



# ENGLISH GYMNASTICS

## National Competition Handbook 2022 Trampoline, DMT, Tumbling

Version 4.0

TRA, TRS, DMT, TUM, DIS

[www.english-gymnastics.org.uk](http://www.english-gymnastics.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 [EGA Gymnastics Website](#). All updated versions will be made available to download at the time of change.

All versions will be listed on this page, regarding amendments made:

### Version 2.0

Title	Amendment	Page range
Event category	Removal off 9-10 Gold Level in TRA, DMT, TRS and DIS	
Nationality	Change to Nationality Criteria in line with commonwealth	8
Dates	New competition dates for 2022 and 2023	7
Competition structure	Change of competition structure TRA, DMT	11 & 37
Criteria	Changes to Routine Criteria	36 – 37
Criteria	Changes to TUM Silver Championships	21 – 22, 39

### Version 3.0

Title	Amendment	Page range
About	Inclusion of an About section	2
Covid-19	Inclusion of Covid-19 Related Preface	3
Welcome letter	Welcome Letter – changed from 1 to 2 Qualification events	6
Dates	Amendment of dates for 2022 and removal of greyed area	10
Nationality	Update Nationality Clause	10
Trans People in Sport	Inclusion of the Policy for the Participation of Trans People	12
Judge, Coach & Gymnast requirements	Update Judge, Coach & Gymnast requirements	12
Criteria	WAG removed from all Tables	18 – 24
Criteria	Paragraphs relating to DIS removed – separate document to be issued	18, 21, 22, 42
Criteria – TUM	Minimum DD in Silver Level – add except 17+	19, 22
Criteria	Amend paragraph 4/last line to read 'single Salto with single twist'	26
Entry requirement – TUM	Amend Process of Application (Gold Level TUM)	27
Entry requirement	DIS Qualifier Nos removed – To Be Confirmed	27
Entry Fees	Entry Fees – Cost reduced to £10/extra Discipline	28
Attire	Update to Competition Attire (Gymnasts)	30
Privacy policy	Update to Privacy	35
Photography policy	Update to Photography	35
Appendix 1	Appendix 1 – 9-10 Silver - Line one should read three (3) instead of (4)	40
Appendix 2	Gold 13-14 & Silver 15-16 – Second Exercise No 1 add Gold ONLY	43
Whole document	Grammatical alterations, links, and page numbering	Various



#### Version 4.0

Title	Amendment	Page range
Event Calendar	Q2 & Championships entry closing date amends to allow effective technical support.	10
Tran people in sport	Link updates for the policy for trans people in gymnastics competition.	11
Order of performance	Wording re-formatted & links added.	11
Scores & Qualification	Re-formatted and links added.	12 – 13
Membership	Membership links revised, updated, & wording re-formatted for ease-of-use.	13 – 15
Safeguarding	Links updated.	16
Guests	Page links added.	16
Age Policy	Relocated closer to event category pages for ease-of-use Re-formatted wording for clarity. Added clarification on Gold Masters.	19
English Qualification Series	Re-formatted layouts, links to pages added, replaced Asterix (*) with bullet points unless refences, Synchronised Silver & Gold Routine Requirements clarified with direct links to routines.	20 – 24
English Championships	Re-formatted layouts, links to pages added, replaced Asterix (*) with bullet points unless refences, Synchronised Silver & Gold Routine Requirements clarified with direct links to routines.	25 – 28
Tumbling	Age corrections, re-formatted for ease-of-use, links added.	29 – 31
Entry Process	Re-formatted the page to ease-of-use.	32
Entry Fees	Method of Payment terms clarified. All areas re-formatted for ease-of-use & updated links.	33
Provision of Officials	Re-formatted for ease-of-use & clarity required judges. Expanded process for missing judges. Links added/ updated.	34 – 35
Competition Attire	Links updated.	35 – 36
General Regulations	Links updated. Spectator ticket fees and links added	36 – 42
Health and Safety	Links updated.	42 – 43
Appendix 1 – Trampoline routine	Replaced page number with direct link for max cap.	44 – 46
Appendix 2 – TUM Comp	Age alignment with Section 5 & links added.	47
Appendix 3 – Frequently Asked Questions	Reformatted.	48
Appendix 5 – Tie Break Rules	Reformatted & link updated.	50
Appendix 7 – Volunteering at English Events	Title updated, reformatted page, & updated links.	53
Appendix 8 – Clothing Modification Form	Form added.	54
Whole document	Grammatical alterations, links, formatting, page numbering, version number at the bottom of each page.	Various
Whole document	Contact details updated to English Gymnastics Events email.	Various



## About English Gymnastics

The English Gymnastics Association Limited (EGA) was originally formed in 1982 by the 10 English Regions, to ensure that England was represented in the Commonwealth Games and other International events. English Gymnastics is recognised by Commonwealth Games England and the Commonwealth Gymnastics Federation. We have also been instrumental in ensuring that English Championships now enjoy a major event status in the British Gymnastics calendar.

The English Gymnastics Strategy aims to meet the following vision and core purpose:

- To unite and reflect the common purpose of the Regions
- To deliver and facilitate opportunities to develop and retain all involved in gymnastics



## British Gymnastics

British Gymnastics (BG) is proud to be the UK Governing Body for the sport of Gymnastics. We exist to support, lead, and inspire all those involved or interested in Gymnastics.

British Gymnastics provides a national directive and structure for the sport; delivering a range of opportunities across the age spectrum to take part and stay in gymnastics, as well as developing talent and delivering top-level success.

The British Gymnastics strategy aims to meet the following vision and core purpose:

- Gymnastics is a passion shared by millions
- To create and inspire lasting success for Gymnastics







## Covid-19 Related Preface

Covid-19 and the associated restrictions have had a huge impact upon all our lives and our communities. The implications have been clear in relation to English Gymnastics 2020 and 2021 events, where all planned activity in both years were cancelled.

However, with the vaccine roll-out continuing at pace, it is with greater hope that we look forward to re-starting our events programme in 2022.

Whilst our planning is progressing on the basis that social distancing, to all intents and purposes, has come to an end, we will be taking all reasonable steps to create a Covid-19 secure environment at events in line with current Government guidance.

This may require limiting capacity of both entries and spectators within event venues to ensure social distancing can be maintained, increased cleaning and hand hygiene provision and the implementation of personal protection equipment (where necessary).

It is important that everyone planning to attend an event understands that, although measures will be put in place to decrease the likelihood of transmission or contraction of Covid-19, the risk cannot be eliminated.

As such, there is an increased risk associated with attendance at an event and everyone must consider their own circumstances, which includes (but is not limited to) personal underlying health conditions (of themselves or someone within their household), when making an assessment about attending events.

It is also important that each individual understands the responsibilities they have to keep, not only themselves safe, but to work together to make sure we can create a safe environment for all – we really do need everyone's help!

We ask coaches to make the appropriate assessment of a gymnast's ability level and their readiness, both physically and mentally, to take part in future events, based on your own particular circumstances.

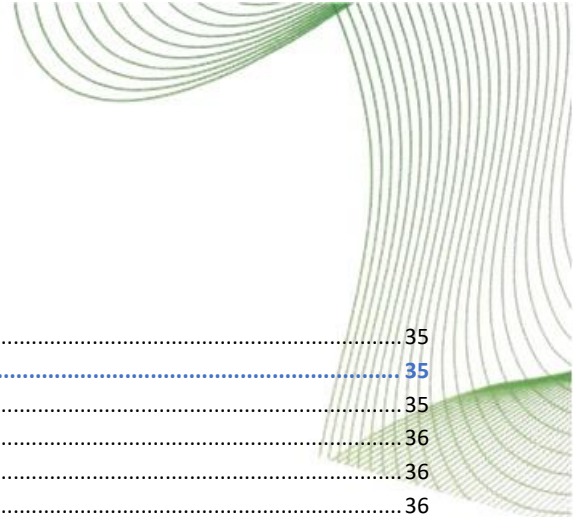
It is fully acknowledged that some flexibility and changes to the normal way events are staged will be necessary for the foreseeable future.

We are, therefore, extremely grateful for everyone's patience, understanding and co-operation in trying to regain some much-needed normality in these incredibly challenging times.



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## Welcome Letter

Dear All

Welcome and thank you for reading the 2022 English Championship Series Competition Handbook. I apologise about the late publication of this year's Handbook, but we have had venue booking troubles. I am pleased to introduce to you to, the 'English Championships Series'. The competition that underpins the National Trampoline structure provided by British Gymnastics and is based on FIG rules. The competition is based on a two-tier competition structure named Silver and Gold.

The qualification process for the Silver and Gold will be made through two qualifying Events in 2022.

Qualification to English Championships can be made in both gold and silver levels. Qualification numbers vary in each discipline, which will be explained in more details further on in this document. The disciplines that you can compete within the English Championships are Trampoline Individual (TRI), Trampoline Synchronised (TRS), Disability Trampoline individual, synchronised and Double Mini Trampoline (DIS), Double Mini Trampoline (DMT) and Tumbling (TUM).

The qualification for Tumbling silver will be a little different due to the change in the British Gymnastics Regional Challenge Cup. Please carefully read the details of this event on Page 25. Gold will qualify through British Championship Spring Cup Series. Any Gymnast that has qualified to Tumbling British Championships will be invited to compete at the English Championship Gold.

You **cannot** qualify for British Championships through the English Championship Qualifying Series and vice versa (apart from Tumbling Gold)

Changes have been made to the qualification criteria in 2022, so please make sure you read through the document to make sure you are aware of all the new criteria. We ask all coaches to please be mindful of the level you place your gymnast into. If your gymnast is good enough to compete at Gold, they should be entered into that level.

I would like to thank you for taking the time to read this Handbook and look forward to seeing you at the competitions in 2022.

Yours in Sport

Stephen Wood

**English Gymnastic Trampoline, Double Mini Trampoline and Tumbling Technical Chair**





## Definition of Terms

**Championships** means any English Championships organised by the EGA.

**Code** means the Code of Points used for the competition, from which technical information and regulations are taken such as EGA, BG or FIG.

**DD** means Degree of Difficulty

**DIS** means Disability Individual, Synchronised Trampoline.

**DMT** means Double Mini Trampoline.

**EGA** means English Gymnastics Association.

**EGTTTC** means the English Gymnastic Trampoline and Tumbling Technical Committee of EGA.

**Event** means any National competition and Championships organised by the EGA.

**FIG** means Federation International de Gymnastique.

**Organiser(s)** means the EGTTTC Competition Organiser

**Supervising Coach(es)** are those coaches submitted in the online entry process and who are responsible for the gymnast(s) for the entire event. Any changes to the supervising coach(es) submitted on the [British Gymnastics Online Entry System \(GymNET\)](#) must be notified via email to [English Gymnastics Events](#), prior to the event and, in exceptional circumstances, if changes are required during the event, these must be notified to the Organisers.

