



## BRITISH GYMNASTICS' SELECTION POLICY

### TeamGym

13<sup>th</sup> European Championships, Copenhagen (Denmark)

12<sup>th</sup> to 18<sup>th</sup> October 2020

<p>1. Introduction and Competition Format</p>	<p>“The European Championships is a PERFORMANCE competition. A Performance event means that selections will be made on the basis of the athletes most capable of performing and challenging to win medals.</p> <p>The selection of athletes to represent Great Britain at the 2020 European Championships will be made according to this selection policy.</p> <p>Athletes should note that for the European championships, each delegation may enter a maximum of 12 athletes per section (inclusive of 2 reserves)</p> <p>6 Teams of 12 gymnasts will be entered (Senior Men; Senior Women; Senior Mixed; Junior Men; Junior Women and Junior Mixed) with Prelims and Final in each</p> <p>Gymnasts will be expected to demonstrate 3 runs, (2 prelim and 1 team final)</p>
<p>2. Performance Targets</p>	<ul style="list-style-type: none"> <li>• Senior Men’s Team - Final</li> <li>• Senior Women’s Team - Final</li> <li>• Senior Mixed Team – Final</li> <li>• Junior Men’s Team – Final</li> <li>• Junior Women’s Team – Final</li> <li>• Junior Mixed Team - Final</li> </ul>
<p>3. Selection Process / Timelines</p>	<p>Application to Trial Deadline – 2 March 2020</p> <p><b>Selection Event 1</b> – 21 March 2020 – Bracknell</p> <p>Nomination Meeting – 22 March 2020 – Bracknell</p> <p>Approval Meeting 24 -26 March 2020</p> <p>Appeals Window 26-28 March 2020</p> <p>Team Announcement – 29 March 2020 TBC</p> <p><b>Selection Event 2/Verification</b> – 14 August 2020 – TBC</p> <p>Definitive Entry - TBC</p> <p>Nominative Entry - TBC</p>
<p>4. EUROPEAN GYMNASTICS</p>	<p>Date definitive entries must be returned to UEG - TBC</p> <p>Date Nominative entries must be returned to UEG – TBC</p>

Entry deadlines (whole timeline)	The nominating body will be British Gymnastics.
5. Eligibility Criteria.	<p>Gymnasts are eligible for Consideration provided they are:</p> <ul style="list-style-type: none"> <li>• A British Citizen holding a British passport</li> <li>• A minimum of 16 years old in the year of competition for seniors (born 2004 or older)</li> <li>• A minimum of 13 years old in the year of competition for juniors (born 2007, or older)</li> </ul> <p>A British Gymnastics member in good standing</p>
6. The 'Team'	<p>The 'Team' means the team which is selected by British Gymnastics and includes gymnasts, coaches, medical support personnel, Judges, Team Managers, Heads of Delegation and any associated members of the TG GBR Squad Programmes' staff.</p> <p>Within a selected team there will be both starting line-up and reserve duties. All duties support the performance of the 'Team' and carry equal status as selected GB gymnasts, including medal ceremonies or other publicity duties. These duties will be amended as required throughout training and competition to maximise the team's chances of success.</p>
7. The Nomination Panel	<p>The TG Nomination Panel is headed by the Performance Manager, along with the Chair of TG Technical Committee, NJC and TG Unit Leaders.</p> <p>Following the completion of the designated selection event 1 listed in this Policy, the Performance Manager will firstly consult with the TG Unit Leaders (and take into account any relevant input deemed necessary from the Performance Sport Science and Medical Staff) and then together with the Chair and NJC of the Technical Committee conduct a selection Nomination Meeting.</p> <p>The nominated gymnasts and coaches will be those who in the expert opinion of the TG Nomination Panel are those gymnasts most able to achieve the targets listed in the section 'Performance Targets'.</p> <p>Following this consultation, the Performance Manager will forward a list of the nominated gymnasts &amp; coaches to the Approval Panel for their scrutiny - no later than midnight on Tuesday 24th March 2020.</p>
8. Approval Panel	<p>The Approval Panel, comprising of the Performance Director and the Head of Performance Programmes will consider the nominations for gymnasts and coaches received from the Nomination Panel and ratify if appropriate.</p> <p>In the event that the Nomination Panel provides insufficient gymnasts to fill the available team places, the Approval Panel may make the referral back to the Nomination Panel for their reasoning at which point their list of nominations may be amended.</p> <p>The Approval Panel will confirm the selection of the Team with the Performance Manager by 10.00 hours Friday 27th March 2020. <u>This confirmation is conditional on the selected Teams achieving the required standard for the floor routine at the verification event (Selection Part 2).</u></p>
9. Communication of Selections	<p>Once the Approval Panel confirm the selection of the team, the Performance Manager will notify all age eligible nominated Athletes and their personal coaches by Friday 27<sup>th</sup> March.</p> <p>Once selections have been communicated, the 48-hour appeals window comes into effect.</p> <ul style="list-style-type: none"> <li>• Athletes and Coaches shall refrain from making any public statements with regard to team selection until after the official Team Announcement on the Friday 27<sup>th</sup> March TBC (see also section 15)</li> </ul>
10. Appeals	<ul style="list-style-type: none"> <li>• Appeals can only be submitted for a non-selected gymnast on the grounds that the process outlined within this Selection Policy has not been adhered to. The 48 hour appeals window would open once the selected gymnasts had been informed on Friday 27<sup>th</sup> March.</li> <li>• Appeals should be made following British Gymnastics selection appeals process (details can be found on the British Gymnastics website link below) - <a href="https://www.british-gymnastics.org/technical-information/performance-gymnastics/document-downloads/9101-performance-appeals-procedure-november-2017/file">https://www.british-gymnastics.org/technical-information/performance-gymnastics/document-downloads/9101-performance-appeals-procedure-november-2017/file</a></li> </ul>
11. Designated Selection Event(s)	<p>The selection policy described below applies to the following selection events:</p> <p>1. <b><u>Selection (Part 1 – Team Member Selection) - Saturday 21<sup>st</sup> March 2020</u></b></p>

