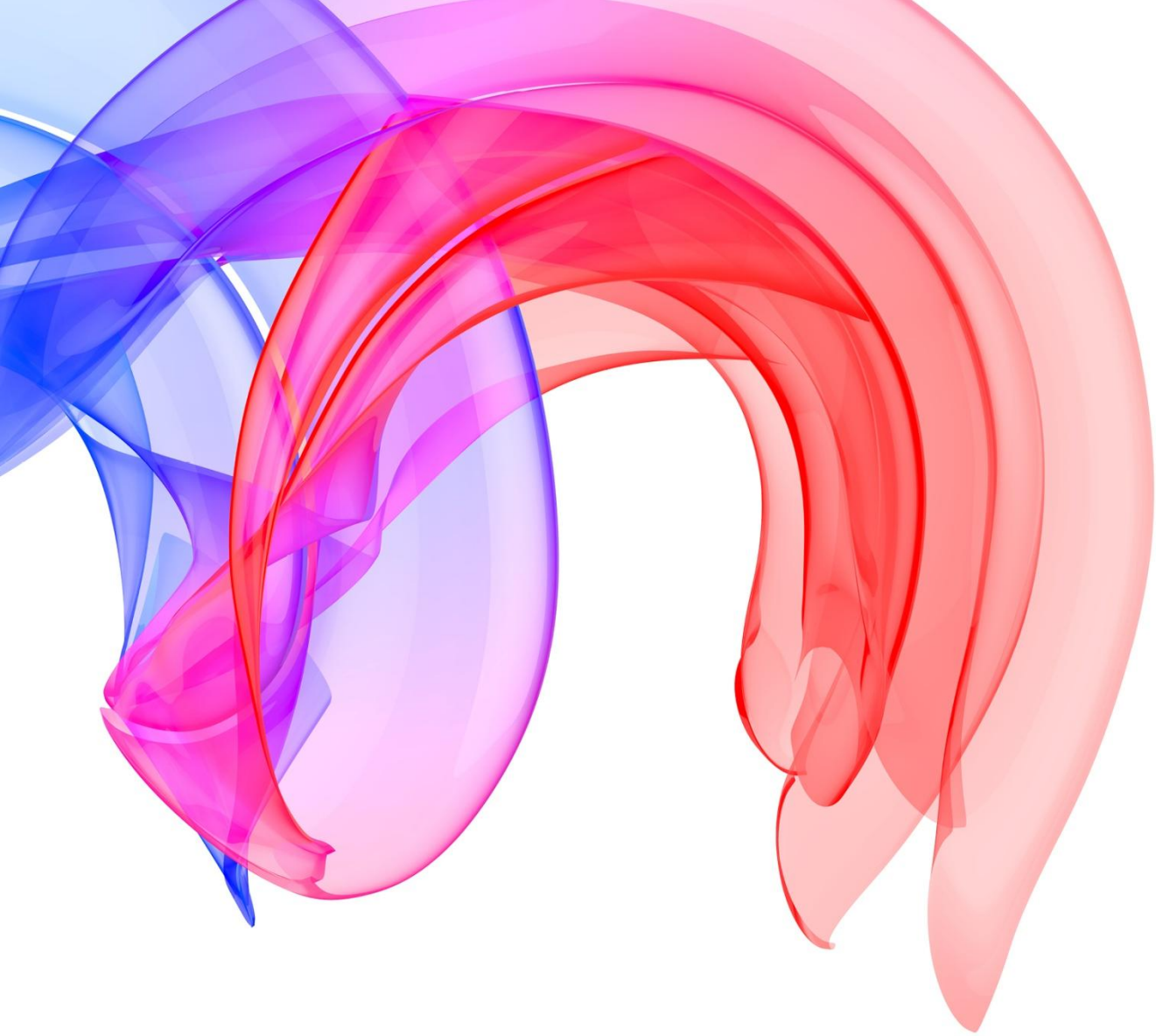

Rhythmic Gymnastics

National Competition Handbook 2013

British Gymnastics
More than a sport

Version History

The Rhythmic Gymnastics Technical Committee reserves the right to make amendments to this Handbook. Every effort will be made to communicate any changes at least 8 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 1.0 – Original

Marks required for progression to 2013 British Championships and National Grades Finals to be confirmed w/c April 22nd 2013

Version 2.0 – April 24th 2013

Marks required for progression to 2013 British Championships and National Grades Finals confirmed (Pages 19 and 20)

Version 3.0 – May 24th 2013

Confirmation of roles for elected TC members (Page 7)
Clarification regarding eligibility for Divisions 1 and 2 of the Espoir National Group League (Page 24)
Clarification regarding number of difficulties for Free Groups (Page 32)

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Provision of Events

Technical Committee 2013

Chair	Vicki Hawkins
National Competition Organiser	Nicky Richards
Judging	Karen Surridge
TC Member with responsibility for Development	Rachel Haines
TC Member with responsibility for Coach Development	Sarah Moon
TC Member with responsibility for Communication	Ruth Wilson

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
National Grades Finals	18th & 19th May	Walsall Sports Centre	Noon on 26th April
British Championships	21st to 23rd June	Fenton Manor LC	Noon on 10th May
Round 1 National Group League	28th September	Richard Dunn SC	Noon on 16th August
Club Team Championships	19th October	Walsall Sports Centre	Noon on 6th September
Round 2 National Group League	19th October	Walsall Sports Centre	Noon on 6th September
British Group Championships	1st December	Walsall Sports Centre	Noon on 18th October
Round 3 National Group League	1st December	Walsall Sports Centre	Noon on 18th October

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 Rhythmic Gymnastics Technical Committee (RGTC) of British Gymnastics and/or any Technical Committees appointed from time to time acting with the appropriate delegated authority.
- **Organisers** means the Rhythmic 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 attending BG events in an official capacity, whether as a gymnast, coach, judge or official are required to hold current BG membership in line with the level of competition entered and awards held;

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

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

Gymnasts MUST also be a member of a BG registered club affiliated to their Region.

