

ENGLISH GYMNASTICS

Working Plan 2022

Silver Tumbling Championships

&

English TRA/DMT Qualifier 2

Saturday 16th / Sunday 17th July 2022

Telford International Arena

www.englishgymnastics.org.uk

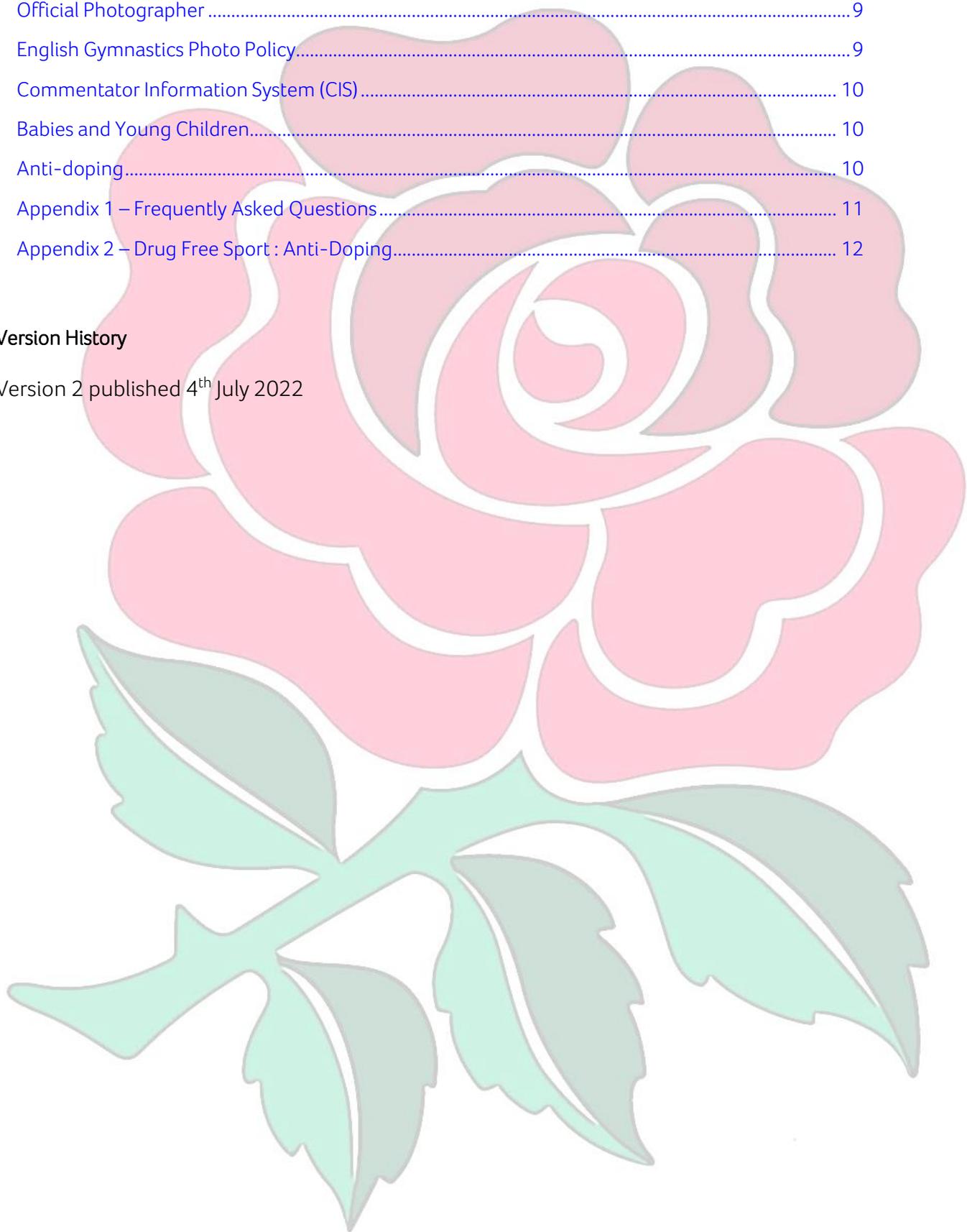
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Version History

