

# **East Midlands Gymnastics Association**



EAST MIDLANDS GYMNASTIC ASSOCIATION

# **2022 WTC Competition 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](http://www.british-gymnastics.org/east-midlands)

## Women's Technical Committee

**Chairman:** Jenni Harris mob: 07740087208 email: [jenniharris449@hotmail.com](mailto:jenniharris449@hotmail.com)

**Judging Convenor:** James Chalkley email: [info@corby@corbygymnastics.co.uk](mailto:info@corby@corbygymnastics.co.uk)

**Competition Secretary:** Alisa Saunders email: [alisa.lga@ntlworld.com](mailto:alisa.lga@ntlworld.com)

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

**Regional Squad Coach:** No appointed coach for 2022

**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 2022 Competitions

## All competitions will be at New College Leicester

Where 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.

<u>Date</u>	<u>Competition</u>	<u>Closing Date</u>
<b>March 5/6</b>	Grade 6 for 8/9 year olds Grade 5 for 9/10 year olds Regional NDP's grades 4-1  Disabilities NDP	Saturday 5 <sup>th</sup> February 2022 12 noon
<b>April 23/24</b>	Comp 5 4 3 2 (will only offer compulsory 2 if numbers permit) National 5-1	Saturday 26 <sup>th</sup> March 2022 12 Noon
<b>July</b>	Disabilities voluntary champs  Inter club teams – Juniors Bronze 10-13 years , Seniors any age – silver rules	Saturday 4 <sup>th</sup> June 2022 12 Noon
<b>October 15</b>	Zinc and copper inter county teams 6 in a team 4 scores to count	Saturday 17 <sup>th</sup> September 2022 12 noon
<b>October 16</b>	Voluntary levels 5-2  Regional champs FIG  Challenge FIG qualifier	Saturday 17 <sup>th</sup> September 2022  12 Noon
<b>29/30 October</b>	Classic challenge qualifier Bronze , Silver & Gold	Saturday 1 <sup>st</sup> October 2022 12 Noon

**National Dates: 2022 Please refer to dates as published on British Gymnastics website, as there is potential for these to change if COVID guidance changes.**

# **Women's Technical Committee**

## **GENERAL RULES AND REGULATIONS 2022**

The following regulations will apply at all East Midlands Gymnastics Association Women's Technical Committee Competitions in 2022

### **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. Please read carefully the new progressions being introduced with regard to passing compulsory levels before proceeding to next level.

### **3 Gymnastic Progression**

These will be evaluated at the end of 2022 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 31<sup>st</sup> 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. (see section 13 )

Coaches: £2 per event per coach

Judges Fee: £0 per event, Please therefore feel free to nominate more than one judge.

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**

Each County will need to hold a qualifier for the regional final of the Zinc and Copper teams. Result sheets should be emailed to the competition along with entry form and proof of payment.

## **8 Team Competitions**

See each events individual rules. Entry into a team does not affect a gymnast's status and therefore gymnasts can work a higher level in a team without needing to move to that level.

## **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 leggings or shorts can be worn but must be the main color of the leotard. See FIG ruling.

## **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 gymnast's 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 gymnast's 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 jewelry 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 and entry**

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 MAY NEED THE NUMBER OF SPECTATORS AT EACH EVENT. IF GOVERNMENT GUIDELINES CHANGE WE RESERVE THE RIGHT TO MAKE THIS A CLOSED EVENT WITH NO SPECTATORS . IN ANY CASE WE WILL TRY TO ENSURE IF SPECTATORS ARE PERMITTED THAT EACH GYMNAST WOULD HAVE THE SAME NUMBER OF SPECTATORS ALLOWED.**

## **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.

**We have now removed the registration fee for judges and therefore clubs may nominate more than one judge and will only be expected to cover the expenses of one of these judges. PLEASE NOTE WHERE COMPETITIONS ARE HELD OVER A WEEKEND THEN CLUBS MUST PROVIDE A JUDGE FOR EACH DAY AND THEREFORE IF A SINGLE JUDGE IS NOMINATED THEN WE EXPECT THEM TO JUDGE ALL WEEKEND, IF 2 OR MORE ARE NOMINATED THEN PLEASE E MAIL THE COMPETITION SECRETARY WITH WHICH DAYS THEY ARE AVAILABLE. OCTOBER 29/30 YOU WILL NEED TO NOMINATE A JUDGE THAT IS AVAILABLE ALL WEEKEND AS THE BRONZE LEVEL IS LIKELY TO SPREAD OVER 2 DAYS AND WILL REQUIRE THE SAME PANEL OF JUDGES BOTH DAYS .**

