



# Men's Artistic Gymnastics

National Competition Handbook 2013

**British**  
**Gymnastics**  
More than a sport

# Version History

This publication serves to provide an overview of rules and regulations and to provide competition information for 2013. The dates shown in this handbook are correct at the time of printing; however we may be obliged to make changes as circumstances arise. Please use the British Gymnastics website ([www.british-gymnastics.org](http://www.british-gymnastics.org)) for regular updates on events, rules and news on Men's Gymnastics.

The Men'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.

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 1.2 – April 2013**

Original

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# Provision of Events

# Technical Committee 2013

## Members

Chair	Andrew Morris
National Judging Coordinator	Andy Tombs
National Competition Organiser	Scott Hann
TC Members	Jeff Davis
	Mike Weinstock

## British Gymnastics Contact Information

Events Department	0845 1297129 ext. 2396	<a href="mailto:events@british-gymnastics.org">events@british-gymnastics.org</a>
Coach Education	0845 1297129 ext. 2392	<a href="mailto:coaching@british-gymnastics.org">coaching@british-gymnastics.org</a>
Member Services	0845 1297129 ext. 2395	<a href="mailto:membership@british-gymnastics.org">membership@british-gymnastics.org</a>
Ethics & Welfare	0845 1297129 ext. 2347	<a href="mailto:ethics@british-gymnastics.org">ethics@british-gymnastics.org</a>

# National Competition Calendar 2013

MTC Competition Year 1<sup>st</sup> January to 31<sup>st</sup> December

Event

Date

Venue

Closing Date

Youth/Junior/Senior British Championships	22 <sup>nd</sup> to 24 <sup>th</sup> March	Echo Arena, Liverpool	Noon on 8th February
Boys/Intermediate British Championships	23 <sup>rd</sup> June	Fenton Manor, Stoke	Noon on 10 <sup>th</sup> May
National Elite Grades	1 <sup>st</sup> to 3 <sup>rd</sup> November	GMAC, Birmingham	Noon on 23 <sup>rd</sup> September
Club Development Grades	1 <sup>st</sup> to 3 <sup>rd</sup> November	GMAC, Birmingham	Noon on 20 <sup>th</sup> September
British Club Team Championships	23 <sup>rd</sup> November	New College, Leicester	Noon on 11 <sup>th</sup> October

***For a complete domestic and Home Nations calendar of events please see Appendix 1.***

### **Order of Performance**

The competition organiser reserves the right to arrange for exercises to be performed in such sequence as is considered appropriate to the particular circumstances of the event and the venue at which it is taking place.

The order of competing for individual events and team events shall be decided by lot, a free draw being made by the organisers or such officials as may be authorised by the Technical Committee.

Where the safety, security and good performance of the gymnasts is a concern, the TC reserve the right to group the gymnasts according to club. In this case 'Groups' will be drawn for start apparatus. Please note in some cases it may not be possible for a club to have all of its gymnasts in one group.

In individual competitions gymnasts in each group shall perform as per the start list for the first round. In the second and each subsequent round, the gymnast who started previously will perform last and the next gymnast will begin the round.

In team competitions, where there is more than one team in a group, each team will perform as a whole and each complete team will take turns in beginning each round (in a similar manner to that which applies to individuals, stated above).

In team competitions the coach may choose 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 best for the team. The team order must then be submitted to the nominated official at registration.

For the purpose of maintaining a smooth and timely running of the event, 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 Men's Technical Committee (MTC) of British Gymnastics and/or any Technical Committees appointed from time to time acting with the appropriate delegated authority.
- **Organisers** means the National Events Panel/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. For the purpose of Men's competitions this is the FIG 'Code de Pointage'.
- **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.
- **Whenever anything contained in the Rules & Regulations conflicts** with the provisions made in that regards in the relevant 'Code', the said provision made in the 'Code' shall be disregarded for the purposes of the interpretation of these 'Rules and 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.