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.

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 this competition year, this translates to:-

Under 9 (Group work only*)	Born 2004
Under 10 (Group work only*)	Born 2003
Under 11	Born 2002
Under 12	Born 2001
Junior	Born 1998, 1999 or 2000
Senior	Born 1997 or earlier

Nationality

Competitions are open to British Citizens who must be members of BG. Foreign Nationals may be included in team/Group 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 individuals may enter BG competitions as 'Guests' at the discretion of the Technical Committee. Individuals entering a competition as 'Guests' will be required to pay the competition entry fee but will not be formally placed in the results.

Note that in order to be eligible to take part in the British Championships, guest gymnasts must have passed the British Qualification Testing.

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 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.

Assistant coaches (Level 1 or above) may be accredited to be present at an event to assist with the pastoral care of the gymnasts. These 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.

Ethics and welfare

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.

Competition Entries

Entry Process

Entry to all National BG events is 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 before the draw is made.

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 double the standard entry fee.

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. 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.

Where it is necessary to substitute a coach the club must inform the BG Events department (events@british-gymnastics.org or 0845 129 7129 ext. 2396) so the coach can be checked for membership, awards and safeguarding, before they can be accredited for an event.

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, team or Group at any time, if they do not comply with BG regulations.

General Regulations

Registration

Registration will take place at the entrance to the Warm Up Hall from 15 minutes prior to the start of warm up, unless otherwise stated in the competition information.

Each club is required to nominate one of their coaches as Team Manager who will

- Confirm the attendance of competitors
- Inform the organisers of any late withdrawals
- 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 inquiries (applicable to British Championships only). All gymnasts must be registered by the advised time and remain in the venue.

Nominated Coaches

In order to put gymnasts onto the carpet, coaches must hold a valid Level 2 (or higher) coaching qualification. If a club does not have a Level 2 (or above) coach, they must arrange with a suitably qualified coach from another club to be responsible for putting their gymnasts onto the carpet. This coach must e-mail the Events Department at BG prior to entries closing to confirm that they will undertake this role. They will then be added to the system for that event.

Accreditation

Clubs will be entitled to one coach for every three gymnasts in the same session of a competition. As sessions will not be known at the time of entry, the Competition Organiser will contact clubs once the competition schedule has been determined advising them regarding the number of coaches which they will be entitled to. ***If a club intends to use a coach not named on the entry form they must inform the BG Events department before the event in order for them to be accredited.***

Clubs are responsible for any expenses incurred by their nominated coach(es).

Access to Warm Up Hall

Access to the warm up hall will be limited to the appropriate number of coaches as described above. On arrival, coaches will need to sign for and collect a wristband from the Competition Steward. In the case of events spanning more than one day, separate wristbands will be issued for each day.

Judges will not be allowed into the warm up hall once the judges meeting has taken place.

Tariff Sheets

One tariff sheet per routine must be submitted at least seven days before the date of the competition by either;

- Uploading an electronic copy of each sheet to the RGTC Dropbox (detailed instruction will be sent with the pre-competition information).
- Sending an electronic copy of each sheet by email to the email address shown in the pre-competition information.
- Sending a hard copy of each sheet by post to the mailing address shown in the pre-competition information.

A £50.00 fine will be payable by all clubs failing to submit any of their gymnasts' sheets seven days before the date of competition. If this is not paid before the competition, gymnasts whose sheets were not received by the deadline will not be allowed to compete. Furthermore, no gymnast from that club will be allowed to compete in future National Competitions until the fine has been paid.

Music

- All music will be played on the appointed audio supplier's equipment.
- Music can either be emailed to the appointed audio supplier, whose details will be provided in the pre-competition information for the event, or submitted on a USB stick on the day of competition.

- The music file should be named as follows;
    - For Individual Gymnasts: Name-Club-Section-Apparatus
    - For Groups/Teams: Club-Section-Apparatus
- A separate CD for each exercise, containing a single recording of the music at the beginning of the CD, should be taken to each competition as a backup. This should be brought into the arena by the coach as the routine is due to be performed.
- Any coach wishing to check their gymnast's music may do so prior to the competition, but not during orientation.
- A penalty will be applied if these conditions are not met.

Working Order

A full working order will be available to officials and coaches on the day of the competition.

Should a gymnast withdraw, her name will be deleted from the working order but, except in exceptional circumstances, there will be no moving up or change of apparatus for the other gymnasts.

Even when exceptional circumstances apply, no changes will be made without the prior agreement of all coaches whose gymnasts are directly impacted by the proposed change.

Competition Attire

Gymnasts must march on in competition attire.

Jewellery, body piercing and similar adornments are not allowed. Coaches will not be allowed on the competition floor if wearing jewellery (ear studs are permitted, wedding rings if taped). Exceptions as per BG Body Piercing and Adornments policy .

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

Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets in the main arena during the event.

The wearing of GBR attire at BG events is strictly forbidden. However, where individuals or Groups 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 to 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.

