

Work Plan

Adult Gymnastics British Championships
2017

Lilleshall National Sports Centre

5th & 6th August

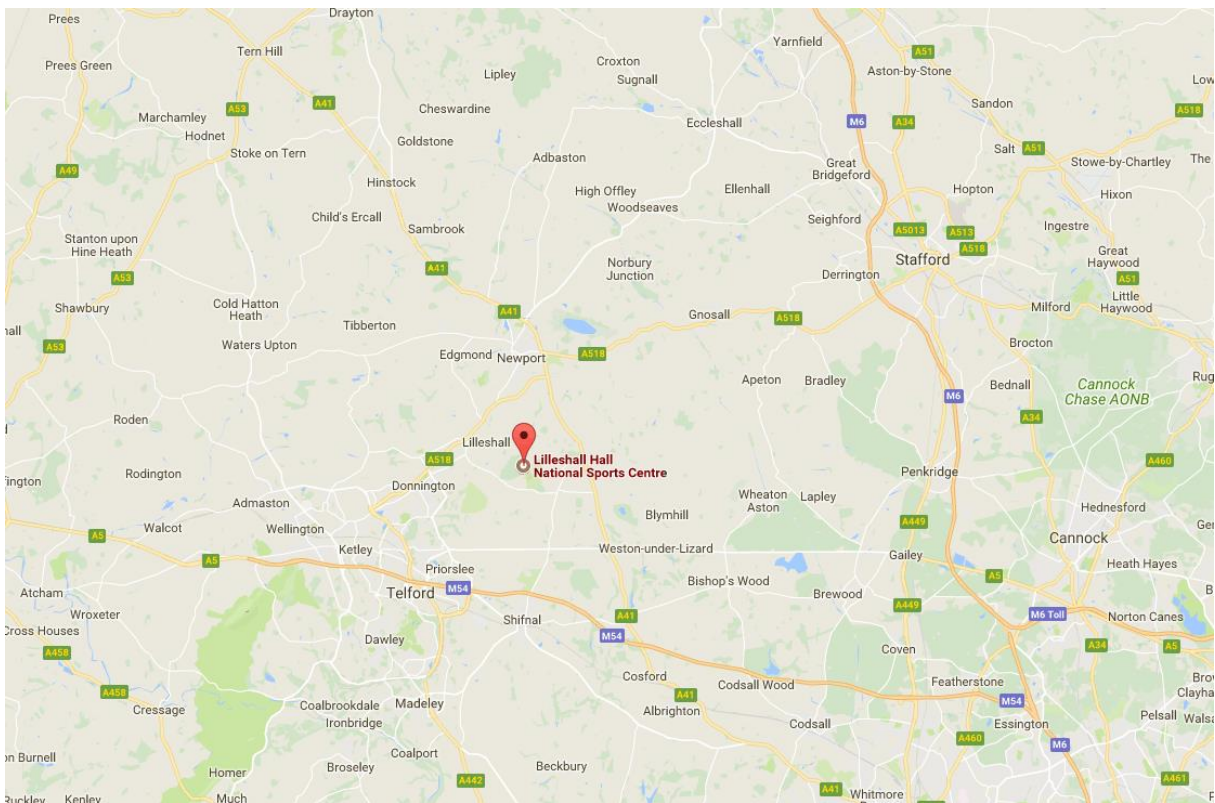
