


***2017 Aerobic Gymnastics  
Competition Handbook©***

**British  
Gymnastics**  
More than a sport

## Version History

The Aerobic Gymnastics Technical Committee reserves the right to make amendments to this Handbook.

Notification of a change to the handbook will be communicated through the British Gymnastics website  and an updated version will be made available to download at the time of change.

All versions will be listed on this page, with reference to amendments made;


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## Contents

Definition of Terms .....	5
Contact Information .....	6
Technical Committee.....	6
British Gymnastics Contact Details.....	6
National Competition Calendar .....	7
Eligibility.....	8
Membership .....	8
Coach Qualifications.....	9
Safeguarding.....	9
Nationality .....	9
Entry Process.....	11
Methods of Payment.....	11
Late Entries.....	12
Withdrawals and Substitutions.....	12
Non-Participation Fee .....	12
Registration .....	13
Order of Performance.....	13
Music.....	13
Late Music Submission .....	13
Food and Drink .....	14
Babies and Young Children .....	14
Medical Provision .....	14
Inquiries.....	14
Medal Ceremonies.....	15
Tenure of Trophies .....	16
Video, Film and Photography.....	16
Health & Safety.....	16
Overnight Stays .....	16
Drug Free Sport .....	17
Terms & Conditions of Entry to All Competitions .....	17
Aerobic Gymnastics Technical Information .....	18
Code of Conduct.....	18
Club Representation.....	18

Age Policy .....	18
Competition Attire.....	18
Aerobic British Championships and NAC Cup.....	21
Alex Strachan Cup .....	24
Appendices .....	27
Appendix 1 – Home Countries, English Regions & Island Associations.....	27
Appendix 2 – NAC and FIG Restrictions.....	28

## Definition of Terms

- **BG** means British Gymnastics
- **Criminal Record Certificate** means DBS (previously CRB) Access NI Eligibility or PVG
- **CPSU** means Child Protection in Sport Unit
- **TC** means the Aerobic Gymnastics Technical Committee of BG and/or any Technical Committees appointed from time to time acting with the appropriate delegated authority.
- **Organiser** means the Aerobic Gymnastics National Competition Organiser (NCO) or their designated representative, who is authorised by, or on behalf of BG.
- **FIG** means Federation International de Gymnastique.
- **Code** means the Code of Points used for the competition, from which technical information and regulations are taken such as BG or FIG
- **NDP** means National Development Plan
- **Championships** means any British Championship organised by or on behalf of BG.
- **Event** means any National competition and Championships organised by or on behalf of BG.
- **Supervising Coach(es)** are those coaches submitted in the online entry process and who are responsible for the gymnast(s) for the entire event. This coach must have the relevant qualifications and BG membership as defined in the Eligibility section of this handbook. Any changes to the supervising coach(es) submitted on the online entry system must be notified to the Events Department prior to the event and in exceptional circumstances if changes are required during the event, these must be notified to the Organisers. Changes to Supervising Coaches will only be permitted where the replacement coach meets all of the relevant Eligibility requirements.
- **Assisting Coach(es)** are coaches who are permitted on the competition floor and/or warm up hall, but who work under the guidance and responsibility of the Supervising Coach. Assisting coach(es) must meet all of the relevant eligibility requirements.
- **Officials** are people recruited to assist with the delivery of the overall event i.e Floor Manager, Ceremonies Manager, Spectator Tickets Manager
- **Unattached** means gymnasts who are not members of a BG registered club but hold appropriate BG membership.
- **Medical Certificate** means a letter on headed paper signed by a Doctor or Physiotherapist confirming the gymnast is unfit to take part in the competition.
-  means it is a hyperlink to official policy statements and other event related information.

Where no specific point is addressed in the regulations, the current FIG rules apply.

However, the Technical Committee and its appointed officials reserve the right to define any regulation conflict as is deemed appropriate to ensure a fair and equitable competition.

### Contact Information

#### Technical Committee


Chairman	Nigel Saunders	<a href="mailto:nigel.saunders@british-gymnastics.org">nigel.saunders@british-gymnastics.org</a>
National Judging Co-Ordinator	Jacqueline Murphy	<a href="mailto:jackie@rachelmurphy.co.uk">jackie@rachelmurphy.co.uk</a>
National Competition Organiser	Martine Griffiths	<a href="mailto:aerobic.competitions@british-gymnastics.org">aerobic.competitions@british-gymnastics.org</a>
Disability Representative	Elizabeth Paterson	<a href="mailto:lizzi007@live.co.uk">lizzi007@live.co.uk</a>
Technical Committee Member	Su Killeen	<a href="mailto:suki92@ntlworld.com">suki92@ntlworld.com</a>
Technical Committee Member	Debbie Saunders	<a href="mailto:wsmsportsaerobic@aol.com">wsmsportsaerobic@aol.com</a>
Technical Committee Member	Collette Hayes	

#### British Gymnastics Contact Details

Events Department		<a href="mailto:events@british-gymnastics.org">events@british-gymnastics.org</a>
Coach Education		<a href="mailto:coaching@british-gymnastics.org">coaching@british-gymnastics.org</a>
Customer Service	0345 1297129 ext. 2395	<a href="mailto:customerservice@british-gymnastics.org">customerservice@british-gymnastics.org</a>
Safeguarding and Compliance		<a href="mailto:ethics@british-gymnastics.org">ethics@british-gymnastics.org</a>
Technical and Performance		<a href="mailto:worldclass@british-gymnastics.org">worldclass@british-gymnastics.org</a>

## National Competition Calendar

	Event & Date	Opening Date	Closing Date	Venue
	Aerobic British Championships and NAC Cup 26 <sup>th</sup> - 28 <sup>th</sup> July	5 <sup>th</sup> May	Noon 16 <sup>th</sup> June	Echo Arena, Liverpool
	Alex Strachan Cup 7 <sup>th</sup> - 8 <sup>th</sup> October	14th July	Noon 25 <sup>th</sup> August	Surrey Sports Park

For a complete domestic and international calendar of events please follow link 

# Eligibility

## Membership

All persons attending BG events in an official capacity, whether as a gymnast, coach, judge are required to hold current BG membership in line with the level of competition entered and awards held.