**TRI** means Trampoline Individual.

**TRS** means Trampoline Synchronised.

**TUM** means Tumbling.

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

**WAG** means World Age Group.

Where no specific point is addressed in these 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.



## Key Contacts

### English Gymnastics TRA, DMT & TUM Technical Committee:

England Technical Chairman (ETC):	Stephen Wood Email: <a href="mailto:stephen.wood@englishgymnastics.org.uk">stephen.wood@englishgymnastics.org.uk</a>
England Judging Coordinator (TRA, DMT):	Steve Sampson Email: <a href="mailto:steve.sampson@englishgymnastics.org.uk">steve.sampson@englishgymnastics.org.uk</a>
England Judging Coordinator (TUM):	Pat Briggs
England Competition Organiser:	<b>Required</b>
England Competitions Tech (TRA & DMT):	Dexter Millen
England Competition Organiser (TUM):	Paddy Lavelle
England DMT Squad Manager:	Jason Richardson
England Talent Officer (TRA/ DMT/ TUM):	Kylie Walker
England TUM Squad Manager:	Paddy Lavelle

### English Gymnastics Contact Details:

Chairman:	Martin Laws Tel: 01634 855507 Email: <a href="mailto:martin.laws@englishgymnastics.org.uk">martin.laws@englishgymnastics.org.uk</a>
EGA Admin Manager:	Jan Charlton Tel: 0345 1297129 Ext 2640 Email: <a href="mailto:jan.charlton@englishgymnastics.org.uk">jan.charlton@englishgymnastics.org.uk</a>

### British Gymnastics Contact Details:

EGA Event Enquiries	Email: <a href="mailto:engevents@englishgymnastics.org.uk">engevents@englishgymnastics.org.uk</a>
BG Customer Support (GymNET Entries etc.)	Email: <a href="mailto:customersupport@british-gymnastics.org">customersupport@british-gymnastics.org</a>



## 1. Competition details – Overview

### Competition Event Calendar 2022 & 2023

Date & Venue:	Events:	Entry Opening Date:	Entry Closing Date:	Other Information
23 <sup>rd</sup> & 24 <sup>th</sup> April 2022 Telford International Centre, Telford	TRA/DMT English Qualification Series 1	21 <sup>st</sup> February 2022	Noon on the: 30 <sup>th</sup> March 2022	Gold and Silver Levels all age groups TRI, TRS, DMT, DIS
16 <sup>th</sup> & 17 <sup>th</sup> July 2022 International Centre, Telford	TRA/DMT English qualification Series 2 <b>'Tumbling Silver Championships'</b>	25 <sup>th</sup> April 2022	Noon on the: 9 <sup>th</sup> June 2022	Gold and Silver all age groups TRI, TRS, DMT, DIS & (TUM Silver only)
15 <sup>th</sup> & 16 <sup>th</sup> October 2022 Sheffield EIS	TRA/DMT English Championships 2022 <b>'Tumbling Gold Championships'</b>	18 <sup>th</sup> July 2022	Noon on the: (1 <sup>st</sup> ) 8 <sup>th</sup> September 2022 (2 <sup>nd</sup> ) 16 <sup>th</sup> September 2022	Gold and Silver all age groups TRI, TRS, DMT, DIS & (TUM Gold only)
22 <sup>nd</sup> & 23 <sup>rd</sup> April 2023 Medway Park, Gillingham	TRA/DMT English Qualification Series 1	20 <sup>th</sup> February 2023	Noon on the: 10 <sup>th</sup> March 2023	Gold and Silver Levels all age groups TRI, TRS, DMT, DIS
24 <sup>th</sup> & 25 <sup>th</sup> June 2023 Telford International Centre	TRA/DMT English Qualification Series 2 <b>'Tumbling Silver Championships'</b>	31 <sup>st</sup> March 2023	Noon on the: 12 <sup>th</sup> May 2023	Gold and Silver Levels all age groups TRI, TRS, DMT, DIS & TUM
14 <sup>th</sup> & 15 <sup>th</sup> October 2023 TBC	English Championships 2020 <b>'Tumbling Gold Championships'</b>	30 <sup>th</sup> June 2023	Noon on the: 8 <sup>th</sup> September 2023	Gold and Silver all age groups TRI, TRS, DMT, DIS & TUM



## 2. Eligibility & Membership

This is open to all British Gymnastics registered clubs, **who must be affiliated to their respective English region**. All persons attending English Gymnastics events in an official capacity, whether as a gymnast, coach, judge or official, are required to hold current British Gymnastics membership in line with the level of competition entered and/or qualifications held i.e., Complimentary, Silver, Gold, Joint Gold, or Life Membership of British Gymnastics.

### Nationality

- Participants in all English Gymnastics events are subject to the requirements of Membership, Club/ Regional Registration, and other conditions of entry.
- Participants 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 36 months. The mother, father or a grandparent of a Gymnast must have been born in England.
- Participants 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 participant does not meet any of the above Criteria, but nevertheless wishes to be considered for entry, the participant may petition the English Gymnastics Approval Panel in writing, via email to the [English Gymnastics Events](#). The Approval Panel's decision in this regard shall be final. 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 Gymnastics discipline within which the participant is seeking to compete. The 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 gymnasts have their Nationality declared within the GymNET Online Entry portal or as soon as possible via email to the [English Gymnastics Events](#).

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

For information on trans people in gymnastics competition, please refer to the [Club Hub - Resources](#).

### Order of Performance

The order of performance will only be confirmed once all entries have been received. All start lists and timetables will be published on the [British Gymnastics Find an Event](#) and the [EGA Website](#) alongside the official's lists.

The order or performance will also be emailed to all participating clubs at least **one week before the first day** of the competition.

The competition organisers reserve the right to:

- Adjust the timing of the events across the competition weekend if required.
- Run up to one hour ahead of schedule.
- Make changes/ alterations to the groupings and panels to enable the competition to run on time and smoothly.

To maintain a smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the ETC reserves the right to alter the grouping of gymnasts and/ or running order of gymnast.

**Qualification events** – wherever possible:



- Silver level events will be held on the first day of competition (Saturday).
- Gold level events in all disciplines will be, wherever possible, held on the second day (Sunday).

**Silver Tumbling Championships (TUM)** will be held at the 2<sup>nd</sup> English Event.

More details found in [Section 5 – Tumbling](#).

**The English Championships** consist of Silver & Gold events for TRI, TRS, DMT, and DIS. TUM is Gold only at this event. The order of competition will be Silver events (qualification and Finals) on the Saturday of the Championships, Gold events (qualification and Finals) on the Sunday.

**Home Nations** – This will be released within a separate document.

### Scores & Qualification

Gymnasts must complete the minimum requirements set out in this document to qualify to be ranked for the chance to compete at the English Championships. Gymnasts must execute the required Exercises in the same competition to be eligible to compete at the English Championships.

These scores will be ranked; the qualifiers can confirm their place by looking through the official list that will be placed on the English Gymnastics Website after the qualification round. The list will be available by the 29<sup>th</sup> of July 2022.

Gymnasts may change levels between the two qualification events; however, they will relinquish their result and score from the previous competition. If they fail to gain qualification at the second event, they will not be able to use their previous result to qualify for the English Championships.

Ranking will be determined based on the criteria stated below in the following order:

<b>Criteria 1:</b>	Gymnasts must meet the requirements on Nationality set out in <a href="#">Section 2 – Eligibility &amp; Membership</a> .
<b>Criteria 2:</b>	To be eligible to compete at the English Championships, a gymnast must have competed in at least one or both English Qualification Series and be ranked in the top group as stated in the criteria above.
<b>Criteria 3:</b>	Gymnasts who take part in the English Qualification Series are only eligible to be ranked for qualification for the English Championships provided criteria 1 is met.
<b>Criteria 4:</b>	Gymnasts must meet all the minimum routine/ pass criteria which are set out later in this document, to be eligible to qualify through to the English Championships.
<b>Criteria 5:</b>	The organising Committee reserves the right to invite gymnasts if requested by England/ GBR and it is in the best interest of the sport. If agreed, these gymnasts will only be allowed to Guest (see <a href="#">Guest section</a> for criteria).

### [Judge, Coach, Gymnast requirements](#)

The following provides requirements for Judges, Coaches, and Gymnasts that are to be involved within this event.

**Note:** Only Clubs affiliated to their respective Regions will be allowed to enter English Gymnastics events





## Membership

All persons attending EGA events in an official capacity, whether as a Gymnast, Coach or Judge, are required to hold current British Gymnastics Membership upon entry to and in attendance, in line with the level of competition entered and awards held.

Coaches, Judges and Gymnasts should carry proof of British Gymnastics Membership to all competitions and be prepared for these to be checked by the Organisers or their appointed officials.

- **Gymnasts**

Membership level must be Competitive Gymnast, Coach or Life Member of British Gymnastics to enter an EGA event.

In normal circumstances, Gymnasts should also be a member of a British Gymnastics Registered Club.

In exceptional cases, where a Gymnast does not belong to a British Gymnastics Registered Club, they must email [English Gymnastics Events](#), and request entry into the event. If granted, such Gymnasts will be given the classification as being 'Independent'. In such circumstances, the Independent Gymnasts must nominate a Coach and must also meet all other Membership requirements.

- **Lead Coaches**

Lead Coaches' Membership level must be Coach or Life Member of British Gymnastics.

Coaches must be qualified to the level of the skills being performed before being allowed to participate in an EGA event.

Lead Coaches must have a current Safeguarding and DBS Certificates – See [Safeguarding Section](#).

The Lead Coach may authorise other Coaches from their club to coach skills of a maximum of 1 level higher than that coach's qualification (Supervised Coach) but has responsibility for ensuring that they are competent to do so.

Further information on the **Lead Coach Guidance** can be found within on the [British Gymnastics website > Technical Information > Competition Handbook](#).

➤ **One** (1) Supervising Coach per Gymnast from **two** (2) nominated, will be permitted into the competition area at any one time.

- **Coaches**

Coaches' membership level must be Coach or Life Member of British Gymnastics and must be qualified to a minimum of Level 2.

Coaches must be qualified to the level of all the skills being performed by the gymnast for which they are responsible.

