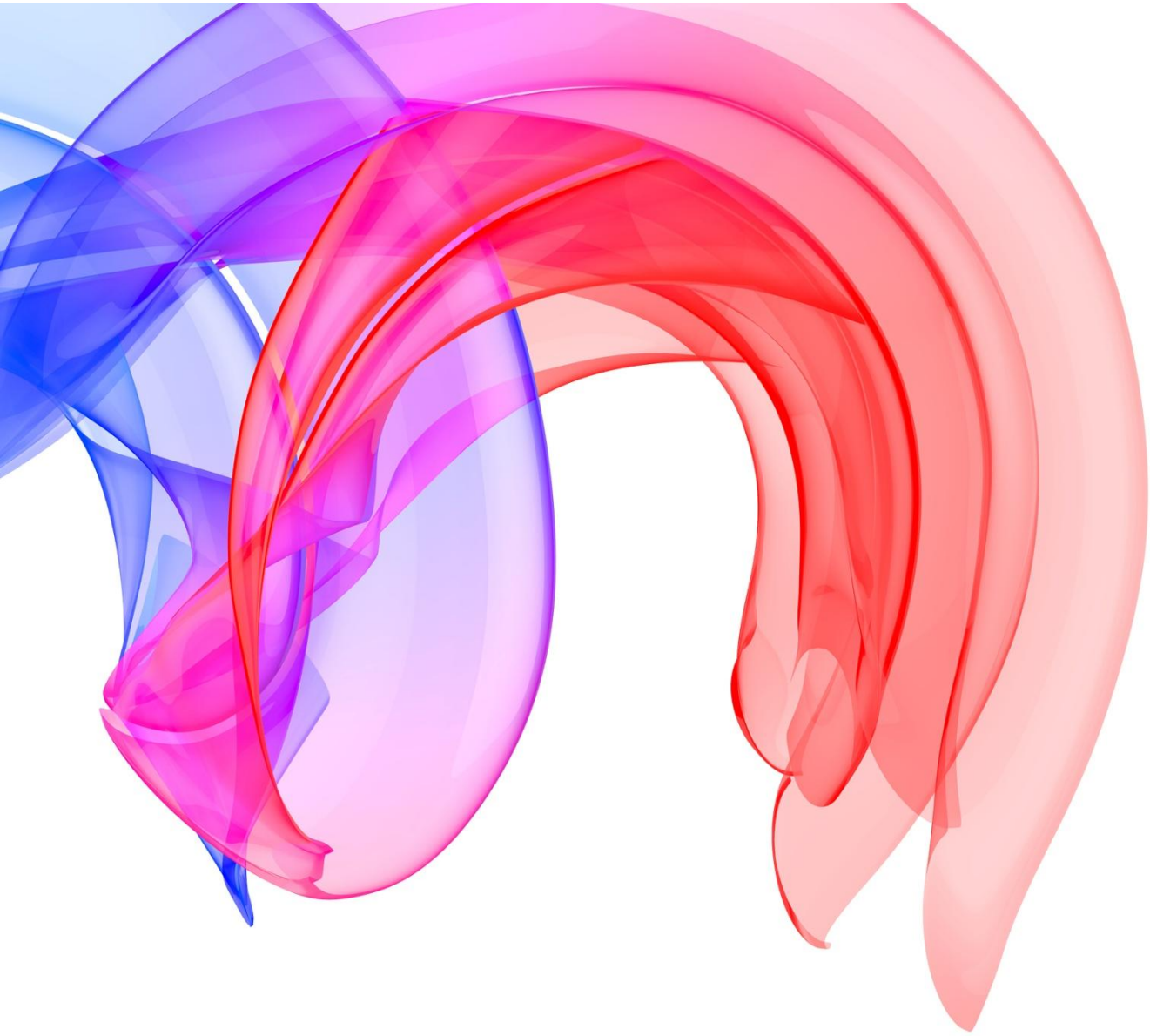

TeamGym

National Competition Handbook 2013

British Gymnastics
More than a sport

Version History

The TeamGym Technical Committee reserves the right to make amendments to this Handbook. Every effort will be made to communicate and 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
Original

