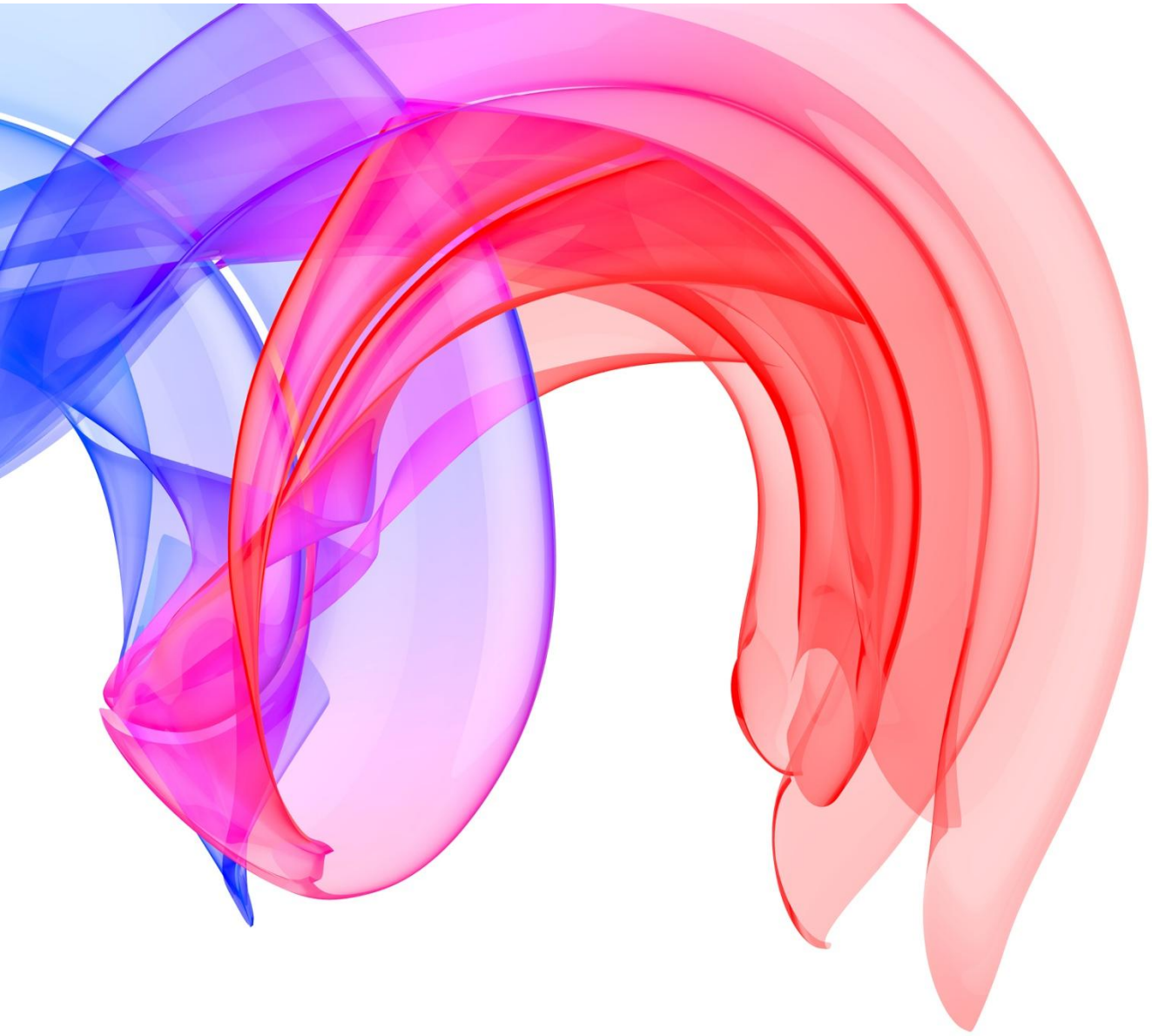

Tumbling Gymnastics

National Competition Handbook 2013

British Gymnastics
More than a sport

Version History

The Tumbling 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

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Provision of Events

Technical Committee 2013

Members

Chair	Sharon Wood
Judging Coordinator	Mike Armstrong (TUM) Mike Phillipson (TRA/DMT)
Competition Organiser	Andrew Wood (TRA/DMT)
TC Members	Elizabeth Scales (TRA) Alan Lavelle (TUM) Toby Eager (DMT)

British Gymnastics Contact Information

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

National Competition Calendar 2013

Event	Date	Venue	Closing Date
Northern Qualifier (Senior & WAG)	12th May	Wakefield Leisure Centre	12/04/2013
Southern Qualifier (Senior & WAG)	25th or 26th May	Active Life Centre, Basingstoke	25/04/2013
Tumbling NDP Finals	1st & 2nd June	Fenton Manor Leisure Centre	19/04/2013
Tumbling British Championships	5th to 7th July	LG Arena, Birmingham	03/06/2013
Tumbling Open Tournament	To be confirmed		

For International dates please view the online calendar of the FIG and UEG.

