

East Midlands Gymnastics Association



EAST MIDLANDS GYMNASTIC ASSOCIATION

2020 WTC Competition & squad Handbook

EMGA Executive Committee

Chairperson: Paul Lipton **Secretary:** Katie Foster **Treasurer:** Alisa Saunders & Marie Marshall

Annual Affiliation Secretary: Veronica West e-mail: vlwest@btinternet.com

East Midlands Regional Website: www.british-gymnastics.org/east-midlands

Women's Technical Committee (TBC at AGM in 2019)

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Competition Secretary: Alisa Saunders email: alisa.lga@ntlworld.com

Competition Organiser: Alison Wayman email: aliway@hotmail.com

Members : Beth Murdock, Katie Foster & Callum Allen

Regional Squad Coaches: JNR & SNR Claire Barbieri Email: cmabarbieri@icloud.com
JB squad Bec Purcell Email : r-purcell@hotmail.co.uk

WTC Welfare Officers: Linda Thompson Email: Eastmids.rwo1@british-gymnastics.org
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The East Midlands Gymnastics Association, Women's Technical Committee wish to
acknowledge the Sponsorship and support of the following:

**The Zone
&
The Clubs who host the events.**



E.M.G.A W.T.C 2020 Competitions

All competitions will be at New College Leicester

<u>Date</u>	<u>Competition</u>	<u>Closing Date</u>
1st March	In age Grade 6 (8yr olds) & Grade 5 (9 yr olds) & Compulsory Grade 5 (8yr olds)	2nd February
15 th March	Regional 4 – 1 Grades	16 th February
26 th April	Compulsory Grade 4/3/2. National 5 & National 4-1	29 th March
5 th July	Senior & Junior & open age Club Team East Midlands Open Disabilities Championships National Challenge Cup Qualifier 1 Comp grade 3 retake (control comp for those competing comp 1& 2 retake)	7 th June
27 th September	Regional Championships Sen/Jun/Esp Open of Age Championships (Level 3, 2 inc 11 year olds) National Challenge Cup Qualifier 2 In age Level 5	30 th August
1 st November	Open of age Level 4 & In Age Level 4/3	4 th October
6 th December	Senior & Junior County Teams & County Floor & Vault	8 th November

REGIONAL SQUAD TRAINING

Times: 9.00 – 12.00 Junior squad
11.00 – 14.00 Senior squad
14.00 – 17.00 B squad

FIRST HALF £60.00

12th January Loughborough University
9th February Loughborough University
8th March Loughborough University
3rd May Amber Valley – incorporating grades team training – judge lead (all NDP finalists will be invited and train during B squad session (£15.00 for single session))

SECOND HALF £45.00

21st June Loughborough University
13th September Amber Valley
8th November Loughborough University – team training for in age national finalists

National Dates: 2020 (full information in BG WTC Handbook)

Compulsary 1, February 8th

English Championships, April 3/4/5th

British Championships, April 16/17/18/19th

Compulsory 4,3,2 Finals, May 9/10th

National Development Plan, 4,3,2,1, May 23/24th

Comp 2 qualifier October 3rd

National disabilities October 4th

Adrian Stan teams October 17/18th

National Voluntary Levels 4, 3 compulsory 1 qualifier, November 14/15th

Espoir, Junior & Senior Challenge Cups, November 20/21st

Bill McLoughlin National Apparatus Team Championships, November 22nd

English Bronze, Silver & Gold, - no published date

Gymnasts who achieved the progression score and must move to the next level in 2020

Out of Age Level 4 to Out of Age Level 3

Georgia Hallam The Mill
Portia Gordon Amber Valley
Georgie Wooton Corby
Nadia Nigro Wade
Darcie Thorpe Witham
Ruby Greene Mansfield
Sophie Tweddle Hinckley & Burbage
Kiera Bowman Hinckley & Burbage
Katie Donaghey Notts
Olivia Daubney Witham
Amber Rouse Amber Valley
Kaci Cudworth Amber
Amelia Allen Coalville
Sophia Traves Derby City
Fia Sambridge Kettering
Georgia Storey Corby
Ella Thompson Hinckley & Burbage
Freya Manning T J's
Chloe Wright Lincoln
Summer Cole Corby
Isobel David Amber Valley
Jessica Mannima Kettering
Kalayla-Rose Brown D.P.S.A
Grace Hyde Corby
Millie Benton Lincoln
Lucy Jenner Lincoln
Mia Green Lincoln
Ellie Flear Worksop
Lily Cann Mansfield
Aleksandra Skomra D.P.S.A

Out of Age Level 3 to Out of Age Level 2

Elise Marston Corby
Mia Hancox Hinckley & Burbage
Emily Haste
Libby Betts Kettering
Jessica Morrell Coalville
Olivia Harris Coalville
Isabella Saunders-Lucas Robin Hood
Lara Hill Notts
Caitlin Frost Witham Hill
Olivia Coventry Notts
Lottie Pinchess Coalville

Out of Age Level 2 to Challenge Cup

Niamh Selby Amber Valley
Amelie Thorpe Witham Hill
Suren Tunnicliffe Coalville
Isla Fitzgerald Robin Hood
Olivia Ruddick Robin Hood
Amelia Carlaw Corby
Mia Giammalva Corby

Amy Harper Notts
Bethan McRobbie Lincoln

In age gymnasts in 2019 cannot move to open age in 2020 if they have scored 44 or more.

Women's Technical Committee

GENERAL RULES AND REGULATIONS 2020

The following regulations will apply at all East Midlands Gymnastics Association Women's Technical Committee Competitions in 2020

1 Affiliation

All East Midlands gymnasts must be a member of a gymnastics club that is affiliated to their county and the East Midlands Gymnastics Association. All gymnasts, coaches & judges must be members of the British Gymnastics.

Gymnasts must hold a minimum of BG Bronze Membership to compete in WTC competitions, but must have a minimum Silver Competitive BG membership if competing in In age Level 4, 3, 2, Compulsory or NDP grades or at any competition with full FIG including challenge cup qualifiers.

In Age level 5, Compulsory Grade 5

Stand-alone competitions for 8 year olds and only require BG bronze club membership

All East Midlands coaches and officials must be members of British Gymnastics and coaches hold an up to date DBS certificate and have attended a Safeguarding & Awareness course or completed an E learning refresher course in the last three years. The level of membership should be appropriate to the qualification held.

