




2019 Women's Artistic Gymnastics Competition
Handbook ©

British
Gymnastics

Version History

The Women's Artistic Gymnastics Technical Committee 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

V1.1 – 18/02/2019 – p21&26 Venue name change from Echo Arena to M&S Bank Arena


V1.2 – 11/04/2019 – p27,34&40 Qualification scores added

V1.3 - 31/07/2018 – p34 Qualification scores added

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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
- **BGF** means British Gymnastics Foundation
- **Championships** means any British Championship organised by or on behalf of BG.
- **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
- **Event** means any national competition and championships organised by or on behalf of BG.
- **FIG** means Federation International de Gymnastique
- **GEL** means Gymnastic Enterprise Ltd
- **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 competition arena 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
- **OOA** – Out of age
- **Organiser** means the Women’s Artistic 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
- **TC** means the Women’s Artistic Gymnastics Technical Committee of BG and/or any Technical Committees appointed from time to time acting with the appropriate delegated authority.
- **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.

Contact Information











Technical Committee

Chair	Maria McLoughlin	maria.mcloughlin@british-gymnastics.org
National Competition Organiser	Chris Paddock	womens.competitions@british-gymnastics.org
Disability Representative	Catherine Lethbridge	
Judging Co-ordinator	Sue Tredgold	
Coach Education Representative	Liz Kincaid	
Technical Committee Member	Christine Still	
Technical Committee Member co-opted	Carol Malone	

British Gymnastics Contact Details

Customer Support	0345 1297129 ext. 2395	customersupport@british-gymnastics.org
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National Competition Calendar

Event and Date	Opening Date	Closing Date	Venue
 National Compulsory Level 1 2 nd Feb	9 th November	Noon 21 st December	Lilleshall NSC, Newport
 British Championships Espoir/Junior/Senior and Apparatus Finals 14 th – 17 th March	21 st December	Noon 1 st February	M&S Bank Arena, Liverpool
 National Compulsory Levels 4,3,2 11 th – 12 th May	15 th February	Teams Noon Friday 12 th April Gymnasts Noon Monday 29 th April	Fenton Manor, Stoke on Trent
 National Development Plan 4,3,2,1 Finals 25 th – 26 th May	1 st March	Teams Noon Friday 12 th April Gymnasts Noon Monday 29 th April	Fenton Manor, Stoke on Trent
 Adrian Stan Team Championships 14 th – 15 th September	21 st June	Noon 2 nd August	Surrey Sports Park Guildford
 National Compulsory Levels 2 & 1 Qualifier 5 th October	12 th July	Noon 23 rd August	New College, Leicester
 Disability Artistic British Championships 6 th October	12 th July	Noon 23 rd August	New College, Leicester
 National Voluntary Levels 4, 3 & 2 9 th – 10 th November	16 th August	Team Noon Friday 11 th October Gymnasts Noon Monday 28 th October	Surrey Sports Park Guildford
 Espoir, Junior & Senior Challenge Cups 22 nd – 24 th November	30 th August	Noon 11 th October	Surrey Sports Park Guildford
 Bill McLoughlin National Apparatus Team Championships 22 nd – 24 th November	30 th August	Noon 11 th October	Surrey Sports Park Guildford

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

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 Competitive Gymnast, 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.

For all Grades competitions, gymnasts must hold current BG membership at the time of Regional Preliminaries. Anyone discovered to have been without the correct level of membership for these competitions will be disqualified.

- **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. 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 and Criminal Records Certificate (DBS). Please see Safeguarding section

- **Supervised 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. 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), Gold, Coach or Life Members of BG before being allowed to participate in a BG Event. Coaches must have a current safeguarding certificate and Criminal Records Certificate (DBS). Please see Safeguarding section. Assisting Coaches cannot be responsible for the Gymnasts.

- **Chaperones**

Chaperones must have current BG membership and Safeguarding award and will only have access to the warm up hall when in attendance at an event, except in exceptional circumstances agreed in advanced with WTC.


- **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 hold Scottish Gymnastics membership 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](#). 

Coach Qualifications

When submitting entries for a BG event, clubs/regions 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 into the event entry MUST be the same ones attending the event. It is unacceptable to enter a coach you know will not be attending. The Lead Coach has the ultimate responsibility for all the participants from their club/region and that of the Supervising Coaches, Assistant Coaches, Chaperones & Choreographers.

Lead Coaches have a duty of care towards their performers and have a 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 (Level 1 and above) may be accredited, at the discretion of the Organiser, to be present in the competition arena to assist with the pastoral care of the gymnasts. Assisting coaches may not coach the gymnasts unless they fulfil the requirement of holding a recognised qualification suitable to the level of skills being performed.

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 Awareness course.
Local Safeguarding Children's Board (LSCB)
Football Association (FA) safeguarding training

Professional prior learning ie 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 **Criminal Records Certificate**  both at the time of entry and through to the end of the Event before being allowed to officiate at a BG Event.

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 (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.

Other British Gymnastics Events:

At the discretion of the British Gymnastics Technical Committee and with agreement from the British Gymnastics Performance Director (or their appointee), non-British citizens may take part in other British Gymnastics' Competitions. Participation is also subject to approval from their own FIG Member Federation in accordance with FIG Statutes.

Those gymnasts who are not in possession of a valid United Kingdom passport must have been a member of British Gymnastics for at least one year prior to the date of the Competition in order to be eligible to take part. During this period the gymnast's sole or main residence must be within the United Kingdom.

They will receive score(s) and will receive a ranking in the official Competition results. This is effective for both individual competitions and competitions where gymnasts compete together as part of a team/group or partnership.

Where a Competition provides a qualification route to take part in a British Championships, the results of a non-British citizen will not lead to the displacement of a British citizen who would have otherwise qualified for the British Championships.

In exceptional circumstances, 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 British Gymnastics Events. The Technical Committee with approval from the Performance Director will have the discretion to determine whether their scores will contribute towards the official Competition results.

Disclosure

It is the responsibility of the club/person making the Competition entry to ensure that all of the gymnasts have declared their nationality within Gymnet online membership portal.

Policy for the Participation of Trans People in Gymnastics Competition

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 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.

Disability Gymnastics

Disability Gymnastics is designed to provide competition and development for people whose disability or impairment restricts their mainstream competitive opportunities.

As part of the development of Disability Gymnastics, British Gymnastics has produced its own sport specific Disability Gymnastics Classification Certificate. The classification certificate is contained in a pack which also clearly defines the eligible impairments for Disability Gymnastics Competition.

All clubs and coaches must inform the British Gymnastics Events Team of any of any gymnasts which have medical conditions that require special consideration at BG events. This information should be shared with the BG Events Team at the point of competition entry and will enable the BG events team to make the necessary adjustments where possible to cater for the additional needs of each gymnast.

Gymnasts will be required to provide proof of Disability at least six weeks before the event. Please complete and return the Disability Gymnastics Classification Certificate by following the instructions in the [Disability Classification Pack](#). 

Although there are 44 different eligible classifications (Profile groups) in the Classification Pack, this does not mean that there are 44 different competition categories for Disability Gymnastics competition.

The Disability competition classification categories available can be found within the information pages for each competition which has integrated disability.