<p>and Selection process</p>	<p>Bracknell Leisure Centre, Bracknell, Berkshire RG12 9SE</p> <p>2. <u>Selection (Part 2 – Team Verification) – Friday 14<sup>th</sup> August 2020</u></p> <p>TBC</p> <p><i>NB. Any gymnast who is ill or injured prior to or during the Designated selection event above must provide immediate written authentication of the injury or illness by a registered medical practitioner or chartered physiotherapist. This documentation must be submitted to the Programme Manager.</i></p> <p><b>Selection Process</b></p> <ol style="list-style-type: none"> <li>1. A maximum of 72 gymnasts may be nominated for selection, with a maximum of 12 gymnasts per team per age group per category, which includes 2 reserves.</li> <li>2. Nomination for the Team will be conducted as follows: <ol style="list-style-type: none"> <li>a) At Selection 1, gymnasts must compete the minimum prerequisite skills, or higher, for Floor, Tumble and Trampoline (see Appendix II) and (as a nominated team) achieve the following benchmark scores: <p style="margin-left: 40px;">Tumble: Senior 15.50, Junior 15.00</p> <p style="margin-left: 40px;">Trampoline: Senior 14.50, Junior 14.00</p> </li> <li>b) At Selection 2, nominated teams must compete the floor routine twice and achieve a benchmark score of 19.00 for Seniors and 18.00 for Juniors. The score will be determined by the best of two floor routines performed.</li> <li>c) The Selection Panel may nominate teams for selection against the Performance Targets set out within this selection policy (see section 2).</li> </ol> </li> <li>3. By entering the selection process, gymnasts and personal coaches agree to be bound by the provisions of this policy. compete and may be requested to prove this during any team training sessions prior to the Championships.</li> <li>4. Nominated gymnasts and coaches, must also agree to observe all obligations outlined within the British Gymnastics’ Gymnast Agreement 2017 – 2021 and any subsequent Codes of Conduct adopted by British Gymnastics.</li> <li>5. Team Coaches will be nominated based upon the following criteria: <ol style="list-style-type: none"> <li>a) The number of available accreditations.</li> <li>b) The needs of the team.</li> <li>c) The ability to operate as part of a team, to be considered and measured in situations of responsibility and pressure, to work with their own gymnasts as well as others, and to support all team members.</li> <li>d) Minimum Level 4 qualification or equivalent, with a current DBS and Safeguarding and Protecting Children certificate. Level 3 coaches may also be considered if the qualification was obtained from 2012 onwards.</li> <li>e) Previous international experience and performance.</li> <li>f) Commitment to required meetings, pre event training, and the selection event.</li> </ol> </li> </ol>
<p>12. Nomination to Trial Process</p>	<p>Gymnasts can put forward a nomination to trial provided they: -</p> <ul style="list-style-type: none"> <li>• Have a current British Gymnastics membership to a minimum of Silver level.</li> <li>• Have a British Passport</li> <li>• Have submitted the ‘application to trial’ form (Appendix I) and paid the fee of £30 per gymnast by the deadline of the 2nd March 2020. Late entries will be accepted at the discretion of the Performance Manager with the increased fee of £60.</li> <li>• Accept that they are trailing for any team for which they are eligible, and that team allocation is not open to appeal.</li> </ul> <p>Please note that all applications submitted will be acknowledged with an email of receipt. If you do not receive confirmation of receipt by the entry deadline, please assume that your application has not been received.</p>