Coaches must have current Safeguarding and DBS Certificates. See [Safeguarding Section](#).

- **Supervised Coaches**

To be a Supervised Coach, you must be a minimum of Level 2. With the explicit authorisation of the Lead Coach, Supervised Coaches may coach skills at the maximum of 1 level higher than their current qualification.



Before being allowed to participate in an EGA event, the Supervised 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.

Further information on the **Lead Coach Guidance** can be found within on the [British Gymnastics website](#) > [Technical Information](#) > [Competition Handbook](#).

- **Assisting Coaches**

Assisting Coaches' Membership level must be Assistant Coach (if Level 1), Coach or Life Member of British Gymnastics before being allowed to participate in an EGA event.

Assisting Coaches must have a current Safeguarding and DBS Certificate - See [Safeguarding Section](#).

Assisting Coaches cannot be responsible for the gymnasts.

- **Disability Chaperone**

Chaperones may be permitted to provide pastoral care to gymnasts in certain circumstances. Under no circumstances may a Chaperone coach a gymnast.

In the case where a gymnast has a disability, the nature of which indicates that it is deemed necessary to have additional support, they will be entitled to have a carer present with them throughout the competition.

The carer:

- Will not be insured by British Gymnastics to take part in any type of recognised gymnastics activity.
- Will be required to sign a Code of Conduct to ensure they understand the role they are fulfilling within the event environment.
- Will be required to be dressed appropriately if entering the warm-up hall or field of play.

- **Medical Chaperone**

In exceptional circumstances, upon written request, a Chaperone may be approved to provide pastoral care to a gymnast with a medical condition.

Written medical verification of the need for the carer (from GP or other medical practitioner) will be required to be submitted to the [English Gymnastics Events](#) email at least one week prior to the start of the event.

The carer:

- Will not be insured by British Gymnastics to take part in any type of recognised gymnastics activity.
- Will be required to sign a Code of Conduct to ensure they understand the role they are fulfilling within the event environment.
- Will be required to be dressed appropriately if entering the warm-up hall or field of play.

- **Supervising Chaperone**

The Organisers may authorise Supervising Chaperones to assist with pastoral care for gymnasts. These entitlements, if applicable, will be defined in the specific competition pages.



In these circumstances, the Supervising Chaperones must either be qualified as a Level 1 Assistant Coach or be a Club Welfare Officer and hold the relevant membership and qualifications, DBS and SPC for their position(s).

Supervising Chaperones will not be permitted to enter the Field of Play.

- **Volunteers**

Volunteers are vital to help with the smooth running of the competitions. We always welcome volunteers who will be willing to help setup and break down of the competition floor at the start and the end of the event. The EGA welcome all young leaders and would be happy to find jobs for all who wish to volunteer to help make our competitions run smoothly.

Additional information can be found in [Appendix 7 - Volunteering at English Events](#) regarding roles available.

Volunteers are added upon the entry on GymNET.

- **Judges**

Judges must hold a suitable level of British Gymnastics membership before being allowed to officiate at an EGA event – see [British Gymnastics website \(membership\)](#) for further details.

Judges must also hold a current Cycle of Judging Award (Cycle 15).

The EGA does not required Judges to complete a Criminal Record Check (DBS) to Judge at EGA competitions, as the role that Judges fulfil at the event no longer falls within [DBS 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 e.g., 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. British Gymnastics no longer requires all Judges to complete Safeguarding Training, but Clubs should ensure any Judge who supervises or instructs children has completed appropriate training.

For further information on Membership levels, please visit the [British Gymnastics Website](#).

## Coach Qualifications

When submitting entries for an EGA event, Clubs must ensure that the nominated Supervising Coach(es) is/ are qualified to the level of the participant's performance. The practice of supervising participants working above the level of the Coach's qualification is not allowed.

All Coaches must have completed the [British Gymnastics Positive Coaching Module](#).

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 and that of the Supervising Coaches, Assistant Coaches, Chaperones & Choreographers.

It is the Club's responsibility to ensure that only accredited Coaches are on the Field of Play and Warm-Up areas. Coaches who are used to push mats must be at least a Level 2. Lead Coaches have a duty of care



towards their performers and have responsibility to ensure that all the Coaches under their supervision 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, Lead Coaches, Supervised Coaches and Assisting Coaches are required to hold a valid 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 British Gymnastics Events.

All **gymnasts must have an accredited coach**, present on the field of play and in the warmup hall at all times. If a gymnast attends a competition without a suitably qualified coach or supervised coach, they will not be allowed to compete.

More information about our safeguarding requirements and the training/certificates that we accept, can be found on our website via the [Safeguarding and Safe Sport page](#) under 'Safeguarding', and by scrolling down to 'Training'.

Coaches must also have a **valid home country criminal record check both at the time of entry and through to the end of the event before being allowed to participate at a British Gymnastics Event.**

**These changes are applicable to British Gymnastics members. Wales are reviewing their own and Scotland always deal with theirs separately.**

## Guests

Gymnasts who are not English may request or be invited by English Gymnastics to take part in the English Event Series and 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 Eligibility section](#)) at an English event series competition or championships, the club/ coach/ Home Nation should email the [English Gymnastics Events](#) before the closing date.

Following the application, a decision will be made by the EGATTC 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 [Eligibility criteria](#)), 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 statutes. 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.

### Publication of Results

After individual events & the final qualification event, results will be collated, ranked, and verified before publication. Results and standings will be sent out as soon as possible in the week following the competition.

A link to the results and tables will be placed in the [British Gymnastics Find an Event](#) and on the [EGA Website](#).

### Event Discipline Details

The English Championship Series includes the following disciplines each with **specified places available per group, per gender** for the qualification ranking:

Discipline	Acronym	Number of places available:	
		Mainstream	Disability Individual, Synchronised and Double Mini Trampoline (DIS)
Trampoline Individual	TRI	16	12
Trampoline Synchronised	TRS	10	8
Double Mini Trampoline	DMT	12	8
Tumbling*	TUM	See <a href="#">Tumbling section</a> for details	16

\* The TUM event takes place at Championship events only

### Individual Trampoline (TRI)

All TRI and DIS English Qualification Series will consist of the qualification rounds only. There will be no Finals at the qualification series. Ranking will be based on the highest scores after the qualification rounds. Gymnasts must complete both exercises in the qualification round to be eligible to qualify for the English Championships.

At the English Championships, ALL Finals will be zero Finals.

### Double Mini Trampoline (DMT)

All DMT and DIS English Qualification Series will consist of Qualification round 1, consisting of 2 exercises with NO repetition of elements allowed in either exercise scores will be accumulative. Final 1 is for the top 8





competitors from qualification, this round will be scored from Zero. Final 1 will consist of 1 exercise, with no repetition of elements from the qualification round being performed in the same Zone.

Final 2 is for the top 4 competitors from Final 1 and will be scored from Zero. Final 2 will consist of 1 exercise of your choice, as long as it meets the minimum difficulty requirements.

Gymnast must complete both exercises in the qualification round, within a single competition to be eligible for the English Championships.

### Synchronised Trampoline (TRS)

All TRS English Qualification events will consist of a qualification round only. There will be no Finals at the English Qualifiers or the English Championships.

Ranking will be based on highest score over the two competitions. Gymnasts must complete both routines in the qualification round to be eligible to qualify for the English Championships.

### Tumbling (TUM)

The Qualification for Tumbling at both the Silver & Gold levels to the English Championships will be achieved by other methods, see [Tumbling section](#) for details. There will be no English qualification competition to qualify for either Gold or Silver Tumbling Championships.

### Disability Trampoline, DMT and Synchronised (DIS)

A separate document contains the full DIS Programme.



## Age Policy

For entry to all age dependent categories, a gymnast's age will be taken as the age reached in the year of the competition.

The minimum age (within the year of competition) for entry to English Gymnastics' events is:

- 9 into the Silver competition
- 11 into the Gold competition.

Year Born Eligibility for competitions 2022	
9 - 10 Years	Born 2013 – 2012
11 - 12 years	Born 2011 – 2010
13 - 14 years	Born 2009 – 2008
15 - 16 years	Born 2007 – 2006
17 +	Born before 2005
Masters Series	
Youth	Born 2011 – 2010
Junior	Born 2009 – 2006
Senior	Born before 2006

### Notes:

- Gymnasts **can compete in both** their **Age Group** and in the **Masters' Series**, as long as they can meet the criteria.
- [Appendix 1 - Trampoline Routine Requirements](#) contains the Trampoline routine information.
- Updates to age grouping for 2022:
  - 9 – 10 age group has been removed from gold competitions.
  - The Masters Series Youth has been created to cater for just 11 – 12 age group.
  - Age groups 13 – 14 and 15 – 16 years will remain as a separate Age Group within the Masters.
  - If you are in Age Group 15 – 16 years and wish to safely challenge yourself, you can opt to enter the Senior Masters Series OR remain within the Junior Series. This is down to the joint discretion of the coach and gymnast.  
*This is the only age group with this option.*



### 3. English Qualification Series

Orientation sessions will **NOT** be held at English Qualification events. Unless otherwise stated, all Silver Level gymnasts will compete on a Saturday and Gold level will compete on a Sunday.

#### Individual Trampoline Criteria

All TRI English Qualification Series will consist of the qualification round comprising of 2 exercises, (please see minimum standards within this document).

Gymnasts must complete both exercises in the qualification round to be eligible to qualify for the English Championships.

Ranking will be based on the highest scores after the qualification rounds have taken place.

Silver Level Trampoline Individual					
	Age Groups				
Male	9 – 10	11 – 12	13 – 14	15 – 16	17+
Female	9 – 10	11 – 12	13 – 14	15 – 16	17+
Routine Requirement					
Max DD Male	5.8	7.8	9.5	10.5	12.0
Max DD Female	5.8	7.8	8.8	9.5	10.8
WAG	<a href="#">ENG Silver 9 - 10</a>	<a href="#">ENG Silver 11 – 12</a>	<a href="#">Silver 13 – 14</a>	<a href="#">Silver 15 – 16</a>	<a href="#">Silver 17+</a>

#### Notes:

- There is no minimum DD in the Silver level of competition (except 17+) – See [Appendix 1: Gold 15 - 16 Age Group, Masters Junior, Silver 17+ Age Group](#).
- See England routine 9 – 10 and 11 – 12 criteria.
- If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for the English Championships event.



