



Work Plan

Rhythmic 4 Seasons - Summer

Edmonton Leisure Centre

Sunday 28th June 2015

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Venue information

Venue title Edmonton Leisure Centre
2 The Broadway, Edmonton
London
N9 0TR

Directions: By car *Junction of A1010 and B154*
By public transport: *BUS 144, 191,192, 279, 349, 491,W6, W8*
TRAIN: Edmonton Green

Parking: Parking is available...Fee paying NCP Car Park *or Asda car park nearby*

Tickets: Spectator tickets will be available on the day of the event:
Ticket prices are as follows:
Entry: *£4.50*
Under 3 yrs: *Free*

Event Personnel:

The competition organiser: Olga Berzing

The Head of Judging Panels: Rebecca Bunce

Medical provision: There will be a first aider present during the event. The first aider may be contacted through the competition organiser

Olga Berzing

Welfare Officer; There will be a welfare officer on duty during the event. The welfare officer may be contacted through the competition organiser

Olga Berzing

Announcer: To be confirmed

Technical information

Clubs: Must be BG registered, LG affiliated

Supervising coaches: Must have current gold BG membership, DBS & SPCA, & minimum level 2 Rhythmic qualification. Coaches without an identification pass will be not be allowed in the arena or warm up area.

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

Level 1 assisting coaches may not put gymnasts on the floor

Gymnasts: Must have current BG silver (L3, L4,)/ bronze (L1, L2) membership

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

Equipment specifications Continental Rhythmic Carpet

Judges meeting: There will be a judges meeting at 13:45

Coaches meeting There will be a coaches meeting at 13:30

Gymnast registration: One coach from each club will be required to register all their gymnasts and inform the officials of any withdrawals. Upon registering, each club will receive a pack containing a running order, passes for nominated coaches and assisting coaches and codes of conduct.

Tariff sheets

Tariff sheets are only required for Level 3 and 4 and they need to be emailed to bexbunce@hotmail.com by Friday 19th June 2015.

Coaches should bring a back-up copy of each gymnast's tariff sheet to the event.

Music:

Music should be uploaded to BG website by Friday 19th June 2015.

Coaches should bring a back- up CD of music to the event.

Anti-doping:

Testing may take place at any event.

The gymnast is held accountable if a prohibited substance is found in a sample provided, whether intentional or unintentional.

If a gymnast is taking medication it is vital that these are checked on a regular basis and if tested, declared. Medications may be checked on the website: <http://www.globaldro.com>

If a gymnast is currently on medication which is restricted or prohibited, or has a Therapeutic Use Exemption (TUE) certificate, it is necessary to ensure that BG /LG is aware of this and to ensure that the TUE certificate is available at the testing. For further information check www.british-gymnastics.org

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. (www.british-gymnastics.org) 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. Coaches who are spectators are covered by the same rulings as parents/guardians.

Competition details:

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 and track bottoms. Coaches will not be allowed on the floor if wearing inappropriate clothing or jewellery and their gymnasts will be disqualified.

Chewing gum is not permitted

Judges attire: Judges and officials must wear navy suits, skirts or trousers with jackets and white shirts.

Black/Navy shoes

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

A coach may only inquire about the difficulty score, in accordance with the principles of the FIG code of points. Inquiries can be made only for a coaches' own gymnast.

Tie breaks: In the event of a tied score, there will be no tie-break and tied gymnasts will have the same ranking. Subsequent ranks will be skipped

Scoring and results: Scores will be shown after each performance. Finalised score sheets will be sent to competing clubs. Scores will be published on the LG website.

NB. *Tariff sheets will be available to collect after the competition*

Presentation ceremony and awards:

All gymnasts must be present for the presentation ceremony at the end of the competition. Gymnasts and coaches participating in the presentation ceremony must march on in competition attire. A medal will be presented to the first, second and third placed competitors in each of the following categories:

Categories: Level 1, Level 2, Level 3 and Level 4 with Under 8, Under 10, Under 12, Junior and Senior in each level. Level 1 Under 8 will be split into two age groups, children born 2007 and 2008/2009. Level 1 Under 10 will also be split into two age groups, children born 2005 and 2006.

Judging Panels: There will be 1 Difficulty panel and 2 execution panels

Event timetable: Please see the attached event timetable

Warm up timetable Please see the attached warm up / orientation timetable

Running order: Please see the attached running order