



Women's Artistic Gymnastics

Competition Handbook

2019

Committee Members

| | | |
|----------------------------|-------------------|------------------------------------------|
| Chairman | Jackie Murphy | wagchairlondon@virginmedia.com |
| Vice Chairman | Vince Walduck | vincentwalduck@me.com |
| Secretary | Julie Hull | juliehull27@gmail.com |
| Treasurer | Francesca Hallett | beambasher@hotmail.com |
| Competition Music/entry | Michele Walduck | michelewalduck@me.com |
| Judging Convenor | Shiv McLoughlin | shiv_mcloughlin@hotmail.com |
| | Emma de Vos | emmajdevos@outlook.com |
| Regional Development Coach | Sam James | |
| Disability Representative | Julie Hull | |
| Member | Elizabeth Jones | headcoach@suttonschoolofgymnastics.co.uk |

Please Note

London Gymnastics events are now cashless

We will now only accept card payments for, Certificates and badges, Regional Kit payments etc.

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ELIGIILITY

MEMBERSHIP

Gymnasts

All gymnasts must be Bronze, Silver, Gold, Joint Gold or Life Members of BG and affiliated to London Gymnastics.

Regional Membership

| | |
|------------------------------------------|---------------------|
| Compulsory Level 4 - 1 | - SILVER Membership |
| NDP Grades 6 – 1 Regional and National | - SILVER Membership |
| Vol Age Groups In/Out of Age Level 4 - 1 | - SILVER Membership |
| Novice – Regional London Programme | - BRONZE Membership |

Supervising Coaches

Supervising coach(es) are those coaches submitted on the online entry process and who are responsible for the gymnast(s) for the entire event. This coach must have the relevant qualifications and BG membership of gold, joint gold or life members of BG and qualified to the level of the skills being performed before being allowed to participate in a regional competition and or BG event.

Coaches must also have a valid DBS (formally CRB) also a sports coach UK safeguarding and protecting children awareness certificate and be valid both at the time of entry and through to the end of the event. These must be renewed every three years.

Assistant Coaches

Assistant coaches membership = gold, joint gold or life members of BG before being allowed to participate in an event. They must also hold a current DBS and safeguarding certificate.

Judges

Judges membership level must be bronze, silver, gold, joint gold or life members of BG before being allowed to officiate at a regional competition or BG event.

Judges must also hold a current cycle of judging award (Cycle 14).

BG does not require judges to complete a criminal record check to judge at BG competitions, as the role that judges fulfill at the event no longer falls within DBS or Access NI Eligibility*. However, some judges are actively involved in club gymnastics and may provide judging instruction to children in a training environment or carry out a supervisory role (or may complete a criminal record check by virtue of another role they undertake 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. BG no longer requires all judges to complete safeguarding training but clubs should ensure any judge who supervise or instructs children has completed appropriate training.

COMPETITION ENTRY RULES

Online entry on BG website by the closing date including Floor Music. (*See late music submission).

Late entries may be accepted at the discretion of the TC at double the entry fee.

In case of injury, a gymnast in a team or partnership may be substituted up to 2 weeks before

Amendments to the entry before the closing date will be allowed and in the case of withdrawals, the entry fee will be refunded.

Entry fees after the closing date are non- refundable

Any change to the details entered on the online entry eg. Judge name change, coach name change etc will incur a £25 admin fee.

The person making the entry needs to ensure that judges and coaches are available on the day.

Judges

A club may not enter a regional competition without a nominated judge. (The nominated judge may be another club.)

A levy of £60 per day, per judge, will be charged, if no judge is nominated, or for non-attendance by a judge on the day.

The TC may refuse to let gymnasts compete if the judge does not turn up on the day; except under exceptional circumstances and provided that the club pays the set fine of £60 on the day.

If a judge changes her day after the rota has been sent to all nominated judges for a competition and a replacement judge is not given to replace that day, then a £60 fine will be imposed.

The TC may cancel a competition if there are insufficient judges provided by the clubs.

Must wear judging uniform according to code of points

Judges will be paid mileage expenses at the rate of 45p per mile. All other expenses require pre-approval from the WTC Chair.