## Setwork Performance Pathway

The Setwork plan has been structured for development and participation with 2 pathways of performance, Club Development Grades and National Elite Grades, each with 6 levels. The MTC age for each level is defined. This allows Regions to field up to 12 teams over the 2 pathways of Club and Elite.

It is important to study the entire Setwork plan to see how progress is made. There are no qualifying scores to pass from one pathway to another however, coaches should make realistic choices to provide the best opportunity for their gymnast and refer to the guidelines provided in the Setwork Booklets and appendix 5 & 6 of this handbook (pg 30 and pg 31).

Clubs and Regions may wish to adapt the Performance Pathway model for their own development purposes and would be encouraged to provide opportunities for out of age competition experience to assist regional development.

Club Development Grades (Team and Individual) Bob Currier Trophy			<b>GYMNASTS MAY ONLY COMPETE IN ONE PATHWAY IN ANY ONE YEAR BUT MAY TRANSFER ACROSS IN EITHER DIRECTION IF THEIR PERFORMANCE LEVEL REQUIRES IN SUBSEQUENT YEARS</b>	National Elite Grades (Team and Individual) Paul Blakeborough Trophy		
National Finals Age Group				National Finals Age Group		
Level 6	U14	4/4/3		Level 6	U14	3/3/2
Level 5	U13	4/4/3	Level 5	U13	3/3/2	
Level 4	U12	5/5/4	Level 4	U12	4/4/3	
Level 3	U11	5/5/4	Level 3	U11	4/4/3	
Level 2	U10	6/6/4	Level 2	U10	6/6/4	
Level 1	O8/U9	6/6/4	Level 1	O8/U9	6/6/4	
Regional entry (Individuals accepted)			Regional entry (Individuals accepted)			

The Performance Pathway for Men’s Artistic Gymnastics has undergone a complete and thorough overhaul. A great deal of consultation was undertaken and the Men’s Technical Committee is confident that once in place and working, the new structure will satisfy the majority of needs for Clubs and Regions with National aspirations.

It is anticipated that throughout the 2013-16 Rio Olympic Cycle a variety of initiatives will be undertaken by Regions. With this streamlined Performance Pathway it is hoped that Regions will take the initiative to create Regional Squad structures (with British Gymnastics support) catering for the performance development of their Clubs and gymnasts. Regions should be the focus of our foundations for future excellence, concentrating on performing the Grades with high technical quality. This in turn will underpin the Great Britain National Squad structures. Clubs should support their Region and further progress their gymnasts along the voluntary performance path.

Each level of the Grades is critical to the development of sound foundations for progressive gymnastic performance as demonstrated by the success across Europe and the World by British Men’s gymnastics.

Note that all judging considerations have been replaced with Performance Considerations. Therefore ALL judging is as per the FIG Code of Points 2013-2016 Cycle 13.

***Please see appendices 5 and 6 for guideline scores/start values to help determine the appropriate pathway.***

# 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 .

For all competitions, the gymnast's club must be registered with BG.

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 MTC.

Where Regional entries are made, gymnasts and coaches must be selected according to the rules and will represent their Region, not Club. They must wear that Regional uniform, no club logos are allowed.

### **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 coaches 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.

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 [🔗](#).

For ease of reference please see the year born interpretation table below;

Year Born Eligibility for MAG National Competitions 2013				
British Individual Championships	National Grades	Year Born	TEAM Competitions Voluntary	
	Club/Elite			
	Level 1	2004		
	Level 2	2003		
Boys U12	Level 3	2002	Williams Trophy	
	Level 4	2001		
Intermediate U14	Level 5	2000		
	Level 6	1999		
Youth U16		1998	Adams Shield	
		1997		
Junior U18		1996		
		1995		
Senior O18		1994 or earlier		

A gymnast may opt to enter an Individual Championship of a higher age group. **Any gymnast competing in a higher age category cannot return to a lower age category in following years (this does not apply to Team Championships or Masters unless specifically stated).**

## 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.***

## 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](mailto: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.

In team competitions, replacement gymnasts can only be used if proof of British Gymnastics membership can be shown. The competition organiser must be notified as soon as possible.