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Provision of Events

Technical Committee 2013

Members

Chair	Dr Peter Tranckle	PTranckle@aol.com
National Judging Co-Ordinator	Daren Norman	daren@globalnet.co.uk
National Competition Organiser	Donna Crowther	donna2gym@hotmail.co.uk

British Gymnastics Contact Information

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

National Competition Calendar 2013

Event	Date	Venue	Closing Date
Northern Qualification	2nd March 2013	Meadowbank, Edinburgh	04/02/2013
Southern Qualification	16th to 17th March 2013	Bracknell Leisure Centre	18/02/2013
British Championships	25th May 2013	Fenton Manor, Stoke on Trent	29/04/2013

Other events may be organised by Clubs and Regions throughout the year. Details will be circulated to all Clubs and dates will be posted on the BG website .

Order of Performance

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

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

Publication of Results

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

Definition of Terms

- **BG** means British Gymnastics
- **Technical Committee (TC)** means the TeamGym Technical Committee of British Gymnastics and/or any Technical Committees appointed from time to time acting with the appropriate delegated authority.
- **Organisers** means the Tumbling National Competition Organiser (NCO) who is authorised by, or on behalf of, British Gymnastics.
- **UEG** means Union Europeenne de Gymnastique.
- **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 UEG rules apply.
- is a download hyperlink to official policy statements.

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

Eligibility

Membership

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

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

All Teams must be part of a BG registered Club.

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 to assist at events, 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, BG is obliged to approve your arrangements. Please complete the relevant forms which can be found on the BG website.

Please note that the BG Membership Insurance does not cover Travel or Emergency Medical Expenses, we therefore recommend that where necessary you take out additional Travel Insurance.

Age Policy

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

Nationality

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

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

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

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

Competition Entries

Entry Process

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

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

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.

NB. At friendly Regional, Inter-Regional or Inter-Club events, entry will be direct to the event organiser.

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 after the closing date for an event.

Late entry requests will be placed on a reserve waiting 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 a late entry surcharge to cover the cost of administration; £25.00 for Teams and £15.00 for Micro Teams.

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 at the earliest opportunity, 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.

Very late withdrawals on the day of the event should only be necessary in extreme, unforeseen circumstances.

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
- Collect the accreditation passes for gymnasts and nominated coaches
- Collect a copy of the up to date running order

Team Managers are responsible for the Team's tariff sheets, time keeping and general conduct throughout the event.

Technical Briefing

A briefing may be arranged prior to the start of each event, or round of the competition. Coaches must be given adequate notice of all such meetings in advance. At least one coach from each Club taking part should attend such a meeting. Issues requiring a ruling by the competition organiser should be submitted in writing prior to the meeting.

Tariff Sheets

The proposed elements of the Teams performance on each piece of apparatus must be recorded on a tariff form and submitted to the Competition Organiser or nominated person within the timescale set out in the competition regulations. The Team are responsible for the completion and accuracy of the tariff form.

At National events, alterations may be made up to 1 hour before the start of the competition in each section. Alterations may only be made after this time subject to the consent of the Competition Organiser. This rule may be modified at other events at the Organisers discretion.

The formations for Floor should be clearly shown with dots or crosses. Code numbers and the name or symbol of each of the elements to be counted toward the difficulty score should be shown in the appropriate place.

For Tumbling and Trampet the name or symbol for each element should be clearly shown.

Repetition of an Exercise

Teams may have only ONE attempt to complete an exercise. In exceptional circumstances, where technical problems occur beyond the gymnast's control, e.g. a fault in the apparatus, a fault with lighting, a fire alarm etc, the Competition Controller may, at their discretion, allow a second attempt after consultation with the Head Judge at the apparatus concerned.

Music

The music for each Team's performance must be recorded onto a separate CD. The CD must be clearly marked with the Team name, section and piece of apparatus.

Music is to be handed in to the appropriate responsible person by the deadline stated in the rules and should be collected promptly after the Team's last performance in the competition.

Coaches in Attendance

A maximum of two coaches per team will be allowed within the competition area with the competing gymnasts.