Judges will be provided with refreshments

Floor music – Please do not upload music unless it has changed from the previous competition. It must be uploaded up to 2 weeks before the competition date. After this time a £20 music levy per track will apply. If there is any problem uploading please contact michelewalduck@me.com.

An invoice will be sent to the club within 2 weeks after the competition. If this sum is not paid, entry to further competitions will not be allowed.

Back up copy of floor music should be MP3 or CD.

The person making the online entry for gymnasts, coaches and judges for their club undertakes to ensure that they will abide by the contents of this handbook and any BG, FIG rules that apply.

Coaches Rules

In individual competitions **one** coach per gymnast will be allowed in the competition arena. In team competitions **two** coaches from three nominated on the entry form are allowed in the arena at any one time. One female coach and/or one male coach is permitted, or two female coaches. Coaches will be issued wrist bands

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

A gymnast **will not** be allowed to warm up without a coach. Late arrivals will only be accommodated at the discretion of the competition organiser.

Only the use of the Inquiry Form for the D Score may be used.

- Be up to date with current BG competition regulations
- Must wear a tracksuit or tracksuit bottoms with polo shirt or t/shirt and appropriate gym training shoes.
- Long hair should be braided or tied back so as not to obscure vision.
- No jewellery may be worn. Coaches will not be allowed to support on the competition floor if wearing ANY jewellery. If it is impossible to remove items of jewellery they should be taped.
- No chewing gum is allowed at any phase of the competition
- No mobile phones or any other electronic devices including tablets to make calls, take photographs or videos is allowed
- Only coaches entered on the online system are allowed on the competition floor for their gymnast at the level and age group they have been entered.

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

Coach Qualifications

When submitting entries 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.

Supervising 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.

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

Additional Assisting Coaches (Level 1 and above) may be accredited, at the discretion of the Organiser (Written permission required), 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 WTC 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.

Change of Coach

Any changes to the supervising coach(es) submitted on the online entry system must be notified to the Chairman, prior to the event in order to prove their Membership of BG, have a valid DBS, Valid Safeguarding award and the correct coaching qualification. **If any coach is not notified prior to the competition, they will NOT be allowed on the competition floor. There will be a £25 Admin fee.**

In exceptional circumstances if changes are required during the event, these must be notified to the Organisers. Changes to Supervising Coaches will only be permitted where the replacement coach meets all of the relevant eligibility requirements.

Gymnast Rules

Gymnasts' ages for the purpose of entry to all age dependent categories will be taken as the age reached in the year of the competition. (1st January – 31st December)

- Behave in an appropriate manner
- Follow the Gymnasts Code of Contact
- No jewellery, body piercing or adornments of any kind are permitted.
- No chewing gum is allowed at any phase of the competition
- Wear appropriate gymnastic clothing during warm-up and competition
- If changing leotard, do so 5 minutes before the required march-on time
- Be available for the march-on at the correct time
- Be available for presentation ceremonies in competition attire
- Be prepared to compete at a time other than the advertised time
- No mobile phones or any other electronic devices including tablets to make calls, take photographs or videos is allowed
- Handguards, body bandages and wrist wraps are permitted; they must be securely fastened, in good repair and should not detract from the aesthetics of the performance. Bandage must be beige or skin coloured.

Tall gymnasts – Uneven Bars

Both Bars may be raised by 10cm where a gymnast's feet touch the basic matting.

Where a single bar is used this may be raised so that the gymnast's feet in long hang clear the matting.

The request for the bars to be raised must be at the time of competition entry. The bars will be raised in accordance with the FIG/WTC regulations.

Unauthorised raising of the bars will be penalised in accordance with the FIG regulations.

Qualification and Regional representation at National Finals

- Gymnasts may only represent the London Region to which their club is affiliated, at any one time within a discipline.
- Gymnasts and Coaches will be selected according to the rules and will represent the London Region.
- Only gymnasts not in the London Team and have qualified to the BG regulations and rules may represent their Club.
- They will only have one opportunity to qualify for National Finals.
- Gymnasts may only complete in ONE grade/level per competition year.
- The minimum age for entry to National BG events is 9 years in the year of competition.

