



London Gymnastics MTC  
Regional Qualifiers 2019  
Sunday 15th September 2019

Europa Centre  
Vimy Way, Maiden Lane, Crayford, Kent, DA1 4FA

## TABLE OF CONTENTS

### Venue Information

Directions

Parking

Ticket

Event Personnel Competition Organiser Head of Judging Panel Medical Provision

Welfare Officer Announcer

### Technical Information

Clubs

Supervising Coaches Assisting Coaches Gymnasts

Judges

Equipment Specifications Judges Meeting

Coaches Meeting

Gymnast Registration Tariff Sheets/Score Sheets Music

Anti-doping

BG Photography Policy

### Competition Details

Gymnasts Attire

Coaches Attire

Judges Attire

Electronic Communications Inquiries and Protests

Tie Breaks

Scoring and Results

Presentation ceremony and Awards Categories

Judging Panels

Event Timetable

Warm-up Timetable

Running Order

### Appendices

Letter for Parents/Guardians

## Venue & Tickets



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How to get here:

By Underground: By Rail:

By DLR:

By Bus:

By Boat: By Car:

Europa Centre Vimy Way, Crayford, Kent. DA1 4FA 01322 318888  
[info@europagymcentre.com](mailto:info@europagymcentre.com) [www.europagymcentre.com](http://www.europagymcentre.com)

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

No underground station nearby.

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.

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.

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

N/A

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 3<sup>rd</sup> 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 2<sup>nd</sup> 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 \*

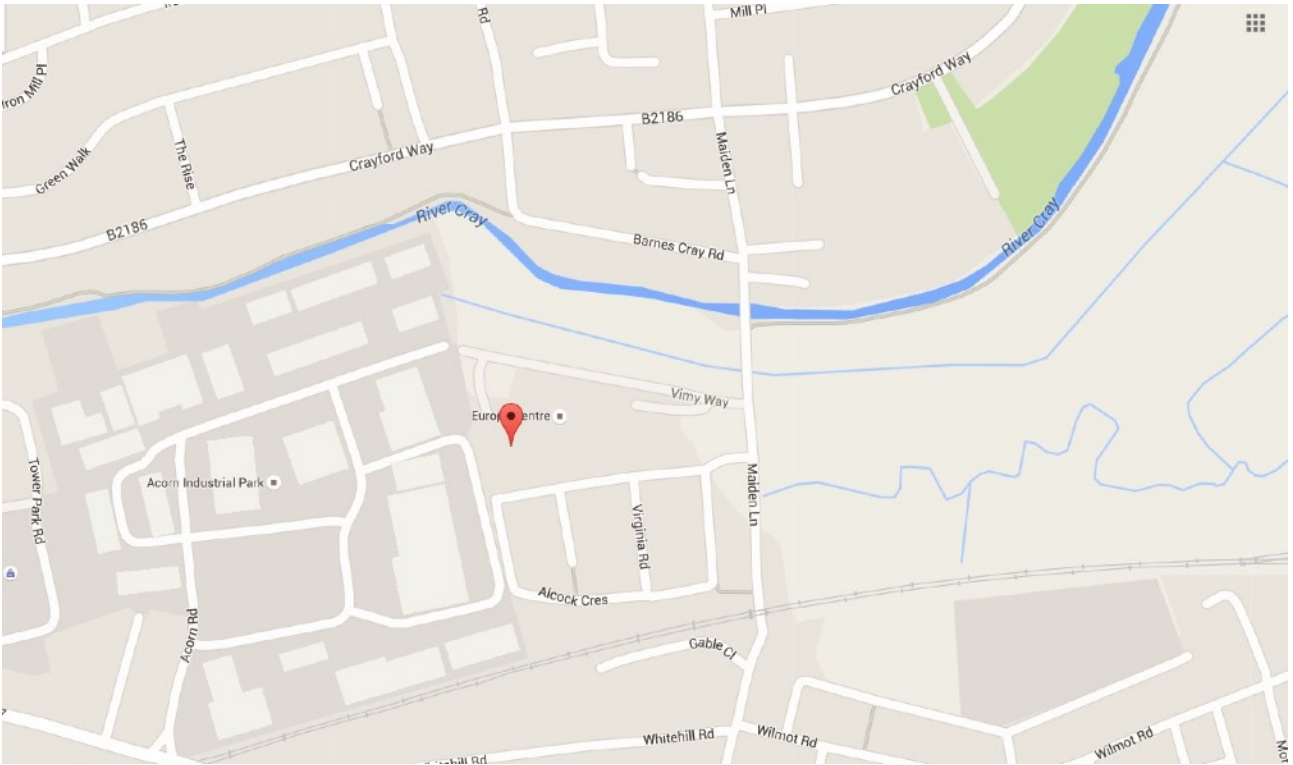
From M25 Anti-Clockwise: Immediately before the Dartford Toll Crossing take junction 1a, keep left\*

3

### By Bicycle:

\*Proceed along University Way (A206) go across 2 roundabouts. At the end of University Way keep right and take the 2<sup>nd</sup> 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.

