



# WOMEN'S TECHNICAL COMMITTEE

## 2022 COMPETITION HANDBOOK

This book is published to assist clubs with the following

1. Closing dates for regional events
2. 2022 competition formats

### Version history

Version 1.0 issued 17/02/2022

Version 1.1 updated 27/05/22

- Judge convenor
- Clarification for NDP 5 and Compulsory 5 bars (for 2023)

Version 1.2 updated 07/07/22

- Eligibility to compete at Bronze, Silver and Gold confirmed. The first three placed gymnasts from counties at each level in each age group.

2022 Regional Competition dates	Event	Venue	Entries Open	Closing date	Scorers
Saturday 30 <sup>th</sup> April/ Sunday 1 <sup>st</sup> May	Compulsory Levels 5,4,3,2 Regional NDP Grades	Ipswich	14/03/22	04/04/22	Herts (Sat) Suffolk (Sun)
Sunday 8 <sup>th</sup> May	Regional Grades Finals 6 - 1	Ipswich	20/03/22	24/04/22	Norfolk
Saturday 17 <sup>th</sup> September	FIG/FIG Teams Challenge Cup Voluntary levels	Ipswich	24/07/22	22/08/22	Cambs
Sunday 16 <sup>th</sup> October	Classic Challenge Qualifier – Bronze, Silver & Gold	Ipswich	22/08/22	19/09/22	Beds
Sunday 30 <sup>th</sup> October	Copper & Zinc Regional Finals	Ipswich	05/09/22	03/10/22	Essex
Sunday 6 <sup>th</sup> November	Inter-County Teams	Ipswich	12/09/22	10/10/22	Herts

Entry fee to all regional events TBC

Club FIG/Challenge Team – All gymnasts to pay one entry fee for the day, there is no additional charge for a gymnast entered as an Individual.

COVID related procedures will be put into place as per BG and Government guidelines at the time of the event and must be followed by all clubs, coaches, gymnasts, officials and spectators.

#### REGIONAL SQUAD

For information regarding the squad please contact

Regional Coach: Josie Hayes

[josie@pipersvale.co.uk](mailto:josie@pipersvale.co.uk)

WTC Committee Members

Chair	Ms Claire Maunder	clairemaunder@hotmail.com
Secretary	Mrs Jessie Stewart	92stewarts@gmail.com
Judge Convenor	Mrs Clare Barnes	fcarnes73@gmail.com
Comp Organiser	Ms Jayne Heath	eastwtccompetition@gmail.com
Regional Coach	Ms Josie Hayes	josie@pipersvale.co.uk

County Representatives - Elected by their own counties:

Bedfordshire	Miss Julia Smith	bedscountysecretary@hotmail.co.uk
Cambridgeshire	Mrs Clare Barnes	fcarnes73@gmail.com
Essex	Ms Sharon Crisp	sharoncrisp@hotmail.co.uk
Hertfordshire	Miss Glynis Tovey	gtovey@btinternet.com
Norfolk	Mrs Glenys Halford	glenyshalford@virginmedia.com
Suffolk	Ms Josie Hayes	josie@pipersvale.co.uk
Co-op member	Ms Debbie Morgan	morgandebbie747@gmail.com

Event Welfare Officers: Miss G Tovey & Mrs J Heath

County Secretaries

Bedfordshire	Miss Julia Smith	bedscountysecretary@hotmail.co.uk
Cambridgeshire	Ms Debbie Williams	debs.boyzonemad@yahoo.co.uk
Essex	Ms Donna Williams	donna7williams@hotmail.com
Hertfordshire	Ms Sarah Hearne	hga.secretary@hotmail.com
Norfolk	Ms Claire Maunder	clairemaunder@hotmail.com
Suffolk	Mrs Linda Stopher	admin@pipersvale.co.uk

Competition Organisers

Bedfordshire	Ms Nicola Dunn	Nicola.dunn.bedscomps@hotmail.com
Cambridgeshire	Mrs Julie Berry	julielberry@gmail.com
Essex	Mrs Tracie Allen	gymgirljassy@btinternet.com
Hertfordshire	Miss Kim Wayman	comps.hga@gmail.com
Norfolk	Mrs Kerry Hunter	kerrypaulhunter@gmail.com
Suffolk	Ms Jayne Heath	jaynehillerby@hotmail.com

## **2022 WTC COMPETITION REGULATIONS**

The region will follow the rules and regulations as published in the 2022 National WTC Competition Handbook. Any regional changes are shown within this handbook.

