Venue information

Europa Gym Centre, Vimy Way – off Maiden Lane DA1 4FA (*use* ***DA1 4ND*** *for sat-nav)*

Directions: By car from M25: leave the M25 at Junction 1a (Erith)

Left turn into Bob Dunn Way. Take left, B2186, for Crayford

Turn left into Maiden Way, Europa centre on right.

Parking: Parking is available, but very limited. **Please ensure your gymnast and spectators do not arrive before the stated time.**

**Doors open: Morning competition = 8am,** spectators and gymnasts

**Afternoon competition = 2pm,** spectators and gymnasts

**Tickets: advance** **Spectator tickets will be available in advance, via the RGA website from Friday March 4th** [www.richmondgymnastics.co.uk](http://www.richmondgymnastics.co.uk) Sunday morning: £7.00 : Sunday afternoon £7.00: All day ticket £12.00: Primary school children £4.00 ½ day or £8.00 for all day Pre-school children free

**Tickets: on the door** Sunday morning £8.00: Sunday afternoon £8.00 (no all- day discount)

There are a limited number of seats. Advance ticket holders will be allowed into the gym first.

Shopping Mall: Fine Design T shirts: DE Photography: IGL Films-DVDs:

Café: Open till 4.30 for hot and cold food and beverages

Lunch Boxes: Coaches can pre-order lunch boxes to avoid queuing Gymnasts/coaches must not bring food or drink into the gym,

Event Personnel:

Competition Organisers Andy MacDuff / Chris Brockbank Judging Coordinator: Scott Patterson Announcer: Andy MacDuff Officials: Natasha Maxwell; Salme Naylor Music: Bonnie Medical Provision: Claire Cason; Shannon Brooks Welfare Officer: Jacqui Taylor; Scores: Carol & Chris Bailey Cups & Trophies: Michelle Nevils

Technical information

Clubs: Must be BG registered, LG affiliated, Acro registered

Supervising coaches: Require current gold BG membership, DBS & SPCA, a minimum level 2 Acro qualification, or level 1 Acro qualification PLUS a level 2 qualification in another discipline (excluding PS). Supervising coaches may enter warm-up room and put partnerships on the floor

Assisting coaches: Require current silver BG membership, DBS, SPCA & minimum level 1 acro qualification. Assisting coaches may accompany grade 1& 2 partnerships into the warm-up area and put on the floor providing they are accompanied by a supervising coach at all times. Assisting coaches may also provide pastoral care for their team.

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| Grade | Category | Min age | Max age | Age diff | Min coach level |
| GRADE 1 | WP,MP,MXP | 9 in yr of comp | 11 years |  | LEVEL 1 ACRO |
| GRADE 2 | WP.MP.MXP | 9 in yr of comp | 12 years |  | LEVEL 1 ACRO |
| GRADE 2 | GROUPS | 9 in yr of comp | 12 years |  | LEVEL 1 ACRO |
| GRADE 3 | WP,MP,MXP,WG,MG | 9 in yr of comp | 16 years | 7 years | LEVEL 2 ACRO |
| GRADE 4 | WP,MP,MXP,WG,MG | 9 in yr of comp |  | 7 years | LEVEL 2 ACRO |
| GRADE 5 | WP.MP.MXP | 9 in yr of comp |  | 7 years | LEVEL 2 + L3 TECH MOD 2 |
| GRADE 5 | WG,MG | 9 in yr of comp |  | 7 years | LEVEL 2 + L3 TECH MOD 3+4 |
| GRADE 6 | WP.MP.MXP | 9 in yr of comp |  | 7years | LEVEL 2 + L3 TEC MOD 2 |
| GRADE 6 | WG,MG | 9 in yr of comp |  | 7 years | LEVEL2 + L3 TECH MOD 3+4 |
| OUT OF AGE |  | 11years | 19 years |  | LEVEL 2 ACRO To the level of skills |
| 11-16 | WP.MP.MXP | 11years | 16 years |  | LEVEL 2 + L3 TECH MOD 2 |
| 11-16 | WG,MG | 11years | 16 years |  | LEVEL 2 + L3 TECH MOD 3+4 |
| 12-18 | WP.MP.MXP | 12years | 18 years |  | SCC |
| 12-18 | WG,MG | 12 years | 18 years |  | SCC |
| 13-19 | WP.MP.MXP | 13 years | 19 years |  | SCC |
| 13-19 | WG,MG | 13 years | 19 years |  | SCC |
| SENIOR | WP.MP.MXP.WG,MG | 15 years |  |  | HPC |

Gymnasts:Require current BG silver competitive membership

Judges: Require a current minimum Bronze BG membership & cycle 13 judging award

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, competitor numbers, passes for nominated coaches and Codes of Conduct.