<p>13. Injury &amp; Replacement</p>	<ol style="list-style-type: none"> <li>1. In the event of injury and/or the need for replacement, any gymnast may be called upon to join the Team at any time.</li> <li>2. Once Team selections have been confirmed by the Approval Panel, all selected gymnasts (including the reserve(s)) must agree not to withhold any information on training fitness, injury status or illness that could affect training or competition at any time until the point of the Championships.</li> <li>3. All selected gymnasts (including the reserve(s)) must declare any medications they are taking, the use of any restricted medications, and submit these to the Head of Science &amp; Medicine at British Gymnastics for medical approval.</li> <li>4. A gymnast or coach may be removed from the Team in the event of a non-compliance in training, a breach of responsibility to the Team or a violation of the Codes of Behaviour adopted by the Team. Prior to removal, the gymnast or coach will be presented with the opportunity to attend a removal interview with the Head of Delegation (or their appointed representative) and where possible one other independent person. Written justification must be provided for all removals by the Head of Delegation. Decisions on these matters are not open to appeal.</li> <li>5. At any stage following the selection announcement, prior to departure to the competition at and during the competition, should any gymnast fail to reach <u>performance</u> expectations in training or competition, the TG Unit Leader may recommend de-selection to the Approval Panel. The Approval Panel will consider this recommendation, provide an opportunity for the gymnast to make a counter-argument, and then pass judgement. Written justification must be provided for all removals. Decisions on these matters are not open to appeal.</li> <li>6. The starting line-up of the gymnasts may be amended to maximise the chances of the Teams meeting the performance targets. An amendment can be suggested by a Unit Leader and should have a 2/3 majority support from the Unit Leaders before being taken to the TGTC chair &amp; Performance Manager for Approval (the Head of Delegation may give this approval if it is during the ECH and the aforementioned are not contactable).</li> <li>7. At any stage following the selection announcement, should there be a doubt over the ability of a gymnast to compete to the best of his ability <u>due to an injury or illness</u>, the following procedure will be adhered to: <ol style="list-style-type: none"> <li>a) The gymnast will be referred to British Gymnastics' designated Medical Officer to undergo a medical examination to determine their fitness to participate. Initially this will be based on an assessment of whether or not the injury and/or illness is such that the gymnast is physically unable to compete or is at risk of causing medical harm to themselves, or endangering other competitors, officials or spectators.</li> <li>b) If the gymnast passes the initial medical examination carried out by the Medical Officer but British Gymnastics still has concerns over whether or not the gymnast is able to compete to the best of his ability due to the underlying injury or illness, the gymnast will be required to undertake British Gymnastics' designated "Fitness Test".</li> <li>c) The Fitness Test is an objective assessment that will require the gymnast to perform routine(s) to 0.3 of their expected start value or final score.</li> <li>d) In the event that a gymnast fails to complete the Fitness Test to the required standard, they will be removed from the Team, a decision that is not open to appeal.</li> </ol> </li> <li>8. Any replacement(s) required will be made by the TG Unit Leader on the basis of the needs of the Team and will normally come out of the pool of nominated non-travelling reserves. Decisions on these matters are not open to appeal.</li> </ol>
<p>14. Team Organisation</p>	<p>The Team (gymnasts and coaches) will be required to attend 18 days of training as follows:</p> <p>17<sup>th</sup>, 18<sup>th</sup> &amp; 19<sup>th</sup> April in LS Gymnastics, in Crewe</p> <p>2<sup>nd</sup> &amp; 3<sup>rd</sup> May – Bracknell GC</p> <p>20<sup>th</sup> &amp; 21<sup>st</sup> June - Bracknell GC</p> <p>10<sup>th</sup> - 14<sup>th</sup> August – LS Gymnastics, in Crewe</p> <p>5<sup>th</sup> &amp; 6<sup>th</sup> September - Bracknell GC</p>

