

# ENGLISH GYMNASTICS

## **ACRO English Championships 2019**

### **Competition Handbook**

Version 1.0

[www.englishgymnastics.org.uk](http://www.englishgymnastics.org.uk)

## Version History

English Gymnastics reserves the right to make amendments to this Handbook.

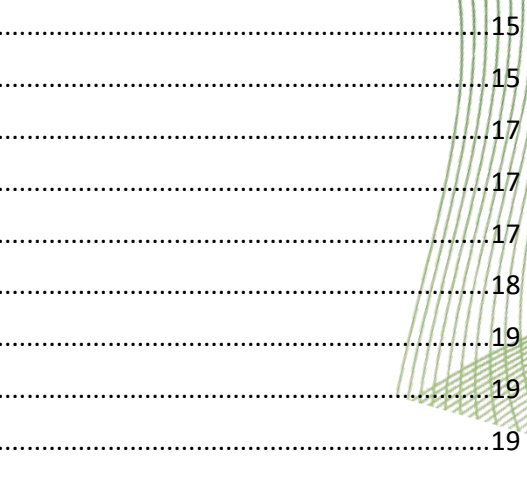
Notification of a change to the handbook will be communicated through the English Gymnastics Website and an updated version will be made available to download at the time of change.

All versions will be listed on this page, with reference to amendments made:

Version 1.0 - Original

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## Definition of Terms

**BG** means British Gymnastics.

**EGA** means English Gymnastics.

**Championships** means any English Championships organised by or on behalf of the EGA.

**Choreographers** will create and develop new routines.

**CJP** – means Chair of Judging Panel.

**Code** means the Code of Points used for the competition, from which technical information and regulations are taken.

**CPSU** means Child Protection in Sport Unit.

**Criminal Record Certificate** means DBS (previously CRB), Access NI Eligibility or PVG.

**DJ** means Difficulty Judge.

**Event** means any National Competition and Championships organised by or on behalf of the EGA.

**FIG** means Federation International de Gymnastique.

**IDP** means International Development Pathway.

**Lead Coach** are those coaches taking overall responsibility for all the gymnasts from their club/region. The Lead Coach must be present in the venue throughout the event to take responsibility for their coaches and gymnasts. The Lead Coach must possess sufficient qualification to cover all the skills that any of their gymnasts will be performing within the competition.

**Assisting Coach(es)** are those coaches who are permitted on the competition floor and/or warm up hall, but who work under the guidance and responsibility of the supervising coach. Assisting coach(es) must meet all of the relevant eligibility requirements.

**Officials** are people recruited to assist with the delivery of the overall event ie Floor Manager, Ceremonies Manager, Spectator Tickets Manager.

**Organiser** means the Acrobatic Gymnastics Competition Organiser (NCO) or their designated representative, who is authorised by, or on behalf of, the EGA.

**SJ** means Superior Jury.

**Supervising Coach(es)** are those coaches submitted in the online entry process and who are responsible for the gymnast(s) for the entire event. These coaches must have the relevant qualifications and BG membership as defined in the eligibility section of this Handbook. Any changes to the Supervising coach(es) submitted on the online entry system must be notified to the Organisers via the English Event Enquiries email prior to the event and, in exceptional circumstances, if changes are required during the event, these must be notified to the Organisers. Changes to Supervising coaches will only be permitted where the replacement coach meets all of the relevant Eligibility requirements.

**TC** means the Acrobatic Gymnastics Technical Committee of the EGA and/or any Technical Committees appointed from time to time acting with the appropriate delegated authority.

**Unattached** means gymnasts who are not members of a BG registered club but hold appropriate BG membership.



means it is a **hyperlink** to official policy statements, email addresses and other event related information.

Where no specific point is addressed in the regulations, the current FIG rules apply. However, the Technical Committee and its appointed officials reserve the right to define any regulation conflict as is deemed appropriate to ensure a fair and equitable competition.

## Contact Information

### English ACRO Technical Committee:

Competition Organiser

Debby Said (email via English Event Enquiries)

Judging Co-ordinator

Tracey Findlay (email via English Event Enquiries)

### English Gymnastics Contact Details:

EGA Chairman

Martin Laws 

EGA Administration Manager

Jan Charlton 

Event Enquiries

English Event Enquiries 

### British Gymnastics Contact Details:

Customer Support

Tel: 0345 1297129

Email: [customersupport@british-gymnastics.org](mailto:customersupport@british-gymnastics.org) 

Coach/Judge Education

Tel: 0345 1297129

Email: [coaching@british-gymnastics.org](mailto:coaching@british-gymnastics.org) 


## Eligibility

### Membership

All persons attending English Gymnastics events in an official capacity, whether as a gymnast, coach, judge or official are required to hold current BG membership in line with the level of competition entered and/or qualifications held.

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

#### Gymnasts

- Membership level must be Competitive Gymnast, Coach or Life Members of BG in order to enter an English event. Gymnasts should also be a member of a BG registered club.
- In exceptional cases, where a gymnast does not belong to a BG registered club, they must contact the [English Event Enquiries](#)  via email and request entry into the event. If granted such, gymnasts will be given the classification as being Unattached. In such circumstances, the gymnasts must nominate a supervising coach and must also meet all other membership requirements.

#### Lead Coaches

- Lead coaches' membership level must be Gold Coach or Life Members of BG and coaches must be qualified to the level of the skills being performed by all gymnasts in the club/region before being allowed to participate in an English Gymnastics event. Coaches must have current safeguarding (SPC) and child protection (DBS) Certificates (please see Safeguarding section). The Lead Coach may authorise other coaches from their club/region to coach skills at a maximum of one level higher than that coaches' qualification but has responsibility for insuring that they are competent to do so.

