

In support of:



Mental Health
Foundation



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Work Plan

**The Mental Health Foundation
Men's London Open Event Series 2019**

Event 1 – 30th August

The Mental Health Foundation Men's London Open Club
Development
Venue – The Jean Brown Arena, Redbridge Sports Centre

Event 2 – 31st August & 1st September

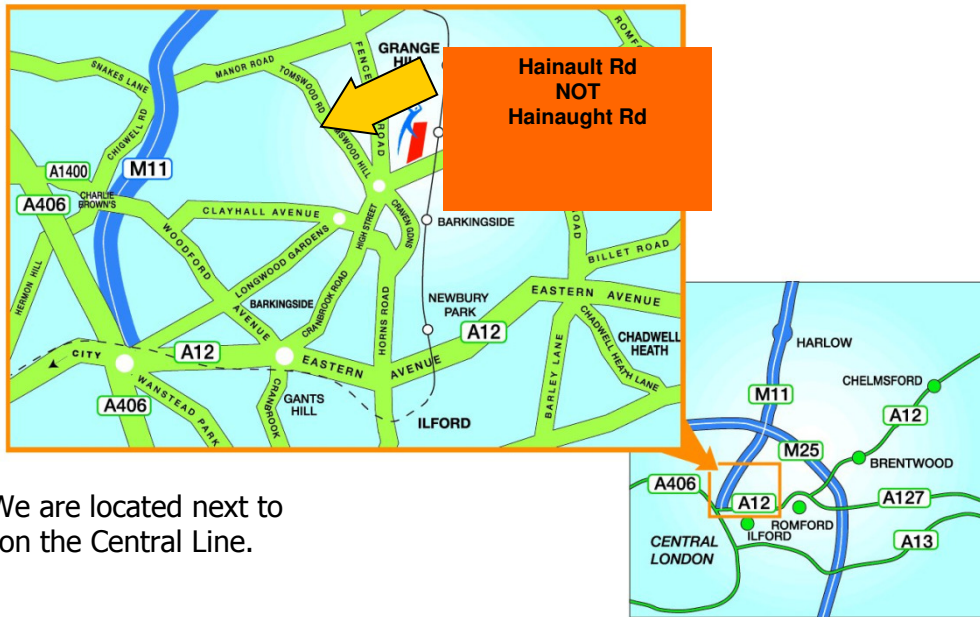
The Mental Health Foundation Men's London Open
Championships
Venue – The Jean Brown Arena, Redbridge Sports Centre

Event Personnel

Event Director:	Ben Murphy
Event Manager(s) FOP	Cat Bates
Financial Officer:	Faye Walsh
Front of House:	Anne McNeill & Faye Walsh
Social Media:	Helen Bates
Judging Convenor:	Simon Moore (London Open), Andrew Crawford (Dev Open)
Medical provision:	<p>There will be a first aider present during the event, including British Gymnastics appointed Physiotherapists. The first aider/Physio may be contacted through the competition control desk.</p>
Welfare Officer:	<p>There will be a welfare officer on duty during the event. The welfare officer may be contacted through the competition control desk.</p>
Volunteers:	<p>The Men's London Open is entirely staffed by volunteers who give up their time to allow the event to run. London Gymnastics & Redbridge Leisure Centre takes a zero tolerance approach to abuse against our volunteers. You will be required to leave the premises if deemed to have contravened this rule.</p>

Venue information

Venue title: *The Jean Brown Arena, Redbridge Sports Centre, Forest Road, Barkingside, IG6 3HD*
 Directions:



By Underground: We are located next to Fairlop Tube Station on the Central Line.

From the M11: At the end of the M11, take the left hand fork towards The City and A12. Take the first exit and at the roundabout at the end of the slip road take the first exit onto Redbridge Lane East. Go across several mini roundabouts and, when coming to a large one, go straight over into Longwood Gardens. Continue along Longwood Gardens (over some more mini roundabouts!) until you get to another slightly larger one. Turn right at this roundabout into Fremantle Road. At the traffic lights, turn left into Barkingside High Street. Carry on down until you reach the main roundabout. Take the third exit into Forest Road. The Centre is about 100 yards up on the left hand side just before the railway bridge.