Coaches, Judges and Gymnasts should carry current membership cards to all competitions and be prepared for these to be checked by the Organiser or their appointed officials.

- **Gymnasts**

Membership level must be Silver, Gold, Joint Gold, or Life Members of BG in order to enter a BG Event.

In normal circumstances, gymnasts should also be a member of a BG registered club.

In exceptional cases, where a gymnast does not belong to a BG registered club they must contact the Events Department and request entry into the Event. If granted such gymnasts will be given the classification as being Unattached. In such circumstances the gymnasts must nominate a Supervising Coach and must also meet all other membership requirements.

For all Grades competitions, gymnasts must hold current BG membership at the time of Regional Preliminaries. Anyone discovered to have been without the correct level of membership for these competitions will be disqualified.

- **Supervising Coaches**

Supervising coaches' membership level must be Gold, Joint Gold or Life Members of BG and coaches must be qualified to the level of the skills being performed before being allowed to participate in a BG Event. Coaches must have a current safeguarding certificate. Please see Safeguarding section.

- **Assisting Coaches**


Assisting coaches' Membership level must be Silver (if Level 1), Gold, Joint Gold or Life Members of BG before being allowed to participate in a BG Event. Coaches must have a current safeguarding certificate. Please see Safeguarding section.


- **Judges**

Judges' membership level must be Bronze or Life Members of BG for Club/County/Regional Judges, and Gold, Joint Gold or Life Members of BG for National and Brevet Judges before being allowed to officiate at a BG Event.

Judges must also hold a current cycle of judging award (Cycle 14)

BG does not require judges to complete a criminal record check to judge at BG competitions, as the role that judges fulfill at the event no longer falls within DBS or Access NI Eligibility\*. However, some judges are actively involved in club gymnastics and may provide judging instruction to children in a training environment or carry out a supervisory role (or may complete a criminal record check by virtue of another role they undertake e.g. coach). As not all judges use their qualification in the same way, it is the club's responsibility to assess the role the judge is undertaking and determine whether the activities involved fall within the eligibility criteria for a criminal record check. BG no longer requires all judges to complete safeguarding training but clubs should ensure any judge who supervise or instructs children has completed appropriate training.

\* Judges who are involved in Scottish competitions should refer to [Scottish Gymnastics](#)  for further guidance as to whether a check is required.

For further information on membership levels please visit the British Gymnastics website. 



## **Coach Qualifications**

When submitting entries for a BG event, clubs must ensure that the nominated Supervising Coach(es) is/are qualified to the level of the participant's performance. The practice of supervising participants working above the level of the coach's qualification is not allowed.

The caveat that permits coaches to practice one level above their coaching qualification in the coaching syllabus refers to a training environment only and is not permitted at BG Events. Its purpose is to enable coaches to practice within the post course guided learning environment following attendance at a course and in preparation for the examination, under the supervision of a BG mentor coach.

Supervising Coaches entered into the event entry MUST be the same ones attending the event. It is unacceptable to enter a coach you know will not be attending.

Supervising Coaches have a duty of care towards their performers and have a responsibility to ensure that they are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically and psychologically, for performing their routines in a competition situation.

Additional Assisting Coaches (Level 1 and above) may be accredited, at the discretion of the Organiser, to be present in the competition arena to assist with the pastoral care of the gymnasts. Assisting coaches may not coach the gymnasts unless they fulfil the requirement of holding a recognised qualification suitable to the level of skills being performed.

If it is found that a club is in breach of these policies BG reserves the right to reject an entry on the grounds of gymnast safety or, if discovered post performance, to disqualify the competitor and remove their score(s) from the official results.

## **Safeguarding**

All Coaches are required to hold a current BG specific DBS certificate, or Home Nation equivalent, and have current Safeguarding and Protecting Children Awareness training at the time of the event. Coaches who do not fulfil this requirement will not be accredited or allowed to participate at BG Events.

All Gymnasts must have an accredited coach present on the competition floor at all times. If a Gymnast attends a competition without a Supervising Coach they will not be allowed to compete.

The safeguarding courses recognised by British Gymnastics are:

Sports Coach UK (scUK) Safeguarding Awareness course.  
Local Safeguarding Children's Board (LSCB)  
Football Association (FA) safeguarding training  
Professional prior learning i.e. Social Worker, Teacher etc.

This must be renewed every three years and be valid both at the time of entry and through to the end of the Event.



For members who have previously completed a face to face course an online refresher update course is available.

Coaches must also have a valid Criminal Records Certificate both at the time of entry and through to the end of the Event before being allowed to officiate at a BG Event.



## **Nationality**

Participation in all British Gymnastics Events is subject to the requirements of membership, club/regional registration and other conditions of entry.

In addition, the following regulations concerning Nationality are applicable to British Gymnastics Events.

## British Championships

Only those in possession of a valid United Kingdom passport are eligible to be ranked in the official Competition results, where a British Championships title is being contested. This is effective for individual competitions. In team competitions or where gymnasts compete together as part of a group/partnership, all of the gymnasts must be in possession of a valid United Kingdom passport in order for that team/group/partnership to be ranked in the official Competition results.

At the discretion of the British Gymnastics Technical Committee and with agreement from the British Gymnastics Head of Performance Sport (or their appointee), those who are not in possession of a valid United Kingdom passport may take part in competitions where a British Championships title is being contested. Participation is also subject to approval from their own FIG Member Federation in accordance with FIG statute. They will receive score(s) but will not receive a ranking in the official Competition results. In such circumstances gymnasts will be referred to as Guests.

Gymnasts holding dual citizenship (including a valid United Kingdom passport) are only eligible to receive a ranking in the official results (either as an individual or as part of a team/group/partnership) if they do not hold an FIG License registered by another FIG Member Federation or have not represented another FIG Member Federation.

Gymnasts who are not in possession of a valid United Kingdom passport and who are not members of British Gymnastics may be invited by the British Gymnastics Technical Committee or Head of Performance Sport to take part in the British Championships. They will receive score(s) but will not receive a ranking in the official Competition results.