#### Supervising Coaches

- Supervising coaches' membership level must be Gold Coach or Life Members of BG and coaches must be qualified to a minimum of Level 2. Coaches must have current safeguarding (SPC) and child protection (DBS) Certificates (please see Safeguarding section). With the explicit authorisation of the Lead Coach, supervising coaches may coach skills at the maximum of 1 level higher than their current qualification before being allowed to participate in an English Gymnastics event. In this instance, the supervising coaches must have completed the relevant course or module of the next coaching level covering those skills, although they may not yet be signed off as qualified.

#### Assisting Coaches

- Assisting coaches' membership level must be Assistant Coach (if Level 1), Gold Coach or Life Members of BG before being allowed to participate in an English Gymnastics event. Assisting coaches must have current safeguarding (SPC) and child protection (DBS) certificates (please see Safeguarding section). Assisting Coaches cannot be responsible for the gymnasts.

#### Choreographer


- Choreographers' Membership level must be Competitive Gymnast, Assistant Coach (if Level 1), Gold Coach or Life Members of BG before being allowed to participate in an English Gymnastics event. Assisting coaches must have current safeguarding (SPC) and child protection (DBS) certificates (please see Safeguarding section).


#### Judges

- Judges' membership level must be Judge or Life Members of BG for Club/County/Regional Judges, and National/Brevet Judge or Life Members of BG for National and Brevet Judges before being allowed to officiate at an English Gymnastics event.
- Judges must also hold a current cycle of Judging Award (Cycle 14).
- The EGA does not require judges to complete a criminal record check to judge at English Gymnastics competitions, as the role that judges fulfil at the event no longer falls within DBS or Access NI Eligibility\*. However, some judges are actively involved in club gymnastics and may provide judging instruction to children in a training environment or carry out a supervisory role (or may complete a criminal record check by virtue of another role they undertake eg coach). As not all judges use their qualification in the same way, it is the club's responsibility to assess the role the judge is undertaking and determine whether the activities involved fall within the eligibility criteria for a criminal record check. The EGA no



- longer requires all judges to complete safeguarding training, but clubs should ensure any judge who supervises or instructs children has completed appropriate training.

\* Judges who hold Scottish Gymnastics membership should refer to [Scottish Gymnastics](#)  for further guidance as to whether a check is required.

For further information on membership levels, please visit the [British Gymnastics website](#) 

## Coach Qualifications

When submitting entries for an English Gymnastics event, clubs/regions must ensure that the nominated Lead coach is qualified to the level of performance of all the participants from their club/region. Supervising coaches must be a minimum of Level 2. With the explicit authorisation of the Lead coach, Supervising coaches may coach skills at the maximum of 1 level higher than their current qualification. If coaching at one level higher than their current qualification, coaches must have completed the relevant course or module of the next coaching level covering those skills, although they may not yet be signed off as qualified.

All coaches entered into the event entry MUST be the same ones attending the event. It is unacceptable to enter a coach you know will not be attending. The Lead Coach has the ultimate responsibility for all the participants from their club/region and that of the Supervising coaches, Assistant coaches, Choreographers.

Lead coaches have a duty of care towards their performers and have responsibility to ensure that they are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically and psychologically, for performing their routines in a competition situation.

Additional Assisting coaches (Level 1 and above) may be accredited, at the discretion of the Organiser, to be present in the competition arena to assist with the pastoral care of the gymnasts. Assisting coaches may not coach the gymnasts unless they fulfil the requirement of holding a recognised qualification suitable to the level of skills being performed.

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


## Safeguarding


All coaches are required to hold a current BG specific DBS certificate, or Home Nation equivalent, and have current Safeguarding and Protecting Children Awareness training at the time of the event. Coaches who do not fulfil this requirement will not be accredited or allowed to participate at English Gymnastics events.

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

The safeguarding courses recognised by English Gymnastics are:

- Sports Coach UK (SCUK) Safeguarding Awareness course
- Local Safeguarding Children's Board (LSCB)
- Football Association (FA) safeguarding training
- Professional prior learning ie Social Worker, Teacher etc

This must be renewed every [three years](#) and be valid both at the time of entry and through to the end of the event 

For members who have previously completed a face-to-face course, an online refresher update course is available. Coaches must also have a valid [Criminal Records Certificate](#)  both at the Time of entry and through to the end of the event before being allowed to officiate at an English Gymnastics event



## Nationality


Participation in all English Gymnastics events is subject to the requirements of membership, club/regional registration and other conditions of entry.

In addition, the following regulations concerning Nationality are applicable to all English Gymnastics events:

The gymnast must be a British Citizen, holding a British passport (or be in the process of obtaining British citizenship and/or passport) and have lived in England for a period exceeding 48 months.

The mother, father or a grandparent of a gymnast must have been born in England.

### AND

The gymnast must not be a member of a Squad of any other Commonwealth country or previously represented another Commonwealth country, unless the consents required by [Byelaw 17\(3\) of the Constitutional Documents of the Commonwealth Games Federation](#)  (CGF) have been obtained.

If a gymnast does not meet any of the above Criteria, but nevertheless wishes to be considered for entry, the gymnast may petition the English Gymnastics Approval Panel in writing via the [EGA Admin Manager](#). The Approval Panel shall be consisted of the Chairman and Vice Chairman of English Gymnastics, together with the individual Chairperson, in England, of the specific discipline within which the gymnast is seeking to compete. The Approval Panel's decision in this regard shall be final. Decisions on these matters are not open to appeal.