Version 2 published 4th July 2022



Venue Information

Telford International Centre



Directions

Telford International Centre, St Quentin Gate, Telford, TF3 4JH

Car Parking

Please note that Telford International Arena has over 1500 car parking spaces onsite, all within easy walking distance of the venue. Car parking for spectators/competitors/coaches will be in Car Park 1 (please use Gate A for access) at the cost of £6 per car, £15 for a minibus (14 Seats) and £25 for a coach. For Judges/Volunteers/Organisers/Sponsors – parking will be in Car Park 4 (please use Gate B for access). Access to Car Park 4 will only be possible on provision of a Parking Permit, which will be provided to relevant people.

Competition Details

Judges and Officials

Please see the released details of Judges panels sent out separate to this document.

Warm up's

Warm up's will be a minimum of 4 or time allotted before a one touch may be called.

Timetable

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

Draw for Competition

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

Working Order

The working order for the competition and competition schedule are attached in a separate document.

NB: The competition organisers reserve the right to run up to 60 minutes ahead of schedule. Therefore, please ensure your gymnasts are on-site should this occur.

Medical Provision

There will be Physios and Paramedics available at the venue's designated medical areas. Treatment will be accessible by all accredited gymnasts who sustain an injury at the event. The medical team are not available to treat pre-existing or chronic injuries.

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

The decision of the English Gymnastics appointed medical officer as to the gymnast's health, medical status and their ability to compete at the event is absolute and final.

Accreditation

English Gymnastics and Coach Accreditation Desk

The accreditation desk will be located within the entrance to the appropriate hall. From there, gymnasts and coaches should make their way to the warm-up hall, which can be found by following the signs.

Each **coach and official** will be required to register themselves and pick up their wristbands by signing into the computer at the accreditation desk. It is the club's responsibility to action all withdrawals before the competition commences and report them to the communication desk.

When registering, on the day of competition, the **gymnasts** can register themselves with the automated touch screen system.

Event Officials should report to the Officials meeting room. They should register themselves with the accreditation computer and report to the judge coordinator (Steve Sampson) upon arrival. It may be necessary to hold a judge meeting - in this eventuality please follow the signs.

All changes to the nominated coaches submitted on the online entry must be submitted to the English Gymnastic Competition Organiser no later than Friday 8th July and have a valid British Gymnastics membership, DBS and Safeguarding certificate along with the required coaching qualification for their gymnasts' routines.

Any coach not submitted to the competition organiser prior to the deadline date will not be accredited to coach at the event. Should there be a necessity for membership renewal prior to the event, please ensure this is addressed in good time to ensure your membership has been updated. It is advised that membership fees are paid by credit/debit card to ensure payment is received in time for the competition.

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

Technical Information

TUM Orientation

The timetable for Orientation will be confirmed in a separate document. Orientation will be for **Tumbling only** - no orientation for TRI or DMT disciplines. Tumblers - please note there will be a back track start time of 30 minutes before the times below and will be shown in more detail on the timetables in a separate document

Times for Orientation:

| | ROUND | STRETCH | WARM-UP | COMP |
|--------------------------------|--------------------------|-------------|-------------|-------------|
| Friday 15 th July | R1 Competitors (Sat) | 15:30–16:00 | 16:00–16:30 | 16:30–17:00 |
| | R2 Competitors (Sat) | 16:00–16:30 | 16:30–17:00 | 17:00–17:30 |
| | R3 Competitors (Sat) | 16:30–17:00 | 17:00–17:30 | 17:30–18:00 |
| | R4 Competitors (Sat) | 17:00–17:30 | 17:30–18:00 | 18:00–18:30 |
| | R5 Competitors (Sat) | 17:30–18:00 | 18:00–18:30 | 18:30–19:00 |
| | R6 Competitors (Sat) | 18:00–18:30 | 18:30–19:00 | 19:00–19:30 |
| | R7 Competitors (Sat) | 18:30–19:00 | 19:00–19:30 | 19:30–20:00 |
| Saturday 16 th July | R1 Competitors (Sun) | 17:00–17:30 | 17:30–18:00 | 18:00–18:30 |
| | R2 Competitors (Sun) | 17:30–18:00 | 18:00–18:30 | 18:30–19:00 |
| | R3 & 4 Competitors (Sun) | 18:00–18:30 | 18:30–19:00 | 19:00–19:30 |

