

**LONDON GYMNASTICS**

London Men's Open Championships



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# The London Open Championships 2014

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## The London Men's Open Championships 2014

Dear Coach,

Thanks very much for entering this year's London Men's Open Championships.

I am pleased to say we have reached record numbers with 460 gymnasts across three days of competition. The Elite Performance Pathway competition on Friday has seen a good entry of nearly 110 gymnasts. The JLA London Men's Open on Saturday has 113 gymnasts including representation from the Netherlands and the London Development Open on Sunday has 237 gymnasts.

So as you can see we have a very busy weekend in store. We always rely heavily on participating clubs to play their part in keeping us on schedule. Please ensure you, parents and gymnasts arrive in plenty of time.

The weekend will therefore be a long one, with the timings being extremely tight on both days.

As with last year due to the sheer number of gymnasts in the London Elite and Development competitions, we will work the format of warm-up and compete.

I am grateful to those clubs who have nominated a judge for either one or both days, if you have any queries please contact Natalie Stocks [natalie@elitegymwear.co.uk](mailto:natalie@elitegymwear.co.uk). Our Judging Convenors will be Simon Moore on Saturday and Graham O'Sullivan on Friday & Sunday. The draw for apparatus will be distributed prior to the event.

In the attached information pack you will find information for coaches and parents.

Can I encourage you to look through the information pack asap and please let me have any name changes or corrections by return.

To make the information more relevant we have included "Parent information", please help by ensuring you copy this section for your parents. It is better that they have as much information as possible before the event.

We expect a lot of interest for tickets, so please ensure you use our online ticket service prior to the event.

Finally I wish you a safe journey to London, and should you have any queries please do not hesitate to contact myself on 07545 352388 or email [info@menslondonopen.co.uk](mailto:info@menslondonopen.co.uk). You can stay up to date with information for the championships by following our Facebook page <https://www.facebook.com/LondonGymnastics> or by visiting [www.menslondonopen.co.uk](http://www.menslondonopen.co.uk).

Kind Regards

Lorna Goddard  
Championship Director

## **INFORMATION FOR PARENTS – Please copy as appropriate**

### **Ticketing**

The London Open Championships is often a sell-out event. Therefore we suggest you book your tickets early to avoid disappointment. You can do so via phone or over the web - just follow our link below.

Web: <https://www.gymdata.co.uk/events/tickets-buy.aspx?eid=544>

Ticket Enquiries: [info@menslondonopen.co.uk](mailto:info@menslondonopen.co.uk)

To book tickets over the phone, please call: 020 8410 4443

### **Friday 12th September**

All Tickets £10.00 (n.b. ticket includes access to watch podium training)

### **Saturday 13th September**

Competition 1 & 2 (includes Clayton & Loveday) All Tickets £10.00

Competition 3 (Westminster Cup) All Tickets £15.00

### **Sunday 14th September**

All Tickets – All Tickets £10.00

### **Exceptions**

- Gymnasts & Coaches taking part in other competitions can watch the Westminster Cup for £5.00 from the designated seating (should be booked in advance)

Wristbands will be issued instead of tickets. If you are issued with a ticket prior to the event, please exchange this for a wrist band upon arrival. These should be worn at all times to help our stewards easily identify that you have paid.

Result sheets will be available at the end of the competition at a cost of 50p.

### **Inside the Hall**

- It may be necessary to clear the hall in between rounds on the grounds of health and safety.
- **NO food or drink** can be taken into the hall including any packed lunches. There is a separate café area available at Europa.
- Whilst we are keen to encourage strong spectator participation, please ensure that sound instruments or Claxton's are only used between the march around of the gymnasts.

### **The Zone Stall**

The Zone is a major sponsor of this event. So please look out for the stall which will be open all weekend, with a wide range of boys and girls gymnastic attire.

### **Souvenir Photographs**

We have secured the services of Photographic Synergy for this event.

### **T-Shirts**

London Development gymnasts wanting to claim their free T-Shirt can hand over their voucher which will be in the clubs registration pack. Gymnasts can pay an upgrade supplement if they wish to have the event design printed on a different garment.

## **Volunteers**

The London Gymnastics Men's Technical Committee will act to protect any volunteers working on its behalf. All London Gymnastics competitions operate a zero tolerance approach to foul language or any abusive and aggressive behaviour.

