

**West Midlands
Amateur Gymnastics Association**

Women's Technical Committee

**Competition
Handbook
2022**

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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 West Midlands page of 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 on page 30 [Handbook Update Summary](#);

Version 1.0 – Published January 2022

Version 1.1 – Published 17th February 2022

Definition of Terms (taken from the BG Handbook 2021)

- 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
- Chaperone In exceptional circumstances chaperones may be permitted to fulfil a pastoral care role. Chaperones under no circumstances shall be permitted to Coach Gymnasts.
- Criminal Record Certificate means DBS (previously CRB) Access NI Eligibility or PVG
- Event means any competition and championships organised by or on behalf of WM WTC.
- FIG means Federation International de Gymnastique
- 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.
- NDP means National Development Plan
- Officials are people recruited to assist with the delivery of the overall event i.e Competition Organiser, Judging Convenor, Spectator Tickets Volunteer
- OOA–Out of age
- Organiser means the Women’s Artistic Gymnastics Regional Competition Organiser or their designated representative, who is authorised by, or on behalf of WM WTC
- 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 Competition Organiser 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
- WM WTC means the Women’s Artistic Gymnastics Technical Committee of the West Midlands
- Independent means gymnasts who are not members of a BG registered club but hold appropriate BG membership

West Midlands W.A. Technical Committee 2022

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Coaches with County Squad responsibility

Metropolitan - Alison Last
Staffordshire – To be confirmed
Worcestershire – Philippa Morgan
Warwickshire –
Shropshire – Derek Van der Ploeg

Introduction

The WM WTC produces this specific handbook (relating to Regional Competitions), for Clubs, Head Coaches and Competition Organisers. It should be read in conjunction with the British Gymnastics Association Women's Artistic National Competition Handbook.

Where no specific point is addressed in this handbook, the current National handbook and FIG rules apply. However, the WTC and its appointed officials reserve the right to define any regulation conflict as deemed appropriate to ensure a fair and equitable competition.

The rules and regulations contained in this handbook and in the WA National Competition Handbook must be observed by all clubs and coaches at all times. Please ensure that all coaches know all the rules relating both to each competition and attendance at them. A Welfare Officer is nominated for each Competition to whom any relevant concerns should be addressed in accordance with British Gymnastics Guidelines in such matters.

Competition entries will be through the British Gymnastics Gymnet portal, ensuring all gymnasts, coaches and judges meet the required membership level and standards for the competition. Should there be a situation in which a coach (for development purposes) does not have the required qualification deemed appropriate for the competition, or where there is a late change to the coaching staff for the entry, the Competition Organiser must be contacted at least 48 hours before the event to request a change to allow time for adequate checks to be made and agreement given.

Competition entry fees will be paid using the online payment system via the British Gymnastics website.

Policy Statement

It is the policy of the Regional Technical Committee to provide Regional Competitions which reflect the National Competition Structure and relevant rules, as well as providing opportunities for all gymnasts, whatever their ability, to compete at a level suited to their needs. Coaches are reminded of their duty to encourage gymnasts to achieve their full potential and to move gymnasts through the system, in order to give gymnasts (and parents), the best opportunities and enjoyment of their sport. This will be achieved by entering gymnasts in competitions at a level commensurate with their skills and abilities, at the time of entry.

Coaches are also reminded that they may contact any member of the W.T.C. with any queries; however, technical questions should be addressed to the Chair who will forward them to the relevant technical expert for response. Suggestions for any considered improvement should be sent in writing / email to the Chair.

I would like to take this opportunity to wish all Clubs, Coaches, Judges and Gymnasts a successful and enjoyable 2022

Chris Paddock, Chair W.T.C.

