

Acro Regional Championships and NDP Prelims 2018

Version 2

**CLOCKS GO FORWARD ON SATURDAY 24TH MARCH**

Venue information

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| 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 is on right  |
| Parking: | Parking is available, but very limited. **Please ensure your gymnast and spectators do not arrive before the stated time.** |
| Morning eventDoors open: 8.00 8.15 | Gymnasts & coaches registration & advance ticket holdersPay-on-the-Day Tickets |
| Afternoon eventDoors open: 14.00 14.15  | Gymnasts & coaches registration & advance ticket holdersPay-on-the-Day Tickets. |

Venue facilities

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| Warm up gym | Gymnasts must be supervised by their coach and adhere to the warm-up timetable |
| Café: | Open till 4.30 for hot and cold food and beveragesNo food or drink *(except water)* in the gym or warm-up gym, to protect children with allergies |
| Shopping Mall |  T shirts: DE Photographs  |
| Changing rooms | For changing, hair and make-up.  |

Personnel

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| Competition Organiser | Chris Brockbank  |
| Programme Manager  | Andy MacDuff  |
| Floor Manager  | Natasha Maxwell  |
| Timetables / running order | Salme Naylor |
| Judging Coordinator::  | Nicola Burrows  |
| Superior Jury: | Mel Sanders |
| Music: | Bonnie  |
| First Aid: | Claire Cason & Shannon Brooks  |
| Regional Welfare Officer: | Chris Cason  |
| Scoring: | Chris Bailey  |
| Cups & Trophies:  | Michelle Nevils  |
| Front of House:  | Carol Bailey  |
| Warm up Gym:  | Ella Tralls |

Ticket information:

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| **Advance Tickets**  | Spectator tickets will be available in advance, via the RGA website [www.richmondgymnastics.co.uk](http://www.richmondgymnastics.co.uk)  |
| Advance tickets; Adults | Morning £8.00:  | Afternoon £8.00 | All day £14.00  |
| Advance tickets: Secondary age | Morning £8.00:  | Afternoon £8.00:  | All day £14.00  |
| Advance tickets: Primary school age | Morning £4.00 | Afternoon £4.00:  | All day £7.00  |
| Pre-school | Free | Free | Free |
| On the day: Adults  | Morning: £10.00 | Afternoon £10.00:  | £20.00 |
| On the day: Secondary school  | Morning: £10.00 | Afternoon £10.00:  | £20.00 |
| On the day: primary school age  | Morning £5.00:  | Afternoon £5.00:  | All day £10.00 |
| Pre-school  | Free  | Free  | Free  |

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| Clubs:  | Must be BG registered, LG affiliated, Acro registered |
| Nominated coaches: | Level 2 or above, require current gold BG membership, DBS, SPCA, a minimum level 2 Acro qualification. Nominated coaches do warm-up and put on floor |
| Nominated L1 coaches: | Require current silver BG membership, DBS, SPCA & minimum level 1 acro qualification. Level 1 may accompany grade 1& 2 partnerships in warm-up area providing they are supervised by a L2 acro coach. May not put gymnasts on the floor. Require dispensation from event organiser to be in field of play. |
| Nominated Assisting coaches:  | Require BG membership, DBS, SPCA. May provide pastoral care for their team in the arena. Require dispensation from competition organiser to be in the arena.  |
| Disability  | Clubs entering Disability partnerships may have one additional coach  |
| Gymnasts:  | Require Silver BG membership |
| Judges:  | Require minimum Bronze BG membership & cycle 14 qualification  |

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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 | 2 years | L1 ACRO [supervised by L2] |
| GRADE 2 | WP.MP.MXP | 9 in yr of comp | 12 years | 3 years | L1 ACRO [supervised by L2] |
| GRADE 2 | GROUPS | 9 in yr of comp | 12 years | 3 years | L1 ACRO [supervised by L2] |
| GRADE 3 | WP,MP,MXP,WG,MG | 9 in yr of comp | 14 years | 5 years | L2 ACRO |
| GRADE 4 | WP,MP,MXP,WG,MG | 9 in yr of comp |  | 7 years | L2 ACRO |
| GRADE 5 | WP.MP.MXP | 9 in yr of comp |  | 7 years | L3 or L2 + L3 MOD 1+ 2 |
| GRADE 5 | WG,MG | 9 in yr of comp |  | 7 years | L3 or L2 + L3 MOD 1+3+4 |
| IDP | WP.MP.MXP | 9 in yr of comp |  | 9years | L3 or L 2 + L3 MOD 1+2 |
| IDP | WG,MG | 9 in yr of comp |  | 9 years | L3 or L2 + L3 MOD 1+ 3+4  |
| 11-16 | WP.MP.MXP | 11years | 16 years |  | L3 or L 2 + L3 MOD 1+ 2  |
| 11-16 | WG,MG | 11years | 16 years |  | L3 or L2 + L3 MOD 1+ 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 |

Registration: On entering the warm-up gym, the lead coach from each club must collect their club pack from the registration desk. The pack contains a register, running order and coach passes. The coach will register their gymnasts and inform the registrar of any withdrawals.

