

Work Plan

Adult Gymnastics British
Championships 2019

Lilleshall National Sports Centre

3rd – 4th August



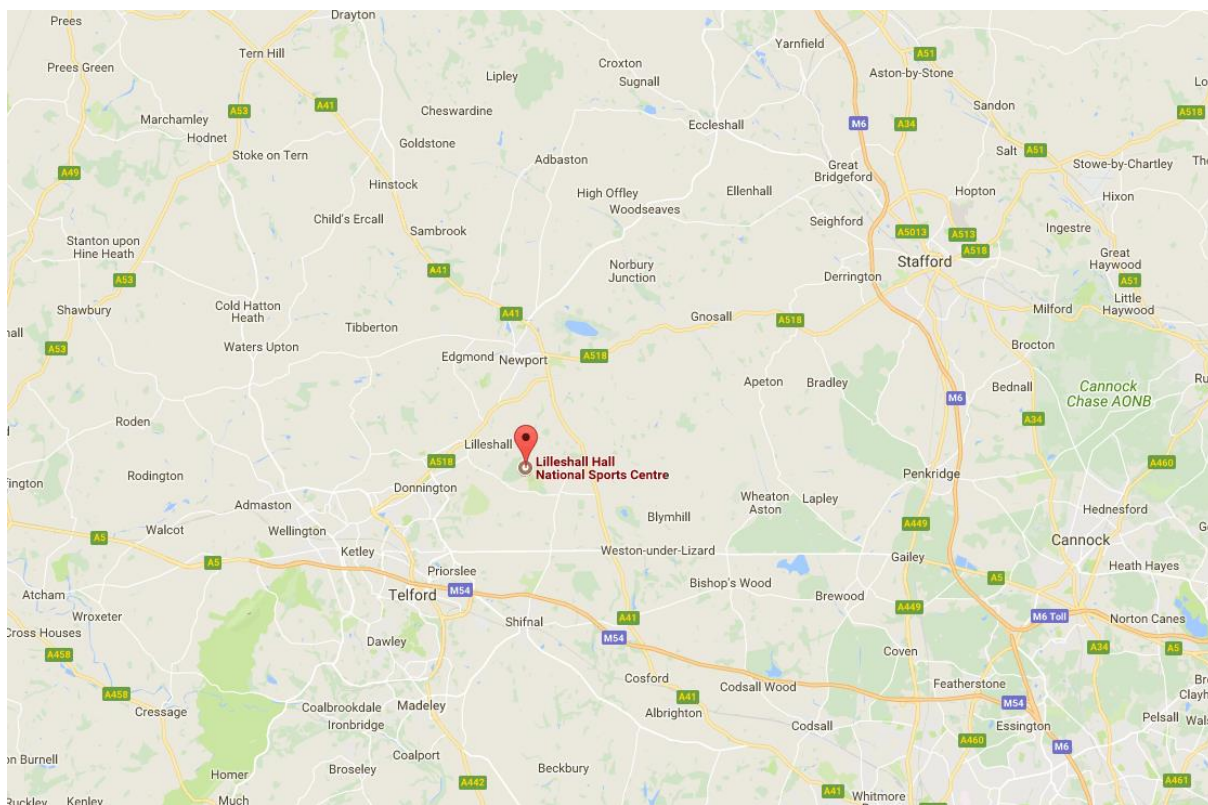
