



LONDON[®]
GYMNASTICS



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Venue & Tickets



Europa Centre
Vimy Way, Crayford, Kent. DA1 4FA
01322 318888
info@europagymcentre.com
www.europagymcentre.com

How to get here:

Please note that as the postcode is relatively new you may need to update satnavs or use postcode DA1 4ND

By Underground:

No underground station nearby.

By Rail:

There are regular over ground services to Crayford station from Charing Cross, London Bridge, Cannon Street, Waterloo East and Dartford. On exiting Crayford station proceed towards station road. Turn left down Station road. When you get to the roundabout (McDonalds) turn right onto Dartford road. Cross over at the crossing.

By DLR:

Take DLR to Woolwich and catch the 96 bus to Dartford, alight at Dartford rd (Maiden lane stop). Turn left after alighting and take the first right down Maiden Lane. Go under the single lane bridge, you will notice to the left a new housing estate (Vickers Green) and behind it The Europa Centre.

By Bus:

No. 96 regular from Woolwich-Bluewater (12-13 mins Sun) and the no 428 regular between Erith-Bluewater (30 mins Sun).

By Boat:

N/A

By Car:

Easy access from the M25 and A2 we are located on the boarder of Crayford and Dartford.

From Dartford town centre: Following signs to Crayford proceed up West Hill to first roundabout and onto Dartford Rd, Carry on towards Crayford and Just before the next Roundabout Turn right at Maiden Lane, proceed down the hill and under the bridge just after the bridge you will notice to the left a new housing estate (Vickers Green) and behind it The Europa Centre.

From A2 coast bound: Follow signs for Dartford heath A2018, at the end of the slip road from the A2 take the first exit onto Shepherds Lane*

From A2 London bound: Take the 3rd exit onto Shepherds lane*

*Go over the first roundabout and proceed along Shepherds Lane at the traffic lights turn left onto Princes Rd, at the end of Princes Rd take the 2nd exit on the roundabout onto Dartford Rd, then 150 yards down take the first left (Maiden Lane) Go under the bridge you will notice to the left a new housing estate (Vickers Green) and behind it The Europa Centre.

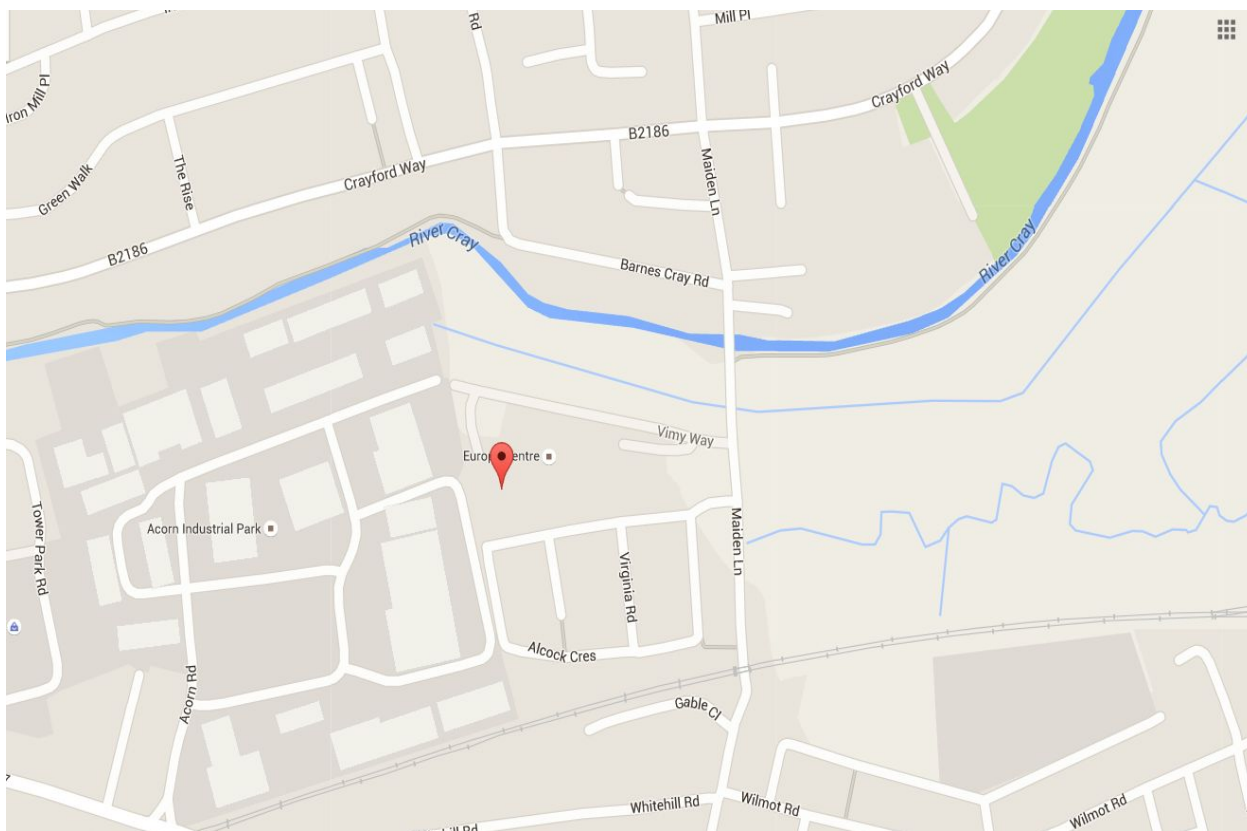
From M25 Clockwise: Immediately after the Dartford Toll Crossing (link to crossing charge) exit M25 at junction 1a, keep left on slip road and at the roundabout take the first exit left and proceed back over the M25. At the next roundabout take the second exit *