Regional Competition Calendar 2022

Date	Competition	Venue	Closing Date & Time	Rules	National Final Date (if applicable)
April 2 nd / 3 rd	Regional Grades 6,5 & 4	Chase Cannock	6pm 4 th March	British Club Grades 2018	N/A
April 30 th / May 1 st	Compulsory 5, 4, 3 & 2 National 5, 4, 3, 2 & 1 Regional Grades 3, 2 & 1 Regional Challenge FIG & Silver	Chase Cannock	6pm 18 th March	West Midlands Compulsory Level 5 WAG National Compulsory Levels 2, 3 and 4 West Midlands National Grade 5 FIG Code of Points Classic Challenge Silver	Compulsory 3 and 2 TBC
April 30 th / May 1 st	Regional Grades 321	Chase Cannock	6pm 18 th March	British Club Grades 2018	N/A
May 21 st / 22 nd	Regional Novice	Chase Cannock	6pm 8 th April	West Midlands Novice: Beginner / Intermediate / Advanced	N/A
September 24 th / 25 th	National Vol Levels 4, 3, 2, FIG and Regional Level 5 Classic Challenge Gold, Silver & Bronze Team Qualifier	Chase Cannock	16pm 12 th August	WAG National Voluntary Levels Espoire Classic Challenge Rules West Midlands Level 5 FIG Code of Points	Classic Challenge 9 th – 11 th November Level 3 Teams and Level 2 Individual 26 th / 27 th November
October 22 nd / 23 rd	Classic Challenge Zinc & Copper	Chase Cannock	6pm 16 th September	Classic Challenge Rules	N/A
November 6 th	Regional Teams (Classic Challenge Rules)	Chase Cannock	6pm 23 rd September	Classic Challenge Rules FIG Code of Points	N/A
November 20 th	Apparatus Teams (Classic Challenge Rules)	Chase Cannock	6pm 7 th October	Classic Challenge Rules FIG Code of Points	N/A
December 4 th	John Reeves Pre Compulsory 5	Chase Cannock	6pm 21 st October	Classic Challenge Rules	N/A

Regional Squad training dates / venues 2022

Due to the lack of availability of Lilleshall, for the time being the WTC will keep you updated as soon as these sessions can be confirmed.

Eligibility for Competitions

please read the WA National Competition Handbook 2022

Membership

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

Gymnasts - Membership level must be Silver, Gold, Joint Gold, or Life Members of BG in order to enter a WTC competition with the exception of the Novice Competitions where Bronze membership is adequate.

Coaches - Coaches' membership level must be Gold, Joint Gold or Life Members of BG and coaches must be qualified to the level of the skills being performed before being allowed to participate in a BG Event. Assisting Coaches - Assisting coaches' Membership level must be Silver (if Level 1), Gold, Joint Gold or Life Members of BG before being allowed to participate in a WTC Event. All coaches must have completed BG approved safeguarding training and this must be valid both at the time of entry and through to the end of the Event. Coaches must also have a valid DBS certificate both at the time of entry and through to the end of the Event. Coaches whose BG membership does not include a current DBS and safeguarding certificate will not be accepted for competition entry purposes. In the absence of an alternative coach with appropriate qualifications, mandatory DBS and safeguarding certificate, the entry will be put on hold whilst the coach has an opportunity to provide relevant evidence to the competition organizer. In the event that evidence cannot be provided, the entry will be declined.

Judges - Judges' membership level must hold a current judging certificate and the required level of British Gymnastics membership determined for their judging qualification, before being allowed to officiate at a BG or WTC Event

Clubs – all Clubs and gymnasts participating in West Midlands AGA competitions and events must be registered members of the West Midlands AGA. Registration to the WMAGA is due each October 1st. Information about the registration process and charges can be obtained from the Chair or Treasurer of the WMAGA (see West Midlands page of the British Gymnastics website). In exceptional cases, where a gymnast does not belong to a West Midlands registered club, they must contact the Competition Organizer to enter the Event. Such gymnasts will be given the classification as being a Guest. In such circumstances the gymnasts must nominate a Supervising Coach and must also meet all other membership requirements.

Competition Grade/Level

Gymnasts can compete two compulsory levels in 2022 if they are ready and are of the minimum age. E.g., Compulsory 3 in their region in March then Compulsory 2 in June, however, a gymnast cannot compete two compulsory national finals in the same year. There will be no re-sit for Compulsory 2 in 2022.

Coach Qualifications

Entries for competition will only be accepted with a suitably qualified coach. Assisting coaches (Level 1 and above) may be accredited, at the discretion of the Competition Organizer, to be present in the competition arena to assist with the pastoral care of the gymnasts.