## Other British Gymnastics Events

At the discretion of the British Gymnastics Technical Committee and with agreement from the British Gymnastics Head of Performance Sport (or their appointee), non-British citizens may take part in other British Gymnastics' Competitions. Participation is also subject to approval from their own FIG Member Federation in accordance with FIG Statutes.

Those gymnasts who are not in possession of a valid United Kingdom passport must have been a member of British Gymnastics for at least one year prior to the date of the Competition in order to be eligible to take part. During this period the gymnast's sole or main residence must be within the United Kingdom.

They will receive score(s) and will receive a ranking in the official Competition results. This is effective for both individual competitions and competitions where gymnasts compete together as part of a team/group or partnership.

Where a Competition provides a qualification route to take part in a British Championships, the results of a non-British citizen will not lead to the displacement of a British citizen who would have otherwise qualified for the British Championships.


In exceptional circumstances, gymnasts who are not in possession of a valid United Kingdom passport and who are not members of British Gymnastics may be invited by the British Gymnastics Technical Committee or Head of Performance Sport to take part in British Gymnastics Events. The Technical Committee with approval from the Head of Performance Sport will have the discretion to determine whether their scores will contribute towards the official Competition results.

## Disclosure

It is the responsibility of the person making the Competition entry to ensure that all of the gymnasts have their nationality declared within Gymnet online membership portal.

## Competition Entries

### Entry Process

Entry to all National BG Events are Online only. Complete instructions for adding an entry via the GymNet online Entry Portal are available to download from the BG website. 

All entries must be fully submitted electronically to BG by the stipulated closing date and time.


### Disability Gymnastics

Disability Gymnastics is designed to provide competition and development for people whose disability or impairment restricts their mainstream competitive opportunities.

Gymnasts with disabilities competing in mainstream competition, at or above regional levels (Not including GfA competition or British Vets); will be ineligible to enter Disability Gymnastics competitions.

As part of the development of Disability Gymnastics, British Gymnastics has produced its own sport specific Disability Gymnastics Classification Certificate. The classification certificate is contained in a pack which also clearly defines the eligible impairments for Disability Gymnastics Competition.

All clubs and coaches must inform the British Gymnastics Events Team of any of any gymnasts which have medical conditions that require special consideration at BG events. This information should be shared with the BG Events Team at the point of competition entry and will enable to the BG events team to make the necessary adjustments where possible to cater for the additional needs of each gymnast.

Gymnasts will be required to provide proof of Disability at least six weeks before the event. Please complete and return the Disability Gymnastics Classification Certificate by following the instructions in the Disability Classification Pack. 

Although there are 44 different eligible classifications (Profile groups) in the Classification Pack, this does not mean that there are 44 different competition categories for Disability Gymnastics competition.

The Disability competition classification categories available can be found within the information pages for each competition which has integrated disability.

### Methods of Payment

Payment can be made by Debit Card, Credit Card or BACS payment. BACS payment however may slow the entry process. Payments should be received by BG within 48 hours of the entry being submitted.

***Entry fees are non-refundable after the closing date.***

### Late Entries

Late entries will only be considered in exceptional circumstances and only up to 7 days after the closing date.

In the unlikely event of a late entry being accepted, payment of three times the normal entry fee stated for the competition will be required for individuals (including partnerships and groups). For team late entries the fee will be double (including clubs and regions.) However, the late entry payments will be capped at £1000 (i.e. the additional payment over and above the normal entry fee per gymnast / partnership / group / team will be capped at £1000).

Late entries must be made in writing to the BG Events department and will then be referred to the Organiser for consideration. The Organiser and BG Events department will have absolute discretion whether to accept a late entry.

Late entry requests may be placed on a reserve list and clubs notified if their entry is accepted following a withdrawal, up to 1 week prior to the event.

### Withdrawals and Substitutions

Amendments to an entry before the closing date will not incur a penalty and in the case of withdrawals, the entry fee will be refunded. Entry fees are non-refundable after the closing date.

For NDP Grades Finals, if a Region wishes to make a substitution (due to the withdrawal of a previous regional entry) of a Pair/Group, they can only do so up to two weeks before the event, in writing to the BG event department after the entry is closed. Proof of qualification of the substitute must also be provided if applicable, at the time of the request. Substitutions will not incur a fee however there is no guarantee that the substituted names will be included in the spectator programme.

Where it is necessary to substitute a coach the club must inform the BG Events Department in writing at [events@british-gymnastics.org](mailto:events@british-gymnastics.org) so the coach can be checked for membership, awards and safeguarding, before they can be accredited for the event.

Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute must inform the Organiser immediately on arrival at the venue and produce their coaching award certificate, current BG membership card and a current BG specific Criminal Records Check certificate.

### Non-Participation Fee

Due to an increasing number of clubs/coaches/gymnasts failing to inform the organiser of their withdrawal from the event and the impact on the event and competition format, it was agreed at the Joint Technical Committee meeting on 13th April 2016 that a fee for non-participation will be introduced.

By entering a gymnast (individual/partnership/group) or a team (team events) into an event, the enterer accepts that, should any gymnast or team fail to register to compete by the end of registration for a competition, the appropriate fee for non-participation will be added to the club basket or in the case of regional entries, basket of the person making that entry.

Fees will be charged as follows:

- £25 – Individual / Pair
- £50 – Trio / Group / Team

Should a gymnast be withdrawn prior to the event date due to illness or injury the club/region should inform the Events Department, [events@british-gymnastics.org](mailto:events@british-gymnastics.org), **in writing up to 12 noon of the Friday prior to the event** and forward a medical certificate to avoid paying the non-participation fee.

If a gymnast suffers illness or injury after this time the club should inform the Competition Organiser at their earliest convenience **up to the close of registration**. If a medical certificate is provided within 14 days of the event the non-participation fee will not be charged.

The medical certificate should be provided on headed paper by a qualified medical professional, Doctor or Physiotherapist, confirming the gymnast is unfit to take part in the competition. This should be emailed to the Events Teams at [events@british-gymnastics.org](mailto:events@british-gymnastics.org) or posted to the Events Department at Lilleshall National Sports Centre, Newport, Shropshire, TF10 9AT.

Failing to inform the Events Team or Competition Organiser as laid out above will result in the non-participation fee being charged.

