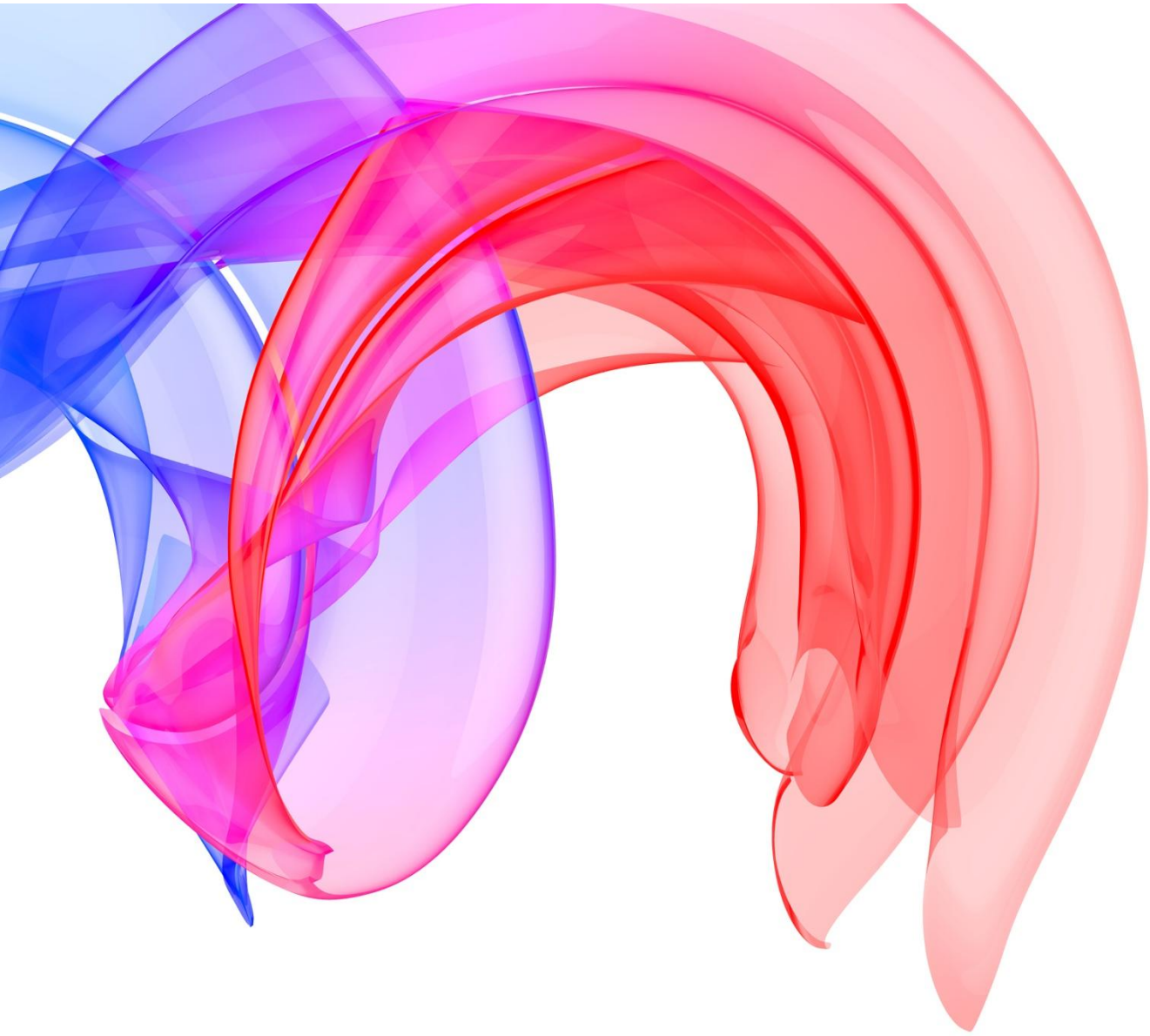

Disability Gymnastics

National Competition Handbook 2013

British Gymnastics
More than a sport

Version History

The Disability 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 2.1 – April 2013