2 Gymnast's Status

Gymnasts are not allowed to change between In Age and Open Age paths during the competition year. Coaches should refer to competition rules for details on which competitions apply to which path. Once a gymnast has entered a challenge cup qualifier event they cannot then revert to Level 2.

3 Gymnastic Progression

Subject to BG Age Group Championship criteria, gymnasts who exceeded the following score thresholds at the East Midlands Individual competitions & National finals in 2019, must compete at the minimum level specified in 2020. Club and County Team scores are not part of this requirement.

Scores over 44 points at In Age/Open Age Level 4 in 2019- compete at minimum level 3 in 2020
Scores over 44 points at In Age/Open Age Level 3 in 2019 - compete at minimum level 2 in 2020
Scores over 44 points at In Age/ Open Age Level 2 in 2019– compete at minimum Challenge Cup in 2020
(see page 4 for full list)

Pass mark for 2020 will be 45.00 at all levels

4 Gymnast's Age

Age groups refer to the age the gymnast will reach during the competition year i.e. age at 31st December.

5 Gymnast Changing Clubs

The WTC, the squad coach and squad co-ordinator must be informed of any competitive & squad gymnast changing clubs.

6. Competition Entries & Fees

All Individual and Club team competition entries must be completed online through the BG GYMNET web site. This can be accessed in the same way as BG membership is collated. Click on The Club Management heading and then go to Event Entry.

Payment is made through the Club shopping basket/checkout and entries will not be confirmed until payment has been confirmed. Entries paid after the closing date will be accepted but as a late entry which incurs additional costs.

Entries will only be accepted if all gymnasts have the correct membership and coaches membership, DBS's and safeguarding are up to date.

Nominated judges must have BG membership.

Competition fees: See individual competitions for gymnast's fee.

Coaches: £2 per event per coach

Judges Fee: £10 per event – from May onwards there will be no judging fee and clubs may nominate more than one judge

Only registered coaches and competing gymnasts will be allowed in the competition area.

Entry fees for National competitions will be announced at the qualifying competition and must be paid on that day.

Late entries cannot be guaranteed a place and will be charged 3 (three) times the normal fee. Contact the Competition Secretary

Changes to coaches/judges after the entry has been submitted will incur a £10.00 administration fee per change.

Gymnasts representing the region at National competitions will be required to pay a deposit for the regional kit when issued to them. The deposit will be refunded on return of the kit.

7 County Qualifying Competitions

Where qualification for Regional competition is via a county qualifier, the county secretary or coach must supply a list of qualifiers, together with a list of results from the qualifying competition with the entry form and appropriate fee.

Only gymnasts of clubs affiliated to EMGA may be included in County teams for Regional competitions.

Entries for both County competitions cannot be completed on the BG system and a manual entry form can be found on pages 27-29 of this hand book. Entry forms should be sent to the competition secretary via email and payment should be made by BACS to the East Midlands bank account. Both entry form and payment should be completed prior to the closing date for entries.

8 Team Competitions

Please refer to individual competition criteria for details of entry and judging fees for team competitions.

The following rules apply to the team competitions:

There is no dedicated reserve; all members of the team may be selected to compete on individual apparatus subject to the max number of competitors as per individual competition rules.

Teams must be confirmed at registration and before warm up commences. Changes will not be allowed after registration other than the substitution of the reserve in the case of injury.

If an injury occurs during the warm up or competition the reserve may come into the team for the remaining pieces.

9 Withdrawal from Competition

Neither competition entry nor judging/coach fee will be refunded in the event of a club/team/gymnast withdrawing from a competition.

10 Gymnast's Dress and Conduct

All gymnasts should be suitably dressed in a well fitting leotard. Long hair should be neatly tied back. No jewellery is permitted.

Full length tights/leggings can be worn but must be the main colour of the leotard. See FIG ruling.

Gymnasts wearing shorts during their routines will be deducted as per the FIG code of points unless permission has been granted by organisers.(personal grounds)

11 Coaches Qualification, Dress and Conduct

Coaches must hold a current cycle British Gymnastics coaching qualification that covers the skills that their gymnasts are performing. See appendix 1 of this handbook with skills matrix. NOTE at level 3 this means they will need the relevant module signed off for the skills they are covering. **Please read appendix 2 LEAD COACH if you are asking another coach to cover any of your gymnasts skills**

One coach per gymnast will be allowed in the competition area at individual competitions and team competitions. Only nominated coaches are allowed in the competition arena. Coaches are required to register along with their gymnasts at each event. Coaches will be expected at all times to visibly wear the correct color sticker given to them at registration. **In the case where a lead coach is covering skills they can be in addition to the gymnasts personal coach.**

Coaches minimum qualifications are shown on individual competition pages.

Any Club wishing to request permission for a Level 1 coach to be used in a pastoral role at an EMGA WTC competition must: Contact the WTC competition secretary prior to the closing date of the specific competition and the WTC will consider the request. The request will only be considered if the club has more than 5 gymnasts in a particular group. If permission is agreed the Level 1 coach must not help in physically supporting the gymnasts on the apparatus during the warm up or competition.

Coaches must be smartly dressed in a club / team uniform consisting of tracksuit or full length sports trousers /full length leggings and T-shirt / Polo shirt/Sweatshirt. (shoulders must be covered) Shorts / skirts are not permitted. Suitable footwear should be worn. Shoes worn outside are not permitted on the field of play and coaches wishing to wear footwear must bring indoor use only trainers with them to change into.

Coaches who do not adhere to the competition rules will be asked to leave the competition floor.

The only jewellery coaches are permitted to wear while in the competition area is a plain banded wedding ring. Small watches can be worn but must be removed when supporting a gymnast. Long hair should be tied back.

The following statement has been included on all entry forms for WTC events.

“When submitting entries for a British Gymnastics event the onus is on the Club/County and coaches to ensure that the coaches attending to the participants are qualified to the level of the participant’s performance”.

12 Judges Dress and Conduct

All judges must have re qualified on F.I.G Cycle 14.

Judges must be suitably dressed. Ladies in navy skirt/trousers and jacket/blazer, gentleman in grey trousers and navy jacket/blazer. Heeled shoes are not permitted in the field of play and shoes worn in the field of play must not have been worn outside.