March On

This is normally done by club, with the smallest gymnast in each club first. At some competitions the smallest gymnast from each club will be asked to go through the procedure at the end of the warm up period.

Gymnast Seating

During the competition, gymnasts must sit in the designated seating area when it is provided, and not in the seating allocated to spectators.

Competition Apparatus

Apparatus for Seniors and Juniors must conform to the relevant FIG Apparatus Norms.

Apparatus for Espoirs must conform to the FIG Apparatus Norms for Juniors, with the exception of Hoop which should be appropriate for the size of the gymnast.

All apparatus will be officially checked at the British Championships and may, at the request of a responsible judge, be checked at any competition.

A 13 metre rhythmic carpet will be used for all National Competitions.

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.

Nominated Judges

The following provisions apply to all clubs, **except** those which are in their first year of national competition, meaning a club which has not entered a gymnast(s) in any national competition (excluding British Qualification Testing) in any calendar years previous to the year of the competition they are entering.

For all competitions other than the British Championships and the British Qualification Testing, all clubs must nominate at least one judge (in accordance with the below) **at the time of entry**. Clubs that do not have an appropriately qualified judge available should consult the Judging Register, approach someone suitably qualified to judge on their behalf and nominate them **at the time of entry**. Clubs must check with the judge(s) they are nominating that they are able and willing to judge on their behalf before nominating them.

Clubs entering 1 or 2 gymnasts must provide a judge of at least County level. Failure to do so will result in the club being refused entry to the competition, unless the Competition Organiser, in their sole discretion, decides otherwise.

Clubs entering 3 or more gymnasts (including those in a Group) must provide two judges:

1. One of these judges must be Regional level or above. Failure to provide a Regional Judge will result in the club being refused entry to the competition, unless the Competition Organiser, in their sole discretion, decides otherwise.
2. The second judge must be County level or above. Failure to provide this judge will result in a levy of £75 being payable. Any levies due will be back-charged to the club after the event. ***Non-payment of the fee(s) may result in future entries to events being denied.***

All nominated judges are expected to be available to judge for the entire competition. This means that if the event spans more than one day, judges should be prepared to judge on all days whether the nominating club has gymnasts performing on that day or not. ***Clubs are responsible for all expenses incurred by their nominated judges***

Nominated Volunteers

For all competitions where two or more gymnasts from the same club are entered, clubs must nominate a volunteer who must be named on the entry form. Volunteers, who may be adults or children aged 8 and above, will be allocated roles at the discretion of the Competition Organiser and will be informed in advance of the event whether their attendance is required or not and their role. ***Clubs are responsible for any expenses incurred by their nominated volunteer.***

Inquiries

At events where the BG Scoring system is used, inquiries are permitted in accordance with the prevailing FIG regulations.

- Only nominated coaches in the competition hall are entitled to submit a request for inquiry.
- Only the Difficulty score may be challenged and coaches may only protest against the score for their own gymnast/group
- Requests for inquiry must initially be made verbally to the Competition Steward, before the end of the exercise of the following gymnast/group. If the score being challenged is for the last gymnast/group, it must be made within one minute of the publication of the score.
- The Competition Steward will inform the Control Jury that an inquiry is being prepared immediately verbal notification is given.
- Official inquiry requests must be confirmed in writing (appendix 5) within four minutes of the verbal enquiry, written requests submitted after this time will be void. Written inquiry requests should be handed to the Competition Steward who will be responsible for timing the inquiry process.
- Inquiry requests must be accompanied by a payment of £50.00 in the case of the first request within an event, £100.00 for the second within an event, and £150.00 for the third and any subsequent request during an event. Should the inquiry find in favour of the challenge, the monies will be reimbursed and the Difficulty score amended.
- The inquiry decision of the Control Jury 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

All trophies remain the property of British Gymnastics.

Trophies are the responsibility of the winning club. The club is 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 when requested.

Following each event where trophies are presented, an e-mail containing the following will be sent to the relevant club (in the case of Group/Team events) or the winning gymnast's parents (in the case of Individual events), via the gymnast's club if necessary:-

- acknowledgement that they have received the trophy and that it is in good condition (unless stated otherwise)
- agreement to return the trophy clean and in the same condition when requested, along with an indication of when this is likely to be
- warning that a fine up to the cost of replacing the trophy may be levied and that disqualification from the next year's competition will result, if any of the conditions are not met

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 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.

Any concerns about the identity or actions of any photographer or the suitability of any photos being taken should be reported to the BG appointed Welfare Officer at the event.

Competition Details

National Grades Finals

Date:	18th & 19th May 2013
Venue:	Walsall Sports Centre, University of Wolverhampton, Walsall Campus, Gorway Road, Walsall, WS1 3BD
Closing date:	Noon on Friday 5th April 2013
Entry Fee:	£45.00 per gymnast at Grades 6 & 7, £60.00 per gymnast at Grades 8, 9 & 10
Code:	Grades 6 to 9 judged according to the UEG Junior Code
	Grade 10 judged according to the FIG Code

Eligibility and apparatus

Grade 6

Eligibility	Gymnasts born in 2002 who scored a total of 9.00 across their two best pieces in Grade 6 in 2013
Apparatus	Free, Rope and Ball

Grade 7

Eligibility	Gymnasts born in 2001 who scored a total of 9.40 across their best two pieces in Grade 7 in 2013
Apparatus	Free, Hoop and Ball

Grade 8

Eligibility	Gymnasts born in 2000 who scored a total of 13.40 across their best three pieces in Grade 8 in 2013
Apparatus	Hoop, Ball, Clubs and Ribbon