From M25 Anti-Clockwise: Immediately before the Dartford Toll Crossing take junction 1a, keep left*

*Proceed along University Way (A206) go across 2 roundabouts. At the end of University Way keep right and take the 2nd exit onto Thames Rd, at the first roundabout take the first left and onto Crayford Way, Proceed along Crayford Way and at the first mini roundabout take the first exit into Maiden Lane, we are located on the right approx. 400 yards down.

By Bicycle:

Crayford way is a designated signed cycle route. Follow directions as per directions from Dartford.



Parking:

Parking at the Centre is Free of Charge. We have limited parking available under the centre and all along Vimy way, for most events there will be a recognisable car park attendant on duty to direct you.

UNDER NO CIRCUMSTANCES PARK IN THE ADJOINING HOUSING ESTATE AS YOU WILL GET A PARKING TICKET.

When you get to the Centre:

Enter through either main entrance take the stairs or lift up to the reception on the first floor.

Ticket Sales:

There are No Pre Sale Tickets Available. Tickets will be sold on the day at Europa Centre Reception

Tickets:

Spectator tickets Costs:	Adults:	£7.00
	Concessions & under 12's:	£3.00

Event Personnel

Competition Organiser:

Emma Sheriff Gym No. 01322 318888

The Head of Judging Panels:

Graham O'Sullivan

Medical provision:

Jess Etherington will be a first aider present during the event. Jess may be contacted through the competition organiser

Welfare Officer:

Maria O'Neill will be a welfare officer on duty during the event. Maria may be contacted through the competition organiser

Announcers:

Len Arnold & Chris Sheriff

Scorers:

Jess Etherington

Music:

Becky Sheriff & Hannah Cotter

Stewards:

Europa Gymnasts

Orientation meeting Coordinator:

Peter Etherington

Technical information

Clubs:

Must be BG registered, LG affiliated

Supervising coaches:

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

Assisting coaches:

Must have current silver BG membership, DBS, SPCA & minimum level 1 qualification. *Level 1 assisting coaches may not put gymnasts on the floor.*

Gymnasts:

Must have current BG **silver/ bronze** membership

Judges:

Judges require a current minimum Bronze BG membership & judging qualification

Equipment specifications:

Gymnova

Judges meeting:

There will be a judges meeting at 8am

Coaches meeting:

There will be a coaches meeting at 8am

Gymnast registration:

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

Anti-doping:

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

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

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

BG/LG Photo Policy:

By entering an LG event, there is an acceptance that the participants may be photographed and the photograph may be published in LG communications. Any person wishing to use video, film, or take photographs must abide by the BG 'Photography at Events' Policy. (www.british-gymnastics.org) Photos may only be taken for personal use. You may not take photos for sale, other commercial use, or publications in printed or electronic form, such as on websites. Clubs may publish some photos of their own gymnasts, but this may only be done in accordance with BG 'Child Protection' Policy. Flash may not be used at any time whilst gymnasts are warming up or competing. Any concerns about any photographer or the suitability of any photos being taken should be reported to the Welfare Officer at the event.

