



ENGLISH GYMNASTICS

Working Plan 2018
TRA & DMT Qualifier 1 Gillingham
Saturday 7th & Sunday 8th April 2018

www.englishgymnastics.org.uk

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Version History

Version 1 published 1st March 2018

VENUE INFORMATION

Medway Park Gillingham



Directions

Medway Park is located on Mill Road, Gillingham, Medway ME7 1HF.

Directions by road and public transport are below. Please note that there is a pay and display car park available and centre users will be able to obtain a refund of parking fees up to a maximum of four hours. Part of the parking ticket will need to be presented to reception upon entering.

Public Transport

Travelling by Train:

Gillingham railway station is approximately ten minutes' walk from Medway Park. Visit www.southeasternrailway.co.uk for times and information.

Travelling by Road:

Travelling from London

Exit London on the A2 (direction Dover)

Follow the A2/Rochester Way Relief Road until the A289

Take the A289 towards Gillingham/A228/Grain

At Four Elms roundabout, take the second exit onto A289/Wainscott Eastern Bypass

Go straight across at the next two roundabouts

Turn right onto the B2004/Gillingham Gate Road

Turn right onto the B2004/Medway Road

Turn left onto Mill Road

Turn right into Medway Park

Travelling from the Coast

Follow the M2

Exit at junction 4, take the A278 to Gillingham

At the roundabout, take the second exit onto A278/Hoath Way heading to Gillingham/A2

Go straight across at the next two roundabouts

At the third roundabout, take the first exit onto the A2/Sovereign Road/Watling Street

At the next roundabout, take the third exit onto the A289/Ito Way
Go straight across the next three roundabouts
Take the left turn onto the B2004/Pier Road
Turn left onto the B2004/Gillingham Gate Road
Turn right onto the B2004/Medway Road
Turn left onto Mill Road
Turn right into Medway Park

Car Parking

Please note that there is a pay and display car park available and centre users will be able to obtain a refund of parking fees up to a maximum of four hours. Part of the parking ticket will need to be presented to reception upon entering. We would ask all customers to continue to park in the appropriate areas and zones and to leave disabled parking spaces free for those who are eligible to use them.

The parking wardens frequently visit the car parks and parking charge notices will be issued.

Medical Provision

A Paramedic will be available in the designated medical area within the venue. Treatment will be accessible by all accredited gymnasts who sustain an injury at the event. The medical team are not available 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 English Gymnastics appointed medical officer as to the gymnast's health, medical status and their ability to compete at the event, is absolute and final.

Gymnast Seating

Accredited Gymnasts and Coaches who wish to watch the competition, may sit in the allocated delegation seating. Please respect this request and do not sit in any other area during the competition.

TICKETS

Ticket Allocations

Gymnasts will not be provided with a ticket for the entire competition. Gymnasts who withdraw from the competition are eligible to be a spectator at the event, but will not have access to the Field of Play or Warm-Up areas.

Ticket Purchase

Tickets can be purchased from the established ticket desk at the entrance to the competition hall. Tickets cannot be purchased prior to the competition day.

Ticket prices are as follows:

Ticket Type	One Day	Weekend
Adult	£10.00	£15.00
Concession *	£8.00	£10.00

* Concessions are for under 16s and over 65s – proof of ID may be required to gain admission to the venue with this ticket type.

ACCREDITATION

Accreditation Desk

The accreditation desk will be located at the gymnasts' entrance to the main hall as sign-posted. The warm-up hall can be found by following the signs to the end of the Hall.

Each **coach and heads of delegation** will be required to register their club by signing in on the computers at the accreditation desk. It is the club's responsibility to mention withdrawals before the competition commences.

When registering and/or collecting accreditation for **gymnasts**, gymnasts can register themselves with the automated touch screen system where, they can have their picture taken to be shown when their scores are displayed. Gymnasts may be registered by their coaches/heads of delegation.

Event Officials should report to the head of judges upon arrival, who will be located by the judging panel. It may be necessary to hold a judges' meeting - in this eventuality, please follow the signs.

All changes to the nominated coaches submitted on the online entry, must be submitted to the English Gymnastic Administration Manager (Jan Charlton) via email (jan.charlton@englishgymnastics.org.uk) no later than **Tuesday 3rd April 2018** and have a valid British Gymnastics membership, DBS and Safeguarding Certificate, along with the required coaching qualification for their gymnasts' routines. Any coach not submitted to the competition organiser prior to the deadline date, will not be accredited to coach at the event. Should there be a necessity for membership renewal prior to the event, please ensure this is addressed in good time to ensure your membership has been updated. It is advised that membership fees are paid by BACS or credit/debit card to ensure payment is received in time for the competition.