### Disclosure


It is the responsibility of the person making the Competition entry to ensure that all of the gymnasts have declared their nationality within Gymnet online membership portal.

## Policy for the Participation of Trans People in Gymnastics Competition

For information on Transgender, please refer to the British Gymnastics Transgender Policy which can be found [here](#) .

## Competition Entries


### Entry Process

Entry to all EGA events will be made online only. Complete instructions for adding an entry via the BG Online Entry portal are available for download [here](#) .

All entries must be fully submitted electronically by the stipulated closing date and time.

Prior to the event, an entry may only be amended by the person making the original entry.

### Guests

Gymnasts who are not English may be invited by English Gymnastics to take part in the English Championships. They will receive scores(s) but will not receive a ranking in the official competition results. If a gymnast, wishes to compete as a Guest (see Nationality section page 9) at an English Gymnastics event, the club/coach/Home Nation should email the [English Event Enquiries](#)  before the closing date. Guest gymnasts will be placed on a waiting list.

Following the competition closing date, a decision will be made by the ACRO Technical Committee as to whether the entry can be accepted. If the entry is accepted, the entry fee will then become payable and entered into the club basket.

Only those gymnasts classed as English (using the Nationality criteria on page 9), are able to be ranked in the official competition results where an English title is being contested. English Gymnastics will award a medal to a Guest, but they will not take part in the official medal ceremony.

Where a competition provides a qualification route to take part in the English Championships, the result of a non-English gymnast will not lead to the displacement of an English gymnast who would have otherwise qualified for the English Championships.

Participation is also subject to approval from their FIG member Federation/Home Nation in accordance with FIG statute. They will receive score(s) but will not receive a ranking in the official competition results. In such circumstances, the gymnasts will be referred to as Guest.

## Entry Fees


Entry fee for the English Championships will be £40 per gymnast.

## Methods of Payment

Payment can be made by Debit Card or Credit Card only at the time of entry and no later than 48 hours of the entry being submitted. **Entry fees are non-refundable after the closing date.**

## Late Entries

Late entries will only be considered in exceptional circumstances.


In the unlikely event of a late entry being accepted, payment of twice the normal entry fee stated for the competition (up to a maximum late entry fine of £500, not including the original entry fee) will be required for individuals (including partnerships and groups). Late entries must be made via email to the [English Event Enquiries](#)  and will then be referred to the Organiser for consideration. The Organiser will have absolute discretion whether to accept a late entry.

Applications will normally only be considered up to 7 days after the closing date.

Late entry requests may be placed on a Reserve List and clubs notified if their entry is accepted following a withdrawal. If the competition Draw has already been made, late entries will be placed in a group at the discretion of the Organiser. There is no guarantee that the name of gymnasts entered late will be included in the Spectator Programme.

## Withdrawals and Substitutions

Amendments to an entry before the closing date will not incur a penalty and in the case of withdrawals, the entry fee will be refunded. **Entry fees are non-refundable after the closing date.**

Where it is necessary to substitute a coach, the club must inform the [English Event Enquiries](#)  so the coach can be checked for membership, awards and safeguarding, before they can be accredited for the event.

Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute(s) must inform the Organiser immediately on arrival at the venue and produce their coaching award certificate, current BG membership card and current BG specific DBS and Safeguarding certificates or they will be unable to access the competition floor.

## Provision of Officials

All participating clubs must provide a Judge with a minimum current qualification of National level or above. The named Judge must be added at the time of making your entry. For this first year, Clubs will be responsible for all accommodation/travel costs for nominated Judges.

**NB** Failure to supply a Judge will result in a levy of £100 being added to your Club Basket.


## Non-Participation Fee

By entering a gymnast (individual/partnership/group) or a team (team events) into an event, the enterer accepts that, should any gymnast or team fail to register to compete by the end of registration for a competition, the appropriate fee for non-participation will be added to the club basket or in the case of regional entries, basket of the person making that entry.

Fees will be charged as follows:

£25 – Individual / Pair

£50 – Trio / Group / Team

Should a gymnast be withdrawn, for whatever reason, the club or coach must inform the Competition Organiser and the [English Event Enquiries](#)  via email up to the close of registration for the relevant session. Withdrawals will only be accepted via email.

Failure to inform the [English Event Enquiries](#)  and Competition Organiser as laid out above will result in the non-participation fee being charged.

## General Regulations

Coaches must make adequate provision for the “supervision” of their gymnasts upon arrival at the venue. gymnasts will not be allowed to register or begin warm up without their coach present.

## Registration

Only register your gymnast(s)/club when those competing in that section of the event have arrived at the event and intend to compete. Please inform the registration desk of any withdrawals as soon as possible.

During registration accreditation/passes will be issued. Abuse of accreditation/passes may result in disciplinary action taken by the EGA.


## Order of Performance

The order of competing for individual events and team events shall be decided according to the competition arrangements made by the Organiser or such officials as may be authorised by the English ACRO TC. For the purpose of maintaining a smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the English ACRO TC reserve the right to alter the grouping of gymnasts and/or running order of performances as may be deemed necessary by the Organiser or authorised officials, up to the start of warm-up.

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

## Music


All music for competition routines must be uploaded onto the GymNet portal at the latest **Noon** on **26<sup>th</sup> April 2019** latest.


