



Aerobic Gymnastics

National Competition Handbook 2013

British
Gymnastics
More than a sport

Version History

The Aerobic 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.

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 2.4 – April 2013

Original

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Provision of Events

Technical Committee 2013

Members

Chair	Nigel Saunders
National Judging Co-Ordinator	Jaqueline Murphy
National Competition Organiser	Ruth Keane
TC Members	Martine Griffiths
	Kerry Scotts
	Debbie Saunders

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

Event	Date	Venue	Closing Date
Alex Strachan Cup	8 th to 10 th March	Rivermead Leisure Centre	Noon on 25 th January
British Championships & NAC Cup	4 th to 6 th October	Rivermead Leisure Centre	Midnight on 23 rd August

Order of Performance

The order of competing for 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 reserve 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 Aerobic Technical Committee of British Gymnastics and/or any Technical Committees appointed from time to time acting with the appropriate delegated authority.
- **Organisers** means the Aerobic National Competition Organiser (NCO) who is authorised by, or on behalf of, British Gymnastics.
- **FIG** means Federation Internationale 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

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 .

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.

New Gymnasts

Gymnasts and/or compilations who are new to Aerobic Gymnastics MUST compete in the NAC category. Exceptions to this rule may apply if the athlete's coach can demonstrate in writing, to the Aerobic Gymnastics Technical Committee, that the athlete has a track record in a sport other than Aerobics.

Applications will need to evidence that the athlete has competed at a level high enough to be fast tracked to enter FIG. The application must be received a minimum of 10 weeks prior to the competition in question. The Technical Committee's decision is final.

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 participant's 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.

Should a club be unable to provide a suitable qualified Aerobic coach, an application to use a coach from another discipline may be made to the BG Coach Education department, (coaching@british-gymnastics.org) at least 10 weeks prior to the competition in question. Applications should include the name of the coach, current qualifications and reason why the coach is required.

Assistant (Level 1) coaches may be accredited to be present in the competition arena to assist with the pastoral care of the gymnasts. Assistant coaches may not coach the gymnasts.

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, 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 stated for the competition.

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. Entry fees are non-refundable after the closing date.

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.

Category changes to the running order will incur a fee of three times the entry fee stated for the competition and will only be accepted at the discretion of the Competition Organiser. Only withdrawal changes are permitted after the running order has been finalised.

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.

BG, acting through the Board or its 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, nominated reserves 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.

The maximum number of coach passes per club for each competition day is three. Any club requiring more than three passes per day should contact the competition organiser, as soon as possible, for special consideration.

Registration

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

Each club is required to nominate one coach as 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

Gymnasts

A neat and proper athletic appearance should be the overall impression.

- Hair must be secured close to the head.
- The competitors must wear white aerobics shoes and white socks that must be able to be seen by all judges.
- Make-up must be only for women and used sparingly.
- Loose items and additions to the attire are not allowed.
- Skin colour taping is allowed
- Body paint is not allowed

Women

- Must wear a one piece leotard with flesh coloured or transparent tights or a unitard, (one piece leotard with full length legs-hip to ankle).
- Attire may be with or without long sleeves, (1 or 2 sleeves). Long sleeves end at the wrist.
- The neckline of the front and back of the leotard/unitard must be proper, (no further than half of the sternum for the front and no further than the lower line of the shoulder blades for the back).
- The cut of the leotard at the top of the legs must not go higher than the waist and the outside seam must pass through the crest of ilium.
- The leotard must cover the crotch completely.

Men

- Must wear a unitard or shorts and a form fitting top or leotard.
- The attire must not have an open cut at the front or back.
- The armhole must not be cut below shoulder blades, (scapular)
- Sequins are not allowed for Men's attire.

Coaches

All clothing must be of a sports/professional appearance and must be worn in the correct manner at all times.

The wearing of club tracksuits and collared polo shirts is obligatory. Please note that crop tops and low rise trouser bottoms are not permitted.

