


**Adult Gymnastics British  
Championships 2019  
Competition Handbook<sup>©</sup>**

**British  
Gymnastics**  
More than a sport

## Version history

The Adult Gymnastics British Championships 2019 Organiser reserves the right to make amendments to this handbook.

Notification of a change to the handbook will be communicated through the [British Gymnastics website](#)  and an updated version will be made available to download at the time of change.

All versions will be listed on this page, with reference to amendments made:

**Version 1.0 – Original** – Published 31/01/2019

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## Definition of Terms

- **Assisting Coach(es)** are coaches who are permitted on the competition floor and/or warm up hall, but who work under the guidance and responsibility of the supervising coach. Assisting coach(es) must meet all of the relevant eligibility requirements.
- **BG** means British Gymnastics
- **Championships** means any British Championship organised by or on behalf of BG.
- **Choreographers** will create and develop new routines.
- **Code** means the Code of Points used for the competition, from which technical information and regulations are taken.
- **CPSU** means Child Protection in Sport Unit
- **Criminal Record Certificate** means DBS (previously CRB), Access NI Eligibility or PVG
- **Discipline Specific Rules** means competition structure and event specific information relevant to the relevant gymnastics discipline including indication of any deviation from the Code of Points
- **Event** means any national competition and championships organised by or on behalf of BG
- **FIG** means Federation International de Gymnastique
- **IDP** means International Development Pathway
- **Lead Coach** – The coach taking overall responsibility for all the gymnasts from their club/region. The Lead Coach must be present in the venue throughout the event to take responsibility for their coaches and gymnasts. The Lead Coach must possess sufficient qualification to cover all the skills that any of their gymnasts will be performing within the competition.
- **Medical Certificate** means a letter on headed paper signed by a Doctor or Physiotherapist confirming the gymnast is unfit to take part in the competition
- **NDP** means National Development Plan
- **Officials** are people recruited to assist with the delivery of the overall event i.e. Floor Manager, Ceremonies Manager, Spectator Tickets Manager
- **Organiser** means the Adult Gymnastics National Competition Organiser (NCO) or their designated representative, who is authorised by, or on behalf of BG
- **Coach(es)** are those coaches submitted in 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 as defined in the eligibility section of this handbook. Any changes to the supervising coach(es) submitted on the online entry system must be notified to the Events Department prior to the event and 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
- **Unattached** means gymnasts who are not members of a BG registered club but hold appropriate BG membership.
-  means it is a **hyperlink** to official policy statements and other event related information.

Where no specific point is addressed in the 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. However, the Organising Committee and its appointed officials reserve the right to define any regulation conflict as is deemed appropriate to ensure a fair and equitable competition.

## Contact information

General Inquiries

Participation [participation@british-gymnastics.org](mailto:participation@british-gymnastics.org)

National Competition Organiser


Louise Orchard [louise.orchard@british-gymnastics.org](mailto:louise.orchard@british-gymnastics.org)


## British Gymnastics contact details

Customer Support

0345 1297129 ext. 2395 [customerservice@british-gymnastics.org](mailto:customerservice@british-gymnastics.org)

## National competition calendar

Event & date	Opening date	Closing date	Venue
 <b>Adult Gymnastics British Championships</b> 3 <sup>rd</sup> -4 <sup>th</sup> August	Friday 10 <sup>th</sup> May	Friday 21 <sup>st</sup> June (12 noon)	Lilleshall National Sports Centre

For a complete domestic and international calendar of events please follow link 

## Event introduction

If you're eighteen or over, the Adult Gymnastics British Championships provides an opportunity to test yourself in a range of different activities. Whether you're looking to take your first steps in gymnastics or get back into the sport, this competition is for you. There's a big social element too, which makes the competition a lot of fun.

Whatever challenge you set yourself, there's nothing better than knowing you can do it.