Age Policy

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

Year born eligibility for WAG national competitions & WTC regional competitions 2022

See BG competition handbook for eligibility criteria for National Compulsory and NDP grades competitions

Age	Year Born	National Compulsory Elite Levels	NDP National Grades	NDP Regional Grades	West Mids. Regional Competitions
Min age 8	2014	No National compulsory level	NDP Club Grade 6 (Not eligible: a pass at any Compulsory or National Grade)		WM Compulsory 5 In Age Level 5
Min age 9	2013	Compulsory 4	NDP Club Grade 6		WM Preliminary National Grade 5 (new in 2020) for 9 & 10 year olds WM Out of Age Lev 5 WM In Age Lev 4
Min age 10	2012	Compulsory 3	National 4	Regional 4	WM Preliminary National Grade 5 (new in 2020) for 9 & 10 year olds WM Out of Age Lev 4 WM In Age Level 3
Min age 11	2011	Compulsory 3 Compulsory 2	National 3	Regional 3	WM Out of Age Lev 4/3 WM In Age Level 2
Min age 12	2010	Compulsory 2	National 2	Regional 2	WM Out of Age Lev 4/3/2 Espoir Regional Championships
Min age 13	2009		National 1	Regional 1	WM Out of Age Level 4/3/2 WM Espoir Regional Championships
Espoir (12-13)	2009-10	British Championships	Challenge Cup		WM Out of Age Level 4/3/2 WM Espoir Regional Championships
Junior (14-15)	2007-08	British Championships	Challenge Cup		WM Out of Age Level 4/3/2 WM Junior Regional Championships
Senior (16+)	2006 or before	British Championships	Challenge Cup		WM Out of Age Level 4/3/2 WM Senior Regional Championships

Subject to performance level, the top 4 gymnasts will represent the West Midlands at National Age Group Finals and Classic Challenge Finals. Gymnasts in 5th will be nominated reserve.

The region has introduced a new Preliminary / National Grade 5 for gymnasts who are working towards national grades and for whom club 5 does not offer sufficient challenge.

West Midlands Regional Competitions

West Midlands Grades competitions

In addition to the BG national NDP and compulsory grading structure offered within the region, in 2018 the region introduced a pre-compulsory grade 5 competition for gymnasts preparing for the compulsory 5 grade the following spring. In 2022 we have introduced a new **Preliminary / National Grade 5** for gymnasts who are working towards national grades and for whom club 5 does not offer sufficient challenge.

Recreational Novice Competition

This regional competition is open to any gymnast aged 8 years upwards (in the year of the competition) who has not competed in a full four-piece competition, other than this one, at any time. Only three of the four pieces of apparatus need be competed. (Gymnasts may compete on all four pieces but only the best three scores will count).

Gymnasts can repeat this Competition as many times as they like provided they have not competed any four-piece Competitions (i.e., a competition which requires a gymnast to compete on all 4 apparatus). The Novice Competition does not count as a four-piece competition even if the gymnast does perform on all four pieces since the scores are only taken from the best three offered.

Gymnasts who have only competed in Club Grade 6 or Level 5 events (or equivalent) and more than 3 years ago may revert to this competition if they wish.

Level 5

Open to any gymnast who has not competed in an individual Regional competition above level 5 previously, or who has not achieved the score which requires them to move to level 4. Any gymnast that has competed in Compulsory 5 must enter Level 5 as they are not eligible for Classic challenge Zinc or Copper.

Levels 4, 3 & 2.

All in age gymnasts may enter the level of competition in their appropriate age year. Subject to performance level, the top 4 (plus gymnasts with qualifying score) form the regional team for National Finals, where such national Finals are available. Gymnasts who enter Compulsory Level 2 and 1 must compete in age at regional voluntary competitions or enter at F.I.G.

Classic Challenge (previously Out of Age Levels 4, 3 & 2)

Classic Challenge competitions are open to gymnasts who meet the minimum age required, there is no top age band. Coaches are reminded that there are no 'pass' marks for age group competitions and gymnasts may progress through the levels without reaching the score at which gymnasts must move up. As this is the first-time gymnasts will be competing Classic Challenge rules there are currently no 'pass' scores, these will be set following the competition and published in the 2023 Handbook. Gymnasts who achieve those scores will however be **required** to progress to the next level in 2023 to ensure fair competition. Coaches may wish to progress gymnasts to the next level at their discretion even when they have not achieved the score at which they are required to do so. **Please note any individual national or regional 4-piece competition (except the Regional Novice Competition) will be used to identify whether a gymnast has achieved the score at which they must progress to the next level.** All gymnasts who compete in compulsory grade 2 must compete in Regional FIG competition.

Regional Teams

Gymnasts may move to a higher level to make up a team but may compete at only one level in each team competition.