## **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.**



## **Club Grades 6 & 5 (restricted ages)**

<b>Date:</b>	<b>Saturday 5<sup>th</sup> / Sunday 6th March 2022</b>
<b>Venue:</b>	<b>New College, Glenfield Road, Leicester</b>
<b>Entry Deadline</b>	<b>Saturday 5<sup>th</sup> February 12 Noon</b>
<b>Path / Entry Criteria</b>	BGA Regional Club Grades Club Grade 6 - 8 /9 year old born 2013 /2014 Club Grade 5 - 9 /10 year old born 2012 / 2013
<b>Entry Fee</b>	£18.00 per gymnast, includes a certificate & badge if pass mark obtained £2.00 per coach
<b>Judging Rules &amp; Apparatus Regulations</b>	<b>Club Grade 6 &amp; 5</b> BG British Club Grades (grades book can be found on the BG website/gymnet/links/resources)
<b>Competition Format</b>	Warm up then compete on each piece of apparatus.
<b>Pass Mark:</b>	Club Grade 6 & 5 Pass 47.50 Commended 55.00 Distinction 60.00
<b>Gymnasts Membership Requirement:</b> Club Grades Minimum BG Club Silver	
<b>Coaching Level:</b>	Minimum of WA Level 2
<b>Judging Levels</b>	Minimum of 2 judges on each piece, 1 regional
<b>Awards</b>	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*

## **Regional Club Grades 4,3,2,1**

<b>Date:</b>	<b>Saturday 5<sup>th</sup> / Sunday 6<sup>th</sup> March 2022</b>
<b>Venue:</b>	<b>New College, Glenfield Road, Leicester</b>
<b>Entry Deadline</b>	<b>Saturday 5<sup>th</sup> February 12 Noon</b>
<b>Path / Entry Criteria</b>	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
<b>Entry Fees</b>	£18 per gymnast which includes badge & certificate when grade is passed £2 per coach
<b>Judging Rules &amp; Apparatus guidelines:</b>	BG Club Grades criteria. (grades routines can be found on the BG website/gymnet/links/resources) Execution & Artistry as per BG Guidelines
<b>Competition Format</b>	Warm Up compete on each apparatus
<b>Pass Mark:</b>	Pass 47.50 Commended 55.00 Distinction 60.00
<b>Gymnasts Membership Requirement:</b>	Minimum BG Club Silver
<b>Coaching Levels:</b>	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
<b>Judging Levels</b>	Minimum of 2 judges on each piece, 1 regional
<b>Awards</b>	Medals will be awarded to the top 3 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

## **Disability NDP Grades**

<b>Date:</b>	<b>Saturday 5<sup>th</sup> / Sunday 6th March 2022</b>
<b>Venue:</b>	<b>New College, Glenfield Road, Leicester</b>
<b>Entry Deadline</b>	<b>Saturday 5<sup>th</sup> February 12 Noon</b>
<b>Path / Entry Criteria</b>	As per BG rules
<b>Entry Fees</b>	£16 per gymnast which includes certificate when grade is passed £2 per coach
<b>Judging Rules &amp; Apparatus guidelines:</b>	BG disabilities Grades criteria. (grades routines can be found on the BG website/gymnet/links/resources or by e mailing <a href="mailto:jenniharris449@hotmail.com">jenniharris449@hotmail.com</a> ) Execution & Artistry as per BG Guidelines
<b>Competition Format</b>	Warm Up compete on each apparatus
<b>Pass Mark:</b>	As per BG rule book – dependent on grade and pieces worked
<b>Gymnasts Membership Requirement:</b>	Minimum BG Club Silver
<b>Coaching Levels:</b>	Minimum WA level 2
<b>Judging Levels</b>	Minimum of 2 judges on each piece, 1 regional
<b>Awards</b>	Medals will be awarded to the top 3 gymnasts in each grade. Certificates will be sent later. Medallists must have passed the grade