### Competition categories

Discipline	Artistic		Trampoline		Tumbling		Acrobatic		
	Men	Women	Men	Women	Men	Women	Pairs	Women's Group	Men's Group
Newbie		Over 18							
		Over 30							
		Over 45							
Novice	Over 18	Over 18	Over 18	Over 18	Combined age group	Combined age group	Single competition with one balance and one dynamic routine	Single competition with one balance and one dynamic routine	Single competition with one balance and one dynamic routine
	Over 30	Over 30	Over 30	Over 30					
	Over 45	Over 45	Over 45	Over 45					
Intermediate	Over 18	Over 18	Over 18	Over 18	Combined age group	Combined age group			
	Over 30	Over 30	Over 30	Over 30					
	Over 45	Over 45	Over 45	Over 45					
Pro	Over 18	Over 18	Over 18	Over 18	Combined age group	Combined age group			
	Over 30	Over 30	Over 30	Over 30					
	Over 45	Over 45	Over 45	Over 45					
Teams	Min. 3 gymnasts, max. 6 gymnasts. Mixed abilities, ages and genders allowed. Minimum of 2 ability levels represented within any one team.				Min. 3 gymnasts, max. 6 gymnasts. Mixed abilities and genders allowed. Minimum of 2 ability levels represented within any one team.		Min. 1 pair and 1 group + 1 other, max. 2 groups and 3 pairs. Mixed genders allowed.		

*Please note: Some categories/levels may be combined if entry numbers are low*



## Eligibility

### Membership

All persons attending BG events in an official capacity, whether as a gymnast, coach or judge are required to hold current BG membership in line with the level of competition entered and awards held.


Coaches, judges and gymnasts should carry current membership cards to all competitions and be prepared for these to be checked by the Organiser or their appointed officials.

- **Gymnasts**

Membership level must be Gymnast, Judge, Coach or Life Members of BG in order to enter a BG event. In normal circumstances, gymnasts should also be a member of a BG registered club.

In exceptional cases, where a gymnast does not belong to a BG registered club they must contact the Events Department and request entry into the event. If granted, such gymnasts will be given the classification as being Unattached. In such circumstances the gymnasts must nominate a Supervising Coach and must also meet all other membership requirements.


- **Lead Coaches**

Lead coaches' membership level must be Coach or Life Members of BG and coaches must be qualified to the level of the skills being performed by all Gymnasts in the club/Region before being allowed to participate in a BG Event. Coaches must have current safeguarding and DBS certificates, please see Safeguarding section. The lead coach may authorise other coaches from their club/region to coach skills at a maximum of one level higher than that coaches' qualification but has responsibility for insuring that they are competent to do so. Lead Coaches must have a current safeguarding certificate. Please see Safeguarding section. For further information on the changes introduced this year for Lead and Supervised Coaches, please click here. 

- **Coaches**

Supervising coaches' membership level must be Coach or Life Members of BG and coaches must be qualified to a minimum of level 2. Coaches must have a current safeguarding certificate. Please see Safeguarding section.

- **Supervising Coaches**

With the explicit authorisation of the lead coach, supervising coaches may coach skills at the maximum of 1 level higher than their current qualification before being allowed to participate in a BG Event, in this instance the supervising 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. Coaches must have a current safeguarding certificate. Please see Safeguarding section. For further information on the changes introduced this year for Lead and Supervised Coaches, please click here. 

- **Assisting Coaches**

Assisting coaches' membership level must be Assistant Coach (if Level 1), Coach or Life Members of BG before being allowed to participate in a BG event. Coaches must have a current safeguarding certificate. Please see Safeguarding section. Assisting Coaches cannot be responsible for the Gymnasts.

- **Chaperones**

Chaperones must have current BG membership and Safeguarding award will only have access to the warm up hall when in attendance at an event.


- **Judges**

Judges' membership level must be Judge or Life Members of BG for Club/County/Regional Judges, and National/Brevet Judge or Life Members of BG for National and Brevet Judges before being allowed to officiate at a BG event.