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Provision of Events

Technical Committee 2013

Members

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National Judging Coordinator	Catherine Lethbridge	07960 028140	
National Competition Organiser	Kay Salter	07969 346060	kay.salter@btopenworld.com
TC Members	Paul Coates Angela Turner Bill Don		

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

Disabilities Competition Calendar 2013

Event	Date	Venue	Closing Date
Artistic NDP Grades Finals	14/04/2013	New College, Leicester	01/03/2013
Acrobatic NDP Grades Finals	18-19/05/2013	Fenton Manor, Stoke	22/03/2013
Rhythmic British Championships	21-23/06/2013	Fenton Manor, Stoke	10/05/2013
Artistic British Championships	17/11/2013	City of Newcastle GC	04/10/2013
Rhythmic NDP Grades Finals	23/11/2013	Hurstmere School, Sidcup	11/10/2013

For Disability Trampoline competition information please download the Trampoline National Competition Handbook for 2013

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 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.

In team competitions where there is more than one team in a group, each team will perform as a whole. The coach may chose and vary the order of the members of his/her team on each piece of apparatus, according to the order which he/she believes to be the best for the team.

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 Disability Technical Committee of British Gymnastics and/or any Technical Committees appointed from time to time acting with the appropriate delegated authority.
- **Organisers** means the Disability 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

Disability competitions are designed to provide events for people whose disability or impairment restricts their mainstream competitive opportunities.

The Disability TC have agreed that, within each discipline, a gymnast competing as an individual or team member in mainstream competition, at or above the following levels, will be ineligible to enter Disability competitions **(*mainstream NDP's are not affected by this statement*)**;

Men's and Women's Artistic Gymnastics	Regional
Rhythmic Gymnastics	Regional
Trampoline Gymnastics	Regional D

As part of the development of Disability Gymnastics, British Gymnastics has produced its own sport specific Disability Gymnastics Classification Certificate. The classification certificate is contained in a pack which also clearly defines the eligible impairments for Disability Gymnastics Competition.

From the 1st April 2013 Gymnasts will be required to provide proof of Disability at least six weeks before the event. Please complete and return the Disability Gymnastics Classification Certificate by following the instructions in the Medical Classification Pack .

NB: Although there are 44 different eligible classifications (Profile groups) in the Classification pack, this does not mean that there are 44 different competition categories for disability gymnastics competition. In 2013, Disability Gymnastics competition will have 2 competition categories (Category 1; Learning Disability & Category 2; Physical Disability). However, as competitor numbers grow, the introduction of the Classification Certificate system will allow British Gymnastics the flexibility to increase the number of competition categories whilst ensuring that competition remains fair.

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. *(International Judges and Regionally qualified Judges may be invited to judge providing they are experts in the Disability discipline).*

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

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.

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 the event.

Only nominated coaches will be allowed in the competition arena at any time. Level 1 coaches are permitted on the competition floor, but not in an active coaching role.

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.

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.

A gymnast may opt to enter an individual Championship of a higher age group.

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.

In exceptional circumstances only paper entry forms may be available from the BG Events Department. Only correctly completed entry forms will be accepted and must be submitted with the entry fee enclosed, no later than the published 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. Cheques should be made payable to 'British Gymnastics'.

Entry fees are non-refundable after the closing date.

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.

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

All competitors, nominated reserves and nominated coaches will be allowed free entry to the competition venue on the day in which they are competing.

Registration

Registration will take place one hour prior to the start of warm up, unless otherwise stated in the competition information. All gymnasts and coaches must register by the advised time and remain in the venue. Once coach from each club should be identified as a Team Manager and is required to;

- Confirm the attendance of competitors and inform the organisers of any late withdrawals
- Check the names with those printed in the programme
- Hand in copies of music and tariff sheets where appropriate
- Collect the accreditation passes for gymnasts and nominated coaches
- Collect a copy of the up to date running order

Technical Briefings

A technical briefing may be arranged prior to the start of each event, or round of the competition. The timing of these meetings will be as stated in the event programme sent to clubs and/or coaches. At least one Coach from each club taking part should be in attendance at the meeting. Issues requiring a ruling by the competition organiser should be submitted in writing prior to the meeting.