Accreditation is non-transferable. Anyone found offering their accreditation to another person in order that they may gain access to access-controlled areas, will have their accreditation withdrawn and they will take no further part in any activity in the event.

Babies and Young Children

In the interests of safety and for the smooth running and professional presentation of the event, 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.

TECHNICAL INFORMATION

Orientation Meeting

There will be no orientation meeting for this competition.

Judges Meeting

The judges' meeting for Trampoline and DMT judges will take place at the following times (the meeting room will be clearly sign posted upon arrival):

Saturday 7 th April	TRA:	08:00hrs	(Follow signs)
	DMT:	08:00hrs	(Follow signs)

Sunday 8th April

TRA:

08:00hrs

(Follow signs)

DMT:

08:00hrs

(Follow signs)

Instruction in Computer scoring, Horizontal Displacement and in Time of Flight will take place at the judge panels immediately after the officials' meeting.

Apparatus Specification

The apparatus will be provided by Gymaid. All apparatus, including the matting, is to FIG specifications.

Registration

Please note that all coaches must collect their own accreditation.

While all gymnasts should be present, one coach from each club will be required to register all their gymnasts and inform English Gymnastics of any withdrawals. Upon registering, each club will receive a pack including the competition schedule.

Registration will open at the following times:

Saturday 7th April 2018:

07:15hrs

Sunday 8th April 2018:

07:15hrs

Tariff Sheet Submission

It is the coach's responsibility to ensure that the Tariff Sheets/Difficulty cards are completed correctly.

Trampoline & DMT

- Difficulty card templates are available from the English Gymnastics (www.englishgymnastics.org.uk).
- Tariff sheets/Difficulty card must be submitted to the registration desk on arrival at the competition and prior to the start of warm-up.
- Tariff sheets/Difficulty Cards should be completed in FIG notation only.
- The Difficulty cards should be marked with asterisks to indicate required elements in 1st routines. This must be done prior to the card being submitted. Likewise, all elements that require a Difficulty mark, should be identified before the card can be accepted.
- All cards must be signed by the Supervising Coach in order to be valid.
- Competitors may not compete without a valid tariff sheet.

Commentator Information System (CIS)

English Gymnastics will use Commentator Information System to provide the in-arena commentators with information about timetable announcements, to maintain the smooth running of the competition.

Anti-doping

At national events, the collection of doping control samples shall be initiated and directed by UKAD in coordination with British Gymnastics.

There is every possibility that gymnasts will be selected, either randomly or targeted by competition results, whilst competing in the UK or internationally. If selected, a gymnast will be required to provide a urine sample of a predetermined volume, outlined within the international standard regulated by the World Anti Doping Agency,

[WADA] and as specified by FIG. On occasions, UKAD may use blood samples, in which case qualified testing personnel will conduct this procedure with the Drugs Control Officer [DCO].

On all occasions, gymnasts are advised to take an 'advocate' with them into the testing station. This could be a member of the medical team, a coach or a parent as relevant. In all cases, gymnasts are requested to declare all medications taken within the preceding 7 days.

Parents, coaches and gymnasts are encouraged to regularly check any medication throughout the year. If you have any concern, or are unsure as to whether a medication is a restricted or banned substance, please refer to the following:

Gymnasts can search particular brands of medications or for specific ingredients. The database is accessible via the UKAD website, or directly as www.globaldro.com. Gymnasts, coaches and support personnel are also reminded that there are other ways to check the status of medications, by using either the Drug Enquiry Line on +44 (0) 800 528 0004 or by emailing information@ukad.org.uk or visit www.ukad.org.uk

For further information on the British Gymnastics Anti-Doping Policy, please find the full policy in Appendix 2 or visit www.british-gymnastics.org - Technical information & Judges / Sports Science and Medicine /Anti-Doping Policy.

COMPETITION DETAILS

Judges and Officials

Please see the released details of Judges Panels sent out alongside this document.

Warm-Ups

Warm-ups will be a minimum of 4 or time allotted before a one touch may be called.

Timetable

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 English Gymnastics Trampoline, DMT & Tumbling Technical

Committee reserve the right to alter the competition schedule, the grouping of gymnasts and/or running order of performances as may be deemed necessary by the Organiser or authorised officials.

Draw for Competition

The draw for the competition will be selected at random; however, individuals who are competing in more than one discipline will be placed in appropriate groups to ensure all disciplines can be completed at ease.

Working Order

The working order for the competition and competition schedule are attached in a separate document.

NB: The competition organisers reserve the right to run up to 60 minutes ahead of schedule. Therefore, please ensure your gymnasts are on-site should this occur.

RULES & REGULATIONS

Volunteers

The Trampoline Technical Committee will act to protect any volunteers working on their behalf. All English Gymnastics Competitions operate a zero-tolerance approach to foul language or any abusive and aggressive behaviour. Anyone found to be breaking these rules will be asked to leave the competition arena. Please help ensure the competition arena is a friendly atmosphere.