All clothing should display the club name for ease of identification, this rule applies to all competition areas including warm up, waiting area, podium, kiss and cry and auditorium. ***Non compliance may result in removal of the coach and consequently, for Health and Safety reasons, their gymnast.***

Judges

Judges should be appropriately dressed. At National events this should include dark blue or black suit with skirt or trousers and white blouse for women, and dark blue jacket, grey trousers, light coloured shirt and tie for men.

In addition;

- For coaches and gymnasts, 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.

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.

Volunteers are greatly appreciated and are an integral part of running competitions. Clubs are requested to encourage volunteers to help.

Nomination of Judges

Allocation of Judges will be undertaken by the Judging Convenor. Clubs performing 3 routines MUST provide a judge for the Judges' draw for the respective day of competition, (new clubs are exempt for the first 2 years but must provide line and/or time judges). 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.

Clubs who fail to supply the required number of judges will be required to pay a penalty fee of £100.00 per competition day. This fee will be back-charged to the club after the event. Non-payment of the fee(s) may result in future entries to events being denied.

Protest

Protests of Judges' scores and results are not allowed. In the case where a published Difficulty Score appears to be incorrect, the Coach or Team Manager has the right to immediately approach the Superior Jury and request an appropriate inquiry. This inquiry must take place before the end of the competition and before the final results are published.

Tie Breaks

In case of a tie at any place the tie will be broken based on the following criteria in this order:

- The highest total score in Execution.
- The highest total score in Artistic.
- The highest total score in Difficulty.
- All Execution judges scores are taken into consideration (without deleting the highest and the lowest).
- The three highest Execution judges scores are taken into consideration.
- The two highest Execution judges scores are taken into consideration etc.
- The highest Execution judge score is taken into consideration etc.
- Same procedure with the Artistic judges and the Difficulty judges.

Music

Any style of music adapted for Aerobic Gymnastics can be used, as per FIG Code of Points. One routine track per CD. ***Please note, CD only, cassettes will not be accepted.***

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, this includes the Alex Strachan Cup, Coach of the Year, Gymnast of the Year and/or any other award introduced by the Aerobic Gymnastics Technical Committee.

Trophies other than perpetual trophies are the responsibility of the winning club. The club 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.

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 an 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

Alex Strachan Cup

Date:	8 th to 10 th March 2013
Venue:	Rivermead Leisure Centre, Richfield Avenue, Reading, RG1 8EQ
Closing date:	Noon on Friday 25 th January 2013
Entry Fee:	£25.00 per gymnast for first category and £10.00 for subsequent categories entered
Participation Fee:	£15.00 per gymnast, back charged to the club after the event if a withdrawal is not supported by medical evidence.
Code:	FIG Code of Points 2013-2016 

Competition Structure

Competitions will be offered for Individual, Pair, Trio and Group at the following levels and age groups;

- FIG National Development (10 to 11yrs)
- FIG Group 1 (12 to 14yrs)
- FIG Group 2 (15 to 17yrs)
- FIG Senior (18yrs and over)
- NAC National Development (10 to 11yrs)
- NAC Group 1 (12 to 14yrs)
- NAC Group 2 (15 to 17yrs)
- NAC Senior (18yrs and over)
- Foundation (9yrs)

Same Sex pairs may compete in all categories apart from FIG Senior.

NAC gymnasts may only compete in two routines.

FIG gymnasts may perform three routines in domestic events,(coaches are asked to remember that not all FIG gymnasts are capable of performing three routines).

FIG gymnasts may not compete at NAC, (this includes members of the National Squad or National Teams).

A gymnast may compete in the age category he or she will enter the following year as follows;

- Pairs - 1 gymnast may be out of age.
- Trios – 1 gymnast may be out of age.
- Groups – 2 gymnasts may be out of age.

NAC Gymnasts may compete at FIG as follows;

- Pairs – 1 gymnast may be NAC
- Trios – 1 gymnasts may be NAC
- Groups – 2 gymnasts may be NAC

Please note there must always be 1 gymnast in Pairs, 2 in Trios and 3 gymnasts in Groups that are both the correct chronological age and level for the competition category. A gymnast is categorised (NAC/FIG) according to the level of his/her individual routine performance.