Coaches and Club leaders who intend to enter participants into a regional event must ensure that they are familiar with the information as published in this handbook.

Amendment to rules and regulations made after the publication of the Regional WTC Handbook will be circulated to all clubs and be available for download from the regional website.

[www.british-gymnastics.org/east](http://www.british-gymnastics.org/east)

### **Age Eligibility**

A gymnast's age is determined as the age reached during the period 1st January to 31st December 2022.

### **Membership**

Gymnasts must hold current British Gymnastics Silver membership for all regional 2022 regional events. All participants in regional WAG events must belong to an ECGA affiliated club at the time of entry.

NOTE: Gymnasts entered for Grades must have BG silver membership at the time of entry to the county event.

Coaches must have current Gold, Joint or Life membership and qualified to a minimum WA Level 2 or as stated in the event criteria.

When submitting entries for a regional event each club must ensure that the supervising coaches accompanying gymnasts are qualified to the level of the participants' performance. The practice of supervising participants working above the level of the coach's qualification cannot be condoned.

The caveat that permits coaches to practice one level above their coaching qualification in the coaching syllabus refers to a training environment only and is not permitted at BG events.

Each coach must have attended an S&PC course/e-learning within the last three years and hold a current BG specific DBS certificate to enter the competition arena.

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

### **Code of Conduct**

As well as the FIG Code of Conduct as defined by the Code of Points all regional member clubs have agreed to abide by the Code of Conduct as shown in the Regional Complaints Procedure.

### **Competition Attire**

All gymnasts and coaches in the competition arena must be in competition attire. If coaches or gymnasts are unsure of appropriate clothing requirement, please refer to the current National Handbook.

The removal of leotards in the competition arena is not allowed.

Long hair should be braided or tied back so as not to obscure vision.

### **Jewellery & Chewing Gum**

The British Gymnastics Jewellery Policy will be enforced for both Gymnasts and Coaches.

Jewellery, body piercing and similar adornments are not allowed.

Coaches and gymnasts will not be allowed on the competition floor if wearing jewellery (wedding rings must be taped). Exceptions as per BG Body Piercing and Adornments Policy.

### **Apparatus**

FIG regulations will apply at all WTC regional competitions unless stated otherwise in the applicable National rules.

However, the WTC reserves the right to adapt the prescribed apparatus set up as deemed necessary for the smooth and efficient running of the competition.

\*Please note that from 1<sup>st</sup> Jan 2022 both bar rails have been raised by 5cms. The new measurements are 175cm for the low bar and 255cm for the high bar. This is as per changes to FIG Apparatus Norms

## **Entry**

Entry to regional finals/events and qualifiers are by BG's online event system.

Enter Regional website [www.british-gymnastics.org/east](http://www.british-gymnastics.org/east). This will show name of each event and clubs are able to follow the process to enter, pay and upload music for each event.

Please note that the closing date is strictly adhered to, late entries will attract a penalty.

Clubs can withdraw a gymnast before the entry close date but refunds are not available once a club has paid the entry fee.

If there are any queries or questions in relation to the online system, please contact Jayne Heath

[jaynehillerby@hotmail.com](mailto:jaynehillerby@hotmail.com) or [eastwtccompetition@gmail.com](mailto:eastwtccompetition@gmail.com)

Spectators to WTC events will be charged an entry fee. Spectators may or be not be allowed to attend 2022 events depending on BG and government guidelines at the time of the event.

## **Late Entry Fees**

A late entry will only be accepted on payment of double the entry fee and only if the Competition Organiser has space within the competition programme.

## **Regional Representation at National Finals**

Gymnasts may only represent the region to which their club is affiliated. Gymnasts may only represent one region/club at any one time within a discipline.

## **Registration**

Registration of gymnasts will take place at the time shown on the programme for the first session, further registrations may take place earlier than stated on the programme. It is for the gymnast and accompanying coach to be in the building at least 1/2 hour before the time stated. The actual time of commencement will depend on the finish of the previous session or event.