Judges must arrive at the designated time before the start of competition for the judges meeting and be ready at their apparatus judging position at least five minutes before march on.

Judges must have the latest rules with them for each level of competition judging and have familiarised themselves with the rules prior to date of the competition.

Judges must request permission from the Judging Convener before leaving at the end of an event.

13. Conduct of Spectators

It is the Club's responsibility to ensure that all parents/spectators are aware that no spectators are allowed to enter the competition arena or the warm up area in the small hall. Videoing and photography must be done from the spectator area only and tripods must not be placed on the stairways or in the corridors. Flash photography must only be used during presentations and switched off during the competition. If this request is not adhered to the East Midlands WTC and the Centre management will ask the person(s) in question to leave the competition arena. Marshalls will be in the main competition spectator area to ensure all corridors and stairways are kept clear at all times.

14 Provision of Judges

Clubs/Counties **must** supply a judge/s with their competition entry, Clubs/Counties will be responsible for the expenses incurred by their nominated judge, The Regional Judging Convener will decide on the make up of the D & E panels **and those fulfilling secretariat roles**. Entries will **not** be accepted where a judge has not been nominated. In the event of insufficient judges of the appropriate level to meet individual competition requirements being available, the Judging Convener may select from outside the region. Competitions may be cancelled if criteria cannot be satisfied from both searches.

If a Club's nominated judge does not arrive at a competition the club will be responsible for the expenses of a non-nominated judge plus an administration fee of £10.00. Please read section 6 regarding the provision of judges. If judges cancel prior to the competition date clubs will be expected to find a replacement. **It is the duty of clubs to ensure their nominated judge has agreed to be nominated. Any club nominating a judge who then discloses they were not asked will be fined £25.00 on the first occurrence and £50.00 for any future occasions this occurs.**

15 Referee

Where possible a referee will be provided at EMGA WTC competitions to adjudicate in matters of rule interpretation and dispute. The referee's decision on such matters will be final.

16 Apparatus

All gymnasts will use the apparatus supplied at the competition venue. Wherever possible equipment dimensions will be set up to FIG specifications which include height and width dimensions for asymmetric bars, beam mount run up and vault run up.

On floor a 5 cm safety mat will be allowed for double back, D and E saltos, **without deduction except in Challenge qualifier events when normal FIG deductions apply.**

A Yurchenko safety block must be placed around the springboard for performance of this vault and the gymnast's personal hand placement mat can be used. The club is responsible for bringing its own hand placement mat to the competition.

Parallettes will be provided by the WTC for Grade 6 & 5.

17 Tall Gymnasts

The high bar may be raised in accordance with FIG regulations for tall gymnasts.

Requests for the bar to be raised must be made to the competition controller prior to general warm up.

18 Music

Music must be uploaded at the time of entry via the BG on line entry section and a copy brought to the competition either on CD, IPod or memory stick.

If using CD's gymnasts must have their own individual CD's regardless of whether multiple gymnasts are using the same piece of music. It is suggested that all Clubs keep individual copies for their gymnasts that are only used for competitions as training CD's can become scratched.
Music for County team competitions should be brought on the day of competitions and handed in when registering.

19 Safety

It is strongly recommended that a coach should be close enough to the landing area for dismount on vault, bars and beam.
Judges will not deduct due to the presence of a coach for dismount only, however this rule does not permit the coach to touch the gymnast during the dismount unless it is to prevent an accident and a deduction will be applied as per FIG. Coaches standing on matting apart from covering dismount will incur a penalty as per FIG for remaining on podium.

20 Mobile Phones /Devices

Coaches, judges and officials must switch off their mobile phones/devices when in the competition arena. Stop watches or wrist watches may be used for timing warm ups.

21 Protests

Protests should be written on the standard EMGA WTC form and handed to the competition controller together with the £5 fee within 15 minutes of the score having been received. The protest form is available from the competition controller.

Protest regarding D score only should include details of the gymnast's number, apparatus protested, declared score, technical reasons for the protest and coaches signature.

The competition controller will pass the protest to the relevant master judge who will consider it with the other judges on that apparatus and deliver a signed reply back to the competition controller. Any further dispute will be adjudicated upon by the referee whose decision will be final.

Coaches may not complain about another gymnast's score, compare scores or cite other gymnast's scores in a protest. Video evidence and block protests will not be permitted.

Protests may not be used to complain about a judge.

Coaches may ask a master judge for details of deductions at an appropriate time, to enable the improvement of routines by being informed of particular mistakes, provided that no protest is made afterwards.

It is not permitted to protest the E score as per FIG ruling

22 Rule Changes

The EMGA WTC reserves the right to amend competition rules as it may feel necessary. Such changes shall be informed to member clubs before closing date of competitions at which they will take effect except where such changes are demanded by the British Gymnastics Association or the FIG within a shorter period of time.

23 Disputes

In the event of a dispute that cannot be resolved by reference to the rules, the referee shall make a decision at competitions and the chairman of EMGA WTC in other circumstances. These decisions shall be final. The situation will then be discussed by the WTC at their next available meeting.

Video evidence is not allowed.

24 Clarification

For clarification on any subject please contact the chair of EMGA WTC in writing allowing a minimum of 14 days for a response.

25 Trophies

All trophies are the property of East Midlands Gymnastics Association. Provision for the return of trophies won at WTC competitions should be made two weeks prior to the following year's competition. Clubs/Counties are

responsible for the return of all trophies won by gymnasts competing for them. The cost of engraving winner's names on trophies is the responsibility of the individual clubs/counties.

If trophies are damaged or not returned the Club will be invoiced for the cost of a new one.

26 Competition Results

A complete copy of competition results will be issued by email to each Club/County competing in an event. The results will be posted on the East Midlands website which can be accessed by the public.

In the unlikely event of an incorrect score/medal being announced a member of the WTC will contact the Club/County involved to make good the error.

27 Photography & Video

British Gymnastics has announced that no prior registration is required for the use of cameras/phones/videos and any other electrical items but spectators may be requested to register at the event and may be asked for identification. East Midlands will be following these guidelines.

Can all Clubs ensure that all spectators from their individual Clubs/Counties are aware that the publishing of videos & photos on public websites should only be done with the consent of all parties involved. The East Midlands abides by BG photographic policies <https://www.british-gymnastics.org/about-us-documents/3276-photography-policy/file>.