From the North Circular Eastbound: Take the A1400 exit off the North Circular (just before the M11). At the roundabout take the 2nd exit towards Southend and the A127. Go over a set of pedestrian lights and at the next set of lights take the left hand turn into Clayhall Avenue. Go straight up Clayhall and at the roundabout go straight over (effectively the first exit.) At the traffic lights turn left into Barkingside High Street. At the next roundabout take the third exit into Forest Road.



**Parking charges apply
PLEASE REGISTER
YOUR CAR
AT THE VENUE**



On arrival at the Centre follow the road below PAST the first sports centre (red van pictured in photograph). The competition venue is the silver building top left. The Jean Brown Arena competition venue is pictured RIGHT. Please enter through the glass doors at the front and follow directions. London event staff will be able to direct you.

Ticketing

The London Open Championships is often a sell-out event. Therefore we suggest you book your tickets early to avoid disappointment.

You can also receive a discount when you purchase tickets online. You can do so via phone or over the web - just follow our link below.

Card Payments: We can take card payments on the door only if there are any tickets remaining. London Gymnastics is a CASH FREE organisation. We do not have the facility at the event to take bookings for tickets over the phone or reserve tickets during the Event weekend. Once the online sales close then tickets can only be purchased at the event.

Ticket Prices:

ONLINE PRICES - Earlybird Ticket Prices for spectators

Tickets available online at: <http://bit.ly/MLOTickets2019>

Comp	ONLINE DISCOUNT PRICE	ON THE DOOR PRICE
Club Grades (All day)	£12.50	£15.00
U12 Competition	£12.50	£15.00
U14 Competition	£12.50	£15.00
U16 Competition	£12.50	£15.00
U18 Competition	£12.50	£15.00
Senior Competition	£20.00	£25.00
Senior Competition PLUS one from above	£27.50 (£5 saved)	£35.00 (£5 saved)

Wristbands will be issued instead of tickets, this will be posted to you in advance. These should always be worn to help our stewards easily identify that you have paid. You will receive a separate wrist band for each competition.

On the Door Prices (Subject to availability and at additional cost) for spectators

To celebrate the 70th Anniversary of the Mental Health Foundation we are teaming up with them to both raise awareness and support them in their fundraising. During the event we will have opportunities to bid on a range of items from our GB stars.

If you would like to make a donation to the Mental Health Foundation when you purchase your ticket then please add to your basket

Exceptions:

Gymnasts & Coaches must purchase a ticket to watch any competitions in which they are not competing. For the Men's London Open Championships, Coach/gymnast tickets may be purchased on the door at a discounted price of £10 per person. The discounted tickets are subject to availability. An adult MUST supervise gymnasts spectating during the competition. If a competition is over 2 sessions gymnasts and coaches may sit in the spectator seating for free on the session in which they are not competing but will need to ensure spectators take priority in the tiered seating.

It may be necessary to clear the hall between rounds on the grounds of health and safety.

The London Open Event Series 2019
Including: The Mental Health Foundation Men's London Open & Development Open
www.menslondonopen.co.uk info@menslondonopen.co.uk