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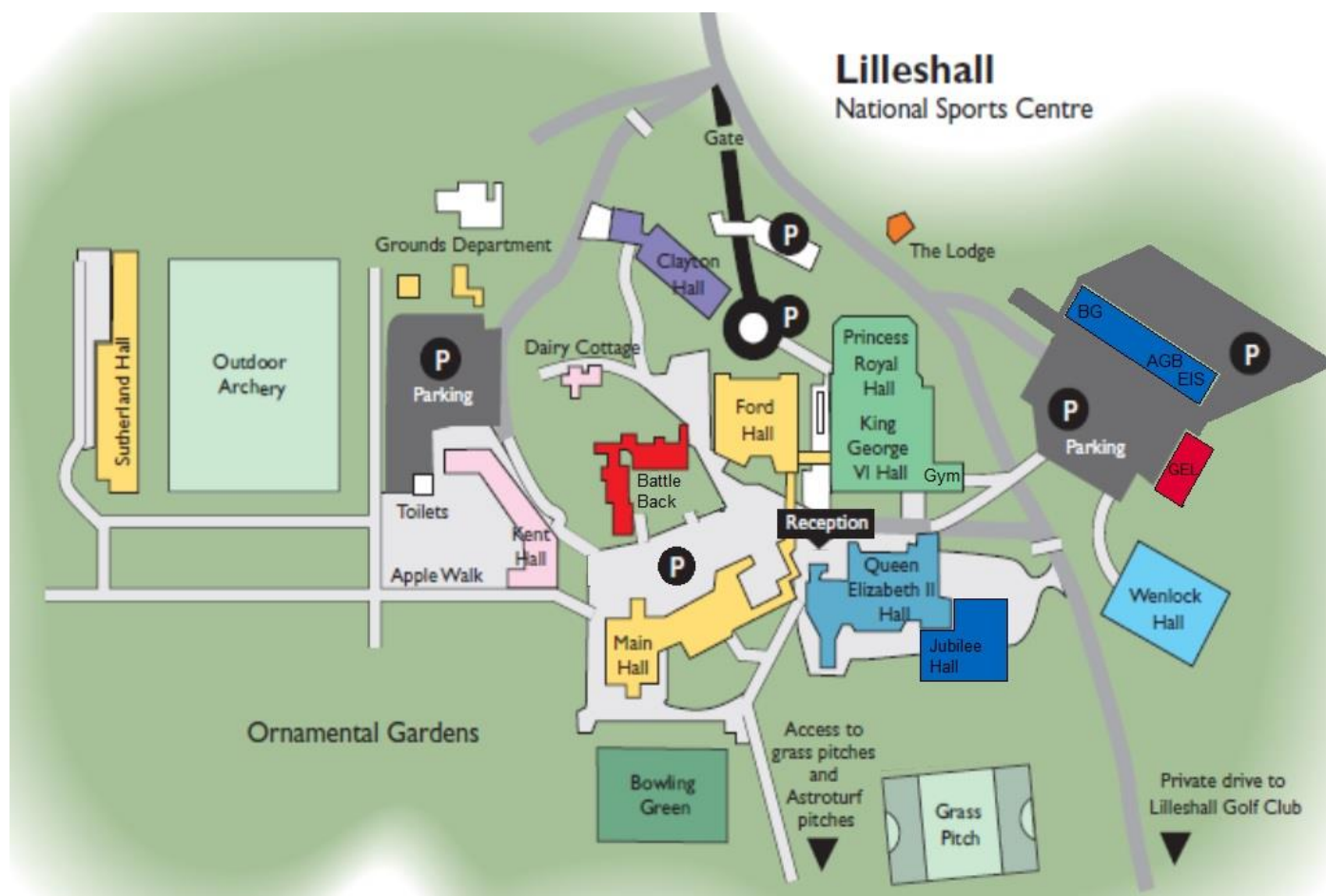
Venue Information

