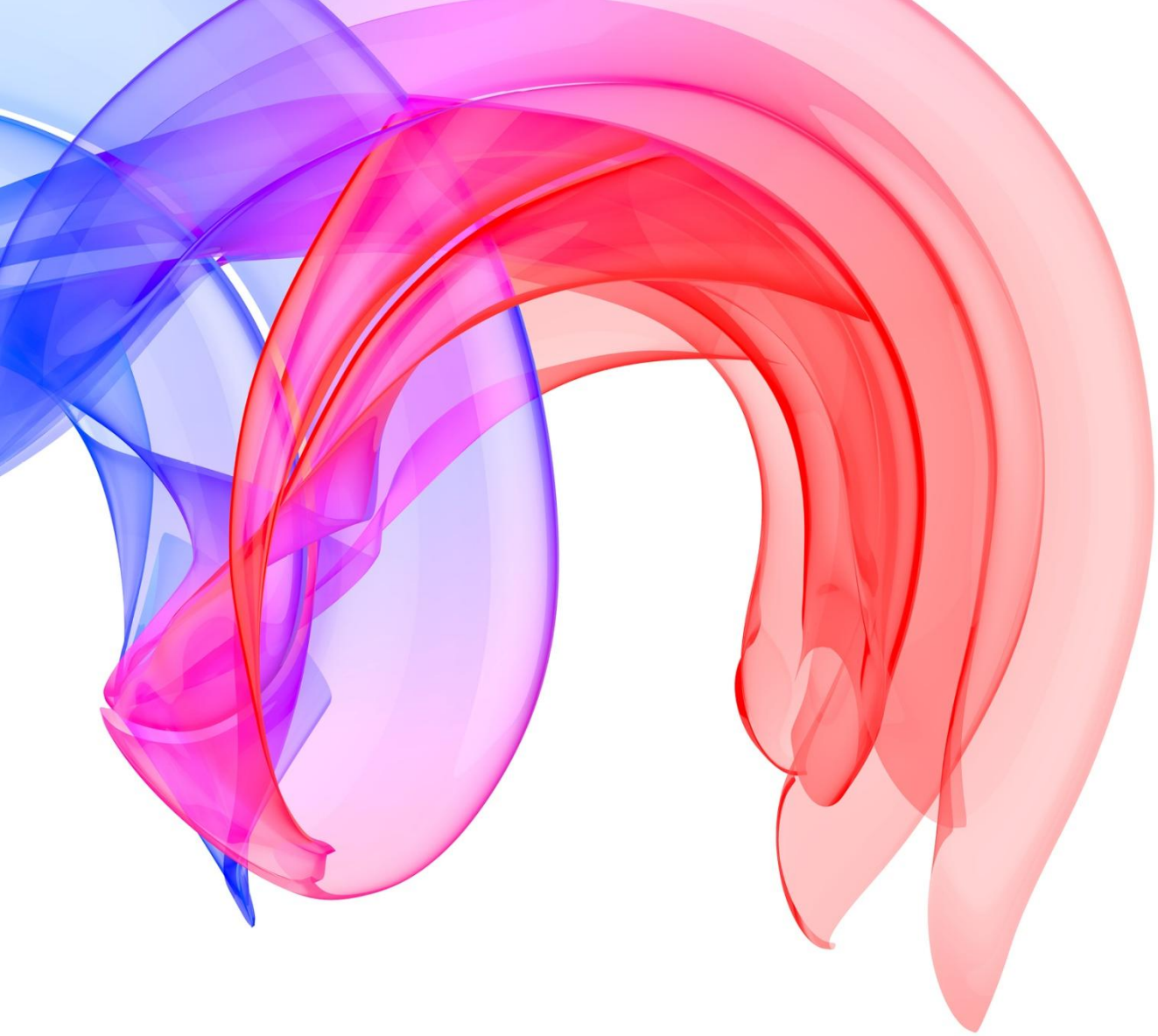

Women's Artistic Gymnastics

National Competition Handbook 2013

British Gymnastics
More than a sport

Version History

The Women's Artistic Technical Committee reserves the right to make amendments to this Handbook. Every effort will be made to communicate any changes at least 12 weeks before the event to which they relate.

Please note that sections of this document, including the Age Group rules and Compulsory Levels pass scores, may need to be amended after the FIG Code of Points (Cycle 13) is confirmed.

Notification of a change to the handbook will be communicated through the BG website and an updated version will be made available to download at the time of change.

All versions will be listed on this page, with reference to amendments made;

Version 2.1 - January 2013
Original

Version 2.2 - March 2013
Page 18 – those qualifying for vault finals
Page 22 – amendment made to FIG Espoir and FIG Junior Code – Vault

Version 2.3 – April 2013
Page 6 – TC names changed

Version 2.4 – May 2013
Pages 26/27/28 – amended Promotion (score)

Table of Contents

Provision of Events

Technical Committee pg. 6
British Gymnastics Contact Details pg. 6
National Competition Calendar pg. 7
Order of Performance pg. 7
Publication of Results pg. 7
Definition of Terms pg. 8

Eligibility

Membership pg. 9
Regional Representation pg. 9
Coach Qualifications pg. 9
Safeguarding pg. 10
Health and Safety pg. 10
Overnight Stays pg. 10
Age Policy pg. 10
Nationality pg. 10

Competition Entries

Entry Process pg. 11
Methods of Payment pg. 11
Participation Fee pg. 11
Late Entries pg. 11
Withdrawals and Substitutions pg. 11

General Regulations

Entry to Venue pg. 13
Registration pg. 13
Technical Briefings pg. 13
Competition Attire pg. 13
Competition Apparatus pg. 14
Tall Gymnasts pg. 14
Medical Provision pg. 14
Provision of Officials pg. 15
Protest pg. 15
Tie Breaks pg. 15

Medal Ceremonies pg. 15
Tenure of Trophies pg. 15
Spectator Tickets pg. 15
Video, Film and Photography pg. 16

Competition Details

Espoir British Championships pg. 18
Compulsory Level 2 pg. 19
Junior British Championships pg. 20
Senior British Championships pg. 21
British Individual Apparatus Championships pg. 22
National Club Grades 8,7,6 & 5 pg. 23
National Compulsory Level 4 & 3 pg. 24
British Team Championships pg. 25
Espoir Challenge Cup pg. 26
Junior Challenge Cup pg. 27
Senior Challenge Cup pg. 28
Compulsory Level 2 Re-Take (In Age) pg. 29
Bill Slater Club Team Championships pg. 30
National Voluntary Levels 4,3 & 2 pg. 31

Appendices

Women's Artistic Competition Calendar pg. 33
FIG Tie Regulations pg. 34
Home Countries, English Regions & Island Associations pg. 35
Anti-Doping pg. 36

Provision of Events

Technical Committee 2013

Members

Chair	Karen Hofen
National Judging Co-Ordinator	Maria Mcloughlin
National Competition Organiser	Helen Golding
TC Members	Rod Smith Christine Still Glynis Tovey

British Gymnastics Contact Information

Events Department	0845 1297129 ext. 2396	events@british-gymnastics.org
Coach Education	0845 1297129 ext. 2392	coaching@british-gymnastics.org
Member Services	0845 1297129 ext. 2395	membership@british-gymnastics.org
Ethics & Welfare	0845 1297129 ext. 2347	ethics@british-gymnastics.org

