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**GYMNOVA**

**London Men's Open Championships 2015**

**Sponsored by Gymnova and Westmeria**

Thursday 24<sup>th</sup> to Sunday 27<sup>th</sup> September

The Jean Brown Arena, Redbridge Sports Centre,  
Forest Road, Barkingside, IG6 3HD

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**Appendix One:** Parents letter (can be downloaded from <http://bit.ly/MLO2015> )

## Introduction

Thanks very much for entering this year's London Men's Open Championships.

Every year we reach a new record number of entries and this year is no different with over 600 gymnasts competing over four days of competition (we literally can take no more!).

Let me say up front that we apologise to those clubs, parents and gymnasts affected by us moving Club Level 4, 5 and 6 to Thursday. We were left with little choice other than cancelling these competitions.

So as you can see we have a very busy weekend in store and will therefore be a long one, with the timings being extremely tight on all days. We always rely heavily on participating clubs to play their part in keeping us on schedule. Please ensure that you, parents and gymnasts arrive in plenty of time.

I am grateful to those clubs who have nominated a judge and you should by now have received the judges draw, but if not please let me know.

This year we have moved to Redbridge Leisure Centre. The centre has a lot of space with the main sports hall on the ground floor, other amenities on the 1<sup>st</sup> floor and a large dance studio for general warm up on the 2<sup>nd</sup> floor.

### **IT IS ESSENTIAL TO SHARE THIS WORKPLAN WITH COACHES, JUDGES AND PARENTS.**

We expect a lot of interest for tickets, so please ensure you use our online ticket service prior to the event (NB on the door price does not include the online discount).

<http://bit.ly/Londonopentickets>

Finally I wish you a safe journey to London, and should you have any queries please do not hesitate to contact myself on 07545 352388 or email [info@menzlondonopen.co.uk](mailto:info@menzlondonopen.co.uk). You can stay up to date with information for the championships by following our Facebook page <https://www.facebook.com/LondonGymnastics> or by visiting [www.menzlondonopen.co.uk](http://www.menzlondonopen.co.uk).

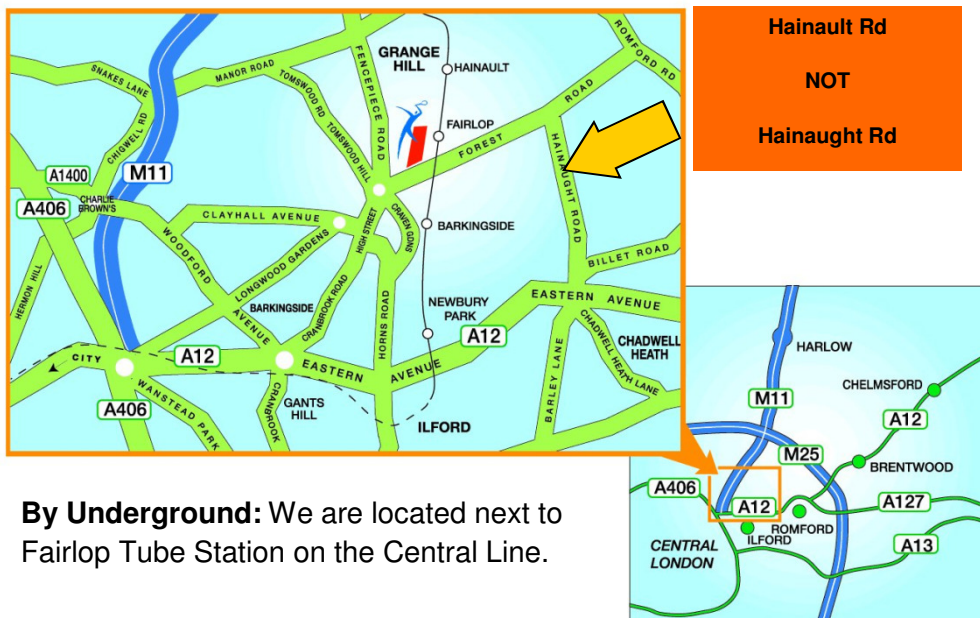
Kind Regards

Lorna Goddard  
Competition Director

## Venue information - Directions

Venue title: *The Jean Brown Arena, Redbridge Sports Centre, Forest Road, Barkingside, IG6 3HD*

Directions:



**By Underground:** We are located next to Fairlop Tube Station on the Central Line.

**From the M11:** At the end of the M11, take the left hand fork towards The City and A12. Take the first exit and at the roundabout at the end of the slip road take the first exit onto Redbridge Lane East. Go across several mini roundabouts and, when coming to a large one, go straight over into Longwood Gardens. Continue along Longwood Gardens (over some more mini roundabouts!) until you get to another slightly larger one. Turn right at this roundabout into Fremantle Road.