Competition Attire

All gymnasts to be dressed in accordance with the current FIG and National regulations for male/female competitors.

- Coaches should wear a tracksuit or collared polo shirt with tracksuit bottoms and appropriate footwear.
- All competitors in a team should be uniformly dressed.
- Gymnasts must not remove leotards until they are in the competitors seating area.

Failure to comply with any of the above will result in normal dress penalties being applied

In addition;

- 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 and wedding rings may be taped over). 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.
- For march on and presentations, gymnasts and coaches must be correctly dressed, i.e. if wearing tracksuit tops these should be done up. Failure to comply will result in the gymnast not being allowed to march on with the other competitors.

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

Whenever possible the equipment at Disability competitions will be to FIG specification, which will include height and width.

- An additional 2m x 2m x 10cm safety mat may be used for landing from Vault, Uneven Bars, Balance Beam, High Bar, Parallel Bars and Still Rings.
- Yurchenko Vault – A Yurchenko safety block MUST be placed around the springboard. A hand placement mat must be used for the round off and should be supplied by the competing gymnast.
- Only a bench or competition beam will be used in NDP competition.
- Only a full height beam will be provided at Voluntaries, set at 125cm. Mats may be used to reduce the height to a minimum of 1 meter.
- The vaulting table heights are as specified in the competition rules and regulations.
- For tall gymnasts the Uneven Bars may be raised by a sufficient amount to allow the gymnast to clear the safety matting where a gymnast's feet touch the base matting in hanging, or hips touch the base matting in hanging on low bar, on request prior to the start of the competition.
- For short gymnasts the Uneven Bars may be adjusted beyond FIG regulations to accommodate gymnasts of short stature, on request prior to the start of the competition.
- Use of the adapted (small) set of bars must be requested, by email to the Competition Organiser, at time of submission of the competition entry.
- Single low bar should be at shoulder height.

A coach must remain within spotting distance of the gymnast on Uneven Bars (i.e. between the bars), Vault and Balance Beam dismount, High Bar and Still Rings. Judges will not deduct a mark due to the presence of the coach. The criterion does not permit the coach to touch the gymnast during the routine unless it is to prevent an accident. ***The routine, or part routine, will not be assessed while the coach is out of position.***

Medical Provision

Anyone requiring First Aid assistance should speak to either the Competition Steward or the Organiser. It is recommended that all coaches have a First Aid kit with them for minor injuries.

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.

Welfare Officer

In accordance with BG regulations a Welfare Officer will be in attendance at all Disability competitions. The Welfare Officer will enter the arena with the march on of officials and gymnasts, and will be presented to the gymnasts and audience.

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) with the support of the relevant mainstream Technical Committee Judging Convenors. Expenses will be paid in accordance with BG guidelines.

Judging will be as per the current UEG regulations and FIG Code of Points, with British amendments where applicable and as stated in the competition-specific rules.

Protests

Requests for inquiry must be made by the Team Manager in writing to the Competition Controller for the event and must be submitted within 10 minutes of the end of that competition session. All requests must include;

- Gymnast's number
- The declared score
- Technical reason for inquiry
- Fee of £10 (returnable if protest is upheld)

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.

Video, Film and Photography

Accredited photographers may be present at BG events and will be made know 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

Disability Artistic National Development Plan Finals

Date: Sunday 14th April 2013

Venue: New College Leicester, Greencoat Road, Leicester, LE3 6RN

Closing date: Noon Friday 1st March 2013

Entry Fee: £25.00 per gymnast.

Code: Men's and Women's Artistic grading using 2013-2017 NDP sets published August 2012

Eligibility: From the 1st April 2013, Gymnasts will be required to send in a Disability Gymnastics Classification Certificate as proof of disability at least 6 weeks before an event

Judging: Deductions by 'E' Panel judges will be in line with FIG deductions of 0.10; 0.30; 0.50 and 1.0 Landing faults are as per FIG.

