



# **Acrobatic Gymnastics**

**National Competition Handbook 2013**

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

# Version History

The Acrobatic Gymnastics 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 1.1 – April 2013**

Original

# Table of Contents

## **Provision of Events**

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

## **Eligibility**

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

## **Competition Entries**

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

## **General Regulations**

Entry to Venue	pg. 14
Registration	pg. 14
Technical Briefings	pg. 14
Music	pg. 14
Length of Exercises	pg. 14
Height Deductions	pg. 14
Competition Attire	pg. 15
Medical Provision	pg. 16
Provision of Officials	pg. 16
Protest	pg. 16
Medal Ceremonies	pg. 16

Tenure of Trophies pg. 17

Video, Film and Photography pg. 17

### **Competition Details**

British Championships pg. 19

NDP Grades Finals (including Disability) pg. 20

British Open Tournament pg. 21

International Level 1 pg. 22

### **Appendices**

Acrobatic Gymnastics Competition Calendar pg. 24

Partnership Rules for 2013 pg. 25

NDP Grades Finals Regional Participation Form pg. 26

NDP Grades Tariff Sheet Regulations pg. 27

Home Countries, English Regions & Island Associations pg. 28

Anti-Doping pg. 29

# Provision of Events

# Technical Committee 2013

## Members

Chairman	Melanie Sanders
National Judging Co-Ordinator	Andy Farley
National Competition Organiser	Sandra Sargeant
TC Members	Judith Wootton Ian Said Caroline Hodgson

## 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

Event	Date	Venue	Closing Date
British Championships	13 <sup>th</sup> & 14 <sup>th</sup> April	Fenton Manor, Stoke	Noon on 15 <sup>th</sup> February
NDP Grades Finals (including Disability)	18 <sup>th</sup> & 19 <sup>th</sup> May	Fenton Manor, Stoke	Noon on 22 <sup>nd</sup> March
Open Tournament	23 <sup>rd</sup> & 24 <sup>th</sup> November	Fenton Manor, Stoke	Noon on 27 <sup>th</sup> September
International 1 Pairs & Groups	23 <sup>rd</sup> & 24 <sup>th</sup> November	Fenton Manor, Stoke	Noon on 27 <sup>th</sup> September

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

## **Order of Performance**

The order of competing for individual events and team events shall be decided according to the competition arrangements made by the organisers or such officials as may be authorised by the Technical Committee. For the purpose of maintaining a smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the TC 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 Acrobatic Gymnastics Technical Committee of British Gymnastics and/or any Technical Committees appointed from time to time acting with the appropriate delegated authority.
- **Organisers** means the Acrobatic Gymnastics 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

## 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 the NDP Grades, competitors must hold current BG membership at the time of Regional Preliminaries. Anyone discovered to have been without the correct level of membership for these competitions will be disqualified.

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 coach attending to the participants are qualified to the level of the participant's performance. The practice of supervising participants working above the level of the coach's qualification cannot be condoned.

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

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

Additional coaches (Level 1 and above) may be accredited, at the discretion of the Competition Organiser, to be present in the competition arena to assist with the pastoral care of the gymnasts. Assisting coaches may not coach the gymnasts unless they fulfil the requirement of holding a recognised qualification suitable to the level of moves being performed.

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

## Safeguarding

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

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

## Health and Safety

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

## Overnight Stays

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

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

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

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

## Age Policy

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

## Nationality

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

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

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

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

# Competition Entries

## Entry Process

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

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

## Methods of Payment

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

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

## Participation Fee

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

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

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

## Regional Participation Fee

For the NDP Finals a fee of £335.00 is required from each Region/Home Nation participating, to subsidise part of the cost of providing Judges for the event. This fee must be sent to BG along with the Regional/Home Nation entry fees.

## 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 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.

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

## Withdrawals and Substitutions

Amendments to an entry before the closing date will not incur a penalty and in the case of withdrawals, the entry fee will be refunded. Entry fees are non-refundable after the closing date.

Withdrawals or requests for changes after the closing date should be made in writing to the BG events department [events@british-gymnastics.org](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.

For NDP Grades Finals, if a Region wishes to make a substitution (due to the withdrawal of a previous regional entry) of a Pair/Group, they can only do so up to two weeks before the event. Substitutions will not incur a fee however there is no guarantee that the substituted names will be included in the Programme.

