



# Work Plan

**Trampoline & Tumbling  
Regional Team Finals & NDP  
Qualification**

**Arena, Birmingham**

**15<sup>th</sup> - 17<sup>th</sup> June 2018**

**Version 1**

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**Version History**

## Venue Information

Arena, Birmingham

### Address

Arena Birmingham  
King Edwards Road, Birmingham, B1 2AA.

### Car Parking

Pay and display car parking is available at the venue on the North car park. Alternative car parking is available nearby.

### Entrances

#### Gymnasts & Coaches

Gymnasts and coaches are required to use the designated Gymnast and Coaches Entrance, signposted at the venue as **Entrance E**.

#### Judges & Officials

Judges and officials are required to use the designated Judge and officials entrance, signposted at the venue as **Entrance C**

#### Spectator Entrance

Spectators are required to use the designated Spectator Entrance, signposted at the venue as **Entrance F**.

A diagram of the three entrances can be found in **Appendix 1**.

### Regional Desks

Each region will be allocated a desk located in the foyer area of the gymnasts and coaches entrance (Entrance E). This desk will be manned by the Team Manager who will register gymnasts upon arrival. Coaches are required to report to the British Gymnastics Accreditation Desk, also located in the foyer area to the right of the regional desks, to register.

### Warm-Up Hall

Gymnasts must not use the equipment in the Warm-Up Hall without a qualified coach present and must respect their schedule time as per the timetable.

It is requested that when gymnasts and coaches are not competing that they make use of the designated gymnasts and coaches seating (see below) to watch the competition, to prevent the Warm-Up Hall from becoming too congested.

### Gymnast and Coaches Seating

Accredited gymnasts and coaches who wish to watch the competition may sit in the allocated delegation seating (Blocks 2 & 11). Please respect this request and do not sit in any other area during the competition.

### Medical Provision

A Doctor and Physiotherapist 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 British Gymnastics appointed medical officer as to the gymnast's health, medical status and their ability to compete at the event is absolute and final.

## Tickets

### Ticket Allocations

All entered gymnasts will be provided with a ticket for the entire competition through their accreditation pass. Gymnasts who withdraw from the competition are eligible to collect their accreditation to spectate at the event but will not have access to the Field of Play or Warm Up areas.

Coaches will be provided with an event ticket.

Please note for the day that gymnasts and coaches are not competing but wish to spectate, they will be required to report to the **British Gymnastics Accreditation Desk to collect a spectator ticket**.

### Ticket Purchase

Tickets can be purchased in advance online at a discounted rate from the Barclaycard Arena website. Please visit the Barclaycard Arena's 'What's On' page to purchase tickets.

Online ticket prices are as follows:

Ticket Type	One Day	Weekend Ticket
Adult	£10.00	£17.50
Child/Concession*	£7.50	£12.00
Family (2 Adults & 2 Children)	£30.00	£45.00

Tickets can also be purchased on the day at the Barclaycard Arena subject to availability.

On the day ticket prices are as follows:

Ticket Type	One Day	Weekend Ticket
Adult	£13.00	£23.00
Child/Concession*	£10.00	£16.00
Family (2 Adults & 2 Children)	£40.00	£60.00

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

Please note a booking fee may apply.

Tickets are not required to be purchased for orientation sessions.

## Accommodation and Transport Arrangements

Please note only event officials are provided with accommodation and transport; all of which will be informed accordingly. All gymnasts and coaches are responsible for arranging their own accommodation and transport.

## Accreditation

### British Gymnastics Accreditation Desk

The accreditation desk will be located in the foyer area of the gymnasts and coaches entrance, to the right of the regional desks.

Each **coach** will be required to register and collect their accreditation individually at the Accreditation Desk.

As per last year, there will be Regional Desks located in the foyer area at the Gymnasts & Coaches Entrance (Entrance E). **Gymnasts** will be registered and accredited at this point by their Team Manager. The Team Chaperone will then lead them down to the Warm-Up Hall as and when required.