Anyone found to be breaking these rules will be asked to leave the competition arena, and if necessary Europa Centre. Please help to ensure the competition arena is a friendly atmosphere.

## **INFORMATION FOR COACHES**

- All entry fees are non-returnable
- 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.
- If groups become unbalanced due to withdrawals, we reserve the right to adjust group numbers on the day to facilitate continuity of the competition.
- Please ensure that your gymnasts arrive at least 30 minutes before the stated registration time, except for the first round.

### **Pre-Competition Training**

Podium training will be available for the London Open gymnasts on Friday evening from 8.30 – 10.00pm.

### **Apparatus**

- Apparatus meets the latest FIG competition specifications and is supplied by Gymnova.
- Requests for use of additional equipment/spring board must be made to the organising committee 48 hours prior to the competition.
- It is the responsibility of the gymnast to bring their own loops and gloves.

### **Registration**

Please follow the Registration signs. There will be an open registration, which means that gymnasts can register at anytime during the day using our electronic registration system. Registration will take place at the far entrance of the Arena

### **Timetable and Working Order**

Attached for distribution to coaches and competitors'. If you have any concerns please contact Lorna Goddard.

Gymnasts performing in loops and gloves are reminded to be in their loops immediately following the last competitor.

### **Physiotherapist**

A physiotherapist will be on hand throughout the event.

### **Appeals against Scores**

Please refer to the BG MTC Competition Handbook. There will be no appeals in the London Development Open.

### **Competition Arena 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.

### **Draw**

The start apparatus has been decided by a random draw and in consideration of group and level entries to ensure an efficient and timely event.

### **Coaching Attire**

Coaches are reminded that they are expected to comply with current regulations on appropriate uniform whilst in the arena. (**NO shorts or hoodies** – full length tracksuit bottoms should be worn, together with firm trainers and where possible t-shirt/polo shirt identifying the clubs name /logo) No Jewellery.

## **Coaching Qualifications**

Clubs are reminded that they should ensure that the coaches attending to the gymnasts are qualified to the level of the gymnast's performance. Clubs have signed a declaration upon entry to the competition; any false information will lead to possible exclusion of all gymnasts from the competition.

Level 1 assistant coaches may only accompany a suitably qualified coach, but cannot be left alone as the coach responsible for a gymnast or a group at any time. Maximum permitted is 2 coaches per team on the floor at anytime, coaches may rotate but 3 or more coaches with a team at anytime will result in a penalty.

## Presentations and Medal Groups

### London Open

**Clayton Bolt Shield (Inters):** This is for gymnasts registered with BG/Home Nations membership. Medals will be presented for All Around and Individual Apparatus.

**Loveday Trophy (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 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. The criterion for an 'International' gymnast is for a gymnast that has been invited from overseas by the London Gymnastics MTC. This will be available for all age groups.

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

***The top 6 placed gymnasts are required to stay behind up to 15 minutes after the presentations in order to meet London Gymnastics sponsorship obligations as well as photo and autograph opportunities.***

**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.

<b>Clayton Bolt –</b>	<b>3<sup>rd</sup> = £100, 2<sup>nd</sup> = £150 &amp; 1<sup>st</sup> = £250</b>
<b>Loveday –</b>	<b>3<sup>rd</sup> = £150, 2<sup>nd</sup> = £200 &amp; 1<sup>st</sup> = £300</b>
<b>Westminster Shield –</b>	<b>3<sup>rd</sup> = £200, 2<sup>nd</sup> = £250 &amp; 1<sup>st</sup> = £500</b>

### Elite Performance Pathway & London Development Open

Medals will be awarded for all Elite Performance Pathway winners and to the winners of each In Age (and Under 8) champion in the London Development Open.

Individual Apparatus (Gold Only) will also be presented at each level but only where there are 6 or more gymnasts in a group.

Due to the fact that Out of Age is no longer recognised nationally, and due to their being less than six gymnasts in each Out of Age group – only medals for All Around will be awarded.