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 and nominated coaches will be issued with a pass that will allow them to enter the arena on the day of the competition.

Passes will only be valid on the day of their competition and cannot be used by anyone other than the competitor/nominated coach.

## Registration

Registration will take place either at Podium Training or on the morning of competition, unless otherwise stated in the competition information.

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

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

Team Managers are also responsible for the general conduct of their team as well as any protests.

All gymnasts must be registered by the advised time and remain in the venue.

## Technical Briefings

Before the start of the 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.***

## Music

- Gymnasts' music must be on a clean CD (no tapes accepted), clearly marked with the name of the club, gymnasts' names and competition number (if known).
- Should also include the discipline, their level and their routine; B = Balance, D = Dynamic, C = Combined.
- One routine on each CD.
- CD should be in a CD sized container (not DVD box), with the above information also clearly marked on the container.

## Length of Exercises

- Novice Trio, Grades A, B, 1, 2 and 3 – All exercises have a maximum duration of 2 minutes, there is no minimum duration.
- Grade 4 and International 1 – All exercises have a maximum duration of 2 minutes 30 seconds, there is no minimum duration.
- Age Group 11-16yrs – All exercises have a maximum duration of 2 minutes, there is no minimum duration.
- Age Group 12-18yrs – All exercises have a maximum duration of 2 minutes 30 seconds, there is no minimum duration.
- Age Group 13-19yrs – All exercises have a maximum duration of 2 minutes 30 seconds, there is no minimum duration.
- Senior – All exercises have a maximum duration of 2 minutes 30 seconds, there is no minimum duration.

## Height Deductions

- NDP (all Levels): 0.10 – 0.30
- Age Groups 11-16yrs and 12-18yrs: 0.10 – 0.30
- International 1 and Age Group 13-19yrs: 0.30 – 0.50
- Senior: 0.50 – 1.00

## Competition Attire

### Gymnasts

It must be gymnastic in character and design. Attire must be elegant and complement the artistry of an exercise. It should not divert attention from the performance of the gymnasts nor require adjustment during an exercise.

- Partners must wear identical or complementary attire.
- Women and girls may perform in leotards, one-piece unitards or leotards with skirts. Tights are allowed. Leotards may be with or without sleeves, but dance style leotards with narrow straps are not allowed.
- Skirts must cover, but not fall further than the pelvic area of the leotard, tights or unitard. The style of the skirt (cut or decoration) is free, but the skirt must always fall back on the hips of the gymnast. (The look of “ballet tutu” is forbidden.) The skirt must be integrated into the leotard. (It may not be removable.)
- Men and boys may compete in leotards or shirts with gymnastic shorts or long gymnastic trousers. One-piece suits/unitards are allowed.
- Dark colour legs of trousers, unitards or tights are allowed only if the whole length of colour on the legs is broken significantly from the hip to the ankle by light coloured decoration or pattern. The length and type of the fabric covering the legs must be identical on both legs. Only the decoration may be different.
- For safety reasons, loose clothing, raised attachments and accessories are not allowed. All attire for men and women must be close fitting to allow the judges to properly evaluate body lines.
- All attire must be modest including the use of proper undergarments. The cut of the leg of leotards must not go above the iliac crest (hipbone). The neckline must be no further down than half the sternum in the front, or below the lower line of the shoulder blades in the back. Lace and transparent material on the torso must be fully lined.
- Provocative, swimsuit, character outfits and photographs in the design are forbidden.
- Competitors may perform with or without footwear which must be flesh colour or white, clean and in good repair. For men, footwear must be worn with pants.
- Advertising must follow BG rules.

### Accessories and Aids

- Sequins, stones, cummerbunds, and lace must be either integrated into the fabric of the competition attire or attached securely, but any injury occurring as a consequence is the responsibility of the coach and athlete.
- Hair clips, slides, bands and ribbons, if worn, must be secure. Character hair accessories (e.g. tiaras, feathers and flowers) are not allowed.
- Face painting is not allowed; any make-up must be modest and not portray a theatrical character (animal or human).
- Equipment, such as belts or head-rolls to aid execution of elements, is not allowed. Taping and support bandages must be of neutral colour. Any exceptional support, such as a knee brace that is not of neutral colour, may be worn without penalty if the club makes application to the Technical Committee for special permission.
- Jewellery, including earrings and studs, necklaces, rings, bracelets, anklets, nose and navel studs, are not allowed.