**Event Officials & Judges** should report to the accreditation desk upon arrival.

All changes to the nominated coaches submitted on the online entry must be submitted to the National Competition Organiser no later than **Monday 11<sup>th</sup> June 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 must be worn by all club members at all times as it identifies where access is permitted at the venue.

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, 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.

### Training Sessions

Pre-competition training for those competing on the Saturday will take place on the Friday, and on the Saturday for those competing on the Sunday. Please note these sessions are scheduled and timings must be adhered to.

Please find the orientation training schedule attached as a separate document.

For orientation training, gymnasts & coaches should enter via the official Gymnast & Coaches Entrance (Entrance E). Spectators are able to watch the training sessions free of charge but will be required to enter via the official Spectator Entrance (Entrance F).

### Judges Meeting

The judges meeting for Trampoline and Tumbling judges will take place at the following times; the meeting room will be clearly sign posted upon arrival.

Saturday 16th June 2018:	TRA, DMT & TUM:	08:00
Sunday 17th June 2018:	TRA & DMT:	08:00
	TUM:	09:00

Computer scoring instruction will be on the Field of Play after the judges meeting.

### Apparatus Specification

The apparatus will be provided by Gymaid. The Tumble Track will be provided by Gymnova. All apparatus including the matting is to FIG specifications. There will not be a podium at this event.

### Registration

Gymnasts are required to register with their Team Manager at their Regional Desk located in the foyer area of the Gymnast and Coaches Entrance (Entrance E). Gymnast's accreditation will also be handed out at this point. The Team Chaperone will then inform the British Gymnastics Accreditation Desk of all registrations and withdrawals and bring the gymnasts down to the Warm-Up Hall at the correct time as per timetable.

**NB: Please note registration time is as per the schedule prior to each flight.**

Coaches will be required to report to the British Gymnastics Accreditation Desk, also located in the foyer area of the gymnasts and coaches entrance (Entrance E) to register and collect accreditation. Please note that all coaches must collect their own accreditation.

The Regional Desks & British Gymnastics Accreditation Desk will be open from the following times:

Saturday 16th June 2018:	07:40hrs
Sunday 17th June 2018:	07:50hrs

### Tariff Sheet Submission

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

#### Disability Trampoline

- Tariff sheets are required for all competitions
- A trampoline Difficulty card template is available from the downloads section on the BG website
- 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
- All cards must be signed by the Supervising Coach in order to be valid
- Competitors may not compete without a valid tariff sheet

**Trampoline**

- Tariff sheets are not required

**DMT**

- Tariff sheets are required for NDP 4-7 only
- 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
- All cards must be signed by the Supervising Coach in order to be valid
- Competitors may not compete without a valid tariff sheet

**Tumbling**

- Tariff sheets are not required

**Anti-doping**

Gymnasts can be selected for testing whilst competing in the UK or internationally.

If selected, a gymnast will be required to provide a urine sample, or occasionally, a blood sample.

Gymnasts are advised to take an 'advocate' with them into the testing station. This could be a member of their medical team, a coach or a parent.

Gymnasts must declare all medications taken within the preceding 7 days.

Parents, coaches and gymnasts are encouraged to regularly check any medication via the Globaldro website ([www.globaldro.com](http://www.globaldro.com)), the Drug Enquiry Line (+44 (0) 800 528 0004) or by emailing [information@ukad.org.uk](mailto:information@ukad.org.uk)

The full British Gymnastics Anti-Doping Policy is in Appendix 4 or can be found on the BG website (<https://www.british-gymnastics.org/technical-information/performance-gymnastics/anti-doping>.)

## Competition Details

**Judges and Officials****Trampoline & DMT**

Judges are still to be confirmed.

**Tumbling**

Judges are still to be confirmed.

**Panel Managers**

Panel Managers are still to be confirmed.

**Coaches**

The following coach ratio will apply for the competition:

TRA	-	8 coaches in total	4 on FoP / 4 in Warm Up
DMT	-	4 coach in total	2 on FoP / 2 in Warm Up
TUM	-	8 coaches in total	4 on FoP / 4 in Warm Up

Please note there is a strict no mobile phones policy on the Field of Play.