Grade 9

Eligibility	Gymnasts born in 1999 who scored a total of 13.50 across their best three pieces in Grade 9 in 2013 and gymnasts born in 1998 who passed Grade 9 in 2012
Apparatus	Hoop, Ball, Clubs and Ribbon

Grade 10

Eligibility	Gymnasts born in 1997 who scored a total of 15.00 across their bets three pieces in Grade 10 in 2013 and gymnasts born in 1996 or earlier who passed Grade 10 in 2012 or earlier
Apparatus	Hoop, Ball, Clubs and Ribbon

Awards

- Overall Medals for 1st/2nd/3rd will be awarded to the top three eligible gymnasts in each grade.
- Individual Apparatus medals for 1st/2nd/3rd will be awarded to the top three eligible gymnasts in each section on each piece.
- Certificates will be awarded for 4th/5th/6th overall and with each piece in each Grade.

British Championships

Date: 22nd & 23rd June 2013

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

Closing Date: Noon on Friday 10th May 2013

Entry Fee: £60.00 per gymnast (all age groups)

Code: Under 11s, Under 12s and Juniors will be judged according to the UEG Junior Code and Seniors according to the FIG Code.

Eligibility and apparatus

Under 11

Eligibility: Gymnasts born in 2002 who scored a total of 14.00 across their best two pieces in Grade 6 in 2013 and passed the Espoir British Qualification Testing in December 2012

Apparatus: Free, Rope, Hoop and Ball

Under 12

Eligibility: Gymnasts born in 2001 who scored a total of 14.50 across their best two pieces in Grade 7 in 2013 and passed the Espoir British Qualification Testing in December 2012

Apparatus: Free, Rope, Hoop and Ball

Junior

Eligibility: Gymnasts born in 1998 or 1999 who:-

- passed the Junior British Qualification Testing in December 2012 and **either:-**
  - competed in the British Junior Championships in 2012 and/or 2011 **or**
  - scored a total of 21.50 across their best three pieces in Grade 9 in 2012

and

Gymnasts born in 2000 who passed the Junior British Qualification Testing in December 2012 **and** who scored a total of 20.50 across their best three pieces in Grade 8 in 2013

Apparatus: Hoop, Ball, Clubs and Ribbon

Senior

Eligibility: Gymnasts born in 1997 or before who:-

- passed the Senior British Qualification Testing in December 2012 and **either:-**
  - have previously competed in the British Senior Championships **or**
  - scored 74.00 or above in the British Junior Championships in 2011 **or**
  - scored a total of 24.00 across their best three pieces in Grade 10 in 2013

Apparatus: Hoop, Ball, Clubs and Ribbon

Qualification

Where there are fifteen or fewer gymnasts in an age group, the top six eligible competitors on each piece of apparatus in the Overall Competition, plus any guests who finish in the top six, will compete in the Individual Apparatus finals.

Where there are sixteen or more gymnasts in an age group, the top eight eligible gymnasts, plus any guest who finish in the top eight, will go forward to the Finals.

Gymnasts may qualify for an Individual Apparatus Final regardless of whether they compete with all pieces in the Overall Competition or not.

Awards

- A trophy will be presented to the top eligible gymnast in each section.
- Medals for 1st/2nd/3rd will be awarded to the top three eligible gymnasts in each section.
- Certificates will be awarded for 4th/5th/6th place in each age group.

Club Team Championships

Date: Saturday 19th October 2013

Venue: Walsall Sports Centre, University of Wolverhampton, Walsall Campus, Gorway Road, Walsall, WS1 3BD

Closing Date: Noon on Friday 6th September 2013

Entry Fee:

Individuals (all ages)	£15.00 per gymnast
Duets (all ages)	£30.00 per Duet
Trios (all ages)	£45.00 per Trio
Espoir Group	£60.00 per Group
Junior & Senior Group	£75.00 per Group

Code: Espoirs and Juniors will be judged according to the UEG Junior Code and Seniors according to the FIG Code.

Eligibility

All Gymnasts must be from the same club

Clubs must enter a minimum of two sections in each age group

Clubs may enter more than one Team in each age group

Younger gymnasts may work in an older age group but older gymnasts may not work in a younger one

No gymnast can compete in more than one age group

Gymnasts can compete in any number of sections within an age group (i.e. the same gymnast could compete as an Individual, as part of a Duet, as part of a Trio and as part of a Group if required)

Competition Structure

There will be four separate sections within each of the Espoir (born 2001 or later), Junior and Senior age groups;

- 1 x Individual
- 1 x Duet
- 1 x Trio
- 1 x Group

All routines will be performed once. For Espoir and Junior Groups who are participating in the National Group League, the same score will count for both competitions.