Regional Team Apparatus

Gymnasts may move to a higher level to make up a team but may compete at only one level in each team competition.

John Reeves Inter County Memorial Competition

All members of the County Teams must be current active members of the County Squad organisations or the Regional Development Group (i.e., participating in WM Regional Squad and aged 10 – 11 years old), as notified to the W.T.C. (See County Coach responsibilities in Regional Handbook). County Squad and Regional Squad membership lists to be sent to Regional Competition Organiser (Philippa Morgan) at the start of the year and after any mid-year trial.

The following gymnasts are **not eligible** to enter the John Reeves Inter County Memorial Competition: National and Regional Squad gymnasts, including those who have been full members of the Regional Squad during the current or preceding year (this is any gymnast named in the full regional squad even when not attending squad training); any gymnast who has competed for the Region in National Age Group Championships or Compulsory Grades Championships or any gymnast eligible by virtue of score to compete in National Finals in the current year at Compulsory and or In Age levels (including 2 & 1) and any gymnast who has competed at FIG in any regional or national individual competition. Gymnasts named within the regional squad development group (i.e., age 11 years or younger), and are therefore not full members of the regional squad may compete.

Coaches with Regional Squad responsibilities will ensure that the list of gymnasts selected is sent to the Competition Organiser.

Pre-compulsory grade 5

Open to gymnasts who are due to compete at compulsory grade 5 in the following year. This competition has a modified code/programme and gives gymnasts an opportunity of a 'practice' event ahead of the regional event in the spring of the following year.

Competition Entries

Entry Process

Entry to all WTC competitions is Online only via the British Gymnastics website portal. All entries must be submitted by the stipulated closing date and time. **Do not nominate a judge just to get your entry through, if we find that a club has done this, we reserve the right to refund your entry and withdraw your gymnasts from the competition.**

Methods of Payment

Payment will be payable at the time of entry using the BG Portal and payment systems.

Late Entries

Late entries will only be considered in exceptional circumstances. All requests for a late entry must be made by emailing the competition organiser within 7 days of the closing date. In the unlikely event of a late entry being accepted, payment of double the normal entry fee stated for the competition will be required for individual competitions and double the normal entry fee stated for team competitions. If the draw has already been made, if accepted, late entries will be placed in a group at the discretion of the organiser.

Withdrawal 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.

Any queries or requested changes to the competition programme must be sent by email to the Competition organizer and will always be receipted. If you do not receive a receipt, please try alternative ways to contact the organisers – no receipt received is an indicator that your email has not been received and therefore you cannot assume it has been accepted.

In the case of a team entry, if a club wishes to make a substitution (due to the withdrawal of a previous entrant), 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 programme.

Where it is necessary to substitute a coach, the club must inform the Competition organizer Department, so the coach can be checked for membership, awards and safeguarding, before they can be accredited for the competition.

Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute must inform the organizer immediately on arrival at the venue and produce their coaching award certificate, current BG membership card and a current BG specific DBS certificate.

Terms & Conditions of entry to all competitions – see BG handbook

Judges

The competition programme cannot operate without judges. A nominated judge/s is therefore required to complete any online entry. It is essential the nominated judge **is aware of and has agreed to the nomination** – if the judge later withdraws from the competition, the club's entry is at risk of being rejected on the grounds of the club not meeting the entry requirements. Clubs are advised to speak to colleagues from other clubs to request help should they be unable to nominate a judge from within the club before entering the competition. Where a judge from another club is

available and agrees, the club can then advise the competition organizer who will override the judge nomination requirement for that entry only. If a club is unable to nominate a judge after attempts have been made to recruit a judge from elsewhere in the region, they should contact the Judging Convener for assistance. There is no longer the option to pay an additional fee to enter a competition without a nominated judge.

General Regulations

Volunteers

The WTC will act to protect any volunteers working on their behalf. All WM WTC events operate a zero-tolerance approach to foul language or any abusive or aggressive behavior. Anyone found breaking these rules will be asked to leave the competition arena and, if necessary, the venue. Please help us ensure the competition arena has a friendly atmosphere (adapted from the BG National Finals workplan information)

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

Competition Attire and Conduct

Gymnasts

Refer to the Women's Artistic Code of Points

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 Health & Safety Guidance: Safe Coaching (taken from BG competition handbook 2020)

Coaches must not leave the floor at any time during the competition except for comfort breaks. Coaches must not communicate with anyone in the audience either verbally; text / phone or by sign at any time.