## The London Open Elite Performance Pathway

### Round 1 – Elite Level 1 & U8's

### JUDGES MEETING AT 10.30am

Arrival & Registration	10.30 – 11.00
General Warm-up	11.00 – 11.20
March On	11.25
Competition Start	11.35
Medal Ceremony	13.45

**Judges Break:**

### Round 2 – Elite Levels 3 & 4

Registration Closes	14.00
General Warm-up	14.30 – 14.50
March On	14.55
Competition Start	15.05
Medal Ceremony	16.45

**Judges Break:**

### Round 3 – Elite Level 2

Registration Closes	16.30
General Warm-up	17.05 – 17.25
March On	17.30
Competition Start	17.40
Medal Ceremony	19:30

**PLEASE NOTE: It may be necessary to change groups and timings on the day. As a result please ensure your gymnasts arrive at the venue at least 30 minutes before registration closes. The London Open director reserves the right to start the competition early by 1 hour if all gymnasts have registered.**

**Podium Training for gymnasts competing on Saturday will be available: 20:30-22:00. The London Open director reserves the right to start the training early by 30 min's if the competition before finishes early & will finish at 21.30.**



## The JLA London Men's Open Competitions

### Round 4 - Loveday Trophy – Youth & Junior

#### **JUDGES MEETING AT 08:00am**

Registration closes	07:50
General Warm-up	08:00 – 08:10
Apparatus Warm-up (Open)	08:10 – 09:10
March On	09.15
Competition Start	09:20
Medal Ceremony	12:50

**Judges Lunch: 12:40-14:00**

### Round 5 - Clayton Bolt Trophy – Intermediate

Registration Closes	12:15
General Warm-up	13:05 – 13:15
Apparatus Warm-up	13:15 – 14:15
March On	14.20
Competition Start	14:25
Medal Ceremony	17:00

**Judges Break: 16:50-19:00**

### Round 6 – Westminster Cup – Senior

Registration Closes	16:45
General Warm-up	17.55 – 18.05
Apparatus Warm-up	18.05 – 19.05
March On	19.10
Competition Start	19.15
Medal Ceremony	21.30

**PLEASE NOTE:** It may be necessary to change groups and timings on the day. As a result please ensure your gymnasts arrive at the venue 30 minutes before registration closes. The London Open director reserves the right to start the competition early by 1 hour if all gymnasts have registered.

## IMPORTANT NOTICE REGARDING TIMINGS FOR LONDON DEVELOPMENT OPEN

- There will be no open apparatus warm-ups. Instead gymnasts will march straight in to their first piece and then on the first round and each subsequent round the following apparatus warm-ups will apply.
  - Competition 1 (Round 7): 9 minute apparatus warm-up at each piece.
  - Competition 2 (Round 8): 6 minute apparatus warm-up at each piece.
  - Competition 3 (Round 9): 7 minute apparatus warm-up at each piece.

### YOU MUST

- Finish Apparatus warm-up when announced.
- Have the first gymnast and subsequent gymnasts ready to compete straight away
- If you are on loops and gloves, please ensure that your gymnasts put both hands in their loops. A simple nod will do to present to the judge.
- We hope to have two sets of equipment at Pommels, Vault, P.Bars and H.Bar

## The London Men's Development Open

### Judges Meeting: 07.45am

#### **Round 7: Club Level 1's & U8's – Groups Blue/Red Working Alternately**

Registration closes	07:45
General Warm-up	08:00 – 08:10
March On	08:15
Competition Start	08.20
Medal Ceremony	12:10

**Judges Break: 12:10-12.40**

#### **Round 8: Club Level 2 – Group A & Level 3 – Groups Blue/Red Working Alternately**

Registration Closes	11:30
General Warm-up	12:30 - 12:40
March On	12:45
Competition Start	12.50
Medal Ceremony	14:25

**Judges Break: 14:25-14:55**

#### **Round 9: Club Level 2, 4, 5 & 6 - Groups Blue/Red Working Alternately**

Registration Closes	14:00
General Warm-up	14:45 – 14:55
March On	15:00
Competition Start	15.05
Medal Ceremony	18:30

**PLEASE NOTE: It may be necessary to change groups and timings on the day. As a result please ensure your gymnasts arrive at the venue 30 minutes before the started registration time (except for Competition 1). The London Open director reserves the right to start the competition early by 1 hour if all gymnasts have registered.**

## **Latest Competition Draw and entry information**

Please find attached version one of the draw. We fully expect this to change, so further versions will be available to download by visiting

<https://www.gymdata.co.uk/events/download-documents.aspx?eid=544>

The revised draw will be emailed to clubs one week before the competition and no further changes will then take place until the day of competition.