National Competition Calendar 2013

WTC Competition Year 1st January to 31st December

Event	Date	Venue	Closing Date
Espoir British Championships (Training 15th March PM)	16th March	Pipers Vale	Noon on 1st February
* Compulsory Level 2 (Training 16th March 09:00 to 11:00)	17th March	Pipers Vale	Noon on 1st February
Junior/Senior British Championships (Training days 21st-22nd March)	22nd & 23rd March	Echo Arena, Liverpool	Noon on 8th February
The British Championships Apparatus Finals Espoir/Junior/Senior	24th March	Echo Arena, Liverpool	
** National Club Grades 8,7,6 & 5	20th & 21st April	Birmingham	Noon on 11th March
* National Compulsory Level 4 & 3	27th & 28th April	Birmingham	Noon on 11th March
British Team Championships	18th & 19th May	Guildford	Noon on 5th April
Espoir/Junior/ Senior Challenge Cups	29th & 30th June	Guildford	Noon on 17th May
Compulsory Level 2 retake	12th October (AM)	Europa	Noon on 30th August
Bill Slater Club Team Championships	12th & 13th October	Europa	Noon on 30th August
National Age Group Voluntary Finals Level 4,3 & 2 (Training day 1st November)	2nd & 3rd November	Guildford	Noon on 23rd September

* Please direct technical queries/clarifications to Christine Still

** Please direct technical queries/clarifications to Liz Kincaid

For a complete domestic and international calendar of events please see Appendix 1.

Order of Performance

The order of competing for individual events and team events shall be decided according to the competition arrangements made by the organisers or such officials as may be authorised by the Technical Committee. For the purpose of maintaining a smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern the TC reserves the right to alter the grouping of gymnasts and/or running order of performances as may be deemed necessary by the organiser or authorised officials.

Wherever practical the Competition Organiser shall produce and circulate to all participating clubs a provisional start list and running order for an event at least 2 weeks before the day thereof.

Publication of Results

Following the completion of a competition the Competition Organiser shall produce and forward to the BG events department a complete table of results, for publication on the British Gymnastics website.

Definition of Terms

- **BG** means British Gymnastics
- **Technical Committee (TC)** means the Women's Artistic Technical Committee (WTC) of British Gymnastics and/or any Technical Committees appointed from time to time acting with the appropriate delegated authority.
- **Organisers** means the Women's Artistic National Competition Organiser (NCO) who is authorised by, or on behalf of, British Gymnastics.
- **FIG** means Federation International de Gymnastique.
- **Code** means the Code of Points used for the competition, from which all technical information and regulations are taken.
- **Championships** means any British Championship organised by or on behalf of British Gymnastics.
- **Event** means any National competition other than Championships organised by or on behalf of British Gymnastics.
- **Any supplementary instruction or rules** issued from time to time by or on behalf of British Gymnastics in connection with any particular event shall have the same force as though they were included in the regulations.
- **Where no specific point is addressed** in the regulations the current FIG rules apply.
- is a download hyperlink to official policy statements.

The Technical Committee and its appointed officials reserve the right to define any regulation conflict as is deemed appropriate to ensure a fair and equitable competition.

Eligibility

For competition specific eligibility information please see the individual competition details.

Membership

All persons in attendance at BG events are required to hold current BG membership in line with the level of competition entered and awards held;

- Gymnasts must be Silver, Gold, Joint Gold, or Life Members of BG in order to enter a BG competition.
- Supervising coaches must be Gold, Joint Gold or Life Members of BG and qualified to the level of the moves being performed before being allowed to participate in a BG competition.
- Assisting Coaches must be Silver (if Level 1), Gold, Joint Gold or Life Members of BG before being allowed to participate in a BG competition.
- Judges must be Silver, Gold, Joint Gold or Life Members of BG before being allowed to officiate at a BG competition.

For further information on membership levels please visit the British Gymnastics website .

For team competitions, National Age Group Championships (compulsory and voluntary) and Grades competitions, gymnasts MUST also be a member of a BG registered club.

Coaches, judges and gymnasts should carry current membership cards to all competitions and be prepared for these to be checked by the Organiser or their appointed officials.

Regional Representation

Gymnasts may only represent the Region in which their club is situated. Gymnasts may only represent one Region/Club in any one membership year. Extenuating circumstances will be considered following written application to the WTC.

Coach Qualifications

When submitting entries for a BG event clubs must ensure that the coaches attending to the participants are qualified to the level of the participants' performance. The practice of supervising participants working above the level of the coach's qualification cannot be condoned.

The caveat that permits coaches to practice one level above their coaching qualification in the coaching syllabus refers to a training environment only and is not permitted at BG events. Its purpose is to enable coaches to practice within the post course guided learning environment following attendance at a course and in preparation for the examination, under the supervision of a BG mentor coach.

Coaches have a duty of care towards their performers and have responsibility to ensure that they are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically and psychologically, for performing their routines in a competition situation.

For team events a second nominated coach (Level 1 or above) may be accredited to be present in the competition arena to assist with the pastoral care of the gymnasts, moving equipment (springboards, mats etc), adjusting apparatus and holding up gymnast numbers. The second coach may not coach the gymnasts unless they fulfil the requirement of holding a recognised qualification suitable to the level of moves being performed.

If it is found that a club is in breach of these policies BG reserves the right to reject an entry on the grounds of gymnast safety or, if discovered post performance, to disqualify the competitor and remove their score from the official results.

Safeguarding

All coaches and judges are required to hold a current BG specific CRB certificate, or Home Nation equivalent, and have current Safeguarding & Protecting Children Awareness training. Coaches and judges who do not fulfil this requirement will not be accredited for or allowed to participate at BG events.

All gymnasts must have an accredited coach present on the competition floor at all times. If a gymnast attends a competition without a coach they will not be allowed to compete.

Health and Safety

The safety of all participants (gymnasts, coaches and officials) is the primary consideration. All British Gymnastics policies and procedures will be rigorously applied with regards to health, safety and welfare and child protection.

Overnight Stays

Government legislation requires that when a club takes a gymnast(s) under the age of 18 years on a journey involving an overnight stay, the club must ensure that there is a designated trained person responsible for child protection on the trip. To adhere to the CPSU child protection standards this person must not be related to or in a relationship with the coach attending the trip.

The training for the designated person should be BG recognised Safeguarding and Protecting Children Awareness training or Home Country equivalent.

To enable you to have adequate insurance cover when taking gymnasts to an event (home/abroad), BG is obliged to approve your arrangements. Please complete the relevant forms which can be found on the BG website.

Please note that the BG Membership Insurance does not cover travel or emergency medical expenses, we therefore recommend that where necessary you take out additional travel insurance.

Age Policy

Gymnasts' ages for the purpose of entry to all age dependent categories will be taken as the age reached in the year of the competition. The minimum age for entry to National BG events is 9 in the year of competition. To view the complete BG Age Policy please view the Health, Safety & Welfare Policy.

Nationality

Competitions are open to British Citizens who must be members of BG. Foreign Nationals may be included in team competitions providing they are members of BG and are members of a BG registered club, which they have represented for at least one year before the date of the competition. They will be expected to be resident in Great Britain during that year of registration.

Gymnasts holding a FIG license of a country other than GBR are not considered eligible for a British Championships. Gymnasts who have dual nationality and who have competed as a senior for any other FIG registered country can only compete as a guest.

Foreign teams or individuals may enter BG competitions as 'Guests' at the discretion of the Technical Committee and with agreement from the Head of Performance Sport, provided they are members of their own Association and provide evidence of valid insurance.

Foreign teams or individuals entering a competition as 'Guests' will be required to pay the competition entry fee but will not be formally placed in the results.