Judges

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

Judges must check with the judging convener 4 weeks prior to the Competition if they have not already been advised, to confirm which apparatus they are judging. If for any reason a judge finds they are unable to judge, they must let the Judging Convener know as soon as possible, with a name of a substitute judge of the equivalent qualification who is available.

Judges must prepare before the competition by checking any rules and recent rule clarifications relevant to the apparatus / competition they are judging. Judges should whenever possible practice judging routines on the designated apparatus either in a club or using video / DVD

Judges must arrive in plenty of time for the judges meeting. Mobile devices must not be used at the judging table. Judges must only leave the judging table for toilet and meal breaks and must

not move around the competition arena or audience if they have finished early. Head judges must stand to greet each rotation of gymnasts – other judges may remain seated.

Judges (other than head judges or instructed to do so by head judge) must not speak to coaches / offer advice. Head judges should do so only in relation to the conduct of the competition.

Judges must be prompt and fair. It is not a requirement that judges agree on every point. They are not expected to agree with everything the head judge says but should respect the head judge. If judges have made their view known they can agree to differ or in the case of an unacceptable difference in scores – the head judge has the right to ask a judge to change their score.

Score sheets must be completed and submitted promptly after each rotation and before the start of the next rotation competing. Judges must focus on their own competition. Head judges may need to communicate to clarify queries about the rules, but in general should wait until asked for an opinion.

If a judge has concerns about the conduct of another judging panel, they must raise it with the competition organiser or the Judging Convenor if present. If a judge is unhappy with the way their panel was run, they must address their concerns to the competition organizer or judging convenor after the competition.

Requests can be made to adopt reasonable clothing modifications at any BG competition on religious grounds only. All requests must be emailed to the competition organizers 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.

For competitors, coaches and judges, chewing gum is not allowed at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony. Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication in the main arena during the event.

Order of Performance

The order of competing for individual events and team events shall be decided according to the competition arrangements made by the organizer or such officials as may be authorized by the Technical Committee. For the purpose of maintaining a 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 organizer or authorized officials.

Music

All music for competition routines must conform to the relevant licensing requirements. Details may be found in the British Gymnastics National Competition Handbook. The region will now be using digital formats for music as a more efficient way of playing music at competitions. The coach will bring a copy of the gymnast's music on a USB stick, clearly marked with the Gymnast's name and Club to the Registration, at the start of the competition. A sticky or other form of label with the Gymnast's name and competition number will be applied to the USB stick at the time of registration.

Competition Apparatus

Unless otherwise stated, the equipment at WTC competitions will be to current FIG specifications.

Tall Gymnasts – Uneven Bars - Both Bars may be raised by 5cm or 10cm where a gymnast's feet touch the basic matting while she is hanging on high bar or hips touch the basic matting while she is hanging on low bar.

Where a single bar is used this may be raised so that the gymnast's feet in long hang clear the matting. The request for the bars to be raised by email to the Competition organizer at the time of competition entry. The bars will be raised in accordance with the FIG/WTC regulations.

Inquiries

All inquiries must be made to the Competition organizer within 15 minutes of the coach receiving the score slip. If necessary, a coach should register their intention to inquire by approaching the Competition organizer. If a coach has approached the judging panel and discussed a gymnast's score, they may not register an inquiry. A coach may only inquire about the D score. The WTC cannot accept any video or photographic analysis at an event

Gymnasts who are in a medal position are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony to collect their award in person.

Tenure of trophies

Where trophies are presented, it is the responsibility of the winning club to arrange for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the organizer prior to the competition the following year by either making arrangements for it to be delivered to the competition venue on the day or returning it to the competition organiser at least one week prior to the competition. Failure to do this or loss of trophy will incur a cost to the individual / club

Etiquette for National Competitions

The team manager will be appointed by the WTC and the manager's decision is final in all matters relating to the running of the event. Specifically, the manager will determine and register the order of work for the event. All gymnasts must be correctly dressed in Regional Leotards and Tracksuit and with correct coloured scrunches. All Coaches must arrive in good time for registration. Coaches must be appropriately dressed in Regional White polo shirt and navy/black tracksuit trousers. Regional jackets are also available for coaches. Regional clothing must be ordered and purchased with sufficient time for delivery prior to the competition. Orders for Leotards must be accompanied by correct size/gymnast measurements (This will be done after the Regional Competition leading to Finals so coaches must remain behind to deal with clothing) Parents or clubs on behalf of parents will need to pay a deposit for clothing.