## **Compulsory Grade 5**

<b>Date:</b>	<b>Saturday April 23rd / Sunday April 24<sup>th</sup> 2022</b>
<b>Venue:</b>	<b>New College, Glenfield Road, Leicester</b>
<b>Entry Deadline</b>	<b>Saturday 26<sup>th</sup> March 2022 12 noon</b>
<b>Path / Entry Criteria</b>	Compulsory 5 – Minimum age 8 years old
<b>Entry Fee</b>	£16.00 per gymnast, includes a certificate when pass mark obtained £2.00 per coach
<b>Judging Rules &amp; Apparatus Regulations</b>	Compulsory 5 rules can be found on East Midlands website
<b>Competition Format</b>	Warm up then compete on each piece of apparatus.
<b>Pass Mark:</b>	Compulsory 5 Pass 55.00
<b>Gymnasts Membership Requirement:</b>	Compulsory 5 Minimum BG Club Bronze
<b>Coaching Level:</b>	Minimum of WA Level 2
<b>Judging Levels</b>	Minimum of 2 judges on each piece, 1 regional
<b>Awards</b>	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.

## Regional Compulsory Grades 4

**Date:** Saturday April 23rd / Sunday April 24<sup>th</sup> 2022

**Venue:** New College, Glenfield Road, Leicester

**Entry Deadline** Saturday 26<sup>th</sup> March 2022 12 noon

**Age Group** Min age 9

**Compulsory Path & Entry Criteria** BG Compulsory Grades 4 (if entering this will not be eligible for classic Challenge in 2022) Will need to pass this level to compete Comp 3 in 2023.

**Entry Fees** £16.00 per gymnast. Includes a certificate if pass mark obtained  
£2.00 per coach.

**Judging Rules &** BG British Compulsory Grades 2022.  
(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 Qualification Criteria** There is no national final for Compulsory 4.

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

## Regional Compulsory Grade 3 Qualifier

**Date:** Saturday April 23rd / Sunday April 24<sup>th</sup> 2022

**Venue:** New College, Glenfield Road, Leicester

**Entry Deadline** Saturday 26<sup>th</sup> March 2022 12 noon

**Age Group** Min age 10 in the year of competition.

**Compulsory Path & Entry Criteria** National Qualifier. (note in 2023 gymnasts will of needed to pass Compulsory 4 to enter this level)

**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 2022.  
(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 with a min score of 10.00 on R&C  
A score of 57.50 but not qualified as a team member allows entry to national  
Final as an individual

**Gymnasts Membership Requirement:** Minimum BG Club Silver

**Coaching Levels:** Minimum WA Level 3

**National Final  
Qualification Criteria** The top 4 gymnasts in Grade 3 acquiring the  
pass mark will represent the East Midlands team for the National Compulsory  
Grades Finals. 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 June 4/5 2022.**

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

*To be read in conjunction with EMGA WTC General Rules*

## Regional National 5 Progression

<b>Date:</b>	<b>Saturday April 23rd / Sunday April 24<sup>th</sup> 2022</b>
<b>Venue:</b>	<b>New College, Glenfield Road, Leicester</b>
<b>Entry Deadline</b>	<b>Saturday 26<sup>th</sup> March 2022 12 noon</b>
<b>Age Groups</b>	<b>Min age 9 years</b>
<b>Entry Fees</b>	£16.00 per gymnast Includes a certificate when pass mark obtained £2.00 per coach
<b>Judging Rules</b>	East Midlands National 5 Progression (see competition rules on BG website)
<b>Competition Format</b>	Warm up then compete on each piece of apparatus.
<b>Pass Mark:</b>	50.00
<b>Gymnasts Membership Requirement:</b>	Minimum BG Club Bronze
<b>Coaching Levels:</b>	Minimum WA Level 2
<b>Judging Levels</b>	Minimum of 2 judges on each piece, 1 regional
<b>Awards</b>	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.

