



# FUN MEET PROGRAM

Alberta Provincial Fun Meet Program

General Guidelines and Information Package

created

March 2011

# **FUN MEET PROGRAM**

## **PURPOSE OF INTERCLUB:**

The Purpose of the Fun Meet Program is to provide recreational athletes throughout the province the opportunity to showcase their personal ability. Through the Fun Meet program recreational gymnasts will have the opportunity to participate in gymnastics events and perform routines. The Alberta Fun Meet Program is performance based and is meant to focus on the opportunity to perform rather than the content of the routine.

## **ATHLETE ELIGIBILITY:**

Eligible athletes will be 7 years of age and up as of December 31<sup>st</sup> of the year that they are participating as a Fun Meet athlete.

The Fun Meet category is intended for recreational participants only.

Athletes must be registered with AGF.

## **COACH ELIGIBILITY:**

All coaches and CITS must be registered with AGF and adhere to all the AGF Bylaws and procedures/protocol.

## **FUN MEET EVENT PROGRAM GUIDELINES:**

1. The Fun Meet program is not to be used as a developmental competitive or pre-competitive program.
  2. There is no requisite minimal skill level to participate in Fun Meet events. The CANGYM and CANJUMP program should be the basis of any skill or level criteria.
  3. Routines should be a maximum of 90 seconds (one or two vaults allowed).
- \* Music is optional for women and men's floor exercise

## **ROUTINES/APPARATUS:**

Routines may be performed on traditional men's and women's artistic gymnastics apparatus, trampoline gymnastics apparatus and may utilize apparatus and elements from other gymnastics disciplines. Non-traditional gymnastics apparatus is permitted. Host clubs are welcome to set out their own formats and offer varying events. There are no format requirements.

***Clubs must outline events offered in the first Meet Invitation, as well as the format of the event.***

# **FUN MEET PROGRAM**

## **SPOTTING:**

The goal of the Interclub Program is for athletes to show pride in their personal abilities – promoting success through personal accomplishments. While the athlete may be able to perform the skill sooner if they are assisted the goal should be to perform independently to display personal achievement. Spotting is allowed, although athletes should be able to fully perform the skills they are presenting with a high degree of proficiency. Only light and mental spotting will be allowed.

## **SAFETY:**

Although there are no skill restrictions in the Fun Meet Program, coaches must be aware that more difficult skills require more repetitions and perhaps more physical preparation and ability. By increasing the difficulty, safety concerns are also increased, especially when athletes are not training the required hours to be physically prepared. Please consider this when teaching new skills and including harder skills in performances. Participants should be able to perform all components of their routine with a reasonable level of mastery and competence consistent with the safety and teaching principles of the National Coaching Certification Program(NCCP).

## **EVENT SANCTIONING:**

The following pages were designed to assist clubs in hosting a club or inter-club Fun Meet. The emphasis of the event should be for participation, experience, and fun! The guidelines in this package are merely recommendations for an overall program plan. Organizing committees can choose to follow any of the recommendations or incorporate individual ideas to enhance the meet experience. Clubs are not required to sanction their Fun Meet events with AGF. AGF strongly encourages that all clubs follow the outlined guidelines to ensure that this event is an equitable and fun meet for all.

## **ENTRY FEES:**

Entry fees should be kept at a minimum and should range from \$45 to no more than \$80 per participant. Although clubs should try to keep fees at a reasonable amount, event hosting costs will depend on cities, zones and the amount of work a club puts into their event. When Fun Meet events are combined with another AGF sanctioned event, fees should be reduced.

# **FUN MEET PROGRAM**

## **EVENT REGISTRATION:**

The event invitation should include the following information:

- Format of event
- Events offered
- Entry Fees
- Athlete recognition system and special awards
- Registration form for the event containing:

Names of athletes attending  
Date of Birth  
Age of Athletes  
Names of coaches attending

## **INTERCLUB EVENT HOSTING GUIDELINES:**

1. There should be no more than 50 participants in one flight or session
2. Each flight or session should last no more than 3 hours
3. There should be a strong emphasis on the awards ceremony and the recognition provided to each participant
4. Adjudicators should be at least 16 years of age or older, whenever possible
5. A small training session of adjudicators should be held prior to the event (see section entitled "Adjudicator Training")
6. There will be no ranking in the awards of any kind
7. There are no limitations or restrictions on the use of safety mats and additional equipment (such as beam pads, boxes, etc.) during interclub events
8. Spotting during Interclub performances should be kept to a minimum

## **AWARDS:**

Considerable emphasis should be placed on the awards ceremony, highlighting each participant's performance. Each participant should be given a participation ribbon or medal, etc. They should also be given a certificate that lists all the events they performed in and positive comments from each of the adjudicators for each event.