The WMAGA ask all coaches and gymnasts to treat all equipment used for events with respect to avoid damage and the need for costly repairs or replacement. Should any advice be required about appropriate use of the equipment at events, please approach the Competition Organiser.

Regional Grades 6, 5 & 4

Date	April 2 nd / 3 rd
Venue	Chase Leisure Centre
Closing Date	6pm Friday 4 th March
Entry fee	£37.00 per gymnast
Age Group	
Judging Rules	As per FIG
Apparatus Regulations	As per FIG
Judging levels	Minimum of 2 Judges on each piece one must be regional
Coaching levels	Minimum WA Level 2
Gymnast Membership	Minimum BG Silver
Competition format	10-minute general warm up then apparatus warm up and compete
Awards	Medals will be given to the Top 3 gymnast in each category and age Groups will be split within region for medals.

Compulsory Grades 5, 4, 3 & 2, National Grades 5, 4, 3, 2 & 1, Regional Grades 3, 2, & 1 Regional Challenge FIG & Silver

Date	April 30 th / May 1 st
Venue	Chase Leisure Centre
Closing Date	6pm Friday 18 th March
Entry fee	£37.00 per gymnast
Age Group	
Judging Rules	As per FIG
Apparatus Regulations	As per FIG
Judging levels	Minimum of 2 Judges on each piece one must be regional
Coaching levels	Minimum WA Level 2
Gymnast Membership	Minimum BG Silver
Competition format	10-minute general warm up then apparatus warm up and compete Compulsory 2 & Regional Challenge FIG – Full apparatus warm up, touch warm-up, compete

Eligibility

The Challenge FIG and Challenge Silver are for gymnasts that have already completed their grades and passed Regional Grade 1 or National Grade 1. The FIG competition (16 years +) will follow FIG rules and the Silver competition (12 years +) will follow the Class Challenge Silver rules.

These competitions are there to allow gymnasts who have completed grades, to have another individual competition in the year and give them the same opportunities to gymnasts who are still doing grades.

Awards Medals will be given to the Top 3 gymnast in each category and age Groups will be split within region for medals.

***Compulsory 4 does not go to National Finals.
Compulsory 3 and 2 national finals date to be confirmed.***

Gymnasts can compete two compulsory levels in 2022 if they are ready and are of the minimum age. E.g., Compulsory 3 in their region in March then Compulsory 2 in June, however, a gymnast cannot compete two compulsory national finals in the same year.

Please notify the Regional Competition Organiser if your gymnast will be competing Compulsory 3 regionally and Compulsory 2 later in the year.

Regional Novice

Date	May 21 st / 22 nd
Venue	Chase Leisure Centre
Closing Date	6pm Friday 8 th April
Entry fee	£37.00 per gymnast
Age Group	
Judging Rules	
Apparatus Regulations	As per FIG
Judging levels	Minimum of 2 Judges on each piece one must be regional
Coaching levels	Minimum WA Level 2
Gymnast Membership	Minimum BG Bronze
Competition format	10-minute general warm up then apparatus warm up and compete
Awards	Medals will be given to the Top 3 gymnast in each category and age Groups will be split within region for medals.

National Voluntary Levels 4, 3, 2, FIG and Regional Level 5

Date	24 th /25 th September
Venue	Chase Leisure Centre
Closing Date	6pm Friday 12 th August
Entry fee	£37.00 per gymnast
Age Group	
Judging Rules	
Apparatus Regulations	As per FIG
Judging levels	Minimum of 2 Judges on each piece one must be regional
Coaching levels	Minimum WA Level 2
Gymnast Membership	Minimum BG Silver
Competition format	10-minute general warm up then apparatus warm up and compete
Awards	Medals will be given to the Top 3 gymnast in each category and age Groups will be split within region for medals.