Competition Structure

- All ten levels will be offered at the event, for Men's and Women's Artistic.
- No age groups.
- Gymnasts must perform at the same level on each piece of apparatus to be graded, so receiving an 'overall' grading.
- Cloth badges and certificates will be awarded for grades achieved.

Grading

Grades will be awarded at the following levels;

Women's
Green Award – Any 2 pieces plus R & C
Blue Award – Any 3 pieces plus R & C
Red Award – All 4 pieces plus R & C

Scores	Certificates	Cloth Badges
Up to 8.95 average	Certificate of Participation	
9.0 – 10.15 average	Pass	Colour as according to list above
10.20 – 11.45 average	Merit	Colour as according to list above
11.50 and over average	Distinction	Colour as according to list above

Men's
Green Award – Any 2 pieces plus PPP
Blue Award – Any 4 pieces plus PPP
Red Award – All 6 pieces plus PPP

Scores	Certificates	Cloth Badges
Up to 6.35 average	Certificate of Participation	
6.40 – 7.35 average	Pass	Colour as according to list above
7.40 – 8.35 average	Merit	Colour as according to list above
8.40 and over average	Distinction	Colour as according to list above

Team Competition

Team members should be notified to the Competition Organiser prior to the competition. Team scores will be achieved by adding the top 6 scores on each piece of apparatus at any level or colour. Trophies will be awarded to the top Men's and Women's regional team at Junior (U16) and Senior (O16) level.

Disability Acrobatic National Grades Finals

Date: 18th – 19th May 2013

Venue: Fenton Manor Sports Complex, City Road, Stoke on Trent, ST4 2RR

Closing Date: Noon Friday 22nd March 2013

Entry Fee: £36.00 per gymnast. It is the Region's responsibility to pay the finalists' contribution to BG

Eligibility: All gymnasts should qualify to the Nationals through their regional Acrobatic Gymnastics qualification event. The region will make available all levels in the Disability competition programme. Only those placed 1st in the region in levels D, H, F and K are eligible for entry to National Finals. A copy of the regional programme and results signed by the Senior Judge must be included with entries.

From the 1st April 2013, Gymnasts will be required to send in a Disability Gymnastics Classification Certificate as proof of disability at least 6 weeks before an event

Competition Structure

This competition is an integrated event organised by the Acrobatic Gymnastics Technical Committee.

- Pairs competition will be offered at the following levels:
  - Disability Levels D, F, H and K & Disability Acro Level C (Wheelchair Scheme).
- Pairs qualify regionally for National Finals.
- The Organiser will notify clubs of the competition structure 3 weeks prior to competition.

Tariff Sheets

Tariff sheets must be sent to the Regional Competition Organiser as and when requested in the Regional Competition Details.

Three copies of the tariff sheet should be handed in on the day of the competition at registration.

Music

Information regarding music sent out by the Competition Organiser should be read very carefully as this can greatly help the smooth running of the competition.

- Music should be handed in at registration.
- Put the competitor number (if known) on both the CD and the box.
- Make sure the CD and the box also contains the name of the gymnast, club, discipline, level and routine.

Progression

Progression through the National Development Plan is at the discretion of the coach who should determine the level appropriate to performers by taking into account their; maturity, ability, experience in gymnastics or Acrobatic gymnastics, as well as the coaches' level of coaching qualification.

Advice to Coaches

- Have your gymnasts ready to compete 30 minutes before the published times as changes to the programme due to withdrawals can be made by the Organiser.
- Have your gymnast ready to take the floor immediately the previous competitors complete their routine.
- Ensure your gymnasts are available for the march on 5 minutes before the start of the competition.
- Have additional copies of the tariff sheets and music for all your competitors available.
- Competitors must not warm up on the competition floor during the competition. There will be opportunity prior to the start of the competition.