Order of Performance

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

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

Publication of Results

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

Definition of Terms

- **BG** means British Gymnastics
- **Technical Committee (TC)** means the Tumbling Technical Committee of British Gymnastics and/or any Technical Committees appointed from time to time acting with the appropriate delegated authority.
- **Organisers** means the Tumbling National Competition Organiser (NCO) who is authorised by, or on behalf of, British Gymnastics.
- **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 the NDP Finals, membership should be obtained before the initial round of regional qualifying events, if this is not done the entry will be disqualified.

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

Coaches, Judges and Gymnasts should carry current membership cards to all competitions and be prepared for these to be checked by the Organiser or their appointed officials.

Coach Qualifications

When submitting entries for a BG event, clubs must ensure that the coaches attending to the participants are qualified to the level of the participant's performance. The practice of supervising participants working above the level of the coach's qualification cannot be condoned.

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

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

Only nominated coaches will be allowed in the competition arena at any time. Level 1 coaches are permitted to assist in the warm up areas, but not in an active coaching role.

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

Safeguarding

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

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

Overnight Stays

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

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

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

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

Age Policy

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

Nationality

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

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

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

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

Competition Entries

Entry Process

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

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

In exceptional circumstances only paper entry forms may be available from the BG Events Department. Only correctly completed entry forms will be accepted and must be submitted with the entry fee enclosed, no later than the published closing date.

Methods of Payment

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

Entry fees are non-refundable after the closing date.

Participation Fee

By entering a gymnast or a team into an National event where part of the entry requirement includes a participation fee, there is an acceptance that should any gymnast 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 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 Tumbling NDP Finals a fee 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 waiting list and clubs notified if their entry is accepted following a withdrawal.

Should the entry be permitted it will only be accepted upon payment of 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. Withdrawals or requests for changes after the closing date should be made in writing to the BG events department events@british-gymnastics.org and if due to illness or injury should be accompanied by an appropriate medical/physio note. Requested changes may incur a fee, be refused, or treated as a late entry and placed on a waiting list. Entry fees are non-refundable after the closing date.

For the Tumbling NDP Finals, Regions wishing to make a substitution, due to the withdrawal of a previous regional entry, may do so up to two weeks prior to the event. Details of the substitution (i.e. name(s), date of birth, BG membership number, club and name of attending coach) must be notified to British Gymnastics.

BG, acting through the Board or its Committees, reserves the right to refuse any entry and disqualify a competitor or team at any time, if they do not comply with BG regulations.

General Regulations

Entry to the Venue

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

Registration

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

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

Coaches Accreditation

Only one coach will be allowed into the arena with the competing gymnasts. All gymnasts and coaches accreditation passes will be named.

It may not be possible to issue personal coach passes, dependant on the number of combinations, coach's passes will be issued accordingly.

The allocation of coach's accreditation passes will be based on the number of units as per the current FIG accreditation rules. A unit is defined as one Tumbler:

Units	**Pass/Passes**
One	One
Two – six	Two
Seven – twelve	Three
More than twelve	Four

Competition Attire

All gymnasts to be dressed in accordance with the current FIG and National regulations.

- Coaches should wear a tracksuit or collared polo shirt with tracksuit bottoms and appropriate footwear.
- Gymnasts must not remove leotards until they are in the competitors seating area.
- Jewellery, body piercing and similar adornments are not allowed. Coaches will not be allowed on the competition floor if wearing jewellery (ear studs are permitted and wedding rings may be taped over). Exceptions as per BG Body Piercing and Adornments policy.
- Chewing gum is not allowed at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.
- Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets in the main arena during the event.
- For march on and presentations, gymnasts and coaches must be correctly dressed, i.e. if wearing tracksuit tops these should be done up. ***Gymnasts should be available for march on at least 10 minutes before the start of the competition***.

The wearing of GBR attire at BG events is strictly forbidden. However, where individuals or partnerships have been selected for GBR and awarded their colours (GBR flag), this may be worn on the gymnast's leotard at domestic events provided it conforms with FIG attire regulations.

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

Medical Provision

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

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

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

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

Welfare Officer

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

Provision of Officials at Events

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

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

Appeals

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

- Gymnast's number
- The declared score
- Technical reason for protest (Difficulty only)

Medal Ceremonies

Gymnasts who win a medal at a BG event are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony in order to collect their award in person.

Tenure of Trophies

All trophies remain the property of British Gymnastics.