## **General Regulations**

Coaches' must make adequate provision for the "supervision" of their gymnasts upon arrival at the venue. Gymnasts will not be allowed to register or begin warm up without their coach present.

### **Registration**

Only register your Gymnast(s)/Club/Region when those competing in that section of the event have arrived at the event and intend to compete. Please inform the registration desk of any withdrawals as soon as possible.

During registration accreditation/passes will be issued. Abuse of accreditation/passes may result in disciplinary action taken by BG.

### **Order of Performance**


The order of competing for individual events and team events shall be decided according to the competition arrangements made by the Organiser or such officials as may be authorised by the Technical Committee. For the purpose of maintaining the smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the TC reserve the right to alter the grouping of gymnasts and/or running order of performances as may be deemed necessary by the Organiser or authorised officials, up to the start of warm up.

For competitions where there is an official podium training no changes will be made to the running order without the consultation of the coach and gymnast affected.

Wherever practical the Organiser shall produce and circulate to all participating clubs a provisional start list and running order for an event at least 2 weeks before the day thereof.

### **Music**


All music for competition routines must be uploaded onto the GymNet portal at the latest one week before the competition date (see event page for specific time and date).

Instructions for submitting music electronically may be found within the online entry guide 

### **Late Music Submission**

Late submission of music will attract a fee of £20.00 per gymnast/partnership/group/team. This fee will be added to your club basket. Music not uploaded by the deadline cannot be guaranteed to be uploaded on the day.

### **Music Licensing**

All music used in competition routines must conform to the relevant licensing requirements. Details may be found at the following link. 

Certain tracks belonging to Disney, Andrew Lloyd Webber and Cirque du Soleil can be used but this should be checked on the PPL website to confirm the track is included within their repertoire.

To check tracks go to <http://www.ppluk.com/> scroll to the bottom of the page and click on 'PPL Repertoire Search' enter the artists name and title. Any music listed as part of the search can be used.

If the track is not included within the listed tracks the club must apply directly to Disney, Andrew Lloyd Webber or Cirque du Soleil to use the track and pay the relevant licensing fees.

### **Access to Warm up Hall**

Access to the warm up hall will be limited to the appropriate number of coaches as defined in the specific details section for each Event. On arrival, coaches will need to register and collect their accreditation from registration. In the case of events spanning more than one day, accreditation will be issued for each day. At larger national events the FIG/UEG recognised accreditation system will apply.

Abuse of accreditation may result in disciplinary action being taken by BG.

Judges will not be allowed into the warm up hall, once the judges meeting has taken place.

### **Food and Drink**

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies.

### **Babies and Young Children**

In the interests of safety, for the smooth running and professional presentation of the events, babies and young children are not permitted to enter the warm up hall or field of play, even if they are being supervised by an adult.

### **Medical Provision**

Anyone requiring First Aid assistance should speak to either the Competition Organiser or BG medical team. It is recommended that all coaches have a First Aid kit with them for minor injuries.

At all BG Events an official medical team will be appointed and will be available to treat gymnasts who sustain an injury at the event. The medical team are not able to treat pre-existing or chronic injuries.

Any injury occurring during the official training or competition must be reported to the medical team, to ensure a record can be kept of treatment given and by whom.

The decision of the Organiser, based upon the recommendation of the BG appointed medical officer as to the gymnast's health and medical status and their ability to compete at the Event is absolute and final.

### **Inquiries**

Official inquiry forms are available from the Organiser and must be completed and returned, as soon as possible after the publication of the scores. Inquiry forms will be published in each Event Work Plan.

A coach may only request an inquiry on the Difficulty Score, in accordance with the FIG Code of Points.

In the interests of justice, if the Difficulty Score does not appear to correlate with what was performed, or there is an arithmetical error in the calculation of the Difficulty Value, conversion to the Difficulty Score or in the calculation of the Final Score, an appeal may be made for review to the Superior Jury.

The DJ penalty score may need to be reconsidered if there is a change in the Difficulty Score after the inquiry.

Inquiries can be made only for the Club/Region's own competitors.

No inquiries can be made against Execution or Artistic Scores, time faults or other penalties.

On publication of the Difficulty Score, any inquiry for investigation is made at the very latest before the end of the next exercise that follows the release of a score. The Supervising Coach for the Club/Region of the competing gymnasts places the inquiry form with the Chair of the Superior Jury or designated person.

An inquiry form must be delivered without verbal exchange.

The written request for inquiry must be delivered within 4 minutes after the placement of an appeal form, otherwise the appeal becomes obsolete.

The placement of an inquiry form becomes a contract to pay the appropriate fee.

The President of the Superior Jury (or delegate) will immediately notify the SJ Difficulty Experts and the CJP of the panel concerned of the inquiry. The CJP immediately requests the DJs to review the Difficulty Score.

If a resolution cannot be made before the start time of the next competitors' exercise, the calculated Score will be listed as 'provisional' and will be considered at the end of the round of competition and before any award ceremony.

If the inquiry is rejected, the fee will be put into the appropriate club basket for immediate payment.

The TC cannot accept any photographic analysis at an event unless an official video replay system is available and could be referred to by the Superior Jury or the Chair of the Judging Panel for the benefit of every competitor.

The Supervising Coach for the Club/Region of the competing gymnasts places the appeal form with the President of the Superior Jury or designated person.

- First inquiry: £25
- Second inquiry: £50
- Third and subsequent inquiries: £75

The placement of an inquiry form becomes a contract to pay the appropriate fee.

This fee will not be collected in cash at the event, but added to the basket of the club/coach concerned, if the inquiry was not upheld.

### **Medal Ceremonies**

Except in exceptional circumstances, gymnasts who win a medal at a BG Event are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony in order to collect their award in person. Medals will only be distributed at events not by post. Attire for medal ceremonies is according to FIG World Championships and UEG rules.

## Tenure of Trophies

All perpetual trophies remain the property of BG.

Perpetual trophies are the responsibility of the winning club or region. The club or region are responsible for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the Organiser prior to the competition the following year by either; -

- Making arrangements for it to be delivered to the competition venue on the day.
- Returning it to the competition organiser at least one week prior to the competition.
- Returning it to the BG offices at least one week prior to the competition.