## **National Grades 4,3,2,1**

<b>Date:</b>	<b>Saturday April 23rd / Sunday April 24<sup>th</sup> 2022</b>
<b>Venue:</b>	<b>New College, Glenfield Road, Leicester</b>
<b>Entry Deadline</b>	<b>Saturday 26<sup>th</sup> March 2022 12 noon</b>
<b>Path / Entry Criteria</b>	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
<b>Entry Fees</b>	£18.00 per gymnast includes a certificate & badge when pass mark obtained £2.00 per coach.
<b>Judging Rules &amp; Apparatus Regulations</b>	BG British Club Grades criteria 2022 general faults, Execution & Artistry will be taken as per BG Guidelines.
<b>Competition Format</b>	Warm up then compete on each piece of apparatus.
<b>Pass Mark:</b>	Pass 50.00 , Commended 55.00, Distinction 60.00
<b>Gymnasts Membership Requirement:</b>	Minimum BG Club Silver
<b>Coaching Levels:</b>	Minimum WA Level 2 at National NDP 4 Minimum WA Level 3 at National NDP 321
<b>Judging Levels</b>	Minimum of 2 judges on each piece, 1 regional
<b>National Final</b>	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+. 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.  <b>Awards</b> Medals will be awarded to the top 3 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.

*To be read in conjunction with EMGA WTC General Rules*



# Regional Club Team

<b>Date:</b>	<b>Sunday 3rd July 2022</b>
<b>Venue:</b>	<b>New College, Glenfield Road, Leicester</b>
<b>Entry Deadline</b>	<b>Saturday 4th June 2022 12 noon</b>
<b>Age Groups</b>	Junior 10-13 years, Senior team minimum 10 years & upwards
<b>Team Composition</b>	Each Team may have a pool of five gymnasts, with highest four marks on each piece counting towards team total.
<b>Judging Rules</b>	Juniors classic challenge Bronze rules Seniors classic challenge Silver rules.
<b>Entry Criteria</b>	Teams can contain: Junior Team: Open to any gymnast of correct age who has not competed a compulsory grade in 2022. Senior Team: Open to any gymnast who has not competed a compulsory grade in 2022. <b>GYMNASTS WHO HAVE QUALIFIED FOR THE BRITISH CHAMPIONSHIPS ARE NOT ELIGIBLE</b>
<b>Entry Fees</b>	£75.00 per team £2.00 per coach
<b>Competition Format</b>	Warm up then compete on each piece of apparatus.
<b>Gymnasts Membership Requirement:</b>	Minimum BG Silver.
<b>Coaching Levels:</b>	Minimum WA Level 3 , Must be the correct qualification for the skills of your gymnasts.
<b>Judging Rules &amp; Apparatus Regulations</b>	
<b>EACH CLUB MAY ONLY ENTER ONE TEAM IN EACH SECTION</b> – If you wish to enter a 2 <sup>nd</sup> team please e mail Competition Secretary before closing date and if numbers permit an entry will be opened for you to enter a 2 <sup>nd</sup> team.	
<b>Judging Levels</b>	Minimum of 2 Judges on each piece, one Regional
<b>Awards</b>	Medals will be awarded to the top three teams at each level.

## **Regional Disabilities Championships**

- Date:** Sunday 3rd July 2022
- Venue:** New College, Glenfield Road, Leicester
- Entry Deadline** Saturday 4th June 2022 12 noon
- Age Groups:** Junior 8 - 15yrs Senior 16+yrs
- Entry Fee:** £15.00 per gymnast
- Judging Rules & Regulations:** BG Competition Open 2022,  
Level A & B 2022  
East Midlands Level C 2022
- Gymnasts Membership Requirement:** Minimum BG Silver (Bronze for EM level C)