### Coaches

- Coaches should dress appropriately in tracksuit or professional sports shorts with tracksuit top/t-shirt and training shoes.
- Long hair should be braided or tied back so as not to obscure vision.
- Coaches will not be allowed on the competition floor if wearing jewellery (ear studs are permitted, wedding rings if taped). Exceptions as per BG Body Piercing and Adornments policy .

Non compliance may result in removal of the coach and consequently, for Health and Safety reasons, their gymnast.

***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.***

## Judges

- Black jacket with black skirt (women) or full length trousers (men and women), white shirt or sweater (men and women) or blouse (women).
- CJP will wear light blue shirt, sweater or blouse, tie (men) or scarf (women), black shoes (not sandals) or clean track shoes if required by organizers. Heels which will damage gymnastic floor covering must be avoided
- Hair must be neat and not inhibit vision
- Jewellery, if worn, must be professional in appearance

For competitors, coaches and judges, 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.

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

## Medical Provision

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

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

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

## Provision of Officials at Events

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

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

## Protest

Official inquiry forms are available from the competition organiser and must be completed and returned, with the appropriate fee, to them as soon as possible after the publication of the scores. A coach may protest only the Difficulty.

Coaches may only request an inquiry for their own gymnast and are not allowed to protest against a gymnast from another club.

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

## 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 known to the audience. BG may publish images. By entering an event, there is an acceptance that the participant may be photographed and the photograph may be published.

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

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

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

# Competition Details

# British Championships

<b>Date:</b>	13 <sup>th</sup> and 14 <sup>th</sup> April 2013
<b>Venue:</b>	Fenton Manor Leisure Centre, City Road, Fenton, Stoke on Trent, ST4 2RR
<b>Closing date:</b>	Noon on Friday 15 <sup>th</sup> February 2013
<b>Entry Fee:</b>	£42.00 per gymnast
<b>Participation Fee:</b>	£25.00 per combination, back charged to the club after the event if a withdrawal is not supported by medical evidence.
<b>Code:</b>	FIG Code of Points and FIG Age Group Plan (11-16yrs, 12-18yrs, 13-19yrs) 
<b>Eligibility:</b>	Open entry – Gymnasts may only compete in one (1) discipline.
<b>Tariff Sheets:</b>	Please see appendix 4

## Competition Structure

Competitions will be offered for Men's Pair, Women's Pair, Mixed Pair, Men's Group and Women's Group at;

- Senior (15 years and over)
- Age Group 13-19 years
- Age Group 12-18 years
- Age Group 11-16 years

Senior, Age Group 13-19yrs and Age Group 12-18yrs will perform 1 x Balance and 1 x Dynamic Exercise. The top 8/6 will go through to the Combined Final. The Combined Final starts from zero. For Age Groups 13-19yrs and 12-18yrs no more than 6 years age difference between partnerships is allowed.

Age Group 11-16yrs will only perform 1 x Balance and 1 x Dynamic Exercise with the aggregate score declaring the winner. If time permits a Final exercise may be performed.

## Coach Passes

Only 1 coach allowed into the arena with competing gymnasts. The allocation of passes per club will be based on the number of combinations as per current FIG accreditation rules. A combination is defined as one Pair or one Group.

- One combination – One pass.
- Two to seven combinations – Two passes.
- Eight or more combinations – Three passes.
- One additional coach pass allowed for four or more combinations.

## Awards

- Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each competition within each age group.
- British Champions will be declared in each competition within each age group.

# NDP Grades Finals (including Disability)

<b>Date:</b>	18 <sup>th</sup> and 19 <sup>th</sup> May 2013
<b>Venue:</b>	Fenton Manor Leisure Centre, City Road, Fenton, Stoke on Trent, ST4 2RR
<b>Closing date:</b>	Noon on Friday 22 <sup>nd</sup> March 2013
<b>Entry Fee:</b>	£36.00 per gymnast.
<b>Regional Fee:</b>	£335.00 per Region/Home Nation, (must be enclosed with entry fee). <b><i>It is the Region's responsibility to send the total finalist's contribution together with the Regional Participation Fee to British Gymnastics.</i></b>
<b>Code:</b>	NDP 7 Plan  in conjunction with FIG Code of Points
<b>Eligibility:</b>	Entry is through Regional qualifiers, the first placed Pair or Group that meet the age criteria in each available category will proceed to finals.
<b>Tariff Sheets:</b>	Please see appendix 4

A signed copy of Regional results must be sent to Sandra Sargeant, either by email [sa.sargeant@btinternet.com](mailto:sa.sargeant@btinternet.com) or by post: 2 Petworth Crescent, Ingleby Barwick, Stockton on Tees, TS17 0PD. ***Failure to send results may invalidate the entry.*** Results will be checked and Regions notified if ineligible gymnasts are identified.