- Result sheets:** All scores can be viewed online via www.gymdata.co.uk during the competition and will be available to view after the event. Screens will be available in the ticketing area where you can type in your mobile number to have the scores sent to your phone via SMS.
- Venue Rules:**
1. Whilst we are keen to encourage strong spectator participation, please ensure that sound instruments or Claxon's are only used between the march around of the gymnasts.
 2. Please follow the direction of stewards at all times
 3. Please only leave your seat between rotations.
 4. No Flash Photography, please also ensure bright lights on your mobile device are turned off.
 5. London Gymnastics & Redbridge Leisure Centre uses a zero tolerance approach to abuse against our volunteers. You will be required to leave the premises if deemed to have contravened this rule.
 6. It may be necessary to carry out a bag search upon entering the building
- Merchandising:** There will be a range of merchandising stalls, which will be available throughout the Championships (though some stalls may not be open for each round of competition).
- The Zone Stall** – Major sponsor to London Gymnastics will be selling a range of boys and girls gymnastics attire
- Elite International** – selling a range of garments which can have print transfer added to them on site. Development Open Gymnasts will also be able to use their voucher here to collect their free t-shirt or upgrade it to a hoodie.
- Café:** The onsite café will be open throughout the weekend and offer a range of hot and cold refreshments.
- Gymnast registration:** Registration of gymnasts will take place in the main arena (follow signs). Coach, parent or gymnast may register via online screens. Photographs will also be taken at this point (for display on the arena screens).
- Anti-Doping:** London Gymnastics follows the BG anti-doping statement.
"The anti-doping rules of British Gymnastics are the UK Anti-Doping Rules published by the Drug Free Sport Directorate of UK Sport (or its successor), as amended from time to time. Such rules shall take effect and be construed as rules of British Gymnastics."
- BG/LG Photo Policy:** By entering an LG event, there is an acceptance that the participants may be photographed and the photograph may be published in LG communications. Any person wishing to use video, film, or take photographs must abide by the BG 'Photography at Events' Policy. <http://bit.ly/BGPhotopolicy>
Photos may only be taken for personal use. You may not take photos for sale, other commercial use, or publications in printed or electronic form, such as on websites. Clubs may publish some photos of their own gymnasts, but this may only be done in accordance with BG 'Child Protection' Policy
Flash may not be used at any time whilst gymnasts are warming up or competing. Any concerns about any photographer or the suitability of any photos being taken should be reported to the Welfare Officer at the event.
Nominated coaches must not take photos or videos, whilst in the arena, with the exception of during presentations. Coaches who are spectators are covered by the same rulings as parents/guardians.

Gymnast attire:

Gymnasts must march on in competition attire/ club tracksuits.
Gymnasts must wear long gymnastics pants and socks on pommel horse, rings, parallel bars and horizontal bar. Long gymnastics pants, socks and/or slippers that are black or the darker shades of blue, brown or green are not permitted.
They have the option to wear short pants with or without socks or long gymnastics pants with socks on floor exercise and vault.
The wearing of a gymnastics singlet on all apparatus is compulsory.
The wearing of GBR or Home Nations attire at BG Events is strictly forbidden.
However, where individuals or partnerships have been selected for GBR and awarded their colours (GBR flag), this may be worn on the gymnast's leotard at domestic events provided it conforms with FIG attire regulations.
Gymnasts have the option of wearing gymnastic slippers and socks.
The removal of leotards on the field of play and in public view is not allowed.
Handguards, body bandages, and wrists wraps are permitted; they must be securely fastened, in good repair and should not detract from the aesthetics of the performance. Bandages must be beige or skin colour.
Advertising on attire must adhere to FIG rules.

Awards & Ceremonies:

London Development Open Ceremony Protocol

Gymnasts will be presented their medals and stand behind the winners rostrum for each presentation. Due to time constraints, we will not stop for photos, and instead a separate photo area will be provided. Our official photographers and parents will be welcomed to take photos of the medal winning gymnasts immediately following the competition.

Social Media:

London Gymnastics has a strong Social Media Presence and will be ensuring the action from the event is shared as widely as possible. Please use the links below and interact with us prior, during and after the event using #MLO2019 or #LondonGymnastics