Disability Rhythmic British Voluntary Championships

Date: 21st – 22nd June 2013

Venue: Fenton Manor Sports Complex, City Road, Stoke on Trent, ST4 2RR

Closing date: Noon Friday 10th May 2013

Entry fee: £60.00 per gymnast (i.e. £15.00 per piece of apparatus)

Eligibility: From the 1st April 2013, Gymnasts will be required to send in a Disability Gymnastics Classification Certificate as proof of disability at least 6 weeks before an event

Classification – Class 1 = Learning Disability
Class 2 = Physical or Sensory Disability

Competition Structure

- Age Groups are Junior (up to 16yrs) and Senior (16yrs and over).
- A gymnast may compete on single, multiple or All-Around apparatus.

Awards

- Medals will be awarded to 1st, 2nd and 3rd placed All-Around gymnasts at each age group. *
- Apparatus medals will be awarded to the top 3 placed gymnasts on each piece of apparatus in the Senior Open section.
- At all other levels the top 3 placed gymnasts on each piece of apparatus will receive a certificate.
- Participation certificates will be presented to all competitors.

* For the All-Around, where there are 3 or less gymnasts in a group, the gymnasts will compete against a score and only if the scores are reached will medals be awarded;

Seniors	Gold	15.5 and above
	Silver	14.0 to 15.49
	Bronze	12.5 to 13.99
Juniors	Gold	13.0 and above
	Silver	11.5 to 12.99
	Bronze	10.0 to 11.49

Music

- Music should be handed in at registration.
- CD must be clearly labelled with the gymnast's name, length of music and apparatus.
- Each piece of music must be submitted on a separate, labelled CD.

Disability Artistic British Championships

Date: Sunday 17th November 2013

Venue: City of Newcastle Gymnastics Academy, Benfield Road, Benfield, Newcastle, NE6 4NU

Closing date: Noon Friday 4th October 2013

Entry fee: £30.00 per gymnast

Code: Disability Supplementary Code of Points published September 2010

Eligibilty: From the 1st April 2013, Gymnasts will be required to send in a Disability Gymnastics Classification Certificate as proof of disability at least 6 weeks before an event

Classification – Class 1 = Learning Disability
Class 2 = Physical or Sensory Disability

Competition Structure

Competitions available

- Open Class 1 Class 2
- A Class 1 Class 2
- B Class 1 Class 2
- B Under 12 no classification

Age Groups

Open and Competition A

- Men's Junior – Under 16
- Men's Senior – 16 and over
- Women's Junior – Under 16
- Women's Senior – 16 and over

Competition B

- Men's U12 (no classification)
- Men's Junior – Under 16
- Men's Senior – 16 and over
- Women's U12 (no classification)
- Women's Junior – Under 16
- Women's Senior – 16 and over

Trophies and Medals

- Trophies will be presented to the winners of the Open (Senior) competition.
- Medals will be awarded to the top 3 overall placing gymnasts in each age group and at each level.*
- Apparatus medals will only be awarded in the Open competitions.
- Apparatus certificates will be awarded in Competitions A and B.
- Participation certificates will be presented to all competitors.

* To be considered for overall placing in the Open, Competition A and Competition B, the gymnast must compete on a minimum of 3 (Women) or 4 (Men) pieces of apparatus. The overall total scores for each gymnast will determine the final placing.

Disability Rhythmic National Grades Finals

Date: Saturday 23rd November 2013

Venue: Falcon Spartak GC, Hurstmere School, Hurst Road, Sidcup, DA15 9AW

Closing date: Noon Friday 11th October 2013

Entry fee: £25.00 per gymnast

Code: Disability Rhythmic National Development Plan 2010-2013

Eligibilty: From the 1st April 2013, Gymnasts will be required to send in a Disability Gymnastics Classification Certificate as proof of disability at least 6 weeks before an event

Competition Structure

Grades 1 – 3 can be performed at regional level however, at the moment they should be included in the Disability National Grades competition.

Grades 4 – 10 and wheelchair grades will be run nationally.