Trophies other than perpetual trophies are the responsibility of the winning club or region. The club or region are responsible for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the event organiser prior to the competition the following year by either;

- Making arrangements for it to be delivered to the competition venue on the day.
- Returning it to the competition organiser at least one week prior to the competition.
- Returning it the BG offices at least one week prior to the competition.

Video, Film and Photography

Accredited photographers may be present at BG events and will be made know to the audience. BG may publish images. By entering and event, there is an acceptance that the participant may be photographed and the photograph may be published.

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

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

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

Competition Details

Tumbling National Development Plan Finals

Date: 1st and 2nd June 2013

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

Closing date: Noon Friday 19th April 2013

Entry Fee: £36.00 per tumbler

Regional Fee: £335.00 per region

It is the region's responsibility to send the total finalist's contribution, together with the regional fee, to British Gymnastics

Participation Fee: £15.00 per tumbler, back charged to the region after the event if a withdrawal is not supported by medical evidence.

Code: Tumbling National Development Plan 2013-2016

Eligibility: All competitors at NDP Grades 1-7 must qualify from their regional preliminaries to proceed to National Finals.
The first placed tumbler from each region, in each age group at National Grades 1-7, can proceed to National Finals.
Tumblers must complete three tumbling runs at the regional preliminaries in order to be eligible for National Finals.
Tumblers cannot enter both the NDP Grades and FIG Age Group.

The regional representative must send a signed copy of regional to the BG Events department by email events@british-gymnastics.org or by post to Events Department, British Gymnastics, Ford Hall, Lilleshall National Sports Centre, Newport, Shropshire, TF10 9NB.

Competition Structure

National Grades competitions will be offered at the following levels and age groups;

- Grades 1 to 4 at 9/10yrs, 11/12yrs and 13+yrs
- Grade 5 at 10-12yrs, 13/14yrs and 15+yrs
- Grades 6 and 7 at Under 13yrs and 13+yrs

The National Competition Organiser will notify regions of the competition structure three weeks prior to the event.

Competition cards are not required at the NDP Grades.

Tie Breaks

The following rules will apply at the NDP Finals;

- Tie for first place : Awards – 2 x Gold and 1 x Silver (No Bronze)
- Tie for second place: Awards – 1 x Gold and 2 x Silver (No Bronze)
- Tie for third place: Awards – 1 x Gold, 1 x Silver and 2 x Bronze

Tumbling British Championships

Date: 5th to 7th July 2013

Venue: LG Arena, National Exhibition Centre, Birmingham, B40 1NT

Closing Date: Noon Monday 3rd June 2013

Entry Fee: £42.00 per tumbler

Participation Fee: £15.00 per tumbler, back charged to the club after the event if a withdrawal is not supported by medical evidence.

Code: Tumbling National Development Plan 2013-2016

Eligibility: Tumblers may enter the British Championships provided they achieve the required qualifying score from either of the Northern or Southern open events.

Age Group	Male	Female
9-10yrs	52.2	52.2
11-12yrs	55.0	55.0
13-14yrs	55.0	55.0
15-16yrs	55.9	55.9
17-18yrs	57.6	56.0
Seniors	58.0	57.0

The Head National Coach Trampoline Disciplines has the option to 'Wild Card' tumblers.

Competition Structure

Competitions will be offered at the following age groups for both genders;

- 9-10yrs
- 11-12yrs
- 13-14yrs
- 15-16yrs
- 17-18yrs
- Senior

A competition card for each pass is to be handed in 10 minutes prior to the commencement of the pass.

Tie Breaks

The following rules will apply at the British Championships;

- Tie for first place : Awards – 2 x Gold and 1 x Silver (No Bronze)
- Tie for second place: Awards – 1 x Gold and 2 x Silver (No Bronze)
- Tie for third place: Awards – 1 x Gold, 1 x Silver and 2 x Bronze

Tumbling Open Tournament

Date: To be confirmed

Venue: To be confirmed

Closing date: To be confirmed

Entry fee: £42.00 per tumbler

Participation Fee: £15.00 per tumbler, back charged to the club after the event if a withdrawal is not supported by medical evidence.

Code: Tumbling National Development Plan 2013-2016

Competition Structure

Competitions will be offered at the following age groups for both genders;

- 9-10yrs
- 11-12yrs
- 13-14yrs
- 15-16yrs
- Senior

A competition card for each pass is to be handed in 10 minutes prior to the commencement of the pass.