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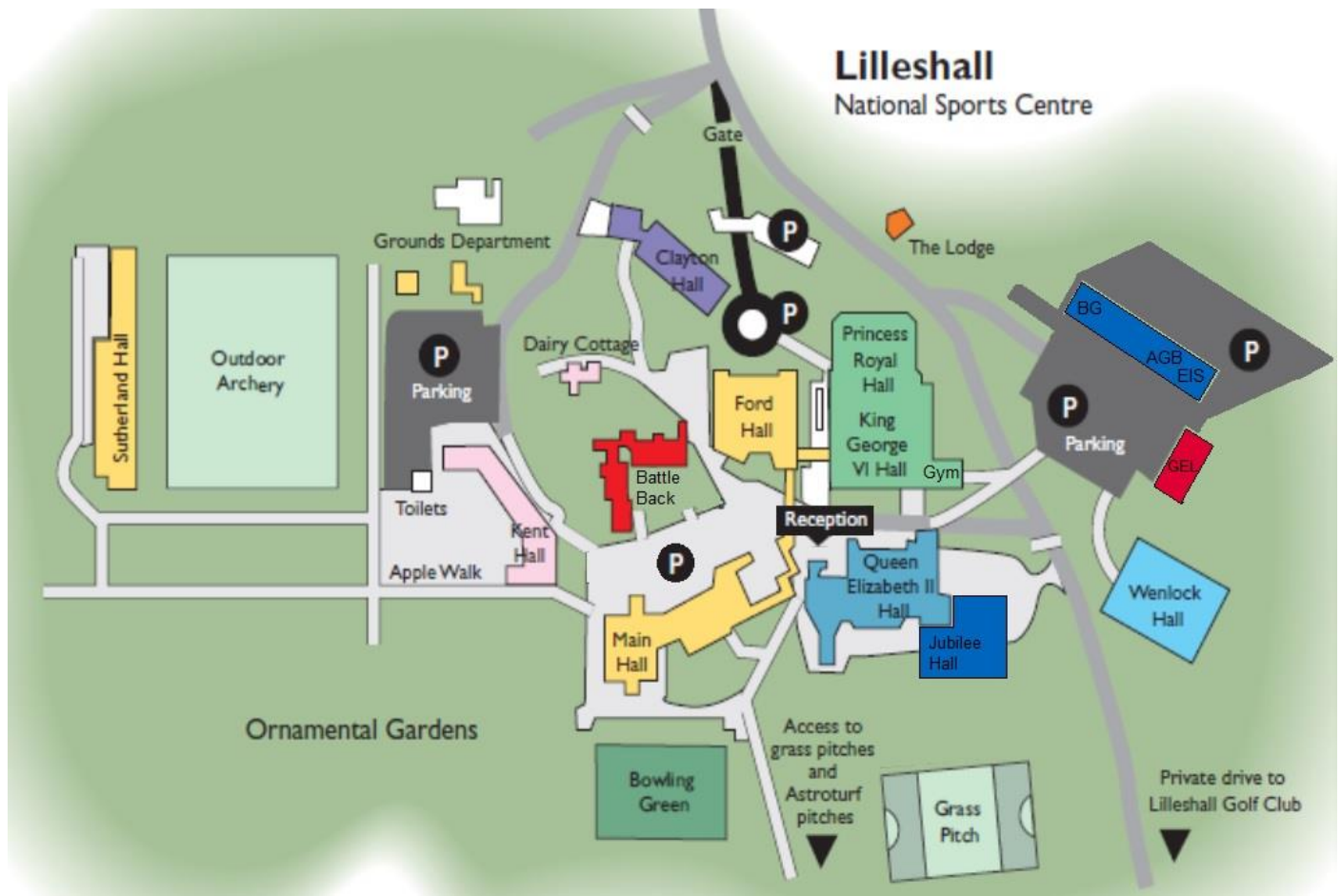
Venue Information