Where it is necessary to substitute a coach the club must inform the BG Events department ([events@british-gymnastics.org](mailto: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 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 allowed free entry to the competition venue on the day in which they are participating.

***Coaches or Officials who attend a venue and are not cleared on the entry form will be required to register at the event and their membership, qualifications and CRB verified before they will be allowed to participate and may be refused admission.***

## **Registration**

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

Each club/region is required to nominate one coach as Team Manager who will

- Confirm the attendance of competitors,
- Inform the organisers of any late withdrawals and
- 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. 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.***

## **March in**

All competitors are expected to enter the arena 'smartly dressed'. Gymnasts should wear either a zipped club tracksuit or leotard with appropriate leggings or shorts. T-shirts and outdoor shoes are not acceptable for March On. All bags and equipment relating to performance must have been stowed under the gymnasts seating area for the first piece of apparatus.

Gymnasts are expected to march neatly and as directed by the Competition Organiser or one of the event team. Please remember to march neatly between rotations, ensuring that both gymnasts and coaches march around (rather than over) equipment.

Judges will march into the competition arena preceding the competing gymnasts, unless notified differently.

## **Competition Attire**

All gymnasts and coaches must march on in competition attire.

Gymnasts;

- All gymnasts to be dressed in accordance with current FIG and National Regulations for male competitors.
- At all competitive events in the UK or overseas, gymnasts and coaches must wear the uniform or identification badge or logo of the organisation named on their entry form.
- All competitors in a team must be uniformly dressed.
- Competitors in events for gymnasts under the age of 12 may elect to wear shorts or long gymnastic trousers, with appropriate footwear. However, teams must be uniformly dressed.
- Gymnasts must not remove leotards until they are in the competitors seating area.
- Numbers must be worn at all times, if directed by the Competition Organiser.
- Jewellery, body piercing and similar adornments are not allowed.

Coaches;

- Coaches are expected to maintain a good standard of dress.

- Standard dress would include trainers (no flip flops), full-length tracksuit bottoms, polo/t-shirts and/or tracksuit top/fleece.
- All jewellery should be removed and any tattoos covered up. Exceptions as per BG Body Piercing and Adornments policy .

Whilst the competition is in progress coaches and gymnasts should not wear clothing that is heavily branded with advertising or messages.

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.

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

Gymnasts and coaches and officials are expected to comply with the accepted protocols during the playing of National Anthems.

***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.***

***Failure to comply with any of the above will result in normal dress penalties being imposed.***

Judges;

- Dress in accordance with current FIG regulations (e.g. Navy Blazer, Grey Trousers/Skirt and Plain shirt)
- Wear the BG MTC tie/scarf at all official MTC competitions

***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.***

### **Competitor Seating**

An area will be set aside for the seating of competitors. Only gymnasts, coaches and authorised officials will be allowed to sit within this area.

### **Working Order**

At all times the published working order should be followed.

Where a gymnast's starting apparatus has changed due to withdrawals, it is the responsibility of the Competition Organiser to make all coaches aware of any changes before the start of the apparatus warm up. This will be made by way of an announcement over the PA system asking coaches to collect a new working order from competition control.

Changes after the start of the apparatus warm up should only be made with the acceptance of all the coaches whose gymnasts are involved, however, the Competition Director has an overriding duty to consider imposing changes where external factors require this to be done.

### **Competition Apparatus**

Unless otherwise specified, all apparatus at MTC events will conform to FIG specifications. Only apparatus supplied at the request of the MTC may be used at National events.

### **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.

### **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

For each Men's Gymnastic competition the Judging Panel of the Men's Technical Committee shall appoint the requisite number of judges (except for the Club Development Grades). The Judging Panel through the Technical Committee may, at its discretion, vary the number of judges. Expenses will be paid in accordance with BG guidelines.

All claim forms must list all officials/judges who travelled in the vehicle. The MTC encourage officials/judges to travel together. When officials travel together only one claim form should be submitted listing all the officials/judges who were in the vehicle.