Gold Level Trampoline Individual					
	Age Groups		Masters Series		
Male	13 – 14	15 – 16	Youth	Junior	Senior
Female	13 – 14	15 – 16	Youth	Junior	Senior
Routine Requirements					
Minimum DD Male	7.0	7.6	5.2	9.0	9.6
Minimum DD Female	7.0	7.6	5.2	9.0	9.6
WAG	<a href="#">Gold 13 – 14</a>	<a href="#">Gold 15 – 16</a>	<a href="#">Masters Youth</a>	<a href="#">Masters Junior</a>	<a href="#">Masters Senior</a>

**Notes:**

- Age ranges for the Master Series can be found in the [Age Policy](#) section.

### Double Mini Trampoline Criteria

DMT will consist of a Qualification round, Final 1 (Top 8 Gymnasts from Qualification round) and Final 2 (Top 4 Gymnasts from Final 1).

Qualification will consist of 2 exercises with NO repetition of elements allowed in either exercise. Scores will be accumulative.

Final 1 is for the top 8 competitors from qualification, this round will be scored from Zero. Final 1 will consist of 1 voluntary exercise, elements from the Qualification round can be performed in Final 1 but not in the same Zone of the DMT as in the qualification round.

Final 2 is for the top 4 competitors from Final 1 and will be scored from Zero. Final 2 will follow the same running order as Final 1 and will consist of 1 voluntary exercise of your choice, (as long as it meets the minimum difficulty requirement stated in the table below).



Silver Level Double Mini Trampoline Individual					
	Age Groups				
Male	9 – 10	11 – 12	13 – 14	15 – 16	17+
Female	9 – 10	11 – 12	13 – 14	15 – 16	17+
Required minimum DD per pass					
Min DD	1.3	1.3	1.6	1.7	2.1
WAG	<a href="#">ENG Silver 9 - 10</a>	<a href="#">ENG Silver 11 - 12</a>	<a href="#">Silver 13 - 14</a>	<a href="#">Silver 15 - 16</a>	<a href="#">Silver 17+</a>

**Notes:**

- Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges.

Gold Level Double Mini Trampoline Individual					
	Age Groups		Masters Series		
Male	13 – 14	15 – 16	Youth	Junior	Senior
Female	13 – 14	15 – 16	Youth	Junior	Senior
Required minimum DD per pass					
Min DD	2.1	2.1	1.6	2.7	4.4
WAG	<a href="#">Gold 13 - 14</a>	<a href="#">Gold 15 - 16</a>	<a href="#">Masters Youth</a>	<a href="#">Masters Junior</a>	<a href="#">Masters Senior</a>

**Notes:**

- Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges.
- Age ranges for the Master Series can be found in the [Age Policy](#) section.

### Synchronised Trampoline Criteria

The TRS competition will consist of 2 exercises only (see exercise criteria in the tables below). There will be no Final round. Gymnasts must complete both exercises at a single event to be eligible to qualify for English Championships.

You will NOT be allowed to compete outside your age bracket. Clubs may pair with a gymnast from another club. The pair will be required to compete in matching attire.

Gymnasts may also move up a level if they competed at Silver in TRI and they want to partner someone who has performed at TRI Gold. The gymnast will only be allowed to move up from Silver to Gold, NOT down.





In the age groups 'Youth', in both Silver and Gold, there is the option to have same gender pairings or mixed gender pairings.

Silver Level Synchronised Trampoline		
	Age Groups	
Male		Junior
Female		Junior
Mixed*	Youth	
Routine Requirements		
WAG	<a href="#">English Silver 9 – 10</a>	<a href="#">English Silver 11 – 12</a>

**Notes:**

- See England routine 9 – 10 and 11 – 12 criteria.
- There is no minimum DD at Silver Level.
- \*Mixed can consist of same gender pairings or mixed gender pairings.

Gold Level Synchronised Trampoline			
	Age Groups		
Male		Junior	Senior
Female		Junior	Senior
Mixed*	Youth		
Routine Requirements			
WAG	<a href="#">Masters Youth</a>	<a href="#">Masters Junior</a>	<a href="#">Masters Senior</a>

**Notes:**

- There is no minimum Difficulty at Gold Level.
- \*Mixed can consist of same gender pairings or mixed gender pairings.
- Age ranges for the Master Series can be found in the [Age Policy](#) section.

### Disability Individual Trampoline Criteria

A separate document contains the full DIS Programme.

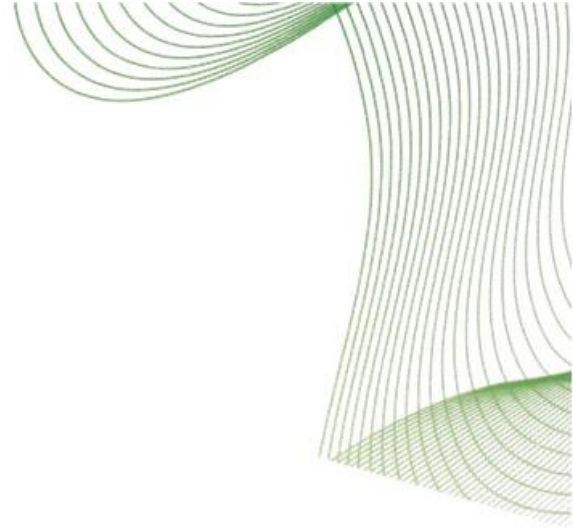
### Disability Double Mini Trampoline Criteria

A separate document contains the full DIS Programme.



## Disability Synchronised Trampoline Criteria

A separate document contains the full DIS Programme.





## 4. English Championships

Orientation sessions will ONLY be held at the English Championships. The orientation sessions will be held on the Friday and Saturday nights for gymnasts competing on the following day i.e., Friday night for gymnasts competing on the Saturday only and Saturday night for gymnasts competing on the Sunday (Routine Criteria defined below).

At the English Championships ALL Finals will be zero Finals.

### Individual Trampoline Criteria

Unless otherwise stated, the Saturday will be for all Silver level gymnasts and Sunday will be all the Gold level gymnasts.

During the Championships, gymnasts will be required to compete 2 exercises in the qualification round.

The top 8 gymnasts will take part in a Zero Final, which will consist of a voluntary exercise of their choice which must meet minimum and maximum criteria set out in this document.

Silver Level Trampoline Individual					
	Age Groups				
Male	9 – 10	11 – 12	13 – 14	15 – 16	17+
Female	9 – 10	11 – 12	13 – 14	15 – 16	17+
Routine Requirement					
Max DD Male	5.8	7.8	9.5	10.5	12.0
Max DD Female	5.8	7.8	8.8	9.5	10.8
WAG	<a href="#">ENG Silver 9 - 10</a>	<a href="#">ENG Silver 11 - 12</a>	<a href="#">Silver 13 - 14</a>	<a href="#">Silver 15 - 16</a>	<a href="#">Silver 17+</a>

#### Notes:

- There is no minimum DD in the Silver level of competition (except 17+) – See [Appendix 1: Gold 15 - 16 Age Group, Masters Junior, Silver 17+ Age Group](#).
- See England routine 9 – 10 and 11 – 12 criteria.
- If you exceed the maximum DD criteria, you will receive only the maximum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges.



Gold Level Trampoline Individual					
	Age Groups		Masters Series		
Male	13 – 14	15 – 16	Youth	Junior	Senior
Female	13 – 14	15 – 16	Youth	Junior	Senior
Routine Requirements					
WAG	<a href="#">Gold 13 – 14</a>	<a href="#">Gold 15 – 16</a>	<a href="#">Masters Youth</a>	<a href="#">Masters Junior</a>	<a href="#">Masters Senior</a>

**Notes:**

- Minimums in qualification rounds apply to English Championship. Failing to meet these will result in a penalty of 2.0 from the Chair of Judges.
- Age ranges for the Master Series can be found in the [Age Policy](#) section.

### Double Mini Trampoline Criteria

DMT will consist of a Qualification round, Final 1 (Top 8 Gymnasts from Qualification round) and Final 2 (Top 4 Gymnasts from Final 1).

Qualification will consist of 2 exercises with **NO repetition of elements allowed in either exercise**, scores will be accumulative.

Final 1 is for the top 8 competitors from the qualification, this round will be scored from Zero. Final 1 will consist of 1 voluntary exercise, elements from the Qualification round can be performed in Final 1 but not in the same Zone of the DMT as in the qualification round.

Final 2 is for the top 4 competitors from Final 1 and will be scored from Zero. Final 2 will follow the same running order as Final 1 and will consist of 1 voluntary exercise of your choice, (as long as it meets the minimum difficulty requirements stated below).



Silver Level Double Mini Trampoline Individual					
	Age Groups				
Male	9 – 10	11 – 12	13 – 14	15 – 16	17+
Female	9 – 10	11 – 12	13 – 14	15 – 16	17+
Required minimum DD per pass					
Min DD	1.3	1.3	1.6	1.7	2.1
WAG	<a href="#">ENG Silver 9 - 10</a>	<a href="#">ENG Silver 11 - 12</a>	<a href="#">Silver 13 - 14</a>	<a href="#">Silver 15 - 16</a>	<a href="#">Silver 17+</a>

**Notes:**

- Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges and the gymnasts will not be eligible to compete in the Final.

Gold Level Double Mini Trampoline Individual					
	Age Groups		Masters Series		
Male	13 – 14	15 – 16	Youth	Junior	Senior
Female	13 – 14	15 – 16	Youth	Junior	Senior
Required minimum DD per pass					
Min DD	2.1	2.1	1.6	2.7	4.4
WAG	<a href="#">Gold 13 - 14</a>	<a href="#">Gold 15 - 16</a>	<a href="#">Masters Youth</a>	<a href="#">Masters Junior</a>	<a href="#">Masters Senior</a>

**Notes:**

- Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges and they will not be eligible to compete in the Final.
- Age ranges for the Master Series can be found in the [Age Policy](#) section.





## Synchronised Trampoline Criteria

The TRS competition will consist of two exercises and there will be no Final round.

Silver Level Synchronised Trampoline		
	Age Groups	
Male		Junior
Female		Junior
Mixed*	Youth	
Routine Requirements		
WAG	<a href="#">English Silver 9 – 10</a>	<a href="#">English Silver 11 – 12</a>

### Notes:

- See England routine 9 – 10 and 11 – 12 criteria.
- There is no minimum DD at Silver Level.
- \*Mixed can consist of same gender pairings or mixed gender pairings.

