equal opportunities to participate in both the new discipline and our existing competitions. By carefully planning our event calendar, we aim to provide a seamless experience for all members, allowing everyone to showcase their skills and enjoy the full range of IGA events.



GENERAL EVENT RULES





GENERAL EVENT RULES AND REGULATIONS

Maintaining the highest standards of safety within our sport is of paramount importance to us at IGA, especially at our Flip Fest events. Ensuring a secure environment for all participants allows our gymnasts to perform at their best while minimising risks. We kindly ask you to review and adhere to the following general safety rules and regulations outlined below, which are crucial for the well-being of everyone involved. Your cooperation is essential in upholding the integrity and safety of our events, allowing us to continue providing an exceptional experience for all.

All Flip Fest participants must hold valid insurance and credentials to be able to take part in this Event.

Coaches must ensure that adequate provision for the supervision of their gymnasts are met. All chaperones must hold all credentials and be 18 years+ and wear club attire. Chaperones are not allowed on the event floor.

Coaches attending this Event must be qualified to coach the skills performed in the routine as gymnast safety is paramount at IGA. Coaches must be a minimum Level 2 to enter a team, there is no limit on coach participation.

Coaches below a Level 2 coaching qualification can attend for experience purposes but cannot be in charge of a team or be on the event floor.

Coaches are permitted to spot during the routine when using extra equipment. However they must follow the IGA Code of Conduct ensuring that all long hair is tied back and jewellery is not worn.

Coaches and chaperones must register on the day of the event and will be responsible for registering their team. Gymnasts will be registered as part of the team by their coach or chaperone.

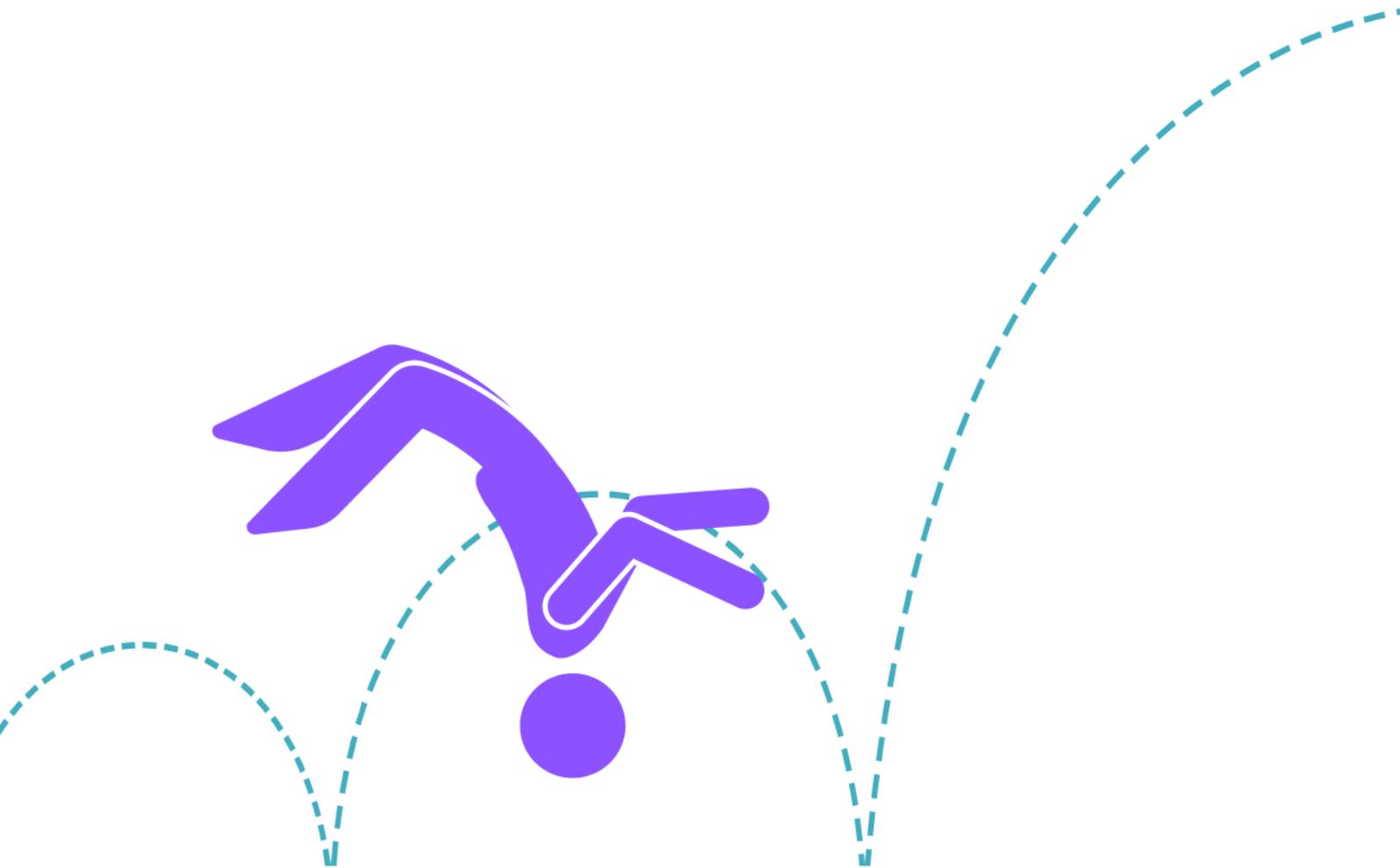
Clubs will need to ensure their spectators understand they are not allowed onto the event floor. Spectators must stay within the spectators designated area and to treat the venue with respect.

