



# ENGLISH GYMNASTICS

## Working Plan

**TRA & DMT ENGLISH CHAMPIONSHIPS 2016**

## Table of Contents

<b>Venue Information</b> .....	<b>4</b>
Directions.....	4
Car Parking.....	4
Venue Map.....	4
Medical Provision.....	5
Gymnast Seating.....	5
<b>Tickets</b> .....	<b>5</b>
Ticket Allocations.....	5
Ticket Purchase.....	5
<b>Accreditation</b> .....	<b>6</b>
English Gymnastics Accreditation Desk.....	6
Babies and Young Children.....	6
<b>Technical Information</b> .....	<b>7</b>
Orientation Meeting.....	7
Judges Meeting.....	7
Apparatus Specification.....	7
Registration.....	7
Tariff Sheet Submission.....	7
Trampoline & DMT.....	7
Commentator Information System (CIS).....	8
Anti-doping.....	8
<b>Competition Details</b> .....	<b>8</b>
Judges and Officials.....	8
Panel Managers.....	9
Timetable.....	9
Draw for Competition.....	9
Working Order.....	9
<b>Rules and Regulations</b> .....	<b>9</b>
Volunteers.....	9
Competition Attire.....	9
Inquiries.....	9
Tie Breaks.....	9

Scoring and Result .....	10
Presentation Ceremonies and Awards .....	10
<b>Media Information .....</b>	<b>10</b>
Media Attendance .....	10
Official Photographer .....	10
English Gymnastics Photo Policy.....	10
Appendix 1.....	12
Frequently Asked Questions .....	12
Appendix 2.....	14
Score Table for Team TRI & TRS .....	14
Appendix 3.....	15
Drug Free Sport: Anti-Doping .....	15

**Version History**

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Version 2 published 15<sup>th</sup> November 2016

## Venue Information

Planet Ice Arena, Coventry



### Directions

Planet Ice Arena, Croft Road  
Coventry, CV1 3AZ

### Car Parking

Nearest parking can be found at the multi storey car park

### Venue Map



## Medical Provision

A Physiotherapist will be available in the designated medical area within the venue. Treatment will be accessible by all accredited gymnast who sustain an injury at the event. The medical team are not available 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 British Gymnastics appointed medical officer as to the gymnast's health, medical status and their ability to compete at the event is absolute and final.

## Gymnast Seating

Accredited Gymnasts and Coaches who wish to watch the competition may sit in the allocated delegation seating. Please respect this request and do not sit in any other area during the competition.

## Tickets

### Ticket Allocations

All entered gymnasts will be provided with a ticket for the entire competition through their accreditation pass. Gymnasts who withdraw from the competition are eligible to collect their accreditation to spectate at the event but will not have access to the Field of Play or Warm Up areas.

Coaches will also be provided with an event ticket.

Please note for the day that gymnasts and coaches are not competing but wish to spectate, they will be required to report to the **Accreditation Desk to collect a spectator ticket**.

### Ticket Purchase

Tickets can be purchased in advance online from The Planet Ice website. Please visit <http://planet-ice.co.uk/arena/Coventry>. Tickets can also be purchased on the day at the Front desk of the Planet Ice Arena subject to availability.

Ticket prices are as follows:

Ticket Type	One Day	Weekend
Adult	£10.00	£18.00
Concession*	£8.00	£15.00

\* Concessions are under 16s and over 65s – proof of ID may be required to gain admission to the venue with this ticket type.

## Accreditation

### English Gymnastics Accreditation Desk

The accreditation desk will be located in the warm-up hall at the far left of the puck, (Ice skating rink) at the Planet Ice Arena.

Each **coach and Heads of delegation** will be required to register their club/Regions and collect their accreditation.

When registering and collecting accreditation for **gymnasts**, gymnasts are not required to register themselves as they will be registered by their coaches/heads of delegation.

**Event Officials** should report to the accreditation desk upon arrival which is located in the officials box up the stairs next to block 15, please follow the signs.

**Judges** accreditation will be distributed in the judge's meetings.

All changes to the nominated coaches submitted on the online entry must be submitted to the National Competition Organiser no later than **Monday 14<sup>th</sup> November 2016** and have a valid British Gymnastics membership, DBS and Safeguarding certificate along with the required coaching qualification for their gymnasts' routines. Any coach not submitted to the competition organiser prior to the deadline date will not be accredited to coach at the event. Should there be a necessity for membership renewal prior to the event, please ensure this is addressed in good time to ensure your membership has been updated. It is advised that membership fees are paid by BACS or credit/debit card to ensure payment is received in time for the competition.

