

Work Plan

Tumbling Regional Championships

& National Prelims 2016

Richmond Gym Club

Saturday February 20th

Venue information

Venue Richmond Gymnastics Association

Townmead Road,

Kew, TW9 4EL

Directions: By car from M25: leave the M25 at Junction 12. Join M3 east

direction. Continue along M3, it becomes 316. Turn left into

Mortlake Road, then first right into Townmead Road

Car park: .For visitors/coaches /parents: drive down Townmead Rd, past the gym, turn right at mini roundabout. Turn first left into car-park. Parking is very limited. Additional parking can be found in the retail park 4 minutes’ walk away. The gym car-park will be closed to all but the judges

Gym open: 1.30. Please do not arrive before stated time.

General warm-up: 1.45

Judges meeting: 1.45

March on: 2.10

Tickets: Spectator tickets will be available on the day of the event

Adults: £5.00 per comp.

Primary school children £3.00

Pre-school children free

Event Team Personnel:

Kath Small

Rob Small

Chris Brockbank

Salme Naylor

Carol Bailey

Technical information

Clubs: Must be BG registered, LG affiliated, and Tumbling registered

Supervising coaches: Require current gold BG membership, DBS & SPCA, a minimum level 2 tumbling qualification,

Assisting coaches: Require current silver BG membership, DBS, SPCA & minimum level 1 tumbling qualification. Each club must bring at least 1 coach to supervise the tumblers

Gymnasts:Require current BG Silver Competitive membership

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

Judges Meeting: There will be a judges meeting at 1.45

Coaches Meeting There will be a coaches meeting at 1.50

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 the final running order

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.**

Food and Drink: **Gymnasts and spectators must not bring food or drink into the gym,**

Competition details:

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

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

Warm-up Area: Only supervising coaches and gymnasts may use the warm up area when timetabled to do so.

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.

Chewing gum is not permitted

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

Judging panels: There will be two judging panels at this competition

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 in accordance with the principles of the FIG code of points. Inquiries may 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

Tie for first place: Awards, 2 x Gold and 1 Silver (No Bronze)

Tie for second place: Awards, 1 x Gold, 2 x Silver (No Bronze)

Tie for third place: 1 x Gold, 1 x Silver and 2 x Bronze

Scoring and results: Gymnast must complete all three set runs. Finalised score sheets will be sent to clubs and BG and published on the LG website.

Score cap: Tumblers must achieve a minimum score of 25 points to be eligible to

progress to the semi- final.

Range and Conditioning

Additionally, NDP tumblers must compete Range and Conditioning. A minimum score of 70 must be achieved for the tumbler to progress to the semi-final.

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 the first, second and third placed gymnasts in each category.

Categories:

Club: Level 1&2 tumblers must be a minimum 7 yrs. Level 3 tumblers must be a minimum of 8 yrs. in year of competition

Club level 1: Age Groups 7-8, 9-10, 11-12, 13+

Club level 2: Age Groups 7-8, 9-10, 11-12, 13+

Club level 3: Age Groups 8-10, 11-12, 13+

Tumblers must complete all three set runs

Club is a regional level competition only

NDP: Tumblers must be a minimum 9 years in the year of competition

NDP 1-4: Age Groups 9-10, 11-12, 13+

: NDP 5: Age Groups 10-12, 13-14, 15+

NDP 6 & 7: Age Groups Under 13yrs, Over 13yrs

Tumblers must complete all three set runs. Tumblers will not be permitted to repeat a tumble

Progression: The top two tumbles per level / age group / gender /achieving the set minimum score of 25 & minimum 70 in R&C will progress from the Regional Prelims to the NDP Semi-Final

The top eight gymnasts per level / age group / gender, countrywide, will progress from NDP Semi-Final to NDP Final

Ranking at the Regional Prelims and the NDP Semi-Final is determined by the cumulative scores from all 3 runs

Regional Kit: Tumblers progressing to the NDP semi-final will be required to purchase and wear the London Regional Tumbling Kit. This comprises of a Zone leotard for the girls and Zone leotard and navy shorts for the boys. Order forms will be distributed at the competition

The leotards are sponsored by The Zone and will be 40% below retail prices. From March onwards, an optional Adidas tracksuits will also be available to purchase via the LG website

Coach’s kit: Coaches attending the semi-final will be required to wear the LG regional polo shirt and navy tracksuit bottoms.

Running order: sent separately

Judges list: sent separately

Parent’s letter: sent separately

Warm-up timetable: on the day

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;
* 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.