Apparatus and Duration of routines

Espoir

- Individual Apparatus – Hoop – Duration between 1 minute 15 seconds and 1 minute 30 seconds
- Duet Apparatus – 2 Ropes – Duration between 1 minute 15 seconds and 1 minute 30 seconds
- Trio Apparatus – Free exercise – Duration between 1 minute 15 seconds and 1 minute 30 seconds
- Group Apparatus (4 gymnasts) – 4 Balls – Duration between 1 minute 45 seconds and 2 minutes

Junior

- Individual Apparatus – Ribbon – Duration between 1 minute 15 seconds and 1 minute 30 seconds
- Duet Apparatus – 2 pairs of Clubs – Duration between 1 minute 45 seconds and 2 minutes
- Trio Apparatus – 3 Balls – Duration between 1 minute 45 seconds and 2 minutes
- Group Apparatus (5 gymnasts) – 5 Hoops – Duration between 2 minutes 15 seconds and 2 minutes and 30 seconds

Senior

- Individual Apparatus – Ball – Duration between 1 minute 15 seconds and 1 minute 30 seconds
- Duet Apparatus – 2 Hoops – Duration between 1 minute 45 seconds and 2 minutes
- Trio Apparatus – 3 Ribbons – Duration between 1 minute 45 seconds and 2 minutes
- Group Apparatus (5 gymnasts) – 5 pairs of Clubs – Duration between 2 minutes 15 seconds and 2 minutes and 30 seconds

Results

Ranking points will be awarded in each section as follows;

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

The Club Team Champions for each age group will be the Team with the highest points total from three of the four sections. In the event of a tie, the result will be decided by totalling the Execution scores from these three routines.

Clubs which have entered at least two sections in each of the three age groups will also be eligible to become the Overall Club Team Champions. The winners will be determined by taking the two highest point scores for each Team in each age group. In the event of a tie, the result will be determined by totalling the Execution scores from these six routines.

Teams may play a 'Joker' on one routine in each age group. Any points won by that routine will count double, both in that age group and towards the Overall Club Team title. 'Jokers' must be declared at the end of orientation and cannot be changed subsequently.

Awards

- The 1st/2nd/3rd placed eligible Club Teams in each age group will each receive a trophy and a medal for each gymnast in the team.
- The 1st/2nd/3rd placed Club Teams overall will also receive a trophy.

British Group Championships

Date: 1st December 2013

Venue: Walsall Sports Centre, University of Wolverhampton, Walsall Campus, Gorway Road, Walsall, WS1 3BD

Closing Date: Noon on Friday 18th October 2013

Entry Fee: £60.00 per group for Espoirs, £75.00 per group for Juniors and Seniors

Code: Espoirs and Juniors will be judged according to the UEG Junior Code and Seniors according to the FIG Code.

Eligibility

Groups may comprise gymnasts from a single club or a combination of clubs, separate eligibility criteria apply in each situation;

Groups comprising gymnasts from a single club;

- Clubs may enter more than one Group in each section.
- Younger gymnasts may work in an older section but older gymnasts may not work in a younger section.

Groups comprising gymnasts from a combination of clubs;

- Must contain at least two gymnasts from a single club and this must be the club under whose name the Group competes. The other gymnasts may be from any other club.
- Only one Group from a combination of clubs may be entered in each club's name in each section.
- All gymnasts must compete within the correct section (i.e. Senior Groups must comprise solely of Senior gymnasts)

In both instances;

- Gymnasts may only work in one Group.
- In the Espoir and Senior sections, one reserve gymnast may be named for each Group. If a reserve is named, she MUST perform in one of the two routines. If a reserve gymnast is named in the Junior section there is no requirement for her to perform.

Competition Structure

- Espoirs and Seniors will perform two different routines, once each. Juniors will perform the same routine twice.
- For all age groups the results will be determined from the combined scores of the two rounds.

Composition Requirements

Espoir apparatus (4 gymnasts) – 1 Free routine and 1 routine with 4 Balls – Duration between 1 minute 45 seconds and 2 minutes

Junior apparatus (5 gymnasts) – 1 routine with 5 Hoops (performed twice) – Duration between 2 minutes 15 seconds and 2 minutes and 30 seconds

Senior apparatus (5 gymnasts) – 1 routine with 3 Balls and 2 Ribbons and 1 routine with 5 pairs of Clubs – Duration between 2 minutes 15 seconds and 2 minutes and 30 seconds

Awards

- Medals will be presented to all gymnasts, including reserves, for the 1st/2nd/3rd placed groups in each section.
- The winners for each section will also receive a trophy.

Espoir & Junior National Group Leagues

Dates:	Round 1	28th September
	Venue	Richard Dunn Sports Centre, Bradford, BD6 1EZ
	Closing date	Noon Friday 16th August 2013
	Round 2	19th October 2013
	Venue	Walsall Sports Centre, University of Wolverhampton, Walsall Campus, WS1 3BD
	Closing date	Noon Friday 6th September 2013
	Round 3	1st December 2013
	Venue	Walsall Sports Centre, University of Wolverhampton, Walsall Campus, WS1 3BD
	Closing date	Noon Friday 18th October

Entry Fee: £60.00 per group per Round for Espoirs, £75.00 per group per Round for Juniors (for Rounds 2 and 3 the entry fee will be waived if Group is also entered into the Club Team or the Group Championships respectively).

Code: UEG Junior Code .

Eligibility: Groups must enter at least two of the three rounds.
Gymnasts may only work in one Group within each round and should normally work in the same Group across rounds.
One reserve gymnast may be named for each Group. If a reserve is named for an Espoir Group, she MUST perform one of the two routines. If a reserve is named for a Junior Group there is no requirement for her to perform.

Competition Structure

There will be two divisions in the Espoir League. Division 2 is for Groups comprising solely gymnasts who either did not take, or who did not pass the British Qualification Testing for 2013 and for clubs which did not enter the 2012 Espoir National Group League. Division 1 is for Groups containing one or more gymnasts who passed the British Qualification Testing for 2013, unless their club did not enter the 2012 Espoir National Group League.

The Junior League will be formed of a single division.

Each league will run over three rounds. At each round in the Espoir League there will be separate competitions for Free and Ball with clubs able to entire either or both sections in each round. Each routine will be performed once in each round. At each round in the Junior League a routine with five hoops will be performed twice.