Gold Level Synchronised Trampoline			
	Age Groups		
Male		Junior	Senior
Female		Junior	Senior
Mixed*	Youth		
Routine Requirements			
WAG	<a href="#">Masters Youth</a>	<a href="#">Masters Junior</a>	<a href="#">Masters Senior</a>

### Notes:

- There is no minimum Difficulty at Gold Level.
- \*Mixed can consist of same gender pairings or mixed gender pairings.

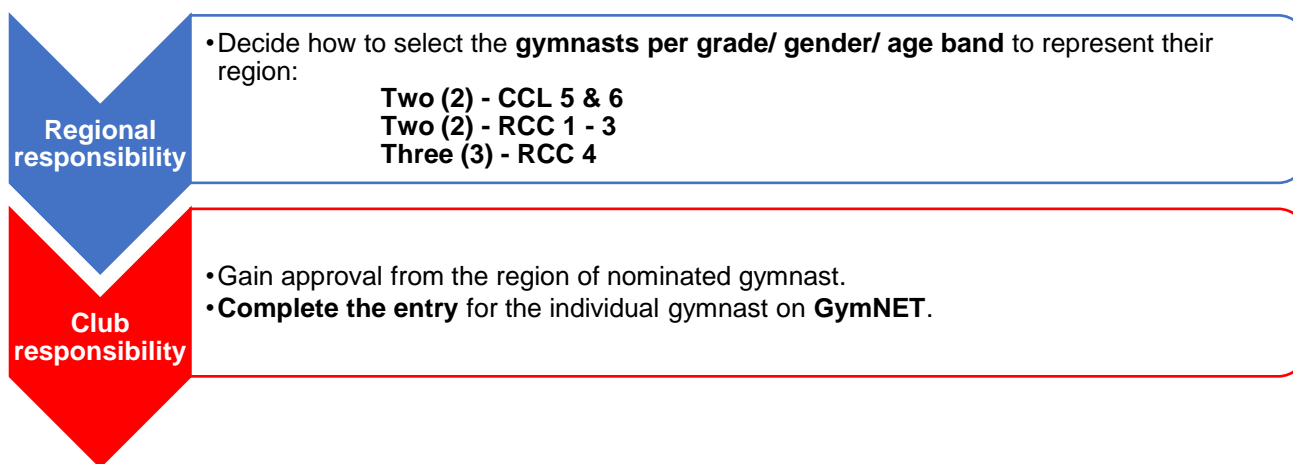


## 5. Tumbling

### Tumbling Silver English Championships

**Object:** The English Silver competition will offer gymnasts the chance to taste FIG competition while relying largely on the NDP base they are coming from. This competition is for gymnasts from the NDP section of the tumbling discipline.

**Entry:** Regions will need to nominate gymnasts to the English Silver Championship by **18<sup>th</sup> May 2022**.



**Recommendation:** That regions run one or more selection competitions between 01/01/22 and 17/05/22, although direct nomination by the TC/ regional coach from regional squads is acceptable.

The following grades/ age bands will be covered by the event.

Club 5	9 – 10, 11 – 12, 13+
Club 6	9 – 10, 11 – 12, 13+
Regional 1	9 – 10, 11 – 12, 13+
Regional 2	10 – 12, 13 – 14, 15+
Regional 3	U13, O13
Regional 4	9 – 10, 11 – 12, 13 – 14, 15+

Reference also found within [Appendix 2 - Silver TUM Competitions](#).

The competition organisers reserve the right to make any changes needed to the running order of the competition and the below is for guidance only.

**Saturday** Club grades 5 & 6, Regional Grade 1

**Sunday** Regional grades 2, 3, 4.

**Content:** Gymnasts from Club Cup Levels 5 & 6 will compete runs 1 & 2 as specified in the **Tumbling Club Cup Series & Final 2022** document available on the [British Gymnastics website > Technical Information > Competition Handbook](#).

In addition, they will perform a third voluntary run. Run 3 will have 6 elements and the elements will use FIG values. The run will be marked from 10, the same as runs 1 & 2, but will carry an additional difficulty value.



The medalists will be determined by using the cumulative E scores from all 3 runs + the D value of run 3.

Gymnasts from Regional Challenge Cup Levels 1, 2, & 3 will compete with runs 1 & 2 (SET RUNS) first, then one (1) voluntary 8 element pass.

Regional 4 gymnasts will compete with runs as described in the **TUM Regional Challenge Cup Series & Final 2022** document available on the [British Gymnastics website > Technical Information > Competition Handbook](#).

The medalists will be determined using the cumulative E scores from all 3 runs + the D value of runs 2 & 3.

For all events, coaches should submit a tariff sheet on the day of the competition.

## Tumbling Gold English Championships

**Object:** We will adopt a similar format to the WAG and World Championships to help prepare the GB teams. It will be the only domestic competition that offers the gymnasts and coaches the opportunity to duplicate the competition pattern gymnasts will experience at the World events.

**Entry:** Limited to the top 16 gymnasts of each gender ranked from the qualifying day of the British Championships in each age group, plus guests<sup>1</sup>: 10, 11 – 12, 13 – 14, 15 – 16, 17 – 21, and Senior.

### **Content:**

10 age gymnasts will perform 2 voluntary exercises; all skills will use FIG values. Medals will be awarded for the top 3 based on the combined total score of the two runs. **There will be no final run.**

11 – 12, 13 – 14, 15 – 16, 17 – 21, and Senior will perform 2 voluntary exercises in the preliminary round, with no repeat of elements within and/ or between the two passes, irrespective of preceding element. The only repeatable elements are: round offs, whips, flics and single Salto with single twist.

Gymnasts with the top eight (8) best scores from a single exercise in the preliminary round will progress to compete a first final exercise (F1) where gymnasts perform one voluntary exercise from a Zero start.

Gymnasts with the top four (4) F1 scores qualify to a second final exercise (F2) where gymnasts perform one voluntary exercise from a Zero start. No elements may be repeated within and/ or between F1 and F2.

### **Saturday:**

**11 – 12 & 13 – 14:** All gymnasts perform 2 voluntary exercises in the morning, the top eight (8) progress to the Finals held in the afternoon/ evening. Finals start from Zero, all gymnasts perform 1 voluntary exercise to determine the Final ranking.

**Senior:** All gymnasts perform straight and twisting pass, the top eight (8) progress to the Finals to be held on the Sunday.

### **Sunday:**

**10:** All gymnasts perform 2 voluntary exercises; the combined score determines the Final ranking.

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Approved by the English Gymnastic Technical committee before the competition.



**15 – 16 & 17 – 21:** All gymnasts perform 2 voluntary exercises in the morning. The top eight (8) progress to the Finals held in the afternoon/ evening. Finals start from Zero - all gymnasts perform 1 voluntary exercise to determine the Final ranking.

**Senior Finals:** All gymnasts starting from Zero perform 2 voluntary passes to determine the Final ranking.



## 6. Entry Process

### English Qualification Series, English Championships

Entry to the English events is completed via the [British Gymnastics Online Entry System \(GymNET\)](#).

Complete instructions for adding an entry via the GymNET Online Entry Portal are available to download from the [British Gymnastics Website](#).

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

Queries relating to the process, to initially be directed via email to [English Gymnastics Events](#).

### Process of Application to (English Championships Only)

All those gymnasts that qualified by achieving the minimum criteria laid out within this document will be ranked with the highest score, received at a single qualifying event at the English Qualification Series.

On [29<sup>th</sup> July 2022](#), an invitation list will be published on the English Gymnastic Website for the clubs to see who has qualified for the Championships.

It will be the **responsibility of the club to confirm Acceptance to Compete** by the 1<sup>st</sup> closing date: [2<sup>nd</sup> September 2022](#).

This is to give the competition organisers time to fill any spaces that have not been accepted. Anyone not confirming Acceptance by this date, will have their place given to the next highest score in the ranking list, (2<sup>nd</sup> closing date is [16<sup>th</sup> September 2022](#)).

There will be a total of:

Level	Discipline	Number of spaces available:	
Gold	TRI	16	Qualifiers Male and Female
Gold	DIS TRI	16	Qualifiers Male and Female
Gold	TRS	10	Qualifying Pairs Male & Female, (9-10, 11-12 Male Female & Mixed)
Gold	DIS TRS	8	Qualifiers Male and Female
Gold	DMT	12	Qualifiers Male and Female
Gold	DIS DMT	8	Qualifiers Male and Female
Gold	TUM	Top 16	Male and Female (ranked from the two Spring Cup events)
Silver	TRI	16	Qualifiers Male and Female
Silver	DIS TRI	16	Qualifiers Male and Female
Silver	TRS	10	Qualifying Pairs Male and Female
Silver	DIS TRS	8	Qualifiers Male and Female
Silver	DMT	12	Qualifiers Male and Female
Silver	DIS DMT	8	Qualifiers Male and Female
Silver	TUM	See <a href="#">Tumbling section</a>	





## 7. Entry Fees

### Entry Fee for the English Qualification Series (TRA/ DMT)

Entry into 1 individual discipline	£45
Entry into 2 individual disciplines	£55
Entry into 3 individual disciplines	£65

### Entry Fee for the English Championships (TRA/ DMT, Silver TUM & Gold TUM)

Entry into 1 individual discipline	£55
Entry into 2 individual disciplines	£65
Entry into 3 individual disciplines	£75

### Method of Payment

Payment can **ONLY** be made by **Debit/ Credit Card** – British Gymnastics will reject payment made by any other method (i.e., cheque or BACS). Payments are required at the same time as the entry is submitted.

**Entry fees are non-refundable after the closing date.**

Entries are made via the [British Gymnastics Online Entry System \(GymNET\)](#).

### 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.

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

Late entries must be made via email to [English Gymnastics Events](#), and will then be referred to the Organiser for consideration. The Organiser will have absolute discretion whether to accept a late entry.

### 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 (minus a 3% admin charge).

**Entry fees are non-refundable after the closing date.**

Where it is necessary to substitute a coach, the club must inform the [English Gymnastics Events](#) so that 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 British Gymnastics membership and current British Gymnastics specific DBS and Safeguarding certificates, otherwise they will be unable to access the competition floor.



## 8. Provision of Officials

**Qualification Series:** The **EGA will not be responsible** for booking any rooms or pay any expenses towards judges' travel or accommodation during the English Qualification Series.

Clubs will be required to nominate judges for the English Qualifying Series when entering gymnasts online.

**English Championships:** England are now starting to create a list of judges that wish to judge at the English Championships. We would like clubs to encourage their judges to nominate themselves forward to be placed on the England Judge List. The EGTTTC's National judging Coordinators for Trampoline and Tumbling will then appoint officials and judges for the English Championships from those put forward. The EGTTTC will provide all accommodation and meals at the event but **WILL NOT** provide travel expenses.