Directions

Lilleshall National Sports Centre
Newport
Shropshire
TF10 9NB



Site Map



Medical Provision

A 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 also be provided with an event ticket for the competition through their accreditation pass.

Gymnasts and coaches who wish to watch any part of the competition may use the viewing balcony in King's Hall Gym or the spectator seating within Jubilee Hall.

Ticket Purchase

Spectator tickets can be purchased in advance from [GymShop](#).

Ticket prices are as follows:

Day Ticket Prices

Adult:	£10.00
Child/Concession:	£7.50

Weekend Ticket Prices

Adult:	£17.50
Child/Concession:	£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.

The Adult British Social

The Adult Gymnastics British Championships Social is taking place on Saturday 5th August.

Tickets for the social are £17.50 per person (open to competitors, coaches, spectators and judges) and will include hot food, a private function room and outdoor terrace with the opportunity to dance the night away. Tickets are available to buy online from the British Gymnastics [GymShop](#).

Upon purchase; Please print or save the eTicket that will arrive in your e-mail inbox automatically.

The deadline for eTicket sales is at 12:00 noon (mid-day) on Friday 21st July.

T-Shirt Purchase

The special edition Adult Gymnastics British Championships T-Shirt will be available to pre-order on [GymShop](#) from the beginning of August. A limited number will also be available for purchase on the day of the event.

Pat English Trophy

The nomination form for the Pat English Trophy award can be found in **Appendix 1** below. *Please make your nominations before the 1st of August.*

Accreditation

British Gymnastics Accreditation Desk

The main accreditation desk (for Women's & Men's Artistic, Tumbling and Acrobatic Gymnastics) will be clearly signposted upon arrival at King's Hall Gym. There will be a separate accreditation desk for all Trampoline competitors and coaches which will be located in Jubilee Hall.

For clubs with 5 or more gymnasts, **coaches only** are required to register and collect the accreditation for their gymnasts. Everyone else must register and collect their accreditation individually. Failure to register will result in the coach being removed from the competition floor.

Judges accreditation will be given out at the judges meeting.

All coach changes or additional coaches who were not entered online must be submitted to the competition organiser no later than **midday on 28th July** and have valid British Gymnastics membership, a DBS CRB 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 it be necessary 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

Judges Meeting

The judge's meetings will take place in Ford Hall Seminar Room 2 at the following times:

Saturday 5th August: 08:45am

Sunday 6th August: 08:45am

Apparatus Specification

All apparatus including the matting is to FIG specifications.

Music Submission

All gymnasts that require music to be played for any of their routines must submit their music via the online entry system. To avoid any issues it is advised that everyone brings a spare CD should any issues arise on the day.

Instructions on how to upload music via GymNET can be found in **Appendix 2** below.

Please ensure all music is submitted before 12 noon on the 28th of July 2017.

Late submission of music will attract a fee of £20.00 per gymnast.

Tariff Sheets / Difficulty Cards

For Gymnasts competing within the Acro, Tumbling & Trampoline events, a tariff sheet / competition/difficulty card needs to be given in at accreditation prior to the start of the competition – tables of difficulty can be found within the Code of Points for each discipline and template sheets/cards can be found on the [event page](#).

Warm-Up

In Women's & Men's Artistic & Acrobatic Gymnastics each gymnast must warm-up within the allocated "open warm up" time slot given for the specific competition. For Trampoline & Tumbling each gymnast must warm-up within the warm up slot for their rotation. Trampoline gymnasts will warm-up using identical specification apparatus to the competition within a separate warm up area in Jubilee Hall before marching in and performing a one touch warm up and competing. Consideration must be given to others to ensure every competitor has the opportunity to warm-up properly. Gymnasts are not expected to utilise the entire warm-up time slot.

Score Receipts

Each gymnast must collect their score receipts from the judging panel at each apparatus. If a gymnast does not collect their score receipt then they are not eligible to submit an inquiry.

Inquiries

Official inquiry forms are available from the Superior Jury and must be completed and returned to them by the end of the rotation that the gymnast in question competed within. An inquiry form can only be submitted if the score receipt has been collected from the judging panel. Inquiry forms will also be published in the event work plan, please see **Appendix 3**. If necessary, a coach should register their intention to inquire by approaching the Competition Organiser before completing the form. 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 Supervising Coach for the club of the competing gymnast places the appeal form with the Superior Jury.

First Inquiry:	£25.00
Second Inquiry:	£50.00
Third and subsequent inquiries:	£75.00

The placement of an inquiry form becomes a contract to pay the appropriate fee. This fee will not be collected in cash at the event, but added to the basket of the club/coach concerned, if the inquiry is not upheld.

For the British Championships the form is available from the D1 Judge at each apparatus and must be completed and returned immediately to the Superior Jury with the score slip. The Superior Jury cannot accept any video or photographic analysis at an event unless an official video replay system is available at each piece of apparatus and could be referred to by the D panel for the benefit of every competitor at the discretion of the Superior Jury.

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. 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 British Gymnastics Anti-Doping Policy, please find the full policy in **Appendix 4** or visit www.british-gymnastics.org, Technical information & judges / Sports Science and Medicine / Anti-Doping Policy.

