

East Midlands Gymnastics Association



EAST MIDLANDS GYMNASTIC ASSOCIATION

2021 WTC Competition & squad Handbook

EMGA Executive Committee

Chairperson: Paul Lipton **Secretary:** Katie Foster **Treasurer:** Alisa Saunders

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)

Chairman: Jenni Harris mob: 07740087208 email: jenniharris449@hotmail.com

Judging Convenor: James Chalkley

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

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

Members : Beth Murdock & Callum Allen

Regional Squad Coach: No appointed coach for 2021

Regional Squad Co-ordinator: Jenni Harris

WTC Welfare Officers: Linda Thompson Email: Eastmids.rwo1@british-gymnastics.org
Jenni Harris Email: Eastmids.rwo2@british-gymnastics.org

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 2021 Competitions

All competitions will be at New College Leicester

<u>Date</u>	<u>Competition</u>	<u>Closing Date</u>
25 th & 26 th September	Classic Challenge qualifier Bronze , Silver & Gold Compulsory 2	Friday 27 th Aug
These events will be held Saturday afternoon and all day Sunday – which levels are on which day and time will be decided after the entries are received.		
9 th & 10 th October	FIG Challenge, all around and apparatus FIG regional champs all around and apparatus Disabilities Regional championships Classic Challenge Copper for 9 year olds and Zinc for 8 year olds Regional Compulsory Grade 3	Friday 11 th September

REGIONAL SQUAD TRAINING - We will be trying to run some squads this year and they will be payable on a sessional basis.

National Dates: 2021 Please refer to dates as published on British Gymnastics website, as there is potential for these to change if COVID guidance changes.

Gymnasts may enter at any level they wish with the new rules coming into force. They must however meet the criteria set down nationally.

Women's Technical Committee

GENERAL RULES AND REGULATIONS 2021

The following regulations will apply at all East Midlands Gymnastics Association Women's Technical Committee Competitions in 2021

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 competitions that BG state requires Silver insurance.

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 compete in the Classic challenge in the same year they have taken a compulsory Grade. Coaches should refer to the new guidance from BG on pathways available to gymnasts. A gymnast passing compulsory 2 this year or having passed previously is eligible for the British Championships, entry into the FIG challenge qualifier will de qualify them for the British however.

3 Gymnastic Progression

These will be evaluated at the end of 2021 in line with BG guidance.

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

Only registered coaches, judges 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

There are no events planned this year that require a county qualification.

8 Team Competitions

We have needed to limit the events this year and therefore there will not be any team events running.

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.

PLEASE NOTE AT THIS TIME WE ARE UNSURE IF SPECTATORS WILL BE PERMITTED OR IF WE WILL NEED TO IMPOSE RESTRICTIONS ON NUMBERS.

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.

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 has been selected and new criteria will be set for 2022. Payment for training is made by the Clubs via the Gymnet entry system and for this year only is made for each session and not en bloc.

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

Selection for the squad has been made by the EMGA WTC .
See page 3 for dates and times.

Regional Compulsory Grade 2

This event is run as a warm up event only gymnasts cannot pass their grade at this event.

Date: Weekend of Sunday 25th/ 26th September 2021

Venue: New College, Glenfield Road, Leicester

Entry Deadline Friday 27th Aug 2021

Age Group Compulsory 2 – Min 11 yrs in the year of competition.

Entry Fees £15.00 per gymnast.
£2.00 per coach. £10 per club judging fee.

Judging Rules & BG British Compulsory Grades 2020. With 2021 updates
(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.

Gymnasts Membership Requirement: Minimum BG Club Silver

Coaching Levels: Minimum WA Level 3

Awards This will be held purely as a warm up event and no medals will be awarded.

To be read in conjunction with EMGA WTC General Rules

National Classic Challenge Cup Qualifier

Date:	Weekend of Sunday 25th/ 26th September 2021
Venue:	New College, Glenfield Road, Leicester
Entry Deadline	Friday 27th Aug 2021
Age Groups	Bronze min age 10 Silver min age 12 Gold min age 14
Path & Entry Criteria	Gymnasts may not have competed in compulsory grades in 2021 or be eligible for the British championships in 2021 / 2022
Entry Fees	£18.00 per gymnast. £2.00 per coach. £10 per club judging fee.
Judging Rules &	BG Classic Challenge Cup rules
Apparatus Regulations	As per FIG
Judging Levels	Minimum of 2 judges on each piece, one regional
Coaching Levels	Minimum WA level 3 at Bronze and Level 4 at silver and gold
Gymnasts Membership Requirement:	Minimum BG Silver
Competition Format	Warm Up Compete
Awards	Medals will be given to top 3 gymnasts in each section and age groups will be split within region for medals.
Qualification:	Top 6 gymnasts at each level will make up the regional team for national finals plus a travelling reserve.

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

Regional Compulsory Grade 3

This event is run to obtain the pass needed to progress to Compulsory 2 in 2022 only there is no national final.

Date:	Weekend of 9/10 October 2021
Venue:	New College, Glenfield Road, Leicester
Entry Deadline	Friday 11th September 2021
Age Group	Compulsory 3 – Min 10 yrs in the year of competition.
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. With 2021 updates (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:	51.00
Gymnasts Membership Requirement:	Minimum BG Club Silver
Coaching Levels:	Minimum WA Level 3
National Final	There is no national final in 2021
	Awards This will be held for 2021 purely as a grading and no medals will be awarded.

To be read in conjunction with EMGA WTC General Rules

Regional Disabilities Championships

Date: Weekend of Sunday 9/10 Oct 2021

Venue: New College, Glenfield Road, Leicester

Entry Deadline Friday 11th September 2021

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

Entry Fee: £15.00 per gymnast

Judging Rules & Regulations: BG Competition Open 2021,
Level A & B 2021
East Midlands Level C 2020

Gymnasts Membership Requirement: Minimum BG Silver (level C need bronze only)

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

To be read in conjunction with EMGA WTC General Rules

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

Date:	Weekend of Sunday 9/10 Oct 2021
Venue:	New College, Glenfield Road, Leicester
Entry Deadline	Friday 11th September 2021
Age Groups	Senior Championships - 16 years and over Junior Championships - 14/15 years Espoir Championships – 12/13 years
Path & Entry Criteria	Qualified for the British championships.
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;
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

Challenge Cup (FIG)

Date:	Weekend of Sunday 9/10 Oct 2021
Venue:	New College, Glenfield Road, Leicester
Entry Deadline	Friday 11th September 2021
Age Groups	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
Coaching Levels:	Minimum WA Level 4
Judging Rules &	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 Zinc & Copper Classic Challenge Championships

Date:	Weekend of Sunday 9/10 Oct 2021
Venue:	New College, Glenfield Road, Leicester
Entry Deadline	Friday 11th September 2021
Age	Zinc - 8 years only Copper – 9 years only
Path & Entry Criteria	May not have competed compulsory levels in 2021
Entry Fees	£15.00 per gymnast. £2.00 per coach. £10 per club judging fee.
Judging Rules &	BG classic challenge zinc and copper rules
Apparatus Regulations	As per challenge rules
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

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.

APPENDIX 3 REGIONAL SQUAD SELECTION CRITERIA

EAST MIDLANDS REGIONAL SQUAD SELECTION CRITERIA – squad for 2021 has been selected from the 2020 criteria, with those gymnasts in the 2020 squad retaining their places in 2021 with the addition of younger gymnasts from Comp 5 results in 2020.

Criteria for the 2022 squad, will be set towards the end of 2021 and is likely to differ from past criteria in view of changes to rules set by BG.