

# ENGLISH GYMNASTICS

Working Plan 2019

Tumbling Silver Championships

&

English Qualifier 2

Telford International Centre

[www.englishgymnastics.org.uk](http://www.englishgymnastics.org.uk)

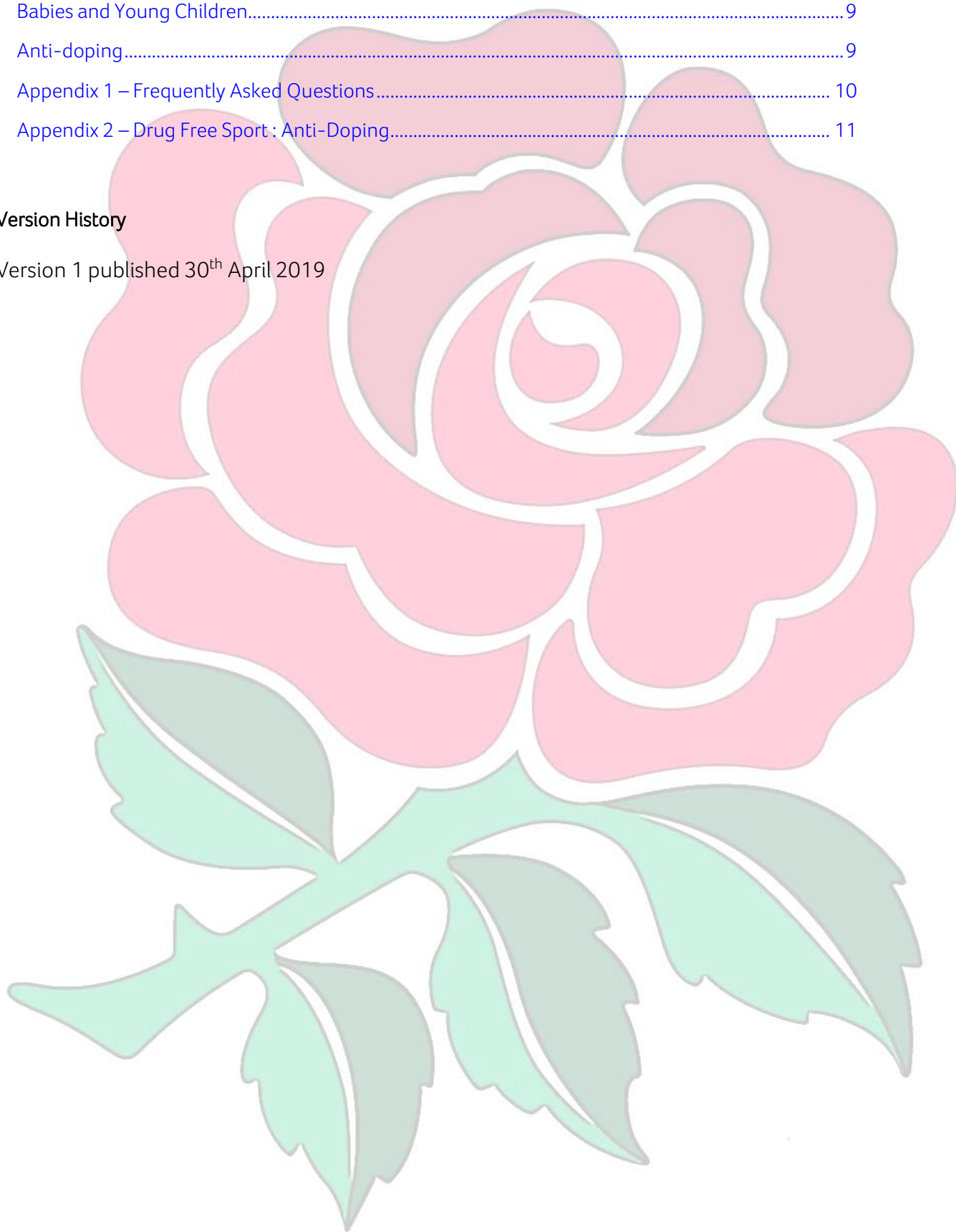
## Table of Contents

Venue Information.....	4
Directions.....	4
Car Parking.....	4
Competition Details.....	4
Judges and Officials.....	4
Warm up's.....	4
Timetable.....	4
Draw for Competition.....	4
Working Order.....	4
Medical Provision.....	5
Accreditation.....	5
English Gymnastics and Coach Accreditation Desk.....	5
Technical Information.....	6
Orientation Meeting.....	6
Judges Meeting.....	6
Apparatus Specification.....	6
Registration.....	6
Tariff Sheet Submission.....	6
Trampoline & DMT.....	7
Tickets.....	7
Ticket Allocations.....	7
Ticket Purchase.....	7
Accommodation and Transport Arrangements.....	8
Rules and Regulations.....	8
Volunteers.....	8
Competition Attire.....	8
Inquiries.....	8
Tie Breaks.....	8
Scoring and Result.....	8
Presentation Ceremonies and Awards.....	8
Media Information.....	9
Media Attendance.....	9
Official Photographer.....	9

English Gymnastics Photo Policy.....	9
Commentator Information System (CIS).....	9
Babies and Young Children.....	9
Anti-doping.....	9
Appendix 1 – Frequently Asked Questions.....	10
Appendix 2 – Drug Free Sport : Anti-Doping.....	11

## Version History

Version 1 published 30<sup>th</sup> April 2019





## Venue Information

Telford International Centre



### Directions

Telford International Centre, St Quentin Gate, Telford, TF3 4JH

### Car Parking

Please note that car parking will be in Car Park 2 at the cost of £4 per car, £15 for a mini bus and £25 for a coach.