Judges Meeting

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

| | | | |
|--------------------------------|------|----------|----------------|
| Saturday 16 th July | TRA: | 08:00hrs | (Follow signs) |
| | DMT: | 08:00hrs | (Follow signs) |
| | TUM: | 08:00hrs | (Follow signs) |
| Sunday 17 th July | TRA: | 08:30hrs | (Follow signs) |
| | DMT: | 08:30hrs | (Follow signs) |
| | TUM: | 08:30hrs | (Follow signs) |

Instruction in Computer scoring, and in Time of Flight will take place at the judge panels immediately after the officials meeting.

Apparatus Specification

The apparatus will be provided by Gymaid and Gymnova. All apparatus is to FIG specifications.

Registration

Please note that all coaches must collect their own accreditation.

While all gymnasts can register themselves with the touch screen check in desks, a coach from each club will be required to inform English Gymnastics of any withdrawals. Registration will open at the following times:

Saturday 16th July 2022: TUM: 07:40hrs, TRA: 07:30hrs and DMT: 10:30hrs

Sunday 17th July 2022: TUM: 08:00hrs, TRA: 08:00hrs and DMT: 10:30hrs

Tariff Sheet Submission

It is the coach's responsibility to ensure that the Tariff Sheets/Difficulty cards are completed correctly and handed in at the appropriate location.

Trampoline & DMT

- A trampoline Difficulty card template is available from the relevant article on the [EG website](#).
- Tariff sheets/Difficulty card must be submitted to the appropriate panel on arrival at the competition and prior to the start of warm up.
- Tariff sheets/Difficulty Cards should be completed in FIG notation only.
- The difficulty cards should be marked with asterisks to indicate required elements in 1st routines, this must be done prior to the card being submitted. Likewise, all elements that require a difficulty mark should be identified before the card can be accepted.
- All cards must be signed by the Supervising Coach in order to be valid.
- Competitors may not compete without a valid tariff sheet.

Tumbling

- Tariff sheets must be submitted at the registration desk, on arrival at the competition and prior to the start of warm up.
- Tariff sheets should be completed in FIG notation only.
- Competitors may not compete without a valid tariff sheet.
- An electronic facility for uploading tariff sheets is currently being developed and will be part of the online entry system. Further information on this new system will be issued in due course.

Tickets

Ticket Allocations

Gymnasts will be provided with a band for entry to the competition and the fields of play. Gymnasts who withdraw from the competition are eligible to be a spectator at the event on the day they should have competed, but will not have access to the Field of Play or Warm Up areas.

Ticket Purchase

Tickets can be purchased from the established ticket desk at the entrance to the disciplines competition hall. Tickets can also be purchased online via Gyndata [here](#) for Q2 TRA/DMT and Silver TUM events.

Ticket prices are as follows:

| <i>Online Ticket Type</i> | One Day Ticket | Weekend Ticket |
|--------------------------------|-----------------------|-----------------------|
| <i>Adult</i> | £15.00 | £25.00 |
| <i>Concession*</i> | £10.00 | £15.00 |
| <i>On the Door Ticket Type</i> | One Day Ticket | Weekend Ticket |
| <i>Adult</i> | £18.00 | £30.00 |
| <i>Concession*</i> | £13.00 | £18.00 |

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

Accommodation and Transport Arrangements

Please note only Tumbling officials are provided with accommodation; all of which will be informed accordingly. All gymnasts, coaches and officials are responsible for arranging their own accommodation and transport.

Rules and Regulations

Volunteers

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

Competition Attire

Please refer to the FIG Rule Handbook.

Inquiries

Please refer to the English Gymnastics Trampoline Competition Handbook 2022 V5.

Tie Breaks

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

In the case where a final round is run and a tie occurs in preliminary rounds, the tie will be broken in order to anticipate who will proceed to the next round.

Scoring and Results

We welcome Gymdata to the English Competition Series. They will bring a new scoring system and online scoring and result system. They will also provide in play scoring on screens around the sports arena.