Coaches must always use appropriate language and behaviour at all times. Rude or inappropriate behaviour towards the gymnasts's, event officials or other coaches will not be tolerated

IGA reserves the right to cancel a show if entries are not adequate. In such case all performers entered into the cancelled show please refer to the IGA cancellation policy.



EVENT ENTRY RULES





OFFICIAL FLIP FEST ENTRY RULES

To ensure a safe and enjoyable environment for all participants at Flip Fest, it is crucial that all event entry rules are strictly followed. These rules have been established to maintain safety standards and cannot be adapted or altered. Compliance with these guidelines is mandatory for all clubs and participants.

PERFORMANCE & ROUTINE CONTENT

The only limitations on routines are safety considerations and ensuring that all routines, costumes, and music are age-appropriate. Flip Fest routines are display performances that can incorporate any gymnastics discipline, with or without equipment. Additional props, costumes, and small apparatus (such as balls, hoops, and ropes) are welcome, but each club is responsible for providing and managing its own equipment.

PERFORMANCE ATTIRE

Costumes and theatrical make up are encouraged and welcomed, but not required at Flip Fest.

Gymnasts are welcome to wear costumes and do not require to wear leotards, However the costumes must be safe for the skills being performed and age appropriate. Long hair must be tied back and all jewellery must be removed. If this is not possible, it must be taped.

Coaches must wear suitable attire following our IGA coaches attire policy, Long hair must be tied back and all jewellery including watches must be removed. If this is not possible, it must be taped.

TEAM CREATION

Flip Fest will be a first-come, first-served event. Teams must consist of a minimum of 10 gymnasts per team. The number of teams a club can enter will be dependent on the venue capacity.

Teams may compete with reduced numbers; however, no refunds will be issued for missing individuals unless covered by the IGA Cancellation Policy. Clubs will have the ability to add reserves to the JustGo system, with the option to update their team closer to the competition.

If a team needs to be amended for any reason, team names can be changed, but team numbers cannot. If a name is changed, please be aware that if our partners attend with named merchandise, the updated name will not appear if the change occurs less than four weeks before the event.

Clubs are permitted to enter a maximum of three groups, and each gymnast may only participate in one group. For clarity, a gymnast cannot compete in multiple groups during the event.