Benchmarks

As we are introducing a new programme in 2019 there are no benchmark scores

Regional is based on the old Out of age level 3 rules

Club Advanced on old Out of age Level 4 rules

Club on old Out of age Level 5 rules

Novice is for gymnasts who will not be following the national pathway

Level 5 for 8 year olds showing the potential for the national pathway

It is expected that gymnasts will follow those rules they were working in 2018 to the new programme. We are relying on coaches integrity for where you place your gymnasts. Please no cheating. E.G. If your gymnasts are performing "B" elements then they should be entered in the Club programme as a minimum. Novice if your gymnast is only performing A elements it is ok to enter there. If your gymnast is struggling with the current rules then you may re-evaluate where the appropriate place for them may be.

Benchmarks will be set after the spring competitions.

Any misplaced gymnasts will be moved after the first competition

Disqualification

Any gymnast that is found to have been entered and competed in a competition at the incorrect level (Benchmark not followed) the gymnast will be disqualified and removed from the score sheet.

GENERAL REGULATIONS AND RULES

Competition Dates and Order of Performance

Competition dates will be adhered to where possible, however, the WTC and Competition Organisers reserve the right to change:-

1. To combine age categories if numbers entered into the competition are small (minimum 3 gymnasts). This includes any withdrawals on the day of competition
2. The running order of performance, prior to the competition date or on the day of the competition in order to maintain a regular competition structure format
3. If entries are over-subscribed the whole weekend will have to be used
4. If entries are small, competitions may be amalgamated or cut to one day
5. BG changes its dates
6. Unforeseen circumstances dictate a change in date/venue

In all individual competitions the gymnasts will follow the drop down rule. The first gymnast on their first apparatus will drop down to the bottom of their group on the next apparatus.

Team and Twin competitions must complete order of performance for each apparatus and handed to the Head Judge of each apparatus. Forms on page 16 of handbook.

All gymnasts and coaches must **arrive at the venue 30 minutes before registration** time for their round. If the competition runs early then we may start before the published time.

Where no specific point is addressed in the regulations, the current FIG rules apply.

However, the Competition Organisers and 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.

The Competition Organisers reserves the right to refuse any entry and dis-qualify a competitor or team at any time, if they do not comply with BG and WTC regulations.
Inquiries to Judges

Official WTC inquiry forms are available from the Control Table and must be completed and returned to them within 15 minutes of the coach receiving the score slip. If necessary, a coach should register their intention to inquire by approaching the Competition Organiser at the Control Desk before completing the form. If a coach has approached the judging panel and discussed a gymnast's

score, they may not register an inquiry. A coach may only inquire about the D score. The supervising coach for the club/region of the competing gymnasts places the appeal form to the control table to be passed to the Superior Jury.

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

The placement of an inquiry form becomes a contract to pay the appropriate fee. This fee will not be collected in cash at the event, but added to the basket of the club/coach concerned, if the inquiry is not upheld.

The WTC cannot accept any video or photographic analysis at an event unless an official video replay system is available at each piece of apparatus and could be referred to by the Superior Jury for the benefit of every competitor.

Presentations and Awards

1st, 2nd & 3rd place will receive a medal in each category.
4th – 6th place will receive a ribbon. (Guide 10 gymnasts)

Apparatus Medals will be awarded at Individual Competitions in each category/age group only. Compulsory Levels will be awarded Certificates and NDP Grades will be awarded Certificates and NDP Badges.

Certificates for Execution

Bronze silver and gold certificates will be awarded to gymnasts who achieve minimal execution deductions on each apparatus as follows

Gold 0.1 – 0.7

Silver 0.8 – 1.3

Bronze 1.4 – 1.8

Individual Apparatus Medals

Gold on each piece – minimum 3 gymnasts in the category

Silver & Bronze – minimum 6 gymnasts in each category

Judge Excellence Pins

Excellence pin badges will be awarded during the competition by the D Panel Judge for any example of excellence performed on that piece of apparatus.

Tie Break Rules

Tie-break rules as per FIG Regulations for competitions that are qualifiers for National Competitions.

Code of Conduct – As defined by:-

British Gymnastics National Technical Committee Code of Conduct.

Womens Artistic Judges Code of Conduct.