Where accommodation is required, judges must notify the MJP Invitations Secretary. In some cases accommodation may not be provided if the start times of the competition are deemed late enough to allow judges time to travel to the venue. ***Judges should not book accommodation that they intend to claim for without prior consent of the Competition Organiser, accommodation claims without prior consent may be refused.***

The Competition Organiser shall act as, or appoint a Competition Controller who, in conjunction with the Judging Controller, shall represent British Gymnastics for the purpose of dealing with any contingencies which may arise and which are not otherwise provided for in these Rules and Regulations.

Judges are expected to;

- Keep their tables clean and only have on the table, items needed for the purposes of judging
- All outdoor clothing, and bags must be stored out of sight of spectators
- Stay at their judging table until gymnasts have marched out of the arena for the presentation ceremony
- Stay at the venue until the competition organiser has 'released the judges'; this is to ensure all scores have been checked.

### **Nomination of Judges**

For the Club Development Grades, entering Regions are required to provide 2 judges for each of the 3 days of competition. Regions may provide additional judges if they wish.

It is necessary for the MTC to find replacement judges for Regions who are not able to supply them. To ensure that this cost does not fall on the MTC or the other Regions, from the judges meeting at the event, a list of Regional judges will be drawn up and those Regions who have less than the required number will be back-charged £100.00 per judge per day.

### **Protests**

A coach may only request an inquiry into the D score for their gymnast. He/she is not allowed to protest against a gymnast from another club/team.

In the event of an inquiry the coach is permitted to make a verbal approach to the judges table to ask how the D score was calculated. A verbal enquiry must be made within one minute after the score is shown.

If the coach wants to make a request for an official inquiry he/she should do so to the competition controller or nominated official. The request must be in writing and submitted with a £20 fee (returnable if inquiry finds in favour of the protest) within 4 minutes after the verbal enquiry. Failure to submit within 4 minutes will result in the inquiry not being held.

An inquiry pro-forma will be available at the control desk (a copy is also included here as Appendix 7)

***Any further approach to the judge's table will be dealt with under the FIG rules Article 3.3 Penalties and could lead to a 0.5/1.0 deduction or relevant sanction, which may lead to removal from the floor.***

### **Video Evidence**

The MTC may where possible, organise video recordings of routines during competitions.

Only official MTC/BG video recordings may, at the discretion of the Competition/Judge Controller, be used to aid an inquiry.

***In all cases the decision of the Jury of Inquiry is final.***

### **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**

Due to a number of trophies being lost or not returned, the MTC will now retain all original trophies, which may be used for photographic or promotional needs. Where appropriate, 'keep sake' trophies will be awarded. ***Please note all trophies remain the property of British Gymnastics.***

### **Spectator Tickets**

Tickets vary in price for each event. Tickets are available as advised in the relevant competition information pack, on the event specific page in BG Calendar on the BG website , or from Ticketweb .

### **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

**Youth/Junior/Senior British Championships & Masters**

<b>Date:</b>	22 <sup>nd</sup> to 24 <sup>th</sup> March 2013
<b>Venue:</b>	Echo Arena, Kings Dock, Liverpool Water Front, Liverpool, L3 4FP
<b>Closing date:</b>	Noon on Friday 8 <sup>th</sup> February 2013
<b>Entry Fee:</b>	£60.00 per gymnast
<b>Code:</b>	FIG Code 2013-2016 Cycle 13 
<b>Eligibility:</b>	Open Entry

### Competition Structure

- Individual and Apparatus Championships for Senior, Junior and Youth age groups.
- Competition II (incorporating Competition III and qualification to Masters).
- Masters Apparatus Championships

A gymnast is allowed to enter selected individual apparatus within the British All Around Championships, in order to rank for the Age Group Apparatus Titles and qualify for the Masters.

### Awards

Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place on each piece of apparatus and all around competition, within each age group.

British Champions will be declared for the all around competition within each age group.

### Masters Apparatus Championships

The top 8 gymnasts from Senior, Junior and Youth on each apparatus from combined Competition III rankings will qualify for the Masters.