OFFICIAL FLIP FEST ENTRY RULES

MUSIC SUBMISSION

Flip Fest welcomes all types of music. Flip Fest entries consider the music chosen for the performance ensuring there are no inappropriate language or themes and that routines are appropriate for the age of the performers and the family spectator crowd.

All music used in Flip Fest routines must conform to the relevant licensing requirements. Certain tracks belonging to Disney, Andrew Lloyd Webber and Cirque du Soleil can be used but this should be checked on the PPL website to confirm the track is included within their repertoire.

To check tracks, head to: [PPL Repertoire Search](#) and enter the artists name and title. Any music listed as part of the search can be used. If the track is not included within the listed tracks the club must apply directly to Disney, Andrew Lloyd Webber, or Cirque du Soleil to use the track and pay the relevant licensing fees.

PERFORMANCE LENGTH

All performance routines will follow the agreed structure for performance length:

- 8-15 gymnasts: Maximum of 5 minutes
- 16-24 gymnasts: Maximum of 6 minutes
- 25+ gymnasts: Maximum of 8 minutes

These times are the maximum allowed; groups performing in less time will not be penalised. For shorter performances, the announcer will fill any gaps with interactive games.

APPARATUS

The main performance will take place on an AcroPAD floor. The sizes for this floor are: 12.8m x 12.8m

Please note this is an Air Track which means no heavy apparatus can be added to the floor. The equipment will be pressure checked to ensure that it is safe for every performance.

If for any reason an AcroPAD floor is not being used, the event organiser will permit the use of apparatus. However extra apparatus must be supplied via the club and be safe to use. In some cases the floor size may vary due to the venue, This will also be communicated to those entering via the event details on the JustGo Portal.

AWARDS FOR PARTICIPATING

Flip Fest will be awarding all entries with a special participation award. Our partners may offer merchandise as a prize to sponsor the event but cannot be guaranteed at every event.

Please note that not all Flip Fest events will be competitive. Details of which events will be competitive will be provided well in advance of the event.



OFFICIAL FLIP FEST ENTRY RULES

ENTRY FEE AND LATE ENTRIES

The entry fee for each team is £25.00, with an additional £27.00 per gymnast. (gymnast ticket includes event t-shirt)
Submission deadlines are as follows:

- Teams must submit their entries 4 months in advance.
- Individuals must submit their entries 3 month in advance.

Once the Event Plan has been finalised, IGA will not accept late entries

SPOTLIGHT PERFORMANCES

At Flip Fest events, we're excited to announce that we'll be selecting two outstanding routines for a special opportunity at our National Final Events. These selected routines will have the chance to showcase their skills on a national stage, highlighting their dedication and talent to our enthusiastic audience. Join us as we celebrate excellence and passion in gymnastics at Flip Fest!

VIDEO, FILM AND PHOTOGRAPHY

Photographs and video footage will be captured at Flip Fest Events.

IGA accredited photographers and our Marketing and Social Media Team may be present and in some cases events may be live streamed. The images taken at events may be used by IGA for the purposes of promotion, education and development of the sport.

They may also be shared with journalists, through social media outlets e.g. Facebook, Instagram, YouTube etc. and our third-party partner organisations for general promotional purposes.

Anyone who does not wish themselves or their child to be photographed/filmed at the event must advise the IGA Marketing Manager or the Event Organiser. Although it is not always practical to manage the content of live streamed footage, we will make every effort to ensure any identifiable images of the participant are not published.