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



### Parking:

When you get to the Centre:

Ticket Sales:

Tickets:

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.**

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

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

Spectator tickets Costs: Adults: £8.00 Concessions & under 12's: £4.00

4

**Event Personnel Competition Organiser:**

**The Head of Judging Panels: Medical provision:**

**Welfare Officer:**

Announcers:

Scorers:

Music:

Stewards:

Orientation meeting Coordinator:

Emma Sheriff Gym No. 01322 318888 Graham O'Sullivan

Anne Mugridge will be a first aider present during the event. Anne may be contacted through the competition organiser

Samantha James will be a welfare officer on duty during the event. Samantha may be contacted through the competition organiser

Yvonne Arnold & Chris Sheriff Samantha James  
Becky Sheriff & Hannah Cotter Europa Gymnasts

Peter Etherington

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5

## Technical information Clubs:

Supervising coaches:

Assisting coaches:

Gymnasts: Judges:

Equipment specifications: Judges meeting:

Coaches meeting: Gymnast registration:

Anti-doping:

Must be BG registered, LG affiliated

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.

Must have current silver BG membership, DBS, SPCA & minimum level 1 qualification.

Level 1 assisting coaches may not put gymnasts on the floor.

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

Judges require a current minimum Bronze BG membership & judging qualification

Gymnova are the equipment providers

There will be a judges meeting before the start of the competition. There will be a coaches meeting before the start of the competition.

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.

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](http://www.british-gymnastics.org)

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](http://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

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## BG/LG Photo Policy:

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6

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

7

## Competition Details: Gymnast's attire:

Coach's attire:

Judges attire:

Electronic communications:

Inquiries and protests:

Tie breaks:

Scoring and Results:

Presentation ceremony and awards:

Judging Panels:

Event timetable & Running Order:

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

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 and officials must wear black/blue suits, skirts and white shirts.

Black shoes

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.

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.

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

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

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.

**MEDAL PRESENTATIONS**



All Around medals will be presented to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed Gymnasts in each Level and where we have more than 3 gymnasts entered for a level, individual apparatus medals will be given for 1<sup>st</sup> place only.

9

## ELITE AND CLUB NATIONAL FINALS

It will be the responsibility of parents (or failing that the club) to find accommodation for themselves and for their sons at the National Finals weekend. The venue address is: GMAC Alexander Stadium, Walsall Road, Perry Barr, Birmingham, B42 2LR. All gymnasts will be expected to arrive promptly for competition registration times or a time set by the NDP organising committee. The dates for the National Finals are 1st, 2nd, 3rd November 2019 and until the entries are submitted to British Gymnastics, we do not know what level is competing on what day, so please keep the whole weekend free as we will probably not know this information until mid October.

Those gymnasts, who represent London, will be expected to purchase and wear Regional Kit at National Finals. If a gymnast does not pay for their kit on the day of the Regional Qualifiers, then they will not remain in the team and another gymnast will replace them. If a gymnast does not wear the correct Regional Kit at National Finals this could cause the whole team to be disqualified from the competition.

Payment for Regional Kit can be made on the day of the Regional Qualifiers Competition at Europa by cash, cheque or card.

## SELECTION OF TEAMS

Selection of Regional Teams for the National Finals will be made at the Regional Qualifiers.

The MTC will send a Team of gymnasts where numbers permit. The Team number is set in the National MTC Handbook. The event only applies to the In Age Categories. The MTC also reserves the right to send the best Team.

## SELECTION OF TEAM COACHES

The London MTC does its best to give personal coaches the chance to attend National Finals and help with Regional Teams. In most instances, the coach of the winning gymnast will be selected with the second coach being the coach with the most number of gymnasts in the team. Where this isn't possible then the coach of the second placed gymnast will be selected. And so on if necessary.

All coaches in charge of Regional Teams and Individuals must at least be a UKCC Level 2 qualified coach.

Lastly, I wish everyone the best of luck. Kind Regards,

Mark Westley

London Gymnastics MTC Chairman

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10

11