Twitter @londongymnastic



Facebook.com/LondonGymnastics



Instagram/LondonGymnastics



Youtube.com/Londongymnasticsuk

Technical information

General Rules:	<p>All entry fees are non-returnable irrespective of reason</p> <p>Please check through the start list of names, check that gymnasts have been entered in the correct level and that the spelling of their name is correct.</p> <p>Please ensure that your gymnasts arrive at least 30 minutes before the stated registration time, except for the first round.</p>
Gymnast registration:	<p>Registration of gymnasts will take place in the main arena (follow signs). Coach, parent or gymnast may register via online screens. Photographs will also be taken at this point (for display on the arena screens).</p> <p>Please ensure you inform us of any withdrawals at registration (or to the Competition Director if known prior to the event).</p>
Coach Registration:	Coaches must register at the computer in the main hall
Judge Registration:	Judges must register at the computer in the main hall
Draw & Start List:	<p>The information will be emailed to clubs and published on www.gymdata.co.uk and www.menslondonopen.co.uk</p> <p>If groups become unbalanced due to withdrawals, we reserve the right to adjust group numbers on the day (up until the start of apparatus warm-up) to facilitate continuity of the competition.</p>
Judges meeting:	These are published within the Competition Draw. All judges should register on arrival and will be informed of the location for the judges meeting.
Coaches meeting:	There will be a coaches meeting with the Competition/Technical Director at the Control Table shortly before warm-up commences
Equipment Specs:	<p>Gymnova is the official equipment supplier. No other equipment may be used without 24hrs notice to the Competition Director.</p> <p>Equipment Heights and Matting as National MTC Handbook and FIG Code of Points.</p>
Supervising coaches:	Must have a current paid BG membership, Current BG DBS & SPCA, & minimum level 2 qualification.
Assisting coaches:	<p>Must have current BG membership, DBS, SPCA & minimum level 1 qualification. Level 1 assisting coaches must be coaching within their coaching qualification and be supervised by a Level 2 coach.</p> <p>Note: If you wish to use any coaches who were not nominated on your original entry, please contact the Competition Organiser info@menslondonopen.co.uk providing the full name (as on BG Gymnet) DOB and BG Membership number.</p>
Gymnasts:	Must have current BG Competitive gymnast membership.
Judges:	Judges require a current NGB membership & relevant judging qualification.
Warm Up Times:	These times can be found within the competition draw www.menslondonopen.co.uk
Warm Up Rules:	<p>Finish Apparatus warm-up when announced.</p> <p>Have the first gymnast and subsequent gymnasts ready to compete straight away</p>

London Development Open Specific

Event 1 – The Mental Health Foundation Men's London Club Development Open
Club NDP Grades (Level's 1-6 In age and L1 U8)
PLEASE NOTE THERE ARE NO ELITE GRADES

Dates – Friday 30th August (No podium training)

Venue - The Jean Brown Arena, Redbridge Sports Centre, Forest Rd, Barkingside, Essex IG6 3HD

Event 1 – The Mental Health Foundation London Club Development Open
Age Groups & Codes (Age as at 1st January 2019)

Competition	Age Group	Year Born	Code
Level 1 Club Under Age	Under 8	2011 or 2012	CLUB NEW 2019 Routines NDP Club routines as published by British Gymnastics PPP is NOT included in the Competition
Level One Club	Under 9	2010	
Level Two Club	Under 10	2009	
Level Three Club	Under 11	2008	
Level Four Club	Under 12	2007	
Level Five Club	Under 13	2006	
Level Six Club	Under 14	2005	

Awards:

Competition	1 st AA	2 nd AA	3 rd AA	Apparatus Medals
All Club & Levels	Gold Medal, Trophy	Silver Medal	Bronze Medal	Bronze, Silver & Gold medals will be awarded on all apparatus

Free T-Shirt

There will be a voucher for a free commemorative t-shirt for all gymnasts at the Development Open. Gymnasts will be able to use the voucher & additional money if they wish to purchase an alternative eg hoodie

Warm Up

All club gymnasts have 15 minutes general stretching warm up in the main arena.

Once the end of warm up is called gymnasts should place their bags in the seating area for their panel.

They will not line up in front of the judges.

The marshalls will direct their warm up as it is announced. Warm up times must be adhered to, please follow the instructions of the marshalls.

Panel A will be pink

Panel B will be blue

Round 1 & Round 2

Pommel Horse, Vault, Parallel Bars, High Bar

There will be a set of apparatus for each panel. Five minutes warm up per piece.

On Floor the warm up will be split, 2minutes 30 seconds for each panel, all gymnasts in a panel can warm up on floor at the same time.

For Rings we only have one set, each gymnast should warm up one routine.

Round 3

Pommel Horse, Vault, Parallel Bars, High Bar

There will be a set of apparatus for each panel. Six minutes warm up per piece.

On Floor the warm up will be split, 3 minutes for each panel, all gymnasts in a panel can warm up on floor at the same time.

For Rings we only have one set, each gymnast should warm up one routine.

Competition

Once their warm up is complete the gymnasts should return to the seated area for their apparatus. Please ensure the first gymnast is ready to compete.

On Rings or High Bar; when using gloves gymnasts do not need to present before putting their loops on. They should have both hands in their loops and nod to the judge that they are ready.

Once the rotation is complete gymnasts should line up behind their marshall to march to the next piece of apparatus. Coaches should remain behind the gymnasts.

We may move gymnasts early from Pommel Horse to Rings to allow the Rings warm up to start early.