## Competition Details

### Judges and Officials

Please see the released details of Judges panels sent out separate to this document.

### Warm up's

Warm up's 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 Trampoline DMT 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.

### 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.***

## Medical Provision

There will be Physio and Paramedic available at the venue's designated medical areas. 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.

## Accreditation

### English Gymnastics and Coach Accreditation Desk

The accreditation desk will be located within the entrance to the appropriate hall. From there, gymnasts and coaches should make their way to the warm-up hall, which can be found by following the signs.

Each **coach and official** will be required to register themselves and pick up their wristbands by signing into the computer at the accreditation desk. It is the club's responsibility to action all withdrawals before the competition commences and report them to the communication desk.

When registering, on the day of competition, the **gymnasts** can register themselves with the automated touch screen system.

**Event Officials** should report to the Officials meeting room. They should register themselves with the accreditation computer and report to the judge coordinator (Steve Sampson) upon arrival. It may be necessary to hold a judge 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 Competition Organiser no later than **Friday 3<sup>rd</sup> May 2019** 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.

## Technical Information

### Orientation Meeting

The time table for Orientation will be confirmed in a separate document. Orientation will be for **Tumbling only** - no orientation for TRI or DMT disciplines. Tumblers - please note there will be a back track start time of 30 minutes before the times below and will be shown in more detail on the timetables in a separate document

Times for Orientation for TUMBLING ONLY:

Friday:	NDP 1	16:00 – 16:45
	NDP 2	16:45 – 17:30
	NDP 3	17:30 – 18:15
Saturday:	NDP 4	18:00 – 18:40
	NDP 5	18:40 – 19:20
	FIG Dev	19:20 – 20:00

### Judges Meeting

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

Saturday 11 <sup>th</sup> May	TRA:	09:00hrs	(Follow signs)
	DMT:	10:00hrs	(Follow signs)
	TUM:	08:00hrs	(Follow signs)
Sunday 12 <sup>th</sup> May	TRA:	09:30hrs	(Follow signs)
	DMT:	10:00hrs	(Follow signs)
	TUM:	08:00hrs	(Follow signs)

Instruction in Computer scoring, 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 and Gymnova. All apparatus is to FIG specifications.

### Registration

Please note that all coaches must collect their own accreditation.

While all gymnasts can register themselves with the touch screen check in desks, a coach from each club will be required to inform English Gymnastics of any withdrawals. Registration will open at the following times:

Saturday 11 <sup>th</sup> May 2019:	TUM: 07:45hrs, TRA: 08:30hrs and DMT: 09:30hrs
Sunday 12 <sup>th</sup> May 2019:	TUM: 07:45hrs, TRA: 09:00hrs and DMT: 09:30hrs

### Tariff Sheet Submission

It is the coach's responsibility to ensure that the Tariff Sheets/Difficulty cards are completed correctly and handed in at the appropriate location.



## Trampoline & DMT

- A trampoline Difficulty card template is available from the relevant article on the [EG website](#).
- Tariff sheets/Difficulty card must be submitted to the appropriate panel 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 1<sup>st</sup> 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.

## Tumbling

- Tariff sheets must be submitted at the registration desk, on arrival at the competition and prior to the start of warm up.
- Tariff sheets should be completed in FIG notation only.
- Competitors may not compete without a valid tariff sheet.
- An electronic facility for uploading tariff sheets is currently being developed and will be part of the online entry system. Further information on this new system will be issued in due course.

# Tickets

## Ticket Allocations

Gymnasts will be provided with a band for entry to the competition and the fields of play. Gymnasts who withdraw from the competition are eligible to be a spectator at the event on the day they should have competed, 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 disciplines competition hall. Tickets can also be purchased earlier at the following address:

URL: <https://www.gymdata.co.uk/events/tickets-buy.aspx?eid=932>

Ticket prices are as follows:

<i>Online Ticket Type</i>	<b>One Day Ticket</b>	<b>Weekend Ticket</b>
<i>Adult</i>	£10.00	£15.00
<i>Concession*</i>	£8.00	£10.00
<i>On the Door Ticket Type</i>	<b>One Day Ticket</b>	<b>Weekend Ticket</b>
<i>Adult</i>	£12.00	£18.00
<i>Concession*</i>	£10.00	£12.00

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

## Accommodation and Transport Arrangements

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

## Rules and 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 2019 V4.

### Tie Breaks

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

In the case where a final round is run and a tie occurs in preliminary rounds, the tie will be broken in order to anticipate who will proceed to the next round.

### Scoring and Result

We welcome Gyndata to the English Competition Series. They will bring a new scoring system and online scoring and result system. They will also provide in play scoring on screens around the sports arena.

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 – [Silver TUM](#) or [TRA/DMT Q2](#) or via the scoring system website.

### 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 Cecil Paul Studio's ([www.cecilpaulstudios.co.uk](http://www.cecilpaulstudios.co.uk)).

### English 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 English 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.

### Commentator Information System (CIS)

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

### 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.

### 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 UKAD website, or directly; [www.globaldro.com](http://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](mailto:information@ukad.org.uk) or visit; [www.ukad.org.uk](http://www.ukad.org.uk)

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

## 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 is of use to all. This section will answer some F.A.Q's.

#### Individual Trampoline:

1. Time of Flight and HD will be in all Trampoline Individual 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 English Championships.
3. Synchronised Trampolining will have HD in the score.

#### 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 12 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](http://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](http://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](mailto:information@ukad.org.uk) or visiting [www.ukad.org.uk](http://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