Please can we remind you photography can only be carried out from the audience seating and it is not permissible for photographers to profit from any photographs taken these should be for personal use only.

28 Regional Squad

The squad will be selected in December for the following first half sessions of 2020. Further selections may take place in the Summer for the 2nd half of 2020. Selection policy is attached as appendix 3. Payment for training is made by the Clubs via the Gymnet entry system.

Coaches and judges are welcome to attend the sessions regardless of whether their Club has any squad members.

Selection for the squad is made by the EMGA WTC and Regional Coach.

See page 3 for dates and times.

Club Grades 6 & 5 (In age only)

Date:	Sunday 1st March 2020
Venue:	New College, Glenfield Road, Leicester
Entry Deadline	Sunday 2nd February 2020
Path / Entry Criteria	BGA Regional Club Grades Club Grade 6 - 8 year old born 2012 Club Grade 5 - 9 year old born 2011
Entry Fee	£18.00 per gymnast, includes a certificate & badge if pass mark obtained £2.00 per coach £10.00 per club judging fee
Judging Rules & Apparatus Regulations	Club Grade 6 & 5 BG British Club Grades (grades book can be found on the BG website/gymnet/links/resources)
Competition Format	Warm up then compete on each piece of apparatus.
Pass Mark:	Club Grade 6 & 5 Pass 47.50 Commended 55.00 Distinction 60.00 Compulsory 5 Pass 55.00
Gymnasts Membership Requirement:	Club Grades Minimum BG Club Silver
Coaching Level:	Minimum of WA Level 2
Judging Levels	Minimum of 2 judges on each piece, 1 regional
Awards	Medals will be awarded to the top 3 gymnasts in each grade. (The grade must be passed to be awarded medals)

Grades badges & certificates will be sent to the Clubs who will distribute to the gymnasts who have passed their grade.

To be read in conjunction with EMGA WTC General Rules

Compulsory Grade 5

Date:	Sunday 1st March 2020
Venue:	New College, Glenfield Road, Leicester
Entry Deadline	Sunday 2nd February 2020
Path / Entry Criteria	Compulsory 5 – 8 year olds only born 2012
Entry Fee	£18.00 per gymnast, includes a certificate when pass mark obtained £2.00 per coach £10.00 per club judging fee.
Judging Rules & Apparatus Regulations	Compulsory 5 rules can be found on East Midlands website
Competition Format	Warm up then compete on each piece of apparatus.
Pass Mark:	Compulsory 5 Pass 55.00
Gymnasts Membership Requirement:	Compulsory 5 Minimum BG Club Bronze
Coaching Level:	Minimum of WA Level 2
Judging Levels	Minimum of 2 judges on each piece, 1 regional
Awards	Medals will be awarded to the top 3 gymnasts in the grade. Medallists must have passed the grade. All gymnasts passing the grade will receive a certificate. The certificates will be sent to the Clubs for distribution.

To be read in conjunction with EMGA WTC General Rules

Regional Club Grades 4,3,2,1

Date:	Sunday 15th March 2020
Venue:	New College, Glenfield Road, Leicester
Entry Deadline	Sunday February 16th 2020
Path / Entry Criteria	Regional Club Grades Club Grade 4 - minimum age 10 years Club Grade 3 - minimum age 11 years Club Grade 2 – minimum age 12 years Club Grade 1 – minimum age 13 years
Entry Fees	£18 per gymnast which includes badge & certificate when grade is passed £2 per coach £10 per club judging fee.
Judging Rules & Apparatus guidelines:	BG Club Grades criteria. (grades routines can be found on the BG website/gymnet/links/resources) Execution & Artistry as per BG Guidelines
Competition Format	Warm Up compete on each apparatus
Pass Mark:	Pass 47.50 Commended 55.00 Distinction 60.00
Gymnasts Membership Requirement:	Minimum BG Club Silver
Coaching Levels:	Minimum WA level 2 for grades 4 & 3 Minimum WA level 2 for grade 2 with level 3 min lead coach cover required for beam dismount and handspring front. Minimum WA level 3 for Grade 1
Judging Levels	Minimum of 2 judges on each piece, 1 regional
Awards	Medals will be awarded to the top 3 ‘In-Age’ and ‘Out of Age’ gymnasts in each grade. Grade badges will be given out to all gymnasts that pass their grade. Certificates will be sent later. Medallists must have passed the grade

To be read in conjunction with EMGA WTC General Rules

Regional National 5 Progression

Date:	Sunday 26th April 2020
Venue:	New College, Glenfield Road, Leicester
Entry Deadline	Sunday March 29th 2020
Age Groups	9 years only
Entry Fees	£16.00 per gymnast Includes a certificate when pass mark obtained £2.00 per coach £10 per club judging fee.
Judging Rules	East Midlands National 5 Progression (see competition rules on BG website)
Competition Format	Warm up then compete on each piece of apparatus.
Pass Mark:	50.00
Gymnasts Membership Requirement:	Minimum BG Club Bronze
Coaching Levels:	Minimum WA Level 2
Judging Levels	Minimum of 2 judges on each piece, 1 regional
Awards	Medals will be awarded to the top 3 gymnasts. Certificates will be awarded to all gymnasts passing the grade. Medallist's must have passed the grade.

To be read in conjunction with EMGA WTC General Rules

Regional Compulsory Grades 4 & 3 Qualifier

Date:	Sunday 26th April 2020
Venue:	New College, Glenfield Road, Leicester
Entry Deadline	Sunday March 29th 2020
Age Group	Compulsory 4 - 9yrs in the year of competition. Compulsory 3 - 10yrs in the year of competition, Out of age 11yrs and over.

Elite Path & Entry Criteria BG Compulsory Grades 4 & 3 National Qualifier.

Entry Fees £16.00 per gymnast. Includes a certificate if pass mark obtained
£2.00 per coach. £10 per club judging fee.

Judging Rules & BG British Compulsory Grades 2020. November 2018 update
(routines on the BG website/gymnet/links/resources)

Apparatus Regulations Execution & Artistry will be taken per BG guidelines

Competition Format Warm up then compete on each piece of apparatus.