For a full breakdown of level and category dependent restrictions please see appendix 1

Awards

- Medals for 1st, 2nd and 3rd will be awarded in each competition category.
- A certificate of participation will be given to all gymnasts, coaches and judges.

British Championships & NAC Cup

Date:	4 th to 6 th October 2013
Venue:	Rivermead Leisure Centre, Richfield Avenue, Reading, RG1 8EQ
Closing date:	Noon on Friday 23 rd August 2013
Entry Fee:	£40.00 per gymnast for first category and £15.00 for subsequent categories entered.
Participation Fee:	£15.00 per gymnast, back charged to the club after the event if a withdrawal is not supported by medical evidence.
Code:	FIG Code of Points 2013-2016 

Competition Structure

Competitions will be offered for Individual, Pair, Trio and Group at the following levels and age groups;

- FIG National Development (10 to 11yrs)
- FIG Group 1 (12 to 14yrs)
- FIG Group 2 (15 to 17yrs)
- FIG Senior (18yrs and over)
- NAC National Development (10 to 11yrs)
- NAC Group 1 (12 to 14yrs)
- NAC Group 2 (15 to 17yrs)
- NAC Senior (18yrs and over)
- Foundation (9yrs)

Same Sex pairs may compete in all categories apart from FIG Senior.

NAC gymnasts may only compete in two routines.

FIG gymnasts may perform three routines in domestic events, (coaches are asked to remember that not all FIG gymnasts are capable of performing three routines).

FIG gymnasts may not compete at NAC, (this includes members of the National Squad or National Teams).

A gymnast may compete in the age category he or she will enter the following year as follows;

- Pairs - 1 gymnast may be out of age.
- Trios - 2 gymnasts may be out of age.
- Groups - 3 gymnasts may be out of age.

NAC Gymnasts may compete at FIG as follows;

- Pairs - 1 gymnast may be NAC
- Trios - 2 gymnasts may be NAC
- Groups - 3 gymnasts may be NAC

Please note there must always be 1 gymnast in Pairs or Trios and 2 gymnasts in Groups that are both the correct chronological age and level for the competition category. A gymnast is categorised (NAC/FIG) according to the level of his/her individual routine performance.

For a full breakdown of level and category dependent restrictions please see appendix 1

Awards

- Medals for 1st, 2nd and 3rd will be awarded in each competition category.
- A certificate of participation will be given to all gymnasts, coaches and judges.
- The winner of each FIG category will be referred to as British Champion.
- The winner of each NAC category will be referred to as NAC Cup category winners.
- The NAC gymnast

Appendices

NAC and FIG Restrictions

All gymnasts are subject to the NAC and FIG age range for all competition categories, (Foundation; National Development; Group 1; Group 2 and Seniors), as determined by the Technical Committee.

A gymnast is categorised according to the level of his/her individual routine performance, i.e. either NAC or FIG. Please note gymnasts that have only competed in an FIG Partnership (MP/TR/GRP) in 2012 do not have an automatic entry to an FIG individual routine in 2013. Please apply to the Technical Committee in such cases.

FIG gymnasts may not compete at NAC. Members of the National Squad or National Teams may therefore not compete at NAC.

FIG gymnasts may perform three routines in domestic events, (coaches are asked to remember that not all FIG gymnasts are capable of performing three routines).

International representation: The number of routines FIG gymnasts may perform will be determined by the selection policy and procedure.

NAC gymnasts may only compete in two routines.

A gymnast may compete in the age category he or she will enter the following year as follows

- MP/PR: 1 gymnast may be above age.
- TR: 1 gymnast may be above age.
- GR: 2 gymnasts may be above age.

NAC gymnasts may compete at FIG as follows: -

- MP/PR: 1 gymnast may be NAC.
- TR: 1 gymnast may be NAC.
- GR 2 gymnasts may be NAC.