Accreditation must be worn by all club members at all times as it identifies where access is permitted at the venue.

Accreditation is non-transferable. Anyone found offering their accreditation to another person in order that they may gain access to access-controlled areas will have their accreditation withdrawn and they will take no further part in any activity in the event.

### Babies and Young Children

In the interests of safety, for the smooth running and professional presentation of the Event, 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.

## Technical Information

### Orientation Meeting

Orientation Sessions will take place in the Arena as follows:

Friday 18 <sup>th</sup> November	18:00 – 20:00
Saturday 19 <sup>th</sup> November	18:30 – 20:30

### Judges Meeting

The judges meeting for Trampoline and DMT judges will take place at the following times; the meeting room will be clearly sign-posted upon arrival.

Saturday 19 <sup>th</sup> November	TRA:	08:15hrs	(Directors box)
	DMT:	08:15hrs	(Directors box)
Sunday 20 <sup>th</sup> November	TRA:	07:45hrs	(Directors box)
	DMT:	07:45hrs	(Directors box)

Computer scoring instruction will be on the Field of Play after the judges meeting.

### Apparatus Specification

The apparatus will be provided by Gymaid. All apparatus including the matting is to FIG specifications.

### Registration

Please note that all coaches must collect their own accreditation.

While all gymnasts should be present, one coach from each club will be required to register all their gymnasts and inform English Gymnastics of any withdrawals. Upon registering, each club will receive a pack including the competition schedule.

Registration will open at the following times:

Saturday 19 <sup>th</sup> November 2016:	08:15hrs
Sunday 20 <sup>th</sup> November 2016:	08:15hrs

### Tariff Sheet Submission

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

### Trampoline & DMT

- A trampoline Difficulty card template is available from the downloads section on the English Gymnastics website ([www.englishgymnastics.org.uk](http://www.englishgymnastics.org.uk)).
- Tariff sheets/Difficulty card must be submitted to the registration desk on arrival at the competition and prior to the start of warm up.

- Tariff sheets/Difficulty Cards should be completed in FIG notation only.
- The difficulty cards should be marked with asterisks to indicate required elements in 1<sup>st</sup> routines. This must be done prior to the card being submitted. Likewise, all elements that require a difficulty mark should be identified before the card can be accepted.
- All cards must be signed by the Supervising Coach in order to be valid.
- Competitors may not compete without a valid tariff sheet.

## Commentator Information System (CIS)

English Gymnastics will use Commentator Information System to provide the in-arena commentators with information about timetable announcements to maintain the smooth running of the competition.

## Anti-doping

At national events the collection of doping control samples shall be initiated and directed by UKAD in coordination with British Gymnastics.

There is every possibility that gymnasts will be selected, either randomly or targeted by competition results whilst competing in the UK or internationally. If selected, a gymnast will be required to provide a urine sample of a predetermined volume, outlined within the international standard regulated by the World Anti Doping Agency, [WADA] and as specified by FIG. On occasions UKAD may use blood samples in which case qualified testing personnel will conduct this procedure with the Drugs Control Officer, [DCO].

On all occasions gymnasts are advised to take an 'advocate' with them into the testing station. This could be a member of the medical team, a coach or a parent as relevant. In all cases, gymnasts are requested to declare all medications taken within the preceding 7 days.

Parents, coaches and gymnasts are encouraged to regularly check any medication throughout the year. If you have any concern, or are unsure as to whether a medication is a restricted or banned substance, please refer to the following;

Gymnasts can search particular brands of medications or for specific ingredients. The database is accessible via UKAD website, or directly; [www.globaldro.com](http://www.globaldro.com). Gymnasts, coaches and support personnel are also reminded that there are other ways to check the status of medications by using either the Drug Enquiry Line on +44 (0) 800 528 0004 or by emailing [information@ukad.org.uk](mailto:information@ukad.org.uk) or visit; [www.ukad.org.uk](http://www.ukad.org.uk) For further information on British Gymnastics Anti-Doping Policy, please find the full policy in Appendix 3 or visit [www.british-gymnastics.org](http://www.british-gymnastics.org), Technical information & judges / Sports Science and Medicine /Anti-Doping Policy.