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 individuals (including partnerships and groups). For team late entries the fee will be double (including clubs and regions.) 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.

Late entry requests may be placed on a reserve list and clubs notified if their entry is accepted following a withdrawal, up to 1 week prior to the event.

Withdrawals and Substitutions

Amendments to an entry before the closing date will not incur a penalty and in the case of withdrawals, the entry fee will be refunded. Entry fees are non-refundable after the closing date.

In the case of a team/regional entry, if a region wishes to make a substitution (due to the withdrawal of a previous team entry) they can only do so up to noon on the Friday before the event. Substitutions will not incur a fee however there is no guarantee that the substituted names will be included in the spectator programme.

The request for substitution should be made in writing to the Organiser at womens.competitions@british-gymnastics.org detailing the withdrawal and intended substitute(s). The request for substitution must be made in writing after the entry has closed. Proof of qualification of the substitute must also be provided at the time of the request.

Specific rules for substitutions for the Adrian Stan Team Championships can be found on the specific event page.

Where it is necessary to substitute a coach the club must inform the BG Events Department in writing at 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 Criminal Records Check certificate.

Where there are specific rules and/or processes please refer to the specific event page.

Non-Participation Fee

By entering a gymnast (individual/partnership/group) or a team (team events) into an event, the enterer accepts that, should any gymnast or team fail to register to compete by the end of registration for a competition, the appropriate fee for non-participation will be added to the club basket or in the case of regional entries, basket of the person making that entry.

Fees will be charged as follows:

£25 – Individual / Pair

£50 – Trio / Group / Team

Should a gymnast be withdrawn, for whatever reason, the club or coach must inform the Competition Organiser and Events Department in writing via email up to the close of registration for the relevant session. Email addresses are listed in the Contact Information on page 6 of this Competition Handbook. Withdrawals will only be accepted via email.

Failure to inform the Events Team and Competition Organiser as laid out above will result in the non-participation fee being charged.

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 your gymnast(s)/club/region when those competing in that section of the event have arrived at the event 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 for individual events and team events shall be decided according to the competition arrangements made by the Organiser or such officials as may be authorised by the Technical Committee. 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.

Music


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

Instructions for submitting music electronically may be found within the [Online Entry Guide](#) 

Late Music Submission

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

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 <http://www.ppluk.com/> 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.

Access to Warm up Hall

Access to the warm up hall will be limited to the appropriate number of Coaches and Chaperones (Where applicable) as defined in the specific details section for each event. On arrival, coaches will need to register and collect their accreditation from registration. In the case of events spanning more than one day, accreditation will be issued for each day. At larger national events the FIG/UEG recognised accreditation system will apply.

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

Food and Drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies.

Babies and Young Children

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

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.

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. Medals will only be distributed at events not by post. Attire for medal ceremonies is according to FIG World Championships and UEG rules.

Tenure of Trophies

All perpetual trophies remain the property of BG and will need to be signed for before leaving the competition arena.

Perpetual trophies are the responsibility of the winning club or region. The club or region are responsible for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the Organiser prior to the competition the following year by either; -

- Making arrangements for it to be delivered to the competition venue on the day.
- Returning it to the competition 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 a trophy will incur a cost to the individual / club.

Privacy

British Gymnastics Privacy Policy 

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 BG TV. 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 some photos but this may only be done in accordance with [BG Safeguarding and 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 and 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 and Protecting Children.

Overnight Stays

Government legislation requires that when a club takes a gymnast(s) under the age of 18 years on a journey involving an overnight stay, the club must ensure that there is a designated trained person responsible for child protection on the trip. To adhere to the CPSU child protection standards this person must not be related to or in a relationship with the coach attending the trip.

The training for the designated person should be BG recognised Safeguarding and Protecting Children Awareness training or Home Country equivalent.

For **Overnight Trips** the appropriate form needs to be completed in full and sent to British Gymnastics **at least** four weeks prior to travel so we can get your trip approved and endorsed by our insurers. Failure to inform British Gymnastics of **any** overnight stays may invalidate your insurance.

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


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

Women's Artistic Technical Information

Code of Conduct

[British Gymnastics National Technical Committee Code of Conduct](#)

[Women's Artistic Judges Code of Conduct](#)

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

Grade/Level

Gymnasts may only compete in ONE grade/level per competition year, except compulsory grades where OOA Gymnasts may compete more than one grade per year.

Regional Representation

Gymnasts may only represent the region to which their club is affiliated.

Exceptional circumstances will be considered following written application to the WTC.

Where regional entries are made, gymnasts and coaches must be selected according to the rules and will represent their region, not club. Gymnasts should be in regional uniform. None matching leotards will be deducted according to FIG.

Where regional entries provide a pathway to national events coaches must be qualified according to the rules laid out in pages 8 & 9 of the National Competition Handbook.

Qualification from Regional Events to National Finals

Gymnasts attempting to qualify for national finals through a regional qualifying competition must attend the competition held in their own region and have one (except Challenge Cup maximum of 2) opportunity to qualify. Extenuating circumstances will be considered following written application to the WTC before any attempt to qualify.

Age Policy

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.

The minimum age for entry to National BG events is 9 years in the year of competition.

To view further information on age, participation and competition please view the [Health & Safety Guidance: Coaching Practice](#) document (available within the Resource Library on GymNet).

Year Born Eligibility for WAG National Competitions 2019				
Age	Year Born	Compulsory Elite Levels	NDP National Grades	NDP Regional Grades
Min Age 8	2011		NDP Club Grade 6	
Min Age 9	2010	Compulsory 4	NDP Club Grade 5	
Min Age 10	2009	Compulsory 3	National 4 Not eligible: a pass at Compulsory 3 2 1	Regional 4 Not eligible: a pass at Compulsory 4 3 2 1 a pass at National 4 3 2 1

Age	Year Born	Compulsory Elite Levels	NDP National Grades	NDP Regional Grades
Min Age 11	2008	Compulsory 2	National 3 Not eligible: a pass at Compulsory 2 1	Regional 3 Not eligible: a pass at Compulsory 4 3 2 1 a pass at National 3 2 1
Min Age 12	2007	Compulsory 1	National 2 Not eligible: a pass at Compulsory 1	Regional 2 Not eligible: a pass at Compulsory 4 3 2 1 a pass at National 2 1
Min Age 13	2006		National 1 Not eligible: a pass at Compulsory 1	Regional 1 Not eligible: a pass at Compulsory 4 3 2 1 a pass at National 1
Esplor 12 -13	2006 -2007	British Championships	Challenge Cup Not eligible: Qualified for British Champs	
Junior 14 -15	2004 -2005	British Championships	Challenge Cup Not eligible: Qualified for British Champs	
Senior 16 +	2003 or before	British Championships	Challenge Cup Not eligible: Qualified for British Champs	

A Gymnast is not eligible to enter Club, Regional or National Grades if she has qualified for British Championships through any route.

Competition Attire

- Gymnasts

Refer to the [Women's Artistic Code of Points](#) this also applies to podium training.

The removal of leotards on the field of play is not allowed.