WTC, acting through its Committee, reserves the right to refuse any entry and disqualify an official, judge, gymnast or team at any time, if they do not comply with BG regulations.

Mobile Phones and Tablets

Gymnasts and coaches 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 during the competition.

Parents at Events

All Clubs take responsibility for the actions of their parents. No parent is allowed on the competition arena to approach either active Coaches or Judges.

Should this occur, the immediate expulsion of the related club's gymnast(s) from the competition will be implemented.

Medical Provision

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

Health and Safety

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

Photography/Videos

By entering an LG Event, there is an acceptance that the participant may be photographed and published by LG

Photos & videos may only be taken and used in accordance with the BG Child Protection Policy.

Photos may not be used, distributed or copied for commercial purposes.

Flash may not be used at any time during the event.

The Event Organiser may at any time in his or her absolute discretion, direct that photos shall not be taken

National Rules Applicable to London Gymnastics Competitions

National Programme - Voluntaries

Rules as set by BG WTC and coaches should ensure that they download the official British Gymnastics WTC Handbook. Any event leading to National Finals must follow the finals rules, all gymnasts MUST have a Silver BG Competitive Licence.

National Club Grades and Compulsory Level Regulations

Club and Regional Grades 6 - 1 are competed Regionally only and National Grades 4 - 1 and Compulsory Levels 4 & 3 are competed Regionally and the top 4 gymnasts scores of each of these Grades plus a reserve (5th place) will be selected to represent the London Region at National Finals. The gymnasts may enter any new Grade as long as they are the minimum age required for that Grade as per rules. Gymnasts may not compete the same grade twice unless they fail that grade in the previous year.

Gymnasts are not allowed to move back to a lower grade for any reason.

National Voluntary Levels 4 & 3

Regional qualification. First 4 gymnasts and nominated reserve, 5th place, in each Voluntary In Age Group Level 4 and 3 will represent London.

London Regional Representation

Coaches and Gymnasts representing the Region in National or Representative Competitions will be expected to wear London Gymnastics Regional Uniform.

No expenses will be paid unless pre-approved by the WTC Chair

Regional Uniform for Compulsory Levels and Voluntary Age Groups

Long sleeve competition leotard + scrunchie

Sleeveless Warm up leotard + scrunchie

Leggings

Tracksuit Top – Elite gym wear online

Polo or T Shirt – Elite gym wear Adidas polo shirt 2 styles available in Navy blue

National NDP Grades

Sleeveless Leotard + scrunchie

Leggings

Tracksuit Top - Elite gym wear online

Polo or T/Shirt - Elite gym wear polo shirt 2 styles available in Navy blue

To order Adidas online and receive a 10% discount quote Code LGWA when ordering.

<https://www.elitegymwear.co.uk/london-regionalkit>

Click on Gym Link button on the right hand side of the page

Select London Regional Kit Page

Code LGWA for 10% discount

Procedure for Ordering Regional Uniform

Coaches and Parents/Guardians must order the Leotard(s) **immediately** after the qualification competition (1st – 5th) and paid for **by Card only**. The Leotards by the Zone will be posted to one of the WTC Committee Members who will distribute them

The ordering of the regional tracksuit top and polo shirt is direct with elite gym wear. Coaches and Parents must order immediately after the competition in order to receive the kit by the National Competition date.

Apparatus Specifications

Vault:

- For round off entry vaults, the safety collar MUST be in place.
- 20cm FIG specification matting + 10 cm supplementary matting with markings as specified for vault landing
- Maximum run allowed 25 metres
- Vault heights as per London table

Bars:

- Low bar 170cm / High bar 250cm (both +/- 1 cm) from the floor to the top side of the bars.
- Maximum width between bars, inside bars on diagonal is 180cm.
- 20cm FIG specification matting with 10cm supplementary matting.
- The take- off board may be placed on the supplementary mat.
- The supplementary mat may NOT be moved during the exercise.
- Unauthorised raising of the bars will be penalised in accordance with the FIG regulations.

Beam

- 125cm from the floor to the top of beam
- 20cm FIG specification matting with 10cm supplementary landing mat.
- The dismount supplementary mat at the permitted end of the Beam may not be moved at any time.