## Competition Details

### Judges and Officials

#### Trampoline & DMT Judges

TBC



## Panel Managers

TBC

## Timetable

For the purpose of maintaining the smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the Trampoline DMT Gymnastics Technical Committee reserve the right to alter the competition schedule, the grouping of gymnasts and/or running order of performances as may be deemed necessary by the Organiser or authorised officials.

## Draw for Competition

The draw for the competition will be selected at random. However, individuals who are competing in more than one discipline will be placed in appropriate groups to ensure all disciplines can be completed at ease.

## Working Order

The working order for the competition and competition schedule are attached in a separate document (to follow).

*NB: As per previous events the competition will run up to 60 minutes ahead of schedule, therefore please ensure your gymnasts are on-site should this occur.*

# Rules and Regulations

## Volunteers

The Trampoline Technical Committee will act to protect any volunteers working on their behalf. All English Gymnastics Competitions operate a zero tolerance approach to foul language or any abusive and aggressive behaviour. Anyone found to be breaking these rules will be asked to leave the competition arena. Please help ensure the competition arena is a friendly atmosphere.

## Competition Attire

Please refer to the FIG Rule Handbook 2016.

## Inquiries

Please refer to the English Gymnastics Trampoline Competition Handbook 2016.

## Tie Breaks

In the case of a tie at any place, the tie will not be broken. The tied gymnast will have the same rank, subsequent ranks will be skipped.

In preliminary rounds, if a tie occurs, the tie will be broken in order to anticipate who will proceed to the next round.

## Scoring and Result

Scoring and results are provided by TBC

Live scores from the event can be viewed using the TBC app for iOS and Android which is free to download from the iTunes and Google Play stores.

PDF results can be found after the event via the English Gymnastics Website ([www.englishgymnastics.org.uk](http://www.englishgymnastics.org.uk)) or by searching for the event using 'Find an Event or Result' on the British Gymnastics website ([www.british-gymnastics.org](http://www.british-gymnastics.org)).

## Presentation Ceremonies and Awards

All placed gymnasts must be present in the competition venue for the presentation ceremony at the end of the competition.

All gymnasts and coaches participating in the presentation ceremonies must march on in competition attire.

A medal will be presented to the first, second and third placed competitor in all individual competitions and team competitions categories. Perpetual Trophies will be handed out each year (from 2017) for the following team categories:

- Team Trampoline Overall Winners
- Team Double Mini Trampoline Overall Winners
- Team Synchronised Trampoline Overall Winners
- Overall Regional Team Winners

If there are ties at any place, all attempts will be made to provide both gymnasts with the correct medal during the medal presentation. Where this is not possible, a medal will be sent to the gymnasts club after the competition.

## Media Information

### Media Attendance

Representatives of the media will not be present at this event.

### Official Photographer

The Official Photographer at this event will be TBC.

### English Gymnastics Photo Policy

In order to protect the welfare of children at the event, photography at this event is permitted only on conditions set by British Gymnastics. This is a summary of those conditions.

A copy of the full text can be obtained from the British Gymnastics website:  
<http://www.british-gymnastics.org/governance>.

If you do not agree to these conditions you may not bring any photo equipment into the venue or take any photos.

1. 'Photos' includes any form of video or still image including those taken with mobile phones.
2. The Competition Organiser (or a person acting on his or her authority) may require anyone at the event:
  - a. Not to take photos, either generally or in particular circumstances.
  - b. To provide their full name and address and evidence of this
  - c. To let the Competition Organiser view any images recorded and to delete any images.
  - d. To surrender media or equipment on which the images have been recorded if they cannot be viewed (e.g. photos on traditional film), or if they cannot be deleted.
3. Photos may only be taken and used in accordance with the British Gymnastics Child Protection Policy.
4. Photos may not be used, distributed or copied for commercial purposes.
5. Flash may not be used **AT ANY TIME** while gymnasts are warming up or competing.

## Appendix 1

### Frequently Asked Questions

#### Competition Format and explanation

During the competition, there are a few details that have not been in the handbook that we believe are of use to all. This section will answer some F.A.Q's.

##### Individual Trampoline:

1. Time of Flight will be in all Trampoline Individual and Team Trampoline events as per BG competitions.
2. Because we are using FIG rules we are keeping the tariff cap on individual skills for groups from 9-16 which is 1.8.
3. All individual Trampoline levels will be **accumulative** in the finals apart from senior and 17+ levels which will be **ZERO Finals**
4. In all levels in individual Trampoline those going into the final will be top 8, if there are less than 8 in the group all will final
5. 9-10 gold level can compete the prescribed compulsory routine or compete using the WAG 11-12 criteria.