Failure to do this or loss of a trophy will incur a cost to the individual / club.

## Video, Film and Photography

BG accredited photographers may be present at BG events and in some cases, events will be videoed and/or live streamed by BG TV. These images may be used by BG and our subsidiary companies for the purposes of promotion, education and development of the sport. They may also be shared with relevant third parties organisations for journalistic/promotional purposes.

Clubs must ensure that gymnasts/parents are informed of the photography arrangements for the relevant event. BG will also announce the photography/filming arrangements at the event. Any gymnast or parent who does not wish themselves or their child to be photographed/filmed at the event must advise the British Gymnastics Events Department or the Event Organiser. Although it is not always practical to manage the content of live streamed footage, British Gymnastics will ensure any identifiable images of the participant are not published.

Any person wishing to use video, film or take photographs must abide by the BG Photography at Gymnastics Events policy. 📷 Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use, or publication in printed or electronic form, such as on websites. Clubs may publish some photos but this may only be done in accordance with BG Safeguarding & Protecting Children Policy 📷

Flash may not be used at any time while gymnasts are warming up or competing.

If you have concerns about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to the BG appointed Welfare Officer at the event.

## Health & Safety

The health, safety and welfare of all participants (gymnasts, coaches and officials) is the primary consideration. All BG policies and procedures will be rigorously applied with regards to health, safety, welfare and Safeguarding & Protecting Children.

## Overnight Stays

Government legislation requires that when a club takes a gymnast(s) under the age of 18 years on a journey involving an overnight stay, the club must ensure that there is a designated trained person responsible for child protection on the trip. To adhere to the CPSU child protection standards this person must not be related to or in a relationship with the coach attending the trip.

The training for the designated person should be BG recognised Safeguarding and Protecting Children Awareness training or Home Country equivalent.


For **Overnight Trips** the appropriate form needs to be completed in full and sent to British Gymnastics **at least** four weeks prior to travel so we can get your trip approved and endorsed by our insurers. Failure to inform British Gymnastics of **any** overnight stays may invalidate your insurance.



Please note that the BG Membership Insurance does not cover Travel or Emergency Medical Expenses, we therefore recommend that where necessary you take out additional Travel Insurance.

### **Drug Free Sport**

The testing programme may affect any elite gymnast performing at a national standard.

Please follow the link to read the BG policy 

### **Terms & Conditions of Entry to All Competitions**

In addition to BG General Rules & Regulations -

- All entrants agree to be treated by BG appointed medical staff only and be bound by the decision of BG medical staff in relation to their ability to compete in the competition.
- By submitting an inquiry you agree to pay a fee which will be added to the club/region basket.
- You agree to the storing of competition scores. BG will redact your details from the published results unless there is a justifiable reason to reject an objection to publication.
- You agree to abide by the BG Photography at Gymnastics events policy.
- The person making the online entry on behalf of gymnast(s), a club or a region, undertakes to ensure that those who they are making an entry on behalf of are fully aware of and agree to abide by the contents of this handbook.

# Aerobic Gymnastics Technical Information

## Code of Conduct

British Gymnastics Standards Conduct can be found through this link 

Aerobic Judges Code of Conduct 

BG, acting through the Board or its Committees, reserves the right to refuse any entry and disqualify an official, Judge, gymnast or team at any time, if they do not comply with BG regulations.

## Club Representation

Gymnasts may only represent one Club at any one time in any one discipline.


Exceptional circumstances will be considered following written application to the TC

## Age Policy

Gymnasts' ages for the purpose of entry to all age dependent categories will be taken as the age reached in the year of the competition.

The minimum age for entry to National BG Events is 9 in the year of competition.

Gymnasts competing in a higher age group (one (1) year above) can not then return to the lower age group unless in a different category.

To view the complete BG age policy please view the Health, Safety & Welfare Policy. 

<b>Age Group</b>		
	<b>Age</b>	<b>DOB</b>
<b>RAC</b>		
<b>Pre Foundation*</b>	8 Years & Under	2009
<b>Foundation</b>	9 Years	2008
<b>NAC &amp; FIG</b>		
<b>National Development</b>	10 - 11 Years	2007-2006
<b>Group 1</b>	12 - 14 Years	2005-2003
<b>Group 2</b>	15 - 17 Years	2002-2000
<b>Seniors</b>	18 Years & Above	1999




\*This is not considered to be a National Competition

## Competition Attire

- Gymnasts


It must be gymnastic in character and design. It must be elegant to complement the artistry of the exercise. It must also have adequate support so as not to divert attention from the performance nor require adjustment by the gymnast during the exercise.

- The removal of competition attire on the field of play and in public view is not allowed.
- Women and girls may perform in a one piece leotard with flesh coloured or transparent tights or a unitard (full length, neck to ankle). The attire can be with one or two sleeves, which end at the wrist.

- Men and boys may compete in leotards, a form fitting top with gymnastic shorts, ¾ length leggings, or long gymnastic trousers, or a unitard (¾ length, neck to mid- thigh) The attire must not have an open cut at the front or back and the armhole must not be cut below the shoulder blades.
  - For safety reasons, loose clothing, raised attachments and accessories are not allowed. All attire for men and women must be close fitting to allow the judges to properly evaluate body lines.
  - All attire must be modest: The cut of the leg of leotards must not go above the iliac crest (hipbone). The neckline must be no further down than half the sternum in the front, or below the lower line of the shoulder blades in the back. Lace and transparent material on the torso must be fully lined. Undergarments must not be seen.
  - Competitors must wear white aerobic shoes with white socks that must be able to be seen by all judges.
  - Advertising on attire must adhere to FIG rules.
  - The wearing of GBR or Home Nations attire at BG Events is strictly forbidden. However, where individuals or partnerships have been selected for GBR and awarded their colours (GBR flag), this may be worn on the gymnast's leotard at domestic events provided it conforms to FIG attire regulations.
  - For further details, please see FIG Code 
- Accessories and Aids
    - Sequins, stones and lace must be either integrated into the fabric of the competition attire or attached securely. Any injury occurring as a consequence is the responsibility of the coach and athlete.
    - Men's and boy's attire must not include sequins.
    - Hair accessories of any kind are not allowed and hair grips if worn must be securely fastened.
    - Face painting is not allowed; any make-up used by women must be used sparingly and not portray a theatrical character (animal or human).
    - Taping and support bandages must be of neutral colour. Any exceptional support, such as a knee brace that is not of neutral colour, may be worn without penalty if the club makes application to the Technical Committee prior to the start of the competition, for special permission.
    - Jewellery, including earrings and studs, necklaces, rings, bracelets, anklets, nose and navel studs, are not allowed.
    - For further details, please see FIG Code 
- Coaches
    - Coaches must wear a tracksuit with full length tracksuit bottoms or full length tracksuit bottoms with a collared polo shirt or club/regional t-shirt and appropriate gym/training shoes.
    - The wearing of GBR or Home Nations attire at BG Events is strictly forbidden
    - Long hair should be braided or tied back so as not to obscure vision.
    - Coaches will not be allowed on the competition floor if wearing ANY jewellery. If it is impossible to remove items of jewellery they should be taped. Exceptions are as per BG Body Piercing and Adornments policy. 