Pass Mark: 52.00 for both Compulsory 4 & 3

Gymnasts Membership Requirement: Minimum BG Club Silver

Coaching Levels: Minimum WA Level 3

National Final Qualification Criteria The top 4 in age gymnasts in Grade 4 & 3 In-age acquiring the pass mark will represent the East Midlands team for the National Compulsory Grades Finals. All qualifying gymnasts (including reserves) will be invited to attend a squad training session on May 3rd venue TBC. The reserve will be expected to attend the National final and all gymnasts must stay at the National finals until the medal ceremony for their particular grade has finished. Failure to do this could lead to the whole team being disqualified.

Date for National finals is Compulsory 4 & 3 May 9/10th 2020.

Awards Medals will be awarded to the top 3 gymnasts In age. Medallists must have passed the grade. Grades certificates will be awarded to all gymnasts who pass their grade at 4 & 3. These will be sent later via the Clubs.

The Diana Mohammed Trophies: “In Age” gymnast’s scores from this competition and the National Compulsory Level 2 competition will be carried forward to Regional Age Group Championships scores to establish regional champions at 9, 10 and 11 years.

To be read in conjunction with EMGA WTC General Rules

National Grades 4,3,2,1

Date:	Sunday 26th April 2020
Venue:	New College, Glenfield Road, Leicester
Entry Deadline	Sunday March 29th 2020
Path / Entry Criteria	National Club Grades BG National Qualifier Club Grade 4 - minimum age 10 years Club Grade 3 - minimum age 11 years Club Grade 2 - minimum age 12 years Club Grade 1 - minimum age 13 years
Entry Fees	£18.00 per gymnast includes a certificate & badge when pass mark obtained £2.00 per coach. £10 per club judging fee.
Judging Rules & Apparatus Regulations	BG British Club Grades criteria 2017 -2020 General faults. Execution & Artistry will be taken as per BG Guidelines.
Competition Format	Warm up then compete on each piece of apparatus.
Pass Mark:	Pass 50.00 , Commended 55.00, Distinction 60.00
Gymnasts Membership Requirement:	Minimum BG Club Silver
Coaching Levels:	Minimum WA Level 2 at National NDP 4 Minimum WA Level 3 at National NDP 321
Judging Levels	Minimum of 2 judges on each piece, 1 regional
National Final	<p>The first four gymnasts (on all five pieces) regardless of age in each grade will represent the region at the National Finals. Gymnasts must have attained the overall pass mark of 50+. All qualifying gymnasts (including reserves) will be invited to attend a squad training day on Sunday May 3rd venue TBC. The reserve will be expected to attend the National final and all gymnasts must stay at the National finals until the medal ceremony for their particular grade has finished. Failure to do this could lead to the whole team being disqualified.</p> <p>Awards Medals will be awarded to the top 3 ‘In-Age’ and ‘Out of Age’ gymnasts in each grade. Medallist’s must have passed the grade. Grades badges & certificates for all gymnasts passing their grade will be sent to the Clubs to distribute.</p>

To be read in conjunction with EMGA WTC General Rules

Regional Club Team

Date: Sunday 5th July 2020

Venue: New College, Glenfield Road, Leicester

Entry Deadline Sunday 7th June 2020

Age Groups Junior 9 -12 years,
Senior team minimum 12 years & upwards
Open age team

Each Team may have a pool of six gymnasts, with highest four marks on each piece counting towards team total.

Entry Criteria Teams can contain:
Junior Team: aged 9-12 can contain any number of in age Level 3 & 4 gymnasts, Level 2 in age cannot be in junior teams
Senior Team: open to all gymnasts over the age of 11
Open age team : open to all open age gymnasts level 4 & 3

Entry Fees £70.00 per team
£2.00 per coach
£10 per club judging fee.

Competition Format Warm up then compete on each piece of apparatus.

Gymnasts Membership Requirement: Minimum BG Club Bronze Junior & open age teams. Silver senior teams

Coaching Levels: Minimum WA Level 3 for junior & open age teams WA level 4 for senior teams

Judging Rules & Apparatus Regulations

Junior teams 9-12 yrs old East Midlands Out of Age Level 3

Senior Teams 12yrs and over Challenge Cup Full FIG

Open age teams open age 3 &4 gymnasts - East Midlands Out of Age Level 4

EACH CLUB MAY ONLY ENTER ONE TEAM IN EACH SECTION

Gymnasts in the Senior team can also be entered for the Challenge Cup Qualifier being held at the same time as the Senior team event. You will need to enter gymnasts in both events if you wish them to use this as a challenge cup qualifier but there is only one entry fee. Gymnasts who have competed in challenge qualifier may not revert to Level 2 at future East Midlands Events

Judging Levels Minimum of 2 Judges on each piece, one Regional

Awards Medals will be awarded to the top three teams at each level.

National Challenge Cup Qualifier

Date:	Sunday 5th July 2020
Venue:	New College, Glenfield Road, Leicester
Entry Deadline	Sunday 7th June 2020
Age Groups	Challenge Espoire – 12/13 years Challenge Junior - 14/15 years Challenge Senior - 16+ years
Path & Entry Criteria	Open Age, gymnasts must be eligible to compete in Challenge Cup.
Entry Fees	£15.00 per gymnast. £2.00 per coach. £10 per club judging fee.
Judging Rules &	BG Challenge Cup FIG 1 (see BG WTC Handbook 2020)
Apparatus Regulations	As per FIG
Judging Levels	Minimum of 2 judges on each piece, one regional
Coaching Levels	Minimum WA level 4
Gymnasts Membership Requirement:	Minimum BG Silver
Competition Format	Warm Up Compete
Awards	No medals will be awarded as qualifier only. Certificates will be awarded to gymnasts achieving the qualifying score and be presented at the end of the competition
Qualifying mark:	As set by British Gymnastics

Gymnasts who have competed in challenge qualifier may not revert to Level 2 at future east Midlands Events

To be read in conjunction with EMGA WTC & BG General Rules

Open Regional Disabilities Championships

Date: Sunday 5th July 202019

Venue: New College, Glenfield Road, Leicester

Entry Deadline Sunday 7th June 2020

Age Groups: Junior 8 - 15yrs Senior 16+yrs

Entry Fee: £15.00 per gymnast

Judging Rules & Regulations: BG Competition Open 2020,
Level A & B 2020
East Midlands Level C 2020

Gymnasts Membership Requirement: Minimum BG Silver

Coaching Requirement: Minimum WA level 2

Competition Structure:

Class 1 Learning Disability
Class 2 Physical or Sensory Disability

BG Open Level as per BG rules
Senior Competition A Class 1 & 2,
Junior Competition A Class 1 & 2
Senior Competition B Class 1 & 2
Junior Competition B Class 1 & 2
East Midlands Level C Class 1 & 2

Awards: Medals will be awarded to the top 3 overall placing gymnasts in each age group, each level and class.