Gradings

For 2013 grades 5 – 7

- 9.50 to 10.49 is considered to be a pass
- 10.50 to 11.99 is considered to be a merit
- Above 12.0 is considered to be a distinction

For 2013 grades 8 and above

- 10.55 to 11.99 is considered to be a pass
- 12.00 to 13.99 is considered to be a merit
- Above 14.0 is considered to be a distinction

For competition queries, please contact Kay Salter; 07967 346060 or kay.salter@btopenworld.com

Trampolining for People with Disabilities (TPD) Competition Structure 2013

To run from January 2013 to end of December 2013

All BG Trampoline rules apply to this competition, unless stated in these rules and guidelines

All competitors must have a Disability recognised by international Disability sport organisations. Disabilities definitions are laid down by BG, follow the World Heath Organisation and will be adhered to.

- Category 1 = Learning Disability
- Category 2 = Physical or Sensory Disability

Each category will be competing separately

From the 1st April 2013, Gymnasts will be required to send in a Disability Gymnastics Classification Certificate as proof of disability at least 6 weeks before an event

British Championships

The British Disability Trampoline Championships will be held alongside the British Trampoline Championships. The event will consist of a single voluntary routine. The starting order will be determined using the ranking system.

The top 8 high scorers throughout the full season from each category and each gender group will be invited to the Disability Trampoline British Championships. Qualifying rounds will be throughout the year.

- 1st 10 points
- 2nd 8 points
- 3rd 6 points
- 4th 5 points
- 5th 4 points
- 6th 3 points
- 7th 2 points
- 8th 1 point

Tie Breaker

Ranking from the National Championships will be based on the best three results out of the four qualifying competitions during 2013. If a person does not compete at three competitions a zero score will be entered into the missing competitions.

If there is a tie in points the following rules will be used on the three qualifying sets of pointe in the following order. Only full 10 bounce routines will be counted.

1. The best two sets of points
2. The best set of points
3. The highest two round scores
4. The highest placing relative to the group size

One person will be nominated as a reserve for each group.

Grading

- Regional 'C' to Regional 'B' is optional.
- Regional 'B' to National 'A' is optional.
- National Disability 'A'; Competitors will be ranked at Disability TPD specific National qualifying competitions to gain places at the National Finals, top eight in each gender group and category.
- Squads can also be selected from the rankings.

Routines

DISABILITY Regional "C"	
Compulsory routine	**Voluntary Routine**
• 5 Contact routine • All moves in the 1 – 15 star award will be accepted except the quarter turn Moves and shapes cannot be repeated	• 5 Contact routine • All moves in the 1 – 15 star award will be accepted except the quarter turn Moves and shapes cannot be repeated

DISABILITY Regional "B"	
• 10 Contact routine • All moves in the 1 – 15 star award will be accepted except the quarter turn Moves and shapes cannot be repeated	• 10 Contact routine • All moves in the 1 – 15 star award will be accepted except the quarter turn Moves and shapes can be repeated Tariff will not count on repeated moves

DISABILITY National "A"	
• 10 Contact Routine to include • 360 Degree Twist • Two separate body landings, both with 180 degree twist into or out of the move • Moves and shapes CANNOT be repeated **ONLY MOVES FROM 6 STAR AWARDS AND ABOVE WILL BE PERMITTED.**	• 10 Contact Routine • Repeated moves will not be credited with tariff • Minimum Tariff of 0.8 NO TARIFF LIMIT **ONLY MOVES FROM 6 STAR AWARDS AND ABOVE WILL BE PERMITTED.**

The Hands and Knees to Front Landing will be accepted in DISABILITY "C" & "B", however, this must be the first move and must start from Hands & Knees for safety reasons.

National "A" – Swivel Hips, ½ twist to feet will only count as one body landing!

Disability Trampoline British Squad Qualifying Events

There will be two qualifying competitions in 2013, both competitions must be entered to have scores counted towards qualification for the 2014 British Squad;

Sunday 12th May – Bath University Sports Training Village, Claverton Down, Bath, BA2 7AY.
Sunday 2nd June – Temple Park Leisure Centre, John Reid Road, South Shields, Tyne & Wear, NE34 8QN

- The overall score from both the set and voluntary routines will be added together over the two competitions.
- The scores from BOTH competitions will be added together. ***Both competitions must be competed at for the scores to count.***
- The top 20 combined scores from the two competitions will be invited to a final selection.
- Squad positions to run from January 1st to December 31st each year.

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:

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