**Judges for the English Qualification Series** should ideally hold the **County Judge qualification** as a minimum.

**Judges for the English Championships** will be required to hold the **Regional Judge qualification** as a minimum.

However, judges of a lower qualification may be considered for development purposes and should email the [English Gymnastics Events](#) in the first instance although the Organiser will have absolute discretion whether to accept a lower qualified judge for sustainability of the event.

### Officials required for events

Number of Competitor Entries per day	Number of Officials Required per day
1 – 2	1 suitably qualified judge
3 – 5	2 suitably qualified judges
6 – 9	3 judges (minimum of 2 qualified judges)
10 – 14	4 judges (minimum of 3 qualified judges)
15 – 20	5 judges (minimum of 3 qualified judges)
21+	6 judges (minimum of 4 qualified judges)

### Missing judges

If clubs cannot supply the required number of judges, the club will be required to pay a fine of £150 per missing judge, with a maximum charge of £600 for any one club at any one competition. This is so the organisers can try and supply an independent judge to make up for the missing judge/ official.

Where a club is unable to supply a judge and accepts the missing judge fine (as per above), they are to email the [English Gymnastics Events](#) stating:

- Their Club
- Number of gymnasts being entered into the event (ideally these will be prepared on GymNET, ready to submit)
- Number of missing judges
- Acceptance of missing judge fee

Upon receipt of this application, the English Gymnastics Administrations Team will confirm the missing judge fee and apply this to the Clubs GymNET event application.



The English Judge Coordinator may be inclined to accept officials such as marshals, floor security, door officials in place of a judge. **This will be done on a first come, first served basis** and once all places are full, the charges above would apply.

### Withdrawal/ Change of Officials

Please note that any withdrawals of a judge up to two days before the competition will result in a £150 fine per judge withdrawn UNLESS another judge of equal or better quality replaces them.

If a judge is withdrawn in the two days before or on the day of the competition, the fine will increase to £300 per judge UNLESS a suitable replacement is found to replace the missing judge.

**Note:** Illness on the day DOES NOT permit clubs to withdraw judges without replacing them with another.

Fines will be invoiced via EGA Events.

## 9. Competition Attire

### Gymnasts

In order to make EGA events more inclusive and accessible, a British Gymnastics Policy has recently been approved by the British Gymnastics Board, following consultation with the National Technical Committee and having adopted feedback received from the community.

In principle, this Policy should be read in conjunction with, the discipline specific policies and references in the Code of Points and other documents.

The Policy seeks to break down barriers to participation by, for example, removing gender specific requirements for competition attire.

These overarching principles may be found in the [Club Hub - Resources \(Clothing Attire at Events Policy\)](#). The implementation of this Policy will be monitored for the first year and reviewed accordingly, but Coaches are encouraged to email the [English Gymnastics Events](#) or their respective Competition Organiser should they have any queries about the attire that they propose for their gymnast to wear at EGA events.

Advertising must adhere to the [Club Hub - Resources \(Advertising on Clothing & Competition Attire at Events Policy\)](#). When representing your Club, the wearing of GBR or Home Country attire at EGA events is strictly forbidden. For the avoidance of doubt, any inclusion of the Union Flag (or other Home Nation Flag) within the design of any leotard is expressly forbidden.

The removal of leotards on the Field of Play is not allowed.

English Gymnastics has a strict **no jewellery policy** during training or performance. Ensure all piercings and body adornments are removed prior to the competition.

Bandages or support pieces cannot be in colours and must be of a skin colour.

Exceptions are as per the [Club Hub - Resources \(Health & Safety Guidance: Safe Coaching\)](#)



## Coaches

- Coaches must wear a tracksuit with full length tracksuit bottoms or full-length tracksuit bottoms with a collared polo shirt or club t-shirt and appropriate gym/ training shoes.
- The wearing of GBR or Home Country attire at EGA events is strictly forbidden - unless on International duty for your Home Country.
- Long hair should be braided or tied back so as not to obscure vision.
- Coaches will not be allowed to support on the competition floor if wearing ANY jewellery. Exceptions are as per the [Club Hub - Resources \(Health & Safety Guidance: Safe Coaching\)](#).

Non-compliance may result in removal of the Coach and consequently, for health and safety reasons, their Gymnast(s) from the competition.

## Spotters/ Competition Marshals

- Spotters must wear clothing as described in the FIG Trampoline Code of Points. Non-compliance may result in removal of the coach/ spotter and consequently, for Health and Safety reasons, their gymnast from the competition.
- Spotters will not be allowed to support on the competition floor if wearing ANY jewellery. Exceptions are as per the [Club Hub - Resources \(Health & Safety Guidance: Safe Coaching\)](#).

## Judges Uniform

- Dark blazer or suit jacket
- Dark trousers or Skirt
- White shirt
- Black shoes
- For men: a navy blue or English Gymnastics ties
- For ladies: an English Gymnastics scarf should be worn
- Recorders, computer operators and other officials who may be working alongside the judges should dress similarly.

Requests can be made to adopt reasonable clothing modifications at any EGA event on religious or disability grounds. All requests must be submitted using the EGA Clothing Modification Form (see [Appendix 8 – Clothing Modifications Form](#)) to be sent via email to the [English Gymnastics Events](#), as soon as an entry is registered to allow enough time for full consideration of the application and any possible health and safety implications.

## 10. 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. All gymnasts must have an accredited coach present at the event. If a gymnast attends a competition without a Supervising Coach, they will not be allowed to compete.

### Registration

You may only register your gymnast(s)/ club when those competing in that section of the event have arrived at the competition venue and intend to compete. Please inform the Registration Desk of any withdrawals as soon as possible.



During registration, accreditation/ passes will be issued. Accreditation/ passes are non-transferable, and any infringement of this rule may result in disciplinary action being taken by the EGA.

## Competition Cards

Competition cards are required at all Levels and competitors may not compete without a valid Competition Card.

It is the coach's responsibility to ensure that the Competition Cards are completed correctly and submitted at the Registration Desk. If no Registration Desk is present, please hand them straight to the **Difficulty Judge** on the appropriate Panel before the competition/ flight starts.

Competition Cards should be marked with asterisks to indicate required elements in EGA/ WAG/ FIG routines. This must be completed 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 appropriately qualified Supervising Coach in order to be valid. Competitors may not compete without a valid Competition Card.

Although, it is preferred that a template is used, Competition Cards may be submitted on plain paper as long as they are clearly legible and completed using FIG notation.

## Terms & Conditions of Entry to All Competitions

In addition to the EGA General Rules & Regulations:

All gymnasts that agree to be treated by the EGA appointed medical staff will be bound by the decision of the EGA medical staff in relation to their suitability to compete in the competition.

By entering the competition, you are agreeing to abide by the [Club Hub - Resources \(Photography Policy\)](#) that the EGA have adopted.

The person making the online entry on behalf of gymnast(s), or a club undertakes to ensure that those who they are submitting an entry on behalf of are fully aware of and agree to abide by the contents of this Handbook.

## Code of Conduct

English Gymnastics will follow the [British Gymnastics website > Technical Information > Technical Committees > National Technical Committees - Code of Conduct](#).

Trampoline Judges [Code of Conduct](#).

EGA, acting through the Board or its Committees, reserves the right to refuse any entry and disqualify an official, Judge, gymnast, or team at any time, if they do not comply with EGA or British Gymnastics Regulations.

## Enquiries

By submitting an enquiry, you agree to pay a fee of £50, which must be paid on the day by cash or cheque or invoiced via EGA Events.





- The Supervising Coach for the Club of the competing gymnasts should make the enquiry with the Chair of the Judges Panel.
- A coach may enquire about the Difficulty score, in accordance with the principles of the FIG Code of Points.
- In addition, in Trampoline, a coach may also enquire if they believe the Time-of-Flight score to be inaccurate.
- Enquiries can be made only for the Club's own Gymnasts.
- No enquiries can be made about Execution scores, or other penalties.
- Enquiry forms will be published in each event work plan.

A verbal enquiry should be made after the publication of the score and at the very latest before the end of the flight.

A fee will only be due if the enquiry is about something other than a missing Time of Flight or a questioning of DD.

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

The Judge Panel/ Judge Competition Coordinator cannot accept any photographic analysis at an event unless an official video replay system is available and could be referred to by the Chair of the Judges Panel for the benefit of every competitor.

## Competition Apparatus

For EGA events, the following competition apparatus will be used:

- Trampoline: Eurotramp Ultimate 4x4
- Time of Flight Machines and Horizontal Displacement machines, where applicable
- Double Mini-Trampoline: Eurotramp Ultimate 6x6
- Tumbling: GymNova Tumble Track seen at all British Gymnastics Events in 2017, (10m run up, 25m track, 6m landing zone)

## Access to Warm-Up Hall

The EGA will make every effort to provide a warm-up hall where space is available. The EGA will aim to provide a floor area to complete a body warm-up. Where space permits, the EGA will look to have warm-up equipment to help prepare athletes' warm-up off the competition floor.

Access to the warm-up hall will be limited to the appropriate number of coaches as defined in the specific details section for each event. On arrival, coaches will need to register and collect their accreditation from the Accreditation Desk. In the case of events spanning more than one day, accreditation may be issued for each day.

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

The warm-up will be defined by time allotted in the Timetable. If your gymnast was late to the warm-up, they will not be afforded extra time. It is up to the coach and performer to be on time and ready to warm-up and compete.



## Food & Drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies. This does not extend to personal drinks in sealable bottles, which will be allowed within the competition area.

The chewing of gum is not allowed anywhere on the competition floor at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.

## 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.

## Medal Ceremonies

Except in exceptional circumstances, gymnasts who win a medal at EGA events 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](#).

## Tenure of Trophies

All perpetual trophies remain the property of the EGA.

Perpetual trophies are the responsibility of the winning gymnast. The gymnast is responsible for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the Organiser prior to the competition the following year by either:

- Making arrangements for it to be delivered to the competition venue on the day of the event.
- Returning it to the competition organiser at least one week prior to the event.

Failure to return or loss of a perpetual trophy will incur a cost to the club.

## Spectators Ticket Information

Ticket type		Cost per spectator ticket	
		One day ticket	Weekend ticket
Online	Adult	£15.00	£25.00
Online	Concession *	£10.00	£15.00
On the door/ day	Adult	£18.00	£30.00
On the door/ day	Concession *	£13.00	£18.00

Online tickets can be purchased prior to the event via the [GymData website](#).