Two coaches must be present at all times, on the landing mat for Trampet and Vaulting, and be prepared to step in and react quickly to avoid an accident.

One coach may be present on the landing area during the Tumbling exercise. The coach should be prepared to stand on the opposite side of the track from the judging panel.

Coaches may not communicate with or give instructions to gymnasts or teams in any way once a performance has started, this includes visual signals. The only exception would be in extenuating circumstances such as an accident, injury or failure of the music equipment.

Competition Attire

Gymnasts taking part in National competitions should follow the rules as set out in the UEG Code and copied below;

- A neat and proper athletic appearance should be the overall impression.
- The dress must be identical for members of the same team, with some exceptions for mixed teams.
- The wearing of gymnastic footwear is optional on each discipline, but if chosen must be worn by the entire team for the Floor Programme.
- Gymnasts must not perform Tumbling or Trampet in just socks. They must have bare feet or wear gymnastic slippers.
- Bandages are permitted. They must be securely fastened and of a non-intrusive colour, (this includes joint supports).
- No jewellery of any kind may be worn by gymnasts (this includes ear studs).
- Body paint is not allowed, (tattoos are not deductible).
- Loose items such as belts, suspenders/braces and laces are not allowed.
- Hair grips must be secure and safe.
- Long hair must be tied back for safety and clear of the eyes. Pony tails should not be longer than 15cm from the tie point.
- Decorated hair clips (slides) are classed as jewellery.
- Advertising must follow BG rules.

Female

- Gymnasts must wear sportive and non-transparent leotards.
- The neckline of the front and back of the leotard must be proper, that is no lower (further) than half of the sternum at the front and no lower (further) than the lower line of the shoulder blades at the back.
- The leg cut may not extend beyond the hip bone (maximum).
- Leotards may be with or without sleeves and the shoulder strap must be a minimum of two (2) cm. Narrow straps are not allowed.
- The length of arms is optional, as well as the length of legs of unitards and leggings.
- The leggings may be worn under or over the leotard.

Male

- Gymnasts must wear a leotard or a gymnastic sports shirt, with either a pair of gymnastics shorts or long gymnastic 'trousers' that are not baggy or loose.
- The top of the men's attire must not have an open cut below the shoulder blade.

Mixed

- The women and men must follow the above rules respective to their gender.
- Dress need not be identical in colour, for example men may wear blue and women yellow.
- All women in the team must be dressed identically, similarly all men in the team must wear identical outfits.

Coaches

- Coaches must wear suitable and appropriate sports clothing. This should be similar in colour to the clothing worn by the team.
- Coaches must not wear jewellery of any kind, including wedding rings, when standing in or supporting on apparatus.

Judges

- Judges should be appropriately dressed. At national events this should include grey, dark blue or black trousers or skirt, and jacket with a white shirt or blouse.
- Men must wear ties

In addition

- Jewellery, body piercing and similar adornments are not allowed. 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. ***Gymnasts should be available for march on at least 10 minutes before the start of the competition***.

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.

Micro Team Competition

Teams of 3 or 4 gymnasts compete on Tumble and Trampet Vault only using TeamGym rules. Three gymnasts must perform in each round. For mixed teams, both genders must be represented in each run, although the number of boys and girls in the team may be uneven. Competition sections are the same as TeamGym.

Micro TeamGym is a relatively new concept designed to develop TeamGym across Europe. As such this event is currently not part of the British Championships but may be offered in inter club competitions.

Apparatus

At all events the Competition Organiser will endeavour to provide equipment as close to UEG specifications as possible. Teams entering friendly Regional, Inter-Regional or Inter-Club events, must be prepared to adapt their work to the equipment provided by the event organising panel.

At National events the organisers will endeavour to provide up to date equipment which fully meets UEG regulations and specifications.

Trampet Disclaimer

At present the rules allow for clubs to provide their own Trampet. Clubs wishing to do so must complete a 'Trampet Disclaimer Form' and present this form and the Trampet for inspection on the day of the event. The timing of the inspection is to be at the time of the Team's registration. The Trampet will be inspected to ensure it complies with the specification in the Regulations for the event and that the apparatus is in good condition.