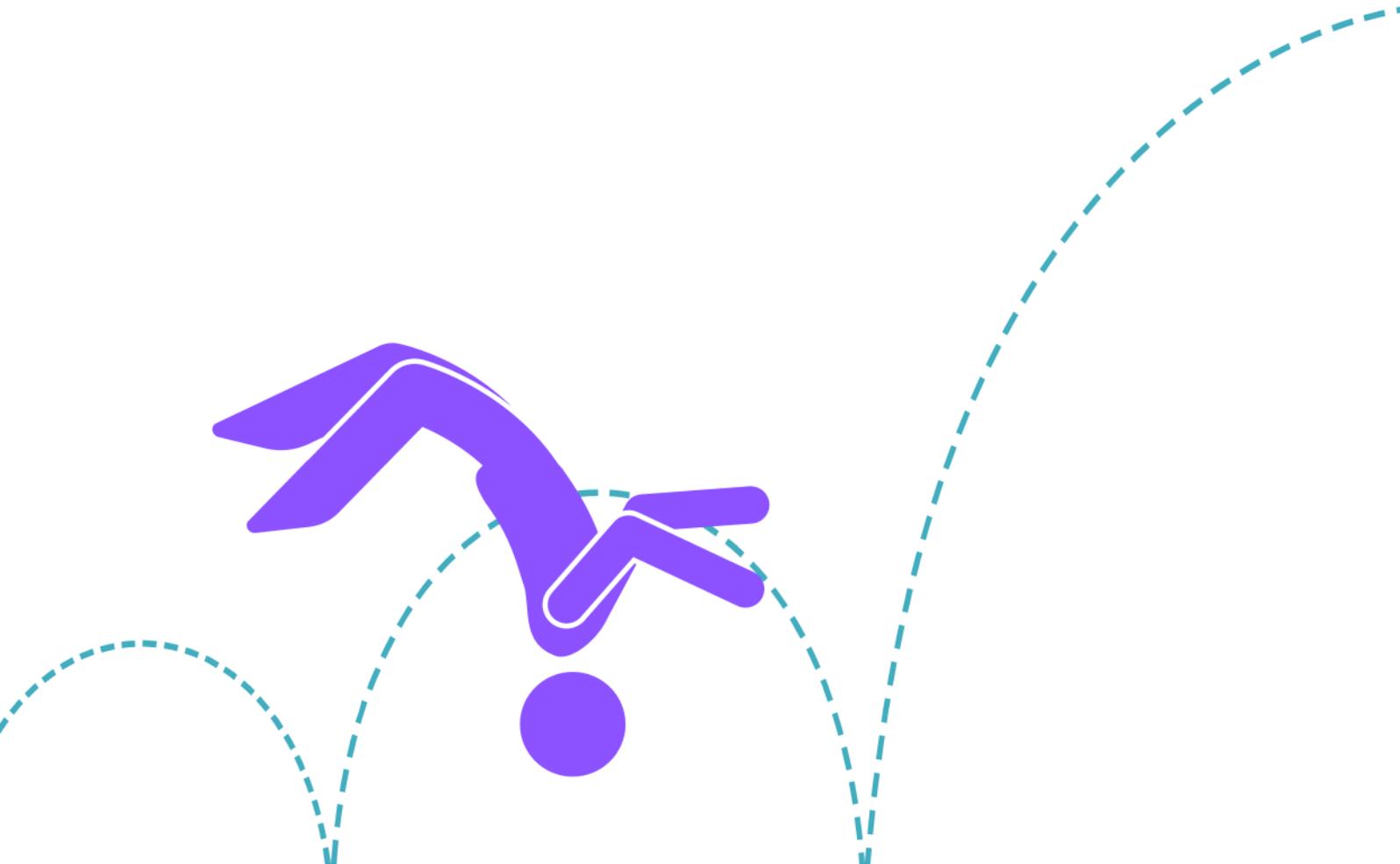
IGA will display clear signage and make announcements about photography and filming at relevant events.

We delete event photographs and videos after five years unless we consider them to be of public interest and should consequently be archived for historical purposes. Where images have been published on social media, these platform providers may continue to process your data after the retention period has lapsed.

Flash photography may not be used at any time while gymnasts are warming up or competing.



ENTRY PROCESS





ENTRY PROCESS

We are excited to announce that entries for Flip Fest will take place through our JustGo portal. Coaches and clubs must ensure that all information is correctly inputted when entering gymnasts. Accurate details are essential for a smooth registration process and to ensure all participants are properly accounted for.