Tariff Sheets: 3 tariff sheets per routine must be submitted at the registration desk, on the morning of the event, for the whole day ***(even if clubs are only entered in afternoon categories)*** Tariff sheets will not be returned after the competition

Coach meeting: There will be a lead coaches meeting at 8.10 with Salme in warm-up gym.

Judges Meeting: There will be a judges meeting at 8.45 with Nicola in judges room

Music: All music must be up-loaded to the BG Music Portal by March 9th. Password = acro2018 ***Coaches should bring back- up CDs of music to the event***

Warm-up floor: Coaches without a competition pass will not be allowed in the warm up gym. Parents will not be allowed in the warm-up gym. Gymnast’s hair should be done in the cloakrooms, not the warm-up gym

Anti-doping: Testing may take place at any event. The gymnast is held accountable if a prohibited substance is found whether intentional or unintentional.

BG Photo Policy: Any person wishing to use video, film, or take photographs must abide by the BG Photography Policy. ([www.british-gymnastics.org](http://www.british-gymnastics.org))

**Flash may not be used at any time** The competition organiser reserves the right to ban the taking of photos or videos

**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: Gymnasts must consume food in the café, **not** the warm-up gym or arena, to protect others with food allergies

Event details: Running orders, warm-up & orientation rotas will be emailed to coaches. Finalised running orders will be distributed at the competition in coach packs

Competitions: The event will be split into two competitions. Morning event = Grades 1, 2, 3, Disabilities and 11-16 Afternoon event = Grades 4, 5, IDP, 12-18, 13-19 and senior. Gymnasts competing in the afternoon competition **should not arrive before 14.00** because of parking restrictions. Car parks open 7.45 and 13.45

Routines: Grades 1-4 will perform a combined routine. Grade 5, IDP,2 routines, age groups & seniors will perform 2 routines, balance / tempo

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

Superior Jury: There will be a Superior Jury at this event

Height Checks Height checks will be done during orientation by CJPs

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 they and their gymnasts will be disqualified. Cropped trousers *(short / to the knee*) are NOT allowed

Judges Attire: Judges and officials must wear black suits, skirts or trousers with jackets and white shirts. Black shoes. Brevet & National judges will wear the BG scarf or tie. Regional judges will wear the LG scarf or tie.

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

Gymnasts Seating: Gymnasts must sit in the allocated spaces with their club, in the arena, until called for warm-up. **Gymnasts must NOT go into the audience**

Warm-up Area: Coaches may use the warm up gym when called, according to the warm-up timetable

Orientation: Round 1: 8.28: Round 2: 10.47: Round 3: 14.2: 8 Round 4: 16.43

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.**

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

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, with a payment of £15.00 to Superior Jury

Tie break: For first position, both partnerships will receive regional medals, but the partnership progressing to the NDP final will be decided by the following tie-break system: The highest E-score, followed by the highest A-score of the combined exercise, or the highest E-score, followed by the highest A-score of the sum of the two exercises. For second and third places the tie will not be broken.

Scoring and results: Scores will be shown after each performance, on screens. Finalised score sheets will be sent to clubs and BG and published on the LG website 28/3/18

Presentations All gymnasts must be present for the presentation ceremony. Gymnasts and coaches participating in the presentation ceremony must march on in competition attire. Gold, Silver and Bronze Medals will be awarded at Grades 1 - 5 & IDP & Disability Grades 1-3  In addition to the above; it is a requirement that any category that has less than three (3) competing partnerships must achieve an Execution score of 7.50 or greater before being doubled – I.e. 15.00. In which case, progression to the final will be considered on an individual basis.

Trophies will also be presented to the highest scoring partnerships at; Grade 1,2,3,4, Pairs: Grade 2,3,4,Groups: Disability Partnership: Grade 5 or IDP Pair: Grade 5 or IDP Group: 11-16 pair, 11-16 group, 12-18, 13-19, Senior Pair or 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 1-5, IDP, and Disability gold and silver medallists from Grades 1, 2, 3 will progress to the NDP National finals. The gymnasts will compete as the ‘London Team’- not under their club name. The Silver and Bronze medallists may progress to the Southampton Regional Competition at selected grades, as the London Team. Should there be only 1 partnership in a category they will go to the NDP final, unless they score below an average of 7.5 in execution, in which case it would be considered on individual basis.

REGIONAL KIT AT COMPETITIONS:

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

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

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 [necessary]

Polo shirt with the logo [optional]

*Should you already own navy tracksuit bottoms of the correct colour you will only need to purchase the jacket*

*The items will be posted directly to your home address.*

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 the London Team to NDP National Finals or Southampton will be required to wear the London regional polo shirts and navy tracksuit bottoms, or London Regional tracksuit. Polo shirts and tracksuits may be purchased on-line. Follow the above link

Photographs and Dismissal from the Arena

At the end of the medal presentations, the announcer will invite the Bromley team up to the podium for photographs.