**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 Trampoline and Tumbling Gymnastics 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.

*NB: As per previous events the competition will, where possible, run up to 60 minutes ahead of schedule, therefore please ensure your gymnasts are on-site should this occur.*

**DMT Competition Format**

Please note for DMT, the following format will apply.

**NDP1, NDP2 and NDP3**

General warm-up in Warm-Up Hall

March in

2 x specific warm up on FOP

Compete all 4 passes

**NDP4, NDP5, NDP6 and NDP7**

General warm up in Warm-Up Hall

March in

2 x specific warm up on FOP

Compete passes 1 and 2

2 x specific warm up on FOP

Compete passes 3 and 4

**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 will be emailed out shortly along with the competition schedule.

## **Rules and Regulations**

**Volunteers**

The Trampoline and Tumbling Technical Committee will act to protect any volunteers working on their behalf. All British 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 British Gymnastics Trampoline and Tumbling Competition Handbook 2018.

Please note that coaches are required to wear full length tracksuit bottoms when coaching.

**Inquiries**

Please refer to the British Gymnastics Trampoline and Tumbling 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**

Scoring and results are provided by BG Score.

Live scores from the event can be viewed using the 'BG Score' app for iOS and Android which is free to download from the iTunes and Google Play stores.

Instant video replay of the routines will be available via the iOS app subject to technology facilities at the venue.

You can also 'Like' BG Score on Facebook (<http://www.facebook.com/BGScore>) for information and scores during the event, and follow @BGScore on twitter to receive score tweets.

PDF results can be found during and after the event by searching for the event using 'Find an Event or Result' on the British Gymnastics website (<http://www.british-gymnastics.org>) or via the BG Score Facebook page.

Videos of all the routines recorded by BG Score will be made available after the event, and can be viewed by logging into GymNet with your membership number and password towards the end of the week following the event, choosing the 'Competition Videos' menu option.



### **Presentation Ceremonies and Awards**

All placed gymnasts must be present in the competition venue for the presentation ceremony at the end of the competition.

All gymnasts and coaches participating in the presentation ceremonies must march on in competition attire.

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 gymnasts 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 is DE Photo.