Composition Requirements

Espoir

Apparatus (4 gymnasts) – 1 Free routine and 1 routine with 4 Balls – Duration between 1 minute 45 seconds and 2 minutes

Junior

Apparatus (5 gymnasts) – 1 routine with 5 Hoops (performed twice) – Duration between 2 minutes 15 seconds and 2 minutes and 30 seconds

Awards

The Espoir National Group League Champions in each division will be determined by taking each of the Group's top two Free scores and their top two Ball scores from the three rounds and adding them together to give an overall total.

The Junior National Group League Champions will be determined by taking each Group's top four scores across the three rounds and adding them together to give an overall total.

- Both Espoir National Group League Champions and the Junior National Group League Champions will receive a trophy and medals with all gymnasts, including reserves, in the Groups finishing second and third overall also receiving medals.
- No medals will be presented for the individual rounds but certificates will be awarded to the Groups finishing first to sixth in each section

Appendices

Apparatus for National Competitions 2013 – 2016

British Championships

Year of birth	2013	2014	2015	2016
2004	*Under 9* *n/a*	*Under 10* *TBC*	*Under 11* *Free* *Rope* *Hoop* *Ball*	*Under 12* *Free* *Rope* *Hoop* *Ball*
2003	*Under 10* *n/a*	*Under 11* *Free* *Rope* *Hoop* *Ball*	*Under 12* *Free* *Rope* *Hoop* *Ball*	*Junior* *Rope* *Hoop* *Ball* *Clubs*
2002	*Under 11* Free Rope Hoop Ball	*Under 12* Free Rope Hoop Ball	*Junior* Rope Hoop Ball Clubs	*Junior* Rope Hoop Ball Clubs
2001	*Under 12* Free Rope Hoop Ball	*Junior* Hoop Ball Clubs Ribbon	*Junior* Rope Hoop Ball Clubs	*Junior* Rope Hoop Ball Clubs
2000	*Junior* Hoop Ball Clubs Ribbon	*Junior* Hoop Ball Clubs Ribbon	*Junior* Rope Hoop Ball Clubs	*Senior* Rope Hoop Ball Clubs
1999	*Junior* Hoop Ball Clubs Ribbon	*Junior* Hoop Ball Clubs Ribbon	*Senior* Hoop Ball Clubs Ribbon	*Senior* Hoop Ball Clubs Ribbon
1998	*Junior* Hoop Ball Clubs Ribbon	*Senior* Hoop Ball Clubs Ribbon	*Senior* Hoop Ball Clubs Ribbon	*Senior* Hoop Ball Clubs Ribbon
1997 or earlier	*Senior* Hoop Ball Clubs Ribbon	*Senior* Hoop Ball Clubs Ribbon	*Senior* Hoop Ball Clubs Ribbon	*Senior* Hoop Ball Clubs Ribbon

Apparatus for National Competitions 2013 – 2016

National Grades Finals (and Zonal Grades)

Year of birth	2013	2014	2015	2016
2004	*Grade 4* *n/a*	*Grade 5* *TBC*	*Grade 6* Free Rope Ball	*Grade 7* Free Hoop Ball
2003	*Grade 5* *n/a*	*Grade 6* Free Rope Ball	*Grade 7* Free Hoop Ball	*Grade 8* Rope Hoop Ball Clubs
2002	*Grade 6* Free Rope Ball	*Grade 7* Free Hoop Ball	*Grade 8* Hoop Ball Clubs Ribbon	*Grade 9* Rope Hoop Ball Clubs
2001	*Grade 7* Free Hoop Ball	*Grade 8* Hoop Ball Clubs Ribbon	*Grade 9* Rope Hoop Ball Clubs	*Grade 9* Rope Hoop Ball Clubs
2000	*Grade 8* Hoop Ball Clubs Ribbon	*Grade 9* Hoop Ball Clubs Ribbon	*Grade 9* Rope Hoop Ball Clubs	*Grade 10* Hoop Ball Clubs Ribbon
1999	*Grade 9* Hoop Ball Clubs Ribbon	*Grade 9* Hoop Ball Clubs Ribbon	*Grade 10* Hoop Ball Clubs Ribbon	*Grade 10* Hoop Ball Clubs Ribbon
1998	*Grade 9* Hoop Ball Clubs Ribbon	*Grade 10* Hoop Ball Clubs Ribbon	*Grade 10* Hoop Ball Clubs Ribbon	*Grade 10* Hoop Ball Clubs Ribbon
1997 or earlier	*Grade 10* Hoop Ball Clubs Ribbon	*Grade 10* Hoop Ball Clubs Ribbon	*Grade 10* Hoop Ball Clubs Ribbon	*Grade 10* Hoop Ball Clubs Ribbon

Apparatus for National Competitions 2013 – 2016

	Group			
	2013	**2014**	**2015**	**2016**
Year of birth				
2004	*Espoir* Free Ball	*Espoir* Free Rope	*Espoir* Free Ball	*Espoir* Free Rope
2003	*Espoir* Free Ball	*Espoir* Free Rope	*Espoir* Free Ball	*Junior* TBC
2002	*Espoir* Free Ball	*Espoir* Free Rope	*Junior* Ribbon	*Junior* TBC
2001	*Espoir* Free Ball	*Junior* Ribbon	*Junior* Ribbon	*Junior* TBC
2000	*Junior* Hoop	*Junior* Ribbon	*Junior* Ribbon	*Senior* TBC
1999	*Junior* Hoop	*Junior* Ribbon	*Senior* Ribbon Clubs+Hoop	*Senior* TBC
1998	*Junior* Hoop	*Senior* Ribbon Clubs+Hoop	*Senior* Ribbon Clubs+Hoop	*Senior* TBC
1997 or earlier	*Senior* Clubs Ball+Ribbon	*Senior* Ribbon Clubs+Hoop	*Senior* Ribbon Clubs+Hoop	*Senior* TBC

Competition Plan

The flow chart overleaf depicts a recommended Competition Plan that Clubs, Counties and Regions who are setting up and organising competitions should implement.