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



## Privacy

### [English Gymnastics Privacy Notice.](#)

At many events, English Gymnastics may produce event merchandise (e.g., 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 [English Gymnastics Website](#) in the specific event page upon receipt from GymData although are available on the [GymData website](#) immediately. English Gymnastics will not redact your details from the published results unless there is a justifiable reason to reject an objection to publication.

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.

## Etiquette

While sport can be a highly competitive activity, please ensure you support every gymnast, coach and parent/ guardian involved. Everyone has been involved at some point and every competition/ event is a celebration of those efforts.

It is important that the access to the 'Official's area' (judges, scoring etc.) is restricted to authorised personnel only.

The Competition Organiser has the right to withdraw any entry/ entries where appropriate etiquette and professionalism is not upheld before, during and after the event. This, therefore, could affect future attendance at events and become a welfare issue.

## Photography

It is your responsibility as the Coach in charge of your entered team/ club to be aware, and have records, of anyone that can/ can't have their photo/ video taken for media purposes. If you have anyone that can't, please ensure the Competition Organiser, via the [English Gymnastics Events\\_email](#), is aware prior to the date of the event so they can inform the appropriate persons so that any photography/ video of them is avoided.

All English Gymnastics competitions are large events, where filming and photography by English Gymnastics accredited Photographers will be taking place.

For the 2022 TRA/ DMT/ TUM Championship Series, our Official Photographer will be [Cecil Paul Studios](#).

Images taken at our events may be used by English Gymnastics for the purposes of promotion, education, and development of the sport.



Anyone who does not wish themselves or their child to be photographed at the event, must email the Organisers via [English Event Enquiries](#). The EGA will make every effort to ensure that any identifiable images of the participant are not published.

The EGA will display clear signage and make announcements about photography and filming at its events. Any footage of children and individuals who are vulnerable will be published in accordance with the [Club Hub - Resources \(Safeguarding Policy and Procedure\)](#).

To make our events entertaining and easy to follow for our audience and fans, we announce and publish information about participants, including Nationality, scores, and achievements.

The results of English Gymnastics competitions are published and made available for viewing by members of the public via the [English Gymnastics Website](#) and [British Gymnastics Find an Event](#).

Any person wishing to use video, film, or take photographs must abide by the [Club Hub - Resources \(Health, Safety, & Welfare Guidance\)](#). 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 the [Club Hub - Resources \(Photography Policy\)](#) and in conjunction with the [Club Hub - Resources \(Safeguarding Policy and Procedure\)](#).

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 Field of Play during the event. Such mobile devices may only be used for monitoring scores and results, where a Scoring App is in operation.

If you **have any 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 **English Gymnastics appointed Welfare Officer or English Gymnastics Events Director at the event**. In the interests of child protection, please do let us know of anything that may be damaging to the welfare of a child.

The **use of flash or supplementary lighting is not permitted** at any time while gymnasts are warming up or competing. Please make sure that the flash is turned off on any device being used as your camera.

The **use of live streaming is not permitted** during any part of this event.

If the Competition Organiser/ Welfare Officer suspects inappropriate photography or filming, the Officer/ Organiser should exercise their powers under the conditions to request the person to leave the venue and to surrender any film and/ or delete any images relating to the event.

## Complaints and grievances

Complaints about any aspect of the English Championships or any of the qualification events must be raised in writing by either the head coach or club secretary. Please email your complaints to the [English Event Enquiries](#). Your complaint will be responded to within 14 days of receipt. No complaints will be entertained if sent by a parent or gymnast.



## Drug Free Sport

English Gymnastics follows all British Gymnastics policies and procedures relating to Drugs in sport. The British Gymnastics Guidelines on Anti-Doping are available [here](#).

# 11. Health and safety

## Overview

The health, safety, and welfare of all participants (gymnasts, coaches, and officials) is the primary consideration. All British Gymnastics policies and procedures will be rigorously applied with regards to health, welfare and safeguarding and protecting children.

The intention of the event is to create a friendly and no-stress/ low-pressure environment for all those involved, while allowing gymnasts the opportunity to challenge themselves to do their best. Ensuring the safety of the gymnasts, no matter their age, is a priority in the event set up, programme design and risk assessment, using the guidance set out by British Gymnastics within the [Club Hub - Resources \(Health, Safety, & Welfare: Safe Coaching\)](#) document.

## Risk assessments

Risk assessments have been carried out for this event, but if you feel there is something/one that may require additional assessment, please contact [English Event Enquiries](#) via email ASAP with specific details.

While risk assessments for the event have been completed, your club is responsible for specific risk assessments related to your club e.g., travelling to and from the event etc.

## Welfare

As part of your risk assessments and preparation for the event, please consider the welfare of individual Gymnasts, including such items:

- Clothing not being revealing/ embarrassing for males, females, and transgender Gymnasts/ Coaches/ Judges.
- Age of Gymnasts when changing, socialising etc.

The British Gymnastics Health, Safety and Welfare Policy has guidance on such areas and there are a few videos/ courses which may help you also:

Resource Title	Type	Link
British Gymnastics Health, Safety and Welfare policy	Policy	<a href="#">Link</a>
Risk assessment training for clubs	British Gymnastics eLearning course	<a href="#">Link</a>
GDPR Data Security	British Gymnastics eLearning course	<a href="#">Link</a>
GDPR Implementation	British Gymnastics eLearning course	<a href="#">Link</a>

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 British Gymnastics recognised Safeguarding & Protecting Children Awareness training.

Please note that the British Gymnastics Membership Insurance does not cover Travel or Emergency Medical Expenses and we, therefore, **recommend that**, where necessary, **you take out additional Travel Insurance**





**as required.** Travel guidance is outlined within the [Club Hub – Resources \(Health, Safety, & Welfare Guidance – Safe Trips\)](#).

## Medical Provision

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

At all EGA 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 or injury requiring treatment 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 Competition 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.

## Emergencies

As part of event, everyone attending must adhere to the emergency procedures and follow the professional guidance of the Competition Organiser and members of staff from the venue. Below is a brief guide of the venue emergency procedures.

In the event of the emergency alarms sounding, please evacuate via one of the following routes:

- These will be highlighted on the day during a safety briefing

Coaches are to ensure all their gymnasts are kept together until registered and then handed back to their responsible adult.

## Allergies

As part of the safety for everyone, please ensure you pass on the message to all your coaches, gymnasts, judges, and parents/spectators that any food being brought to the event should be **nut free** and keep in mind any other potential allergies that could be affected by food being brought.

## Terms and conditions

By entering this event your club is agreeing to the rules, regulations, and standards within this Handbook. The person making the online entry on behalf of Gymnast(s) or a Club, 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.

Failure to comply may see your club being excluded from the event without refund. In addition:

- All entrants agree to be treated by EGA appointed medical staff only and be bound by the decision of EGA medical staff in relation to their ability to compete in the competition.
- 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 [British Gymnastics Photography Policy](#).
- The person making the online entry on behalf of the 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.



## Appendix 1 – Trampoline Routine Requirements

### Individual & Synchronised Trampoline

#### **English Silver 9 – 10 Age Group**

The routine consists of 10 different elements, only three (3) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (\*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements:

1. One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation
2. One (1) element from front or back - in combination with requirement No. 1

Second exercise requirements:

- See maximum DD Cap for Silver competitions in [section 3 – English Qualification Series](#).

#### **English Silver 11 – 12 Age Group**

The routine consists of 10 different elements, only two (2) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (\*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements:

1. One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation
2. one (1) element from front or back - in combination with requirement No. 1 with a minimum of 450° of somersault rotation

Second exercise requirements:

- See maximum DD Cap for Silver competitions in [section 3 – English Qualification Series](#)

#### **Silver 13 – 14 Age Group & Masters Youth**

The routine consists of 10 different elements, only two (2) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (\*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements:

1. One (1) element landing on the front of the body
2. One (1) element landing on the back of the body
3. One (1) element with a minimum of 360° twist and minimum of 360° somersault rotation

Second exercise requirements:

- The minimum exercise degree of difficulty for Master's Youth is 5.2 for male and female gymnasts. (See tables in [section 3 – English Qualification Series](#) for Silver maximum difficult caps)
- Maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption.
- The degree of difficulty is capped at 1.3 per element.
- A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements
- The performing of triple and/ or quadruple somersaults is prohibited and will result in disqualification.



### **Gold 13 – 14 Age Group & Silver 15 – 16 Age Group**

The routine consists of ten (10) different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (\*) on the competition card. These requirements cannot be fulfilled by combining them into one (1) element, but must be performed as separate elements:

1. One (1) element to front or back
2. One (1) element from front or back - in combination with requirement No. 1
3. One (1) double front or back somersault with or without twist and
4. One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation

Second exercise requirements:

- The minimum exercise degree of difficulty is 7.0 for male and female gymnasts (for Gold ONLY). (See tables in [section 3 – English Qualification Series](#) for Silver maximum difficult caps)
- Maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption.
- The degree of difficulty is capped at 2.0 per element.
- A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements
- The performing of quadruple somersaults is prohibited and will result in disqualification.

### **Gold 15 – 16 Age Group, Masters Junior, Silver 17+ Age Group**

The routine consists of ten (10) different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (\*) on the competition card. These requirements cannot be fulfilled by combining them into one (1) element but must be performed as separate elements:

1. One (1) element to front or back
2. One (1) element from front or back - in combination with requirement No. 1
3. One (1) double front or double back somersault with or without twist and
4. One (1) element with a minimum of 540° twist and minimum of 360° somersault rotation

Second exercise requirements:

- The minimum exercise degree of difficulty for Gold 15 – 16 and Silver 17+ is 7.6 for male and female gymnasts. (See tables in [section 3 – English Qualification Series](#) for Silver maximum difficult caps)
- The minimum exercise degree of difficulty for Master's Junior is 9.0 for males and female gymnast.
- Maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption.
- The degree of difficulty is capped at 2.0 per element.
- A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements
- The performing of quadruple somersaults is prohibited and will result in disqualification.



## **Masters Senior**

The Gymnasts will perform 2 Voluntary exercises which must contain ten (10) different elements, each with a minimum of 360° somersault rotation.

1. Highest scored exercise will be used to rank the gymnasts for qualification.
2. Maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption.
3. Minimum difficulty requirements is 9.6 for both male and female gymnasts.
4. There is no difficulty cap at English events for senior gymnasts.
5. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements

## **English Disability Routine Requirement**

### **Silver Requirements**

A separate document contains the full DIS Programme.