***Level 4 does not go to National Finals,
Level 3 Teams national finals 26th and 27th November,
Level 2 individual national finals entry 26th and 27th November***

Regional Classic Challenge Gold, Silver & Bronze Team Qualifier

Date	24 th /25 th September
Venue	Chase Leisure Centre
Closing Date	6pm Friday 12 th August
Entry Fee	£37.00 per gymnast
Age Group	Gold 14yrs+ Silver 12yrs+ Bronze 10yrs+
Judging Rules	BG Classic Challenge Cup Rules
Apparatus Regulations	As per FIG
Judging levels	Minimum of 2 Judges on each piece one must be regional
Coaching levels	Minimum WA Level 2
Gymnast Membership	Minimum BG Silver
Competition format	10-minute general warm up then apparatus warm up and compete
Awards	Medals will be given to the Top 3 gymnast in each category and age Groups will be split within region for medals.

QUALIFICATION: Top 6 gymnasts at each level, will represent the regional team, for the National finals & the 7th place will be the nominated reserve

National Final date 9-11th December 2022

Regional Classic Challenge Zinc & Copper

Date	22 nd / 23 rd October
Venue	Chase Leisure Centre
Closing Date	6pm Friday 16th September
Entry Fee	£35.00 per gymnast
Age Group	Zinc 8yrs+ Copper 9yrs+
Judging Rules	BG Classic Challenge Cup Rules
Apparatus Regulations	As per FIG
Judging levels	Minimum of 2 Judges on each piece one must be regional
Coaching levels	Minimum WA Level 2
Gymnast Membership	Minimum BG Silver
Competition format	10-minute general warm up then apparatus warm up and compete
Awards	Medals will be given to the Top 3 gymnast in each category and age Groups will be split within region for medals.

Regional Team Championships (Gold, Silver, Bronze, Copper, Zinc & FIG)

Date	6 th November
Venue	Chase Leisure Centre
Closing Date	6pm Friday 23rd September
Entrance fee	£90.00 per Team.
Judging levels	Minimum of 2 Judges on each piece one must be regional
Coaching levels	Minimum WA Level 2
Gymnast Membership	Minimum BG Silver
Competition format	10-minute general warm up then apparatus warm up and compete
Awards	Medals will be given to the Top 3 gymnast in each category and age Groups will be split within region for medals.

Special Note - Eligibility Rules Gymnasts may move to a higher level to enable a team to compete but cannot move down a level from any previous individual regional or national event. Gymnasts may compete at one level only (i.e., one team) in this competition.

Age groups	Gold 14+ Silver 12+ Bronze 10+ Copper 9+ Zinc 8+
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FIG Open Entry - FIG senior rules apply

Eligibility **As per rules for In Age and Classic Challenge Competitions**

Rules

For Gold, Silver and Bronze a team consists of 5 gymnasts, 4 compete each apparatus and 3 scores count. For Copper and Zinc a team consists of 6 gymnasts, 5 compete on each apparatus and 4 scores count. The 4 competing gymnasts and apparatus to be worked must be declared on the Official Working Order Form at Registration of each Competition. (See Appendix). Any substitutions to the team must be validated and agreed with the competition organiser 24 hours prior to the event at the latest. Later changes may not be accepted. The competition will be run on a warm-up, compete apparatus basis. Each Team will be able to play a Joker on one piece of apparatus, excluding Vault, which will double the highest score for that team. Coaches will nominate, at the time of registration, the piece of apparatus on which they wish to play their Joker.

Regional Apparatus Team Championships **(Levels Gold, Silver, Bronze, Copper, Zinc and FIG)**

Date	20 th November
Venue	Chase Leisure Centre
Closing date	6pm 7 th October
Entrance Fee	£50:00 per Team
Judging Levels	Minimum of 2 judges on each piece one must be Regional
Coaching Levels	Minimum WA Level 2
Gymnast Membership	Minimum BG Silver
Competition Format	10-minute general warm up then apparatus warm up and compete
Awards	Medals will be given to the Top 3 teams in each category and age Groups will be split within region for medals

Special Note: Eligibility rules – Gymnasts may move to a higher level to enable a team to compete but cannot move down a level from any previous individual regional or national event. Gymnasts may compete at one level only (i.e., one team) in this competition.

Age groups	Zinc 8yrs+ Copper 9yrs+ Bronze 10yrs+ Silver 12yrs+ Gold 14yrs+ FIG
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Eligibility As per rules for In Age and Classic Challenge (previously Out of Age)

Rules

For each apparatus the team nominates and competes 1 gymnast. A team consists of 4 or 5 named gymnasts (4 compete and 1 reserve). The 4 competing gymnasts and apparatus to be worked must be declared on the Official Working Order Form at Registration of each competition (see appendix). Any substitutions to the team must be validated and agreed with the competition organiser 24 hours prior to the event, at the latest. Later changes may not be accepted. The competition will be run on a warm-up, compete apparatus basis.