Competition Attire

Please refer to the FIG Rule Handbook.

Inquiries

Please refer to the English Gymnastics Trampoline Competition Handbook 2018.

Tie Breaks

In the case of a tie at any place, the tie will not be broken. The tied gymnast will have the same rank - subsequent ranks will be skipped.

In preliminary rounds, if a tie occurs, the tie will be broken in order to anticipate who will proceed to the next round.

Scoring and Result

We welcome back Gyndata to the English Competition Series with online and live scoring systems.

PDF results can be found after the event by searching the 'Find an Event or Result' on the English Gymnastics website (www.english-gymnastics.org) or via the scoring system website (www.gymdata.co.uk).

Presentation Ceremonies and Awards

All placed gymnasts must be present in the competition venue for the presentation ceremony at the end of each flight. At the qualification event, the medals will be handed out by the chairs of the appropriate panel.

All gymnasts participating in the presentation ceremonies, must wear competition attire.

A medal will be presented to the first, second and third placed competitor in all individual competitions and synchronised competition categories.

- * If there are ties at any place, all attempts will be made to provide both gymnasts with the correct medal during the medal presentation. Where this is not possible, a medal will be sent to the gymnast's club after the competition.

MEDIA INFORMATION

Media Attendance

Representatives of the media will not be present at this event.

Official Photographer

The Official Photographer at this event will be Ceil Paul.

Photo Policy

In order to protect the welfare of children at the event, photography at this event is permitted only on conditions set by British Gymnastics. This is a summary of those conditions.

A copy of the full text can be obtained from the Competition Organiser or from the British Gymnastics website: <http://www.british-gymnastics.org/governance>.

If you do not agree to these conditions, you may not bring any photo equipment into the venue or take any photos.

1. 'Photos' includes any form of video or still image, including those taken with mobile phones.
2. The Competition Organiser (or a person acting on his or her authority) may require anyone at the event:
 - a. Not to take photos, either generally or in particular circumstances
 - b. To provide their full name and address and evidence of this
 - c. To let the Competition Organiser view any images recorded and to delete any images
 - d. To surrender media or equipment on which the images have been recorded if they cannot be viewed (e.g. photos on traditional film), or if they cannot be deleted
3. Photos may only be taken and used in accordance with the British Gymnastics Child Protection Policy.
4. Photos may not be used, distributed or copied for commercial purposes.
5. Flash may not be used at any time while gymnasts are warming up or competing.

Appendix 1

Frequently Asked Questions

Competition Format and explanation

During the competition, there are a few details that have not been in the handbook that we believe are of use to all. This section will answer some FAQ's.

Individual Trampoline:

1. Time of Flight will be in all Trampoline Individual and Team Trampoline events as per BG competitions.
2. Because we are using FIG rules, we are keeping the tariff cap on individual skills for groups from 9-16 which is 1.8.
3. All individual Trampoline levels will be **Zero finals** as part of working with FIG rules.
4. In all levels in individual Trampoline, those going into the final will be top 8, if there are less than 8 in the group, all will final. DMT Trampolining will be top 6, if less than 6 in the group, all will final.

Synchronised Trampoline:

1. You will be expected to complete a compulsory routine and voluntary routine only, there will be **no finals**.
2. The top 10 highest ranked scores will proceed to the English Championships.

Individual Double Mini Trampoline:

1. Prelims will consist of two passes with the final consisting of two more passes that are different from the prelim passes.
2. All finals for all levels in DMT will be Zero finals.
3. The top 16 highest ranked scores will be invited to the English Championships.

The competition will be run under the Cycle 13 FIG's Rules.

Appendix 2

Drug Free Sport: Anti-Doping

One of the cornerstones of sport is the principle of fair play, and without question there should be an emphasis on fair play regarding the adherence to the rules of a drug free sport. It is therefore necessary and appropriate that a testing programme operates and is actively supported by BG. ***The testing programme may affect any elite gymnast performing at a national standard.***

Under the Regulations of FIG, all British Gymnastics organised events are notified to UK Anti-Doping, (UKAD). Gymnasts and coaches should be aware that testing may take place at competitions, deemed to be testing 'in competition' and potentially at National Squad trainings, deemed to be 'out of competition'. In principle gymnasts under 16 years *may* be tested in particular circumstances. Consent is linked to all gymnasts with a FIG Licence, or parental consent established at the point of testing, but this means that gymnasts competing in disciplines with an Age Group Competition; Acrobatic, Aerobics, DMT, Trampoline and Tumbling, may be tested within any of the age group categories.

