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**GYMNOVA**

## **COMPETITION WORKPLAN**

### **Westmeria & Gymnova Boy's London Development & Elite Open Championships 2016**

30<sup>th</sup> Sep, 1<sup>st</sup> & 2<sup>nd</sup> Oct 2016

Redbridge Sports & Leisure Centre (Jean Brown Arena),  
Forest Road, Barkingside, IG6 3HD

## Introduction

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

In this Olympic Year we have split our Open Championships and Development Championships to allow our Westminster Cup Gymnasts to complete their Trial on the #RoadtoRio and what an amazing set of results we experience

Now we are on our second event of the championships where we focus on the Elite and Club Grade Open competition. Every year I think our entry cannot grow further, and yet we surpassed previous years with over 500 gymnasts competing in the London Development Open this year.

This has meant that we have had to introduce the extra time of Friday. This wasn't an easy choice, but it is the preferred option rather than considering to remove gymnasts.

I extend my thanks to coaches, parents and judges who have made additional plans at short notice to accommodate the Friday competitions.

As it is a long weekend we 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, the judges panels will be emailed out shortly.

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

By going to our [Event Page](#) you will find a parents information sheet with Transport details, tickets, scoring links etc please either print a copy or email to them. There is also a document with details of local hotels.

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/MLODevtickets>

Finally I wish you a safe journey to London, and should you have any queries please do not hesitate to contact myself on 07748 325 166 or email [info@menlondonopen.co.uk](mailto:info@menlondonopen.co.uk).

All contact with the Event team must be through Club officials and not parents.

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.menlondonopen.co.uk](http://www.menlondonopen.co.uk).

Kind Regards

Ben Murphy  
Competition Director

## Competition details:

Refer to full draw for more details:

<https://www.gymdata.co.uk/events/download-documents.aspx?eid=682>

Day	Rnd	Panel	Doors Open	Registration	Start (March On)	End (Presentation)
<b>Fri 30th Sep</b>	1A	Blue Club L1	12.00	12.15 – 13.00	13:40	16:45 (Pres after Rnd 2)
<b>Fri 30th Sep</b>	1B	Pink Club L1 U8	12.00	12.15 – 13.00	13:40	16:45 (Pres after Rnd 2)
<b>Fri 30th Sep</b>	2A	Blue Club L1		Open Reg Closes 16.00	16:55	20:00
<b>Fri 30th Sep</b>	2B	Pink Club L1 U8		Open Reg Closes 16.00	16:55	20:00
<b>Sat 1st Oct</b>	3A	Blue Elite L3	07.30	07.45 – 08.00	08:40	11:45
<b>Sat 1st Oct</b>	3B	Pink Club L2	07.30	07.45 – 08.00	08:40	11:45 (Pres after Rnd 4)
<b>Sat 1st Oct</b>	4A	Blue Elite L4 & L5		Open Reg Closes 11.20	12:10	15:50
<b>Sat 1st Oct</b>	4B	Pink Club L2		Open Reg Closes 11.20	12:10	15:50
<b>Sat 1st Oct</b>	5A	Blue Elite L2 & L6		Open Reg Closes 15.50	16:45	20:20
<b>Sat 1st Oct</b>	5B	Pink Club L4		Open Reg Closes 15.50	16:45	20:20
<b>Sun 2nd Oct</b>	6A	Blue Elite L1 U8	08.00	08.00 – 08.30	09:10	12:15 (Elt L1 Pres after Rnd 7)
<b>Sun 2nd Oct</b>	6B	Pink Club L3, L5 & L6	08.00	08.00 – 08.30	09:10	12:15 (Clb L3 Pres after Rnd 7)
<b>Sun 2nd Oct</b>	7A	Blue Elite L1		Open Reg Closes 12.00	13:10	17:20
<b>Sun 2nd Oct</b>	7B	Pink Club L3		Open Reg Closes 12.00	13:10	17:20

## Warm Up Times:

Please see below general and apparatus warm up times.

All rounds operate a warm-up and compete scenario following the general warm-up and march in.