HOW TO ENTER

The Flip Fest entry process will take place in two stages to ensure accurate group numbers and smooth event planning.

Stage 1: Club Registration

Once the event location and theme have been confirmed and booked, clubs will be invited to register their attendance for Flip Fest.

- During this stage, clubs will indicate how many groups they wish to enter into the event.
- If booking more than one group from the same club, a separate booking will need to be made at this stage.
- This registration will help us finalise the event schedule and performance plan.
- Please note: space will be limited, so early registration is recommended once entries open.

Stage 2: Group Confirmation & Participant Details

At a later date (latest three months ahead of the event) clubs will be asked to confirm their group bookings.

- At this stage, you will need to provide the full list of gymnasts participating in each group to confirm group sizes.
- Group Name
- You will also be required to upload your group's music in a digital MP3 format via the online entry system.
- All music files must be clearly labelled with the club name and group name.

Once both stages are complete, your club's entries will be fully confirmed and included in the official event plan.



JUDGE RESPONSIBILITIES

Judges are expected to fulfill certain responsibilities when participating in an IGA competition.

QUALIFICATIONS & MEMBERSHIP

All Judges participating in IGA Competitions must hold Judge or Coach Membership with IGA and must hold the correct Judging Qualifications to serve as Judges. The competition organiser will have the final discretion on Judging allocations. Judges entered on the portal, will be allocated for the entire day, unless stated so on the entry form.

JUDGE REGIONS

All IGA Judges must judge within their region location. Judges from another region will be organised at the discretion of the Competition Organiser.

JUDGE ABSENCE

Once a Judges allocation has been confirmed, we require all Judges to attend the IGA Competition. In the event of an emergency we ask the Judge or Club to contact the Competition Organiser immediately. If a replacement can be made that would be highly appreciated. However, Judges who consistently cancel at the last minute may risk their eligibility to officiate at IGA competitions. Judges play a crucial role in ensuring the seamless operation of our events.

HONORARIUM FORMS

All Judges must complete an Honourarium form before you leave the Event. Please note IGA pay £50 per round and £0.45p per mile. Judges will not be paid travel expenses twice if sharing a car with another Judge/Official. Car Parking charges will not be classed as a payable expense and all officials must be registered as Self-Employed via HMRC.

JUDGE ETIQUETTE

IGA requests that all judges prioritise the best interests of the gymnasts when attending IGA competitions. This focus on the gymnasts' well-being is crucial to maintaining fair and accurate judging standards.



COACH RESPONSIBILITIES



COACH RESPONSIBILITIES

IGA coaches are expected to fulfill certain responsibilities when participating in an IGA competition.

COACH TO PARTICIPANT RATIOS

It is the coaches and clubs duty to ensure the coach to level entry ratio is adequate enough to ensure a safe competition. Coaches cannot expect competition organisers to arrange the rounds to meet their coaching needs and requirements. Fairness will take priority and Levels/Age Groups will be grouped together.

FIRST AID KIT

It is the coaches responsibility to ensure they attend all IGA events with a first aid kit on hand to address any minor injuries. Our officials will provide a first aider at every IGA event. Accidents at an IGA event will be documented.

SCORE CHALLENGES

In the event of a coach requiring to challenge a score. It is required for coaches to submit the score challenge to the competition organiser before the end of the second rotation. Coaches must not approach the judging table and must approach the competition organiser. A £5 cash fee will required to be paid for all score challenges, this will be refunded if the challenge is upheld.

Please note that the decision of the competition organiser regarding the score challenge is final. (This is only for competitive Flip Fest events only)

GYMNAST SAFETY

Coaches must be responsible for the safety of their gymnasts at all times. For display gymnastics, coaches are allowed to stand near the floor during performances to ensure safety. However, coaches must not stand on the floor unless spotting a high-level skill (e.g., Level 4 skills like a Double Tuck).

Please note that spotting during a performance routine will result in a judging penalty. (Only relevant for competitive FlipFest competitions)