



GYMNOVA
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Putting you first

The Men's London Open Event Series 2018

Event 1 – 7th & 8th September

The Westmeria & Gymnova Boy's London Development & Elite Open
Venue – The Jean Brown Arena, Redbridge Sports Centre

Event 2 – 8th & 9th September

The Westmeria & Gymnova Men's London Open Championships
Venue – The Jean Brown Arena, Redbridge Sports Centre

The London Open Event Series 2018
Including: Elite Performance Pathway, Westmeria Men's Open & Gymnova Development Open
www.menslondonopen.co.uk info@menslondonopen.co.uk

Event 1 – The Westmeria & Gymnova Boy's London Development & Elite Open

Dates – 7th & 8th September (No Podium Training)

Venue – The Jean Brown Arena, Redbridge Sports Centre, Forest Rd, Barkingside, Essex IG6 3HD

Entries Open - Monday 11th June 2018

Entries Close – Friday 6th July

Entry Fee - £60.00

Age Groups & Codes (Age as at 1st January 2018)

Competition	Age Group	Year Born	Code
Days will be confirmed after entries are received			
Level 1 Elite / Club Under Age	Under 8	2010 or 2011	ELITE NEW 2017 Routines NDP Elite routines as published by British Gymnastics NOT including PPP & APP CLUB NEW 2018 Routines NDP Club routines as published by British Gymnastics not including PPP
Level One Elite / Club	Under 9	2009	
Level Two Elite / Club	Under 10	2008	
Level Three Elite / Club	Under 11	2007	
Level Four Elite / Club	Under 12	2006	
Level Five Elite / Club	Under 13	2005	
Level Six Elite / Club	Under 14	2004	

Young Gymnasts

Please note at the Level 1 there is an Out of Age category for Under 8's, however gymnasts must have reached their 6th Birthday at the 31st December 2017.

Awards:

Competition	1 st AA	2 nd AA	3 rd AA	Apparatus Medals
All Club & Elite Levels	Gold Medal, Trophy	Silver Medal	Bronze Medal	Bronze, Silver & Gold medals will be awarded on all apparatus

Free T-Shirt

There will be a voucher for a free commemorative t-shirt for all gymnasts at the Development Open. Gymnasts will be able to use the voucher & additional money if they wish to purchase an alternative

Event 2 – The Westmeria & Gymnova Men's London Open Championships

Dates – 8th & 9th September

Entries Open - Monday 11th June 2018

Entries Close – Friday 6th July

Entry Fee - £60.00

Age Groups & Codes

Competition	Age Group	Year Born	Code
Max Whitlock Sunday 9th Sept AM	Intermediate Under 14	2004 or 2005	FIG Junior Code with GBR exceptions and amendments
Peter Moore Sunday 9th Sept PM	Youth & Junior Under 18	2000, 2001, 2002, 2003	FIG Junior Code
Westminster Cup Saturday 8th Sept PM	Senior Over 18	1999 or earlier	FIG Senior Code
Westminster Disability Cup Saturday 8th Sept PM	Senior Over 18	1999 or earlier	Disability Supplementary Code of Points

Awards:

Competition	1 st AA	2 nd AA	3 rd AA	Apparatus Medals
Max Whitlock	Gold Medal, Trophy £250.00	Silver Medal £150.00	Bronze Medal £100.00	Bronze, Silver & Gold medals will be awarded on all apparatus
Peter Moore	Gold Medal, Trophy £300.00	Silver Medal £200.00	Bronze Medal £150.00	
Westminster	Gold Medal, Trophy £500.00	Silver Medal £250.00	Bronze Medal £200.00	

There will also be a separate set of Medals presented in the All Around for International Gymnasts and Disability Gymnasts. The highest placed gymnast competing in the AA from a London Club will be the winner of the Westminster Shield.

Information for Both Event Weekends

Judging

As a condition of entry each club must nominate at least one judge for all competitions entered. Your entry will not be valid without a nominated judge. This judge does not need to be connected to your club but will need to be added to your Club on BG Gymnet to allow you to complete the entry.