##### Team Trampoline:

1. In the competition, the gymnasts will be expected to compete a Compulsory based on the WAG age group level in the handbook and a voluntary routine. **There is no final in the team competition.**
2. The points will be awarded for positions finished after the voluntary round, points will be distributed as per table in Appendix 2.

##### Synchronised Trampoline:

1. You will be expected to complete a compulsory routine and voluntary routine only, there will be **no finals.**
2. The points will be awarded for positions finished after the voluntary round, points will be distributed as per table in Appendix 2.

##### Individual Double Mini Trampoline:

1. Prelims will consist of two passes with the final consisting of two more passes that are different from the prelim passes.
2. All finals for all levels in DMT will be Zero finals

##### Double Mini Trampoline Team Knock Out:

1. The team knock out will consist of two stages, the divisional stage where regions are separated in to two divisions and will perform two passes each to rank their region within the division.
2. The two regions finishing 5<sup>th</sup> place in each division will be out of the knock out at this stage leaving the remain 8 regions to move on to the knock out stage.
3. In the knock out stage Division 1 (D1) and Division 2 (D2) will match of as (D1) 1<sup>st</sup> place will go up against (D2) 4<sup>th</sup> Place, (D1) 2<sup>nd</sup> place will go up against (D2) 3<sup>rd</sup> place, D1 3<sup>rd</sup> place will go up against (D2) 2<sup>nd</sup> place and (D1) 4<sup>th</sup> place will go up against (D2) 1<sup>st</sup> place.
4. Who goes 1<sup>st</sup> and 2<sup>nd</sup> - the region with the highest score in the previous round will have the choice to go 1<sup>st</sup> or 2<sup>nd</sup> in the upcoming round.

5. Once beyond the divisional stage, the gymnasts are only required to do 1 pass, repeats are allowed in the knock out stages.
6. In the knock Out Stage, the only requirements are that each skill must contain a minimum of 360 degrees of summersault rotation.
7. In events where there are not enough regions to run two divisions the division will split as above with 1<sup>st</sup> up against 4<sup>th</sup> and 2<sup>nd</sup> up against 3<sup>rd</sup>.
8. Who goes 1<sup>st</sup> and 2<sup>nd</sup> in the group is as above
9. In this year's event (2016) where there is only 1 division and 3 regions, the region that comes 1<sup>st</sup> will get automatic qualification to the final and 2<sup>nd</sup> will go up against 3<sup>rd</sup>. 2<sup>nd</sup> place will select to go 1<sup>st</sup> or 2<sup>nd</sup>. In the final to select who will go 1<sup>st</sup> or 2<sup>nd</sup> the superior judge will toss a coin.

## Appendix 2

### Score Table for Team TRI & TRS

Regional Team Scoring Table	
Place	Points
1st	100
2nd	85
3rd	78
4th	74
5th	70
6th	66
7th	62
8th	58
9th	54
10th	50
11th	40
12th	35
13th	30
14th	25
15th	20
16th	10

## Appendix 3

### Drug Free Sport: Anti-Doping

One of the cornerstones of sport is the principle of fair play, and without question there should be an emphasis on fair play regarding the adherence to the rules of a drug free sport. It is therefore necessary and appropriate that a testing programme operates and is actively supported by BG. ***The testing programme may affect any elite gymnast performing at a national standard.***

Under the Regulations of FIG, all British Gymnastics organised events are notified to UK Anti-Doping, (UKAD). Gymnasts and coaches should be aware that testing may take place at competitions, deemed to be testing 'in competition' and potentially at National Squad trainings, deemed to be 'out of competition'. In principle gymnasts under 16 years *may* be tested in particular circumstances. Consent is linked to all gymnasts with a FIG Licence, or parental consent established at the point of testing, but this means that gymnasts competing in disciplines with an Age Group Competition; Acrobatic, Aerobics, DMT, Trampoline and Tumbling, may be tested within any of the age group categories.

At national events, be they competition or national squads, the collection of doping control samples shall be initiated and directed by UKAD in coordination with British Gymnastics. In addition to this gymnast can be tested at home or their club, where they are of an international standard. For further information on British Gymnastics Anti-Doping Policy, please visit [www.british-gymnastics.org](http://www.british-gymnastics.org), Technical information & judges / **Sports Science and Medicine** / Anti-Doping Policy.