After marching round gymnasts will begin their warm up when instructed, they will not line up in front of the judges.

Presentation

Once the competition is complete gymnasts will be directed to the competition floor for the medal presentation.

Photographs will not be taken during presentation. After presentation is complete the gymnasts will be directed to the side of the seating, coaches must hand gymnasts back to their parents / guardians.

Photographs can then be taken by coaches or parents in our presentation area.

London Open Specific

Event 2 – The Mental Health Foundation Men's London Open Championships

Podium Training for all voluntary competitions will be scheduled for the day before they compete, times can be seen on the competition draw available at

www.menslondonopen.co.uk

Under 12 - The Brewer Competition (Sunday 1st September 2019)

Under 14 - Max Whitlock Competition (Saturday 31st 2019)

Under 16 – Trevor Low Challenge (Sunday 1st September 2019)

Under 18 - Peter Moore Competition (Sunday 1st September 2019)

Over 18 - Westminster Cup (Saturday 31st August PM 2019)

Dates – Saturday 31st August & Sunday 1st September

Venue - The Jean Brown Arena, Redbridge Sports Centre, Forest Rd, Barkingside, Essex IG6 3HD

Event 2 – The Mental Health Foundation Men's London Open Championships

Age Groups & Codes

Competition	Age Group	Year Born	Code
The Brewer Competition 1/9/19	Under 12	2007 or 2008	FIG Junior Code with GBR exceptions and amendments
Max Whitlock Competition 31/8/19	Under 14	2005 or 2006	FIG Junior Code with GBR exceptions and amendments
Trevor Low Challenge 1/9/19	Under 16	2003, 2004	FIG Junior Code
Peter Moore Competition 1/9/19	Under 18	2001, 2002,	FIG Junior Code
Westminster Cup Saturday 31st August PM	Over 18	2000 or earlier	FIG Senior Code
Westminster Disability Cup Saturday 31st August PM	Under 18 Over 18	2001, 2002, 2003, 2004, 2000 or earlier	Disability Supplementary Code of Points

Awards:

Competition	1 st AA	2 nd AA	3 rd AA	Apparatus Medals
Brewer	Gold Medal, trophy, Vouchers awarded	Silver Medal, Vouchers awarded	Bronze Medal Vouchers awarded	Bronze, Silver & Gold medals will be awarded on all apparatus.
Max Whitlock	Gold Medal, Trophy £150.00	Silver Medal £100.00	Bronze Medal £50.00	
U16 TBC	Gold Medal, Trophy £200.00	Silver Medal £150.00	Bronze Medal £100.00	
Peter Moore	Gold Medal, Trophy £250.00	Silver Medal £200.00	Bronze Medal £150.00	
Westminster	Gold Medal, Trophy £500.00	Silver Medal £250.00	Bronze Medal £200.00	

There will also be a separate set of Medals & trophy presented in the All Around for International Gymnasts and Disability Gymnasts.

The highest placed gymnast (competing All Around) from a London Club will be the winner of the Westminster Shield. International Gymnasts are eligible for Apparatus Medals and Prize Money.

The criterion for an 'International' gymnast is for a gymnast that has been invited from overseas by the London Open Organising Committee. Those with BG Membership are not considered internationals for this purpose.

Warm Up

For all voluntary competitions there will be a stretching areas adjacent to the tiered seating. This can be used by gymnasts supervised by coaches and during any rest rotations (U12 and Senior Competition)

Stretching and Apparatus Warm Up will NOT be split. Gymnasts can choose to use the stretching area **prior** to the start of their warm up time to allow more apparatus time if they wish.

After the apparatus warm up (with the EXCEPTION of Seniors) Gymnasts will make their way to the seated area of their first piece and place down their bags. The competition announcers will introduce the competition and warm up will commence. Gymnasts will not line up in front of judges.

For **Seniors** they will place their bags by their first piece and then line up outside the arena in the corridors. The marshalls will place gymnast in the correct order. Gymnasts will then be announced individually as they enter the arena. The competition announcers will introduce the competition and warm up will commence. Gymnasts will not line up in front of judges.

Warm Up within Competition

Once their warm up is complete the gymnasts should return to the seated area for their apparatus. Please ensure the first gymnast is ready to compete.