All gymnasts selected for apparatus finals will be expected to stay in the control area until they are called to compete. ***Movement from this area, other than to compete or unless notified to by the Competition Organiser, may result in a gymnast being disqualified from the competition.***

# Boys/Intermediate British Championships

<b>Date:</b>	23 <sup>rd</sup> June 2013
<b>Venue:</b>	Fenton Manor Leisure Centre, City Road, Fenton, Stoke on Trent, ST4 2RR
<b>Closing date:</b>	Noon on Friday 10 <sup>th</sup> May 2013
<b>Entry Fee:</b>	£60.00 per gymnast
<b>Code:</b>	FIG Junior Code 2013-2016 Cycle 13  with GBR exceptions and amendments, including special list of additional A Parts – Boys (Appendix 3).
<b>Eligibility:</b>	Open Entry

### **Competition Structure**

- Individual and Apparatus Championships for Boys and Intermediate age groups.
- Competition II (incorporating Competition III).
- Intermediate: Vault Finals - 2 different vaults which can be from the same category, Height 125cm.
- Boys: One Vault will count for Competition II and Competition III, Height 120cm

### **Awards**

Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place on each piece of apparatus and all around competition, within each age group.

British Champions will be declared for the all around competition within each age group.

<b>Date:</b>	1 <sup>st</sup> to 3 <sup>rd</sup> November 2013
<b>Venue:</b>	GMAC Alexander Stadium, Walsall Road, Perry Barr, Birmingham, B42 2LR
<b>Closing date:</b>	Noon Friday 20 <sup>th</sup> September 2013
<b>Entry Fee:</b>	£60.00 per gymnast, £225.00 per team
<b>Code:</b>	FIG Code 2013-2016 Cycle 13 
<b>Eligibility:</b>	Regional entry only

### **Competition Structure**

- Team and Individual competitions offered at Elite levels 1 to 6.
- Structure as per BG National Elite Grades booklet 2013 

### **Attire**

International uniform is not permitted unless specifically representing a Home Country. For the purposes of this event the Isle of Man shall be considered as a Home Country

### **Judging**

In an effort to simplify the demands made upon judges, the regulations of the FIG Code of Points will apply throughout, unless otherwise stated.

### **Awards**

Individual medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place will be awarded at each level.

Team medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place at each level will be awarded to all team members and coach.

The Blakeborough Trophy will be awarded to the Region gaining the most points throughout all levels of competition (individual and Team). Points are awarded as below;

Individual/Team position:

- 1<sup>st</sup> – 10 points
- 2<sup>nd</sup> – 6 points
- 3<sup>rd</sup> – 4 points
- 4<sup>th</sup> – 3 points
- 5<sup>th</sup> – 2 points
- 6<sup>th</sup> – 1 point

## **Club Development Grades**

- Date:** 1<sup>st</sup> to 3<sup>rd</sup> November 2013
- Venue:** GMAC Alexander Stadium, Walsall Road, Perry Barr, Birmingham, B42 2LR
- Closing date:** Noon Friday 20<sup>th</sup> September 2013
- Entry Fee:** £60.00 per gymnast, £225.00 per team
- Code:** FIG Code 2013-2016 Cycle 13 
- Eligibility:** Regional entry only

### **Competition Structure**

- Team and Individual competitions offered at Club Development levels 1 to 6.
- Structure as per BG Club Development Grades booklet 2013 

### **Attire**

International uniform is not permitted unless specifically representing a Home Country. For the purposes of this event the Isle of Man shall be considered as a Home Country

### **Judging**

In an effort to simplify the demands made upon judges, the regulations of the FIG Code of Points will apply throughout, unless otherwise stated.

### **Awards**

Individual medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place will be awarded at each level.

Team medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place at each level will be awarded to all team members and coach.