There is every possibility that gymnasts will be selected, either randomly or targeted by competition results whilst competing in the UK or internationally. If selected, a gymnast will be required to provide a urine sample of a predetermined volume, outlined within the international standard regulated by the World Anti Doping Agency (WADA) and as specified by FIG. On occasions UKAD may use blood samples in which case qualified testing personnel will conduct this procedure with the Drugs Control Officer (DCO).

On all occasions gymnasts are advised to take an 'advocate' with them into the testing station. This could be a member of the medical team a coach or a parent as relevant. In all cases, gymnasts are requested to declare all medications taken within the preceding 7 days.

Therefore, for a gymnast taking any medication, it is vital that these are checked on a regular basis and if tested, declared. If you are competing nationally it is advisable that you check medications to ensure they are permitted on each occasion, i.e. every event. If you compete internationally ensure you are prudent and do not use alternative medications from abroad as their ingredients can differ to the UK version.

Any gymnast tested they will need to know the name of the medication, the dosage, frequency and the starting point of the course of medication, as well as state the condition it relates to. If a gymnast is currently on any medication(s) which is/are restricted or prohibited, or have a Therapeutic Use Exemption (TUE) certificate, it is vital to ensure that the British Gymnastics is aware of this, and to ensure TUE certification is available at the testing.

### Supplements:

Diet, lifestyle and training should all be optimised before considering supplementation. Coaches and gymnasts should assess the need for supplementation and consult with an accredited sports dietician and/or registered nutritionist with expertise in sports nutrition, or doctor experienced in Sports and Exercise Medicine before taking using supplements. Scientific evidence continues to suggest that supplements can become contaminated with restricted or banned substances during their production, and could lead to a positive finding. Under the principle of 'strict liability', ***it is the gymnast who is held accountable if a prohibited substance is found in a sample provided***, whether intentional or unintentional.

Informed Sport is an official website that provides some information on products which fall into the category of supplementation, but may have been previously tested for integrity: <http://www.informed-sport.com/about-informed-sport>

### **Gymnastics medical staff:**

It is imperative that you seek advice if you are uncertain on medications, or the testing procedure. It is essential to promote, support and show that we are drug-free in the campaign to ensure sport is 'clean' in the UK.

### **Checking Medications:**

If you have any concern, or are unsure as to whether a medication is a restricted or banned substance, please refer to the following;

Gymnasts can search particular brands of medications or for specific ingredients via [www.globaldro.com](http://www.globaldro.com). Gymnasts, coaches and support personnel are also reminded that they can check the status of medications by using either the Drug Enquiry Line on +44 (0) 800 528 0004 or by emailing [information@ukad.org.uk](mailto:information@ukad.org.uk) or visiting [www.ukad.org.uk](http://www.ukad.org.uk)

### **ASTHMA:**

There continues to be no requirement to complete a Therapeutic Use Exemption Use form (TUE) for a number of the asthma medications, including Salbutamol and Salmeterol. Formoterol has also been added to the list that no longer requires a TUE when taken by inhalation.

However, Formoterol has a threshold level of permitted use, maximum 54 micrograms over 24 hours. As a result of these changes UK Anti-Doping reminds all gymnasts that the British guidelines for inhaled Formoterol range from 24-72 micrograms per day. (If there is a medical situation requiring doses beyond 54 micrograms then a TUE may still be required, in which case a lung function test and application for asthma TUE will be required. If exacerbation of asthma requires a supplementary dosage of Formoterol, above 54 mg per 24h, an emergency TUE should be applied for).

Regardless of the dosage permitted, all gymnasts are encouraged to seek appropriate medical advice to ensure that they are receiving optimal treatment.

A TUE is still required for Terbutaline. In some cases it is possible that gymnasts can change their medication to still effectively manage their asthma with an alternative, however please seek advice from your GP, and seek support from BG should this prove problematic or be an issue of concern.

### **PSEUDOEPHEDRINE:**

Pseudoephedrine is a decongestant used to treat nasal and sinus congestion and remains on the list of prohibited substances. It is an ingredient in some 'Over The Counter' (OTC) cold and flu medications such as Sudafed (some varieties).

BG would strongly recommend you RECHECK any medications that you are currently taking or that you may have at home to ensure that you do not inadvertently contravene the doping regulations.

If you have any questions or queries please do not hesitate to contact British Gymnastics Anti-Doping Officer.

In the fight for a drug free sport, BG fully endorses a testing programme at events organised by BG and request that you support and promote a clean image for British sport.

Prepared by Dr Chris Tomlinson