At the traffic lights, turn left into Barkingside High Street. Carry on down until you reach the main roundabout. Take the third exit into Forest Road. The Centre is about 100 yards up on the left hand side just before the railway bridge.

**From the North Circular Eastbound:** Take the A1400 exit off the North Circular (just before the M11). At the roundabout take the 2<sup>nd</sup> exit towards Southend and the A127. Go over a set of pedestrian lights and at the next set of lights take the left hand turn into Clayhall Avenue. Go straight up Clayhall and at the roundabout go straight over (effectively the first exit.) At the traffic lights turn left into Barkingside High Street. At the next roundabout take the third exit into Forest Road.



**Ample FREE parking is available.**



On arrival at the Centre follow the road below PAST the first sports centre (red van pictured in photograph). The competition venue is the silver building top left. The Jean Brown Arena competition venue is pictured RIGHT. Please enter through the glass doors at the front and follow directions. London event staff (turquoise polo shirts) will be able to direct you.

## Venue Information - Tickets:

### **Ticketing:**

The London Open Championships is often a sell-out event. Therefore we suggest you book your tickets early to avoid disappointment.

You can also receive a discount when you purchase tickets online.

You can do so via phone or over the web - just follow our link below.

**Online Sales:** <http://bit.ly/Londonopentickets>

To book tickets over the phone, please call: 020 8410 4443

**Card Payments:** We have a PayPal terminal to take card payments on the door

**Exceptions:** Gymnasts & Coaches taking part in other competitions can watch the Westminster Cup for £5.00 from the designated seating (should be booked in advance)

Wristbands will be issued instead of tickets. If you are issued with a ticket prior to the event, please exchange this for a wrist band upon arrival. These should be worn at all times to help our stewards easily identify that you have paid.

It may be necessary to clear the hall between rounds on the grounds of health and safety.

	<b>Thurs 24<sup>th</sup> PM Club L4-6</b>	<b>Fri 25<sup>th</sup> AM Elite L1</b>	<b>Fri 25<sup>th</sup> PM Elite L2-4</b>	<b>Sat 26<sup>th</sup> AM Loveday &amp; Clayton</b>	<b>Sat 26<sup>th</sup> PM Westminster</b>	<b>Sun 27<sup>th</sup> All Day Club L1-3</b>
<b>Standard Ticket ONLINE</b>	£5.50	£10.50	£10.50	£10.50	£15.75	£10.50
<b>Standard Ticket On the Door</b>	£7.00	£13.50	£13.50	£13.50	£16.50	£13.50

### **Result sheets**

Available at the end of each competition at a cost of 50p.

### **Venue Rules**

1. Whilst we are keen to encourage strong spectator participation, please ensure that sound instruments or Claxton's are only used between the march around of the gymnasts.
2. Parents should avoid eating in the bleacher seating

3. Please follow the direction of stewards at all times
4. Please only leave your seat between rounds
5. No Flash Photography, please also ensure bright lights on your mobile device are turned off.
6. London Gymnastics & Redbridge SC uses a zero tolerance approach to abuse against our volunteers. You will be required to leave the premises if deemed to have contravened this rule.

## Merchandising

There will be a range of merchandising stalls which will be available throughout the Championships (though some stalls may not be open for each round of competition).

**The Zone Stall** – Major sponsor to London Gymnastics will be selling a wide range of boys and girls gymnastics attire

**Fine Design** – selling a range of garments which can have print transfer added to them on site

**Photo Opportunities** – Throughout the weekend a crew from Photo Opportunities will be on the competition floor capturing key moments from the competition. Prints can be ordered on site or via the website at a later date.

## Café

The onsite café will be open throughout the weekend and offer a range of hot and cold refreshments

## Event Personnel:

Competition Director:	Lorna Goddard
General Manager:	Ben Murphy
Front of House:	Anne McNeill
Technical Director/ Appeals:	Trevor Low
Judging Convenor:	Andy Tombs and Graham O'Sullivan
Field off Play Manager(s)	Wendy Streeter, Natalie Stocks and Penny Deane
Medical provision:	<p>There will be a first aider present during the event, including two British Gymnastics appointed Physiotherapists.</p> <p>The first aider/Physio may be contacted through the competition control desk.</p>
Welfare Officer;	<p>There will be a welfare officer on duty during the event. The welfare officer may be contacted through the competition control desk.</p>
Announcer:	Ben Murphy & Steve Frew

## Technical information

### General Rules

All entry fees are non-returnable

Please check through the start list of names, check that gymnasts have been entered in the correct level and that the spelling of their name is correct.