The Bob Currier Trophy will be awarded to the Region gaining the most points throughout all levels of competition (Individual and Team). Points are awarded as below;

Individual/Team position:

- 1<sup>st</sup> – 10 points
- 2<sup>nd</sup> – 6 points
- 3<sup>rd</sup> – 4 points
- 4<sup>th</sup> – 3 points
- 5<sup>th</sup> – 2 points
- 6<sup>th</sup> – 1 point

# **Club Team Championships**

- Date:** 23<sup>rd</sup> November 2013
- Venue:** New College, Glenfield Road, Leicester, LE3 6DN
- Closing date:** Noon Friday 11<sup>th</sup> October 2013
- Entry Fee:** £170.00 per Club Team
- Code:** FIG Code 2013-2016 Cycle 13  with GBR exceptions and amendments - Williams Trophy (Appendix 3).
- Eligibility:** Clubs may enter more than one team for each competition (indicating clearly the 'A' or preferred team).  
The Competition Organiser reserves the right to limit the number of teams to ensure the smooth running of the event.  
Replacement gymnasts can only be used if proof of BG membership can be shown.

### **Competition Structure**

- Adams Shield (15yrs and over) – Competition I – 5 in team, 4 to perform, 3 to count.
- Bill Williams Trophy (11-14yrs) – Competition I – 6 in team, 5 to perform, 4 to count.

# Appendices

# Men's Artistic Competition Calendar 2013

<b>Event</b>	<b>Date</b>	<b>Closing Date</b>	<b>Venue</b>
Welsh Championships	23 <sup>rd</sup> & 24 <sup>th</sup> February		Welsh Institute of Sport
English Championships	1 <sup>st</sup> to 3 <sup>rd</sup> March		Europa Centre
Yth/Jnr/Snr British Championships	22 <sup>nd</sup> to 24 <sup>th</sup> March	8 <sup>th</sup> February	Echo Arena, Liverpool
Boys/Intmd British Championships	23 <sup>rd</sup> June	10 <sup>th</sup> May	Fenton Manor, Stoke
Scottish Championships	June (TBC)		Perth
London Open	7 <sup>th</sup> September		Europa Centre
London Development Open	8 <sup>th</sup> September		Europa Centre
UK School Games	12 <sup>th</sup> to 15 <sup>th</sup> September		Sheffield
National Elite Grades	1 <sup>st</sup> to 3 <sup>rd</sup> November	20 <sup>th</sup> September	GMAC Alexander Stadium
Club Development Grades	1 <sup>st</sup> to 3 <sup>rd</sup> November	20 <sup>th</sup> September	GMAC Alexander Stadium
British Club Team Championships	23 <sup>rd</sup> November	11 <sup>th</sup> October	New College, Leicester

# Home Countries, English Regions & Island Associations

## Home Countries

Northern Ireland

[www.northernirelandgymnastics.org](http://www.northernirelandgymnastics.org)

Scotland

[www.scottishgymnastics.org](http://www.scottishgymnastics.org)

Wales

[www.welshgymnastics.org](http://www.welshgymnastics.org)

## English Regions

East

[www.eastgymnastics.org.uk](http://www.eastgymnastics.org.uk)

East Midlands

[www.emgymnastics.org.uk](http://www.emgymnastics.org.uk)

London

[www.londongym.org.uk](http://www.londongym.org.uk)

North

[www.northgymnastics.org.uk](http://www.northgymnastics.org.uk)

North West

[www.nwga.co.uk](http://www.nwga.co.uk)

South

[www.southgymnastics.org.uk](http://www.southgymnastics.org.uk)

South East

[www.segymnastics.org.uk](http://www.segymnastics.org.uk)

South West

[www.southwestgym.org.uk](http://www.southwestgym.org.uk)

West Midlands

[www.wmgymnastics.org.uk](http://www.wmgymnastics.org.uk)

Yorkshire

[www.yorkshire.gymnasticsengland.org](http://www.yorkshire.gymnasticsengland.org)

## Island Associations

Isle of Man Gymnastics

[www.iomgymnastics.org](http://www.iomgymnastics.org)

# 2013 MTC Judging Codes

The FIG Code of Points is used for all British Gymnastic Competitions in all age groups. ONLY the following exceptional amended rules apply. If there is no exception or amended rule listed here then the published FIG Code rule applies.