John Reeves Memorial Inter County Championships

Date	4 th December
Venue	Chase Leisure Centre
Closing date	6pm 21 st October
Entrance Fee	£90:00 per Team
Judging Levels	Minimum of 2 judges on each piece one must be Regional
Coaching Levels	Minimum WA Level 2
Gymnast Membership	Minimum BG Silver
Competition Format	10-minute general warm up then apparatus warm up and compete
Awards	Medals will be given to the Top 3 teams in each category and age Groups will be split within region for medals
Eligibility	Junior and Senior Teams of 6 gymnasts. Junior: 3 x Zinc, 3 x Copper Senior: 3 x Bronze, 3 x Silver <i>All members of the County Teams must be current active members of the County Squad organisations</i>

Appendices Contents

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Competition hosts information

As host club you will need to provide the following for each round of competition:

- 2 adults for gymnast registration
 - You will be provided with stickers with each gymnast's name and competition number which you will need to stick onto their floor music and arrange into the competition groups.
 - Highlight on the programme provided the gymnasts as they register and note any withdrawals.
 - Withdrawals to be given to the competition announcer.
- 2 adults to man entry desk
 - Audience members will need to pay to enter the competition 2 adults required for each round to take money.
- 2 adults for photo registration
 - Any person wishing to take photos or videos throughout the competition will need to register by completing the form provided and paying £1. Provided sticker to be issued upon registering.
- 2 runners per group (this will include back-to-back competitions, where you will need 4 per apparatus / group including rest)
 - Runners can be gymnasts
 - They will be responsible for ensuring gymnasts are lined up in front of the correct judges at the correct time
 - They will be required to take score slips from the judges to the scoring table and relevant coaches.
 - Please ensure that appropriate runners are provided and understand what is expected of them.
 - Younger gymnasts may be better paired with older gymnasts.
- Water and sweets for judge's tables. Please ensure that enough bottled water is brought for the judges throughout the day and some sweets are provided.

You will be able to run raffles throughout the day to raise funds for your club.

On behalf of the WTC many thanks for your help.

Guidelines for Floor Music Recordings

- Disney music or any music by Andrew Lloyd-Webber is not permitted. Any routines performed to music that contravene this rule will be treated as having no music and penalised accordingly.
- Music to be in digital MP3 format only.
- Only put ONE copy of music for the gymnast on the USB stick.
- **The USB stick should be labelled with the gymnast's name and Club. Only one gymnast per USB stick.**
- Take a spare copy of your music to the competition, just in case the unthinkable happens!

TEAM COMPETITIONS – COMPETITION ORDER

Please complete all sections and print a copy to hand in with entry & ensure you make a copy for each coach with your team

COPY FOR JUDGES TABLES – Joker may only be used on 1 apparatus

TEAM NAME:		TEAM NAME:	
VAULT		BARS Joker Yes / No	
NUMBER	NAME	NUMBER	NAME

TEAM NAME:		TEAM NAME:	
BEAM Joker Yes / No		FLOOR Joker Yes / No	
NUMBER	NAME	NUMBER	NAME

COPY FOR ANNOUNCER

TEAM NAME:		TEAM NAME:	
VAULT		BARS Joker Yes / No	
NUMBER	NAME	NUMBER	NAME

TEAM NAME:		TEAM NAME:	
BEAM Joker Yes / No		FLOOR Joker Yes / No	
NUMBER	NAME	NUMBER	NAME

Team Apparatus Championships

Please add named gymnasts per apparatus

Please complete, print to hand in at registration at the competition.

*Please remember to make a copy of this form for each coach
with your team*

COPY FOR JUDGES TABLES

TEAM NAME:

NAME	APPARATUS
	VAULT
	BARS
	BEAM
	FLOOR
	RESERVE

COPY FOR ANNOUNCER

TEAM NAME:

NAME	APPARATUS
	VAULT
	BARS
	BEAM
	FLOOR
	RESERVE

Handbook Update Summary

Date	Page No	Chapter / Para	Changes Made
7-2-22			Version 1
17-2-22	18	Gymnast membership	Silver removed and replaced with Bronze
	30	Rules	Updated team format