## **Technical Meeting**

If required, a technical meeting will take place at each round of a regional event and all coaches accompanying gymnasts will be required to attend. Time of the meeting will be published on the competition programme.

## **Music**

Downloaded using BG's online system. For inter-county teams, music must be e-mailed to the competition organiser. At registration a computer is available for coaches to check the sound and quality of gymnast's music. Be aware that gymnast's music could fall foul of copyright legislation. ECGA cannot be held liable for any breach of this copyright legislation.

## **Medals**

Medals will be presented for gold, silver and bronze even if ties occur.

## **Trophies**

Clubs are responsible for ensuring the return of any trophy presented to their gymnast or club team. The trophy, in the same condition it was presented, must be returned prior to the same competition the following year.

## **Tall Gymnasts - Asymmetric bars**

Both bars may be raised by 5cm or 10cm where a gymnast's feet touch the basic matting whilst she is hanging on high bar or hips touch the basic matting while she is hanging on low bar. Request for the bars to be raised must be made at time of entry.

## **Coaches in Attendance**

Only coaches named at the time of entry will be allowed on the competition floor.

One coach per gymnast in an individual competition and two coaches per team competition (may be two female or one male and one female). Two males not allowed.

A second nominated coach for a competition (Level 1 may be accredited to be present on the competition arena and may assist with pastoral care of the gymnasts, moving equipment (springboard, mats etc.) under the supervision of the higher qualified coach.

If the coach named on the competition entry form is unavailable on the day of competition, the Competition Organiser must be informed as soon as possible.

If due to unforeseen circumstances, this is not possible before the day, the substitute coach must inform the Organiser on her/his arrival at the event.

Any coach on the floor is there to support and accompany gymnasts.

It is not permissible for a coach undertaking this role to video or take photographs within the competition area.

## **Protests**

Forms can be obtained from the Competition Organiser should a coach wish to enter a protest. The protest form must show the gymnasts number, score and reason for protest. This form together with £25.00 cash must be handed to the Organiser within 15 minutes of the coach receiving the gymnast score after completing the protested apparatus.

Only the D score may be protested.

The WTC cannot accept any photographic analysis at an event unless an official video replay system is available at each piece of apparatus and could be referred to by the D panel for the benefit of every competitor.

## **Photography**

In the interests of child protection, photographs and video may only be taken during regional event in accordance with conditions set by British Gymnastics. Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use or for publication in printed or electronic form, such as on websites. Some photos may be published by clubs, but this may only be done in accordance with the British Gymnastics Child Protection Policy. The full policy can be found at [www.british-gymnastics.org](http://www.british-gymnastics.org).

**Photography of any kind is only permitted from the spectator area except for approved professional photographers as agreed by the WTC.**

## REGIONAL QUALIFIER TO NATIONAL FINALS

### Compulsory Level 4, 3 & 2

### Regional Level 5 – no national final

Date: Saturday 30<sup>th</sup> April 2022  
Venue: Pipers Vale Gymnastics Centre, Ipswich  
Entry opens: 14<sup>th</sup> March via BG's online system  
Entry closes: 4<sup>th</sup> April

Competition Rules – Refer to National Compulsory handbook on the BG Academy and Regional Compulsory 5 booklet together with any published updates.

FIG specifications except where specified in relevant the handbook. However, the WTC reserves the right to adapt the prescribed apparatus set up as deemed necessary for the smooth and efficient running of the competition.

Please note that this may slightly differ depending on set up at the venue.

Low bar must be in for Regional level 5 (clarification for 2023).

Warm up time will be 2 minutes per gymnast. Beam will be timed on a rolling clock using two 1 minute periods per gymnast.

The first four gymnasts at Level 3 and nominated reserve will go forward as the team to represent the east region at National Finals. Gymnasts must have passed the level to be a team member

Level 5 pass mark - TBC

Level 4 pass mark - TBC

Level 3 pass mark - TBC

Direct entry to national event for compulsory 2 gymnasts

Clubs may enter gymnasts as an individual at levels 3 to the finals if they do not form part of the teams. To do this gymnasts must have scored the pass mark as set in the 2022 National handbook (TBC).