**In the first round and rotation of each day** gymnasts will move directly from general warm up (in the arena) to the their first piece ready to start their timed apparatus warm-up before starting their competition.

Gymnasts are **not required to line up in front of judges** after rotation 1 of each round.

Times may be adjusted on the day to reflect withdrawals.

**Horizontal Bar:** 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.

**Vault Warm Up:** Each gymnast will receive 2 vaults practices for their warm-up. Due to the number of set ups, it is possible the order of warm-up and compete may change according to levels.

Warm-up times must be adhered to – please follow instructions of our floor marshals

Day	Rnd	Level	Gen W-Up	App W-Up
Fri 30th Sep	1A / 1B	Club L1 / U8	15 mins	12 mins
Fri 30th Sep	2A / 2B	Club L1 / U8	15 mins	12 mins
Sat 1st Oct	3A / 3B	Elite L3 / Club L2	15 mins	12 mins
Sat 1st Oct	4A / 4B	Elite L4 & L5 / Club L2	15 mins	14 mins
Sat 1st Oct	5A / 5B	Elite L2 & L6 / Club L4	15 mins	14 mins
Sun 2nd Oct	6A / 6B	Elite L1 U8 / Club L3, L5 & L6	15 mins	16 mins
Sun 2nd Oct	7A / 7B	Elite L1 / Club L3	15 mins	12 mins



## Competition 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 of each day.

### APP & PPP Routines

Due to the size of entries, there will be no APP or PPP exercises performed this year.

### Gymnast free t-shirts

Each competing gymnast is entitled to a free event t-shirt which can be collected from our merchandise partner 'Elite Printwear'. A voucher will be issued at registration. It is possible to upgrade the t-shirt with additional styles.

### Gymnast registration:

Registration of gymnasts will take place in the main arena between two blocks of bleacher seating. 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).

With the exception of round one of each day, all other registration periods are open (e.g. you can register upon arrival). Please ensure you register by the closing time which may be brought forward by 30 mins if the competition runs ahead of schedule.

### Registration Times

Friday 30 Sep	Rnd 1	12.15 – 13.00
	Rnd 2 (open reg)	Closes 16.00
Saturday 1 <sup>st</sup> Oct	Rnd 3	07.45 – 08.00
	Rnd 4 (open reg)	Closes 11.20
	Rnd 5	Closes 15.50
Sunday 2 <sup>nd</sup> Oct	Rnd 6 (open reg)	08.00 – 08.30
	Rnd 7	Closes 12.00

### Comp Running Time:

Round running times will be displayed in the front of house reception, to enable parents to know whether the competition is running to time.

### Draw & Start List:

The latest draw can be found here:

<https://www.gymdata.co.uk/events/download-documents.aspx?eid=682>

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:** **TVA room** - exit the centre doors and turn sharp left, walk along the side of the building to reach the room.

**Meeting Times**

Friday 30 <sup>th</sup> September	13:00
Saturday 1 <sup>st</sup> October	08:00
Sunday 2 <sup>nd</sup> October	08.30

**Coaches meeting:** It may be necessary for a coaches meeting to be called 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.

**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 [info@menslondonopen.co.uk](mailto:info@menslondonopen.co.uk)

**Coach Registration:** Coaches must register upon arrival in the main hall and be issued with a wrist band.

**Awards & Ceremonies:**

<b>Competition</b>	<b>All Around</b>	<b>Apparatus Medals</b>
All Club & Elite Levels	Trophy, Gold, Silver and Bronze Medal	Bronze, Silver & Gold medals will be awarded on all apparatus

**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)

**Ceremony protocol**

Gymnasts will be presented their medals and stand behind the

winner's rostrum for each presentation. Due to time constraints we will not stop for photos, and instead a separate photo area will be held nearest the parallel bars area. Photo Opportunity (our official photographers) and parents will be welcomed to take photos of the medal winning gymnasts immediately following the competition. Parents should enter the arena from the ground floor, entering the first door on the right of the corridor.

**March Around:**

Please ensure the gymnasts quickly line up behind their marshal when instructed. The gymnasts need to follow their marshal 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.