Judges Meeting: There will be a judges meeting at 8.15 with Scott & Nicola

Coaches Meeting There will be a coaches meeting at 8.15 with Salme

Tariff Sheets NDP 1,2,3,4 tariff sheets handed in on the day to the judging coordinator. NDP 5&6 & FIG submitted by 8th March, by email to: [scott@richmondgynastics.co.uk](mailto:scott@richmondgynastics.co.uk)Tariff sheets will be checked before the day of the competition by the DJs. Electronic tariff sheets may be downloaded from the BG website *Coaches should bring back-up copies of their tariff sheets to the event*

Music: All music must be up-loaded to the BG Music Portal by March 8th Password = acro2016 *Coaches should bring back- up CDs of music to the event*

Warm-up floor: Coaches without an identity pass will not be allowed in the warm up floor. Only gymnasts and nominated coaches with red or green passes allowed in warm-up area. Parents will not be allowed in the warm-up area. Gymnast’s hair should be done in the cloakrooms

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](http://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](http://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.**

Event details:

Competitions: The event will be split into two competitions. **Gymnasts competing in the afternoon competition should not arrive before 2pm because of parking restrictions.**

Judging Panels: There will be three panels of judges for this event.

Gymnast’s Attire: Gymnasts must march on in club tracksuits. Jewellery, body piercing and similar adornments are not allowed

Coach’s Attire: Coaches are required to wear club tracksuit or a 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.

Judges Attire: Judges and officials must wear black suits, skirts or trousers with jackets and white shirts. Black shoes

March on: Clubs will march on in alphabetical order with shortest first. Round 1 gymnasts will remain in the gym, Round 2 gymnasts go to warm-up floor. Round 3 gymnasts sit in allocated seating

Gymnasts Seating: Gymnasts must sit in the allocated spaces with their club, until called for warm-up.

Warm-up Area: Coaches with red or green passes may use the warm up area when called

Orientation: Orientation rota will be included in coach packs

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: A coach may only inquire about the Difficulty Score, in accordance with the principles of the FIG code of points. Inquiries may be made only for a coaches’ own gymnast.

Tie break: In the event of a tie for first position, the winning partnership will be decided by the following tie-break system:

1. Highest Tariff
2. Highest Values
3. Maximum Number of 3 value elements.

Scoring and results: Scores will be shown after each performance. Finalised score sheets will be sent to clubs and BG and published on the LG website. *Tariff sheets will not be returned to clubs at the end of the competition*

Event categories NDP Grade 1: MP; WP; MxP, combined exercise

NDP Grade 1 Dis MP, WP, MxP: combined exercise

NDP Grade 2: MP, WP, MxP, Gps: combined exercise

NDP Grade 2 Dis: MP, WP, MxP, Gps: combined exercise

NDP Grade 3: MP, WP, MxP, MG, WG: combined exercise

NDP Grade 4: MP, WP, MxP, WG, MG: combined exercise

NDP Grade 5: MP, WP, MxP, WG, MG: balance /dynamic

NDP Grade 6: MP, WP, MxP, WG, MG: balance /dynamic

NDP Out of Age: MP, WP, MxP. WG, MG: balance /dynamic

FIG 11-16 yrs. MP, WP, MxP, WG, MG balance / dynamic

FIG 12-18 yrs. MP, WP, MxP, WG, MG balance / dynamic

FIG 13-19yrs. MP, WP, MxP, WG, MG balance / dynamic

FIG Senior: MP, WP, MxP, WG, MG balance / dynamic

Substitution: Should one member of a partnership sustain an injury after the closing entry date, a substitution may be made, up to one week before the competition.