Certificates presented to gymnasts who pass their level

Trophy and 1<sup>st</sup>, 2<sup>nd</sup> 3<sup>rd</sup> placed overall medals are presented at each level

## PRELIMINARY NATIONAL GRADE 5

Date: Saturday 30<sup>th</sup> April 2022  
Venue: Pipers Vale Gymnastics Centre, Ipswich  
Entry opens: 14<sup>th</sup> March via BG's online system  
Entry closes: 4<sup>th</sup> April

Competition Rules – Refer to Preliminary National Grade 5 on the east region website

FIG specifications except where specified in Grades Book

Low bar must be in for National level 5 (clarification for 2023)

Preliminary grade 5 – minimum age 9 in year of competition

Certificates will be presented to gymnasts who have passed their respective grade

There is no national final for preliminary grade 5

Trophy and 1<sup>st</sup>, 2<sup>nd</sup> 3<sup>rd</sup> placed overall medals are presented at each Grade

**REGIONAL QUALIFIER TO NATIONAL FINALS**  
**NDP NATIONAL GRADES 4, 3, 2 & 1**

Date: Sunday 1<sup>st</sup> May 2022  
Venue: Pipers Vale Gymnastics Centre, Ipswich  
Entry opens: 14<sup>th</sup> March via BG's online system  
Entry closes: 4<sup>th</sup> April

Competition Rules – Refer to 2018 NDP Grades Book and any published updates on the east region website  
FIG specifications except where specified in Grades Book  
National grades 4 – 1 minimum age applies  
Certificates will be presented to gymnasts who have passed their respective grade  
The first four gymnasts in grades 4 -1 and the nominated reserve will go forward as the team to represent the east region in the National finals  
Tie break rules will be applied as per National handbook if the tie has an impact on the team for finals  
Trophy and 1<sup>st</sup>, 2<sup>nd</sup> 3<sup>rd</sup> placed overall medals are presented at each Grade

**CLUB & REGIONAL GRADES 6 - 1 REGIONAL FINALS**

Date: Sunday 8<sup>th</sup> May 2022  
Venue: Pipers Vale Gymnastic Centre Ipswich

Entry opens 20<sup>th</sup> March via BG's online system  
Entry Closes: 24<sup>th</sup> April

Regulations: Current BG regulations apply  
Apparatus: FIG specifications except vault and bars: refer to 2018 Club Grades book with any published updates  
\*Please note that at grades 6&5 the bar heights will remain as per 2021 rules (170cm for the LB and 250cm for the HB). All other grades will be on new heights (175cm for the LB and 255cm for the HB)

Grade 6 age groups - 8, 9/10 11+  
Grade 5 age groups - 9, 10/11, 12+  
Grade 4 age groups - 10, 11/12, 13+  
Grade 3 age groups - 11/12, 13+  
Grade 2 age groups - 12/13, 14+  
Grade 1 age groups - 13/14, 15+

Eligibility: The first three placed gymnasts from County qualifiers at each Grade and in each age group will represent their club in the finals

There will be no Range and Conditioning at this event, however, it must still be competed in counties as the 3 gymnasts who qualify to regional final must be the 3 with the highest overall score **including** R&C.

Trophy and 1<sup>st</sup>, 2<sup>nd</sup> 3<sup>rd</sup> placed overall medals are presented at each grade and age group  
Note: There is no National Final



## FIG CHAMPIONSHIPS

Date: Saturday 17<sup>th</sup> September 2022  
Venue: Pipers Vale Gymnastics Centre, Ipswich  
Entry opens: 24<sup>th</sup> July via BG's online system  
Entry closes: 22<sup>nd</sup> August

### Eligibility:

- a. Open to gymnasts who have competed in the British Championships
- b. Have attained the required pass mark at Challenge to qualify to British Championships

### Competition Regulations: Competition 1

To be eligible for an apparatus vault medal the following vaults are to be performed

Senior - as per FIG apparatus rules. The 2 vaults must be from different vault groups and must show a different 2<sup>nd</sup> flight phase

Junior - 2 different vaults - can be from the same group

Espoir - 2 vaults – can be the same

The gymnasts first vault (all ages) will count towards the team score and the individual all-around score

### Apparatus: FIG specifications

Vault will be onto FIG specified landing. The vault at the far end of the gym at Pipers Vale will be used.