Please ensure that your gymnasts arrive at least 30 minutes before the stated registration time, except for the first round.

### Gymnast registration:

Registration of gymnasts will take place on the 1<sup>st</sup> Floor landing area (follow signs). Coach, parent or gymnast may register via online screens. Photographs will also be taken at this point (for display on the arena screens).

Please ensure you inform us of any withdrawals at registration (or to the Competition Director if known prior to the event).

Depending on the competition running time, Registration Officers will direct gymnasts to the Warm Up area on the 2<sup>nd</sup> Floor (no parents allowed past the stairs on the 1<sup>st</sup> floor), or to the spectator seating until called for warm up.

London Development gymnasts wanting to claim their free T-Shirt should collect their voucher from Registration and redeem it on the Fine Designs Stall.

### Draw & Start List:

The latest draw can be found here:

<http://bit.ly/OpenStartList>

If groups become unbalanced due to withdrawals, we reserve the right to adjust group numbers on the day (up until the start of apparatus warm-up) to facilitate continuity of the competition.

### Judges meeting:

Thursday 24th (2 <sup>nd</sup> Flr Dance Studio)	17:15
Friday 25th (2 <sup>nd</sup> Flr Dance Studio)	07:45
Saturday 26th (1 <sup>st</sup> Floor Balcony Studio)	08:00 / 18:15
Sunday 27th (1 <sup>st</sup> Floor Balcony Studio)	07:30

### Coaches meeting:

There will be a coaches meeting with the Competition/Technical Director at the Control Table shortly before warm-up commences

### Equipment Specs:

Gymnova is the official equipment supplier. No other equipment may be used without 24hrs notice to the Competition Director.



Equipment Heights and Matting as per Club & Elite Grade Handbooks, National MTC Handbook and FIG Code of Points.

It is the responsibility of the gymnast to bring their own **loops and gloves**.

**Podium Training:** Podium training will be available for Open gymnasts on Friday evening from 20:00 – 21:30.

**Clubs:** Must be BG registered, with London entries affiliated to London Gymnastics

**Supervising coaches:** Must have a current paid Gold BG membership, Current BG DBS & SPCA, & minimum level 2 qualification.

**Assisting coaches:** Must have current silver BG membership, DBS, SPCA & minimum level 1 qualification.

Level 1 assisting coaches must be coaching within their coaching qualification and be supervised by a Level 2 coach.

**Note:** If you wish to use any coaches who were not nominated on your original entry, please contact the Competition Organiser

**Gymnasts:** Must have current BG Bronze membership for Regional Competitions and Silver Competitive membership for National Competitions.

**Judges:** Judges require a current minimum Bronze BG membership & relevant judging qualification

**Anti-Doping** London Gymnastics follows the BG anti-doping statement.

*"The anti-doping rules of British Gymnastics are the UK Anti-Doping Rules published by the Drug Free Sport Directorate of UK Sport (or its successor), as amended from time to time. Such rules shall take effect and be construed as rules of British Gymnastics."*

**BG/LG Photo Policy:** By entering an LG event, there is an acceptance that the participants may be photographed and the photograph may be published in LG communications. Any person wishing to use video, film, or take photographs must abide by the BG 'Photography at Events' Policy. <http://bit.ly/BGPhotopolicy>

Photos may only be taken for personal use. You may not take photos for sale, other commercial use, or publications in printed or electronic form, such as on websites. Clubs may publish some photos of their own gymnasts, but this may only be done in accordance with BG 'Child Protection' Policy

Flash may not be used at any time whilst gymnasts are warming up or competing. Any concerns about any photographer or the suitability of any photos being taken should be reported to the Welfare Officer at the event.

Nominated coaches must not take photos or videos, whilst in the arena, with the exception of during presentations. Coaches who are spectators are covered by the same rulings as parents/guardians.

## Competition details:

### Warm Up Times:

Please see below general and apparatus warm up times.  
Please pay attention to those rounds which use warm up and compete.  
Times may be adjusted on the day to reflect withdrawals.