- 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

- Coaches must wear a tracksuit with full length sports leggings/ sports trousers 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
- Coaches should be mindful of having hair in the style that is safe for the Gymnast.
- 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. 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

Refer to the [Women's Artistic Code of Points](#)

Requests can be made to adopt reasonable clothing modifications at any BG competition. All requests must be on the official [BG Clothing Modification Request Form](#) and submitted with the competition entry 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 and officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication in the main arena during the event. Such mobile devices may only be used for monitoring scores and results, where the BG Score App is in operation. Judges cannot use such apps during the competition.

Judges are not allowed to use any form of electronic device through-out the duration of the competition.

Coaches

Where more than one coach is permitted, FIG regulations apply. FIG COP Section 3 P1 regulations for coaches:

Number of coaches Permitted in the Inner Circle:

Complete teams – 1 female and 1 male coach or 2 female coaches; if only 1 coach, then the coach may be male.

Competition Apparatus

Unless otherwise stated, the equipment at WTC competitions will be to current FIG specifications: Only apparatus supplied at the request of the WTC may be used at national events.

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.

Inquiries:

Official WTC inquiry forms are available from the Superior Jury 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 before completing the form. If a coach has approached the judging panel and discussed a gymnast's score, they cannot then 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 with 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.

National Compulsory Level 1

Date:	2 nd February	<i>No pre competition training</i>
Venue:	Lilleshall National Sports Centre, Newport	
Opening date:	9 th November 2018	
Closing date:	Noon 21 st December	
Music entry closing date:	 Noon 25 th January	
Entry Fee:	£45.00 per gymnast	
Code:	2018-2021 Women's Artistic National Elite Compulsory Levels for Coaches which can be found in the British Gymnastics Academy	

Eligibility: Compulsory Level 1

- In Age: Level 1 (12 in year of competition)
- Out of Age: Level 1 (13 or over in year of competition)
- All gymnasts entering National Finals must have achieved a pass score in Regional Qualifier
- No regional qualification required. Individual entry direct to national finals
- Must have passed Compulsory 2
- To progress to British Championships an all-around pass mark (TBC) is required at Compulsory Level 1
- Once a gymnast has passed Compulsory Level 1 she may not revert to the Club Grades system
- A gymnast may revert to the Club Grades system if she fails Compulsory Level 1

Competition Structure:

- Competition format as per FIG
- Beam Dismounts - Coaches are permitted to stand in for beam dismounts without penalty. If they then touch the gymnast the normal FIG penalties will apply.
- Apparatus supplied by Gymnova to FIG Specification plus modifications

Coach Qualification and Passes:

- The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Competition	Coach Minimum Qualification Required
-Compulsory 1	UKCC L2 with relevant L3 Technical modules signed off

- 2 coaches per gymnast can be nominated (including the lead coach where appropriate). Both coaches can be present during apparatus warm-up.
- During the competition phase, both coaches can be in the field of play but only 1 coach per gymnast can be present at the apparatus at any one time except on bars where a second coach is permitted to remove the springboard.

Specific Apparatus Requirements:

- Refer to 2018-2021 Women's Artistic National Elite Compulsory Levels for Coaches which can be found in the British Gymnastics Academy
- Additional extra soft boards will be available for vault - 4 spring and modified 5 spring

Tie Breaks:

- At National Finals ties will not be broken

Awards:

- 'In Age' all-around - gold, silver and bronze medals
- Top 6 'In Age' individuals will be announced and lined up with medallists
- Top 6 'In Age' gymnasts will all receive flowers
- All gymnasts passing Compulsory Levels 1 will be awarded a certificate

British Championships Espoir, Junior and Senior

Date:	14 th -17 th March	<i>Pre-competition training available for Seniors only</i>
Venue:	M&S Bank Arena, Kings Dock, Liverpool Water Front, Liverpool L3 4FP	
Opening date:	21 st December 2018	
Closing date:	Noon 1 st February	
Music entry closing date:	Noon 8 th March	
Entry Fee:	£60.00 per gymnast	
Code:	FIG Competition I plus GB modifications for Senior Championships FIG Competition I plus GB modifications for Junior Championships FIG Junior Code plus GB Espoir modifications (WAG 2018 Espoir Rules)	

Eligibility:

Espoir

- Age 12 or 13 years old in year of competition
- Pass at Compulsory 1 or
- A qualifying score from the Challenge Cup

Nationality:

Gymnasts of foreign nationality or who hold an FIG license for another member federation, must ensure that their nationality is declared on their membership record in order for them to be identified as guests.

NOTE: Espoir gymnasts hoping to qualify through Compulsory Level 1 on 2nd February enter the Espoir British by the closing date on 1st February the entry fee will be refunded for gymnasts who are unsuccessful. Entries made after the closing date above will incur a late entry fee.

Junior

- Age 14 or 15 in year of competition
- Pass at Compulsory 1 or
- A qualifying score from the Challenge Cup or
- Participation in a previous British Championships

Senior

- Age 16 or over in year of competition
- Pass at Compulsory 1 or
- A qualifying score from the Challenge Cup or
- Participation in a previous British Championships

The WTC in agreement with the Performance Team may utilise unallocated places to offer automatic entry to the British Championships which reflect the long-term direction and aims of the WAG Performance Programme.

Competition Structure:

- Competition format is as per FIG
- Apparatus supplied by Gymnova
- Espoir, Junior & Senior Apparatus specifications are as per FIG - except for vault matting, this will be the FIG mats turned to provide a soft landing
- Espoir additional extra-soft board will be available for vault – 4 spring and modified 5 spring
- Beam Dismounts - Coaches are permitted to stand in for beam dismounts without penalty at ALL competitions EXCEPT Senior British Championships. If they then touch the gymnast the normal FIG penalties will apply
- Bonuses awarded can be found in the Senior, Junior and Espoir rules
- Additional matting will be permitted as follows:

Field of Play

Category	Vault	Bars	Beam	Floor
Espoir	Soft landing		2x2 10cm mat WUp only	
Junior	Soft landing		2x2 10cm mat WUp only	
Senior	Soft landing 20cm mat Podium only		2x2 10cm mat Podium only	

Warm Up Hall

Vault – 20cm landing mat

Uneven Bars – 2m x 2m x 10cm mat

Beam – 2m x 2m x 10cm mat

Floor - 2m x 2m x 10cm mat

No other equipment will be permitted at be used at this event.

Coach Qualification and Passes:

- The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Competition	Coach Minimum Qualification Required
Espoir, Junior & Senior	UKCC Level 2

- 2 coaches per gymnast can be nominated (including the lead coach where appropriate). Both coaches can be present in warm-up hall and in the field of play.
- 1 coach per gymnast can be on the podium at any one time except on bars where a second coach is permitted to remove the springboard.

Individual Apparatus Finalists:

- Top 8 ranked gymnasts on Vault, Bars, Beam and Floor will be eligible to compete in Espoir / Junior / Senior apparatus finals.

Those attempting to qualify for Vault finals must submit an entry form at registration.