PDF results can be found during and after the event by searching for the event using 'Find an Event or Result' on the British Gymnastics website – [Silver TUM](#) or [TRA/DMT Q2](#) or via the Gymdata website [here](#).

Presentation Ceremonies and Awards

All placed gymnasts must be present in the competition venue for the presentation ceremony at the end of each flight, at the qualification event, the medals will be handed out by the chairs of the appropriate panel.

All gymnasts participating in the presentation ceremonies must wear competition attire. A medal will be presented to the first, second and third placed competitor in all individual competitions and synchronised competition categories.

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

Media Information

Media Attendance

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

Official Photographer

The Official Photographer at this event is to be confirmed.

English Gymnastics Photo Policy

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

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 [here](#) for TRA/DMT Q2 and [here](#) for the Silver TUM. 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.

Commentator Information System (CIS)

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

Babies and Young Children

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

Anti-doping

See Appendix 2.

Appendix 1

Frequently Asked Questions

Competition Format and explanation

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

Individual Trampoline:

1. Time of Flight and HD will be in all Trampoline Individual events as per BG competitions.
2. FIG rules we are keeping the tariff cap on individual skills for all groups.
3. All individual Trampoline levels will be **Zero finals** as part of working with FIG rules (Only applicable at English Championships).
4. In all levels in individual Trampoline those going into the final will be top 8, if there are less than 8 in the group all will final.

Synchronised Trampoline:

1. You will be expected to complete a compulsory routine and voluntary routine only, there will be **no finals**.
2. The top 10 highest ranked scores will proceed to English Championships.
3. Synchronised Trampolining will have HD in the score.

Individual Double Mini Trampoline:

1. Please note that we do not run exact FIG format. Please make sure you familiarise yourself with the rules stated in the handbook.
2. Qualification rounds will consist of two exercises, no repeat of skill will be allowed in any zone of the DMT. The top 8 combined score will progress to Final 1. Final 1 consists of one exercise, skill from the qualification round can be repeated but not in the same zone of the DMT. This round is a Zero final and the top 4 will progress to Final 2. Final 2 is a voluntary exercise in which you can use any skills you wish. Final 2 will be Zero Final.
3. Where the group does not have more than 8 in the qualification round there will be no Final 2 for this group.

The competition will be run under the Cycle 15 FIG's rules.

Appendix 2

All athletes have the right to compete in sport knowing that they, and their competitors, are clean. We believe in clean sport and work in partnership with UK Anti-Doping (UKAD) and our [International Federation \(IF\)](#) to ensure that the integrity of our sport is protected

Anti-Doping Rules

British Gymnastics has in place a set of anti-doping rules that all athletes and athlete support personnel must abide by. The anti-doping rules for British Gymnastics are consistent with the [World Anti-Doping Code](#) (the Code), the core document that harmonises anti-doping policies, rules and regulations within sport globally.

The anti-doping rules of British Gymnastics are the rules published by UK Anti-Doping (or its successor), as amended from time to time. If you are a member of British Gymnastics then the anti-doping rules apply to you, regardless of what level you participate at. You can find the UK Anti-Doping Rules here. [The Anti-Doping Rules | UK Anti-Doping \(ukad.org.uk\)](#)

2021 World Anti-Doping Code

From 1 January 2021, a new version of the Code is in effect and it's important that all athletes and athlete support personnel are aware of how this impacts them. For more information on the changes within the 2021 Code, visit UKAD's website [here](#). Under the 2021 Code, an athlete may be classified as being "International-Level", "National-Level" or a "Recreational Athlete" based on their competition level. Further information on these different categories is available on the UKAD website.

Anti-Doping Rule Violations

Breaking the anti-doping rules can result in a ban from all sport. The Code outlines the Anti-Doping Rule Violations (ADRVs). Athletes and athlete support personnel need to make sure they are fully aware of these violations, and the consequences of breaking them. For more information and what this means for those individuals, [click here](#). For information on individuals serving a ban from sport, visit UKAD's sanction page on their [website](#).