Floor

- 12m x 12m FIG specification floor area

Coaches at Apparatus

Beam A coach may remain near the apparatus on BEAM DISMOUNTS ONLY. This does not permit the coach to touch the gymnast during her routine unless to prevent an accident.

Bars The coach should remain at the apparatus throughout the routine and as above, should not touch the gymnast during the exercise.

For National Competitions a coach may ONLY be present on the podium for Bars to remove the springboard, then spot during the exercise. There may be a second person (coach/gymnast) on the podium to remove the board, *after which she/he must immediately leave the podium.* At Beam the coach may remove the springboard *after which she/he must immediately leave the podium.* The coach may assist and advise the gymnast during the intermediate fall time period from *below* the podium at Bars and Beam.

London Vault Heights (cms) 2019

National Programme - 1 Vault

| L5 | L4 | L3 | L2 | Esp | Jun | Sen |
|-----|-----|-----|-----|-------|-------|-----|
| 8 | 9 | 10 | 11 | 12/13 | 14/15 | 16+ |
| 105 | 105 | 115 | 125 | 125 | 125 | 125 |

National Challenge Programme – 1 Vault

| | | | | | | |
|-----------------|--|--|--|--|--|--|
| As per BG Rules | | | | | | |
|-----------------|--|--|--|--|--|--|

Regional Programme – 2 Vaults, Best to count

| | | | 11 | 12/13 | 14/15 | 16+ |
|--|--|--|-----|-------|-------|-----|
| | | | 125 | 125 | 125 | 125 |

Club Advanced Programme – 2 Vaults Best to count

| | | 10 | 11 | 12/13 | 14/15 | 16+ |
|--|--|-----|-----|-------|-------|-----|
| | | 120 | 125 | 125 | 125 | 125 |

Club Programme – 2 Vaults Best to count

| | 9 | 10 | 11 | 12/13 | 14/15 | 16+ |
|-----------------------|-----|-----|-----|-------|-------|-----|
| | 110 | 115 | 120 | 120 | 120 | 120 |
| No Somersault Vaults. | | | | | | |

Novice Programme – 2 Vaults – Best to count

| 8 | 9 | 10 | 11 | 12/13 | 14/15 | 16+ |
|------------------------------------------|-----|-----|-----|------------|-------|-----|
| 100 | 100 | 110 | 110 | 120 | 120 | 120 |
| Handspring flat back or Handspring | | | | Up to ½ on | | |

Club Grades, Regional & National Grades

Will be held once a year according to the rules in the BG Handbook

The following categories will operate

| Level | In Age Born | | Out of Age | Qualify for Nat Finals |
|--------------------|-------------|--------------------|-------------------------------------------------------------------------|------------------------|
| Club Grade 6 | 2011 | 8 years (minimum) | 2010 and Older | NO |
| Club Grade 5 | 2010 | 9 years (minimum) | | NO |
| Club Grade 4 | 2009 | 10 years (minimum) | | YES |
| Club Grade 3 | 2008 | 11 Years (minimum) | | YES |
| Club Grade 2 | 2007 | 12 Years (minimum) | | YES |
| Club Grade 1 | 2006 | 13 Years (minimum) | | YES |
| Compulsory Level 4 | 2005 | 9 Years | 1998 and Older | IN AGE ONLY |
| Compulsory Level 3 | 2004 | 10 Years | 1997 and Older | IN AGE ONLY |
| Compulsory Level 2 | 2003 | 11 Years | SEE NATIONAL HANDBOOK FOR CHANGE TO NATIONAL RULES. NATIONAL FINAL ONLY | |

The Teams for National Finals comprise of the top 4 gymnasts plus 5th place reserve

Novice Programme Individual Championships - Spring and Autumn

- 7 Age Categories
- See table for specific rules

Club Programme Individual Championships - Spring and Autumn

- 6 Age Categories
- See table for specific rules

Club Advanced Programme Individual Championships - Spring and Autumn

- 5 Age Categories
- See table for specific rules

Regional Programme Individual Championships - Spring and Autumn

- 4 Age Categories
- See table for rules

National Challenge Programme – Spring and Autumn

- Full FIG Rules
- One age category.

