



# Work Plan

Trampoline & Tumbling

NDP Finals

Motorpoint Arena, Nottingham

6<sup>th</sup> – 8<sup>th</sup> July 2018

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## Venue Information

### Motorpoint Arena, Nottingham

#### Address

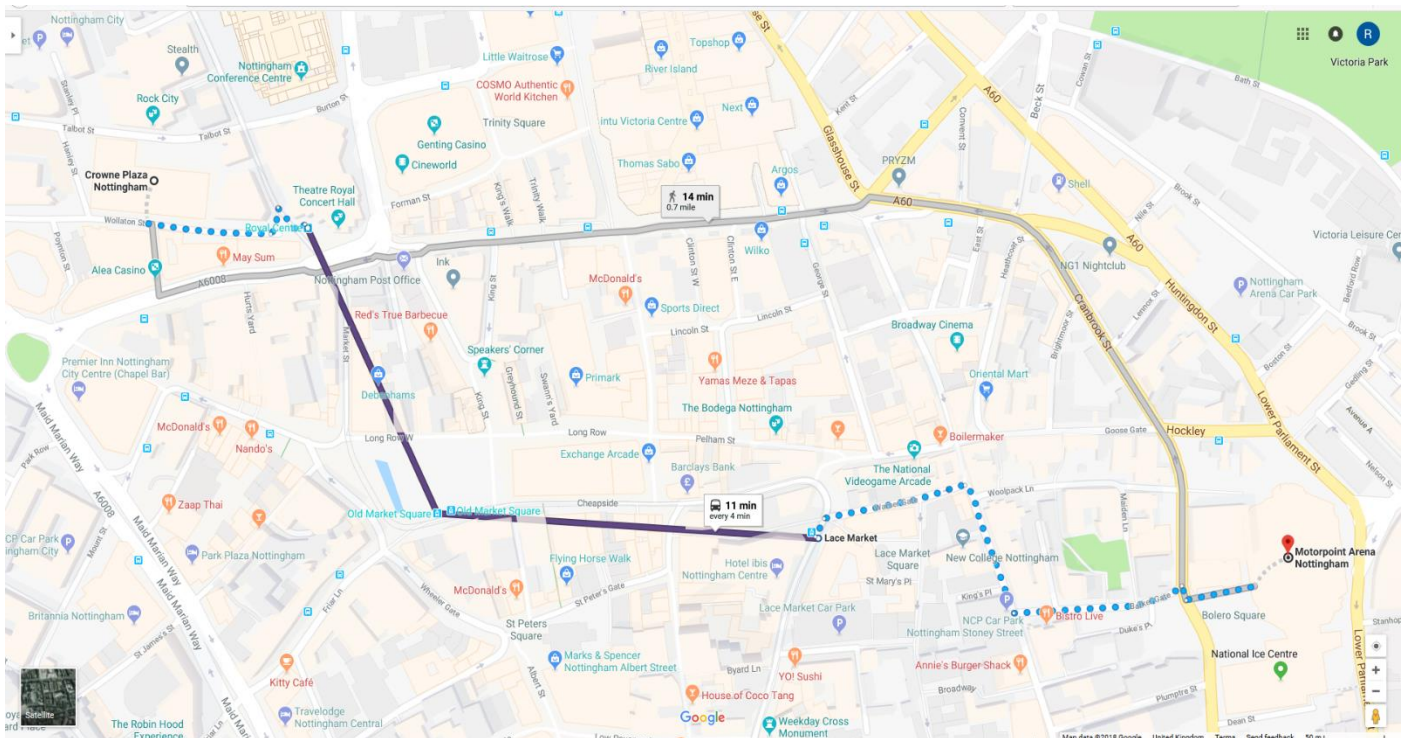
Bolero Square  
Nottingham  
NG1 1LA

#### Car Parking

Car parking is available at the venue in the Motorpoint Arena Nottingham Car Park (City Link, Nottingham, NG2 4LA).