At national events, be they competition or national squads, the collection of doping control samples shall be initiated and directed by UKAD in coordination with British Gymnastics. In addition to this gymnast can be tested at home or their club, where they are of an international standard. For further information on British Gymnastics Anti-Doping Policy, please visit www.british-gymnastics.org, Technical information & judges / [Sports Science and Medicine](#) / Anti-Doping Policy.

There is every possibility that gymnasts will be selected, either randomly or targeted by competition results whilst competing in the UK or internationally. If selected, a gymnast will be required to provide a urine sample of a predetermined volume, outlined within the international standard regulated by the World Anti Doping Agency (WADA) and as specified by FIG. On occasions UKAD may use blood samples in which case qualified testing personnel will conduct this procedure with the Drugs Control Officer (DCO).

On all occasions gymnasts are advised to take an 'advocate' with them into the testing station. This could be a member of the medical team a coach or a parent as relevant. In all cases, gymnasts are requested to declare all medications taken within the preceding 7 days.

Therefore, for a gymnast taking any medication, it is vital that these are checked on a regular basis and if tested, declared. If you are competing nationally it is advisable that you check medications to ensure they are permitted on each occasion, i.e. every event. If you compete internationally ensure you are prudent and do not use alternative medications from abroad as their ingredients can differ to the UK version.

Any gymnast tested they will need to know the name of the medication, the dosage, frequency and the starting point of the course of medication, as well as state the condition it relates to. If a gymnast is currently on any medication(s) which is/are restricted or prohibited, or have a Therapeutic Use Exemption (TUE) certificate, it is vital to ensure that the British Gymnastics is aware of this, and to ensure TUE certification is available at the testing.

Supplements:

Diet, lifestyle and training should all be optimised before considering supplementation. Coaches and gymnasts should assess the need for supplementation and consult with an accredited sports dietician and/or registered nutritionist with expertise in sports nutrition, or doctor experienced in Sports and

Exercise Medicine before taking using supplements. Scientific evidence continues to suggest that supplements can become contaminated with restricted or banned substances during their production, and could lead to a positive finding. Under the principle of 'strict liability', ***it is the gymnast who is held accountable if a prohibited substance is found in a sample provided***, whether intentional or unintentional.

Informed Sport is an official website that provides some information on products which fall into the category of supplementation, but may have been previously tested for integrity: <http://www.informed-sport.com/about-informed-sport>

Gymnastics medical staff:

It is imperative that you seek advice if you are uncertain on medications, or the testing procedure. It is essential to promote, support and show that we are drug-free in the campaign to ensure sport is 'clean' in the UK.

Checking Medications:

If you have any concern, or are unsure as to whether a medication is a restricted or banned substance, please refer to the following;

Gymnasts can search particular brands of medications or for specific ingredients via www.globaldro.com. Gymnasts, coaches and support personnel are also reminded that they can check the status of medications by using either the Drug Enquiry Line on +44 (0) 800 528 0004 or by emailing information@ukad.org.uk or visiting www.ukad.org.uk

ASTHMA:

There continues to be no requirement to complete a Therapeutic Use Exemption Use form (TUE) for a number of the asthma medications, including Salbutamol and Salmeterol. Formoterol has also been added to the list that no longer requires a TUE when taken by inhalation.

However, Formoterol has a threshold level of permitted use, maximum 54 micrograms over 24 hours. As a result of these changes UK Anti-Doping reminds all gymnasts that the British guidelines for inhaled Formoterol range from 24-72 micrograms per day. (If there is a medical situation requiring doses beyond 54 micrograms then a TUE may still be required, in which case a lung function test and application for asthma TUE will be required. If exacerbation of asthma requires a supplementary dosage of Formoterol, above 54 mg per 24h, an emergency TUE should be applied for).

Regardless of the dosage permitted, all gymnasts are encouraged to seek appropriate medical advice to ensure that they are receiving optimal treatment.

A TUE is still required for Terbutaline. In some cases, it is possible that gymnasts can change their medication to still effectively manage their asthma with an alternative, however please seek advice from your GP, and seek support from BG should this prove problematic or be an issue of concern.

PSEUDOEPHEDRINE:

Pseudoephedrine is a decongestant used to treat nasal and sinus congestion and remains on the list of prohibited substances. It is an ingredient in some 'Over the Counter' (OTC) cold and flu medications such as Sudafed (some varieties).

BG would strongly recommend you RECHECK any medications that you are currently taking or that you may have at home to ensure that you do not inadvertently contravene the doping regulations. If you have any questions or queries, please do not hesitate to contact British Gymnastics Anti-Doping Officer.

In the fight for a drug free sport, BG fully endorses a testing programme at events organised by BG and request that you support and promote a clean image for British sport.

Prepared by Dr Chris Tomlinson