L5 - L2, Espoir, Junior, Senior – Spring and Autumn

- In all age groups Full FIG

Individual Competitions £32 each or £35 if there is a national final

TEAM CHAMPIONSHIPS – 1st/2nd June

5 Categories:–

- 1. Novice** – Open to those in Novice programme and Level 5 8 yr old
- 2. Bronze** – Open to those in Club programme and Level 4 National – judged on club programme rules
- 3. Silver** - Open to those in Club Advanced programme and Level 3 National – judged on club advanced rules
- 4. Gold** – Open to those in Regional programme and Level 2 National – judged on regional rules
 - Junior is 11 & under (2011 – 2008) and Senior is 12+(2007+) in each of the 4 categories
- 5. Challenge/FIG**
 - Junior –under 14 (2011 – 2006) & Senior 14+ (2005+)

Rules Clarifications

- 5 in a team, 4 to work, 3 to count (minimum 3 gymnasts per team)
- Teams will work to the higher programme rules. Vault heights work to the maximum height for that category
- Senior teams may be formed from 12+ years or may include younger gymnasts for the purpose of making up a team
- Gymnasts may work up a category to make up a team but **MUST NOT** work below their usual level of competition
- Vault heights – older gymnasts' rules in each category, i.e. Juniors 11 years old vault height, Seniors 16+ vault height
- £96 Per Team

TWIN PIECE CHAMPIONSHIPS – 17th November

- Two gymnasts per team, each to work two separate pieces of apparatus. All four pieces to be covered.
- At all levels of this event gymnasts may move UP a programme and/or age group to make up a team but MUST NOT work below their usual level of competition.
- Teams will work to the higher programme rules. Vault heights – older gymnasts' rules in each category, i.e. Juniors 11 years old vault height, Seniors 15+ vault height.

The following categories will operate at this competition.

| | | | |
|--------------------------------|---|-------------------|----------------------------|
| FIG / Challenge Programme | - | Junior and Senior | - FIG Rules |
| L2 & Regional Programme | - | Junior and Senior | - Regional Programme Rules |
| L3 & Club Advanced Programme | - | Junior and Senior | - Club Advanced Rules |
| L4 & Club Programme | - | Junior and Senior | - Club Rules |
| Novice Programme & L5 8yr olds | - | Junior and Senior | - Novice Rules |

| | |
|---------|-----------------------|
| Juniors | As Team Championships |
| Seniors | As Team Championships |

£ .00 per team

London Competition Rules have been sent to clubs or can be found in the files section of the WA Facebook group "London Women's Artistic Gymnastics"



APPLICATION FOR RE-DESIGNATION

| | | |
|---------------------------------------------|-------------|-------|
| Gymnasts Name | | |
| Club | | |
| Coach Name | | |
| Coach Qualification | | |
| Coach Telephone | | |
| E-Mail address | | |
| Competitions competed last year with scores | Competition | Score |
| 1. | | |
| 2. | | |
| 3. | | |
| Days and Hours training each week | | |
| Current WTC Designation | | |
| Programme to be Re-designated to | | |
| Supporting Reasons | | |

Please complete this form and e-mail to:-

Jackie Murphy
 Chairman LG WTC
 wagchairlondon@virginmedia.com

For Office Use only

Date Received

Date Replied



TEAM WORKING ORDER

| VAULT | | BARS | |
|---------------|----------------------|---------------|----------------------|
| Number | Gymnasts Name | Number | Gymnasts Name |
| | | | |
| | | | |
| | | | |
| | | | |

| BEAM | | FLOOR | |
|---------------|----------------------|---------------|----------------------|
| Number | Gymnasts Name | Number | Gymnasts Name |
| | | | |
| | | | |
| | | | |
| | | | |

Changes can be made before the 2 minute apparatus warm up by informing the Head Judge at the apparatus.

Only those gymnasts named on the form may be on the competition floor.



TWIN WORKING ORDER

| VAULT | | BARS | |
|---------------|----------------------|---------------|----------------------|
| Number | Gymnasts Name | Number | Gymnasts Name |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

| BEAM | | FLOOR | |
|---------------|----------------------|---------------|----------------------|
| Number | Gymnasts Name | Number | Gymnasts Name |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Changes can be made before the 2 minute apparatus warm up by informing the Head Judge at the apparatus.