Competition Entries

Entry Process

Entry to all national BG events are online only. Complete instructions for adding an entry via the BGymNet Online Entry Portal are available to download from the BG website .

All entries must be received electronically at BG by the closing date.

Methods of Payment

Payment can be made by cheque, Debit Card, Credit Card or BACs payment and should be received by BG within 48 hours of the entry being submitted.

Entry fees are non-refundable after the closing date.

Participation Fee

By entering a gymnast or club team into a national event where part of the entry requirement includes a participation fee, there is an acceptance that should any gymnast or the club team fail to register to compete by the registration time at the event, a medical note confirming the injury/illness that caused the non-registration/withdrawal should be submitted to the competition organiser within 14 days of the event.

If a medical note is not submitted within this period, the Technical Committee will authorise BG to have the outstanding fee(s) placed on the club's account.

Non-payment of the fee(s) may result in future entries to events being denied.

Late Entries

Request for late entry must be made in writing to the BG Events Department and will then be referred to the National Competition Organiser for consideration, applications will only be considered up to 14 days before an event.

Late entry requests may be placed on a reserve list and clubs notified if their entry is accepted following a withdrawal. Should the entry be permitted it will only be accepted upon payment of three times the normal fee for individual competitions and twice the normal fee for team competitions.

If the draw has already been made, late entries will be placed in a group at the discretion of the Competition Organiser.

Withdrawals and Substitutions

Amendments to an entry before the closing date will not incur a penalty and in the case of withdrawals, the entry fee will be refunded. Withdrawals or requests for changes after the closing date should be made in writing to the BG events department events@british-gymnastics.org and if due to illness or injury should be accompanied by an appropriate medical/physio note. Requested changes may incur a fee, be refused, or treated as a late entry and placed on a waiting list. Entry fees are non-refundable after the closing date.

Where it is necessary to substitute a coach the club must inform the BG Events department (events@british-gymnastics.org or 0845 129 7129 ext. 2396) so the coach can be checked for membership, awards and safeguarding, before they can be accredited for an event.

Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute must inform the Competition Organiser immediately on arrival at the venue and produce their coaching award certificate, current BG membership card and a current BG specific CRB certificate.

BG, acting through the Board or its Technical Committees, reserves the right to refuse any entry and disqualify a competitor or team at any time, if they do not comply with BG regulations.

General Regulations

Entry to the Venue

Competing gymnasts and nominated coaches will be issued with a pass that will allow them to enter the arena on the day of the competition. Passes will only be valid on the day of their competition and cannot be used by anyone other than the competitor/nominated coach.

Registration

Registration will take place one hour prior to the start of warm up, unless otherwise stated in the competition information.

Where specified each club/region is required to nominate a Team Manager who will;

- Confirm the attendance of competitors
- Inform the organisers of any late withdrawals
- Collect the accreditation passes for gymnasts and nominated coaches
- Collect an up to date copy of the programme

Team Managers are also responsible for the general conduct of their team as well as any protests. All gymnasts must be registered by the advised time and remain in the venue.

Technical Briefings

Before the start of each round of competition (as notified by the competition organiser) a technical briefing will take place. The timing of this meeting will be that stated in the event programme sent out to clubs and/or coaches.

Attendance at the technical briefing is compulsory.

Competition Attire

All gymnasts and coaches must march on in competition attire.

Jewellery, body piercing and similar adornments are not allowed. Coaches will not be allowed on the competition floor if wearing jewellery (ear studs are permitted, wedding rings if taped). Exceptions as per BG Body Piercing and Adornments Policy.

Chewing gum is not allowed at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.

Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets in the main arena during the event.

The wearing of GBR attire at BG events is strictly forbidden. However, where individuals or partnerships have been selected for GBR and awarded their colours (GBR flag), this may be worn on the gymnast's leotard at domestic events provided it conforms with FIG attire regulations.

Requests can be made to adopt reasonable clothing modifications at any BG competition on religious grounds only. All requests must be on the official BG Clothing Modification Request Form and submitted with the competition entry at least four weeks before the competition closing date, to allow sufficient time for full consideration of the application and any possible health and safety implications.

Competition Apparatus

Unless otherwise stated, the equipment at WTC competitions will be to current FIG specifications:

Vault:

- Maximum run allowed 25 metres
- 125cm from the floor to the top of the vault
- 20cm FIG specification matting + 10cm supplementary matting with markings as specified for vault landing
- For round off entry vaults, the safety collar must be in place
- Mat for hand placement will be provided
- Springboards – unless stated otherwise only hard and soft coil boards will be provided

Uneven Bars:

- Low bar 170cm / High bar 250 (both +/- 1 cm) from the floor to the top side of the bars
- Maximum width between bars, inside bars on diagonal is 180cm
- Minimum width between bars, inside bars on diagonal is 130cm
- 20cm FIG specification matting with 10cm supplementary landing mat
- The take off board may be placed on the supplementary mat
- The supplementary mat may not be moved during the exercise
- Both bars may be raised by 5cm or 10cm where a gymnast's feet touch the basic matting while she is hanging on high bar or hips touch the basic matting while she is hanging on low bar
- For GB competitions, where a single bar is used, this may be raised so that the gymnast's feet in long hang clear the matting
- The request for the bars to be raised must be made with the competition entry form. The bars will be raised in accordance with the FIG/WTC regulations
- Unauthorised raising of the bars will be penalised in accordance with the FIG regulations

Balance Beam:

- 125cm from the floor to the top of beam
- 20cm FIG specification matting with 10cm supplementary landing mat

Floor:

- 12m x 12m FIG specification floor area

Only apparatus supplied at the request of the WTC may be used at National events.

Tall Gymnasts – Uneven Bars

Both Bars may be raised by 5cm or 10cm where a gymnast's feet touch the basic matting while she is hanging on high bar or hips touch the basic matting while she is hanging on low bar.

Where a single bar is used this may be raised so that the gymnast's feet in long hang clear the matting.

The request for the bars to be raised must be at the time of competition entry. The bars will be raised in accordance with the FIG/WTC regulations.

Unauthorised raising of the bars will be penalised in accordance with the FIG regulations.

Medical Provision

At all BG events an official medical team will be appointed and will be available to treat gymnasts who sustain an injury at the event.

Any injury occurring during the official training or competition must be reported to the medical team, even if they are treated by the gymnasts own physiotherapist, to ensure a record can be kept of treatment given and by whom.

The decision of the BG appointed medical officer as to the gymnast's condition and ability to continue following an injury during warm up or competition at the event is absolute and final.

Provision of Officials at Events

The Competition Organiser will nominate these. Where possible the majority of tasks will be undertaken by members of BG who are local to the competition venue. Out of pocket expenses for those where it is deemed necessary to travel and/or stay overnight at the venue, will be paid in accordance with BG guidelines.

Provision and allocation of judges will be undertaken by the Judging Convenor, unless otherwise stated. Expenses will be paid in accordance with BG guidelines.

For all Club Grades/Compulsory Levels competitions (including Regional Qualifiers) there must be a minimum of two judges on each piece of apparatus of which at least ONE must be qualified to Regional level or above.

Protest

Official WTC protest forms are available form the competition organiser and must be completed and returned (with £5 fee) to them within 15 minutes of the coach receiving the score slip. A coach may protest D and/or E score.

For the British Championships the form is available from the D1 Judge at each apparatus and must be completed and returned immediately with the score slip and a fee of £50.00

The WTC cannot accept any photographic analysis at an event unless an official video replay system is available at each piece of apparatus and could be referred to by the D panel for the benefit of every competitor.