If after the draw is published your judge is unable to attend your club will be required to pay £150 per competition in which a judge is no longer available and in order for your gymnasts to compete. The payment will be due before the competition starts.

For the London Development Open we will allow nominated judges from who hold a previous cycle qualification.

Please refer to the British Gymnastics National MTC Competition Handbook for 2018. All judges' expenses are to be covered by the nominating Club.

Once judges names have been collected our judging convenor will allocate judging positions and you will be informed asap as to your attendance requirement and position.

Please provide the email address of your nominated judge to info@menslondonopen.co.uk

London Open judges selection

Each club is expected to nominate one judge per competition entered as a condition of entry (with travel and accommodation expenses are covered by the Club). Immediately following the closing date BG MJP will select those judges needed from the clubs. Additionally BG MJP will nominate a panel of neutral judges to help with World Champs trial conditions.

We will inform soon after the closing date which judges have been selected as BG Neutral judges, and which are representing their clubs.

Late Entries & Refunds

London Gymnastics reserves the right not to accept late entries. Late entries (double entry fee) will be placed on to a reserve list and only considered if we have any withdrawals from the competition.

London Gymnastics will not return any monies received once payment has been submitted.

Membership

All gymnasts, coaches and judges must be members of British Gymnastics and in entering the competition declare that they are fully paid members of British Gymnastics with gymnasts holding a minimum of Silver Membership. Coaches should also hold the appropriate qualifications for the level of their gymnasts and a BG enhanced DBS and SPC at time of entry through to competition.

The London Open Event Series 2018

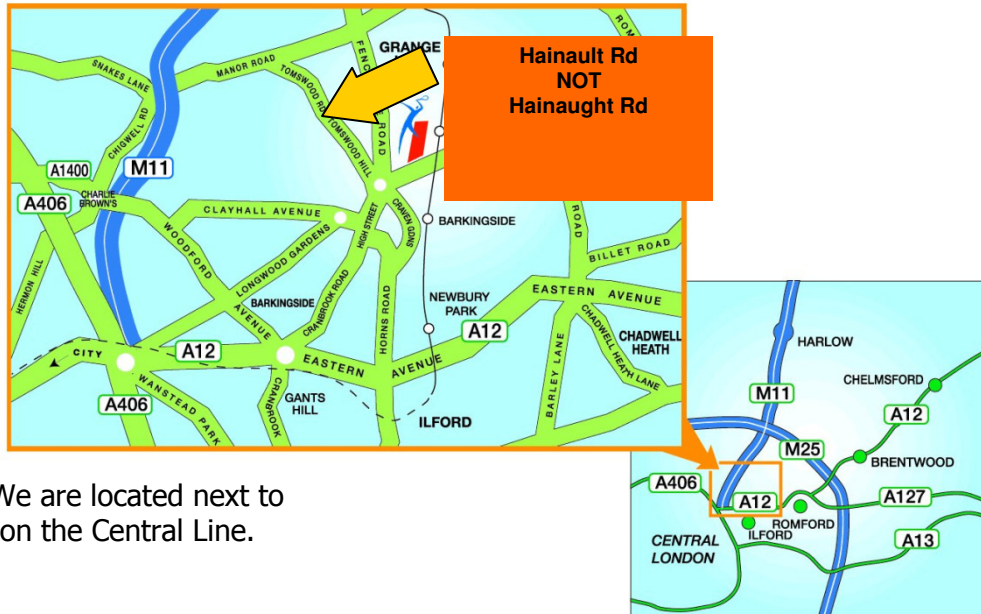
Including: Elite Performance Pathway, Westmeria Men's Open & Gymnova Development Open

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Venue information

Venue title: *The Jean Brown Arena, Redbridge Sports Centre, Forest Road, Barkingside, IG6 3HD*

Directions:



By Underground: We are located next to Fairlop Tube Station on the Central Line.