Please note there must always be 1 gymnast in MP, PR and 2 in TR and 3 in GRP that are both the correct chronological age and competition level, (NAC or FIG).

Same Sex pairs may compete in all categories apart from Senior FIG.

The Technical Committee will determine gymnast movement from Foundation to NAC National Development or FIG National Development.

For gymnast movement between NAC and FIG, coaches must follow the rules in the Aerobic Gymnastic Technical Committee document "Movement between codes". Please note Gymnasts may not trial at FIG in the British Championships.

New gymnasts or compilations to Aerobic Gymnastics MUST compete in the NAC category. Exceptions to this rule may apply if the athlete's coach can demonstrate in writing, to the Aerobic Gymnastics Technical Committee, that the athlete has a track record in a sport other than Aerobics. Applications will need to evidence that the athlete has competed at a level high enough to be fast tracked to enter FIG.

The application must be received a minimum of 10 weeks prior to the competition in question. The Technical Committee's decision is final.

Only FIG gymnasts, adhering to full FIG/WAG rulings will be eligible for selection for national squads. NAC gymnasts are therefore not eligible for national squad selection or for wild card nominations.

British Championship and NAC Cup Titles

The G.B. Technical Committee wishes to draw the appropriate distinction between the category and title winners of the NAC Cup and the British Championships and requests that all clubs respect this distinction.

The NAC Cup Competition

- The NAC Cup is the developmental competition and all entries are National Aerobic Code level gymnasts.
- The gymnast who achieves the highest score of the competition is awarded the NAC Cup and shall be referred to as the titleholder of the NAC Cup.
- All other category winners in the NAC Cup competition shall be referred to as NAC Cup category winners.

The British Championships

- The British Championship is the elite level competition and all entries are FIG Code level gymnasts. (For exceptions see Appendix 1).
- The category winners in the British Championships shall be referred to as the British Champion and titleholder for the category.

All British Champions are clearly expected to conduct themselves, at all times, in a manner befitting the title they hold.

British WAG Structure 2013

Foundation	Foundation
	<u>ALL 9</u> in the year of the competition
Competition Space	7m x 7m IW IM MP TR 10m x10m GR
Exceptions	No 1 arm push up
	No 1 arm support
	No 1 arm landing
Music Length	1m 15 (+/-5 sec)
Total D Elements	6
Compulsory Elements	4 A. P U B. Straddle Support C. Air Turn D. Split through Pancake
Elements Allowed	0.1 - 0.4
Elements Allowed Floor Elements	Maximum 4
Push Up Landing	Maximum 0
Split Landing	Maximum 1
Element Pool	1 element from each group
Lifts	0
Attire	FIG Code of Points
Judges Panel	FIG Code of Points

FIG	National Development	Group 1	Group 2	Seniors
	10-11 in the year of the competition	12-14 in the year of the competition	15-17 in the year of the competition	18 and above in the year of the competition
Competition Space	7m x 7m IW IM MP TR 10m x10m GR	7m x 7m IW IM MP TR 10m x10m GR	7m x 7m IW IM 10m x10m MP TR GR	10m x10m IWI IM MP TR GR
Exceptions	No 1 arm landing	No 1 arm landing	No 1 arm landing	FIG code
	No 1 arm push up	No 1 arm push up		
	No 1 arm support	No 1 arm support		
Music Length	1m 15 (+/-5 sec)	1m15(+/-5 sec)	1m 30 (+/-5 sec)	1m 30 (+/-5 sec)
Total D Elements	6	8	10	10
Compulsory	4	4	4	FIG code
	A. P U	A. Wenson Pu	A. Helicopter to Split	
	B. Straddle Support	B. Straddle Support ½ Turn	B. Straddle Support 1/1 Turn	
	C. Air Turn	C. Tuck Jump 1/1 Turn	C. Straddle Jump	
	D. Split through Pancake	D. Vertical Split	D. 1/1 Turn to Vertical Split	
Elements Allowed	0.1 - 0.4	0.1 - 0.6	0.2 – 0.7 (optional 1 element at 0.8)	FIG code
Floor Elements	Maximum 4	Maximum 5	Maximum 5	Maximum 5
Push Up Landing	Maximum 0	Maximum 1	Maximum 2	Maximum 2
Split Landing	Maximum 1	Maximum 1	Maximum 2	Maximum 2
Element Pool	1 element from each group	1 element from each group	1 elements from each group	FIG code