**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*

## **Regional Inter County Zinc & Copper Teams**

<b>Date:</b>	<b>Saturday 15<sup>th</sup> October 2022</b>
<b>Venue:</b>	<b>New College, Glenfield Road, Leicester</b>
<b>Entry Deadline</b>	<b>17<sup>th</sup> September 2022 12noon</b>
<b>Team Composition</b>	6 in a team 4 scores to count selected from a qualifier held in each County. Open to all ages (min age as per classic challenge rules for level)
<b>Judging Rules</b>	<b>Classic Challenge Zinc Classic Challenge Copper.</b>
<b>Entry Criteria</b>	Teams must be selected from a regional qualifier and score sheets must accompany entry.
<b>Entry Fees</b>	£80.00 per team £2.00 per coach
<b>Competition Format</b>	Warm up then compete on each piece of apparatus.
<b>Gymnasts Membership Requirement:</b>	Minimum BG Silver.
<b>Coaching Levels:</b>	Minimum WA Level 2, Must be the correct qualification for the skills of your gymnasts.
<b>EACH COUNTY MAY ONLY ENTER ONE TEAM IN EACH SECTION</b>	
<b>Judging Levels</b>	Minimum of 2 Judges on each piece, one Regional
<b>Awards</b>	Medals will be awarded to the top three teams at each level.

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

<b>Date</b>	<b>Sunday 16<sup>th</sup> October 2022</b>
<b>Venue</b>	<b>New College Leicester, Glenfield Road LE3 6RB</b>
<b>Entry Deadline</b>	<b>Saturday 17<sup>th</sup> September 2022 12 noon</b>
<b>Age Groups</b>	Senior Championships - 16 years and over Junior Championships - 14/15 years Espoir Championships – 12/13 years
<b>Path &amp; Entry Criteria</b>	Gymnasts eligible for British Championships
<b>Entry Fees</b>	£15.00 per gymnast £2.00 per coach
<b>Judging Rules &amp; Apparatus Regulations</b>	Seniors - FIG Competition 1 Junior – FIG Competition 1 Espoir – BG Espoir rules Any BG rule modifications will apply
<b>Competition Format</b>	Warm up, compete.
<b>Gymnasts Membership Requirement:</b>	Minimum BG Club Silver
<b>Coaching Levels:</b>	Minimum WA Level 4
<b>Judging Levels</b>	Minimum of 1 Regional Judge on each piece, plus 1 National
<b>Awards</b>	Trophies will be awarded as follows:
<b>Senior</b>	Overall Champion; Best Floor - Harold Davies Trophy Highest Individual Score (not including vault) - The Duflex Shield
<b>Junior</b>	Overall Champion
<b>Espoir</b>	Overall Champion
<b>Junior, Senior &amp; Espoir</b>	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.

## **Challenge Cup (National Qualifier )**

<b>Date</b>	<b>Sunday 16<sup>th</sup> October 2022</b>
<b>Venue</b>	<b>New College Leicester, Glenfield Road LE3 6RB</b>
<b>Entry Deadline</b>	<b>Saturday 17<sup>th</sup> September 2022 12 noon</b>
<b>Age Groups</b>	Challenge      Espoir – 12/13 years Challenge      Junior - 14/15 years Challenge      Senior - 16+ years
<b>Path &amp; Entry Criteria</b>	Open Age, Challenge gymnasts must be eligible to compete in Challenge Cup.
<b>Entry Fees</b>	£15.00 per gymnast £2.00 per coach
<b>Gymnasts Membership Requirement:</b>	Minimum BG Silver
<b>Coaching Levels:</b>	Minimum WA Level 3 (challenge level 4)
<b>Judging Rules</b>	<b>BG FIG challenge rules</b>
<b>Apparatus Regulations</b>	As per FIG
<b>Judging Levels</b>	Minimum of 2 judges on each piece, one regional
<b>Competition Format</b>	Warm Up Compete
<b>Awards</b>	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.

## **Regional Level 5 Age Group Championships**

<b>Date</b>	<b>Sunday 16<sup>th</sup> October 2022</b>
<b>Venue</b>	<b>New College Leicester, Glenfield Road LE3 6RB</b>
<b>Entry Deadline</b>	<b>Saturday 17<sup>th</sup> September 2022 12 noon</b>
<b>Age Groups</b>	<b>Min 8 years</b>
<b>Path &amp; Entry Criteria</b>	<b>Must have competed EM Comp 5 in 2022</b>
<b>Entry Fees</b>	£15.00 per gymnast. £2.00 per coach.
<b>Judging Rules &amp;</b>	East Midlands Level 5 rules
<b>Apparatus Regulations</b>	See separate sheet with Level 5 regulations
<b>Competition Format</b>	Warm up then compete on each piece of apparatus.
<b>Gymnasts Membership Requirement:</b>	Minimum BG Club Bronze
<b>Coaching Levels:</b>	Minimum WA Level 2
<b>Judging Levels</b>	Minimum of 2 judges one of which min Regional Judge on each piece.
<b>Awards</b>	Medals will be awarded to the top three gymnasts overall and individual apparatus medals.