Tie Breaks

To separate gymnasts qualifying for finals in the event of a tie the FIG ruling will be used (see appendix 2). In the event of a tie during finals the tie will not be broken.

Medal Ceremonies

Gymnasts who win a medal at a BG event are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony in order to collect their award in person.

Tenure of Trophies

All trophies remain the property of British Gymnastics.

Trophies other than perpetual trophies are the responsibility of the winning club or region. The club or region are responsible for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the event organiser prior to the competition the following year by either;

- Making arrangements for it to be delivered to the competition venue on the day.
- Returning it to the competition organiser at least one week prior to the competition.
- Returning it the BG offices at least one week prior to the competition.

Spectator Tickets

Advance spectator tickets are available direct through the venue for events at the Guildford Spectrum and Echo Arena, or by post for all other competitions.

For all the events at the Spectrum:
Guildford Spectrum Leisure Complex
British Gymnastics Box Office
Parkway
Guildford
GU1 1UP
01483 443322
www.guildfordspectrum.co.uk

For Junior & Senior British Championships at Liverpool
Echo Arena Liverpool
Kings Docks
Liverpool Waterfront
Liverpool
L3 4FP
0844 8000 40
www.echoarena.com

For all other events:
British Gymnastics Box Office
Elmbrook House
Alpha Place
Garth Road
Morden
SM4 4TS
Cheques payable to 'British Gymnastics' – **Please send a stamped, addressed envelope.**

Video, Film and Photography

Accredited photographers may be present at BG events and will be made known to the audience. BG may publish images. By entering and event, there is an acceptance that the participant may be photographed and the photograph may be published.

Any person wishing to use video, film or take photographs must abide by the BG Photography at Gymnastics Events Policy. Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use, or publication in printed or electronic form, such as on websites. Clubs may publish some photos but this may only be done in accordance with British Gymnastics Child Protection Policy.

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

If you have concerns about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to the BG appointed Welfare Officer at the event.

Competition Details

Espoir British Championships

Date: 16th March 2013 - (*Pre competition training PM 15th March*)

Venue: Pipers Vale Gymnastics Club, 5 Braziers Wood Road, Ipswich, Suffolk, IP3 0SP

Closing date: Noon on Friday 1st February 2013

Entry Fee: £45.00 per gymnast

Participation Fee: £20.00 per gymnast, back charged to the club after the event if a withdrawal is not supported by medical evidence.

Code: FIG Junior Code and GB Espoir modifications

Eligibility: Must have passed Compulsory 2 or achieved qualifying score at Espoir Challenge Cup (to be advised).

Competition Structure

- Age Group is 12 and 13 years old in the year of competition
- Competition format is as per FIG
- Apparatus specifications are as per FIG
- Apparatus supplied by Pipers Vale GC
- One coach (from two nominated) on the competition floor at any one time

All entrants must compete a Range and Conditioning routine (refer to the WTC Competition Structure booklet). R & C score will be counted in final total to determine the overall Espoir Championship but will not be used to determine relegation score (i.e. relegation score refers to Vault, Bars, Beam and Floor only).

There will be no relegation for 2013 – the first year of Cycle 13

Awards

- All around 1st/2nd/3rd
- Presentation for the coaches of the Espoir British Champion

Finalists

Finalists will be declared (eight highest scorers on Vault, Bars, Beam and Floor) and will be invited to compete on Finals day at the Junior/Senior British Championships, 24th March 2013.

Those attempting to qualify for Vault finals must submit an entry form at registration.

- Espoirs will complete two different vaults which can be from the same group but with different numbers.
- First vault will be included in overall score
- Final score of the two vaults will be calculated according to FIG rules

Compulsory Level 2

Date: 17th March 2013 – (*Pre competition training 16th March*)

Venue: Pipers Vale Gymnastics Club, 5 Braziers Wood Road, Ipswich, Suffolk, IP3 0SP

Closing Date: Noon on Friday 8th February 2013

Entry Fee: £45.00 per gymnast

Participation Fee: £20.00 per gymnast, back charged to the club after the event if a withdrawal is not supported by medical evidence.

Code: WTC Competition Structure Booklet (Update August 2010) – Resource available direct from National Competition Organiser.

Eligibility: Must have passed Compulsory 3 with a minimum score of 50.00 including a minimum of 10.00 on R & C.

Evidence of qualifying scores must be sent to the competition organiser by post or email by the closing date

No regional qualification required, individual entry direct to National.

Competition Structure

- In Age 11 years old in year of competition
- Out of Age 12 years old in year of competition
- Competition format is as per FIG
- One coach (from two nominated) on the competition floor at any one time
- Apparatus supplied by Pipers Vale GC
- Apparatus specifications are as per FIG except:
  Vault - 2 x 60cm blocks
  Springboards: soft and hard turbo boards plus soft coil board will be supplied
  Yurchenko block and hand mat
  Bars - Single High Bar: 30cm safety matting with a covering mat on top of FIG spec landing mats

Pass Mark

To progress to Espoir British Championships a pass mark (minimum 52.50 including a minimum score of 10.50 on Range and Conditioning) is required. Once a gymnast has passed Compulsory Level 2 she may not revert to the Club Grades system. A gymnast may revert to the Club Grades if she fails.

Re-take of R & C

Any gymnast who achieves an overall pass mark of 52.50 but fails R & C (having achieved 9.00 or above) will be given a single re-take opportunity at the venue following the end of the Compulsory Level 2. ***This will be the only re-take opportunity for R & C.*** Coaches should declare intention to re-take to the event organiser by the end of the Compulsory Level 2 competition. The WTC will appoint the Judging Panel.

Second Attempt for In Age Gymnasts

Gymnasts who do not achieve a pass mark can have a second attempt in November. One further attempt may be taken aged 12 years (out of age) the following March.

Awards

- In Age all around 1st/2nd/3rd
- All gymnasts passing Compulsory 2 will be awarded a certificate

Change: From 2013 jump full turn removed from beam exercise

Junior British Championships

Date: 22nd March 2013 - (*Pre competition training 21st March*)

Venue: Echo Arena, Kings Dock, Liverpool Water Front, Liverpool, L3 4FP

Closing date: Noon on Friday 8th February 2013

Entry fee: £60.00 per gymnast

Participation Fee: £20.00 per gymnast, back charged to the club after the event if a withdrawal is not supported by medical evidence.

Code: FIG Competition I and GB modifications

Eligibility: Pass at Compulsory 2 or;
A qualifying score from previous British Championships
A qualifying score from Junior Challenge Cup (to be advised)
A qualifying score from Espoir Challenge Cup (to be advised)

Competition Structure

- Age 14 and 15 years old in year of competition
- Competition format is as per FIG
- Apparatus specifications are as per FIG
- Apparatus supplied by Continental
- One coach (from two nominated) on the competition floor at any one time

There will be no relegation for 2013 – the first year of Cycle 13

Awards

- All around 1st/2nd/3rd
- Ace Awards Trophy for the highest Junior Vault score
- Agnes Gough Trophy for Bars awarded for highest Junior Bars score
- Joan Jackman Beam Challenge Trophy awarded for highest Junior Beam score
- Norman Gough Trophy for Floor awarded for highest Junior Floor score
- A presentation will be made to the coaches of the Junior British Champion

Individual Apparatus Finalists

Top 8 ranked gymnasts on Vault, Bars, Beam and Floor will be eligible to compete in apparatus finals.

Those attempting to qualify for Vault finals must submit an entry form at registration.