The programme of work equates with the Regional, Zonal and National programme for Grades and Championships so that individual gymnasts of all ages and all levels are competing progressively and can move through the plan according to their own capability and experience.

The Plan allows for:-

1. Gymnasts to enter a range of competitions whilst working with the same apparatus and under the same competition requirements, thus allowing consolidation and improvement of routines
2. Gymnasts to transfer from one level to another with ease, using the same programme of work

It is recommended that:-

- the first level (Level 1 Novice) is for complete beginners, entering their first ever competition, and are required to perform one routine only

- competitions which follow on from the first level are run as individual apparatus competitions so that gymnasts may enter just one routine if they desire, or more than one as they progress

- the second level (Level 2 Novice) is for gymnasts who have done one competition and who may choose to repeat the same one routine or add a second or third routine

- the third level (Intermediate) would allow gymnasts to enter with one or more routines depending on their level and experience, also dependent on whether the competition is linked with qualification within the Zonal and National Grades system

- the elite level is seen as the top level, nationally organised, and requiring qualification as demanded by national requirements

- local Competition Organisers use the apparatus listed, plus requirements of body skills, so these are common to all competitions. Some variation may be achieved in one competition, as organisers may decide:-

    - the number of levels to offer in a competition
    - the number of routines to offer in each age group

- local organisers request a risk assessment for gymnasts aged under 8 on the day of the competition

Individuals

Age Group	Level	Competition Environment up to	Difficulty									10.00 Ex Maximum Score
			Body Difficulties				Dance Steps	DER	Mastery	Apparatus	Left / Right Apparatus elements Hoop Ball Ribbon only	
			Rotation	Balance	Leap/Jump	Total						
Senior	British	British Championship	Min 2 Max 4	Min 2 Max 4	Min 2 Max 4	Min 6 Max 9	Min 1	Max 3.	Unlimited as per FIG	50% Fundamental	50%	20.00
	Intermediate	National Grades Finals	Min 2 Max 4	Min 2 Max 4	Min 2 Max 4	Min 6 Max 9	Min 1	Max 3.	Unlimited as per FIG	50% Fundamental	50%	20.00
	L2 Novice	Home Country Region County/Club	Min 1 Max 3	Min 1 Max 3	Min 1 Max 3	Min 4 Max 7	Min 1	Max 3. (can be single rotation)	Unlimited could be ordinary 3 components	Must show min 1 of each Fundamental (F) Max. 1 of Non Fundamental(NF)	4 Elements	18.00
	L1 Novice	Region County/Club	1 or 2	1 or 2	1 or 2	Min 3 Max 6	Min 2	-	-	Must show min 4 Fundamental (F) Max. 2 of Non Fundamental(NF)	3 Elements	17.00
Junior	British	British Championship	Min 1 Max 3	Min 1 Max 3	Min 1 Max 3	Min 4 Max 7	Min 1	Max 3.	Unlimited as per FIG	50% Fundamental	50%	18.00
	Intermediate	National Grades Finals	Min 1 Max 3	Min 1 Max 3	Min 1 Max 3	Min 4 Max 7	Min 1	Max 3.	Unlimited as per FIG	50% Fundamental	50%	18.00
	L2 Novice	Home Country Region County/Club	1 or 2	1 or 2	1 or 2	Min 3 Max 6	Min 1	Max 3. (can be single rotation)	Unlimited could be ordinary 3 components 1 per base maximum	Must show min 1 of each Fundamental (F) Max. 1 of Non Fundamental(NF)	4 Elements	17.00
	L1 Novice	Region County/Club	1 or 2	1 or 2	1 or 2	Min 3 Max 6	Min 2	-	-	Must show min 4 Fundamental (F) Max. 2 of Non Fundamental(NF)	3 Elements	16.00
Espoir Under 12	British	British Championship	Min 1 Max 3	Min 1 Max 3	Min 1 Max 3	Min 4 Max 7	Min 1	Max 3.	Unlimited as per FIG	50% Fundamental	50%	18.00
	Intermediate	National Grades Finals	Min 1 Max 3	Min 1 Max 3	Min 1 Max 3	Min 4 Max 7	Min 1	Max 3.	Unlimited as per FIG	50% Fundamental	50%	18.00
	L2 Novice	Home Country Region County/Club	1 or 2	1 or 2	1 or 2	Min 3 Max 6	Min 1	Max 3. (can be single rotation)	Unlimited could be ordinary 3 components 1 per base maximum	Must show min 1 of each Fundamental (F) Max. 1 of Non Fundamental(NF)	4 Elements	17.00
	L1 Novice	Region County/Club	1 or 2	1 or 2	1 or 2	Min 3 Max 6	Min 2	-	-	Must show min 4 Fundamental (F) Max. 2 of Non Fundamental(NF)	3 Elements	16.00
Espoir Under 10	British	British Championship	1 or 2	1 or 2	1 or 2	Min 3 Max 6	Min 2	Max 2.	Unlimited as per FIG	50% Fundamental	50%	17.00
	Intermediate	National Grades Finals	1 or 2	1 or 2	1 or 2	Min 3 Max 6	Min 2	Max 2.	Unlimited as per FIG	50% Fundamental	50%	17.00
	L2 Novice	Home Country Region County/Club	1 or 2	1 or 2	1 or 2	Min 3 Max 6	Min 2	Max 2. (can be single rotation)	Unlimited could be ordinary 3 components 1 per base maximum	Must show min 1 of each Fundamental (F) Max. 1 of Non Fundamental(NF)	3 Elements	16.00
	L1 Novice	Region County/Club	1 or 2	1 or 2	1 or 2	Min 3 Max 6	Min 2	-	-	Must show min 4 Fundamental (F) Max. 2 of Non Fundamental(NF)	2 Elements	15.00
*Under 8 - Seven year of age in the year of competition	British	No Competitions	-	-	-	-	-	-	-	-	-	
	Intermediate	Home Country Region County/Club	1 or 2	1 or 2	1 or 2	Min 3 Max 6	Min 2	Max 1. (can be single rotation)	Unlimited could be ordinary 2 components 1 per base maximum	50% Fundamental	50%	16.00
	L2 Novice	Home Country Region County/Club	1 or 2	1 or 2	1 or 2	Min 3 Max 6	Min 2	Max 1. (can be single rotation)	Unlimited could be ordinary 2 components 1 per base maximum	Must show min 1 of each Fundamental (F) Max. 1 of Non Fundamental(NF)	3 Elements	15.00
	L1 Novice Music 1'00" - 1'30"	Region County/Club	1	1	1	Maximum 3	Max 2	-	-	Must show min 4 Fundamental (F) Max. 2 of Non Fundamental(NF)	2 Elements	14.00