- Seniors will compete two different vaults which must be from different groups and with different second flight phase, as per FIG
- Juniors will compete two different vaults which may be same group but with different numbers
- Espoirs will compete two different vaults which may be same group but with different numbers
- First vault will be included in overall score
- In the finals the score of the two vaults will be calculated according to FIG rules including any BG bonus where applicable

Tie Breaks:

- Tie-break rules as per FIG Regulations (World Championships) 

Awards:

Espoir

- Perpetual trophy, glass trophy, gold medal,
- Silver medal,
- Bronze medal,
- A presentation will be made to the coaches of the overall Junior British Champion
- Diploma awarded for places 1 – 6
- Participation Certificates for all gymnasts



Junior

- Perpetual trophy, glass trophy, gold medal,
- Silver medal,
- Bronze medal,
- A presentation will be made to the coaches of the overall Junior British Champion
- Diploma awarded for places 1 – 6
- Participation Certificates for all gymnasts

Senior

- Perpetual trophy, glass trophy, gold medal, training grant. **Prize money is being reviewed.**
- Silver medal, training grant. **Prize money is being reviewed.**
- Bronze medal, training grant of. **Prize money is being reviewed.**
- A presentation will be made to the coaches of the overall Senior British Champion
- Diploma awarded for places 1 – 6
- Participation Certificates for all gymnasts

British Individual Apparatus Finals Espoir, Junior and Senior

Code: **Espoir** GB Espoir rules (WAG 2019 Espoir Rules) which can be found in the British Gymnastics Academy 
Junior FIG Competition III; (Bars,Beam,Floor)
Junior FIG Junior code (Vault only), two different Vaults – may be same group but different numbers
 (pg 179-180 in this link) 
Senior As FIG Competition III

Eligibility: Eight highest scoring gymnasts and 2 reserves on each piece from Espoir, Junior and Senior
 Qualifying gymnasts will automatically be entered into the final unless formally withdrawn
 Qualifiers (top 8 gymnasts and 2 reserves) will be published in hard copy on the warm up hall notice board and the BG Score App and British Gymnastics website.
 Unless officially notified of a withdrawal by the nominated coach, the gymnast will be assumed to be taking part.
 The 2 reserves for each apparatus are eligible to warm up if they wish.
 The substitution of a withdrawn gymnast with a reserve may take place up until the assembly of gymnasts for the march on of each apparatus final.

Competition Structure:

- Competition format is as per FIG
- Apparatus supplied by Gymnova
- Espoir, Junior & Senior Apparatus specifications are as per FIG – except for vault matting, this will be the FIG mats turned to provide a soft landing
- Espoir additional extra-soft board will be available for vault – 4 spring and modified 5 spring
- Beam Dismounts – Coaches are permitted to stand in for beam dismounts without penalty at ALL competitions EXCEPT Senior British Championships. If they then touch the gymnast the normal FIG penalties will apply
- Bonuses awarded can be found in the Senior, Junior and Espoir rules
- Apparatus supplied by Gymnova
- 1 coach (from 2 nominated) can be on the podium at any one time except on bars where the second coach is permitted to remove the springboard.
- One coach (from two nominated) on the podium at any one time
- Additional matting will be permitted as follows:

Field of Play

Category	Vault	Bars	Beam	Floor
Espoir	Soft landing		2x2 10cm mat WUp only	
Junior	Soft landing		2x2 10cm mat WUp only	
Senior	Soft landing 20cm mat Podium only		2x2 10cm mat Podium only	

Warm Up Hall
 Vault – 20cm landing mat
 Uneven Bars – 2m x 2m x 10cm mat
 Beam – 2m x 2m x 10cm mat
 Floor – 2m x 2m x 10cm mat

No other equipment will be permitted to be used at this event.

Tie Breaks:

- Tie-break rules as per FIG Regulations (World Championships) 

Awards:

Espoir

- Perpetual trophy, glass trophy, gold medal, diploma for Vault, Bars, Beam and Floor
- Silver medal, diploma for Vault, Bars, Beam and Floor
- Bronze medal, diploma for Vault, Bars, Beam and Floor


Junior

- Perpetual trophy, glass trophy, gold medal, diploma for Vault, Bars, Beam and Floor
- Silver medal, diploma for Vault, Bars, Beam and Floor
- Bronze medal, diploma for Vault, Bars, Beam and Floor

Senior

- Perpetual trophy, glass trophy, gold medal, diploma, training grant for Vault, Bars, Beam and Floor. **Prize money is being reviewed.**
- Silver medal, diploma Vault, Bars, Beam and Floor
- Bronze medal, diploma for Vault, Bars, Beam and Floor

British Disability Masters

- Date:** 14th – 17th March
(Pre competition training available)
- Venue:** M&S Bank Arena, Kings Dock, Liverpool Water Front, Liverpool L3 4FP
- Opening date:** 21st December 2018
Closing date: 1st February
- Music entry closing date:** Noon 8th March
- Entry Fee:** £15.00 per apparatus capped at £60.00
- Code:** WAG 2018 Disability Open rules  This could be subject to amendment after the 2018 Disability Championships

Eligibility:

By invitation only - (The top 50% of scores on each piece of apparatus, up to a maximum of 8 men from the Open Junior and Senior class from the WAG Disability British Championships in the previous year, will be eligible for invitation by their respective NTC. In addition, the NTC reserve the right to award 'wildcards' where thought appropriate for qualification.)

Competition Structure

- Competition Open Class Women – Individual Apparatus Finals to Open Senior rules
- Beam Dismounts - Coaches are permitted to stand in for beam dismounts without penalty If they then touch the gymnast the normal FIG penalties will apply
- Bars – Coaches are permitted and encouraged to stand in at bars without penalty. If they then touch the gymnast penalties will apply as per latest WAG disability rules

Coach Qualification and Passes:

- The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Competition	Coach Minimum Qualification Required
Disability Masters	UKCC Level 2

- 2 coaches per gymnast can be nominated (including the lead coach where appropriate). Both coaches can be present in warm-up hall and in the field of play.
- 1 coach per gymnast can be on the podium at any one time except on bars where a second coach is permitted to remove the springboard.


Tie Breaks:

- Tie-break rules as per the FIG regulations (World Championships) for apparatus finals 

Awards:

- Trophy, gold medal & diploma for vault, uneven bars, beam, floor
- Silver medal & diploma for vault, uneven bars, beam, floor
- Bronze medal & diploma for vault, uneven bars, beam, floor
- Participation certificate

National Compulsory Levels 4, 3, & 2

Date:	11 th – 12 th May	<i>No pre competition training</i>
Venue:	Fenton Manor, Victoria Road, Fenton, Stoke on Trent ST4 2RR	
Opening date:	15 th February	
Closing date:	Register your commitment to make a regional team entry (gymnasts not named) in writing to the Competition Organiser by noon Friday 12 th April. Submit your full team and individual entry details (including gymnasts' names) and make payment using the GymNET Online Entry Portal by noon Monday 29 th April	
Music entry closing date:	Noon 3 rd May 	
Entry Fee:	£170.00 per regional team, £45.00 per individual	
Code:	2018-2021 Women's Artistic National Elite Compulsory Levels for Coaches which can be found in the British Gymnastics Academy	

Eligibility:

- In Age gymnasts only will qualify for National Finals - Level 4 (9 in year of competition) and Level 3 (10 in year of competition)
- In Age: Level 2 (11 in year of competition),
- Out of Age: Level 2 (12 or over in year of competition)
- Regions must identify the competition, which will count towards selection for National Finals
- The first four gymnasts in Compulsory Level 4 & 3, will represent the region in the National Finals
- The gymnast in fifth place will be the nominated reserve
- All gymnasts entering National Finals must have achieved a pass score in Regional Qualifier (minimum 52.00)

Compulsory Level 4

- Gymnasts who score 60.00 or more in their regional competition but do not finish in the first four may enter the National Finals as an individual

Compulsory Level 3

- Gymnasts who score 57.50 or more in their regional competition but do not finish in the first four may enter the National Finals as an individual

Compulsory Level 2

- No regional qualification required. Individual entry direct to national finals
- Must have passed Compulsory 3
- To progress to Compulsory Level 1 an all-around pass mark 55.00 is required at Compulsory Level 2

Evidence of qualifying scores must be sent to the Competition Organiser by post or email by the closing date. Entry will be refused until results are submitted, if results are received after the closing date the late entry fee will be charged

For all Compulsory Level competitions (including Regional Qualifiers) there must be a minimum of two judges on each piece of apparatus and at least ONE must be qualified to regional level or above.