The WTC has the discretion to amalgamate age groups if there is only one gymnast entered in a particular category

This competition is open to clubs outside of the East Midlands region

To be read in conjunction with EMGA WTC General Rules

Senior, Junior and Espoir Championships **(Including Individual Apparatus Finals)**

Date	Sunday 27th September 2020
Venue	New College Leicester, Glenfield Road LE3 6RB
Entry Deadline	Sunday 30th August 2020
Age Groups	Senior Championships - 16 years and over Junior Championships - 14/15 years Espoir Championships – 12/13 years
Path & Entry Criteria	In Age
Entry Fees	£15.00 per gymnast £2.00 per coach £10 per club judging fee.
Judging Rules & Apparatus Regulations	Seniors - FIG Competition 1 Junior – FIG Competition 1 Espoir – FIG Competition 1
Competition Format	Warm up, compete.
Gymnasts Membership Requirement: Minimum BG Club Silver	
Coaching Levels:	Minimum WA Level 4
Judging Levels	Minimum of 1 Regional Judge on each piece, plus 1 National
Awards	Trophies will be awarded as follows:
Senior	Overall Champion; Best Floor - Harold Davies Trophy Highest Individual Score (not including vault) - The Duflex Shield
Junior	Overall Champion
Espoir	Overall Champion
Junior, Senior & Espoir	Medals will be awarded to the top three gymnasts overall and on each piece of apparatus in each competition.

The individual Vault, Bars, Beam and Floor trophies will be presented to the gymnasts with the highest score on each piece throughout the Senior, Junior & Espoir Level & Challenge Cup. (Full FIG rules)

Any gymnasts wishing to compete for the Individual Vault award must compete 2 vaults which must be from different vault groups. Scores to be averaged. The first vault will count towards the overall mark.

To be read in conjunction with EMGA WTC General Rules

Regional Open Age Championships L2, L3 **&** **Challenge Cup (National Qualifier)**

Date	Sunday 27th September 2020
Venue	New College Leicester, Glenfield Road LE3 6RB
Entry Deadline	Sunday 30 th August 2020
Age Groups	Level 3 11, 12/13 and 14+ years Level 2 11/12, and 13+ years Gymnasts aged 11 who have passed compulsory 3 are not eligible for level 2 Challenge Espoir – 12/13 years Challenge Junior - 14/15 years Challenge Senior - 16+ years
Path & Entry Criteria	Open Age, Challenge gymnasts must be eligible to compete in Challenge Cup.
Entry Fees	£15.00 per gymnast £2.00 per coach £10 per club judging fee.
Gymnasts Membership Requirement:	Minimum BG Silver challenge qualifier Minimum BG Bronze level 2 & 3
Coaching Levels:	Minimum WA Level 3 (challenge level 4)
Judging Rules &	Regional Out of Age East Midlands Level 3 & 2 Espoir Challenge: FIG Competition 1 Junior & Senior Challenge: FIG Competition 1
Apparatus Regulations	As per FIG
Judging Levels	Minimum of 2 judges on each piece, one regional
Competition Format	Warm Up Compete
Awards	Medals will be awarded to the top 3 overall and on each apparatus in each age group.

The individual Vault, Bars, Beam and Floor trophies will be presented to the gymnasts with the highest score on each piece throughout the Senior, Junior & Espoir Level & Challenge Cup.
Any gymnasts wishing to compete for the Individual Vault award must compete 2 vaults and must be from different vault groups. Scores to be averaged, the first vault will count towards the overall mark and their Challenge qualifier score.

To be read in conjunction with EMGA WTC General Rules

Regional Level 5 Age Group Championships

Date	Sunday 27th September 2020
Venue	New College Leicester, Glenfield Road LE3 6RB
Entry Deadline	Sunday 30 th August 2020
Age Groups	8 years
Path & Entry Criteria	Stand-alone East Midlands competition
Entry Fees	£15.00 per gymnast. £2.00 per coach. £10 per club judging fee.
Judging Rules &	East Midlands Level 5 rules
Apparatus Regulations	See separate sheet with Level 5 regulations
Competition Format	Warm up then compete on each piece of apparatus.
Gymnasts Membership Requirement:	Minimum BG Club Bronze
Coaching Levels:	Minimum WA Level 2
Judging Levels	Minimum of 2 judges one of which min Regional Judge on each piece.
Awards	Medals will be awarded to the top three gymnasts overall and individual apparatus medals.

To be read in conjunction with EMGA WTC General Rules

Regional Age Group 4 & 3 Championships

Date	Sunday November 1st 2020
Venue	New College Leicester, Glenfield Road LE3 6RB
Entry Deadline	Sunday 4th October 2020
Age Groups	9, 10 and 11 years
Path & Entry Criteria	In Age BG Age Group Championship Criteria
Entry Fees	£15.00 per gymnast £2.00 per coach £10 per club judging fee.
Judging Rules & Apparatus Regulations	BG Age Group Championships criteria 9 year olds - Level 4, 10 year olds - Level 3 11 year olds - Level 2
Competition Format	Warm up then compete on each piece of apparatus.
Gymnasts Membership Requirement:	Minimum BG Club Silver
Coaching Levels:	Minimum WA Level 3
Judging Levels	Minimum of 2 Regional Judge on each piece, plus 2 club
National Final Qualification Criteria	<p>The top four gymnasts in Level 4 & 3 will represent the East Midlands at the National Age Group Finals (provided the WTC scoring criteria is met). All qualifying gymnasts (including reserves) will be invited to attend a squad training day on November 8th venue TBC. The reserve will be expected to attend the National final and all gymnasts must stay at the National finals until the medal ceremony for their particular level has finished. Failure to do this could lead to the whole team being disqualified.</p> <p>Individual entries are allowed from gymnasts achieving the National pass mark but not finishing in the top four. (pass mark at top of individual BG Levels competition rule sheet)</p>
Awards	<p>In age trophies for Level 4, 3, 2 Medals will be awarded to the top three gymnasts overall and on each apparatus in each age group.</p> <p><i>The Diana Mohammed Trophies:</i> Scores from this competition will be added to Compulsory Level 4, 3 & 2 scores to establish regional champions at 9, 10 and 11 years.</p>