### **Gold Requirements, and Disability Synchronised Trampoline**

A separate document contains the full DIS Programme.



## Appendix 2 – Silver TUM Competitions

NDP LEVEL	GENDER	AGE GROUP							
		9 – 10	11 – 12	13+					
CCL 5	Male	9 – 10	11 – 12	13+					
CCL 5	Female	9 – 10	11 – 12	13+					
CCL 6	Male	9 – 10	11 – 12	13+					
CCL 6	Female	9 – 10	11 – 12	13+					
RCC 1	Male	9 – 10	11 – 12	13+					
RCC 1	Female	9 – 10	11 – 12	13+					
RCC 2	Male			10 – 12	13 – 14	15+			
RCC 2	Female			10 – 12	13 – 14	15+			
RCC 3	Male					U13			O13
RCC 3	Female					U13			O13
RCC 4	Male	9 – 10	11 – 12	13 – 14	15+				
RCC 4	Female	9 – 10	11 – 12	13 – 14	15+				

### Number of gymnasts qualifying to Silver per gender/ age group/ grade:

- **Club (CCL 5 & 6)** x2 competitors per gender/ age group/ grade per region
- **Regional (RCC 1 – 3)** x2 competitors per gender/ age group/ grade per region
- **Regional (RCC 4)** x3 competitors per gender/ age group/ grade per region

Upon Regional selection, individual clubs can enter gymnasts via the [British Gymnastics Online Entry System \(GymNET\)](#).



## Appendix 3 – Frequently Asked Questions

For difficulty in all disciplines §18.1 of the FIG Code of Points will apply. For the different age groups in the different disciplines this means following limitations to the difficulty in a single element:

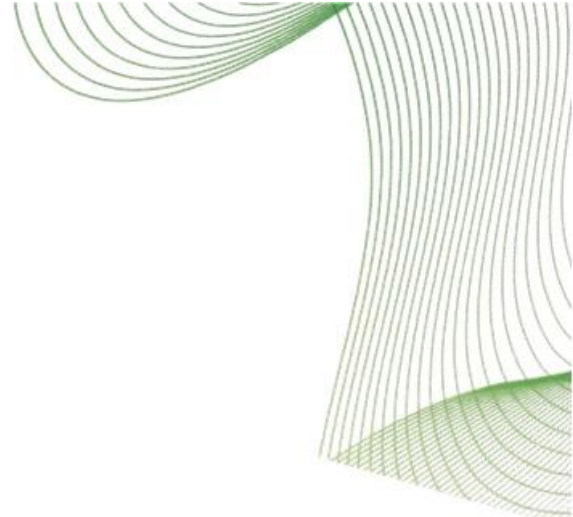
	Youth (9 – 12) years	13 – 14 years	15 – 16 years	17 – 21 years
<i>TRA</i>	1.3	1.7	2.0	2.0
<i>TUM</i>	2.7	3.5	4.3	4.3
<i>DMT</i>	3.6	4.4	4.6	4.6

**Notes:**

- For 11 – 12 years old, triple somersaults are prohibited.
- For all age groups, quadruple somersaults are prohibited.

Any abuse of this rule(s) will result in the disqualification of the gymnast.





## Appendix 4 – Time of Flight Protocols

(Time of Flight Measurement Device = TMD)  
ToF Score (T-Score) Protocol

The T score will be determined by the measurement retrieved via the TMD. In the event of this NOT being achieved the following back up protocols will be adopted:

### **ToF Back-up Protocol 1**

In the first instance, the T score will be determined using the TMD's recommended T-Score retrieval software-VTimer.

### **ToF Back-up Protocol 2**

In the event of the routine being missed on both the TMD and the capturing software, the competitor will be authorised another attempt(s). The authorisation will be granted based on 'faulty equipment'. In this scenario, the original E and D scores will remain the same. The attempt(s) will be judged only by the ToF judge, and the routine being verified by the D judges. Should this happen, the following regulations will be applied:

The Chair of judges will negotiate only with the gymnast's coach for the most opportune moment for him/ her to have their second attempt(s), (this must be completed within the time scale permitted as outlined in the event timetable).

The second attempt/s will be judged only by the ToF judge. The original E and D score will remain operative.

The gymnast must compete with the exact same routine as the one in which their T-score was missed.

In the event the gymnast fails to complete their routine after an agreed amount of attempts the T-score will be calculated based on previous scores.

### **ToF Back-up Protocol 3 (Previous Scores)**

In the event of the gymnast failing to complete their attempts the T-score will be based on the T=score from the last (or previous) qualification event(s). However, the routine would have needed to be the same. Should this not be possible, this protocol will not be used, and Number 4 will become operative.



## Appendix 5 – Tie Break Rules

FIG 2022 Technical Regulation (PDF) can be found [here](#).

Specific focus on pages 105 – 107 (art. 4.4). Below are those rules:

### Art. 4.4 Tie-breaking rules

These tie-breaking rules define how to determine which gymnast or team should prevail in case of equality of points.

#### Art. 4.4.1 Individual Trampoline

In case of a tie, the ranking will be determined by the following criteria:

1. The gymnast with the higher T-score of the counting exercise prevails
2. The gymnast with the higher H-score of the counting exercise prevails
3. The gymnast with the higher D-score of the counting exercise prevails
4. The gymnast with the higher sum of all E-scores the counting exercise prevails
5. The gymnast with the higher sum of the scores of the two exercises (applicable only for the first Qualifying Round)

#### Art. 4.4.2 Synchronised Trampoline

In case of a tie, the ranking will be determined by the following criteria:

1. The pair with the higher S-score of the counting exercise prevails
2. The pair with the higher H-score of the counting exercise prevails
3. The pair with the higher D-score of the counting exercise prevails
4. The pair with the higher sum of all E-scores the counting exercise prevails
5. The pair with the higher sum of the two exercises (applicable only for the first Qualifying Round)

If there is still a tie, the tie will not be broken.

#### Art. 4.4.3 Team Competition Trampoline

In case of a tie, the ranking will be determined by the following criteria:

1. The team with the higher sum of the 3 best T-scores of the counting exercises prevails
2. The team with the higher sum of the 3 best H-scores of the counting exercises prevails
3. The team with the higher sum of the 3 best D-scores of the counting exercises prevails
4. The team with the higher sum of the 3 best of all E-scores of the counting exercises prevails

If there is still a tie, the tie will not be broken.

#### Art. 4.4.4 Tumbling and Double Mini-Trampoline

In case of a tie, in points at any place in the First Qualifying Round (Q1), the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the D-scores of both exercises prevails
2. The gymnast with the higher sum of all the E-scores of both exercises prevails
3. The gymnast with the higher sum of all the E-scores per skill of both exercises, minus the lower E-score per skill, prevails
4. The gymnast with the higher sum of all the E-scores per skill of both exercises, minus the two lower E-scores per skill, and subsequently until the five lowest, prevails

In case of a tie, in points at any place in the Second Qualifying Round (Q2), the ranking will be determined by the following criteria:

1. The gymnast with the higher ranking in the First Qualifying Round (Q1) prevails



In case of a tie, in points at any place in F1, the ranking will be determined by the following criteria:

1. The gymnast with the higher ranking in the Second Qualifying Round (Q2) prevails

In case of a tie, in points at any place in F2, the ranking will be determined by the following criteria:

1. The gymnast with the higher ranking in F1 prevails

#### **Art. 4.4.5 Team Competition Tumbling and Double Mini-Trampoline**

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

1. The team with the higher sum of the 3 best D-scores of both exercises prevails
2. The team with the higher individual D-score of both exercises prevails
3. The team with the higher sum of the 3 best of all E-scores of both exercises prevails
4. The team with the higher sum of the 2 best of all E-scores of both exercises prevails

If there is still a tie, the tie will not be broken.

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

1. The team with the higher 3 D-scores prevails
2. The team with the higher individual D-score prevails
3. The team with the higher sum of the 3 all E-scores prevails
4. The team with the higher sum of the 2 all E-scores prevails

If there is still a tie, the tie will not be broken.

#### **Art. 4.4.5 Team Competition Tumbling and Double Mini-Trampoline**

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

1. The team with the higher sum of the 8 best D-scores prevails
2. The team with the higher sum of the 7 best D-scores prevails
3. The team with the higher sum of the 6 best D-scores, and subsequently, prevails

If there is still a tie, the tie will not be broken.

In case of a tie at any individual discipline during the All-Around Team Final, the tie will not be broken and both teams will receive the same amount of points.

In case of a tie at any place in the transition between rounds, the starting order will be determined by the Qualifying Round Ranking

If there is a tie in points after the final discipline, the following will apply to determine the winner:

1. The team with the highest total score (adding the scores of the eight events from Finals)

If there is still a tie, the team with the higher Qualifying Round Ranking prevails.



## Appendix 6 – English Gymnastics and English Regional Websites

### English Gymnastics:

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

### English Regions:

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

East Midlands: [www.emgymnastics.org.uk](http://www.emgymnastics.org.uk)

London: [www.london-gymnastics.co.uk](http://www.london-gymnastics.co.uk)

North: [www.northgymnastics.org.uk](http://www.northgymnastics.org.uk)

North West: [www.nwga.org.uk](http://www.nwga.org.uk)

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

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

South West: [www.british-gymnastics.org/south-west](http://www.british-gymnastics.org/south-west)

West Midlands: [www.wmgymnastics.org.uk](http://www.wmgymnastics.org.uk)

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



## Appendix 7 – Volunteering at English Events

# ENGLAND VOLUNTEERS



Would like to help with the organising or running of the competition?

We are looking for volunteers both adult & children.

Completing your Duke of Edinburgh Award Scheme or feel a need to volunteer your time to the sport that is close to the hearts of us all. Come along and help make the days of Qualification and Championships competitions smoother.

If you're interested, email our [English Gymnastics Events](#) team.

### **Jobs available:**

March on Managers  
Warm Up Managers  
Welfare Officer  
Judge Refresher

Medal Ceremony (Children Only)  
Door Staff (Adults only)  
Ticket Sellers (Adults Only)  
Check in Staff

**Thank you in advanced for any help you can provide**





## Appendix 8 – Clothing Modification Request Form



### Clothing Modification Request Form

<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>	
<p>NB: If the gymnast is under the age of fourteen, their parent/ carer must sign the form on their behalf.</p> <p>This form should be submitted via email to the <a href="#">English Gymnastics Events</a> with the entry details. An electronic version of this form is available upon request.</p> <p>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.</p>			