## Senior, Junior and Youth

1998 or earlier born, will be judged on the FIG code 2013-2016 

## Intermediate

1999 and 2000 born, will be judged on the FIG Junior code 2013-2016 with the following exceptions and amendments:

- Additional safety mats up to 30cm will be allowed as an option on request at High Bar, Rings and Parallel Bars without deduction.
- Vault height 125cm

## Intermediates - Short Routines Deductions

- 7 elements or more      E jury 10.00
- 6 elements                E jury 8.00
- 5 elements                E jury 7.00
- 4 elements                E jury 5.00
- 3-1 element              E jury 2.00

## Boys

2001 and 2002 born, will be judged on the FIG Junior Code 2013-2013 Cycle 13 with GBR exceptions and amendments including special list of additional A parts:

- Dismount requirements will be B = 0.5 and A = 0.3 (code or supp list)
- Parallel Bar heights may be lowered to between 160 and 180cm.
- For Pommel Horse the competition will provide an additional mat of 20cm plus a springboard to be used together or individually. The coach will be responsible for removing the springboard from the working area after mount.
- Additional safety mats up to 30cm will be allowed as an option on request at High Bar, Rings and Parallel Bars without deduction.
- Vault height will be 120cm.
- Shorts with socks may be used. (Teams must dress uniformly)
- The MTC supplementary list of recognised A parts will be used. These A parts will be counted as Elements of value 0.1 and qualify for Element Groups.

## Boys – Short Routines Deductions

- 5 elements or more      E jury 10.00
- 4 elements                E jury 8.00
- 3 elements                E jury 5.00
- 2 elements                E jury 3.00
- 1 element                 E jury 1.00

## Special Notes for Stand-Ins

At all MTC competitions for Boys stand-ins are COMPULSORY at High Bar and Rings.

## Boys Supplementary Element List of 'A' Parts

Element Group	1	2	3	4	5 Dismount
Floor	Non acrobatic elements	Acrobatic elements forward	Acrobatic elements backward	Acrobatic elements sideways	
			Backward roll through h/stand on straight arms	Round off	
Pommel	Leg swings	Circle/flair/spindle/h/stand	Side and cross support travels	Kehrs/Wende/Flops	Dismounts
	½ scissor				
Rings	Kip and Swing elements	Swing to Handstand	Swing to strength hold	Strength/Hold elements	Dismounts
				Muscle up to support	
P.Bar	Elements in support	Elements upper arm	Long swings in hang	Underswings	Dismounts
	Stutzkehre 45°	Back uprise to support	Moy to upper arm	Undersomi to support	Salto tucked
H.Bar	Long hang swings and turns	Flight elements	In bar elements	El grip / dorsal hang	Dismounts
			Free hip circle through h/stand Stoop/straddle on & off backwards	Squat dislocate to 45°	

## Guidelines for Scores/**Start Values** for Gymnasts following the Elite Pathway

AGE	PPP	APP	FX	PH	R	V	PB	HB	AA
EG L1	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	68.0
EG L2	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	68.0
EG L3	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	68.0
EG L4	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	68.0
EG L5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	68.0
EG L6	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	68.0
U 12			4.5	4.5	4.5	2.8	4.5	4.5	76.00
U 14			5.0	5.0	5.0	3.6	5.0	5.0	80.00
U 16			5.3	5.3	5.3	4.4	5.3	5.3	82.00
U 18			5.6	5.6	5.6	4.8	5.6	5.6	84.00
SEN			5.7	5.7	5.7	5.2	5.7	5.7	85.00
WCh			6.3	6.3	6.3	5.6	6.3	6.3	87.50
OG			6.5	6.5	6.5	6.0	6.5	6.5	90.00

Target for 'E' jury deductions to be <1.00 pts

Gymnasts entering the National Elite Grades but scoring <70% average should consider the Club Development Grades and National Pathway

Gymnasts not selected for Elite Performance squad or TOP programme squads may continue to aspire to the Elite Pathway if their average is between 70-85%.