From the M11: At the end of the M11, take the left hand fork towards The City and A12. Take the first exit and at the roundabout at the end of the slip road take the first exit onto Redbridge Lane East. Go across several mini roundabouts and, when coming to a large one, go straight over into Longwood Gardens. Continue along Longwood Gardens (over some more mini roundabouts!) until you get to another slightly larger one. Turn right at this roundabout into Fremantle Road. At the traffic lights, turn left into Barkingside High Street. Carry on down until you reach the main roundabout. Take the third exit into Forest Road. The Centre is about 100 yards up on the left hand side just before the railway bridge.

From the North Circular Eastbound: Take the A1400 exit off the North Circular (just before the M11). At the roundabout take the 2nd exit towards Southend and the A127. Go over a set of pedestrian lights and at the next set of lights take the left hand turn into Clayhall Avenue. Go straight up Clayhall and at the roundabout go straight over (effectively the first exit.) At the traffic lights turn left into Barkingside High Street. At the next roundabout take the third exit into Forest Road.



Parking charges apply



On arrival at the Centre follow the road below PAST the first sports centre (red van pictured in photograph). The competition venue is the silver building top left. The Jean Brown Arena competition venue is pictured RIGHT. Please enter through the glass doors at the front and follow directions. London event staff will be able to direct you.

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Ticketing:

The London Open Championships is often a sell-out event. Therefore we suggest you book your tickets early to avoid disappointment.

You can also receive a discount when you purchase tickets online.
You can do so via phone or over the web - just follow our link below.

Online Sales: www.gymdata.co.uk

Card Payments: We can take card payments on the door only if there are any tickets remaining.

Ticket Prices:

£10 online, £15 on the door – Development & Elite FRIDAY
£10 online, £15 on the door – Development & Elite SATURDAY
£12.50 online, £18 on the door – Whitlock/Peter Moore SUNDAY
£20 online, £25 on the door – Westminster
£35 online, £30 on the door – Fri or Sat AM & Westminster
£27.50 online discount for Whitlock / Peter Moore, plus Westminster

Exceptions: Gymnasts & Coaches must purchase a ticket to watch any competitions in which they are not competing. The exception to this is the Peter Moore Competition which is running across two rounds. Gymnasts for this competition may watch in the round in which they are not competing. For the Men's London Open Championships, Coach/gymnast tickets may be purchased on the door at a discounted price of £10 per person. The discounted tickets are subject to availability. An adult MUST supervise gymnasts who are spectating during the competition.

Wristbands will be issued instead of tickets, this will be posted to you in advance. These should be worn at all times to help our stewards easily identify that you have paid.

It may be necessary to clear the hall between rounds on the grounds of health and safety.

Result sheets:

All scores can be viewed online via www.gymdata.co.uk during the competition and will be available to view after the event.

Venue Rules:

1. Whilst we are keen to encourage strong spectator participation, please ensure that sound instruments or Claxon's are only used between the march around of the gymnasts.
2. Please follow the direction of stewards at all times
3. Please only leave your seat between rounds
4. No Flash Photography, please also ensure bright lights on your mobile device are turned off.
5. London Gymnastics & Redbridge Leisure Centre uses a zero tolerance approach to abuse against our volunteers. You will be required to leave the premises if deemed to have contravened this rule.
6. It may be necessary to carry out a bag search upon entering the building

Merchandising:

There will be a range of merchandising stalls, which will be available throughout the Championships (though some stalls may not be open for each round of competition).

The Zone Stall – Major sponsor to London Gymnastics will be selling a range of boys and girls gymnastics attire

Elite International – selling a range of garments which can have print transfer added to them on site. Development Open Gymnasts will also be able to use their voucher here to collect their free t-shirt or upgrade it to a hoodie.