### **British Gymnastics 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>

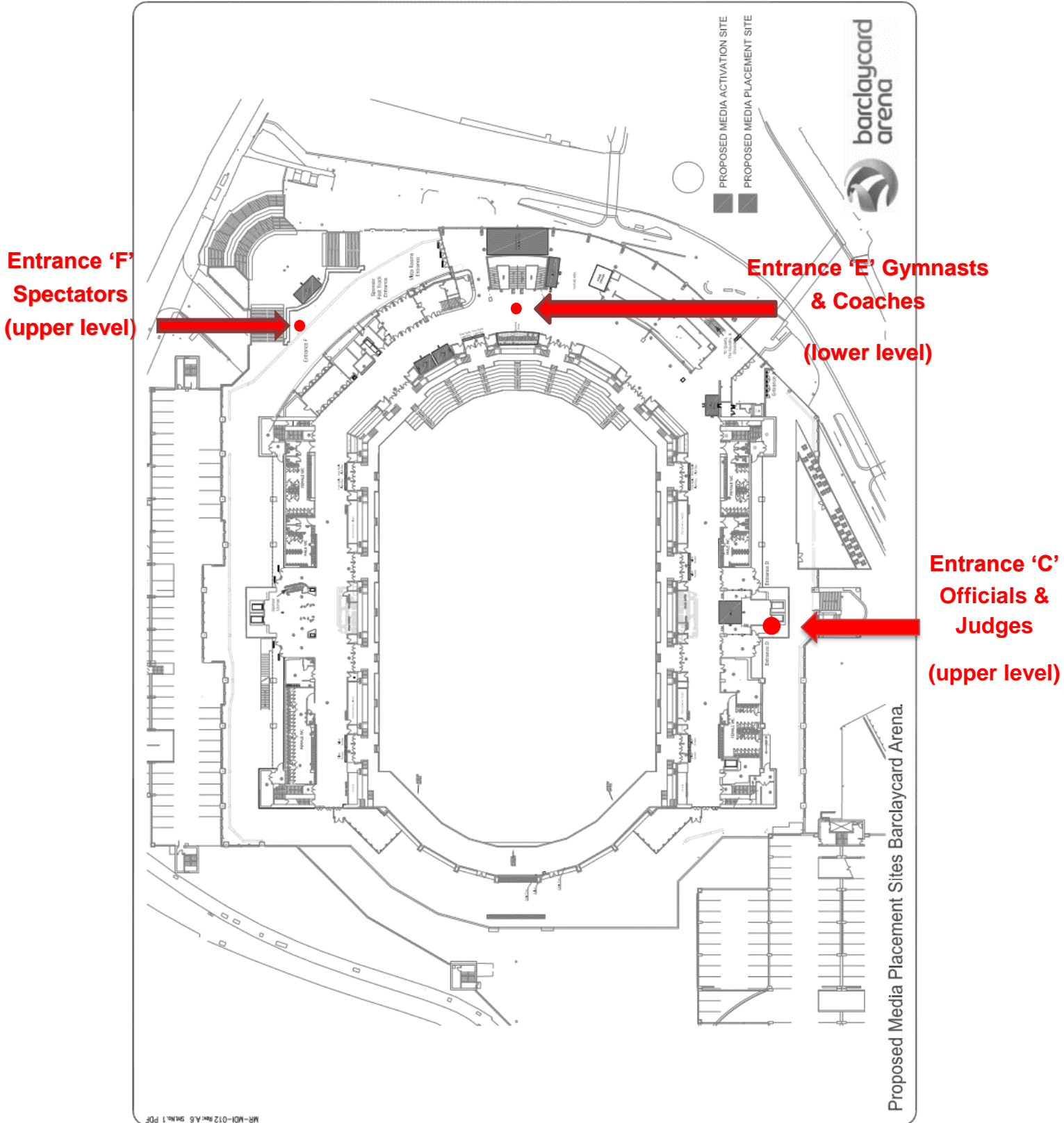
If you do not agree to these conditions you may not bring any photo equipment into the venue or take any photos.

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.

## Appendices

### Appendix 1

#### Gymnasts, Coaches, Official, Judges & Spectator Entrances



## Appendix 2

### **Drug Free Sport: Anti-Doping**

The principle of fair play is a cornerstone of sport. It is therefore appropriate that a testing programme operates, actively supported by BG.

*The testing programme affects any elite gymnast performing at a national standard.*

All British Gymnastics organised events are notified to UK Anti-Doping, (UKAD). Testing may take place at competitions, ('in competition') or 'out of competition' at National Squads, at home or in clubs.

If selected, a gymnast will be required to provide a urine sample and occasionally, a blood sample.

Gymnasts under 16 years *can* be tested. Gymnasts competing in disciplines with an Age Group Competition may be tested within any of the age group categories.

Consent is linked to all gymnasts with a FIG Licence, or parental consent established at the point of testing.

Gymnasts are advised to take an 'advocate' with them into the testing station. This could be a member of their medical team, a coach or a parent.

In all cases, gymnasts must declare all medications taken within the preceding 7 days.

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 before every event.

This can be done via the Globaldro website ([www.globaldro.com](http://www.globaldro.com)), the Drug Enquiry Line (+44 (0) 800 528 0004) or by emailing [information@ukad.org.uk](mailto:information@ukad.org.uk)

If you compete internationally, ensure you do not use alternative medications from abroad as their ingredients can differ to the UK version.

Any gymnast tested will need to know the name of the medication, the dosage and frequency, as well as state the condition it relates to. If a gymnast is currently on any medication(s) which require a Therapeutic Use Exemption (TUE) certificate, it is vital that 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 and consult with an accredited sports nutritionist or a doctor experienced in Sport and Exercise Medicine before using supplements.

Supplements can become contaminated with banned substances during their production, which 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 supplements that have been batch tested: <http://www.informed-sport.com/about-informed-sport>

Prepared by Dr Chris Tomlinson