Non compliance may result in removal of the coach and consequently, for Health and Safety reasons, their gymnast from the competition.

- Judges
  - For Women: Dark blue or black skirt or trouser suit and a white blouse
  - For Men: Dark blue jacket, grey or dark trousers and a light coloured shirt and tie
  - Hair must be neat and not inhibit vision
  - Jewellery, if worn, must be professional in appearance



Requests can be made to adopt reasonable clothing modifications at any BG competition on religious grounds only. All requests must be on the official BG Clothing Modification Request Form  and submitted with the competition entry at least four weeks before the competition closing date, to allow sufficient time for full consideration of the application and any possible health and safety implications.

For competitors, coaches and judges, chewing gum is not allowed at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.

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 main arena during the event. Such mobile devices may only be used for monitoring scores and results, where the BG Score App is in operation.

For reasons of safety – chalk is not allowed on hands or shoes on the aerobic floor.

## Aerobic British Championships and NAC Cup

**Date:** 26<sup>th</sup>-28<sup>th</sup> July  
**Venue:** Echo Arena, Kings Dock, Liverpool Waterfront, Liverpool L3 4FP  
**Opening date:** 5<sup>th</sup> May  
**Closing date:** Noon 16<sup>th</sup> June  
**Music entry closing date:** Noon 19<sup>th</sup> July   
**Entry Fee:** £40.00 per gymnast for first category and £15.00 for subsequent categories entered.  
**Code:** FIG Code of Points 2017-2020 

### Competition Structure:

- NAC Group 1 (12 to 14yrs)
- NAC Group 2 (15 to 17yrs)
- NAC Senior (18yrs and over)
- Foundation (9yrs)

Same sex pairs can only compete in Foundation and NAC Junior categories. They are not permitted in any FIG categories.

NAC National Development and Group 1 gymnasts may only compete in two routines. NAC Group 2 and Seniors may compete in three routines

FIG gymnasts may compete in three routines.

FIG gymnasts may not compete at NAC, (this includes members of the National Squad or National Teams).

A gymnast may compete in the age category he or she will enter the following year as follows;

- Pairs - 1 gymnast may be out of age
- Trios - 1 gymnast may be out of age
- Groups - 2 gymnasts may be out of age

Note: Gymnasts cannot compete in an NAC and an FIG Partnership in the same age category

NAC Gymnasts may compete at FIG as follows;

- Pairs - 1 gymnast may be NAC
- Trios - 1 gymnasts may be NAC
- Groups - 2 gymnasts may be NAC

Note: Gymnasts cannot compete in an NAC and an FIG Partnership in the same age category

Competitions will be offered for Individual, Pair, Trio and Group at the following levels and age groups;

- FIG National Development (10 to 11yrs)
- FIG Group 1 (12 to 14yrs)
- FIG Group 2 (15 to 17yrs)
- FIG Senior (18yrs and over)
- NAC National Development (10 to 11yrs)

*For a full breakdown of level and category dependent restrictions please see appendix 2*

**Coach Qualification and Passes:**

<b>Aerobic British Championships</b>	<b>Qualification required</b>
FIG Group - G1 (12-14yrs)	Aero UKCC L2
FIG Group - G2 (15-17yrs)	Aero L3
FIG Group - ND (10-11yrs)	Aero UKCC L2
FIG Group - Senior (18+yrs)	Aero L3
FIG Individual - G1 (12-14yrs) Men	Aero UKCC L2
FIG Individual - G1 (12-14yrs) Women	Aero UKCC L2
FIG Individual - G2 (15-17yrs) Men	Aero L3
FIG Individual - G2 (15-17yrs) Women	Aero L3
FIG Individual - ND (10-11yrs) Men	Aero UKCC L2
FIG Individual - ND (10-11yrs) Women	Aero UKCC L2
FIG Individual - Senior (18+yrs) Men	Aero L3
FIG Individual - Senior (18+yrs) Women	Aero L3
FIG Pair - G1 (12-14yrs)	Aero UKCC L2
FIG Pair - G2 (15-17yrs)	Aero L3
FIG Pair - ND (10-11yrs)	Aero UKCC L2
FIG Pair - Senior (18+yrs)	Aero L3
FIG Trio - G1 (12-14yrs)	Aero UKCC L2
FIG Trio - G2 (15-17yrs)	Aero L3
FIG Trio - ND (10-11yrs)	Aero UKCC L2
FIG Trio - Senior (18+yrs)	Aero L3
FND Group (9yrs)	Aero UKCC L2
FND Individual (9yrs) Men	Aero UKCC L2
FND Individual (9yrs) Women	Aero UKCC L2
FND Pair (9yrs)	Aero UKCC L2
FND Trio (9yrs)	Aero UKCC L2
NAC Group - G1 (12-14yrs)	Aero UKCC L2
NAC Group - G2 (15-17yrs)	Aero L3
NAC Group - ND (10-11yrs)	Aero UKCC L2
NAC Group - Senior (18+yrs)	Aero L3
NAC Individual - G1 (12-14yrs) Men	Aero UKCC L2
NAC Individual - G1 (12-14yrs) Women	Aero UKCC L2
NAC Individual - G2 (15-17yrs) Men	Aero UKCC L2
NAC Individual - G2 (15-17yrs) Women	Aero UKCC L2
NAC Individual - ND (10-11yrs) Men	Aero UKCC L2
NAC Individual - ND (10-11yrs) Women	Aero UKCC L2
NAC Individual - Senior (18+yrs) Men	Aero UKCC L2
NAC Individual - Senior (18+yrs) Women	Aero UKCC L2
NAC Pair - G1 (12-14yrs)	Aero UKCC L2
NAC Pair - G2 (15-17yrs)	Aero UKCC L2
NAC Pair - ND (10-11yrs)	Aero UKCC L2
NAC Pair - Senior (18+yrs)	Aero UKCC L2
NAC Trio - G1 (12-14yrs)	Aero UKCC L2
NAC Trio - G2 (15-17yrs)	Aero UKCC L2