## Competition Structure

Competitions will be offered for Men's Pair, Women's Pair, Mixed Pair, Men's Group and Women's Group at;

- Preparatory Grade A (Pairs competitions only) – Age capped at 11 years
- Preparatory Grade B (Pairs competitions only) – Age capped at 12 years
- Novice Group (Trio only, any gender combination) – Age capped at 12 years
- Grade 1 – No more than 6 years age difference in partnership
- Grade 2 – No more than 6 years age difference in partnership
- Grade 3 – No more than 7 years age difference in partnership
- Grade 4 – No more than 7 years age difference in partnership
- Disability Acro C Wheelchair user (Pairs competitions only)
- Disability Levels D, F, H and K (Pairs competitions only)

The National Competition Organiser will notify Regions/Home Nations of the competition structure three weeks prior to the event.

## Coach Passes

Only 1 coach allowed into the arena with competing gymnasts. It may not be possible to issue personal coaches passes, dependant on the number of combinations, coach passes will be issued accordingly.

## Awards

- Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each competition within each age group.

## Additional Information

- Height Measuring will take place at an allocated time as indicated in the club pack, together with warm-up times.
- Regions should ensure gymnasts are available for March On at least 10 minutes before the start of the competition.
- Gymnasts should be made aware that testing for drug abuse can take place at National events.

# British Open Tournament

<b>Date:</b>	23 <sup>rd</sup> and 24 <sup>th</sup> November 2013
<b>Venue:</b>	Fenton Manor Leisure Centre, City Road, Fenton, Stoke on Trent, ST4 2RR
<b>Closing date:</b>	Noon on Friday 27 <sup>th</sup> September 2013
<b>Entry Fee:</b>	£42.00 per gymnast
<b>Participation Fee:</b>	£25.00 per combination, back charged to the club after the event if a withdrawal is not supported by medical evidence.
<b>Code:</b>	FIG Code of Points and FIG Age Group Plan (11-16yrs, 12-18yrs, 13-19yrs) 
<b>Eligibility:</b>	Open entry – Gymnasts may only compete in one (1) discipline.
<b>Tariff Sheets:</b>	Please see appendix 4

## Competition Structure

Competitions will be offered for Men's Pair, Women's Pair, Mixed Pair, Men's Group and Women's Group at;

- Senior (15 years and over)
- Age Group 13-19 years
- Age Group 12-18 years
- Age Group 11-16 years

Out of Age competitions will also be offered for each of the above at 1 year below the stated minimum age, Rules and Regulations will be as per the FIG Age Group Plan in conjunction with the FIG CoP, with the exception of the age related categories.

Senior, Age Group 13-19yrs and Age Group 12-18yrs will perform 1 x Balance and 1 x Dynamic Exercise. The top 8/6 will go through to the Combined Final. The Combined Final starts from zero. For Age Groups 13-19yrs and 12-18yrs no more than 6 years age difference between partnerships is allowed.

Age Group 11-16yrs will only perform 1 x Balance and 1 x Dynamic Exercise with the aggregate score declaring the winner. If time permits a Final exercise may be performed.

## Coach Passes

Only 1 coach allowed into the arena with competing gymnasts. The allocation of passes per club will be based on the number of combinations as per current FIG accreditation rules. A combination is defined as one Pair or one Group.

- One combination – One pass.
- Two to seven combinations – Two passes.
- Eight or more combinations – Three passes.
- One additional coach pass allowed for four or more combinations.

## Awards

- Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each competition within each age group.

# International Level 1

- Date:** 23<sup>rd</sup> and 24<sup>th</sup> November 2013
- Venue:** Fenton Manor Leisure Centre, City Road, Fenton, Stoke on Trent, ST4 2RR
- Closing date:** Noon on Friday 27<sup>th</sup> September 2013
- Entry Fee:** £42.00 per gymnast
- Participation Fee:** £25.00 per combination, back charged to the club after the event if a withdrawal is not supported by medical evidence.
- Code:** Exercises from the NDP 7  in conjunction with FIG Code of Points 
- Eligibility:** Open entry – Gymnasts may only compete in one (1) discipline.

