



Competition rules

Your competition entry

In order to enter the competition, you must share a photo or video of your birthday celebration on Twitter or Instagram using the hashtag **#BGFBirthday** or directly to the British Gymnastics Foundation Facebook page. Be creative! You might choose to wear themed costumes, create a short dance routine, or show off your skills!

We will choose and contact a winner on 1st August 2018. Full competition terms and conditions can be found at www.britishgymnasticsfoundation.org/birthday

We will take into consideration:

- The creativity of your entry
- The amount of likes and shares your entry gets on social media
- The size of your celebration

The prize

Kristian Thomas will visit your club to deliver a gymnastics masterclass at a date and time agreed with Kristian.

Music licensing

All music used to accompany routines must conform to the relevant licensing requirements. Details may be found at www.ppluk.com.

Please note that teams can use certain tracks belonging to Walt Disney, Andrew Lloyd Webber and Cirque du Soleil but coaches/team managers need to check on the PPL website if the track is included within their repertoire.

To check if a specific track is permitted, please use the above website and enter the artist's name and title. Any music listed as part of the search can be used. If a specific track is not included within the listed tracks the club/team would have to apply directly to Walt Disney, Andrew Lloyd Webber or Cirque du Soleil to gain permission to use the track, however there is likely to be a cost involved.

Health & Safety

The health, safety and welfare of all participants (gymnasts, coaches and officials) is the primary consideration. All British Gymnastics policies and procedures must be rigorously applied with regards to health, safety, welfare and Safeguarding & Protecting Children.

Gymnast attire

Gymnasts can wear costumes and do not have to wear leotards as long as their clothing is safe for the skills being performed and does not restrict movement or obscure vision.

Long hair should be tied back so as not to obscure vision. Hair clips, slides, bands, ribbons and all other character hair accessories, if worn, must be secure.

All jewellery must be removed. If it is impossible to remove items of jewellery they should be taped. Exceptions are as per British Gymnastics Body Piercing and Adornments policy.

You must refuse access to participate if gymnast's attire is deemed unsuitable or unsafe for gymnastics activities.

If in any doubt whilst planning and designing costumes, please contact info@britishgymnasticsfoundation.org in advance of the event.

Marketing permission information

Please make sure that every child in the film or image has completed your marketing consent form.

You are responsible for gaining consent from your gymnasts to take part.