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Café	The onsite café will be open throughout the weekend and offer a range of hot and cold refreshments.
Event Personnel:	
Event Director:	Ben Murphy
Event Manager(s) FOP	Cat Bates
Financial Officer:	Faye Walsh
Front of House:	Anne McNeill & Faye Walsh
Judging Convenor:	Simon Moore (London Open), Andrew Crawford (Dev Open)
Medical provision:	There will be a first aider present during the event, including a British Gymnastics appointed Physiotherapists. The first aider/Physio may be contacted through the competition control desk.
Welfare Officer:	There will be a welfare officer on duty during the event. The welfare officer may be contacted through the competition control desk.
Technical information	
General Rules:	All entry fees are non-returnable irrespective of reason Please check through the start list of names, check that gymnasts have been entered in the correct level and that the spelling of their name is correct. Please ensure that your gymnasts arrive at least 30 minutes before the stated registration time, except for the first round.
Gymnast registration:	Registration of gymnasts will take place in the arena (follow signs). Coach, parent or gymnast may register via online screens. Photographs will also be taken at this point (for display on the arena screens). Please ensure you inform us of any withdrawals at registration (or to the Competition Director if known prior to the event).
Coach Registration:	Coaches must register at the computer in the main hall (between the bleacher seats)
Judge Registration:	Judges must register at the computer in the main hall (between the bleacher seats)
Draw & Start List:	Once published (by 22 nd July 2018) the information will be emailed to clubs and published on www.gymdata.co.uk and www.menslondonopen.co.uk If groups become unbalanced due to withdrawals, we reserve the right to adjust group numbers on the day (up until the start of apparatus warm-up) to facilitate continuity of the competition.
Judges meeting:	Times can be found for this on the competition draw. Once judges are registered they will be directed to the meeting venue.
Coaches meeting:	There will be a coaches meeting with the Competition/Technical Director at the Control Table shortly before warm-up commences
Equipment Specs:	Gymnova is the official equipment supplier. No other equipment may be used without 24hrs notice to the Competition Director. Equipment Heights and Matting as National MTC Handbook and FIG Code of Points.
Podium Training:	Podium training will be available on Friday 7 th September, 20.00 – 21.00 (Westminster Gymnasts) Saturday 8 th September 16.15-17.45 (Max Whitlock and Peter Moore Gymnasts) There is no podium training for Development or Elite Gymnasts.

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Supervising coaches: Must have a current paid Gold BG membership, Current BG DBS & SPCA, & minimum level 2 qualification.

Assisting coaches: Must have current silver BG membership, DBS, SPCA & minimum level 1 qualification. Level 1 assisting coaches must be coaching within their coaching qualification and be supervised by a Level 2 coach.

Note: If you wish to use any coaches who were not nominated on your original entry, please contact the Competition Organiser info@menslondonopen.co.uk

Gymnasts: Must have current BG Bronze membership for Regional Competitions and Silver Competitive membership for National Competitions.

Judges: Judges require a current minimum Bronze BG membership & relevant judging qualification for 2017 this can be on the old cycle.

Anti-Doping: London Gymnastics follows the BG anti-doping statement.
"The anti-doping rules of British Gymnastics are the UK Anti-Doping Rules published by the Drug Free Sport Directorate of UK Sport (or its successor), as amended from time to time. Such rules shall take effect and be construed as rules of British Gymnastics."

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. <http://bit.ly/BGPhotopolicy>
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, with the exception of during presentations. Coaches who are spectators are covered by the same rulings as parents/guardians.

Warm Up Times: These can be found on the competition draw.

Warm Up Rules: Gymnasts will complete a general warm up. This will be either upstairs on the top floor or in the arena dependant on the competition round. Marshalls and announcements will direct you to the correct area.
Finish Apparatus warm-up when announced. Have the first gymnast and subsequent gymnasts ready to compete straight away
Warm-up times must be adhered to – please follow instructions of our floor marshals

London Development Open Specific

There will be no general apparatus warm up. Gymnasts will go to their first piece and then warm up and compete.

Gymnasts are **not required to line up in front of judges** after rotation 1 of each round.

Times may be adjusted on the day to reflect withdrawals.

Horizontal Bar: For gloves and loops, please ensure that your gymnasts put both hands in their loops. A simple nod will do to present to the judge.

Vault Warm Up: Each gymnast will receive 2 vaults practices for their warm-up. Due to the number of set ups, it is possible the order of warm-up and compete may change according to levels.

London Open Specific

There will be a general free apparatus warm up for each competition. Gymnasts will then move to their first piece and warm up, then compete. For the Max Whitlock Competition (as there are larger groups) the first 5 gymnasts will warm up, then compete, immediately followed by the next 5 gymnasts in the group warming up and competing. If the group drops below 8 then the whole group will warm up then compete.