## **FUN MEET EVENT FEEDBACK FORM:**

The feedback form for Fun Meet events will be available to clubs for two weeks after the event ends. This form will be used to rate clubs and their events, as well as help both AGF and the clubs learn about improvements that can be made.

# ADJUDICATOR GUIDELINES:

## GENERAL:

- Adjudicators should be at least 16 years of age or older, whenever possible
- Adjudicators should be mature and be familiar with gymnastics but do not need to be trained judges
- There should be a minimum of one adjudicator per event
- Adjudicators should provide a positive comment for each participant's certificate
- Host clubs should provide adjudicators with a list of comment ideas (i.e. "99 ways to say very good")
- Adjudicators should be paid. A recommended honorarium is \$25 per session
- It is recommended that the meet director read through each certificate before handing them out to ensure that only positive comments have been included

## EVENT SPECIFIC:

Adjudicators should focus on the following performance characteristics for their comments:

1. Variety
2. Use of Apparatus (confidence/dynamics)
3. Quality of performance (artistry)
4. Quality of skills – Safe Performances

Comments can pertain to:

- The way the routine is put together: diversified and creative composition of skills, dance and choreographic elements
- The way the routine is executed: quality, sureness and precision of execution
- The way the athlete uses the entire apparatus spatially and directionally
- Use of various levels: being tall, being close to the floor/beam
- Using the entire length of the beam or covering most of the floor area
- Moving, walking, running, dancing forward, backward, sideward
- The way the athlete experiments with rhythm and tempo
- Dynamics: Inclusion of explosive and powerful movements
- Rhythm: Variety in speed of movement within passages or within individual elements (fast, slow, fluid, energetic, etc.)
- Presentation and Artistry:
  - Carriage, presence, personal expression
  - Exercise is compelling to watch and captivating from beginning to end
  - Choreography and choice of elements are interesting because the exercise is "unpredictable" from beginning to end
  - On floor, the music enhances movements

# ADJUDICATOR TRAINING

All adjudicators should follow a basic training prior to the competition so they are aware of the etiquette for interclub events.

## TRAINING:

The following points should be covered in the training for adjudicators:

- Reception of athletes at the table
  - How to greet
  - Smiling and making athletes feel welcome – not nervous
  - Directions on how event is going to unfold
  - Taking attendance and asking kids to present when their name is called
  - Explaining the order of passage
- Warm-up- performed in a controlled and safe manner
- Explain to adjudicators that they should keep their eyes on the athlete's performance, from the moment they are called, until they dismount and present to them
- Positive specific feedback
  - The feedback needs to mean something to the athletes
  - Pay attention to what the athletes seem proud of – special skill that they might have been working on, no fall, etc.
  - 100 ways to say good job
  - Constructive feedback should not be included – the Fun Meet Program is not the place for this

## **FUN MEET FEEDBACK FORM**

*(To be completed by attending clubs only)*

**Please return this form within 14 days of the completion of the competition. Host clubs will be notified of possible improvements directly, while star rankings of events will be published on the AGF website and updated yearly.**

Name of club filling form: \_\_\_\_\_ (will be kept anonymous)

Name of competition: \_\_\_\_\_

Date of competition: \_\_\_\_\_

Were all Fun Meet Technical Guidelines followed? Yes/ No

→ If NO, please clarify

\_\_\_\_\_

\_\_\_\_\_

Was the spirit of Fun Meet embodied in the event? Yes / No

→ If NO, please clarify

\_\_\_\_\_

\_\_\_\_\_

Was the event well organized? Yes/ No

→ If NO, please clarify

\_\_\_\_\_

\_\_\_\_\_

Was the event fun? Yes/ No

→ If NO, please clarify

\_\_\_\_\_

\_\_\_\_\_

Was the entry fee fair, based on the quality of the event and demographic?

Yes/ No

\_\_\_\_\_

\_\_\_\_\_

**Based on the above questions and on a five-star scale,  
how many stars would you give this event?**

Appendix A

**(Club name) Gymnastics Club Fun Meet Invitational**

(Club Logo)

Date: (Complete date of the event)

Location: (Full address of the location of the event)

Categories invited: - Level X (specify: discipline, category, age, gender)  
- Level Y  
- Level Z

Cost: Registration fees are \$0.00.

Late fees of \$0.00 will apply for registrations received after the deadline.

Please make cheque payable to: (name required on cheque)

Send registration and payment to: address, fax and email

Deadline: Full date

Fun Meet Rules:

Suggestion: Participants will receive an appreciation on 6 to 10 skills performed.  
List of skills performed must be provided before the performance on each event.

Equipment specification:

Example: - Floor without springs.  
- Vault runway only x meters

Inquiries: You may direct your questions to (name)  
Email and/or phone