From time to time British Gymnastics may invite international judges to officiate at BG events, as such they will not require BG membership.

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.

\* Judges who are involved in Scottish competitions should refer to [Scottish Gymnastics](#)  for further guidance as to whether a check is required.

For further information on membership levels please visit the [British Gymnastics website](#). 

### Competitive levels

- **Newbie (WAG only)**

Competitors must have started participating in gymnastics as an adult

- **Novice**

WAG / MAG / TUM:

- Competitors must not have competed above club level for at least one year

TRA:

- Competitors must not have exceeded a difficulty value of 1.5 in competition within the previous two years

- **Intermediate**

WAG / MAG / TUM:

- Competitors must not have competed above county level in the previous year

TRA:

- Competitors must not have exceeded a difficulty value of 2.5 in competition within the previous two years

- **Pro**

WAG: Competitors who have previously competed within the below levels must enter the Pro Category:

- Level 4 or above (or equivalent) since 2009
- Any British Championships (including Challenge Cup)
- NDP Grades (leading to National Finals)

MAG / TUM / TRA:

- Competitors must have retired from national competition for two years prior to entry

- **Acro**

- Competitors must have retired from competition for two years prior to entry

We would like to encourage competitors to enter the correct competitive level to ensure the Adult Gymnastics British Championships is a fair and enjoyable event for all involved. The Organiser retains the right to move a gymnast into the correct competitive level whilst the competition is in progress if it is felt they are performing skills above what is expected for that competitive level.

For reference and examples of level of ability and skill types used within the competition, please see the competition videos of previous years' events within GymNET – Under "My Account" & "Competition Videos".

Competitors cannot enter an ability level lower than they have previously entered e.g. from Pro in 2018 to Intermediate in 2019 (unless in exceptional circumstances which must be discussed and agreed by the Competition Organiser).

Level appropriate skills and requirements for each discipline are stated within the relevant discipline specific rules. Each discipline will follow the British Gymnastics Code unless otherwise stated within the discipline specific rules document. If you have any queries regarding the eligibility of a competitor or which competition category to enter, please ensure you contact the Organiser prior to submitting your competition entry.

**Please note: If competitors perform a skill above the difficulty of the competitive level entered then a 1.0 mark penalty will be applied to their score as well as any execution deductions for the skill.**

### **Coach qualifications**

When submitting entries for the Adult Gymnastics British Championships, clubs must ensure that where applicable, the nominated Lead Coach is qualified to the level of performance of all the participants from their club/region. Supervising Coaches must be a minimum of level 2. With the explicit authorisation of the Lead Coach, Supervising Coaches may coach skills at the maximum of 1 level higher than their current qualification. If coaching at one level higher than their current qualification, 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.

All Coaches entered onto the event entry must be the same ones attending the event. Lead Coaches have a duty of care towards their performers and have responsibility to ensure that all of 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 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.

Additional Chaperones may be accredited; at the discretion of the Organiser, to be present in the warm up arena to assist with the pastoral care of the gymnasts. Chaperones may not coach the gymnasts.

If it is found that a club is in breach of these policies BG 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 are required to hold a current BG specific 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 BG events.


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

The safeguarding courses recognised by British Gymnastics are:

Sports Coach UK (scUK) Safeguarding and Protecting Children Awareness course  
Local Safeguarding Children's Board (LSCB)  
Football Association (FA) Safeguarding training  
Professional prior learning i.e. Social Worker, Teacher etc.

This must be renewed every three years and be valid both at the time of entry and through to the end of the event. 

For members who have previously completed a face-to-face course, an online refresher update course is available.  Coaches are responsible for checking the expiry date of their safeguarding and ensuring they have sufficient time to renew their award prior to the closing date of the event.

Coaches must also have a valid BG DBS Disclosure both at the time of entry and through to the end of the event before being allowed to take part at a BG event. 

## Age policy

Gymnasts' ages will be taken as the age reached in the year of the competition.