Competition Details

Judges

Men's Artistic

TBC

Women's Artistic

Maria McLoughlin
Catherine Lethbridge
Brendene Hardy
Kimberley Honey
Victoria Ashworth
Julie Hull
Hazel Walsh
Lisa Jestico
Larissa Meredith
Kristin Idelson
Carmen Horvat
Jenni Harris
Jenne Lee
Julie Edwards
Kathryn Paul
Sam James
Emma de Vos
Jacqueline Blesic

Trampoline

Peter Heames
Kevin Dixon-Jackson
Hannah Brown
Zoe Quarless
Sue Freeman
Gareth Slocombe
Emma Wall
Ann Bishop-Rowe

Acrobatic

Emma Hunt
Bert Newman
Judy Wootton

Tumbling

Lindsay Nugent
Gemma Evans
Hannah Kearns

Timetable

The timetable/schedule is attached as a separate document.

Working Order

Please see the attached timetable/schedule document for the detailed competition schedule and working order.

Rules and Regulations

All the rules and regulations for each discipline can be found on the BG website on the Adult Gymnastic British Championships [event page](#).

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.

Presentation Ceremonies

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.

Every gymnast participating in the event will receive a participation certificate. This will be included within club registration packs and given out at accreditation.

Media Information

Official Photographer

The Official Photographer at this event will be 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 – Pat English Trophy Nomination Form

Adult Gymnastics British Championships 2017

Pat English Trophy Nomination Form

Pat was an inspiration as both a coach and competitor; right up to the day he died. He amazed everyone when performing a front somersault in his routine, especially when in his 60s. He was so kind, and always willing to help fellow competitors.

The Pat English Trophy is awarded to a competitor, coach or official who shows great sportsmanship; supporting fellow competitors and spreading infectious spirit throughout the competition.

I would like to nominate: (enter name of nominee)

Your name:

Your club:

I am nominating (enter name of nominee) because:

Please forward your nominations to Dom Elsom (dom.elsom@british-gymnastics.org) by Monday 1st August 2017.

Appendix 2 – Music Upload Instructions

Music must be uploaded to GymNET via the online entry system. This will need to be done using the login details for the online enterer.


Go to the online entry page and find the event. If the online entry has closed you will still be able to access your entry to upload music.

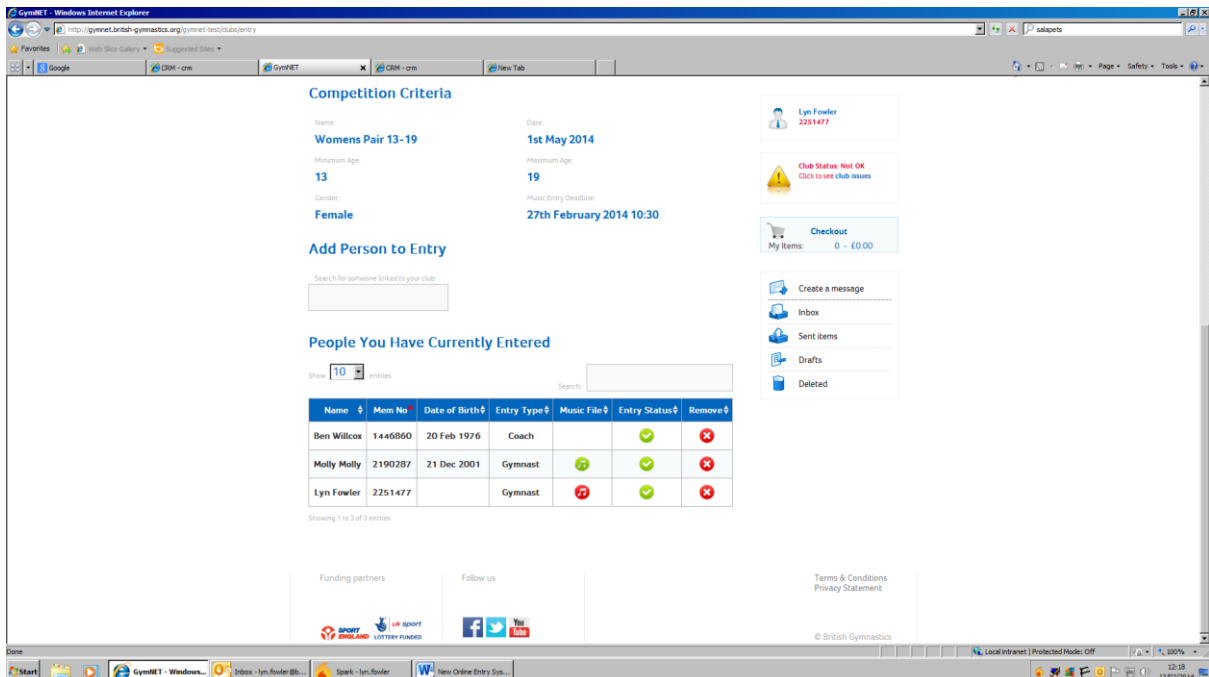
Go into the desired competition where you will find your gymnasts listed.