- Juniors will compete two different vaults which can be from the same group but with different numbers
- First vault will be included in overall score
- Final score of the two vaults will be calculated according to FIG rules

Senior British Championships

Date: 23rd March 2013 - (*Pre competition training 22nd March*)

Venue: Echo Arena, Kings Dock, Liverpool Water Front, Liverpool, L3 4FP

Closing date: Noon on Friday 8th February 2013

Entry fee: £60.00 per gymnast

Participation Fee: £20.00 per gymnast, back charged to the club after the event if a withdrawal is not supported by medical evidence.

Code: FIG Competition I

Eligibility: Pass at Compulsory 2 or;
A qualifying score from previous British Championships
A qualifying score from Senior Challenge Cup (to be advised)
A qualifying score from Junior Challenge Cup (to be advised)
A qualifying score from Espoir Challenge Cup (to be advised)

Competition Structure

- Age 16 years and over in year of competition
- Competition format is as per FIG
- Apparatus specifications are as per FIG
- Apparatus supplied by Continental
- One coach (from two nominated) on the competition floor at any one time

There will be no relegation for 2013 – the first year of Cycle 13

Awards

- All around 1st/2nd/3rd
- The Ace Awards Trophy awarded for the highest score on Vault
- Pat Hirst Memorial Plate awarded for highest score on Bars
- Arun Trophy awarded for the highest score on Beam
- The Elite Trophy awarded for highest score on Floor
- A presentation will be made to the coaches of the Senior British Champion

Individual Apparatus Finalists

Top 8 ranked gymnasts on Vault, Bars, Beam and Floor will be eligible to compete in apparatus finals.

Those attempting to qualify for Vault finals must submit an entry form at registration.

- Seniors will compete two different vaults which must be from different groups and with different second flight phase, as per FIG
- First vault will be included in overall score
- Final score of the two vaults will be calculated according to FIG rules

British Individual Apparatus Championships

Date: 24th March 2013 - (*Pre competition training 23rd March for Espoir finalists*)

Venue: Echo Arena, Kings Dock, Liverpool Water Front, Liverpool, L3 4FP

Code: **Espoir**: FIG Junior Code; Two different vaults – may be from same group but different numbers
Junior: FIG Competition III; (Bars, Beam, Floor)
Junior: FIG Junior Code (Vault only); Two different Vaults – may be same group but different numbers
Senior: As FIG Competition III

Eligibility: Eight highest scoring gymnasts on each piece from Espoir/Junior/Senior

Competition Structure:

- Age groups are Espoir, Junior and Senior
- Competition format is as per FIG
- Apparatus specifications are as per FIG
- Apparatus supplied by Continental
- One coach (from two nominated) on the competition floor at any one time

Awards

- Espoir/Junior/Senior
- Individual Apparatus 1st/2nd/3rd on Vault, Bars, Beam & Floor
- Max Sime Trophy for Artistry

National Club Grades 8,7,6 & 5

Date: 20th & 21st April 2013 – (*No Pre competition training*)

Venue: Cocks Moors Woods Leisure Centre, Alcester Road South, Birmingham, B14 6ER

Closing Date: Noon on Monday 11th March 2013

Entry Fee: £45.00 per individual, £170.00 per Regional team

Code: Refer to Club Grades Book (available from BG Online Shop)

Eligibility: Regions must identify the Club Grades competition, which will count towards selection for National Finals.
The first 4 gymnasts (Vault, Bars, Beam and Floor) in each Club Grade (8,7,5 and 5) will represent the region in the National Finals.

All gymnasts entering National Finals must have achieved a pass score in Regional Qualifier, i.e. minimum 45.00 including a minimum of 9.00 on R & C. Any gymnast who achieves an overall pass mark but fails R & C may have one re-take attempt at the end of the event. Regardless of the score achieved in the re-take it is the first R & C score that counts for qualification to National Finals.

Evidence of qualifying scores must be sent to the competition organiser by post or email by the closing date. Regional entry only, no individual entries accepted.

Competition Structure

- National Grades 8,7,6 and 5
- ***Provisional timetable*** – Grades 8 & 6 on Saturday and Grades 7 & 5 on Sunday
- 10 minute general warm up then 5 minute apparatus warm up and compete for all club grades
- Maximum one coach per gymnast
- Each Region must nominate a Team Manager
- Apparatus supplied by Continental
- Apparatus specifications are as per FIG except:
  Vault - Hard and soft turbo boards will also be allowed
  Club Grade 8 - Vaulting Table 120cm
  Club Grade 7 - Vaulting Table 125cm
  Club Grade 6 - Blocks 120cm
  Club Grade 5 - Vaulting Table 125cm

Teams

- The team score will be the 3 best scores on Vault, Bars, Beam and Floor.
- Nominated reserves will march in and act as mane board steward during competition.
- Reserve may only replace withdrawn team member **BEFORE** start of competition.
- Working order for team must be handed in at registration.

Changes to working order on a piece of apparatus can be made before the 5 minute warm up on that apparatus by informing the competition organiser/arena administrator.

Awards

- Team at 1st/2nd/3rd in each grade
- Individual at 1st/2nd/3rd in each grade
- Rose Bowl - Regional team totals will be carried forward to the Compulsory Level 4 & 3 finals where the Rose Bowl will be awarded

For all Club Grades competitions (including regional qualifiers) there must be a minimum of two judges on each piece of apparatus and at least ONE must be qualified to regional level or above.

National Compulsory Level 4 & 3

Date:	27th & 28th April 2013 – (*No Pre competition training*)
Venue:	Cocks Moors Woods Leisure Centre, Alcester Road South, Birmingham, B14 6ER
Closing Date:	Noon on Monday 11th March 2013
Entry Fee:	£45.00 per individual, £170.00 per Regional team
Code:	WTC Competition Structure Booklet (Update August 2010) – Resource available direct from National Competition Organiser.
Eligibility:	Regions must identify the Compulsory Level 4 & 3 competition, which will count towards selection for National Finals. The first 4 gymnasts and nominated reserve in each Compulsory Level (4 and 3) will represent the region in the National Finals.

All gymnasts entering National Finals must have achieved a pass score in Regional Qualifier;
Level 4 = minimum 47.50 <u>including</u> minimum 9.50 on R & C
Level 3 = minimum 50.00 <u>including</u> minimum 10.00 on R & C
Gymnasts who achieve a pass mark but do not finish in the first four may enter National Finals as individuals.

Any gymnast who achieves an overall pass mark (or over) at the Regional Compulsory qualifier but fails R & C may have <u>one</u> re-take attempt, either at the end of the event or at an official regional competition (within the region to which the club is affiliated) at a later date. The R & C must be judged by at least two independent National or Brevet judges who are not connected with the gymnast's club. If the gymnast also fails this attempt they will be required to re-take the Compulsory 3 at the next official regional Compulsory 3 competition.

Evidence of qualifying scores must be sent to the competition organiser by post or email by the closing date.

Competition Structure

- Level 4 (9 years old) and Level 3 (10 years old)
- Competition format as per FIG
- 10 minute general warm up then 5 minute apparatus warm up and compete for all club grades
- Maximum one coach per gymnast
- Each Region must nominate a Team Manager
- Individuals will be drawn at the end of groups. If there is more than one of them they will rotate
- Apparatus supplied by Continental - Specifications are as per FIG except:
  Vault - Level 4 (115cm) and Level 3 (120cm). Hard and soft turbo boards will be allowed
  Bars - Level 3 Single High Bar and 30cm safety matting & covering mat on top of FIG spec landing mat

Teams

- The team score will be the 3 best scores on Vault, Bars, Beam, Floor and Range & Conditioning.
- Nominated reserve may replace withdrawn team member **BEFORE** start of competition. If the reserve was entered as an individual but competes in a team, no refund of individual entry fee will be made.
- If the reserve has already competed as an individual and is subsequently required to replace a team member their scores will be added in to the team total.
- Working order for team must be handed in at registration.