NAC Trio - ND (10-11yrs)	Aero UKCC L2
NAC Trio - Senior (18+yrs)	Aero UKCC L2

Please follow the link to check equivalent levels of qualifications from previous cycles 

### Coach Passes


Only 1 coach allowed into the arena with competing gymnasts.

The allocation of passes per club will be based on the number of routines as per current FIG accreditation rules.

- One routine – One pass.
- Two or three routines – Two passes.
- Four or five routines – Three passes.
- Six to eight routines – Four passes.
- 9 or more routines – Five passes.

Upon written request to British Gymnastics, the Competition Organiser, may permit a maximum of five coach passes per day for the NAC Cup and five coach passes per day for the British Championships.

### Tie Breaks:

- Tie-break rules as per FIG Regulations (World Championships) 

### Awards:

- Gold, Silver and Bronze medals will be awarded in each competition category.
- A glass trophy will be awarded to the winners in the the Senior Categories and their coaches.
- A certificate of participation will be given to all gymnasts.
- The winner of each FIG category will be referred to as British Champion.
- The winner of each NAC category will be referred to as NAC Cup category winners.
- NAC Cup and Glass trophy will be awarded to the highest score across the NAC competition

### British Championship and NAC Cup Titles

The BG Aerobic/Technical Committee wishes to draw the appropriate distinction between the category and title winners of the NAC Cup and the British Championships and requests that all clubs respect this distinction:

#### The NAC Cup Competition

The NAC Cup is the developmental competition and all entries are National Aerobic Code level gymnasts.

The gymnast who achieves the highest score of the competition is awarded the NAC Cup and shall be referred to as the titleholder of the NAC Cup.

All other category winners in the NAC Cup competition shall be referred to as NAC Cup category winners

#### The British Championships

The British Championship is the elite level competition and all entries are FIG Code level gymnasts. (For restrictions see Appendix 2).

The category winners in the British Championships shall be referred to as the British Champion and titleholder for the category.

## Alex Strachan Cup

<b>Date:</b>	7 <sup>th</sup> - 8 <sup>th</sup> October
<b>Venue:</b>	Surrey Sports Park, Guilford
<b>Opening date:</b>	14 <sup>th</sup> July
<b>Closing date:</b>	Noon 25 <sup>th</sup> August
<b>Music entry closing date:</b>	Noon 29 <sup>th</sup> September 
<b>Entry Fee:</b>	£25.00 per gymnast for first category and £10.00 for subsequent categories entered
<b>Code:</b>	FIG Code of Points 2017-2020 
<b>Competition Structure:</b>	

Competitions will be offered for Individual, Pair, Trio and Group at the following levels and age groups;

- FIG National Development (10 to 11yrs)
- FIG Group 1 (12 to 14yrs)
- FIG Group 2 (15 to 17yrs)
- FIG Senior (18yrs and over)
- NAC National Development (10 to 11yrs)
- NAC Group 1 (12 to 14yrs)
- NAC Group 2 (15 to 17yrs)
- NAC Senior (18yrs and over)
- Foundation (9yrs)

Same sex pairs can only compete in Foundation and RAC and NAC Junior categories. They are not permitted in any FIG categories.

NAC National Development and Group 1 gymnasts may only compete in two routines. NAC Group 2 and Seniors may compete in three routines.

FIG gymnasts may perform three routines.

FIG gymnasts may not compete at NAC, (this includes members of the National Squad or National Teams).

A gymnast may compete in the age category he or she will enter the following year as follows;

- Pairs - 1 gymnast may be out of age.
- Trios - 1 gymnast may be out of age.
- Groups - 2 gymnasts may be out of age.

Note: Gymnasts cannot compete in an NAC and an FIG Partnership in the same age category

NAC Gymnasts may compete at FIG as follows;

- Pairs - 1 gymnast may be NAC
- Trios - 1 gymnasts may be NAC
- Groups - 2 gymnasts may be NAC

Note: Gymnasts cannot compete in an NAC and an FIG Partnership in the same age category

*For a full breakdown of level and category dependent restrictions please see appendix 2*