Warm up time will be 3 minutes per gymnast.

A 5/10cm Gymnova Jersey style mat (or equivalent as available at the venue) is permitted without deduction. The mat can be pushed in and out for releases/transitions on bars and repositioned (or removed) for dismount, in place for beam dismount and positioned once on floor then removed.

Age: Espoir (12/13years) Junior (14/15years) Senior (16+)

Trophy, 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> placed overall and apparatus medals are presented at each level and age group

## REGIONAL CHALLENGE CUP ESPOIR, JUNIOR & SENIOR

Date: Saturday 17<sup>th</sup> September 2022  
Venue: Pipers Vale Gymnastics Centre, Ipswich  
Entry opens: 24<sup>th</sup> July via BG's online system  
Entry closes: 22<sup>nd</sup> August

### Competition Regulations: Competition 1

Vault – one vault only required to be eligible for an apparatus vault medal.

Apparatus: FIG specifications.

Vault will be onto FIG specified landing. The vault at the far end of the gym at Pipers Vale will be used.

Warm up time will be 3 minutes per gymnast.

A 5/10cm Gymnova Jersey style mat (or equivalent as available at the venue) is permitted without deduction. The mat can be pushed in and out for releases/transitions on bars and repositioned (or removed) for dismount, in place for beam dismount and positioned once on floor then removed.

Age: Espoir (12/13years) Junior (14/15years) Senior (16+)

### FIG/Challenge Awards

Trophy, 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> placed overall and apparatus medals are presented at each level and age group

Trophies: The Colin Green Trophy - presented to the gymnast with the highest score on bars  
The Brian Evans Trophy - presented to the gymnast with the highest score on floor

## FIG CLUB TEAM CHAMPIONSHIP

Minimum age 9 years

Clubs will nominate 4 gymnasts to represent their club who are competing in either the individual FIG or Challenge Championships. Their scores are counted as the team entry with best three scores on each piece of apparatus from the 4 gymnasts will count as the team score.

The latest a change can be made to the nominated team is 24 hours before the event.

Levels gymnasts aged 11 and under may take part as an Espoir gymnast to compete as a team member. These gymnasts will not be eligible for the individual trophies or medals.

Trophy: The FIG Club Team Shield will be presented to the winning team

Warm up time will be 3 minutes per gymnast. Groups may have different warm up times depending on number of gymnasts in the group. Team will compete first but warm up time to be shared as best suited to the group.

## VOLUNTARY LEVELS 5,4,3&2

Date: Saturday 17<sup>th</sup> September 2022

Venue: Pipers Vale Gymnastics Centre, Ipswich

Entry opens: 24<sup>th</sup> July via BG's online system

Entry closes: 22<sup>nd</sup> August

Regulations: Current BG regulations apply.

Apparatus: FIG specifications except as published in level specific rules

Competition Requirements:

Level 5 Regional competition - as published on the East Region website

Level 4,3&2 Refer to **WTC 2022** Voluntary Levels Rules

Age: Level 5 Minimum Age 8 years, Levels 4,3&2 – any age

There are no national finals.

Warm up time will be 2 minutes per gymnast. Beam will be timed on a rolling clock using two 1-minute periods per gymnast.

Trophy, 1<sup>st</sup>, 2<sup>nd</sup> 3<sup>rd</sup> placed overall and apparatus medals are presented at each level.