Instructions for submitting music electronically may be found within [the online entry guide](#) 

## Late Music Submission

Late submission of music will attract a fee of £20 per gymnast/partnership/group/team. This fee will be added to your club basket. Music not uploaded by the deadline cannot be guaranteed to be uploaded on the day.

## Music Licensing

All music used in competition routines must conform to the relevant licensing requirements. Details may be found at the following [link](#) 

Certain tracks belonging to Disney, Andrew Lloyd Webber and Cirque du Soleil can be used, but this should be checked on the [PPL website](#)  to confirm the track is included within their repertoire. To check tracks, scroll to the bottom of the page and click on 'PPL Repertoire Search'. Enter the artists name and title. Any music listed as part of the search can be used.

If the track is not included within the listed tracks, the club must apply directly to Disney, Andrew Lloyd Webber or Cirque du Soleil to use the track and pay the relevant licensing fees.

## Access to Warm-Up Hall

Access to the warm-up hall will be limited to the appropriate number of Coaches and Choreographers as defined in the specific details section for each event. On arrival, coaches will need to register and collect their accreditation from registration. In the case of events spanning more than one day, accreditation will be issued for each day. At larger national events the FIG/UEG recognised accreditation system will apply.

Abuse of accreditation may result in disciplinary action being taken by the EGA.

Judges will not be allowed into the warm-up hall, once the judges' meeting has taken place.

## Food and Drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies.

## Babies and Young Children

In the interests of safety, for the smooth running and professional presentation of the events, babies and young children are not permitted to enter the warm-up hall or field of play, even if they are being supervised by an adult.

## Medical Provision

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

At all English Gymnastics events, an official medical team will be appointed and will be available to treat gymnasts who sustain an injury at the event. The medical team are not able to treat pre-existing or chronic injuries.

Any injury occurring during the official training or competition, must be reported to the medical team to ensure a record can be kept of treatment given and by whom.

The decision of the Organiser, based upon the recommendation of the EGA appointed medical officer, as to the gymnast's health and medical status and their ability to compete at the event, is absolute and final.



## Medal Ceremonies

Except in exceptional circumstances, gymnasts who win a medal at an English Gymnastics event, are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony in order to collect their award in person. Medals will only be distributed at events not by post. Attire for medal ceremonies is according to FIG rules for World Championships and UEG rules.

## Privacy

[British Gymnastics Privacy Notice](#) 

At many events, English Gymnastics may produce event merchandise (eg event t-shirts). These may include the names and/or clubs of the gymnasts taking part.


Where competing gymnasts have a disability, it may be necessary to share the details of this disability with the Organising Committee in order to discuss if modifications to Rules and processes are appropriate arising from this disability.



The scores and results from English Gymnastics events, will be published on the EGA Website in the specific event page.

The scores, results and “Judgecam” videos from English Gymnastics events, where BG Score is present, will be made available in the BG Score App and also published on the EG website in the specific event page.

## Video, Film and Photography


If you agree for your club to enter you into an English Gymnastics competition, we will use your personal information to confirm you have been entered into the correct category and to enable you to participate in the event. All EGA competitions are large events where filming and photography by EGA accredited photographers and the media may be taking place. In some cases, the events will be videoed and/or live streamed by BG TV. Images taken at our events may be used by BG, BGF and GEL for the purposes of promotion, education and development of the sport. They may also be shared with relevant third party organisations for journalistic/promotional purposes. The results of EGA competitions are published and videos of routines performed by participating gymnastics may be made available for viewing by BG members.

Any gymnast or parent who does not wish themselves or their child to be photographed/filmed at the event must advise the [English Event Enquiries](#)  or the Event Organiser. Although it is not always practical to manage the content of live streamed footage, we will ensure any identifiable images of the participant are not published.


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

Flash may not be used at any time while gymnasts are warming up or competing. If you have concerns about the identity or actions of any photographer or if you believe that

EGA accredited photographers may be present at EGA events and in some cases, events could be videoed and/or live streamed by other organisations. These images may be used by the EGA/BG and our subsidiary companies for the purposes of promotion, education and development of the sport. They may also be shared with relevant third-party organisations for journalistic/promotional purposes.

Clubs must ensure that gymnasts/parents are informed of the photography arrangements for the relevant event. EGA will also announce the photography/filming arrangements at the event. Any gymnast or parent who does not wish themselves or their child to be photographed/filmed, at the event must email the [English Event Enquiries](#) .

Although it is not always practical to manage the content of live streamed footage, the EGA/BG will ensure any identifiable images of the participant are not published.

Any person wishing to use video, film or take photographs must abide by the [BG Photography at Gymnastics Events policy](#)  Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use, or publication in printed or electronic form, such as on websites.

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

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

## Health & Safety

The health, safety and welfare of all participants (gymnasts, coaches and officials) is the primary consideration. All BG policies and procedures will be rigorously applied with regards to health, safety, welfare and Safeguarding & Protecting Children.

## Overnight Stays

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


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

For **Overnight Trips**, the appropriate form needs to be completed in full and sent to British Gymnastics **at least** four weeks prior to travel so they can get your trip approved and endorsed by their insurers. Failure to inform British Gymnastics of **any** overnight stays may invalidate your insurance.

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

## Drug Free Sport

The testing programme may affect any elite gymnast performing at a national standard.