## Competition Structure

Competitions will be offered for Men's Pair, Women's Pair, Mixed Pair, Men's Group and Women's Group at;

- International Level 1 (minimum of 11 years old reached in year of competition)

Combinations will perform 1 x Balance and 1 x Dynamic Exercise with the aggregate score declaring the winner.

## Coach Passes

Only one (1) coach allowed into the arena with competing gymnasts. The allocation of accreditation passes will be based on the number of combinations as per current FIG accreditation rules. A combination is defined as one Pair or one Group.

- One combination – One pass.
- Two to seven combinations – Two passes.
- Eight or more combinations – Three passes.
- One additional coach pass allowed for four or more combinations.

## Awards

- Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each category.

# Appendices

# Acrobatic Gymnastics Competition Calendar 2013

Event	Date	Closing Date	Venue
British Championships	13 <sup>th</sup> & 14 <sup>th</sup> April	15 <sup>th</sup> February	Fenton Manor, Stoke
British Schools Acrobatic Gymnastics & Tumbling Finals	11 <sup>th</sup> & 12 <sup>th</sup> May		Fenton Manor, Stoke
NDP Grades Finals	18 <sup>th</sup> & 19 <sup>th</sup> May	22 <sup>nd</sup> March	Fenton Manor, Stoke
Selection Event Number 1: Senior & Age Group European Championships	May (tbc)		Loughborough University
Selection Event Number 2: Senior & Age Group European Championships	June (tbc)		Lilleshall NSC
9 <sup>th</sup> World Games	25 <sup>th</sup> July to 4 <sup>th</sup> August		Cali, Columbia
European Acrobatic Age Group Championships	18 <sup>th</sup> to 20 <sup>th</sup> October		Ordivelas, Portugal
26 <sup>th</sup> European Acrobatic Championships	23 <sup>rd</sup> to 27 <sup>th</sup> October		Ordivelas, Portugal
National Open Tournament	23 <sup>rd</sup> to 24 <sup>th</sup> November	27 <sup>th</sup> September	Fenton Manor, Stoke
International Level 1	23 <sup>rd</sup> to 24 <sup>th</sup> November	27 <sup>th</sup> September	Fenton Manor, Stoke

***International event dates are correct at the time of publication, proposed dates for the Controlled Competitions/Events may alter if the calendar changes.***

# Partnerships for 2013

- International 1, Age Groups and Seniors Pairs/Groups FIG Partnership rules apply (can enter only (1) one discipline). One (1) partnership
- NDP Grades 1-4 Pairs/Groups: FIG Partnership rules apply (can enter only (1) one discipline, one (1) partnership)
- Preparatory Grades A & B Pairs: Partnership rules apply (can enter only (1) one discipline, one (1) partnership)
- Novice Group: Partnership rules as above apply
- NDP Grades 1 & 2 Pairs/Groups: The 6 years Age Restriction applies. The winning Pair/Group that meet the Age Criteria will proceed to National Finals.
- The first placed competitors in NDP Grades 1-4 Pairs/Groups will proceed to National Finals.
- The first placed competitors in Preparatory A & B Pairs and the Novice Group that meet the Age Criteria will proceed to National Finals.
- The first placed competitors in Disability Grades ; Wheelchair Level C and levels D, F, H & K
- It is now possible for gymnasts competing in the same Pair/Group partnership to enter both the NDP at level 3 or 4 and the 11-16 years Age Group events. This change of rule applies to any partnership competing in the British Championships and the British NDP Finals.
- An individual may compete for only one region within the NDP annual cycle unless they transfer clubs to a new region according to the procedure set out by British Gymnastics (BG).
- A signed copy of Regional results must be sent to Sandra Sargeant; either by email or post; [sa.sargeant@btinternet.com](mailto:sa.sargeant@btinternet.com) or 2 Petworth Crescent, Ingleby Barwick, Stockton-on-Tees, TS17 0PD. Failure to send the results may invalidate your entry.
- A fee of £335.00 is required from each Region/Home Nation to subsidise some of the Judges expenditure. This fee must be sent to BG together with the Regional/Home Nation Entry Fees.