	0	1 (optional)	1	2
Lifts				
Attire	FIG Code of Points			
Judges Panel	FIG Code of Points			

NAC Rules	National Development	Group 1	Group 2	Seniors
Age	10-11 in the year of competition	12-14 in the year of competition	15-17 in the year of competition	18 in the year of competition
Categories	IW, IM, MP, TR, GR	IW, IM, MP, TR, GR	IW, IM, MP, TR, GR	IW, IM, MP, TR, GR
Exceptions	No 1 arm push up No 1 arm landing No 1 arm support	No 1 arm push up No 1 arm landing No 1 arm support	No 1 arm push up No 1 arm landing No 1 arm support	No 1 arm push up No 1 arm landing No 1 arm support
Music length	1.15 (+/- 5 sec)	1.15 (+/- 5 sec)	1.30 (+/- 5 sec)	1.30 (+/- 5 sec)
Maximum difficulty elements	6	8	8	8
Competition space	7 x 7 Ind, MP, Trio 10 x 10 Group	7 x 7 Ind, MP, Trio 10 x 10 Group	7 x 7 Ind, MP, Trio 10 x 10 Group	7 x 7 Ind, MP, Trio 10 x 10 Group
Routines allowed per gymnast	2	2	3	3
Compulsory elements	None	None	None	None
Element values allowed	0.1 - 0.3	0.1 - 0.4	0.1 - 0.5	0.1 - 0.7
Floor elements	Maximum 4	Maximum 5	Maximum 5	Maximum 5
Push up landing	0	Maximum 1	Maximum 2	Maximum 2
Split landing	1	Maximum 1	Maximum 2	Maximum 2
Element pool	1 element from each group	1 element from each group	1 element from each group	1 element from each group
Lifts	None	1 (optional)	1	2
Attire	FIG Code of Points , form fitting shorts are allowed for boys and girls, optional tights	FIG Code of Points	FIG Code of Points	FIG Code of Points

Gymnast(s) notification form - Transfer from NAC to FIG

[Please PRINT all information]

Qualifying scores Requirement [revised 10th November 2012]:

Domestic Competition:	NAC Score Required
National Development	14.250
Group 1	14.750
Group 2	15.250
Senior	16.250

* **Nb.** Scores must be from the average of the two highest scores within the same calendar year and only relate to individual categories, [Male and Female]. Furthermore, the above scores may be revised by the Technical Committee in 2013, in which case they will be published accordingly.

Gymnast name: _____ **DoB:** _____
Club: _____ **Coach** _____

Membership number: _____

Current category: [i.e, NAC GR 1 – IF, Individual Female, IF]

 Category / Age Group / Partnership:

Proposed category for next year [FIG GR1 – Individual Female, [IF]

 Category / Age Group / Partnership:

Domestic Competition:	Score	Position	Other information
Alex Strachan			
Welsh Open			
British Championships			

Supporting information outlining transfer notification:

Notes:

1. The notification is a formal record that must be completed and submitted to the Technical Committee's National Competition Organiser, and copied to jane.mooney@british-gymnastics.org. Originally the 2012 handbook refers to an application for transfer but this now becomes a formal notification process.
2. It is for the coach, not the gymnast that must complete the form.
3. Notification must be received no later than 10 weeks prior to any British / National Competition, [Alex Strachan / Welsh Open / British Championships].
4. Once the notification is received, assuming there is no error with the information the National Competition Organiser will update the Events Team in order that the competition entry criteria will accept the gymnast for the forthcoming domestic event.

Notification submitted by:	_____
Date:	_____

Home Countries, English Regions & Island Associations

Home Countries

Northern Ireland

Website Address

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 Doping 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 any 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