Regional Open Age Championships (Level 4)

Date	Sunday November 1st 2020
Venue	New College Leicester, Glenfield Road LE3 6RB
Entry Deadline	Sunday 4th October 2020
Age Groups	Competition age groups will be determined on the basis of the profile of entries received and published with the competition advice. The following provisional groupings are based on the 2018 entry profile; Age 10, 11, 12/13, 14+ years (minimum age 10 years)
Path & Entry Criteria	Open Age
Entry Fees	£15.00 per gymnast £2.00 per coach £10 per club judging fee.
Gymnasts Membership Requirement:	Minimum BG Club Bronze
Coaching Levels:	Minimum WA Level 2
Judging Rules &	EMGA Open Level 4 Vault height optional,
Apparatus Regulations	See separate sheet with regulations.
Judging Levels	Minimum of 2 judges on each piece, one Regional
Competition Format	Warm up then compete on each piece of apparatus.
Awards	Medals will be awarded to the top 3 overall and individual apparatus in each age group.

Open County Team Floor and Vault Championships

Date:	6th December 2020
Venue:	New College, Glenfield Road, Leicester
Entry Deadline	Sunday 8th November 2020
Age Groups	8/9 yrs, 10/11 yrs, 12/13yrs, 14+yrs
Path / Entry Criteria	Teams should wherever possible be chosen through a county qualifier. Open to all gymnasts that have not competed at Level 4 or higher in the region including 2020. In age Level 5 gymnasts can be part of the team Gymnasts that have competed in Compulsory Grades/ National Grade 4 -1 are not eligible All Clubs with gymnasts in the County Teams must be affiliated to EMGA
Entry Fees	£40.00 for each age category entered or £140 if all 4 age categories entered. Entry form in handbook.
Gymnasts Membership Requirement:	Minimum BG Club Bronze
Coaching Level:	Minimum of WA Level 2
Judging Rules & Apparatus Regulations	See separate sheet.
Competition Format	Warm up then compete on each piece of apparatus. 4 gymnasts in each age group to compete all scores to count.
Judging Levels	Minimum of 1 Regional & 1 club judge on each piece Each County must nominate a minimum of 2 judges, 1 regional or above and 1 Club judge, the counties will be responsible for the judges expenses. (Counties also entering JNR or SNR team will need to nominate 4 judges in total)
Awards:	
Individuals:	Medals will be awarded to the top 3 gymnasts in each age group.
County Teams:	Medals will be awarded to the top three county teams in each age group.
	A trophy will be presented to the top scoring overall county squad.

Regional County 4 piece Team Championships

Date:	6th December 2020
Venue:	New College, Glenfield Road, Leicester
Entry Deadline	Sunday 8th November 2020
Age Groups	Junior 9 -12 years, Senior team minimum 11 years Each Team may have a maximum of six gymnasts, all to compete and top four to score on each piece.
Entry Criteria	Teams can contain: Junior Team: a maximum of two In age gymnasts(level 4 & 3 only) Senior Team: a maximum of two In age gymnasts (level 2 & 3 only) Gymnasts qualified for British Championships are not eligible Junior Team 9-12 yrs old East Midlands Out of age Level 3 Senior Teams 13 yrs and over, Challenge Cup Full FIG <i>Counties unable to field a team in either specified age group may field a single team in the Senior competition. Gymnasts aged 10-12 may be included in the Senior team.</i>
Entry Fee	£70.00 per team £2.00 per coach
Apparatus Regulations	
Competition Format	Warm up then compete on each piece of apparatus.
Gymnasts Membership Requirement:	Minimum BG Club Bronze Junior team Minimum BG Club Silver senior team
Coaching Level:	Minimum of WA Level 3
Judging Levels	Minimum of 2 Judges on each piece. Each county to provide 2 judges, one Regional or above and one Club judge. The counties will be responsible for paying their nominated judges travelling expenses. (Counties also entering floor and vault team will need to nominate 4 judges in total)
Awards	A trophy will be awarded to the winning team. Medals will be awarded to the members of the top three teams. Medals will be awarded to the top 3 senior and top 3 Junior individual gymnasts

A trophy will be awarded to the County with the highest aggregate score between the Floor & Vault & 4 piece competition.

Entry Form – Open County Team Floor & Vault Championships & 4 piece Junior & Senior Teams

Sunday 6th December 2020, New College, Glenfield Road, Leicester

Name of County: _____

Name of County Coach: _____

Email address: _____ Tel No. _____

Information regarding the competition will be sent to the above email address.

Closing Date for Entries: Sunday 8th November 2020

Entry Fee:

Age Group	Please Tick	Fee per team
Junior 4 piece team		£70
Senior 4 piece team		£70
8/9 year		£40
10/11 years		£40
12/13 years		£40
14+		£40
All 4 age Groups		£140

Counties MUST provide 2 Judges (minimum 1 Regional). Failure to provide 2 judges will result in the entry being refused. 4 judges in total if entering both floor & vault teams and Senior/Junior team

Judges Name*	Judge BG Number*	Judge Award*
1		
2		
3		
4		

Total fee paid by Bacs £ _____

East Midlands Gymnastics Association Sort Code 77 22 18 A/c 46765960 reference wtc entry + county initials

Please print off a copy of bacs payment and sent with entry form

Entry Form – Open County Team Floor & Vault Championships

Sunday December 6th December 2020, New College, Glenfield Road, Leicester

Name of County: _____

Name of County Coach: _____

Email address: _____ Tel No. _____

Information regarding the competition will be sent to the above email address.

Gymnasts Name*	TEAM	Date of Birth*	BG Number *	Name of Coach*	Coach DOB *	Coach BG Number*	Coach Award*
1	8/9						
2	8/9						
3	8/9						
4	8/9						
Res	8/9						
1	10/11						
2	10/11						
3	10/11						
4	10/11						
Res	10/11						
1	12/13						
2	12/13						
3	12/13						
4	12/13						
Res	12/13						
1	14+						
2	14+						
3	14+						
4	14+						
Res	14+						

I can confirm that the above criteria have been adhered to.

Signed: _____

Print Name: _____

When paying by bacs the reference should be: WTC entry, name of club and the date of competition and a copy of the payment sent with the entry form.