Changes to working order on a piece of apparatus can be made before the 2 minutes warm up on that apparatus by informing the competition organiser/arena administrator.

Awards

- Team 1st/2nd/3rd in Levels 4 and 3
- Individual 1st/2nd/3rd in Levels 4 and 3
- Rose Bowl – Team totals from Club Grades (8,7,6 & 5) will be added to the Compulsory Levels (4 & 3) for this award

For all Club Grades competitions (including regional qualifiers) there must be a minimum of two judges on each piece of apparatus and at least ONE must be qualified to regional level or above.

British Team Championships

Date: 18th & 19th May 2013 - (*No Pre competition training*)

Venue: Guildford Spectrum, Parkway, Guildford, Surrey, GU1 1UP

Closing date: Noon on Friday 5th April 2013

Entry Fee: £170.00 per club team

Participation Fee: £100.00 per club team, back charged to the club after the event if a withdrawal is not supported by medical evidence.

Code: FIG Competition I

Eligibility: Open to any BG registered club.
More than one team per club may be entered subject to a maximum of 24 teams.
If number of teams exceeds 24 the entry will be restricted to one team per club.
Gymnasts must be registered with the club according to BG regulations.

Competition Structure

- Minimum age is 12 years old in the year of competition.
- 6 in a team (no reserve), 4 to work on each piece, 3 best scores to count.
- Competition format is as per FIG.
- Apparatus specifications are as per FIG. Apparatus supplied by Continental.
- Two coaches (from three nominated) on the competition floor at any one time.
- Clubs will be seeded by ranking from the previous year.
- New entrants will be drawn in the early rounds.
- In the event of teams withdrawing the next team (and all subsequent teams) will move up rotation/round to replace withdrawn team (same day only).
- Working order for team must be handed in at registration.
- If required, a change may be made in the 3 minute warm up period and the replacement from the 5 named gymnasts will go into the vacated place. ***D Panel and control must be notified.***

Awards

- Team 1st/2nd/3rd
- The WTC trophy for highest overall individual scorer.
- The Ursel Free award for highest individual apparatus score.

Espoir Challenge Cup

Date: 29th June 2013 - (*No Pre competition training*)

Venue: Guildford Spectrum, Parkway, Guildford, Surrey, GU1 1UP

Closing date: Noon on Friday 17th May 2013

Entry Fee: £45.00 per gymnast

Participation Fee: £20.00 per gymnast, back charged to the club after the event if a withdrawal is not supported by medical evidence.

Code: FIG Junior Code

Eligibility: If a gymnast is not eligible to compete in the British Championships she may enter the Espoir Challenge Cup.
If a gymnast has failed Compulsory 2 she may enter the Espoir Challenge Cup.
If a gymnast has participated in the Espoir British Championships or passed Compulsory 2, an application must be submitted to the Chair of the WTC for dispensation to withdraw from the Elite path.

Competition Structure

- 12 & 13 years old in the year of competition
- Competition format is as per FIG
- Apparatus specifications are as per FIG. Apparatus supplied by Guildford Spectrum
- One coaches (from two nominated) on the competition floor at any one time

Promotion

A gymnast who attains the qualifying score All Around – 46.00 at this competition will be eligible for the 2014 British Championships.

Re-Qualification

Any gymnast who enters the Challenge Cup attempting to re-qualify for the 2014 British Championships will not be eligible for awards at this competition.

Awards

- All Around 1st/2nd/3rd
- Individual Apparatus 1st/2nd/3rd on Vault, Bars, Beam and Floor
  (Individual Apparatus results taken from All Around competition)

Junior Challenge Cup

Date: 30th June 2013 - (*No Pre competition training*)

Venue: Guildford Spectrum, Parkway, Guildford, Surrey, GU1 1UP

Closing date: Noon on Friday 17th May 2013

Entry Fee: £45.00 per gymnast

Participation Fee: £20.00 per gymnast, back charged to the club after the event if a withdrawal is not supported by medical evidence.

Code: FIG Competition I

Eligibility: If a gymnast is not eligible to compete in the British Championships she may enter the Junior Challenge Cup.
If a gymnast has failed Compulsory 2 she may enter the Junior Challenge Cup.
If a gymnast has participated in the British Championships or passed Compulsory 2, an application must be submitted to the Chair of the WTC for dispensation to withdraw from the Elite path.

Competition Structure

- 14 & 15 years old in the year of competition
- Competition format is as per FIG
- Apparatus specifications are as per FIG. Apparatus supplied by Guildford Spectrum
- One coaches (from two nominated) on the competition floor at any one time

Promotion

A gymnast who attains the qualifying score All Around – 48.00 at this competition will be eligible for the 2014 British Championships.

Re-Qualification

Any gymnast who enters the Challenge Cup attempting to re-qualify for the 2014 British Championships will not be eligible for awards at this competition.

Awards

- All Around 1st/2nd/3rd
- Individual Apparatus 1st/2nd/3rd on Vault, Bars, Beam and Floor
  (Individual Apparatus results taken from All Around competition)

Senior Challenge Cup

Date: 30th June 2013 - (*No Pre competition training*)

Venue: Guildford Spectrum, Parkway, Guildford, Surrey, GU1 1UP

Closing date: Noon on Friday 17th May 2013

Entry Fee: £45.00 per gymnast

Participation Fee: £20.00 per gymnast, back charged to the club after the event if a withdrawal is not supported by medical evidence.

Code: FIG Competition I

Eligibility: If a gymnast is not eligible to compete in the British Championships she may enter the Senior Challenge Cup.
If a gymnast has failed Compulsory 2 she may enter the Senior Challenge Cup.
If a gymnast has participated in the British Championships or passed Compulsory 2, an application must be submitted to the Chair of the WTC for dispensation to withdraw from the Elite path.

Competition Structure

- 16 years old and over in the year of competition
- Competition format is as per FIG
- Apparatus specifications are as per FIG. Apparatus supplied by Guildford Spectrum
- One coaches (from two nominated) on the competition floor at any one time

Promotion

A gymnast who attains the qualifying score All Around – 50.00 at this competition will be eligible for the 2014 British Championships.

Re-Qualification

Any gymnast who enters the Challenge Cup attempting to re-qualify for the 2014 British Championships will not be eligible for awards at this competition.

Awards

- All Around 1st/2nd/3rd
- Individual Apparatus 1st/2nd/3rd on Vault, Bars, Beam and Floor
  (Individual Apparatus results taken from All Around competition)

Compulsory Level 2 Re-Take (In Age)

Date: 12th October 2013 – (*No Pre competition training*)

Venue: Europa Gymnastics Centre, 49-51 Fraser Road, Erith, Kent, DA8 1QL

Closing Date: Noon on Friday 30th August 2013

Entry Fee: £45.00 per gymnast

Participation Fee: £20.00 per gymnast, back charged to the club after the event if a withdrawal is not supported by medical evidence.

Code: WTC Competition Structure Booklet (Update August 2010) – Resource available direct from National Competition Organiser.

Eligibility: Must have passed Compulsory 3 with a minimum score of 50.00 including a minimum of 10.00 on R & C.
2nd annual attempt is for 'in age' gymnasts (11 years) only.
Evidence of qualifying scores must be sent to the competition organiser by post or email by the closing date
No regional qualification required. Entry is direct to National.