### **Thursday 24<sup>th</sup>**

#### **Round 1 Club Level 4:**

General Warm-up: 15 Minutes (2<sup>nd</sup> Floor Warm Up Area)

Apparatus Warm-up: 4 minutes warm up immediately before each piece competes. VT – 2 Vaults

#### **Round 2 Club Level 5/6:**

General Warm-up: 15 Minutes (2<sup>nd</sup> Floor Warm Up Area)

Apparatus Warm-up: 4 minutes warm up immediately before each piece competes. VT – 2 Vaults

### **Friday 25<sup>th</sup>**

#### **Round 3 Elite Level 1 (9+):**

General Warm-up: 15 minutes (2<sup>nd</sup> Floor Warm Up Area)

Apparatus Warm-up: 1 minute per gymnast apparatus warm up (7 minutes) immediately before each piece competes. VT – 2 Vaults

#### **Round 4 Elite Level 1 (U8):**

General Warm-up: 15 minutes (2<sup>nd</sup> Floor Warm Up Area)

Apparatus Warm-up: 1 minute per gymnast apparatus warm up (5 minutes) immediately before each piece competes. VT – 2 Vaults

#### **Round 5 Elite Level 2:**

General Warm-up: 15 minutes (2<sup>nd</sup> Floor Warm Up Area)

Apparatus Warm-up: 1 minute per gymnast apparatus warm up (5 minutes) immediately before each piece competes. VT – 2 Vaults

#### **Round 6 Elite Level 3 & 4:**

General Warm-up: 15 minutes (2<sup>nd</sup> Floor Warm Up Area)

Apparatus Warm-up: 1 minute per gymnast apparatus warm up (8 minutes) immediately before each piece competes. VT – 2 Vaults

### **Saturday 26<sup>th</sup>**

#### **Round 7 Clayton Bolt:**

General Warm-up: 15 Minutes (2<sup>nd</sup> Floor Warm Up Area)

Apparatus Warm-up: 30 Minutes Open Warm Up before Competition starts.

30 Seconds touch per gymnast (2 Minutes) immediately before each piece competes.

**Round 8 Clayton Bolt:**

General Warm-up: 15 Minutes (2<sup>nd</sup> Floor Warm Up Area)

Apparatus Warm-up: 30 Minutes Open Warm Up before Competition starts.

30 Seconds touch per gymnast (2 Minutes) immediately before each piece competes.

**Round 9 Loveday:**

General Warm-up: 15 Minutes (2<sup>nd</sup> Floor Warm Up Area)

Apparatus Warm-up: 45 Minutes Open Warm Up before Competition starts.

30 Seconds touch per gymnast (3 Minutes) immediately before each piece competes.

**Round 10 Loveday:**

General Warm-up: 15 Minutes (2<sup>nd</sup> Floor Warm Up Area)

Apparatus Warm-up: 40 Minutes Open Warm Up before Competition starts.

30 Seconds touch per gymnast (2.5 Minutes) immediately before each piece competes.

**Round 11 Westminster:**

General Warm-up: 15 Minutes (2<sup>nd</sup> Floor Warm Up Area)

Apparatus Warm-up: 60 Minutes Open Warm Up before Competition starts.

30 Seconds touch per gymnast (3.5 Minutes) immediately before each piece competes.

**Sunday 27<sup>th</sup>**

**Round 12 Club Level 1 (9+) & 2:**

General Warm-up: 15 minutes (2<sup>nd</sup> Floor Warm Up Area)

Apparatus Warm-up: 12 minutes warm up immediately before each piece competes to be shared equally between A & B Groups. (6 Minutes each)

**Round 13 Club Level 1 & 2 & 3:**

General Warm-up: 15 minutes (2<sup>nd</sup> Floor Warm Up Area)

Apparatus Warm-up: 16 minutes warm up immediately before each piece competes to be shared equally between A & B Groups. (8 Minutes each)

**Round 14 Club Level 1 (U8) & 3:**

General Warm-up: 15 minutes (2<sup>nd</sup> Floor Warm Up Area)

Apparatus Warm-up: 12 minutes warm up immediately before each piece competes to be shared equally between A & B Groups. (8 Minutes each)

#### Warm Up Rules

Finish Apparatus warm-up when announced.

Have the first gymnast and subsequent gymnasts ready to compete straight away

For gloves and loops, please ensure that your gymnasts put both hands in their loops. A simple nod will do to present to the judge.