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 3rd 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 12th July.

T-Shirt Purchase

The special edition Adult Gymnastics British Championships T-Shirt will be available from [GymShop](#) which will be located in the Queen's Bar Extension, the shop will be open throughout the competition and except both cash and card .

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 26th July.*

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 Field of Play.

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 26th 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

Competition Apparatus Specification

All competition apparatus and matting will adhere to FIG specification with the exceptions as follows:

- Tumbling & Vault competition landing areas are soft landings.

Judges Meeting

The judge's meetings will take place as follows:

WAG, ACRO & TUM: Saturday 3 rd August:	08:45am (Ford Hall Seminar 2)
TRA: Saturday 3 rd August:	11:45am (Jubilee Hall)

WAG & MAG: Sunday 4 th August:	08:45am (Ford Hall Seminar 2)
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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 an MP3 copy of their music on a USB stick 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 26th July 2019.

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 webpage](#).

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/Competition Organiser.

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

Timetable

The timetable/schedule is a separate document attached to the initial e-mail communication or found on the [event webpage](#).

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 webpage](#).

Tie Breaks

In the case of a tie at any place, the tie will be broken. Tie breaks will work in accordance to discipline specific Code of Points.

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 2019

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 Friday 26th July 2019.

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.

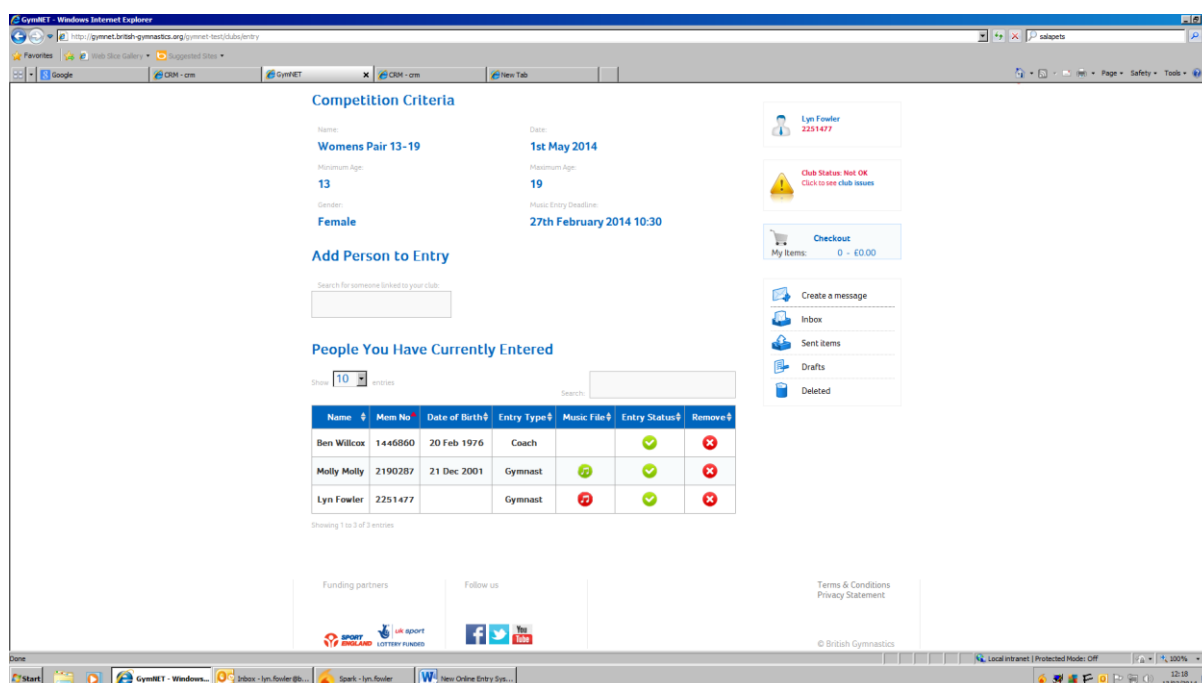
Go into the desired competition where you will find your gymnasts listed.

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 in a Windows Internet Explorer browser. The page displays competition criteria for 'Womens Pair 13-19' with a date of '1st May 2014'. It also shows a list of 'People You Have Currently Entered' with columns for Name, Mem No, Date of Birth, Entry Type, Music File, Entry Status, and Remove. The table lists three entries: Ben Wilcox (Coach), Molly Molly (Gymnast), and Lyn Fowler (Gymnast). Lyn Fowler's Music File status is indicated by a green music note icon, signifying a successful upload.

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



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

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), the Drug Enquiry Line (+44 (0) 800 528 0004) or by emailing 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>.)