Please follow the link to read the [BG policy](#) 

## Terms & Conditions of Entry to All Competitions

In addition to the EGA General Rules & Regulations:-

- By submitting an inquiry, you agree to pay a fee which will be added to the club/region basket.
- You agree to the storing of competition scores. The EGA will redact your details from the published results unless there is a justifiable reason to reject an objection to publication.
- You agree to abide by the BG Photography at Gymnastics events policy.
- The person making the online entry on behalf of gymnast(s), a club or a region, undertakes to ensure that those who they are making an entry on behalf of are fully aware of and agree to abide by the contents of this handbook.



## Spectator Tickets

Further information relating to ticket prices will be provided in due course.

## Code of Conduct

British Gymnastics National Technical Committee [Code of Conduct](#) 


[Acrobatic Judges Code of Conduct](#) 

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

## Age policy

Gymnasts' ages, for the purpose of entry to all age dependent categories, will be taken as the age reached in the year of the competition.

The minimum age for entry to English Gymnastics National events is 9 in the year of competition.

To view further information on age, participation and competition, please view the [Health & Safety Guidance: Coaching Practice document](#) 

Year Born Eligibility for ACRO English Championships 2019	
Age Groups	Year of Birth
AG 11 - 16	2003 – 2008
AG 12 - 18	2001 - 2007
Junior 13 - 19	2000 - 2006
Senior (15yrs +)	2004 or earlier

## Competition Attire

### Gymnasts



It must be gymnastic in character and design. Attire must be elegant and complement the artistry of an exercise. It should not divert attention from the performance of the gymnasts nor require adjustment during an exercise.

- Partners must wear identical or complementary attire.
- Women and girls may perform in leotards, one-piece unitards or leotards with skirts. Tights are allowed. Leotards may be with or without sleeves, but dance style leotards with narrow straps are not allowed.
- The wearing of skirts at Grades 1-5 is not allowed.
- Skirts must cover, but not fall further than the pelvic area of the leotard, tights or unitard.
- The style of the skirt (cut or decoration) is free, but the skirt must always fall back on the hips of the gymnast.
- The look of "ballet tutu" and "island grass" skirt and "dress style" is forbidden.
- The skirt must be integrated into the leotard (it may not be removable).
- The removal of leotards on the field of play is not allowed.
- Men and boys may compete in leotards or shirts with gymnastic shorts or long gymnastic trousers. One-piece suits/unitards are allowed.
- Dark colour legs of trousers, unitards or tights are allowed only if the whole length of colour on the legs is broken significantly from the hip to the ankle by light coloured decoration or


pattern. The length and type of the fabric covering the legs must be identical on both legs. Only the decoration may be different.

- Competitors may perform with or without footwear which must be flesh colour or white, clean and in good repair. For men, when they wear trousers, footwear (gym shoes, white socks) must be worn.
- For safety reasons, loose clothing, raised attachments and accessories are not allowed.
- All attire for men and women must be close fitting to allow the judges to properly evaluate body lines.
- All attire must be modest including the use of proper undergarments. The cut of the leg of leotards must not go above the iliac crest (hipbone). The neckline must be no further down than half the sternum in the front, or below the lower line of the shoulder blades in the back.
- Lace and transparent material on the torso must be fully lined.
- Provocative, swimsuit, character outfits and photographs in the design are forbidden.
- Competitors may perform with or without footwear, which must be flesh colour or white, clean and in good repair. For men, when wearing trousers, footwear (gym shoes or socks) must be worn.
- Advertising on attire must adhere to FIG rules.
- The wearing of GBR or Home Nations attire at English Gymnastics events is strictly forbidden. However, where individuals or partnerships have been selected for GBR or ENG and awarded their colours (GBR or ENG flag), this may be worn on the gymnast's leotard at domestic events provided it conforms with FIG attire regulations.
- The removal of leotards in the field of play is forbidden.

#### Accessories and Aids

- Sequins, stones, cummerbunds, and lace must be either integrated into the fabric of the competition attire or attached securely, but any injury occurring as a consequence is the responsibility of the coach and athlete.
- Hair clips, slides, bands and ribbons, if worn, must be secure. Character hair accessories (eg tiaras, feathers and flowers) are not allowed.
- Face painting is not allowed; any make-up must be modest and not portray a theatrical character (animal or human).
- Equipment, such as belts or head-rolls to aid execution of elements, is not allowed. Taping and support bandages must be of neutral colour. Any exceptional support, such as a knee brace that is not of neutral colour, may be worn without penalty if the club makes application to the ACRO TC prior to the start of the competition, for special permission.
- Jewellery is as per the [BG Body Piercing and Adornments policy](#) 
- For further details, please see [FIG Code](#) 

#### Coaches

- Coaches must wear a tracksuit with long tracksuit bottoms or full-length tracksuit bottoms with a collared polo shirt or club/regional t-shirt and appropriate gym/training shoes.
- Long hair should be braided or tied back so as not to obscure vision.
- Coaches will not be allowed on the competition floor if wearing ANY jewellery. If it is impossible to remove items of jewellery, they should be taped. Exceptions are as per [BG Body Piercing and Adornments policy](#) 

Non-compliance may result in removal of the coach and consequently, for Health and Safety reasons, their gymnast from the competition.

#### Judges

- Black jacket with black skirt (women) or full-length trousers (men and women), white shirt or sweater (men and women) or blouse (women).
- CJP will wear light blue shirt, sweater or blouse, tie (men) or scarf (women), black shoes (not sandals) or clean track shoes if required by organisers. Heels which will damage gymnastic floor covering must be avoided.
- Hair must be neat and not inhibit vision.
- Jewellery, if worn, must be professional in appearance.