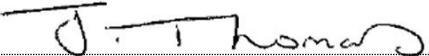
	<p>19<sup>th</sup> &amp; 20<sup>th</sup> September – LS Gymnastics, in Crewe</p> <p>3<sup>rd</sup> &amp; 4<sup>th</sup> October - Bracknell GC</p> <p><b>The Team will travel to Copenhagen on Monday 12 October 2020</b></p> <p>In the event that they have not already done so, all gymnasts within the Team will be required to sign and comply with British Gymnast Agreement 2017–2020.</p>
15. Announcement	<p>The team will be announced on Friday 27<sup>th</sup> March 2020 TBC. Selected Team Members agree not to make any announcement to the media or public in any form (including on any personal websites) regarding their selection until after British Gymnastics have announced the Team selection on the British Gymnastics website (www.british-gymnastics.org)</p>
16. Any additional matters not covered by this Policy	<p>1. Any matters arising from the selection process that are not covered within this policy shall be determined by the Approval Panel acting at their sole discretion.</p>

Selection policy for TG European Championships (Copenhagen, DEN)

APPROVED BY:

Signed 

Chair – Technical Committee

Signed 

James Thomas  
Performance Director

**MEDICAL PERSONNEL APPROVED BY BRITISH GYMNASTICS**

Chris Tomlinson (British Gymnastics' Chief Medical Officer)  
 Louise Fawcett (British Gymnastics' Head of Performance Support)  
 Jonny Bucke (British Gymnastics' Physiotherapist)  
 Jason Laird (British Gymnastics' Physiotherapist)  
 Lindy Laszig (British Gymnastics' Physiotherapist)



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### 13<sup>th</sup> European Championships, Copenhagen (Denmark)

12<sup>th</sup> to 18<sup>th</sup> October 2020

#### Registration to Trial

I \_\_\_\_\_ (full name) wish to be considered for selection to the British Team for the TeamGym 2020 European Championships in Copenhagen (DEN).

I acknowledge that I have read, been given opportunity to discuss, understand, and agree to follow:

1. British Gymnastics' Selection Policy for the TeamGym 2020 European Championships;
2. British Gymnastics' Code of Conduct and Rules of Membership;
3. British Gymnastics' Gymnast Agreement;

By registering for selection, I acknowledge that the selected Team will be expected to attend the programme of Pre-Championship Competition & Preparation outlined below and this will be fully-funded (budget dependant): -

There will be 18 days of pre-competition preparation as detailed below:

17<sup>th</sup>, 18<sup>th</sup> & 19<sup>th</sup> April in LS Gymnastics, in Crewe

2<sup>nd</sup> & 3<sup>rd</sup> May – Bracknell GC

20<sup>th</sup> & 21<sup>st</sup> June - Bracknell GC

10<sup>th</sup> -14<sup>th</sup> August – LS Gymnastics, in Crewe

5<sup>th</sup> & 6<sup>th</sup> September - Bracknell GC

19<sup>th</sup> & 20<sup>th</sup> September – LS Gymnastics, in Crewe

3<sup>rd</sup> & 4<sup>th</sup> October - Bracknell GC

\* Verification Event (Selection Part 2)

4. Pay £400 for GB Training dates listed above (Reduction of £40 per day of zonal training attended in 2019/2020). Therefore, gymnasts who have attended 10 days of zonal training/GB Squad will not have a fee to pay. Scottish Gymnasts are also exempt from this fee as Scottish Gymnastics has bought into the process.