The National Coaches recommend that Regional Qualifiers take place no more than 4 weeks before National Finals

Competition Structure:

- Compulsory 4 & 3 - 10 minute general warm up then apparatus warm up and compete
- Compulsory 2 – 10 minute general warm up then apparatus warm up then touch warm up
- Individuals will be drawn at the end of groups. If there is more than one individual in a group, they will rotate between them
- Beam Dismounts - Coaches are permitted to stand in for beam dismounts without penalty. If they then touch the gymnast the normal FIG penalties will apply.
- Apparatus supplied by Gymnova to FIG Specification plus modifications
- Provisional timetable – Compulsory Levels 4 & 3 on Saturday and Compulsory Level 2 on Sunday

Team:

- The team score will be the total of the 3 best scores on Vault, Bars, Beam, Floor and Range and Conditioning
- Working order for team must be handed in at registration
- Nominated reserves will march in and act as team board steward during competition. The nominated reserve may only replace a withdrawn team member **BEFORE** start of competition. If the reserve was entered as an individual but competes in a team, no refund of individual entry fee will be made
- If the reserve has already competed as an individual and is subsequently required to replace a team member their scores will be added in to the team total

Coach Qualification and Passes:

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Competition	Coach Minimum Qualification Required
Compulsory Level 4	UKCC Level 2
Compulsory Level 3	UKCC Level 2
Compulsory Level 2	UKCC Level 2

Compulsory Level 4 & 3

- 1 coach per gymnast can be nominated. Each team must nominate a team manager. Each coach can be present during apparatus warm-up.
- During the competition phase, 1 coach per gymnast can be present at the apparatus at any one time except on bars where a second coach is permitted to remove the springboard

Compulsory Level 2

- 2 coaches per gymnast can be nominated (including the lead coach where appropriate). Both coaches can be present during apparatus warm-up.
- During the competition phase, both coaches can be in the field of play but only 1 coach per gymnast can be present at the apparatus at any one time except on bars where a second coach is permitted to remove the springboard.

Specific Apparatus Requirements:

Refer to the 2018-2021 Women's Artistic National Elite Compulsory Levels for Coaches which can be found in the British Gymnastics Academy

- Additional extra soft boards will be available for vault - 4 spring and modified 5 spring

Tie Breaks:

- At National Finals ties will not be broken
- At Regional Qualification for Compulsory Level 4 & 3 ties at 4th place will be broken to select the final team member and reserve. Ties will be broken as follows:
 1. Highest E score
 2. Drop R&C score
 3. Drop vault score
 4. Drop bars score
 5. Drop beam score
 6. Drop floor score

Awards:**Compulsory Level 4 & 3**


- Team gold, silver and bronze – top 6 teams announced
- Individual gold, silver and bronze – top 6 individuals will be announced and lined up with medallists.
- Top 6 will receive flowers
- Rose Bowl - team totals from Compulsory Levels 4 & 3 will be carried forward to the NDP 4,3,2 & 1 finals where the Rose Bowl will be awarded to the region with the highest total score

Compulsory Level 2

- 'In Age' level 2 all-around - gold, silver and bronze medals

- Top 6 'In Age' individuals will be announced and lined up with medallists.
- Top 6 will receive flowers
- All gymnasts passing Compulsory Levels 2 will be awarded a certificate

National Development Plan 4, 3, 2 & 1 Finals

- Date:** 25th – 26th May (No pre competition training)
- Venue:** Fenton Manor, Victoria Road, Fenton, Stoke on Trent ST4 2RR
- Opening date:** 1st March
- Closing date:** Register your commitment to make a regional team entry (gymnasts not named) in writing to the Competition Organiser by Noon Friday 12th April
- Submit your full team and individual entry details (including gymnasts' names) and make payment using the GymNET Online Entry Portal by Noon Monday 29th April
- Music entry closing date:** Noon 17th May 
- Entry Fee:** £170.00 per regional team
- Code:** Refer to the WAG NDP Club Grades Booklet which can be found in the British Gymnastics Academy

Eligibility:

- Minimum age as stated in NDP Club Grades Booklet (available on GymNET – Resources Centre)
- Regions must identify the competition which will count towards selection for National Development Plan Finals
- The first four gymnasts in each National Grade (4, 3, 2 & 1) will represent the region in the National Finals
- The gymnast in fifth place will be the nominated reserve
- All gymnasts entering National Finals must have achieved a pass score in Regional Qualifier (minimum 50.00)
- Regional team entry only – no individual entries accepted

Evidence of qualifying scores must be sent to the Competition Organiser by post or email by the closing date. Entry will be refused until results are submitted, if results are received after the closing date the late entry fee will be charged.

For all NDP competitions (including Regional Qualifiers) there must be a minimum of two judges on each piece of apparatus and at least ONE must be qualified to regional level or above.

Competition Structure:

- 10 minute general warm up then 8 minute apparatus warm up and compete for all NDP National Grades
- Beam Dismounts – Coaches are permitted to stand in for beam dismounts without penalty. If they then touch the gymnast the normal FIG penalties will apply.
- Apparatus supplied by Gymnova to FIG specification plus modifications
- **Provisional timetable** – National Grades 4 & 3 on Saturday and National Grades 2 & 1 on Sunday

Team:

- The team score will be the 3 best scores on Vault, Bars, Beam Floor and Range and Conditioning
- Working order for team must be handed in at registration
- Nominated reserves will march in and act as team board steward during competition
- Reserve may only replace withdrawn team member **BEFORE** start of competition

Coach Qualification and Passes:

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Competition	Coach Minimum Qualification Required
Level 4, 3, 2 & 1	UKCC Level 2

NDP 4, 3, 2 & 1

- 1 coach per gymnast can be nominated. Each team must nominate a team manager. Each coach can be present during apparatus warm-up.
- During the competition phase, 1 coach per gymnast can be present at the apparatus at any one time except on bars where a second coach is permitted to remove the springboard

Specific Apparatus Requirements:

- Refer to the WAG NDP Club Grades Booklet which can be found in the British Gymnastics Academy
- Apparatus specifications are as per FIG - except for vault matting, this will be the FIG mats turned to provide a soft landing
- Additional Extra soft boards will be available for vault - 4 spring and modified 5 spring


Tie Breaks:

- At National Finals ties will not be broken
- At Regional Qualification ties at 4th place will be broken to select the final team member and reserve. Ties will be broken as follows:
 1. Highest E score
 2. Drop R&C score
 3. Drop vault score
 4. Drop bars score
 5. Drop beam score
 6. Drop floor score

Awards:

- Team gold, silver and bronze in each Grade – top 6 teams announced
- Individual gold, silver and bronze in each Grade – top 6 individuals will be announced and lined up with medallists
- Participation Certificates for all gymnasts
- Rose Bowl – team totals from National Grades 4,3,2 &1 finals will be added to the Compulsory Levels 4 & 3 finals for this award. The Rose Bowl will be awarded to the region with the highest total score

Adrian Stan Team Championships

Date:	14 th – 15 th September	(No pre competition training)
Venue:	Surrey Sports Park, Richard Meyjes Road, Guildford GU2 7AD	
Opening date:	21 st June	
Closing date:	Noon 2 nd August	
Music entry closing date:	 Noon 6 th September	
Entry Fee:	£170.00 per club team	
Code:	FIG Competition I Uneven Bars – an exercise with less than 5 different coded elements will be deducted 1.00 for each missing element	

Eligibility:

- Minimum age is 10 in year of competition
- Open to any BG registered club up to a maximum of 46 teams
- More than one team may be entered subject to a maximum of 2 teams per club
- If number of teams exceeds 46 the entry will be restricted to one team per club on a first come first served basis
- Gymnasts must be registered with the club according to BG regulations

Entry Process including substitutions and withdrawals:

- At the time of entry a club can enter up to 10 gymnasts per team.
- Minimum number of gymnasts named is 3
- The anticipated team should be named and up to 5 additional gymnasts entered as reserves before the closing date
- After the closing date and up to noon on Friday 14th September, the gymnasts named in the entry can be withdrawn or substituted between teams where a club has entered more than one team. Changes must be made in writing to the Competition Organiser at womens.competitions@british-gymnastics.org and the Events Team at mindy.davies@british-gymnastics.org
- At registration the team of 5 (minimum 3) must be confirmed from the 10 gymnasts named at the time of entry. Only the team of 5 will march in, named reserves cannot or go around with the team
- Between registration and competition, if required, a change may be made in the touch warm up period and the replacement from the 5 named gymnasts will go into the vacated place. **Event control must be notified**

Competition Structure:

- Competition format is as per FIG
- Bars and Beam Dismounts – Coaches are permitted to stand in for bars and beam dismounts without penalty. If they then touch the gymnast the normal FIG penalties will apply.
- Two teams will be drawn on each apparatus with a split warm up.

Team:

- 5 in a team, 4 to work on each piece, 3 best scores to count. Previously named reserves cannot or go around with the team
- Clubs will be seeded by ranking from the previous years scores regardless of the category entered into.
- New entrants will be drawn in the early rounds, except if the team has a senior or junior national squad gymnast, in which case this will be decided at the discretion of the WTC
- In the event of teams withdrawing the next team (and all subsequent teams) will move up rotation/round to replace withdrawn team
- Working order for team must be handed in at registration
- If required, a change may be made in the touch warm up period and the replacement from the 5 named gymnasts will go into the vacated place. **Control must be notified**

Categories:

- A team with 1 or more gymnasts of senior age (16 plus) will be considered a senior team regardless of the ages of the other team members
- A team without any gymnasts of senior age will be considered a junior team
- A non-national squad team is one where no gymnast is a member of a National Squad (excluding Home Nations Squad) on 1st June year of the competition
- Teams will be ranked according to the category that they fit into on the day. Examples:
 - Team “A” contains two 18 year olds and one national junior squad member – they are a Senior Team with a National Squad member.
 - If both 18 year olds are injured and withdraw then the team becomes a Junior Team with National Squad members
 - If the squad member also withdraws they become a Junior Team WITHOUT a National Squad member
 - Team “B” contains one 18 year old and one senior squad member – they are a Senior Team with a National Squad member.
 - If the squad gymnast is withdrawn they become a Senior Team WITHOUT a National Squad member
 - If the 18 year old also withdraws they become a Junior Team.

Coach Qualification and Passes:

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Competition	Coach Minimum Qualification Required
Adrian Stan Team	UKCC Level 2

- 3 coaches per team can be nominated (including the lead coach where appropriate). All coaches can be present during apparatus warm-up.
- During the competition phase, 2 coaches per team can be in the field of play but only one coach can be present at the apparatus at any one time except on bars where a second coach is permitted to remove the springboard.
- N.B. coaches are welcome to swap providing there are never more than two in the field of play. FIG rules regarding coaches in a team competition apply

Specific Apparatus Requirements:

- Apparatus specifications are as per FIG - except for vault matting, this will be the FIG mats turned to provide a soft landing
- Additional extra-soft boards will be available for vault – 4 spring and modified 5 spring
- No additional matting will be permitted


Tie Breaks:

- Tie-break rules as per FIG Regulations (World Championships) 

Awards:

- Senior Team Champions – Medals (Gold, Silver, Bronze)
- Junior Team Champions – Medals (Gold, Silver, Bronze)
- Senior Team Champions (Non-National Squad) – Medals (Gold, Silver, Bronze)
- Junior Team Champions (Non-National Squad) – Medals (Gold, Silver, Bronze)
- Overall Team Champions – Highest scoring team – Shield
- Highest individual AA – Senior / Junior / Espoir / U12 Medals (Gold, Silver, Bronze)
- Highest individual non-national squad AA – Senior / Junior / Espoir / U12 Medals (Gold, Silver, Bronze)

National Compulsory Levels 2 & 1 Qualifier

Date:	5 th October	<i>(No pre competition training)</i>
Venue:	New College, Office Greencoat Court, Greencoat Rd, Leicester, LE3 6RN	
Opening date:	12 th July	
Closing date:	Noon 23 rd August	
Music entry closing date:	Noon 27 th September 	
Entry Fee:	£45.00 per gymnast	
Code:	2018-2021 Women's Artistic National Elite Compulsory Levels for coaches which can be found in the British Gymnastics Academy	

Eligibility:

No regional qualification required. Individual entry direct to National

Compulsory Level 2

- Must have passed Compulsory 3

Compulsory Level 1

- Must have passed Compulsory 2

Evidence of qualifying scores must be sent to the Competition Organiser by post or email by the closing date. Entry will be refused until results are submitted, if results are received after the closing date the late entry fee will be charged

Competition Structure:

- In Age: Level 2 (11 in year of competition), Level 1 (12 in year of competition)
- Out of Age: Level 2 (12 or over in year of competition), Level 1 (13 or over in year of competition)
- Competition format is as per FIG
- Beam Dismounts – Coaches are permitted to stand in for beam dismounts without penalty. If they then touch the gymnast the normal FIG penalties will apply.
- Apparatus supplied by Lilleshall

Coach Qualification and Passes:

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Competition	Coach Minimum Qualification Required
Compulsory 1 & 2	UKCC Level 2

- 2 coaches per gymnast can be nominated (including the lead coach where appropriate). Both coaches can be present during apparatus warm-up.
- During the competition phase, both coaches can be in the field of play but only one coach per gymnast can be present at the apparatus at any one time except on bars where a second coach is permitted to remove the springboard.