The Bromley gymnasts and coaches will then be dismissed to the warm up gym to collect their belongings, ready for leaving.

The Bromley spectators will be invited to leave the arena to collect their children from the coaches at the warm-up gym door.

When the gymnasts and coaches have left the arena, the next club (in alphabetical order) will be invited to the podium for photographs and so on, until each club has had an opportunity for photographs on the podium.

The coaches from each club will then hand the children over to their parents at the warm-up gym door, **not in the arena**

We are required to vacate the building in as short a time as possible whilst ensuring the safety of everyone, so please do not allow the parents to detain you after the event.

Volunteers: Each club entering the competition will be asked to provide 1 adult volunteer to help on the day. Volunteers will be loaned red polo shirts to indicate that they are officials [Optional] and wear passes

Rubbish: Bins will be provided in the war-up gym for gymnast’s rubbish. It is the coaches’ responsibility to ensure that they use the bins, the lead coach from each club must remain behind to ensure the warm-up gym is clear before leaving.

Responsibilities:

 *The lead coach from each club will be responsible for:* The behaviour of their team in the warm-up gym and arena. Ensuring that the Europa rules are not contravened Wearing coach passes at all times Ensuring Gymnasts sit with their team during the proceedings, and do not go into the audience. Having the gymnasts ready to compete 30 minutes before stated time Following instructions from officials. Ensuring the gymnasts clear up in the warm-up gym and arena after the morning event and the afternoon event. Preparing gymnasts for dismissal at end of event. Ensuring that the gymnasts collect their belonging, clear away their rubbish and line up ready for dismissal. Handing the gymnasts over to their parents at the warm-up gym door.

Only when all the gymnasts have departed will the coaches be allowed to leave. **Ensure that gymnasts do NOT chant or shout out at the beginning of a routine**

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|  | MORNING COMPETITION |  |
| 7.45  | Car- park open  |  |
| 8.00: | Europa Doors open |  |
|  | Gymnast’s registration | Warm-up gym |
|  | Advance ticket doors open  | Door 2 |
| 8.10: | General warm-up | Warm-up gym |
|  | Coaches meeting | Warm-up gym |
| 8.15: | Pay on-the-day doors open | Door 1 |
| 8.28: | Round 1 Orientation  | Arena |
| 8.45:  | Judges meeting | Studio 1 |
| 9.00:  | Round 1 & 2 Gymnasts line up | Warm-up gym |
| 9.10: | Judges & Gymnasts March-on |  |
| 9.20: | Round 1 start | Arena |
| 10.45: | Judge Coffee break | Studio 1 |
| 10.47: | Round 2 orientation  | Arena |
| 11.12:  | Round 2 start |  |
| 12.30  | Acro display | Arena |
|  | Gymnasts line up for presentations | Warm-up gym |
| 12.35 | Presentations  |  |
| 13.00 | Morning competition dispersal | From warm up gym door |
|  | Judges lunch  | Studio 1 |
|  | AFTERNOON COMPETITION |  |
| 13.45  | Car-park open |  |
| 14.00 | Doors open |  |
|  | Gymnast’s registration | Warm-up gym |
|  | Advance ticket doors open  | Door 2 |
| 14.10: | General warm-up | Warm-up gym |
| 14.15: | Pay on-the-day doors open | Door 1 |
| 14.28: | Round 3 Orientation | Arena |
| 14.55: | Gymnasts line up | Warm-up gym |
| 15.00: | Judges and gymnasts March-on |  |
| 15.10: | Round 3 | Arena |
| 16.40: | Judges tea break | Studio 1 |
| 16.43: | Round 4 orientation | Arena |
| 17.05: | Round 4 start |  |
| 18.05: | Gymnasts line up for presentations | Warm-up gym |
| 18.10: | Presentations  |  |
| 18.40: | Dispersal | From warm up gym door |
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Event categories

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| 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 3 Dis,  | MP, WP, Gps  | combined exercise |
| NDP Grade 4: | MP, WP, MxP, WG,MG | combined exercise |
| NDP Grade 5: | MP, WP, MxP, WG, MG:  | 2 from balance /dynamic/ combined |
| IDP:  | MP, WP, MxP, WG, MG:  | 2 from balance /dynamic/ combined |
| FIG 11-16 yrs. |  MP, WP, MxP, WG, MG  | 2 from balance /dynamic/ combined |
| FIG 12-18 yrs | . MP, WP, MxP, WG, MG  | 2 from balance /dynamic/ combined |
| FIG 13-19yrs.  | MP, WP, MxP, WG, MG  | 2 from balance /dynamic/ combined |

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