Competition Structure

- 11 years old in year of competition
- Competition format is as per FIG
- One coach (from two nominated) on the competition floor at any one time
- Apparatus supplied by Europa GC
- Apparatus specifications are as per FIG except:
  Vault - 2 x 60cm blocks
  Springboards: soft and hard turbo boards plus soft coil board will be supplied
  Yurchenko block and hand mat
  Bars - Single High Bar: 30cm safety matting with a covering mat on top of FIG spec landing mats

Pass Mark

To progress to Espoir British Championships a pass mark (minimum 52.50 including a minimum score of 10.50 on Range and Conditioning) is required. Once a gymnast has passed Compulsory Level 2 she may not revert to the Club Grades system. A gymnast may revert to the Club Grades if she fails.

Re-take of R & C

Any gymnast who achieves an overall pass mark of 52.50 but fails R & C (having achieved 9.00 or above) will be given a single re-take opportunity at the venue following the end of the Compulsory Level 2. ***This will be the only re-take opportunity for R & C.*** Coaches should declare intention to re-take to the event organiser by the end of the Compulsory Level 2 competition. The WTC will appoint the Judging Panel.

Awards

- All gymnasts passing Compulsory 2 will be awarded a certificate

Change: From 2013 jump full turn removed from beam exercise

Bill Slater Club Team Championships

Date: 12th & 13th October 2013 - (*No Pre competition training*)

Venue: Europa Gymnastics Centre, 49-51 Fraser Road, Erith, Kent, DA8 1QL

Closing date: Noon on Friday 30th August 2013

Entry Fee: £170.00 per club team

Participation Fee: £100.00 per club team, back charged to the club after the event if a withdrawal is not supported by medical evidence.

Code: FIG Junior Code with the exception of short bar exercise;
Bars – an exercise with less than 5 different coded elements will be deducted 1.00 for each missing element.

Eligibility: Open to any BG registered club up to a maximum of 24 teams.
Additional teams will be placed on a waiting list.
Gymnasts must be registered with the club according to BG regulations.
Gymnasts who have competed in the British Championships or in the 2013 British Team Championships are not eligible for this event.
Gymnasts who passed the Compulsory 2 in the current competition year may compete.

Competition Structure

- Minimum age is 9 years old in the year of competition
- 6 in a team, 5 to work on each piece, 4 best scores to count
- Competition format is as per FIG
- Two coaches (from three nominated) on the competition floor at any one time
- Clubs will be seeded by ranking from the previous year
- New entrants will be drawn in the early rounds
- In the event of teams withdrawing the next team (and all subsequent teams) will move up rotation/round to replace withdrawn team (same day only)
- Working order for team must be handed in at registration
- If required, a change may be made in the 3 minute warm up period and the replacement from the 5 named gymnasts will go into the vacated place. ***D Panel and control must be notified***
- Apparatus supplied by Europa GC
- Apparatus specifications are as per FIG except;
  Vault – Hard and soft turbo boards will be allowed

Awards

- Team 1st/2nd/3rd

National Voluntary Levels 4, 3 & 2

Date: 2nd & 3rd November 2013 – (*Pre competition training 1st November*)

Venue: Guildford Spectrum, Parkway, Guildford, Surrey, GU1 1UP

Closing Date: Noon on Monday 23rd September 2013

Entry Fee: £45.00 per individual, £170.00 per Regional team

Code: Refer to specific Voluntary Age Group Rules

Eligibility: **Levels 4 & 3 -** Regions must identify the Compulsory Level 4 & 3 competition, which will count towards selection for National Finals.
The first 4 gymnasts in Levels 4 and 3 will represent the region in the National Finals.
Gymnasts who do not finish in the first four are eligible to enter National finals as individuals providing they have achieved the required score (44.00 at Level 4 or 46.00 at Level 3) in the Regional Voluntary Levels qualifier **and** have a carry forward score from the 2013 National Compulsory Finals.
Level 2 – Individual entry direct to National. No regional qualification required.
Entrants must have passed Compulsory 3.
Level 2 is not a team competition.

Evidence of qualifying scores must be sent to the competition organiser by post or email by the closing date.

Competition Structure

- Level 4 (9 years old), Level 3 (10 years old) and Level 2 (11 years old)
- Competition format as per FIG
- Friday training - Levels 4 & 3 (by region) from 09:30 to17:00; Level 2 from 17:00 to19:00
- 10 minute general warm up then 5 minute apparatus warm up and compete for all club grades
- Maximum one coach per gymnast
- Each Region must nominate one coach to act as Team Manager
- Individuals will be drawn at the end of groups. If there is more than one of them they will rotate
- Apparatus supplied by Guildford Spectrum - Specifications are as per FIG except:
  Vault - Level 4 (115cm), Level 3 (120cm), Level 2 (125cm). Hard and soft turbo boards will be allowed
  Bars - Level 3 Single High Bar with FIG specification matting

Teams

- For Levels 4 and 3 the team score will be the 3 best scores on Vault, Bars, Beam, and Floor.
- Nominated reserve may replace withdrawn team member **BEFORE** start of competition. If the reserve was entered as an individual but competes in a team, no refund of individual entry fee will be made.
- Working order for team must be handed in at registration.

Changes to working order on a piece of apparatus can be made before the 2 minutes warm up on that apparatus by informing the competition organiser/arena administrator.

Awards

- Level 4 - 1st/2nd/3rd for Team and Individual All Around
- Level 3 - 1st/2nd/3rd for Team and Individual All Around
- Level 2 - 1st/2nd/3rd for Individual All Around

British Age Group Champions will be declared as;

- Level 4 (9 years) – Compulsory 4 total + Voluntary 4 total
- Level 3 (10 years) – Compulsory 3 total + Voluntary 3 total
- Level 2 (11 years) – Compulsory 2 total + Voluntary 2 total

Appendices

Women's Artistic Competition Calendar 2013

Event	Date	Closing Date	Venue
** BUSA			
** Welsh Championships	23rd & 24th February		
** English Championships	2nd & 3rd March		Europa
Espoir British Championships	16th March	1st February	Pipers Vale
Compulsory Level 2	17th March	1st February	Pipers Vale
Junior/Senior British Championships	22nd & 23rd March	8th February	Echo Arena, Liverpool
British Championships Apparatus Finals	24th March		Echo Arena, Liverpool
National Club Grades 8,7,6 & 5	20th & 21st April	11th March	Birmingham
Compulsory Level 4 & 3	27th & 28th April	11th March	Birmingham
** British Schools Full Apparatus Championships	5th May		Newcastle
British Team Championships	18th & 19th May	5th April	Guildford Spectrum
** Scottish Championships	15th & 16th June		Perth
Espoir/Junior/Senior Challenge Cups	29th & 30th June	17th May	Guildford Spectrum
Compulsory Level 2 Re-Take	12th October (AM)	30th August	Europa
Bill Slater Club Team Championships	12th & 13th October	30th August	Europa
National Age Group Championships Voluntary Finals Level 4,3 & 2	2nd & 3rd November	23rd September	Guildford Spectrum

** ***NB: For further information on these competitions please contact the person named on the entry form.***

In the event of a tie (ref 2011 FIG Technical Reg. 5.1.5.1)

In case of a tie at any place on any apparatus (except vault) in Competition I for qualification to Competition III, the ranking will be determined by the following criteria:

1. the gymnast with the lowest D-score prevails
2. if there is still a tie, consider the average of the 2 lowest counting E deductions
3. if there is still a tie, consider the lowest counting E deduction
4. if there is still a tie, consider the average of the 4 lowest E deductions
5. if there is still a tie, consider the average of all 5 E deductions

If there is still a tie, the tie will not be broken. If more than 8 gymnasts qualify for the finals, a new draw will be conducted.