Requests can be made to adopt reasonable clothing modifications at any English Gymnastics competition. All requests must be on the official EGA Clothing Modification Request Form (*a copy attached to this Handbook at Appendix 1*) and submitted with the competition entry at least four weeks before the competition closing date, to allow sufficient time for full consideration of the application and any possible health and safety implications.

For competitors, coaches and judges, chewing gum is not allowed **at any phase of the competition**, including the opening ceremony and presentation of the awards or closing ceremony.

Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices, including tablets, to make calls, take photographs or be used for other forms of communication in the main arena during the event. Such mobile devices may only be used for monitoring scores and results, where the BG Score App is in operation.

## Competition Apparatus

Unless otherwise stated, the equipment at the English Acrobatic Championships will be to current FIG specifications. Only apparatus supplied at the request of the English ACRO TC may be used at National events.

## Height Deductions

All height measurements will be in accordance with the FIG measuring protocol. A member of the English ACRO TC will be present at the time of measurement:

• Age Group	11-16yrs	0.10 – 0.30
• Age Group	12-18 yrs	0.30 – 0.50
• Junior	13-19yrs	0.50 – 1.00
• Senior		0.50 – 1.00

All partnerships must report for measuring at the times published in the Work Plan or Competition Schedule. Failure to attend measuring will result in non-performance. Gymnasts may not compete if they have not been height checked.

## Inquiries

Official inquiry forms are available from the Organiser and must be completed and returned as soon as possible after the publication of the scores. Inquiry forms will be published in each Event Work Plan.

A coach may only request an inquiry on the Difficulty Score, in accordance with the [FIG Code](#) 

In the interests of justice, if the Difficulty Score does not appear to correlate with what was performed, or there is an arithmetical error in the calculation of the Difficulty Value, conversion to the Difficulty Score or in the calculation of the Final Score, an appeal may be made for review to the Superior Jury.

The DJ penalty score may need to be reconsidered if there is a change in the Difficulty Score after the inquiry.

Inquiries can be made only for the club/region's own competitors.

No inquiries can be made against Execution or Artistic Scores, time faults or other penalties.

On publication of the Difficulty Score, any inquiry for investigation is made at the very latest before the end of the next exercise that follows the release of a score. The Supervising coach for the club/region of the competing gymnasts places the inquiry form with the Chair of the Superior Jury or designated person.

An inquiry form must be delivered without verbal exchange.

The written request for inquiry must be delivered within 4 minutes after the placement of an appeal form, otherwise the appeal becomes obsolete.

The placement of an inquiry form becomes a contract to pay the appropriate fee.

The President of the Superior Jury (or delegate) will immediately notify the SJ Difficulty Experts and the CJP of the panel concerned of the inquiry. The CJP immediately requests the DJs to review the Difficulty Score.

If a resolution cannot be made before the start time of the next competitors' exercise, the calculated Score will be listed as 'provisional' and will be considered at the end of the round of competition and before any award ceremony.

If the inquiry is rejected, the fee will be put into the appropriate club basket for immediate payment.

The English ACRO TC cannot accept any photographic analysis at an event unless an official video replay system is available and could be referred to by the Superior Jury or the Chair of the Judging Panel for the benefit of every competitor.

The Supervising Coach for the Club/Region of the competing gymnasts places the appeal form with the President of the Superior Jury or designated person.

- First inquiry: £25
- Second inquiry: £50
- Third and subsequent inquiries: £75

The placement of an inquiry form becomes a contract to pay the appropriate fee.

This fee will not be collected in cash at the event but added to the basket of the club/coach concerned, if the inquiry was not upheld.

## Musical Accompaniment

All exercises are performed to music. The voice may be used as an instrument and meaningless words are allowed.

### FIG Levels

Music and lyrics (words) may be used in **one exercise** with respect to the FIG code of ethics. Inappropriate lyrics (ie sexual, offensive, aggressive, violence.) are forbidden.

The coach must highlight which exercise is used with words and write it on the tariff sheet.

A penalty of 0.5 is taken by the CJP for music infringements (when more than one exercise with lyrics is performed and/or when it is not declared on the tariff sheet).

### At FIG Age Groups, Junior & Senior:

The **first note** of the music indicates the beginning of the time of the exercise. The first move made by one or more competitors from the start position is considered as the "start" of an exercise. The end of an exercise is the **static position** of partners, which must coincide with the end of the music.

Supervising coaches should carry a backup copy of all music files (contained within a USB storage/flash drive) which would be used in the event of any technical issues with the music submitted. Each track on the USB drive must be in MP3 format and clearly labelled with the following format:

**Gymnast Names – Club – Age Group-Routine**



## Length of Exercises

- Age Group: 11-16 yrs – All exercises have a maximum duration of 2 minutes, there is no minimum duration.
- Senior, Junior 13-19, 12-18 – Balance and Combined exercises have a maximum duration of 2 minutes 30 seconds, there is no minimum duration.
- Senior, Junior 13-19, 12-18 – Dynamic maximum duration of 2 minutes, there is no minimum duration.

## Partnerships


- Gymnasts are permitted to compete in only one (1) discipline and one (1) partnership per event.
- The partnership rules apply to all competitors entering the English Acrobatic Championships.
- Pairs or Groups who have competed in World Championships, World Cup or World Games or as Seniors in a Continental Championship may not compete in Age Group Competitions. Individuals who have competed as Seniors, but are in newly formed age group pairs or groups are eligible. Pairs or Groups who have competed in the 12-18 or 13-19 age groups in any FIG approved competition, including Continental Championships, may not compete in the 11-16 age group. However, individuals in newly formed 11-16 pairs or groups are eligible to compete in the 11-16 age group.