Warm up will be 30 seconds per gymnast for all pieces except Parallel Bars where it will be 50 seconds. After marching round gymnasts will begin their warm up when instructed, they will not line up in front of the judges.

Presentation

Once the competition is complete (with the exception of Seniors) gymnasts will be directed to the competition floor for the medal presentation.

Photographs will not be taken during presentation. After presentation is complete the gymnasts will be directed to the side of the seating, coaches must hand gymnasts back to their parents / guardians.

Photographs can then be taken by coaches or parents in our presentation area.

For **Seniors**, once the competition is complete, they will be taken to a seated area at the side. Those winning medals or awards will be taken to the floor for the presentation.

Information for Both Events

Judging

As a condition of entry each BG club must nominate at least one judge for all competitions entered. Your entry will not be valid without a nominated judge. International entries have the option of bringing a judge but it is not compulsory.

If after the draw is published your judge is unable to attend your club will be required to pay £150 (per competition in which a judge is no longer available) in order for your gymnasts to compete. The payment will be due before the competition starts.

Please refer to the British Gymnastics National MTC Competition Handbook for 2019. All judges' expenses are to be covered by the nominating Club.

Please ensure your club has completed the following form so that we have all contact details:

<http://bit.ly/MLOContact>

This form can be filled in by multiple coaches in the club that wish to be on the mailing list to receive competition updates. The MAIN COACH should fill in the judge (s) details. It includes contact details and judge qualification.

The Judges draw will be available on www.menslondonopen.co.uk

Club Development Open

Your nominated judge will be expected to be available for the whole day for ALL Club grade Competitions on Friday, 30th August

London Open

Your judge will be expected to be available for the whole competition they have been nominated for if it is run over two rounds. You can choose to nominate different judges for different competitions if you choose.

Late Entries & Refunds

London Gymnastics reserves the right not to accept late entries. Late entries (double entry fee) will be placed on to a reserve list and only considered if we have any withdrawals from the competition.

London Gymnastics will not return any monies received once payment has been submitted, unless the competition is oversubscribed.

Membership

All gymnasts, coaches and judges must be members of British Gymnastics and in entering the competition declare that they are fully paid members of British Gymnastics with gymnasts holding competitive membership. Coaches should also hold the appropriate qualifications for the level of their gymnasts and a BG enhanced DBS and SPC at time of entry through to competition. Please note Gymnet will not allow the entry to proceed if these criteria are not met. Please contact British Gymnastics Membership for any queries with DBS or SPC qualifications.

Coach attire:

Coaches must wear a tracksuit with full length tracksuit bottoms or full length tracksuit bottoms with a collared polo shirt or club/regional t-shirt and appropriate gym/training shoes.

The wearing of GBR or Home Nations attire at BG Events is strictly forbidden.

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

Coaches will not be allowed on the competition floor if wearing ANY jewellery. If it is impossible to remove items of jewellery they should be taped. Exceptions are as per BG Body Piercing and Adornments policy.

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

Chewing gum is not permitted at any time.

Judge attire:

Judges and officials must wear *black/blue* suits, skirts or trousers with jackets and white shirts with black smart shoes.

The London Open Event Series 2019
Including: The Mental Health Foundation Men's London Open & Development Open
www.menslondonopen.co.uk info@menslondonopen.co.uk

- Competition Etiquette:** Please ensure that gymnasts and coaches use the seating provided whilst waiting to perform on the apparatus. Please keep all your belongings together and only march to the next piece of apparatus when instructed, ensuring that gymnasts march around the apparatus and not across it.
- March Around:** Please ensure the gymnasts quickly line up behind their marshall when instructed. The gymnasts need to follow their marshall to get to their next piece. Please ensure all coaches remain back behind the lines until ALL the gymnasts have marched to the judges on their panel.
- Electronic communications:** 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 arena during the event.
- Inquiries & protests:** Please refer to the BG MTC Competition Handbook. For the Development Open there will be no inquiries.
- Tie breaks:** In the event of a tied score, there will be no tie-break and tied gymnasts will have the same ranking.
- Scoring and results:** Scores will be shown after each performance on the big screens in the arena. A printed receipt with the score will be provided for coaches. Finalised score sheets will be sent to competing clubs. Scores will be published on the LG website. During the day please get live updates of scores via www.gymdata.co.uk