Tie Breaks

The following rules will apply at the NDP Finals;

- Tie for first place : Awards – 2 x Gold and 1 x Silver (No Bronze)
- Tie for second place: Awards – 1 x Gold and 2 x Silver (No Bronze)
- Tie for third place: Awards – 1 x Gold, 1 x Silver and 2 x Bronze

Appendices

Home Countries, English Regions & Island Associations

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

BRITISH TUMBLING NDP FINAL 2013
June 1st & 2nd 2013 (closing date 19th April) Fenton Manor, Stoke

Regional Competition Guidance for ON LINE ENTRY by Regional Organiser

REGION:		**Regional/Home Nation Fee:** £335.00
DISCIPLINE:		
Regional Competition Organiser:		
Contact Number:		
Contact Email:		
Address & Post Code:		

NATIONAL GRADE 1

		Gymnast Name	BG Mem No'	Club	Coach	BG Mem No'	Qualification
GIRL	9/10.						
BOY	9/10.						
GIRL	11/12.						
BOY	11/12.						
GIRL	13+						
BOY	13+						

NATIONAL GRADE 2

		Gymnast Name	BG Mem No'	Club	Coach	BG Mem No'	Qualification
GIRL	9/10.						
BOY	9/10.						
GIRL	11/12.						
BOY	11/12.						
GIRL	13+						
BOY	13+						

NATIONAL GRADE 3

		Gymnast Name	BG Mem No'	Club	Coach	BG Mem No'	Qualification
GIRL	9/10.						
BOY	9/10.						
GIRL	11/12.						
BOY	11/12.						
GIRL	13+						
BOY	13+						

NATIONAL GRADE 4

		Gymnast Name	BG Mem No'	Club	Coach	BG Mem No'	Qualification
GIRL	9/10.						
BOY	9/10.						
GIRL	11/12.						
BOY	11/12.						
GIRL	13+						
BOY	13+						

NATIONAL GRADE 5

		Gymnast Name	BG Mem No'	Club	Coach	BG Mem No'	Qualification
GIRL	1O/11/12						
BOY	1O/11/12						
GIRL	13/14						
BOY	13/14						
GIRL	15+						
BOY	15+						

NATIONAL GRADE 6

		Gymnast Name	BG Mem No'	Club	Coach	BG Mem No'	Qualification
GIRL	Under 13						
BOY	Under 13						
GIRL	13+yr						
BOY	13+yr						

NATIONAL GRADE 7

		Gymnast Name	BG Mem No'	Club	Coach	BG Mem No'	Qualification
GIRL	Under 13						
BOY	Under 13						
GIRL	13+yr						
BOY	13+yr						

The first placed Girl and Boy in each Age Group in National Levels 1-7 can proceed to the National Finals. However tumblers must complete all three (3) tumbling runs in order to progress to Finals.
If entering the NDP 8 Tumbling Grades at your NDP Prelims, then you cannot enter the FIG Age Group Tumbling. (Gymnasts must choose whether you enter NDP Grades or Age Group)

Age Groups - DOB in the year of Competition

£36.00 competition entry fee per gymnast (non refundable)
Regional / Home Nation Fee **£335.00**

_____ gymnasts @ £36 = £ + Fee £335.00 = £ TOTAL

Cheques made payable to **'British Gymnastics'** with the code Tum NDP to be written on the back of the cheque. Incorrect or Incomplete forms will not be accepted.

BRITISH TUMBLING CHAMPIONSHIPS 2013

Senior and Age Group

July 5th 6th 7th 2013 (closing date 3rd June) LG Arena Birmingham

Competition Guidance for ON LINE ENTRY

Gymnast Name	D.O.B	BG Mem No'	Club	Score from Northern Comp	Score from Southern Comp	Coach	BG Mem No'	Qualification

In order to take part in the British Championships tumblers must have achieved the relevant score for their particular Age Group or Senior section from either the Northern or the Southern Open. Once the entry requirements have been met, the actual online entry is made to British Gymnastics (BG), is a direct entry and may be subject to participation fee of £15.00 together with the £42 entry fee.

Female	Qualification Score British Championships 2013	Male
52.2	**9-10 yrs**	52.2
55	**11-12 yrs**	55
55	**13-14 yrs**	55
55.9	**15-16 yrs**	55.9
56	**17-18 yrs**	57.6
57	**SENIORS**	58

The Head National Coach Trampoline Disciplines has the option to 'WILD CARD' tumblers

ONLINE ENTRY

All Tumbling Gymnastics event entries are now ONLINE ONLY.

Entry to all National competitions will only be online via the BG website (Tumbling entry forms) where the procedure will be fully explained. Club and/or regional secretaries can access the system.

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

_____ Gymnasts @ £42 = £ TOTAL

BRITISH OPEN TOURNAMENT 2013

Senior and Age Group

DATE AND Venue TBA

Competition Guidance for ON LINE ENTRY

Gymnast Name	D.O.B	BG Mem No'	Club	Coach	BG Mem No'	Qualification

This competition has direct entry

ONLINE ENTRY

All Tumbling Gymnastics event entries are now ONLINE ONLY.

Entry to all National competitions will only be online via the BG website. Club and/or regional secretaries can access the system.

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

_____ Gymnasts @ £42 = £ TOTAL

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