The Big Picture - Top Tips for Clean Sport

An athlete is responsible for anything found in their system, regardless of how it got there or whether there is any intention to cheat. All athletes and athlete support personnel should make themselves aware of the risks, so they don't receive an unintentional ban from sport. Useful information for athletes can be found on the [UKAD website](#).

The Prohibited List

All prohibited substances and methods in Code-compliant sports are outlined in the Prohibited List. The Prohibited List is managed and coordinated by WADA, found on the WADA website [here](#). The List is updated each year, coming into effect on 1st January. It is possible for WADA to make changes to the List more than once a year, but they must communicate such changes three months before they come into effect. As this list is updated annually, athletes and athlete support personnel should make sure they check it ahead of it coming into effect. More information can be found on UKAD's website [here](#).

Checking Medications

Before taking any medication (whether from a doctor or purchased over the counter), athletes must check to make sure it doesn't contain any prohibited substances. Medications (ingredients or brand name) can be checked online at [Global DRO](#). It is important to note that medications bought in one country may contain different ingredients to the same branded medication in another country. For more information on checking medications, visit UKAD's website [here](#).

Taking Nutritional Supplements

UKAD always advises a food first approach to nutrition, as there are no guarantees that any supplement product is free from prohibited substances. Athletes can support their training and progress towards their targets by eating and enjoying nutritious food. With a bit of planning, it is possible to eat a delicious and healthy diet made up of a variety of food types at the right time, and in the right quantities. Athletes should assess the need, the risks and the consequences before deciding to take a supplement, and if they need to use one, visit the [Informed Sport](#) website to

check whether supplements have been batch-tested. More advice on managing supplement risks can be found on UKAD's Supplement Hub [here](#).

Applying for a Therapeutic Use Exemption (TUE)

If an athlete with a legitimate medical condition needs to use a prohibited substance or method, they will need to apply for a Therapeutic Use Exemption (TUE). This is only accepted if there are no other suitable permitted medications or treatments that can be used, and there is a strict, detailed process to determine this. Athletes can find out more information about the TUE process on the UKAD website [here](#) and use the [TUE Wizard](#) to find out whether they need to apply for a TUE and who to submit their application to.

What happens in a test?

Athletes should feel prepared and know their rights and responsibilities when they are notified to be tested by a Chaperone or Doping Control Officer. Check out this [video](#) on the testing process from start to finish.

100% me – Supporting athletes to be clean

100% me is UKAD's values-based education and information programme, helping athletes meet their anti-doping responsibilities throughout their sporting journey. We want all athletes to be clean, stay clean and believe all others are clean. For more information on what this means, visit UKAD's website [here](#) UKAD's 100% me Clean Sport App can also be downloaded from [iTunes](#), [Google Play](#) or [Windows Live Store](#) for essential anti-doping information.

Protect Your Sport

Protecting clean sport depends on everyone playing their part - athletes, coaches, or parents - whether on centre stage or behind the scenes. Speak out if you feel there's something wrong - no matter how small. UKAD guarantee that your identity will always be kept 100% confidential. There are different ways to speak out:

- Email - When you feel something's wrong, send an email. UKAD guarantee that your name and email address will be kept confidential. Email at protectyoursport@reportdoping.com
- Online Form - Tell us what you know via our online form on protectyoursport.co.uk. You will remain anonymous as standard, but if you choose to share your details confidentially it could help us catch those in sport who seek to cheat
- 24/7 Hotline - Call on 08000 32 23 32. We are here to listen. If you prefer to remain 100% anonymous you can. Or if you share your details, they will be kept confidential, and may help keep sport clean.

Find out the more about speaking out and Protect Your Sport here. [Protect Your Sport | UK Anti-Doping \(ukad.org.uk\)](#)

For further information

Please do not hesitate to ask questions about the anti-doping rules. As well as asking British Gymnastics and athlete support personnel, athletes may also contact UKAD directly, who will be able to answer any questions and provide guidance.

They can be contacted at ukad@ukad.org.uk or +44 (0) 207 842 3450. Regular updates from UKAD can also be found in the news section [News | UK Anti-Doping \(ukad.org.uk\)](#) of their website, or on their Twitter account: @ukantidoping.