**Gymnast repatriation:**

At the end of each competition please listen to announcements as to how parents/guardians can safely collect their child.

**Inquiries and protests**

No formal inquiries are accepted.

**Tie breaks:**

In the event of a tied score, there will be no tie-break and tied gymnasts will have the same ranking.

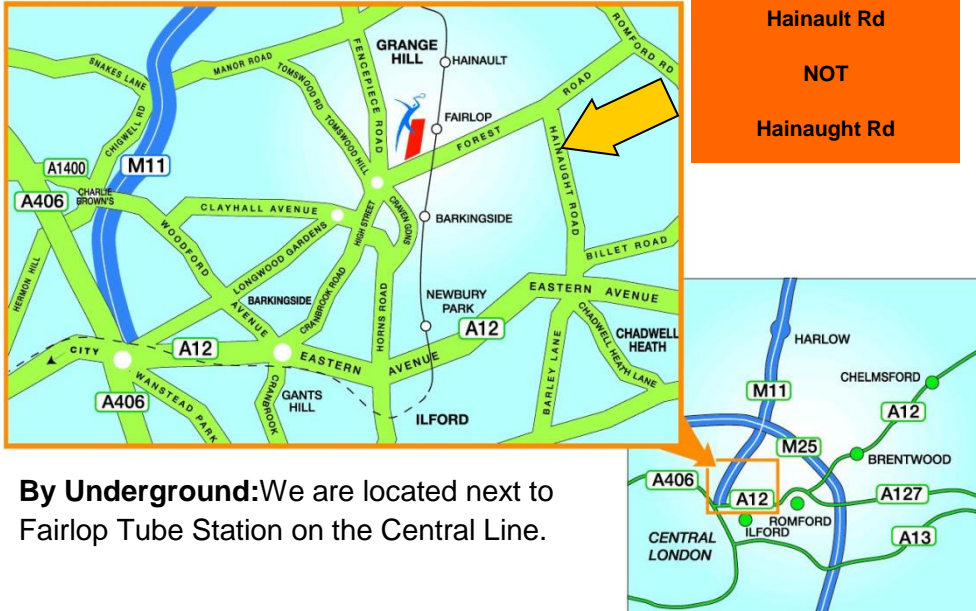
**Scoring and results:**

Scores will be shown after each performance on the television 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)

## 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 and Opening times:

	<b>Fri 30<sup>th</sup> Sep All Day</b>	<b>Sat 1<sup>st</sup> Oct All Day</b>	<b>Sun 2<sup>nd</sup> Oct All Day</b>
<b>Standard Ticket ONLINE</b>	£7.00	£10.00	£10.00
<b>Standard Ticket On the Door</b>	£10.00	£15.00	£15.00
<b>Doors Open</b>	12.00	07.30	08.00

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/MLODevtickets>

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 must purchase a ticket to watch any competition days in which they are not competing. Where a competition level runs across two rounds, gymnasts and coaches may sit in the spectator seating for free on the session in which they are not competing.

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.

### Result sheets

Will be available to download from [www.gymdata.co.uk](http://www.gymdata.co.uk)

### 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 via the top of the staircase
5. No Flash Photography, please also ensure bright lights on your mobile device are turned off.
6. London Gymnastics & Redbridge LC 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 range of boys and girls gymnastics attire

**Elite International** – 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. If weather permits a Barbeque will be available outside.

## Event Personnel:

Competition Director:	Ben Murphy
Front of House:	Emma Bourne & Faye Grant Walsh
VIP & Venue Liaison:	Anne McNeill
Judging Convenor:	Andrew Crawford & Tommy McGill
Field off Play Manager(s)	Natalie Stocks and Cat Bates
Medical provision:	There will be a first aider present during the event, including an appointed Physiotherapists. The first aider/Physio may be contacted through the competition control desk.
Welfare Officer;	Catherine Bates will be the welfare officer on duty during the event. The welfare officer may be contacted through the competition control desk.
Announcer:	Stevie Frew & Brian Stocks

## Supplementary Information

### 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 #MLO2016 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)

### 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.

### 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.