The Carrie Webb Trophies will be presented to the gymnasts with the highest score at Level 4 on Vault, Bars, Beam and Floor

**Please note that you cannot enter voluntary levels and classic challenge in 2021**

**CLASSIC CHALLENGE**  
**BRONZE, SILVER & GOLD**

Date: Sunday 16<sup>th</sup> October  
Venue: Pipers Vale Gymnastics Centre

Entry Opens: 22<sup>nd</sup> August via BG's online system  
Entry Closes: 19<sup>th</sup> September

Format: As National Bronze, Silver and Gold rules published on BG Academy  
Apparatus: FIG specifications  
Eligibility: The first three placed gymnasts from County qualifiers at each level and in each age group will represent their club in the finals

Age Groups: Bronze - Three age groups 10, 11/12 and 13+  
Silver - Two age groups 12/13, 14+  
Gold - Two age groups 14/15, 16+

Trophy and 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> placed overall and apparatus medals are presented at each level and age group.  
The top 6 gymnasts with the highest scores across **all** age groups will go forwards to represent the region at the national final in Surrey Sports Park, Guildford on 9/11<sup>th</sup> December.  
The John Hodgson Trophy will be presented to the gymnast with the highest all-around score at in the gold competition

**Please note that you cannot enter voluntary levels and classic challenge in the same year**

**REGIONAL FINALS**  
**CLASSIC CHALLENGE – COPPER & ZINC**

Date: Sunday 30<sup>th</sup> October 2022  
Venue: Pipers Vale Gymnastics Centre

Entry Opens: 5<sup>th</sup> September via BG's online system by clubs  
Entry Closes: 3<sup>rd</sup> October

Format: As National Copper and Zinc rules published on BG Academy  
Apparatus: FIG specifications

Eligibility: The first three placed gymnasts from county qualifiers at Copper and Zinc at each level in each age group. Gymnasts represent their club in the finals.  
Note: The county qualifier - a gymnast must have competed on all 4 pieces to qualify for a place in the regional final.

Zinc	Three age groups	8	9/10	11+
Copper	Three age groups	9	10/11	12+

Trophy, 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> placed overall, and apparatus medals are presented at each level and age group

**Please note that you cannot enter voluntary levels and classic challenge in the same year**



## INTER-COUNTY TEAMS COMPETITIONS FIG/LEVEL 3/LEVEL 4

Date: Sunday 6<sup>th</sup> November 2022  
Venue: Pipers Vale Gymnastic Centre

Entry opens: Entry forms will be sent by the regional competition organiser  
Entry closes: 10<sup>th</sup> October – entry forms to regional competition organiser

Warm up time will be 8 minutes for each team on each apparatus and coaches can decide how to use this.

### Bronze

Minimum age: 9 years in the year of competition  
Eligibility: Current county squad members. Not a member of regional squad (or selected for regional squad where the place has been declined) or any higher squad, unless written dispensation is granted by the WTC. Has not previously competed at a higher level save for in a team competition where individual status isn't prejudiced.  
Format: Maximum 5 team members, 4 to compete on each apparatus, the best 3 scores to count. One team only per county.  
Rules: As per National bronze rules. Vault height optional 1.20m or 1.25m only (no in age/preparation vaults permitted). Apparatus specifications as per FIG.  
Awards: The Level 4 Shield and medals for 1st, 2nd and 3rd placed teams will be presented.

### Silver

Minimum age: 9 years in the year of competition  
Eligibility: Current county squad members. Not a member of regional squad (or selected for regional squad where the place has been declined) or any higher squad, unless written dispensation is granted by the WTC. Has not previously competed at a higher level save for in a team competition where individual status isn't prejudiced.  
Format: Maximum 5 team members, 4 to compete on each apparatus, the best 3 scores to count. Only one team per county.  
Rules: As per National Silver rules. Vault height optional 1.20m or 1.25m only (no in age/preparation vaults permitted). Apparatus specifications as per FIG.  
Awards: The Level 3 Shield and medals for 1st, 2nd and 3rd placed teams will be presented.

### FIG

Minimum age: 9 years in the year of competition  
Eligibility: Current county squad members and/or regional squad members. Not a member of any higher squad, including but not limited to GB, England or other home nation squads or foreign national squads, unless written dispensation is granted by the WTC.  
Format: Maximum 5 team members, 4 to compete on each apparatus, the best three scores to count. Counties may enter up to two teams.  
Rules: As per FIG with exception of bars which will be judged as Adrian Stan rules (i.e., minimum 5 elements required on bars, 1 mark penalty for each missing element). Apparatus specifications as per FIG.  
Awards: Medals for 1st, 2nd and 3rd placed teams.  
The David Eagling Cup will be presented to the winning team  
The Frank Stevens Trophy will be presented to the gymnast with highest overall score