# Coach Qualification and Passes:

Alex Strachan Cup	Qualification required
FIG Group - G1 (12-14yrs)	Aero UKCC L2
FIG Group - G2 (15-17yrs)	Aero L3
FIG Group - ND (10-11yrs)	Aero UKCC L2
FIG Group - Senior (18+yrs)	Aero L3
FIG Individual - G1 (12-14yrs) Men	Aero UKCC L2
FIG Individual - G1 (12-14yrs) Women	Aero UKCC L2
FIG Individual - G2 (15-17yrs) Men	Aero L3
FIG Individual - G2 (15-17yrs) Women	Aero L3
FIG Individual - ND (10-11yrs) Men	Aero UKCC L2
FIG Individual - ND (10-11yrs) Women	Aero UKCC L2
FIG Individual - Senior (18+yrs) Men	Aero L3
FIG Individual - Senior (18+yrs) Women	Aero L3
FIG Pair - G1 (12-14yrs)	Aero UKCC L2
FIG Pair - G2 (15-17yrs)	Aero L3
FIG Pair - ND (10-11yrs)	Aero UKCC L2
FIG Pair - Senior (18+yrs)	Aero L3
FIG Trio - G1 (12-14yrs)	Aero UKCC L2
FIG Trio - G2 (15-17yrs)	Aero L3
FIG Trio - ND (10-11yrs)	Aero UKCC L2
FIG Trio - Senior (18+yrs)	Aero L3
FND Group (9yrs)	Aero UKCC L2
FND Individual (9yrs) Men	Aero UKCC L2
FND Individual (9yrs) Women	Aero UKCC L2
FND Pair (9yrs)	Aero UKCC L2
FND Trio (9yrs)	Aero UKCC L2
NAC Group - G1 (12-14yrs)	Aero UKCC L2
NAC Group - G2 (15-17yrs)	Aero L3
NAC Group - ND (10-11yrs)	Aero UKCC L2
NAC Group - Senior (18+yrs)	Aero L3
NAC Individual - G1 (12-14yrs) Men	Aero UKCC L2
NAC Individual - G1 (12-14yrs) Women	Aero UKCC L2
NAC Individual - G2 (15-17yrs) Men	Aero UKCC L2
NAC Individual - G2 (15-17yrs) Women	Aero UKCC L2
NAC Individual - ND (10-11yrs) Men	Aero UKCC L2
NAC Individual - ND (10-11yrs) Women	Aero UKCC L2
NAC Individual - Senior (18+yrs) Men	Aero UKCC L2
NAC Individual - Senior (18+yrs) Women	Aero UKCC L2
NAC Pair - G1 (12-14yrs)	Aero UKCC L2
NAC Pair - G2 (15-17yrs)	Aero UKCC L2
NAC Pair - ND (10-11yrs)	Aero UKCC L2
NAC Pair - Senior (18+yrs)	Aero UKCC L2
NAC Trio - G1 (12-14yrs)	Aero UKCC L2
NAC Trio - G2 (15-17yrs)	Aero UKCC L2
NAC Trio - ND (10-11yrs)	Aero UKCC L2

Please follow the link to check equivalent levels of qualifications from previous cycles 

For further information on coaching levels or if coaches have queries about their own level, please contact the British Gymnastics Coach Education Department.


### Coach Passes

Only 1 coach allowed into the arena with competing gymnasts. The allocation of passes per club will be based on the number of routines:

- One routine – One pass.
- Two to three routines – Two passes.
- Four to five routines – Three passes.
- Six to eight routines – Four passes
- 9 or more routines – Five passes.

Upon written request to British Gymnastics, the Competition Organiser, may permit a maximum of five coach passes per day.

### Tie Breaks:

- Tie-break rules as per FIG Regulations (World Championships) 

### Awards:

- Gold, Silver and Bronze medals will be awarded in each competition category
- A certificate of participation will be given to all gymnasts
- A perpetual and glass trophy will be awarded to the Volunteer who has contributed most to the Sport
- A perpetual and glass trophy will be awarded to the Gymnast of the Year
- A perpetual and glass trophy will be awarded to the Coach of the Year

## Appendices

### Appendix 1 – Home Countries, English Regions & Island Associations

#### Home Countries

England	<a href="http://www.british-gymnastics.org/england">www.british-gymnastics.org/england</a>
Scotland	<a href="http://www.scottishgymnastics.org">www.scottishgymnastics.org</a>
Wales	<a href="http://www.welshgymnastics.org">www.welshgymnastics.org</a>
Northern Ireland	<a href="http://www.british-gymnastics.org/northern-ireland">www.british-gymnastics.org/northern-ireland</a>

#### Website Address

#### English Regions

North	<a href="http://www.british-gymnastics.org/north">www.british-gymnastics.org/north</a>
North West	<a href="http://www.nwga.co.uk">www.nwga.co.uk</a>
Yorkshire	<a href="http://www.british-gymnastics.org/yorkshire">www.british-gymnastics.org/yorkshire</a>
West Midlands	<a href="http://www.british-gymnastics.org/west-midlands">www.british-gymnastics.org/west-midlands</a>
East Midlands	<a href="http://www.british-gymnastics.org/east-midlands">www.british-gymnastics.org/east-midlands</a>
East	<a href="http://www.british-gymnastics.org/east">www.british-gymnastics.org/east</a>
London	<a href="http://www.british-gymnastics.org/london">www.british-gymnastics.org/london</a>
South East	<a href="http://www.british-gymnastics.org/south-east">www.british-gymnastics.org/south-east</a>
South	<a href="http://www.british-gymnastics.org/south">www.british-gymnastics.org/south</a>
South West	<a href="http://www.british-gymnastics.org/south-west">www.british-gymnastics.org/south-west</a>

#### Island Associations


Isle of Man Gymnastics	<a href="http://www.iomgymnastics.org">www.iomgymnastics.org</a>
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## Appendix 2 – NAC and FIG Restrictions

The Technical Committee will determine gymnast movement from Foundation to either NAC National Development or FIG National Development.

A gymnast is categorised according to the level of his/her individual routine performance, i.e. either NAC or FIG.

Please note gymnasts that have only competed in a FIG Partnership (MP/TR/GRP) in 2017 do not have automatic entry to a FIG individual routine in 2017. Please apply to the Technical Committee in such cases.

For gymnast movement between NAC and FIG, coaches must follow the rules in the Aerobic Gymnastic Technical Committee document “Movement between codes” but please note Gymnasts may not trial at FIG in the British Championships. 

New gymnasts or compilations to Aerobic Gymnastics MUST compete in the NAC category. Exceptions to this rule may apply if the athlete’s coach can demonstrate in writing, to the Aerobic Gymnastics Technical Committee, that the athlete has a track record in a sport other than Aerobics. Applications will need to evidence that the athlete has competed at a level high enough to be fast tracked to enter FIG.

The application must be received a minimum of 10 weeks prior to the competition in question. The Technical Committee’s decision is final. [events@british-gymnastics.org](mailto:events@british-gymnastics.org)

Only FIG gymnasts, adhering to full FIG/WAG rulings will be eligible for selection for national squads. NAC gymnasts are therefore not eligible for national squad selection or for wild card nominations.

**All previous appendices from 2016 and before are to be found on the BG website next to the handbook.**