Pass Mark:

Compulsory Level 2

- To progress to Compulsory 1 all-around pass mark 55.00 is required at Compulsory Level 2

Compulsory Level 1

- To progress to the British Championships an all-around pass mark 55.00 is required at Compulsory Level 1
- Once a gymnast has passed Compulsory Level 1 she may not revert to the Club Grades system
- A gymnast may revert to the Club Grades if she fails

Specific Apparatus Requirements:

- Refer to 2018-2021 Women's Artistic National Elite Compulsory Levels for coaches which can be found in the British Gymnastics Academy
- Additional extra soft boards will be available for vault - 4 spring and modified 5 spring

Tie Breaks:

- Not applicable

Awards:



- All gymnasts passing Compulsory Levels 2 & 1 will be awarded a certificate

Disability Artistic British Championships

Please note all rules and regulations noted in pages 1- 18 of this Handbook apply to this competition

Date:	6 th October
Venue:	New College, Office Greencoat Court, Greencoat Rd, Leicester, LE3 6RN
Opening date:	12 th July
Closing date:	Noon 23 rd August
Music entry closing date:	Noon 27 th September 
Entry Fee:	£30.00 per gymnast
Code:	WAG 2018 Disability Open rules  These could be subject to amendment after the 2018 Disability Championships

Eligibility:

- Gymnasts will be required to send in a Disability Gymnastics Classification Certificate  as proof of disability at least 6 weeks before an event to British Gymnastics Customer Support.
- Classification –
 - Class 1 = Learning Disability
 - Class 2 = Physical or Sensory Disability 

Competition Structure:

Competitions available

- | | | | | |
|--------|----------|-------------------|---------|---------|
| • Open | Class 1 | Class 2 | | |
| • A | Class 1 | Class 2 | | |
| • B | Under 12 | No classification | Class 1 | Class 2 |

In Disability Competition Classes where there are three or fewer competitors in total, the Competition Organiser, at their discretion, may merge some competition categories in order to make a more meaningful competition.

Age Groups

Open

- Under 12 – Subject to merging as under 12 with no classification or with a junior within classification dependent on competitor numbers
- Junior – Under 16
- Senior – 16 and over

Competition A

- Under 12 – Subject to merging as under 12 with no classification or with a junior within classification dependent on competitor numbers
- Junior – Under 16
- Senior – 16 and over

Competition B

- U12 (no classification)
- Junior – Under 16
- Senior – 16 and over
- Beam Dismounts – Coaches are permitted to stand in for beam dismounts without penalty. If they then touch the gymnast the normal FIG penalties will apply.
- Bars – Coaches are permitted and encouraged to stand in at bars without penalty. If they then touch the gymnast the normal FIG penalties will apply.
- It is the coach / lead coaches responsibility to ensure that they are qualified to the level of the skill being performed by the gymnast. Failure to comply and / or an accident occurring will lead to your insurance being negated.

Competition	Lead Coach Minimum Qualification Required
All Levels	UKCC Level 2

Two coaches per gymnast can be nominated (including the lead coach where appropriate). Both coaches can be present during apparatus warm-up.

During the competition phase, both coaches can be in the field of play but only one coach per gymnast can be present at the apparatus at any one time except on bars where a second coach is permitted to remove the springboard. A level one coach may act as a chaperone only and will take the second nominated coach space.

Awards:

Trophies will be presented to the winners of the Open Senior competition.

- A presentation will be made to the coaches of the overall Senior British Champion
- Medals will be awarded to the top 3 overall placing gymnasts in each age group and at each level*
- Apparatus medals will be awarded in the Open competitions at each competed level and age group
- Apparatus medals will be awarded in Competitions A & B to the top 3 scores in Senior, Junior & Under 12 regardless of categorisation.
- Participation certificates will be issued at registration.

* To be considered for overall placing in the Open, Competition A and Competition B, the gymnast must compete on a minimum of 3 pieces of apparatus. The overall total scores for each gymnast across all 4 pieces of apparatus will determine the final placing.

National Voluntary Levels 4, 3 & 2 Finals

Date: 9th – 10th November *(No pre competition training)*

Venue: Surrey Sports Park, Richard Meyjes Road, Guildford GU2 7AD

Opening date: 16th August

Closing date: Register your commitment to make a regional team entry (gymnasts not named) in writing to the Competition Organiser by Noon Friday 11th October.

Submit your full team and individual entry details (including gymnasts' names) and make payment using the GymNET Online Entry Portal by Noon Monday 28th October.

Music entry closing date: Noon 1st November 

Entry Fee: £170.00 per regional team, £45.00 per individual

Code: Refer to 2018 WAG National Voluntary Levels Rules 

Eligibility:

- Level 4 (9 in year of competition), Level 3 (10 in year of competition) and Level 2 (11 in year of competition)
- Regions must identify the Voluntary Level 4 & 3 competition, which will count towards selection for National Finals
- The first 4 gymnasts in Levels 4 & 3 will represent the region in the National Finals
- The gymnast in fifth place will be the nominated reserve
- Gymnasts in Levels 4 & 3 who do not finish in the first four are eligible to enter National finals as individuals providing they have achieved the required score TBC at Level 4 or TBC at Level 3 in the Regional Voluntary Levels qualifier **and** have a carry forward score from the 2019 National Compulsory Finals
- Level 2 - Individual entry direct to National Final. No regional qualification required
 - Entrants must have passed Compulsory 3
 - Level 2 is not a team competition

Evidence of qualifying scores must be sent to the Competition Organiser by post or email by the closing date. Entry will be refused until results are submitted, if results are received after closing date the late entry fee will be charged

Competition Structure:

- Beam Dismounts – Coaches are permitted to stand in for beam dismounts without penalty. If they then touch the gymnast the normal FIG penalties will apply.
- Level 4 & 3 - 10 minute general warm up then apparatus warm up and compete
- Level 2 – 10 minute general warm up then apparatus warm up then touch warm up
- Individuals will be drawn at the end of groups. If there is more than one they will rotate between them.

Team:

- For Levels 4 & 3 the team score will be the 3 best scores on Vault, Bars, Beam, and Floor
- Nominated reserve may replace withdrawn team member **BEFORE** start of competition. If the reserve was entered as an individual but competes in a team, no refund of individual entry fee will be made.
- Working order for team must be handed in at registration.

Coach Qualification and Passes:

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Competition	Coach Minimum Qualification Required
Level 4	UKCC Level 2
Level 3	UKCC Level 2
Level 2	UKCC Level 2

Level 4 & 3

- 1 coach per gymnast can be nominated. Each team must nominate a team manager. Each coach can be present during apparatus warm-up.
- During the competition phase, one coach per gymnast can be present at the apparatus at any one time except on bars where a second coach is permitted to remove the springboard

Level 2

- 2 coaches per gymnast can be nominated (including the lead coach where appropriate). Both coaches can be present during apparatus warm-up.
- During the competition phase, both coaches can be in the field of play but only one coach per gymnast can be present at the apparatus at any one time except on bars where a second coach is permitted to remove the springboard.