Only those gymnasts named on the form may be on the competition floor.

LONDON GYMNASTICS WOMEN'S ARTISTIC REGIONAL AND NATIONAL DATES 2019

V4 6th Mar 2019

JM

Please note that dates are subject to change

| DATE | COMPETITION | VENUE | OPENING DATE | LONDON CLOSING DATE FOR ENTRIES | NATIONAL CLOSING DATE |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------|------------------------------|---------------|---------------------------------|-------------------------------------|
| 2nd FEBRUARY | COMPULSORY LEVEL 1 | LILLESBALL NSC | 9th Nov | | 21st Dec |
| 1st -3rd March | English Championships | Redbridge | 1st Nov | | 10th Jan |
| 14-17 MARCH | British Championships Espoir/Junior/Senior & Apparatus Finals | Echo Arena Liverpool | 21/12/2018 | | 1st Feb |
| 23rd-24th March | CLUB GRADES 6 & 5 REGIONAL GRADES 4 / 3 / 2 / 1 | HEATHROW | 4th January | 4th February | |
| 14th April | REGIONAL QUALIFIER COMPULSORY LEVELS 4 / 3 / 2 | HEATHROW | 25th January | 25th February | |
| 14th April | REGIONAL QUALIFIER NATIONAL GRADES 4 / 3 / 2 / 1 | HEATHROW | 25th January | 25th February | |
| 19th -22nd April | EASTER | | | | |
| 4th- 5th May | London Novice Spring Championship | HEATHROW | 18th February | 18th March | |
| 6th May | MAY BANK HOLIDAY | | | | |
| 11th- 12th May | National Compulsory Levels 4,3,2 Championships Finals | Fenton Manor Stoke-on-Trent | 15th February | | Team 12th April Names 29th April |
| 25th -26th May | National Development Plan 4,3,2,1 Championships Finals | Fenton Manor Stoke-on-Trent | 1st Mar | | Team 12th April Names 29th April |
| 27th May | SPRING BANK HOLIDAY | | | | |
| 1st- 2nd June | TEAMS CHAMPIONSHIPS - ALL LEVELS | HEATHROW | 15th March | 15th April | |
| 30th June | London Club, Club Advanced, Regional, Challenge & Vol 5, 4, 3, 2, FIG Spring - Challenge Cup Qualifier for National Entry | HEATHROW | 13th April | 13th May | |
| | SUMMER HOLIDAYS | | | | |
| 14th - 15th September | Adrian Stan Team Championships | Surrey Sports Park Guildford | 21st June | | 2nd Aug |
| 21st September | REGIONAL QUALIFIER VOL. IN AGE LEVELS 5 / 4 / 3 / 2 | HEATHROW | 5th July | 5th August | |
| 22nd September | London Club, Club Advanced, Regional, Challenge & FIG Autumn - Challenge Cup Qualifier for National Entry | HEATHROW | 5th July | 5th August | |
| 5th October | National Compulsory Levels 2 & 1 Qualifier | LILLESBALL NSC | 12th July | | 23rd Aug |
| 6th October | Disability Artistic British Championships | LILLESBALL NSC | 12th July | | 23rd Aug |
| 12th-13th October | London Novice Autumn Championship | HEATHROW | 26th July | 2nd September | |
| | Rushmoor International Invitational Championships | Aldershot | TBC | | TBC |
| | AUTUMN HOLIDAYS | | | | |
| 9th- 10th November | NATIONAL VOL. AGE GROUPS 4 / 3 / 2 FINALS | GUILDFORD | 16th Aug | | Team 11th Oct Names 28th Oct |
| 17th November | TWIN PIECE - All Levels | HEATHROW | 30th August | 30th September | |
| 22nd-24th November | Espoir, Junior, Senior Challenge Cups | Surrey Sports Park Guildford | 30th Aug | | 11th Oct |
| 22nd- 24th November | Bill McLoughlin National Apparatus Team Championships | Surrey Sports Park Guildford | 30th Aug | | 11th Oct |

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| LONDON REGIONAL COMPETITIONS |
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Amended October Novice date