## Nationality

Participation in all British Gymnastics events is subject to the requirements of membership, club/regional registration and other conditions of entry.

In addition, the following regulations concerning Nationality are applicable to British Gymnastics events.

## British Championships

Only those in possession of a valid United Kingdom passport (and do not hold a FIG licence for another member federation) are eligible to be ranked in the official competition results, where a British Championships title is being contested. This is effective for individual competitions. In team competitions or where gymnasts compete together as part of a group/partnership, all of the gymnasts must be in possession of a valid United Kingdom passport in order for that team/group/partnership to be ranked in the official competition results.

At the discretion of the British Gymnastics Technical Committee and with agreement from the British Gymnastics Performance Director Sport (or their appointee), those who are not in possession of a valid United Kingdom passport may take part in competitions where a British Championships title is being contested. Participation is also subject to approval from their own FIG Member Federation in accordance with FIG statute. They will receive score(s) but will not receive a ranking in the official Competition results. In such circumstances gymnasts will be referred to as Guests.

Gymnasts holding dual citizenship (including a valid United Kingdom passport) are only eligible to receive a ranking in the official results (either as an individual or as part of a team/group/partnership) if they do not hold an FIG License registered by another FIG Member Federation or have not represented another FIG Member Federation.

Gymnasts who are not in possession of a valid United Kingdom passport and who are not members of British Gymnastics may be invited by the British Gymnastics Technical Committee or Performance Director to take part in the British Championships. They will receive score(s) but will not receive a ranking in the official competition results.

## Disclosure

It is the responsibility of the person making the competition entry to ensure that all of the gymnasts have declared their nationality within the GymNET Online Membership Portal.

British Gymnastics Transgender Policy

For information on Transgender, please refer to the British Gymnastics Transgender Policy which can be found here 

## Competition entries

### Entry process

Entry to all national BG events are online only. Complete instructions for adding an entry via the BG GymNET Online Entry Portal are available to download from the [BG website](#). 

All entries must be fully submitted electronically to BG by the stipulated closing date and time.

Prior to the event, an entry may only be amended by the person making the original entry.

### **Guests**

If a gymnast wishes to compete as a guest (see Nationality section above for details of guest gymnasts) at a British Gymnastics event the club/coach should contact the events department in the first instance before the closing date. Guest gymnasts will be placed on a waiting list. Following the competition closing date, a decision will be made between the Technical Committee, the Events Department and the Performance Department 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.

### **Team entries**

To submit team entries, please contact the Events Department directly following the submission of your online club entry into the event. Team information will be requested and details of payment will be confirmed. Please contact [events@british-gymnastics.org](mailto:events@british-gymnastics.org) to submit your team entry. Please see further details within the table on pages 8, and on pages 19 & 20.

### **Methods of payment**

Payment can be made by Debit Card, Credit Card or BACS payment. BACS payment however may slow the entry process. Payments should be received by BG within 48 hours of the entry being submitted.

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

### **Late entries**

Late entries will only be considered in exceptional circumstances and only up to 7 days after the closing date.

In the unlikely event of a late entry being accepted, payment of three times the normal entry fee stated for the competition will be required). For late team entries the fee will be double, however, the late entry payments will be capped at £1000 (i.e. the additional payment over and above the normal entry fee per gymnast/partnership/group/team will be capped at £1000).

Late entries must be made in writing to the BG Events Department and will then be referred to the Organiser for consideration. The Organiser and BG Events Department will have absolute discretion whether to accept a late entry.

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

Where it is necessary to substitute a coach the club must inform the BG Events Department in writing at [events@british-gymnastics.org](mailto:events@british-gymnastics.org), so 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 must inform the Organiser immediately on arrival at the venue and produce their coaching award certificate, current BG membership card and a current BG specific DBS and Safeguarding certificate.

## 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.

### Registration

Only register yourself/your gymnast(s)/your club when those competing in that section of the event have arrived and intend to compete. Please inform the registration desk of any withdrawals as soon as possible.