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Gymnast attire:

Gymnasts must march on in competition attire/ club tracksuits.

Gymnasts must wear long gymnastics pants and socks on pommel horse, rings, parallel bars and horizontal bar. Long gymnastics pants, socks and/or slippers that are black or the darker shades of blue, brown or green are not permitted.

They have the option to wear short pants with or without socks or long gymnastics pants with socks on floor exercise and vault.

The wearing of a gymnastics singlet on all apparatus is compulsory.

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 with FIG attire regulations.

Gymnasts have the option of wearing gymnastic slippers and socks.

The removal of leotards on the field of play and in public view is not allowed.

Handguards, body bandages, and wrists wraps are permitted; they must be securely fastened, in good repair and should not detract from the aesthetics of the performance. Bandages must be beige or skin colour.

Advertising on attire must adhere to FIG rules.

Coach attire:

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.

Chewing gum is not permitted at any time.

Judge attire:

Judges and officials must wear *black/blue* suits, skirts or trousers with jackets and white shirts with black smart shoes.

Competition Etiquette:

Please ensure that gymnasts and coaches use the seating provided whilst waiting to perform on the apparatus. Please keep all your belongings together and only march to the next piece of apparatus when instructed, ensuring that gymnasts march around the apparatus and not across it.

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 & protests:

Please refer to the BG MTC Competition Handbook. For the Development Open there will be no inquiries.

Tie breaks:

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

Scoring and results:

Scores will be shown after each performance on the big screens in the arena. A printed receipt with the score will be handed to coaches. Finalised score sheets will be sent to competing clubs. Scores will be published on the LG website. During the day please get live updates of scores via www.gymdata.co.uk

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Awards & Ceremonies:

London Open

Peter Moore Competition (Inters): This is for gymnasts registered with BG/Home Nations membership. Medals will be presented for All Around and Individual Apparatus.

Max Whitlock Competition (Youth & Junior): This is for all gymnasts registered with BG/Home Nations membership. Medals will be presented for All Around and Individual Apparatus.

Westminster Cup (Open Age): This is for all gymnasts registered with BG/Home Nations membership. Medals will be presented for All Around and Individual Apparatus.

Westminster Shield: This will be awarded to the highest placed London Gymnast competing in the all-around competition and will be presented only for show (keep sake will also be given)

International Cup: This will be presented to the highest placed International Gymnast competing in the all-around competition. The criterion for an 'International' gymnast is for a gymnast that has been invited from overseas by the London Gymnastics MTC. Those with BG Membership are not considered internationals for this purpose.

Disability Cup: This is for gymnasts registered with BG/Home Nations membership. Medals will be presented for All Around

Prize Money: All gymnasts that take part in all age groups are eligible for the prize money. The top 3 gymnasts will be awarded prize money.

Whitlock Competition (Clayton Bolt): 3rd=£100, 2nd=£150 & 1st=£250

Peter Moore Competition (Loveday): 3rd=£150, 2nd=£200 & 1st=£300

Westminster Cup: 3rd=£200, 2nd=£250 & 1st=£500

London Development Open Ceremony protocol

Gymnasts will be presented their medals and stand behind the winners rostrum for each presentation. Due to time constraints, we will not stop for photos, and instead a separate photo area will be held nearest the parallel bars area. Photo Opportunity (our official photographers) and parents will be welcomed to take photos of the medal winning gymnasts immediately following the competition. Parents should enter the arena from the ground floor, entering the first door on the right of the corridor.

March Around:

Please ensure the gymnasts quickly line up behind their marshall when instructed. The gymnasts need to follow their marshall to get to their next piece. Please ensure all coaches remain back behind the lines until ALL the gymnasts have marched to the judges on their panel.

Social Media:

London Gymnastics has a strong Social Media Presence and will be ensuring the action from the event is shared as widely as possible. Please use the links below and interact with us using the #MLO2018 or #LondonGymnastics



Twitter @londongymnastic



Facebook.com/LondonGymnastics



Instagram/LondonGymnastics



Youtube.com/Londongymnasticsuk