## Tariff Sheets

It is the coach's responsibility to ensure that the Tariff Sheets are completed correctly.


All elements to be performed must be included on the tariff sheet in the order of performance. If the declared elements are performed out of order, then the penalty will be applied (only once per exercise).

**NB** It is no longer acceptable to use hand-drawn tariff sheets.

A tariff sheet template is available for FIG levels from the [BG website](#) 

Please ensure that each tariff sheet for each routine is saved as an individual PDF file and titled using the exact naming convention:

**- Routine number, Gymnasts names, Category and Routine. Example, 110 – Smith & Smith – 11-16 WP – Balance**

All FIG and Age Group exercises, require one (1) copy of each tariff sheet to be emailed to the nominated Difficulty Judge (DJ) and at the same time a copy to Tracey Findlay via the [English Event Enquiries](#)  two (2) weeks before the competition, to be checked and collated prior to the commencement of the competition. The DJ contact list will be emailed to clubs once confirmed.

At FIG Levels, failure to comply with the regulations relating to tariff sheets will incur a financial penalty of £50 for each tariff sheet and any not received by the "start or end of time" at podium training will also incur a 0.30 penalty per Tariff Sheet and will be unchecked. Late, incorrect or illegible tariff sheets will be returned and a financial penalty applied. This fee will not be collected in cash at the event but added to the basket of the club/coach concerned.

Clearly indicate on the tariff sheet the competitor number, names of the gymnasts, their club, their discipline and their level of entry. (Email address for contact & telephone number and times when available to take calls).

Coaches must send their tariff sheets as an email attachment, in a PDF format using the official tariff sheet. Please use the "return receipt" facility on your computer to make sure that the DJ has received and opened the attachment.

At Senior, Age Groups Junior 13-19 & 12-18 and 11-16 years & IDP, coaches must remember to indicate on the tariff sheet which routine has "words" in the music.

Changes to tariff sheets can be made and will be accepted up to the end of podium training for all events providing that the coach brings five (5) copies of the amended tariff sheets and pays the financial fine of £20 per tariff sheet.

Changes requested after podium training without support of a medical professional will incur a late tariff sheet penalty. This rule applies to Age Groups, Junior, Senior Out of Age events only.

On the day of competition tariff sheets will not be available to the coach, so no change of order can be made without penalty.

In the case of injury in the warm-up hall, the coach has the right to make an amendment on the competition day, up to 30 minutes before gymnasts are due to compete. The injury must be assessed by the competition Paramedic or Physiotherapist.

Any such change must be communicated to the Organiser, who will inform the DJ.

In keeping with the established practice in Acrobatic Gymnastics, the CJP/DJ checking the tariff sheets will contact the coach if he/she discovers any aspect which affects the value of the exercise. Coaches should contact local Brevet Judges for advice and clarification if they are unclear of values and content of routines.

Tariff sheets in a hard copy cannot be handed in on the day of competition including the day before during podium training.

Competitors may not compete without a tariff sheet.

## **Rules for Tie Break**

These tie-breaking rules define how to determine which gymnast should prevail in case of equality of points in Qualification and Finals.

Age Group 11-16:

Tie Break from Qualifications into Finals:

- The highest sum of the E-scores of the Balance and Dynamic exercises.
- If a tie remains, the tie will not be broken and the starting order for the finals will be decided by draw.

Tie Breaking in the Final:

- The highest E-score of the Balance/Dynamic exercise prevails.
- The highest sum of the E and A scores of the balance/Dynamic exercise prevails.
- If there is still a tie, the tie will not be broken.

Age Group 12-18 & Junior 13-19:

Tie Break from Qualifications into Finals:

- The highest sum of the E-scores of the Balance and Dynamic exercises.
- If there is still a tie, the tie will not be broken and the starting order for the finals will be decided by draw.

Finals:

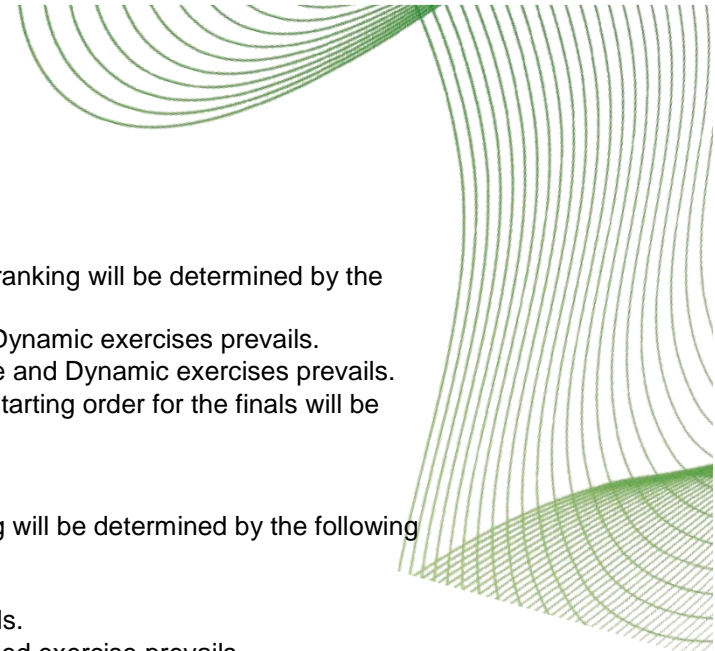
Each Pair and group performs one Combined exercise in the finals.