During registration, accreditation passes will be issued. Abuse of accreditation passes may result in disciplinary action taken by BG.

Specific registration processes where appropriate can be found in the event work plan.


### Order of performance

The order of competing shall be decided according to the competition arrangements made by the Organiser. 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 TC reserve the right to alter the grouping of gymnasts and/or running order of performances as may be deemed necessary by the Organiser or authorised officials, up to the start of warm-up.

Wherever practical the Organiser shall produce and circulate to all participating clubs a provisional start list and running order for an event at least 2 weeks before the day thereof.


## Competition attire

### Gymnasts

- Wear appropriate clothing. A leotard is not compulsory; however, alternative clothing must be of form fitting, modest design ie. Full length t-shirt or vest and shorts or leggings
- Buckles and clasps must not be worn
- Long hair should be tied back at all times
- Bare feet or gymnastics slippers only when competing in gymnastics
- Socks or gymnastics slippers must be worn when performing on a trampoline
- Glasses can be worn but it is recommended that contact lenses or glasses with flexible frames and straps are worn instead
- Jewellery must not be worn
- Body jewellery must not be worn (exceptions are as per [BG Body Piercing and Adornments policy](#) )
- Chewing gum is not allowed at any phase of the competition, including the presentation of the awards

*Please note: Refer to the Acro Code of Points for discipline specific competition attire regulations.*

### Coaches

- 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
- Long hair should be 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.

## Judges

- Judges must wear grey/dark blue/black trousers/skirt and jacket, plus a white shirt
- Men must wear ties as per [FIG Code of Conduct](#)
- Black shoes (not sandals) or clean track shoes if required by the Organiser. Heels which will damage gymnastics floor covering must be avoided
- Hair must be neat and not inhibit vision
- Jewellery, if worn, must be professional in appearance

Requests can be made to adopt reasonable clothing modifications at any BG competition on religious grounds only. All requests must be on the official [BG Clothing Modification Request Form](#) and submitted to the Events Department at least four weeks before the competition closing date to allow sufficient time for full consideration of the application and any possible health and safety implications.

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.

### Music (where applicable)

All music for competition routines must be uploaded onto the GymNET portal one week before the competition date at the latest (see event page for specific time and date).

Instructions for uploading music to GymNET may be found within the [Online Entry Guide](#)

### Late music submission (where applicable)

Late submission of music will attract a fee of £20.00 per gymnast/partnership/group/team. This fee will be added to your club basket. Music not uploaded by the deadline cannot be guaranteed to be uploaded on the day.

### Music licensing (where applicable)

All music used in competition routines must conform to the relevant licensing requirements. Details may be found at the following link

Certain tracks belonging to Disney, Andrew Lloyd Webber and Cirque du Soleil can be used but this should be checked on the [PPL website](#) to confirm the track is included within their repertoire.

To check tracks, go to [PPL website](#), then scroll to the bottom of the page and click on 'PPL Repertoire Search'. Enter the artists name and title. Any music listed as part of the search can be used. If the track is not included within the listed tracks the club must apply directly to Disney, Andrew Lloyd Webber or Cirque du Soleil to use the track and pay the relevant licensing fees.

### Competition apparatus

All apparatus will be to current FIG specifications with some exceptions. Please refer to the apparatus specifications within the relevant discipline specific rules document and the British Gymnastics Code of Points for further details.

### Tall gymnasts – Uneven Bars

Both bars may be raised by 10cm where a gymnast's feet touch the basic matting while she is hanging on high bar or hips touch the basic matting while she is hanging on low bar.

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

The request for the bars to be raised must be at the time of competition entry. The Events Department/Competition Organiser must be contacted directly in order for the request to be considered. The bars will be raised in accordance with the FIG regulations. Unauthorised raising of the bars will be penalised in accordance with the FIG regulations.