Incorrect or incomplete forms will not be accepted. All sections marked * must be completed.

Please send entries and proof of payment to: Alisa.lga@ntlworld.com

Entry form County Junior/Senior team

Sunday 6th December 2020, New College Leicester

Name of County: _____
 Name of County Coach _____
 E-mail address: _____ Tel No. _____

Information regarding the competition will be sent to the above email address.

Closing Date for Entries: **Sunday 8th November 2020**

Entry Fee: **£70.00 per county team** (entries will not be accepted after the closing date)

Team Details: Teams to consist of six gymnasts, with five to compete on each piece and four scores to count.

Gymnasts Name*	Date of Birth	Gymnast BG number	Name of Coach*	Coach DOB *	Coach BG Number*	Coach Award*
JUNIOR TEAM						
1						
2						
3						
4						
5						
6						
SENIOR TEAM						
1						
2						
3						
4						
5						
6						

“When submitting entries for a British Gymnastics event the onus is on the club and coaches to ensure that the coaches attending to the participants are qualified to the level of the participants’ performance”.

I can confirm that the above criteria have been adhered to. ***Signed:** _____
***Print Name:** _____

Only ONE coach per gymnast allowed

Entry Fees **£70** per team £_____ Coaches £2 each _____ Total Entry £_____

When paying by bacs the reference should be: WTC entry, name of county and the date of competition. A copy of the payment should be attached to the entry form.

Incorrect or incomplete forms will not be accepted. All sections marked * must be completed.

Please send entries and proof of payment to: Alisa.lga@ntlworld.com

APPENDIX 1 SKILLS MATRIX

See attached spread sheet

APPENDIX 2 LEAD COACH STATUS

Lead Coach & Supervised Coach

There may be circumstances where the coach of the gymnast does not hold the qualification that covers all the skills a gymnast is planning to perform at the event or where a coach with the relevant qualification isn't able to physically spot a move and relies on a lesser qualified coach to assist them.

In this case, if the coach who is on the floor with the gymnast has undertaken the full education course that encompasses the skills that their gymnast is going to compete, then they may do so under the supervision of a "Lead Coach", which will then make them a "Supervised Coach" as defined in the competition handbook. This is only valid where the gymnast is performing skills a maximum of one coaching level higher than that coach's current qualification.

In this case, a Lead Coach must be nominated during the online entry process and must be present in the competition arena, however they do not necessarily need to be at the apparatus with the gymnast. The Lead Coach must hold the qualification that covers all the skills being performed at the event by all the gymnasts under their supervision and they will take overall responsibility for the safety of the gymnasts.

For clarity, this responsibility of the Lead Coach extends to the legal responsibility from an insurance perspective and they need to be sure that the supervising coach at the event is suitably competent to maintain the safety of the gymnast.

If your coach has not attended a course or your course has expired (over 2 years) then your gymnast cannot perform any skill above their syllabus, if you have a lead coach covering these skills, again they need to be on your competition entry form, however in this instance they need to supervise the gymnast at the apparatus and stay with them on any apparatus requires their supervision, only they are able to support the gymnasts for the skills they are covering.

Lead coaches will only be accepted by the East Midlands Technical Committee if entered as a coach on the online entry for that club. In the case of exceptional circumstances on the day of competition the WTC will require in writing from a lead coach that they are covering skills and are happy to do so, where possible online entry will be opened and that lead coach added to the online entry. ALL CHANGES/AMMENDMENTS WILL INCUR THE £10.00 ADMINISTRATION CHARGE, THIS INCLUDES SUBSTITUTION OF A COACH ON THE DAY TO ACT AS LEAD COACH.

2020 EAST MIDLANDS REGIONAL SQUAD SELECTION CRITERIA.

GB AND HOME NATION SQUAD GYMNASTS.

Gymnasts that are selected for any Great Britain or home nation squad are not eligible for selection to squad sessions. These gymnasts will be invited to any National team training sessions that they qualify for.

These gymnasts are eligible for selection for any competitions that the Region enters a team, provided they meet the selection criteria for that event.

SQUAD FIRST HALF	AGE RANGE IN YEAR OF SQUAD	QUALIFYING CRITERIA
JUNIOR A SQUAD	8 - 11	<ul style="list-style-type: none"> • Top in age 8 gymnasts at level 5 (combined comp & levels result 2019) • Top in age 8 gymnasts at level 4 (combined comp & levels result 2019) • All in age gymnasts passing comp 3
SENIOR A SQUAD	11+	<ul style="list-style-type: none"> • All gymnasts that have passed compulsory 2. • All gymnasts that are eligible for the British Championships. • All gymnasts that qualified to enter the Challenge Cup in 2019.
B SQUAD	Ages according to NDP results see next column	National Grade 4 top 5 gymnasts aged 10-12 National Grade 3 top 5 gymnasts aged 11-13 National Grade 2 top 5 gymnasts National Grade 1 top 5 gymnasts
SQUAD SECOND HALF	AGE RANGE IN YEAR OF SQUAD	QUALIFYING CRITERIA
JUNIOR A SQUAD	8 - 10	<ul style="list-style-type: none"> • Top in age 8 gymnasts at comp 5 2020 • Top in age 8 gymnasts at comp 4 - 2020 • All in age gymnasts passing comp 3 - 2020
SENIOR A SQUAD	11+	<ul style="list-style-type: none"> • All gymnasts that have passed compulsory 2. • All gymnasts that are eligible for the British Championships. • All gymnasts that qualified to enter the Challenge Cup in 2019 / 2020.
B SQUAD	Ages according to NDP results see next column	National Grade 4 top 5 gymnasts aged 10-12 National Grade 3 top 5 gymnasts aged 11-13 National Grade 2 top 5 gymnasts National Grade 1 top 5 gymnasts

There may at the discretion of the WTC and Regional coaches be Wild Card selections. This will allow for gymnasts who have not performed well at competition, may have been injured or have not taken grades to still be selected if they have shown talent.

Gymnasts in either A squads falling behind expected skills may be asked to move to B squad at any point. Gymnasts in B squad if showing skills above B squad level may be invited to A squad. Coaches will always be informed if squad coaches have concerns and may be considering moving gymnasts to a lower squad and gymnasts given targets to meet to stay in A squad. B squad gymnasts similarly will be given information on expected targets before losing their place in squad.