My normal contact details for further correspondence and for anti-doping records are given below. I undertake to notify the British Gymnastics' Non-Olympic Programme Officer immediately should these details change.

Address:	
Home phone:	
Mobile phone:	
Email:	
Club:	
Personal coach:	
Personal coach email:	

This acknowledgement ensures that I will be afforded fair and equal opportunity to gain selection to the Team in accordance with the Selection Policy but does not guarantee my selection in any way.

Signature of athlete*:	Signature of witness:
Date:	Name of witness:

\*If you are under the age of 18 years at the date of signing this form, it must be signed by your parents/guardians.

I/We\*, the undersigned parent(s)/guardian(s)\* of the athlete agree (and if more than one agree jointly and severally) that:

- a) the athlete is under the age of 18 years as at the date of signing the Acknowledgement Form;
- b) I/We\* have read and understood the selection policy and have fully explained to the athlete the terms and effects of the selection policy and have sought and obtained independent clarification and advice wherever it was necessary;
- c) the athlete has read the details of the selection policy and together with our full explanation understands its terms and effects;

Signed by:

.....

Parent(s)/Guardian(s)\* Signature(s)

Name and address (es) of Parent(s)/Guardian(s)\* (if different from above)

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\*Delete as appropriate

Please return along with entry fee of £30.00 to: Ellie Round, BG Funded Disciplines Programme Officer, British Gymnastics, Administration Building, Lilleshall National Sports Centre, Newport, TF10 9NE, no later than midnight on 2<sup>nd</sup> March 2020.

Appendix II

### Floor Skill for Inter-Zonal Competition & GB Selection Event

	Element	Code	Assessment	Position
<b>Balances</b>	Handstand	HB1001	1 x dance & 2 x DV panel	Side on
	Front Hold at 120	SB603	3 x DV panel	Side on
	Bridge with Leg at 45	HB806	3 x DV panel	Side on
	Arabesque at 120	SB1006	3 x DV panel	Side on
	Double Spin Forwards	DB601	3 x DV panel + 1 extra to show alternate direction as a note.	Facing
	1.5 Spin with Straight Leg	DB1004	3 x DV panel + 1 extra to show alternate direction as a note.	Facing
	Headstand to Planche	DB809	3 x DV panel	Side on
	Bridge with Leg at 90	HB1006	3 x DV panel	Side on
<b>Jumps and Leaps</b>	Double Twist Jump	J1001	3 x DV panel	Facing
	Double Stag Ring	J1018	3 x DV panel	Side on
<b>Combinations</b>	Full Straddle to Tuck 540	J1004 + J1002	3 x DV panel (performed as combination, but scored individually as well as in combination)	Facing
	Split Change at 135 to Change Half at 135	J622 + J1024	3 x DV panel (performed as combination, but scored individually as well as in combination)	Side on
	Split Change at 180 to Change Half at 135	J1022 + J1024	3 x DV panel (performed as combination, but scored individually as well as in combination)	Side on
	Split Change at 180 to Sissonne Ring	J1022 + J1209A	3 x DV panel (performed as combination, but scored individually as well as in combination)	Side on
<b>Acro</b>	Round off Straight Back	A1003	3 x DV panel (1 on hard floor & 2 on soft floor)	Side on
	Round off Straight 360	A1206	3 x DV panel (1 on hard floor & 2 on soft floor)	Side on
<b>Flexibility</b>	Forward splits (optional leg)	F	1 x DV panel (side on)	Side on
	Pike fold	F	1 x DV panel (side on)	Side on



**Note:**

- Green are to be performed by all. Boys must also perform the blue elements and girls must also perform the pink elements.
- All elements to be performed in bare feet (No Socks)
- No GBR uniform
- Gymnasts to wear competitive club uniform.
- There will also be a short choreographed routine to assess dance ability. This will be released for practice by December 2019.

TUMBLE	3 runs * 1 backwards (consisting of at least three elements going backwards). * 1 forwards (consisting of at least three elements going forwards). * Another optional run of at least three elements.
TRAMPET	3 runs * 1 must include the vault * 2 must be Trampet only