### **Access to Warm-up Hall**

Access to the Warm-up Hall will be limited to the appropriate number of Coaches, Choreographers, Chaperones as defined in the specific details section on page 20, for each event. On arrival, coaches will need to register and collect accreditation from the Registration Desk. In the case of events spanning more than one day, separate accreditation will be issued for each day.

Abuse of accreditation passes may result in disciplinary action taken by BG.

Judges will not be allowed into the Warm-up Hall once the judges meeting has taken place.

### **Food & drink**

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances & allergies. Details on where to purchase refreshments during the competition will be included within the event Work Plan.

### **Babies and young children**

In the interests of safety and for the smooth running and professional presentation of the competition, babies and young children are not permitted to enter the Warm-up Hall or competition areas, even if they are being supervised by an adult.

### **Medical provision**

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

At all BG 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 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 Organiser, based upon the recommendation of the BG appointed Medical Officer as to the gymnast's health and medical status and their ability to compete at the event, is absolute and final.

### **Inquiries**

Official inquiry forms are available from the Superior Jury/ D1 Judge at each apparatus and must be completed and returned to them within 15 minutes of the coach receiving the score slip. Inquiry forms will also be published in the event Work Plan. If necessary, a coach should register their intention to inquire by approaching the Competition Organiser 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 of the competing gymnast places the appeal form with the Superior Jury/D1 Judge.

The placement of an inquiry form becomes a contract to pay the appropriate fee:

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

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 Superior Jury/D1 Judge 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 D panel for the benefit of every competitor at the discretion of the Superior Jury/D1 Judge.



### Medal ceremonies

Except in exceptional circumstances, gymnasts who win a medal at a BG event 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. Competitors must wear their competition attire or appropriate club kit/team uniform for the medal ceremonies.

### Pat English Trophy

Pat was an inspiration as both a coach and competitor; right up to the day he died. He amazed everyone when performing a front somersault in his routine, especially when in his 60s. He was so kind, and always willing to help fellow competitors.

The Pat English Trophy is awarded to a competitor, coach or official who shows great sportsmanship; supporting fellow competitors/coaches/officials and spreading infectious spirit throughout the competition.

If you wish to submit a nomination, the form can be found in the Work Plan.

All perpetual trophies remain the property of BG.

The winner is responsible for the 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
- Returning it to the Organiser at least one week prior to the competition
- Returning it to the BG offices at least one week prior to the competition

Failure to do this or loss of the trophy will incur a cost to the individual.

### Social event

The Adult Gymnastics British Championships 2019 social event will take place on the evening of Saturday the 3<sup>rd</sup> of August. Further details of the social event will be included within the event Work Plan.

*Please note: The social event is for coaches, competitors, officials and spectators and will be dependent on numbers. There will be a small additional cost to attend.*

We recommend booking accommodation at Lilleshall National Sports Centre if you'd like to attend the social event so that you do not need to travel outside of the venue. Accommodation is limited and will be on a first come first served basis, so we recommend booking as soon as possible. To book or make an enquiry, please call: 01952 225903 or follow this link  (using the code ADULTGYM19 for available special promotions before the 29<sup>th</sup> July 2019).

### Privacy

British Gymnastics Privacy Notice 

At many events, British Gymnastics may produce event merchandise (eg event tshirts). 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 Performance staff and the Technical Committee in order to discuss if modifications to rules and processes are appropriate arising from this disability.



The scores, results and "Judgecam" videos from British Gymnastics events, where BG Score is present will be made available in the BG Score App and also published on the BG website in the specific event page.

## Video, film and photography

If you agree for your club to enter you into a BG competition, we will use your personal information to confirm you have been entered into the correct category and to enable you to participate in the event. All BG competitions are large events where filming and photography by BG accredited photographers and the media will be taking place. In some cases, the events will be videoed and/or live streamed by BGTV. Images taken at our events may be used by BG, BGF and GEL for the purposes of promotion, education and development of the sport. They may also be shared with relevant third parties organisations for journalistic/promotional purposes. The results of BG competitions are published and videos of routines performed by participating gymnastics are made available for viewing by BG members.