The coach is responsible for informing the competition organiser that the Trampet is erected and is available for inspection. The Trampet must not be used until this inspection and approval has been completed. No changes or modifications may be made to the Trampet after the inspection has taken place without a further inspection being requested and completed.

Teams who do not provide their own Trampet must use the official Trampet(s) provided by the organising body.

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 for all BG competitions.

Complaints in respect of Health, Safety and Welfare issues may only be submitted to one of the following;

- The Welfare Officer or British Gymnastics representative designated as responsible at the event.
- The Chair of the TeamGym Technical Committee (National events).
- The Event Organiser (Regional/Inter-Club events

Provision of Officials at Events.

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

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

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

Northern Qualifier

Date: Saturday 2nd March 2013

Venue: Meadowbank Sports Centre, 141 London Road, Edinburgh, EH7 6AE

Closing date: Noon Monday 4th February 2013

Entry Fee: £135.00 per Team

Code: UEG Code of Points

Organisers: Margaret Jackson and Donna Crowther

Competition Structure

Competitions will be offered for Mens, Womens and Mixed teams at the following levels;

- National Primary (9yrs to 12yrs)
- National Junior (12yrs to 17yrs)
- National Senior (16yrs and over)
- Disability (no age group)

There will not be a Micro Teams competition at this event

Awards

Medals will be awarded at 1st, 2nd and 3rd place in each competition category offered.

Additional Rule for 2013 TeamGym Championships.

All Senior Teams that enter the TeamGym Preliminaries will be allowed to go through to the Finals

Southern Qualifier

Date: 16th and 17th March 2013

Venue: Bracknell Sport & Leisure Centre, Bagshot Road, Bracknell, Berkshire, RG12 9SE

Closing date: Noon Monday 18th February 2013

Entry Fee: £135.00 per Team

Code: UEG Code of Points

Organiser: Peter Tranckle

Competition Structure

Competitions will be offered for Men's, Women's and Mixed teams at the following levels;

- National Primary (9yrs to 12yrs)
- National Junior (12yrs to 17yrs)
- National Senior (16yrs and over)
- Disability (no age group)

Micro Teams

There will be a National Micro Teams competition offered for Men's, Women's and Mixed teams at the following levels

- National Primary (9yrs to 12yrs)
- National Junior (12yrs to 17yrs)
- National Senior (16yrs and over)
- Disability (no age group)

Awards

Medals will be awarded at 1st, 2nd and 3rd place in each competition category offered.

Additional Rule for 2013 TeamGym Championships.

All Senior Teams that enter the TeamGym Preliminaries will be allowed to go through to the Finals

British Championships

Date: Saturday 25th May 2013

Venue: Fenton Manor Leisure Centre, City Road, Fenton, Stoke-On-Trent, ST4 2RR

Closing date: Noon Monday 29th April 2013

Entry Fee: £135.00 per Team

Code: UEG Code of Points

Organiser: Peter Tranckle

Eligibility: Entry to the British Championships is by qualification through the Northern and Southern competitions.

Regulations regarding qualification are the responsibility of the BG TeamGym Technical Committee.
Qualification scores are as per competition rules (2013 British TeamGym Codes).
Qualification procedures may be modified at the discretion of the TC.

Additional Rule for 2013 TeamGym Championships.

All Senior Teams that enter the TeamGym Preliminaries will be allowed to go through to the Finals

Competition Structure

British Champions will be declared for Men's, Women's and Mixed teams at the following levels;

- National Primary (9yrs to 12yrs)
- National Junior (12yrs to 17yrs)
- National Senior (16yrs and over)
- Disability (no age group)

There will not be a Micro Teams competition offered at the British Championships.

Awards

Medals will be awarded at 1st, 2nd and 3rd place in each competition category offered.

Appendices

Home Countries, English Regions & Island Associations

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

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

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

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

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

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

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

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

Supplements:

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

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

Gymnastics medical staff:

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

Checking Medication(s):

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

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

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

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

PSEUDOEPHEDRINE:

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

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

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

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

December 2012: Performance Department:

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