The competition organiser must be informed immediately and agree to the change before it is confirmed.

The substitute must be of the same grade as the injured gymnast. The new partnership will receive a score, but would not be eligible to progress to the finals.

Should the new partner be out of age, the partnership may ‘guest’ at the competition, but they will not be formally placed in the results.

Changes cannot be made during the week running up to the competition

Presentation ceremony and awards: All gymnasts must be present for the presentation ceremony at the end of the competitions. Gymnasts and coaches participating in the presentation ceremony must march on in competition attire. A medal will be presented to first, second and third placed partnerships in each category. Trophies will also be presented to the highest scoring partnerships; Prep Pair: Prep Group: Intermediate pair; Intermediate group: Advanced pair: Advanced group. Trophies/cups will be held by their club for a tenure of 1 year. It is the club’s responsibility to engrave the trophies /cups

Progression: The Gold medal partnerships from Grades 1-6 and Disability gold and silver medallists from Grades 1&2 will progress to the NDP National finals. The Silver and Bronze medallists may progress to the Southampton Regional Competition at selected grades. *[Any club who does not wish their gymnasts to progress to the Southampton competition must inform the competition organiser before the event, in writing]*

REGIONAL KIT AT COMPETITIONS:

The new London Regional Kit must be worn by all the gymnasts representing London at the NDP Acro National Finals, the Disability National Finals and the Southampton Inter Regional Championships.

The new LG Adidas Regional Kit may be purchased on-line <https://www.elitegymwear.co.uk/home.asp> individually after March 13th.

Click on: **Gym Link** button on the right hand side of the page.

Select: London Regional Kit Page

Order items

Enter the discount code LGACRO. The discount is 10%

*The items there will be the*

Jacket with the logo [necessary]

Trousers – no logo [optional if you already own navy tracksuit bottoms]

Polo shirt with the logo [optional]

*The items will be posted directly to your home address. Should you already own navy tracksuit bottoms of the correct colour you will only need to purchase the jacket*

It is the clubs responsibility to ensure that their own gymnasts are wearing the correct regional kit for the NDP finals or Southampton Regional Final

Coach’s Regional Kit: coaches accompanying gymnasts to NDP national finals will be required to wear the London regional polo shirts and navy tracksuit bottoms. Polo shirts may be purchased on-line. Follow the above lin

Coach lunches: Coaches may pre-order, pre-pay for lunch boxes from the Europa Café. Use the order form attached. Coach’s return order to club. Club send order to CB.

Volunteers: Volunteers will be loaned red polo shirts to indicate that they are officials. They will be provided with Lunch Boxes

Clearing Away: One volunteer from each club will be required to assist with clearing away at the end of the morning and the afternoon competitions.

Clubs will be responsible for keeping their seating areas tidy and free from rubbish

What do gymnasts need to do?

* Gymnasts must respect and follow the rules of the host venue.
* Gymnasts must not consume food and drink in the gym
* Gymnasts should be ready to compete for up to 30 mins. before stated time
* Gymnasts must wear the correct gym kit
* Bandaging should be flesh coloured
* Hair should be ready dressed.
* Jewellery, body piercing and similar adornments are not allowed.
* Chewing gum is not allowed
* Gymnasts must sit with their team throughout the event & support their team members
* Gymnasts must not leave the competition arena without the knowledge and agreement of their coach.
* Gymnasts are expected to remain for the duration of the event including the presentations.

Event timetable: times subject to change

Morning competition: **DOORS OPEN 8AM, NO ENTRY BEFORE**

**GRADES 1: 2: 3:**

8.00: Doors open

8.15: NDP Registration/ round 1 warm-up / orientation

8.15: Judges meeting / coaches meeting

9.30: Round 1

12.25: Medals / Gym cleared.

1.00: Judge’s Lunch

Afternoon competition: **DOORS OPEN 2PM – NO ENTRY BEFORE**

**GRADES: 4: 5: 6: FIG**

2.00: Doors open

2.15: Registration / Round 3 Warm up / Orientation

3.05: March on

3.10: Round 3

6.00: Medals

Finalised Running orders, warm-up rotas, orientation rotas and programmes will be distributed at the competition in coach packs

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