#### Tram

Travel to the venue is easily accessible by tram. There is an option to select 'event tickets' which will reduce travel to £2 for an all-day return on presentation of spectator event ticket. Tram times can be found at <http://www.thetram.net/timetable-and-frequency-guide.aspx>  
The Motorpoint Arena is a short walk from the Lace Market stop.



#### Medical Provision

A Doctor and Physiotherapist will be available in the designated medical area within the venue. Treatment will be accessible by all accredited gymnast 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.

#### 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

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 also 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 Motorpoint Arena website. Please visit the Motorpoint Arena <https://www.motorpointarenanottingham.com/Online/> page to purchase tickets.

Online ticket prices are as follows:

Ticket Type	One Day	Weekend Ticket
Adult	£11.20	£19.60
Child/Concession*	£8.40	£13.44
Family (2 Adults & 2 Children)	£33.60	£51.52

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

On the day ticket prices are as follows:

Ticket Type	One Day	Weekend Ticket
Adult	£14.56	£25.76
Child/Concession*	£11.20	£17.92
Family (2 Adults & 2 Children)	£44.80	£67.20

\* 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 British Gymnastics Accreditation Desk will be located in the foyer at the Arena Entrance at the Motorpoint Arena.

Each **coach** will be required to register and collect their accreditation individually.

When registering and collecting accreditation for **gymnasts**, please wait until all gymnasts are present and register them as a group. Gymnasts are required to be registered by their coaches.

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

**Judges** accreditation will be distributed in the judge's meetings.

All changes to the nominated coaches submitted on the online entry must be submitted to the National Competition Organiser no later than **midday on Monday 2<sup>nd</sup> July** 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**

### **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**

All clubs should register together once all gymnasts are present. Accreditation should also be collected at this time.

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 British Gymnastics of any withdrawals. Copies of the competition timetable and start list will be available to collect from the Accreditation Desk.

Registration will open at the following times:

Saturday 7 <sup>th</sup> July 2018:	07:45
Sunday 8 <sup>th</sup> July 2018:	07:45

Where possible please register 30 – 60 minutes prior to the general warm up for each flight to avoid an influx of clubs at one time.

**NB: Please only register your gymnasts when they are on site and confirmed as competing.**

### **Tariff Sheets**

It is the coach's responsibility to ensure that the Tariff Sheets/Difficulty cards are completed correctly. Tariff sheets are required for the following levels & disciplines.

- Disability Trampoline – required for all competitions
- Trampoline – Levels 5-8 (not including Level 5 9-10 yrs)
- DMT – Levels 4-7
- Tumbling – Not required

### **Tariff Sheet Submission**

- 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
- For NDP Level 8 and Elite Levels the card 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

**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 1 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**

Adam Rear, Andrew Sissons, Anne Skyrme, Bill Leach, Bruce Craig, Cathy Page, Charlotte Reeks, Danielle Robinson, Deborah Borthwick, David Webster, Elizabeth Scales, Harriet Curtis, John Wills, June Short, Kieran Bhardwaj, Lynzi Mullen, Mike Phillipson, Nerys Williams, Nicky Allen, Patrick Harper, Pernille Dietz, Peter Heames, Philip Henry, Rachelle Stevens, Sue Freeman, Sue Williams, Tony Hull, Yasmin Stammers

**Tumbling**

Alex Shaw, Amanda Hovell, Gemma Evans, Jacki Gilmore, Jo Kilby, Lydia Hull, Melissa White, Neale Davies, Nicholas Flynn, Patrick Briggs, Phil Bruce, Sam Dronsfield, Kirsty Tremlett

**Superior Jury** Andrew Aistrup / Andrew Jones

**Panel Managers**

Ann Harvey, Lynda Tee, Martin Barnett

**Orientation Training**

Training for those competing on Saturday will take place on Friday 6<sup>th</sup> July. Training for those competing on Sunday will take place on the Saturday 7<sup>th</sup> July.

The orientation training schedule is attached as a separate document.

**Competition Timetable**

The competition timetable is attached as a separate document.

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

**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.

### 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.

### 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.

A medal will be presented to the first, second and third placed competitor in each competition within each level, age group and gender.

If there are ties at any place, they will not be broken.

## 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

#### 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>

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