## **Regional level 4,3,2 Championships**

<b>Date</b>	<b>Sunday 16<sup>th</sup> October 2022</b>
<b>Venue</b>	<b>New College Leicester, Glenfield Road LE3 6RB</b>
<b>Entry Deadline</b>	<b>Saturday 17<sup>th</sup> September 2022 12 noon</b>
<b>Path &amp; Entry Criteria</b>	Min age level 4 - 9, Level 3 - 10 and level 2 - 10 BG Voluntary levels Criteria Must have entered the equivalent Compulsory grade in 2022
<b>Entry Fees</b>	£15.00 per gymnast £2.00 per coach
<b>Judging Rules &amp; Apparatus Regulations</b>	BG Voluntary levels criteria
<b>Competition Format</b>	Warm up then compete on each piece of apparatus.
<b>Gymnasts Membership Requirement:</b>	Minimum BG Club Silver
<b>Coaching Levels:</b>	Minimum WA Level 3
<b>Judging Levels</b>	<b>Minimum of 2 Regional Judge on each piece, plus 2 club</b>
<b>National Final Qualification Criteria</b>	The top four gymnasts in Level 3 will represent the East Midlands at the National Age Group Finals (provided the WTC scoring criteria is met). 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.  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)
<b>Awards</b>	<b>Trophies for Level 4, 3, 2</b> Medals will be awarded to the top three gymnasts overall and on each apparatus in each age group.

*To be read in conjunction with EMGA WTC General Rules*

# **National Classic Challenge Cup Qualifier**

<b>Date:</b>	<b>29<sup>th</sup>/30<sup>th</sup> October 2021</b>
<b>Venue:</b>	<b>New College, Glenfield Road, Leicester</b>
<b>Entry Deadline</b>	<b>Saturday 1<sup>st</sup> October 2022</b>
<b>Age Groups</b>	<b>Bronze min age 10 Silver min age 12 Gold min age 14</b>
<b>Path &amp; Entry Criteria</b>	<b>Gymnasts may not have competed in / plan to compete compulsory grades in 2022 or be eligible for the British championships</b>
<b>Entry Fees</b>	£18.00 per gymnast. £2.00 per coach.
<b>Judging Rules &amp;</b>	BG Classic Challenge Cup rules
<b>Apparatus Regulations</b>	As per FIG
<b>Judging Levels</b>	Minimum of 2 judges on each piece, one regional
<b>Coaching Levels</b>	Minimum WA level 3 at Bronze and Level 4 at silver and gold
<b>Gymnasts Membership Requirement:</b>	Minimum BG Silver
<b>Competition Format</b>	Warm Up Compete
<b>Awards</b>	Medals will be given to top 3 gymnasts in each section and age groups will be split within region for medals.
<b>Qualification:</b>	<b>Top 6 gymnasts at each level will make up the regional team for national finals plus a travelling reserve.</b>

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



# Entry Form – Inter County Teams - Zinc & Copper

## Sunday 15<sup>th</sup> October 2022, 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: **Saturday 17<sup>th</sup> September 2022 – 12 Noon**

Entry Fee: **£80.00 per county team** (entries will not be accepted after the closing date)

**Team Details:** Teams to consist of six gymnasts, with and four scores to count.

Gymnasts Name*	Date of Birth	Gymnast BG number	Name of Coach*	Coach DOB *	Coach BG Number*	Coach Award*
ZINC TEAM						
1						
2						
3						
4						
5						
6						
COPPER 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 **£80** 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 along with copy of qualification score sheet.

**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](mailto:Alisa.lga@ntlworld.com)

*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.