In case of a tie at any place on **vault** in Competition I for qualification to Competition III, the ranking will be determined by the following criteria:

1. the highest score out of the two vaults
2. the average of the 6 counting E-Jury deductions (3 from 1st vault and 3 from 2nd vault)
3. the average of the 4 lowest counting E-Jury deductions (2 from 1st vault and 2 from 2nd)
4. the average of the 2 lowest counting E-Jury deductions (1 from 1st vault and 1 from the 2nd vault)
5. the average of the 8 lowest E-Jury deductions (4 from 1st vault and 4 from 2nd vault)
6. the average of all 10 E-Jury deductions (5 from 1st vault and 5 from 2nd vault)

If there is still a tie, the tie will not be broken. If more than 8 gymnasts qualify for the finals, a new draw will be conducted.

Home Countries, English Regions & Island Associations

Home Countries	Website Address
Northern Ireland	www.northernirelandgymnastics.org
Scotland	www.scottishgymnastics.org
Wales	www.welshgymnastics.org
English Regions	
East	www.eastgymnastics.org.uk
East Midlands	www.emgymnastics.org.uk
London	www.londongym.org.uk
North	www.northgymnastics.org.uk
North West	www.nwga.co.uk
South	www.southgymnastics.org.uk
South East	www.segymnastics.org.uk
South West	www.southwestgym.org.uk
West Midlands	www.wmgymnastics.org.uk
Yorkshire	www.yorkshire.gymnasticsengland.org
Island Associations	
Isle of Man Gymnastics	www.iomgymnastics.org

Drug Free Sport: Anti-Doping Update 2012-2013:

The Olympic Games is the ideal that all sports measure themselves by and aspire to model. One of the corner stones is the principle based on fair play. Without question there should be an emphasis on 'fair play' in regard to the adherence to the rules of a drug free sport. It is therefore necessary and appropriate that a testing programme operates and is actively supported by BG. The testing programme may affect any elite gymnast performing at a national standard.

Under the Regulations of FIG, all British Gymnastics organised events are notified to UK Anti-Doping, [UKAD]. Gymnasts and coaches should be aware that testing may take place at competitions, deemed to be testing 'in competition' and potentially at National Squad trainings, deemed to be 'out of competition'. In principle gymnasts under 16 years *may* be tested in particular circumstances. Consent is linked to all gymnasts with a FIG Licence, or parental consent established at the point of testing, but this means that gymnasts competing in disciplines with an Age Group Competition; Acrobatic, Aerobics, DMT, Trampoline and Tumbling, may be tested within any of the age group categories.

At national events, be they competition or squads, the collection of doping control samples shall be initiated and directed by UKAD in coordination with British Gymnastics. For further information on British Gymnastics Anti-Doping Policy, please visit www.british-gymnastics.org, Technical information & judges / Sports Science and Medicine / Anti-Doping Policy.

There is every possibility that gymnasts will be selected, either randomly or targeted by competition results whilst competing in the UK or internationally. If selected, a gymnast will be required to provide a urine sample of a predetermined volume, outlined within the international standard regulated by the World Anti Doing Agency, [WADA] and as specified by FIG. Gymnasts are advised to take an 'advocate' with them into the testing station. This could be a member of the medical team or a coach. In all cases, gymnasts are requested to declare all medications taken within the preceding 7 days.

Therefore for a gymnast taking <u>any</u> medication, it is vital that these are checked on a regular basis and if tested, declared. If you are competing nationally it is advisable that you check medications to ensure they are permitted on each occasion, i.e. every event. If you compete internationally ensure you are prudent and do not use alternative medications from abroad as their ingredients can differ to the UK version.

For any gymnast tested they will need to know the name of the medication, the dosage, frequency and the starting point of the course of medication, as well as state the condition it relates to. If a gymnast is currently on any medication(s) which is restricted or prohibited, or have a Therapeutic Use Exemption (TUE) certificate, it is vital to ensure that the British Gymnastics is aware of this, and to ensure TUE certification is available at the testing.

Supplements:

Diet, lifestyle and training should all be optimised before considering supplementation. Coaches and gymnasts should assess the need for supplementation and consult with an accredited sports dietician and/or registered nutritionist with expertise in sports nutrition, or doctor experienced in sports and exercise medicine before taking using supplements. Scientific evidence continues to suggest that supplements can become contaminated with restricted or banned substances during their production, and could lead to a positive finding. Using the principle of 'strict liability' it is the gymnast who is held accountable if a prohibited substance is found in a sample provided, whether intentional or unintentional.

Informed Sport is an official website that provides some information on products which fall into the category of supplementation, but may have been previously tested for integrity: *http://www.informed-sport.com/about-informed-sport*

Gymnastics medical staff:

It is imperative that you seek advice if you are uncertain on medications, or the testing procedure. It is essential to promote, support and show that we are drug-free in the campaign to ensure sport is 'clean' in the UK.

Checking Medication(s):

If you have any concern, or are unsure as to whether a medication is a restricted or banned substance, please refer to the following;

Gymnasts can search particular brands of medications or for specific ingredients. The database is accessible via UKAD website, or directly; www.globaldro.com. Gymnasts, coaches and support personnel are also reminded that there are other ways to check the status of medications by using either the Drug Enquiry Line on +44 (0) 800 528 0004 or by emailing information@ukad.org.uk or visit; www.ukad.org.uk

Continuing with the theme from 2012, there continues to be no requirement to complete a Therapeutic Exemption Use form [TUE's] for a number of the asthma medications, including salbutamol and salmeterol. Formoterol has also been added to the list that no longer requires a TUE when taken by inhalation. However, formoterol has a threshold level of permitted use, maximum 54 micrograms over 24 hours. As a result of these changes UK Anti-Doping reminds all gymnasts that the British guidelines for inhaled formoterol range from 24-72 micrograms per day. If there is a medical situation requiring doses beyond 54 micrograms then a TUE may still be required, in which case a lung function test and application for asthma TUE will be required. If exacerbation of asthma requires a supplementary dosage of formoterol, above 54 mg per 24 h, an emergency TUE should be applied for. Regardless of the dosage permitted, all gymnasts are encouraged to seek appropriate medical advice to ensure that they are receiving optimal treatment.

Nb. A TUE is still required for terbutaline although in some cases it is possible that gymnasts can change their medication to still effectively manage their asthma with an alternative medication, however please seek advice from your GP, and seek support from BG should this prove problematic or be an issue of concern.

PSEUDOEPHEDRINE:

Pseudoephedrine is a decongestant used to treat nasal and sinus congestion and remains on the list of prohibited substances. It is an ingredient in some 'Over The Counter' [OTC] cold and flu medications such as Sudafed, [some varieties].

BG would strongly recommend you RECHECK any medications that you are currently taking or that you may have at home to ensure that you do not inadvertently contravene the doping regulations.

If you have any questions or queries please do not hesitate to contact British Gymnastics, Steve Green, 01952 822366 or e-mail steve.green@british-gymnastics.org.

In the fight for a drug free sport, BG fully endorse a testing programme at events organised by BG and request that you support and promote a clean image for British sport.

December 2012: Performance Department:

Dr Pippa Bennett & Steve Green – Performance Manager, and Anti -Doping Officer