Any gymnast or parent who does not wish themselves or their child to be photographed/filmed at the event must advise the British Gymnastics Events Department or the Event Organiser. Although it is not always practical to manage the content of live streamed footage, we will ensure any identifiable images of the participant are not published.

Any person wishing to use video, film or take photographs must abide by the [BG Photography at Gymnastics Events Policy](#).

 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 photos but this may only be done in accordance with the [BG Safeguarding & Protecting Children Policy](#). 


Flash may not be used at any time while gymnasts are warming up or competing.

If you have 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 BG appointed Welfare Officer at the event.

## Health & safety

The health, 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 & protecting children and vulnerable adults.

## Spectator ticket information

Spectator ticket information can be found on the specific event page within the event finder section of the BG website. Tickets can be purchased through [GYMSHOP](#) , the official retail partner of British Gymnastics.

We recommend you buy spectator tickets from GYMSHOP before the event. Purchasing tickets online through GYMSHOP before the event could save you up to 25% compared to the on-the-door price.

## Drug Free Sport

The testing programme may affect any elite gymnast performing at a national standard.

Please follow the link to read the [BG policy](#) 

## Terms & conditions of entry to all competitions

In addition to BG general rules and regulations:

- All entrants agree to be treated by BG appointed medical staff only and be bound by the decision of BG medical staff in relation to their ability to compete in the competition.
- By submitting an inquiry, you agree to pay a fee which will be added to the club basket.
- You agree to the storing of competition scores. BG 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 BG Photography at Gymnastics Events Policy.
- It is the responsibility of the person making the online entry on behalf of the gymnast(s) or a club 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.

## Adult Gymnastics British Championships 2019

<b>Date:</b>	Saturday 3 <sup>rd</sup> & Sunday 4 <sup>th</sup> August 2019
<b>Venue:</b>	Lilleshall National Sports Centre, Nr Newport, Shropshire, TF10 9NB
<b>Opening date:</b>	Friday 10 <sup>th</sup> May 2019
<b>Closing date:</b>	Friday 21 <sup>st</sup> June 2019 (12 noon)
<b>Music Deadline:</b>	Friday 26 <sup>th</sup> July 2019 (12 noon)
<b>Entry Fee:</b>	Individuals £30 per person per discipline, £10 per person per additional discipline Teams £30 per team

### Eligibility:

- Minimum of "Gymnast" (previously Bronze) membership
- 18 years or over
- Individuals can enter more than one discipline
- Teams must consist of a minimum of three and a maximum of six gymnasts with a minimum of two ability levels represented within any one team
- Individuals within teams must all be competing within the same discipline, but differing ages, genders (except WAG and MAG) and ability levels are encouraged
- Individuals can only represent one team per discipline
- Level appropriate skills within each discipline are stated within the relevant discipline specific rules document
- Please refer to the [Competition levels](#) section for information on retirement from the sport and eligibility to compete within specific categories

### Competition Structure

Competition format is as per the [Adult Gymnastics British Championships 2019 Discipline Specific Rules](#) 


### Team Competition Format & Entry

The team competition formats are outlined within the discipline specific rules document. Entries need to be made manually in advance of the entry closing date. (Please see page 12 of the handbook for further details).

### Coach Qualifications & Passes

Competition	Lead Coach Minimum Qualification Required
All competitions	Level 2

Competition Entries	Lead Coach
1	1
2	2
3	3

A Level 1 coach will be allowed on the floor if the Lead Coach is Level 2 or above. Please follow the link to check your awards using the equivalent qualifications table  Maximum one Coach per entry.

### Tie Breaks

Ties will not be broken.

### Awards

TRA, ACRO, TUM

- Gold, silver and bronze medals for each competition category (all differing ages and abilities)

WAG, MAG

- All-around gold, silver and bronze medals for each competition category (all differing ages and abilities)

Teams for all disciplines

- Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places

Pat English Trophy