Specific Apparatus Requirements:

- Refer to 2018 WAG National Voluntary Levels Rules
- Additional extra-soft board will be available for vault – 4 spring and modified 5 spring

Tie Breaks:

- At National Finals ties will not be broken
- At Regional Qualification for Voluntary Levels 4 & 3 ties at 4th place will be broken to select the final team member and reserve. Ties will be broken as follows:
 1. Highest E score
 2. Drop vault score
 3. Drop bars score
 4. Drop beam score
 5. Drop floor score

Awards:

Level 4 & 3

- Team gold, silver and bronze – top 6 teams announced
- Individual gold, silver and bronze – top 6 individuals will be announced and lined up with medallists.
- Top 6 will receive flowers

Level 2

- Individual gold, silver and bronze medals
- Top 6 'In Age' individuals will be announced and lined up with medallists.
- Top 6 will receive flowers

British Age Group Champions will be declared as:

- Level 4 (9 years) - Compulsory 4 total + Voluntary 4 total
- Level 3 (10 years) - Compulsory 3 total + Voluntary 3 total
- Level 2 (11 years) - Compulsory 2 total + Voluntary 2 total
- In each age group top 6 individuals will be announced and lined up with medallists and receive flowers
- A presentation will be made to the coach of the overall British Age Group Champions 4, 3 & 2
- Nationality regulations will apply. Non British Citizens will not rank in the official results

Challenge Cup Espoir, Junior and Senior

Date: 22nd – 24th November *(No pre competition training)*

Venue: Surrey Sports Park, Richard Meyjes Road, Guildford GU2 7AD

Opening date: 30th August

Closing date: Noon 11th October

Music entry closing date: Noon 15th November 

Entry Fee: £45.00 per gymnast

Code: Espoir - FIG Junior Code
Junior - FIG Competition
Senior - FIG Competition 

Eligibility:

- Regions must nominate in advance a minimum of one and maximum of two FIG level competitions to allow gymnasts the opportunity to qualify for challenge cup. These dates must be sent to National Competition Organiser.
- Gymnasts must achieve an All Around Score from one of these competitions to qualify for the challenge cup.
- Gymnasts must achieve the regional qualifying score of 42.00 at Espoir, Junior and Senior Levels.
- It is not possible to allow a repeat of a single apparatus within one competition.
- Signed score sheets from these nominated competitions must be sent to the NCO immediately after the nominated event.
- Espoir: Age 12 or 13 in year of competition
- Junior: Age 14 or 15 in year of competition
- Senior: Age 16 or over in year of competition
- If a gymnast is not eligible to compete in the British Championships she may enter the Challenge Cup
- If a gymnast has failed Compulsory 1 she may enter the Challenge Cup
- If a gymnast has participated in the British Championships or passed Compulsory 1, an application must be submitted to the Chair of the WTC for dispensation to withdraw from the Elite path

Competition Structure:

- Competition format is 10 minute general warm up then apparatus warm up and compete for all categories
- Apparatus supplied by Gymnova
- Apparatus specifications are as per FIG - except for vault matting, this will be the FIG mats turned to provide a soft landing. In addition ESPOIR ONLY additional extra soft boards will be available for vault - 4 spring and modified 5 spring
- Beam dismounts - Coaches are permitted to stand in for beam dismounts without penalty. If they then touch the gymnast the normal FIG penalties will apply.

Coach Qualification and Passes:

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Competition	Coach Minimum Qualification Required
Espoir, Junior & Senior	UKCC Level 2

- 2 coaches per gymnast can be nominated (including the lead coach where appropriate). Both coaches can be present during apparatus warm-up.
- During the competition phase, both coaches can be in the field of play but only one coach per gymnast can be present at the apparatus at any one time except on bars where a second coach is permitted to remove the springboard.

Promotion:

- A gymnast who attains the all-around qualifying score will be eligible for the next British Championships
 - **Espoir** score TBC
 - **Junior** score TBC
 - **Senior** score TBC

Tie Breaks:

- Tie-break rules as per FIG Regulations (World Championships) 

Awards:

- Espoir, Junior, Senior all-around gold, silver and bronze medals
- In each age group top 6 individuals will be announced and lined up with medallists
- Espoir, Junior, Senior individual apparatus gold, silver and bronze on Vault, Bars, Beam and Floor
(Individual apparatus results taken from all-around competition – all gymnasts perform one vault only)

Bill McLoughlin National Apparatus Team Championships

Date: 22nd – 24th November (No pre competition training)

Venue: Surrey Sports Park, Richard Meyjes Road, Guildford GU2 7AD

Opening date: 30th August

Closing date: Noon 11th October

Music entry closing date: Noon 15th November 

Entry Fee: £170.00 per regional team

Code: FIG Competition I 

Uneven Bars- an exercise with less than 5 different coded elements will be deducted 1.00 for each missing element

Eligibility:

- Minimum age is 12 in year of competition
- Regions may enter as many teams as they wish
- Gymnasts selected within region
- Senior National Squad gymnasts NOT eligible

Competition Structure:

- Competition format as per FIG
- Beam Dismounts - Coaches are permitted to stand in for beam dismounts without penalty. If they then touch the gymnast the normal FIG penalties will apply.
- Apparatus supplied by Gymnova
- Apparatus specifications are as per FIG - except for vault matting, this will be the FIG mats turned to provide a soft landing
- Additional extra soft board will be available for vault - 4 spring and modified 5 spring

Team:

- 4 in a team, 3 to work on each piece, best individual score on each apparatus to count for team
- Vault competitors will compete one vault.
- Each team has a WILD CARD which can be 'played' once – this will double the team score on that apparatus. The WILD CARD must be 'played' at registration and cannot be changed after the competition has started. The WILD CARD cannot be 'played' on vault
- If required, a team change may be made in the touch warm up period *D Panel and control must be notified*

Coach Qualification and Passes:

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Competition	Coach Minimum Qualification Required
Bill McLoughlin	UKCC Level 2

- 2 coaches per gymnast can be nominated (including the lead coach where appropriate). Both coaches can be present during apparatus warm-up.
- During the competition phase, both coaches can be in the field of play but only one coach per gymnast can be present at the apparatus at any one time except on bars where a second coach is permitted to remove the springboard.

Tie Breaks:

- Tie-break rules as per [FIG Regulations \(World Championships\)](#) 

Awards:

- Team gold, silver and bronze medals
- A perpetual trophy will be presented to the winning region
- Apparatus gold, silver and bronze medals (Vault, Bars, Beam and Floor)
- Top 6 teams will be announced

Appendices

Appendix 1 - Home Countries, English Regions & Island Associations

Home Countries

England
Scotland
Wales
Northern Ireland

Website Address

www.british-gymnastics.org/england
www.scottishgymnastics.org
www.welshgymnastics.org
www.british-gymnastics.org/northern-ireland

English Regions

North
North West
Yorkshire
West Midlands
East Midlands
East
London
South East
South
South West

www.british-gymnastics.org/north
www.nwga.co.uk
www.british-gymnastics.org/yorkshire
www.british-gymnastics.org/west-midlands
www.british-gymnastics.org/east-midlands
www.british-gymnastics.org/east
www.british-gymnastics.org/london
www.british-gymnastics.org/south-east
www.british-gymnastics.org/south
www.british-gymnastics.org/south-west

Island Associations

Isle of Man Gymnastics

www.iomgymnastics.org