When you have input your gymnasts you will see this icon - .










Click on the icon and in this screen you can upload the music that this entrant will use whilst competing in this competition. You can upload a music file as long as it is one of these formats: MP3, M4A, OGG, WMA, WAV or FLAC.

After uploading a music file please confirm it is correct by using the play button to listen to the uploaded version. A file can be changed as many times as you like as long as the deadline for music upload has not passed. If this gymnast does not require a music file please tick the Music not required option.

When you have completed uploading your music the icon becomes green  indicating the music upload is OK.



The screenshot shows the GymNET website interface. The main content area displays 'Competition Criteria' for 'Womens Pair 13-19' with details such as Date (1st May 2014), Minimum Age (13), Gender (Female), and Music Entry Deadline (27th February 2014 10:30). Below this is an 'Add Person to Entry' section with a search box. The 'People You Have Currently Entered' section features a table with columns: Name, Mem No, Date of Birth, Entry Type, Music File, Entry Status, and Remove. The table lists three entries: Ben Willcox (Coach), Molly Molly (Gymnast), and Lyn Fowler (Gymnast). The Music File column shows a red music note icon for Ben Willcox, a green music note icon for Molly Molly, and a red music note icon for Lyn Fowler. The Entry Status column shows green checkmarks for Molly Molly and Lyn Fowler, and a red X for Ben Willcox. The Remove column shows red X icons for all three entries.

Name	Mem No	Date of Birth	Entry Type	Music File	Entry Status	Remove
Ben Willcox	1446860	20 Feb 1976	Coach			
Molly Molly	2190287	21 Dec 2001	Gymnast			
Lyn Fowler	2251477		Gymnast			

Appendix 3 – Inquiry Form Template



Judging Inquiry Proforma

Gymnast Name	
Gymnast Club	
Group and Level	
Coach making appeal	
Apparatus	

Reason for Inquiry

Response

Head Judge			
Original Score		New Score	
£25 received			

Appendix 4 – 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 in regard to 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 gymnasts can be tested at home or their club, in particular 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

Appendix 5 – GymNET Biography Instructions

1. This is the link to the new GymNET site: <https://gymnet.british-gymnastics.org/gymnet/login>
2. If you don't know your GymNET Password, click on the link under the "Login" button. Then complete the details on the following page and a reminder will be sent to the email address listed within the membership system.
3. If you don't think you have a valid email address that you have previously submitted to British Gymnastics, then please call Member Services on 0845 1297129
4. Once you have gained access to GymNET by entering your membership number and password you can add/change your details by clicking on fields where a pencil icon appears. Some fields are fixed and not able to be modified.
5. **Please remember on the Biography tab only to include anything that you are happy may be read out by the commentators over the public address system to the spectators in the audience or that may be used in press releases and other marketing material.**

Thank you in advance if you are able to take a few minutes to update your record and please do log back in regularly as the data contained within GymNET is the primary way that British Gymnastics can help improve communication and engagement with you as members.

If you have any feedback on what you think we should know about you or the new GymNET system please do not hesitate to contact us on feedback@british-gymnastics.org