Marking starts from zero.

In case of a tie in points at any place in the Finals, the ranking will be determined by the following criteria:

- The highest E score of the Combined exercise prevails.
- The highest sum of the E and A score of the Com.
- If there is still a tie, the tie will not be broken.





Senior:

Principle valid for all competitions – qualifications.

In case of a tie in points at any place in Qualification, the ranking will be determined by the following criteria:

- The highest sum of the E-scores of the Balance and Dynamic exercises prevails.
- The highest sum of the E and A scores of the Balance and Dynamic exercises prevails.
- If there is still a tie, the tie will not be broken and the starting order for the finals will be decided by draw.

Principle valid for all competitions – finals.


In case of a tie in points at any place in Finals, the ranking will be determined by the following criteria:

- The highest E-score of the Combined exercise prevails.
- The highest sum of the E and A scores of the Combined exercise prevails.
- If there is still a tie, the tie will not be broken.

# ACRO English Championships 2019

<b>Date:</b>	Saturday 4th & Sunday 5th May 2019
<b>Venue:</b>	Newton Aycliffe Leisure Centre, Beveridge Arcade, Newton Aycliffe, Co Durham, DL15 4EH
<b>Opening Date:</b>	Friday 8th February 2019
<b>Closing Date:</b>	Friday 22nd March 2019 (noon)
<b>Music Entry Closing Date:</b>	Friday 26th April 2019 (noon)
<b>Entry Fee:</b>	£40 per gymnast

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<b>Code:</b>	Senior	<a href="#">FIG Code of Points and Tables of Difficulty</a> 
	Age Groups	FIG Age Group Plan in conjunction with the FIG Code of Points and Tables of Difficulty where applicable
<b>Eligibility:</b>	Open Entry – gymnasts may only compete in one (1) discipline	
<b>Nationality:</b>	Per the Nationality Criteria set out on page 9. Gymnasts of foreign nationality or who hold an FIG license for another member federation, must ensure that their nationality is declared on their membership record in order for them to be identified at a Guest.	

## Competition Structure:

Competitions will be offered for Men's Pair, Women's Pair, Mixed Pair, Men's Group and Women's Group at:

- Senior (15 years and over)
- Age Group 13-19 years
- Age Group 12-18 years
- Age Group 11-16 years


Senior, Age Group 13-19yrs and Age Group 12-18yrs will perform 1 x Balance and 1 x Dynamic Exercise. The top 8/6 will go through to the Combined Final. Pairs/Groups placed 1-8 after qualification take part. If there are less than 12 in the particular category, only 6 Finalists take part. If there are 30 or more units compete in any one section, then the Top 10 placed competitors go through to Finals.

The Combined Final starts from zero. For Age Groups 13-19yrs and 12-18yrs, no more than 6 years age difference between partnerships is allowed.

Age Group 11-16yrs will only perform 1 x Balance and 1 x Dynamic Exercise with the aggregate score declaring the winner. If time permits, a Final exercise may be performed.


## Coach Qualifications & Passes

Competition	Lead Coach Minimum Qualification required (or equivalent)
Age Group 11-16yrs Age Group 12-18yrs Age Group 13-19yrs Senior 15+	L3 Technical Module 2 or equivalent qualification SCC SCC HPC

Please follow the [link](#)  to check equivalent levels of qualifications from previous cycles

Only 1 coach allowed into the arena with competing gymnasts. The allocation of passes per club will be based on the number of partnerships as per current FIG Accreditation Rules. A partnership is defined as one Pair or one Group.

- One partnership – One pass
- Two to five partnership – Two passes
- Six to eight partnership – Three passes
- Nine or more partnership – Four passes
- One additional coach pass allowed for four or more partnership

1 Choreographer pass may be issued to a club on written application to the Competition Organiser via the [English Event Enquiries](#)  at the time of entry. Choreographers must hold the relevant BG Membership, Safeguarding and DBS certificates. Choreographers will be allocated a position on the field of play to observe their gymnasts' routines, they cannot be present in the Kiss and Cry.

## Tie-Breaks

Tie-break rules as per the FIG regulations for World Age Group & World Championships

## Awards

Gold, Silver and Bronze medals will be awarded in Men's Pair, Women's Pair, Mixed Pair, Men's and Women's Group within each age group.

However, an execution score of 7.80 (before it is doubled) must be achieved in order to receive a medal. This applies to all Senior and Age Group categories regardless of the number of entrants.

All competing gymnasts will receive a Participation Certificate.



<b>Competition:</b>	
<b>Entrants Name:</b>	<b>DOB:</b>
<b>Club Name:</b>	
<b>Religion / Disability:</b>	<b>Discipline:</b>
<b>Please provide details of any clothing modifications and provide reasons for this request</b>	
<b>I confirm that the details on this form are accurate</b>	
<b>Signed</b> _____ <b>Date</b> _____	
<b>Address</b> _____	
<b>Postcode</b> _____ <b>Contact no</b> _____	
NB: If the gymnast is under the age of fourteen, their parent/carer must sign the form on their behalf.	
This form should be submitted to the EGA Admin Manager, Jan Charlton, via email at <a href="mailto:jan.charlton@englishgymnastics.org.uk">jan.charlton@englishgymnastics.org.uk</a> with the entry. The request will receive full consideration and club and entrant will be informed of the outcome within 10 working days of receipt of the request. In the event the request is declined, the entry fee will be refunded in full, providing that this form was submitted prior to the closing date.	