* Please refer to the Health Safety & Welfare Policy of British Gymnastics for advice on Competition levels for Under 9 gymnasts.

Groups

Age Group	Format	Exercise Length	Difficulty										Execution	Maximum Score
			Body Difficulties				Difficulties with exchange	Dance Steps	DER	Collaborations	Apparatus	Max D Score	Formations	
			Rotation	Balance	Leap/Jump	Total difficulties without exchange								
Senior	Group	2:15 to 2:30	Min 1	Min 1	Min 1	5	5	Min 1	Max 1	Min 6	Min 1 of each apparatus group	10.00	Min 6	20.00
	Trios	1:45 to 2:00	Min 1	Min 1	Min 1	5	5	Min 1	Max 1	Min 6	Min 1 of each apparatus group	10.00	Min 5	20.00
	Duets	1:45 to 2:00	Min 1	Min 1	Min 1	5	4	Min 1	Max 1	Min 4	Min 1 of each apparatus group	10.00	Min 3	20.00
Junior	Group	2:15 to 2:30	Min 1	Min 1	Min 1	4 (max value 1.0 each)	4	Min 1	Max 1	Min 6	Min 1 of each apparatus group	8.00	Min 6	18.00
	Trios	1:45 to 2:00	Min 1	Min 1	Min 1	4 (max value 1.0 each)	4	Min 1	Max 1	Min 5	Min 1 of each apparatus group	8.00	Min 5	18.00
	Duets	1:45 to 2:00	Min 1	Min 1	Min 1	4 (max value 1.0 each)	3	Min 1	Max 1	Min 3	Min 1 of each apparatus group	8.00	Min 3	18.00
Espoir	Group (Free)	1:45 to 2:00	Min 1 Max 2	Min 1 Max 2	Min 1 Max 2	6 (max value 1.0 each)	n/a	Min 2	n/a	Min 5	n/a	8.00	Min 6	18.00
	Group (App'tus)	1:45 to 2:00	Min 1	Min 1	Min 1	3 (max value 1.0 each)	3	Min 2	Max 1 (can be single rotation for 0.1)	Min 5	Min 1 of each apparatus group	8.00	Min 6	18.00
	Trios (Free)	1:15 to 1:30	Min 1 Max 2	Min 1 Max 2	Min 1 Max 2	6 (max value 1.0 each)	n/a	Min 2	n/a	Min 3	n/a	8.00	Min 5	18.00
	Trios (App'tus)	1:15 to 1:30	Min 1	Min 1	Min 1	3 (max value 1.0 each)	3	Min 2	Max 1 (can be single rotation for 0.1)	Min 3	Min 1 of each apparatus group	8.00	Min 5	18.00
	Duets	1:15 to 1:30	Min 1	Min 1	Min 1	3 (max value 1.0 each)	2	Min 2	Max 1 (can be single rotation for 0.1)	Min 2	Min 1 of each apparatus group	8.00	Min 3	18.00

NB All exchanges to be throws, as per COP

Inquiry Proforma

Request for Inquiry

Date: _____

Competition: _____

Section: _____

Club: _____

Represented by: _____(nominated coach)

Hereby submits this protest:-

I consider that the **Difficulty score** for the routine presented by

_____

(*Insert name of gymnast/Duet/Trio/Group*)

does not correspond to the real value of her/their presentation. The basis of my protest is detailed overleaf.

I hereby agree to pay the following amount

- £50 for the 1st protest
- £100 for the 2nd protest
- £150 for the 3rd and subsequent protests

to the RGTC as per Page 16 of the 2013 Rhythmic Gymnastics Competition Handbook

Signature: _____

Time of receipt: _____

British Gymnastics

Basis of protest

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