Please utilise duplicate sets of apparatus

#### Gymnast's attire:

Gymnasts must march on in competition attire/ club tracksuits. Jewellery, body piercing and similar adornments are not allowed

#### Coach's attire:

In line with BG regulations, coaches must wear club tracksuit or polo shirt, t -shirt and long track bottoms. Footwear should be clean trainers or socks. Coaches will not be allowed on the floor if wearing inappropriate clothing or jewellery.

Chewing gum is not permitted at any time.

#### Judges attire:

Judges and officials must wear *black/blue* suits, skirts or trousers with jackets and white shirts with black smart shoes.

#### Competition Etiquette:

Please ensure that gymnasts and coaches use the seating provided whilst waiting to perform on the apparatus. Please keep all you belongings together and only march to the next piece of apparatus when instructed, ensuring that gymnasts march around the apparatus and not across it.

- Electronic communications:** Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication in the arena during the event.
- Inquiries and protests** Please refer to the BG MTC Competition Handbook. There will be no appeals in the London Development Open.
- Tie breaks:** In the event of a tied score, there will be no tie-break and tied gymnasts will have the same ranking.
- Scoring and results:** Scores will be shown after each performance on the big screens in the arena. A printed receipt with the score will be handed to coaches. Finalised score sheets will be sent to competing clubs. Scores will be published on the LG website. During the day please get live updates of scores via [www.gymdata.co.uk](http://www.gymdata.co.uk)
- Awards & Ceremonies:**
- London Open**
- Clayton Bolt Shield (Inters):** This is for gymnasts registered with BG/Home Nations membership. Medals will be presented for All Around and Individual Apparatus.
- Loveday Trophy (Youth & Junior):** This is for all gymnasts registered with BG/Home Nations membership. Medals will be presented for All Around and Individual Apparatus.
- Westminster Cup (Open Age):** This is for all gymnasts registered with BG/Home Nations membership. Medals will be presented for All Around and Individual Apparatus.
- Westminster Shield:** This will be awarded to the highest placed London Gymnast and will be presented only for show (keep sake will also be given)
- International Cup:** This will be presented to the highest placed International Gymnast. The criterion for an 'International' gymnast is for a gymnast that has been invited from overseas by the London Gymnastics MTC. Those with BG Membership are not considered internationals for this purpose.
- Disability Cup:** This is for gymnasts registered with BG/Home Nations membership. Medals will be presented for All Around
- Prize Money:** All gymnasts that take part in all age groups are eligible for the prize money. The top 3 gymnasts will be awarded prize money.

Clayton Bolt: 3rd=£100, 2nd=£150 & 1st=£250  
Loveday: 3rd=£150, 2nd=£200 & 1st=£300  
Westminster Cup: 3rd=£200, 2nd=£250 & 1<sup>st</sup>=£500

### **Elite Performance & London Development Open**

Medals will be awarded for all Elite Performance Pathway winners and to the winners of each In Age (and Under 8) champion in the London Development Open.

Individual Apparatus (Gold Only) will also be presented at each level but only where there are 6 or more gymnasts in a group.

Out of Age levels will only have All Around medals presented

### **Orion GC Team Prize**

Elite team (£300): Awarded to the Club with the highest collective points in the London Men's Open & Elite Grades All around standings only (1<sup>st</sup> = 6pts, 6<sup>th</sup> = 1pt)

Club team (£250): Awarded to the Club with the highest collective points in the London Development Open All around standings only (1<sup>st</sup> = 6pts, 6<sup>th</sup> = 1pt)

### **March Around:**

Please ensure the gymnasts quickly line up behind their marshall when instructed. The gymnasts need to follow their marshall to get to their next piece. Please ensure all coaches remain back behind the lines until ALL the gymnasts have marched to the judges on their panel.

### **Coaches Refreshments:**

Free tea and coffee is available for coaches ALL day in the warm up area.

### **Social Media:**

London Gymnastics has a strong Social Media Presence and will be ensuring the action from the event is shared as widely as possible. Please use the links below and interact with us using the #MLO2015 or #LondonGymnastics



[Twitter@londongymnastic](https://twitter.com/londongymnastic)



[Facebook.com/LondonGymnastics](https://www.facebook.com/LondonGymnastics)



[Instagram/LondonGymnastics](https://www.instagram.com/LondonGymnastics)



[Youtube.com/Londongymnasticsuk](https://www.youtube.com/Londongymnasticsuk)

**AN EDITABLE VERSION OF THIS LETTER CAN BE FOUND ON <http://bit.ly/MLO2015>**

To the Parent / Guardian of:

**Venue:** Redbridge Leisure Centre, Forrest Road, Barkingside, Essex, IG6 3HD  
**Directions, & Map can be found on <http://bit.ly/MLO2015>** (Free Parking Available)

**Your child is competing on:** Thursday 24<sup>th</sup> September/ Friday 25<sup>th</sup> September / Saturday 26<sup>th</sup> September / Sunday 27<sup>th</sup> **Please arrive at the venue at (insert time)**

As you go into the arena signs will direct you to where gymnasts or spectators need to go. Registration is on the first floor and gymnasts can register on arrival. Gymnasts should go with their parents / guardians to the spectator seating and wait to be called for their round. At NO time will any parents be allowed into the warm up area.

**Warm Up will be at: (insert time) Competition will be at: (insert time) Followed by the Medal Presentation at (insert time) and will finish at: (insert time)**

All times are subject to change if the programme is running early. Please note the competition will not be held up if your son does not arrive by registration time, the organisers reserve the right to begin half hour ahead of published timings except for in round one.

## **Tickets**

The London Open Championships is often a sell-out event. Therefore we suggest you book your tickets early to avoid disappointment. You can also receive a discount when you purchase tickets online. You can do so via phone or over the web - just follow our link below.

**Online Sales:** <http://bit.ly/Londonopentickets>

To book tickets over the phone, please call: 020 8410 4443

**Card Payments:** We have a PayPal terminal to take card payments on the door

**Exceptions:** Gymnasts & Coaches taking part in other competitions can watch the Westminster Cup for £5.00 from the designated seating (should be booked in advance) Wristbands will be issued instead of tickets. If you are issued with a ticket prior to the event, please exchange this for a wristband upon arrival. These should be worn at all times to help our stewards easily identify that you have paid. It may be necessary to clear the hall between rounds on the grounds of health and safety.

	<b>Thurs 24<sup>th</sup> PM Club L4-6</b>	<b>Fri 25<sup>th</sup> AM Elite L1</b>	<b>Fri 25<sup>th</sup> PM Elite L2-4</b>	<b>Sat 26<sup>th</sup> AM Loveday &amp; Clayton</b>	<b>Sat 26<sup>th</sup> PM Westminster</b>	<b>Sun 27<sup>th</sup> All Day Club L1-3</b>
<b>Standard Ticket ONLINE</b>	£5.50	£10.50	£10.50	£10.50	£15.75	£10.50
<b>Standard Ticket On the Door</b>	£7.00	£13.50	£13.50	£13.50	£16.50	£13.50



## Result sheets

Available from the ticket desk at the end of each competition for a cost of 50p

## Venue Rules

1. Whilst we are keen to encourage strong spectator participation, please ensure that sound instruments or Claxton's are only used between the march around of the gymnasts.
2. Parents should avoid eating in the bleacher seating
3. Please follow the direction of stewards at all times
4. Please only leave your seat between rounds
5. No Flash Photography
6. London Gymnastics & Redbridge SC uses a zero tolerance approach to abuse against our volunteers. You will be required to leave the premises if deemed to have contravened this rule.

## Merchandising

There will be a range of merchandising stalls which will be available throughout the Championships (though some stalls may not be open for each round of competition).

**The Zone Stall** – Major sponsor to London Gymnastics will be selling a wide range of boys and girls gymnastics attire and also London Gymnastics Merchandise.

**Fine Design** (Thurs & Sunday only) – selling a range of garments which can have print transfer added to them on site. Gymnasts in the Development Open will receive a 'free t-shirt' voucher (in registration) which can be redeemed at the stall.

**Photo Opportunities** – Throughout the weekend crew from Photo Opportunities will be on the competition floor capturing key moments from the competition. Prints can be ordered on site or via the website at a later date.

## Café

The onsite café will be open throughout the weekend and offer a range of hot and cold refreshments

**Scores** can be viewed LIVE on the day of the competition by going to [www.gymdata.co.uk](http://www.gymdata.co.uk)  
London Gymnastics has a strong Social Media Presence and will be ensuring the action from the event is shared as widely as possible. Please use the links below and interact with us using the #MLO2015 or #LondonGymnastics



Twitter@londongymnastic



Facebook.com/LondonGymnastics



Instagram/LondonGymnastics



Youtube.com/Londongymnasticsuk

NO FLASH photography can be used during the competition, please ensure lights on mobile devices are disabled.

Many thanks,

(Insert name of club)