# NDP Grades Finals 2013

## Regional Participation Form

**Date:** 18<sup>th</sup> – 19<sup>th</sup> May 2013

**Entry Closing Date:** Friday 22<sup>nd</sup> March 2013

**Venue:** Fenton Manor, Stoke-on-Trent, ST4 2RR

<b>Regional Competition Organiser:</b>	<b>Region:</b>
<b>Address:</b>	<b>Tel No:</b>
<b>Post Code:</b>	<b>Email:</b>

<b>Regional/Home Nation Fee:</b>	<b>£335.00</b>
----------------------------------	----------------

NB: This fee is non-returnable and is additional to the Gymnasts Entry Fees.

Methods of Payment: Debit Card, Credit Card or a cheque. Payments made by cheque must be received at BG Office within 48 hours of the electronic entry being accepted by BG.

If paying by cheque the completed Form and Fee to be sent to:

Events Department, British Gymnastics, Ford Hall, Lilleshall National Sports Centre, Nr Newport, Shropshire, TF10 9NB to arrive no later than 12.00 noon on Friday 22<sup>nd</sup> March 2013.

Participation Fee enclosed at £335.00, cheque to be made payable to:

“British Gymnastics”, with the code 08H3-550121 to be written on the back of the cheque.

NB: Incorrect or incomplete forms will not be accepted.

---

**Office use: App. Rec'd \_\_\_\_\_ £ \_\_\_\_\_ Banked (08H3-550121)**

# Tariff Sheets

It is the coach's responsibility to ensure that the Tariff Sheets are completed correctly. Tariff sheets are available from the downloads section on the BG website (Acrobatic/downloads).

- NDP Grades 4 & 3 tariff sheets must be filled in by electronic means, in an excel format and emailed to the nominated Difficulty Judge.
- NDP Grades 2 ,1, Disability, Preparatory A & B together with Novice Group all tariff sheets must be filled in by black pen and require two (2) copies of each tariff sheet to be handed in on the day of the competition at Registration, the desk will be sign posted.
- Sheets filled in with pencil will not photocopy, and will be returned, and subsequently the late TS penalty will be applied.
- All FIG and Age Group exercises, including International 1 and Grades; 4 & 3 require one (1) copy of each Tariff sheet to be emailed to the nominated Difficulty Judge (DJ), two (2) weeks before the competition, to be checked and collated prior to the commencement of the competition. The DJ contact list will be emailed to clubs once confirmed.
- At FIG Level, International 1 and Grades 4 and 3 failure to comply with the regulations relating to tariff sheets will incur a financial penalty of £25.00 for each tariff sheet. Incorrect or illegible tariff sheets will be returned and a financial penalty applied.
- Clearly indicate on the tariff sheet the names of the gymnasts, their club, their discipline and their level of entry. (Email address for contact & Telephone Number and times when available to take calls).
- Coaches must send their Tariff sheets as an email attachment, in an excel format. Please use the "return receipt" facility on your computer to make sure that the DJ has received and opened the attachment.
- Coaches should enter either/or for any elements they may change, (up to two (2) elements). There is no need to notify the DJ, who will make the decision during the competition, (applies to FIG only).
- On the day of competition tariff sheets will not be available to the coach, so no change of order can be made without penalty.
- In the case of injury in the warm-up room, the coach has the right to make an amendment on the competition day, up to 30 minutes before they are due to compete. The injury must be assessed by the competition physiotherapist .
- Any such change must be communicated to the competition director, who will inform the DJ
- Tariff sheets in a hard copy cannot be handed in on the day of competition including the day before during podium training.
- In 11-16 the coach must remember to indicate by "NV" of the entry and exit from each move, so that "extra element" deductions will not be made. Coaches must remember that very simple things like jumping down can have a value in the Code. It is NOT the responsibility of the DJ to do this - they do not have the information to see where the penalty might be made.
- At FIG Level, Pair/Group elements should appear on the tariff sheet in the order in which they will be performed. The Individual Elements identified on the last row, after the Pair/Group elements. Only declared elements of value from the FIG Tables of Difficulty will be evaluated, though any performed and not declared will count for SR.
- In keeping with the established practise in Acrobatic Gymnastics, the CJP/DJ checking the tariff sheets will contact the coach if he/she discovers any aspect, which affects the value of the exercise. Coaches should contact local Brevet Judges for advice and clarification if they are unclear of values and content of routines.
- Competitors may not compete without a tariff sheet.

# 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)

## 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](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