## Guidelines for Scores/**Start Values** for Gymnasts to consider moving from the Elite Pathway to the National Pathway/Club Development Grades

AGE	PPP	FX	PH	R	V	PB	HB	AA
EG L1	7.0	7.0	7.0	7.0	7.0	7.0	7.0	49.00
EG L2	7.0	7.0	7.0	7.0	7.0	7.0	7.0	49.00
EG L3	7.0	7.0	7.0	7.0	7.0	7.0	7.0	49.00
EG L4	7.0	7.0	7.0	7.0	7.0	7.0	7.0	49.00
EG L5	7.0	7.0	7.0	7.0	7.0	7.0	7.0	49.00
EG L6	7.0	7.0	7.0	7.0	7.0	7.0	7.0	49.00
U 12		4.0	4.0	4.0	2.0	4.0	4.0	72.00
U 14		4.5	4.5	4.5	2.8	4.5	4.5	74.00
U 16		4.8	4.8	4.8	3.6	4.8	4.8	76.00
U 18		5.0	5.0	5.0	4.4	5.0	5.0	78.00
SEN		5.2	5.0	5.0	4.8	5.0	5.0	80.00

Gymnasts entering the Club Development Grades would generally be expected to follow the National Pathway, however, those scoring >90% should consider transferring to the Elite Pathway.

# Judging Inquiry Proforma

<b>Gymnast Name</b>	
<b>Gymnast Club</b>	
<b>Group and Level</b>	
<b>Coach making appeal</b>	
<b>Apparatus</b>	

<b>Reason for Inquiry</b>

<b>Response</b>

<b>Head Judge</b>			
<b>Original Score</b>		<b>New Score</b>	
<b>£20 received</b>			

A coach may only request an inquiry into the D score for their gymnast. He/she is not allowed to protest against a gymnast from another club/team. In the event of an inquiry the coach is permitted to make a verbal approach to the judges table to ask how the D score was calculated. A verbal enquiry must be made within 1 minute after the score is shown. If the coach wants to request an official inquiry he/she should do so to the competition controller or nominated official. If a request for an official inquiry is to be made, this must be in writing and submitted within 4 minutes after the verbal enquiry. Should the request not be submitted in writing within 4 minutes the inquiry will not be held.

# Event Arena Guidelines

The following Guidelines have been developed to help clarify who should have access to the various areas that comprise the Event Arena. These guidelines have been approved by the British Gymnastics Joint Technical Committee and are available for all disciplines.

## **Event Arena**

Comprise the spectator area, the event or competition area, warm-up area and marshalling area. The event arena is accessible to any person holding a valid ticket, pass or official accreditation.

## **Event or Competition Area**

Those areas associated with the event, including apparatus area, marshalling area, judging podium/seating, competitors seating area, scoring/event secretariat.

The event/competition area is accessible to event organisers, competitors or participants, accredited coaches, judges, group leaders, runners, event officials/marshals, floor managers, compere, equipment staff, official photographers, medical/first aid staff and others invited officially for specific tasks. These persons must receive special accreditation cards or passes.

## **Scoring and Event Secretariat**

These are restricted areas and only accessible to designated personnel, including; Senior event organisers/officials, Senior scoring personnel, floor manager, PA/music steward, compere/announcer.

## **Warm-Up Area**

The restricted/designated area for event warm-ups may be integral with or adjacent to the event/competition area and should only be accessible to those accredited for the event area, and warm-up area supervisors.

## **Event Commentary, Reporting, Promotion, Publication and Broadcast**

All British Gymnastics competitions are spectator events with open publication of scores with visual and voice commentary throughout.

It is a condition of entry to competition that BG has the right to run events for the benefit of the viewing public.

Commentators and competition directors are sensitive to issues of privacy and the respect of individual competitors.

## 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](http://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](http://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](mailto:information@ukad.org.uk) or visit; [www.ukad.org.uk](http://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](mailto: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