Nominated coaches must not take photos or videos, whilst in the competition/warm up arena. Coaches who are spectators are covered by the same rulings as parents/guardian

Competition Details:

Gymnast's attire:

Gymnasts must march on in *competition attire/ club tracksuits*. Jewellery, body piercing and similar adornments are not allowed

Coach's attire:

In line with BG regulations, coaches must wear club tracksuit or polo shirt and track bottoms. Coaches will not be allowed on the competition or warm up area 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/blue* suits, skirts and white shirts.

Black shoes

Electronic communications:

Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication in the competition /training area during the event.

Inquiries and protests:

A coach may only inquire about the difficulty score, in accordance with the principles of the FIG code of points. Inquiries can be made only for a coaches' own gymnast. For set routines, inquiries to be made only through Graham O'Sullivan, Head Judge or Peter Etherington, Regional Coach, on the day. Please do not inquire to the judges.

Tie breaks:

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

Scoring and Results:

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

Presentation ceremony and awards:

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

Judging Panels:

Will be advised before the competition when finalised

Event timetable & Running Order:

[Please see the attached event timetable](#)



LONDON GYMNASTICS

LONDON REGIONAL CHAMPIONSHIPS

Date:	Sunday 30 th April 2017
Venue:	Europa Gymnastics centre Vimy Way, Off Maiden Lane, Crayford. Kent DA1 4FA
Opening date for entries	6 th March 2017
Closing date for entries	31 st March 2017
Entry fee:	£40 per gymnast (late entries £80)
Payment:	Online Entry

The London Regional Championships is designed to be an intermediate step between the NDP – style set routines and voluntary routines, to aid the development of younger gymnasts and help their progression towards FIG level routines. The competition is structured with a 'set routine' base, with the opportunity for gymnasts to add in voluntary skills to build difficulty.

Age Groups (as of January 1st 2017)

- ◆ O6 / U8 - 7 year olds
- ◆ U10 - 8 & 9 year olds
- ◆ U12 - 10 & 11 year olds
- ◆ U14 - 12 & 13 year olds
- ◆ U16 - 14 & 15 year olds
- ◆ Open - 16 years old and older

Eligibility

- ◆ Open to all gymnasts.

Judging

- ◆ Each club must provide at least 1 appropriately qualified that will judge for the entire day of the competition (i.e. morning and afternoon).

KInd Regards,

Mark Westley
Regional MTC Chairman

Gymnasts must have elements with 1 skill from each group

Rings	Muscle Up	*3 Swings*	Tuck Back
	Forward roll muscle up	Back Uprise	Straight Back
	1/2 Lever	Static Inlo	
	Front Planche	Inlo	
	Back Planche	Dislo	
	Straddle top Planche		

Vault	Handspring Flat back	Marked out of 7
	Handspring	Marked out of 8
	1/2 on over vault	Marked out of 9
	1/2 on to Stand	Marked out of 10

Gymnasts will compete 1 vault only

Group 1

Group 2

Group 3

Gymnasts must have elements with 1 skill from each group

"P" Bars	Upstart	*x3 Swings to handstand (not held)	Face Vault
	Drop Upstart	1/2 Lever	Flank
	Front Uprise	Any Press to handstand	Tuck Back
	Back Uprise		Long Swing Prep Dismount
	1/2 Turn		
	1 dip to 90°		

Group 1

Group 2

Gymnasts must have elements with 1 skill from each group

High Bar	Stalder	Either	<i>Routine to finish on either last swing or short clear</i>
	Endo	x3 Swings towards handstand	
	Upward circle to support	OR	
	Clear hip circle	x3 Backward Giants	
	Upstart cast to 45°	OR	
	Leg Lift	3 Forward Giants	

U8's **Maximum 6 elements**

U10's **Maximum 7 elements (6 on H Bar)**

U12's **Maximum 8 and Minimum 5 elements Junior FIG & U12 Supplement list**

U14's **Junior FIG**

U16's & U18's **Junior FIG (2 Vaults)**

OPEN **FIG**

Amendments

U12 category

If you are unable to do full routines on H bar or Pommel please see the alternatives below

H Bar

Follow High Bar rules for U10 but marked out of 8

Pommel

Mushroom - pick two of the following Czech/Stockli/Full Spindle with minimum one circle before and after each skill marked out of 8

Vault heights

U8 60cm red block long or cross ways

U10 110cm vault

U12 120cm vault

U14 125cm vault

U16 135cm vault