

ENGLISH GYMNASTICS

Working Plan 2023

English Trampoline & Double Mini Tramp
Qualification 2

&

Silver Tumbling Championships

Friday 9th June - Sunday 11th June 2023

Telford International Centre
www.englishgymnastics.org.uk

Contents

Venue Information.....	3
Directions	3
Car Parking.....	3
Competition Details	3
Judges and Officials.....	3
Warm up's	3
Timetable.....	3
Draw of the Competition.....	4
Working Order.....	4
Medical Provision.....	4
Welfare & Safe Sport Provision	4
Accreditation & Registration.....	4
Accreditation Desk.....	4
Registration (Gymnast & Coaches)	5
Change of Coach/ Judge.....	5
Officials (Judges)	5
Officials (Volunteers)	5
Technical Information.....	6
Orientation.....	6
Judges Meeting	6
Apparatus Specification.....	6
Tariff Sheet Submission	6
Trampoline & DMT.....	6
Tumbling	6
Spectators	7
Ticket Allocations	7
Gymnast Spectating	7
Ticket Purchase.....	7
T-Shirt Purchase.....	7
Accommodation and Transport Arrangements	8
Rules and Regulations.....	8
Safe Sport	8
Competition Attire	8
Judges.....	8
Volunteers.....	8
Inquiries	8
Tie Breaks	8
Scoring and Results.....	8
Media Information.....	9
Media Attendance.....	9
Official Photographer.....	9
English Gymnastics Photo Policy.....	9
Commentator Information System (CIS)	9
Babies and Young Children.....	10
Anti-doping	10

Version History

Version 2.0 published 8th June 2023

Venue Information

Telford International Centre



Directions

Telford International Centre,
St Quentin Gate,
Telford,
TF3 4JH

To enter via E2 entrance (door) to the building. This will be clearly signed.

Car Parking

Telford International Arena has over 1,500 car parking spaces onsite, all within easy walking distance of the venue.

Who	Where	Costs / Notes
Spectators, Competitors, Volunteers, Judges, Organisers, Sponsors	Car Park 2 accessed by Gate A and Entrance 2.	£6 per car, £15 for a minibus (14 Seats) and £25 for a coach. <i>Unless provided with car parking pass.</i>
Production Team	Car park 3 access by Gate B.	Accessible 08:00 – 22:00

Competition Details

Judges and Officials

Please see the released details of Judges panels sent out separate to this document.

Warm up's

Warm up's will be a minimum of 4 or time allotted before a one touch may be called.

Timetable

For maintaining the smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the Trampoline DMT Gymnastics Technical Committee reserve the right to alter the competition schedule, the grouping of gymnasts and/ or running order of performances as may be deemed necessary by the Organiser or authorised officials.

Draw of the Competition

The draw for the competition will be selected at random; however, individuals who are competing in more than one discipline will be placed in appropriate groups to ensure all disciplines can be completed at ease.

Organisers will try to accommodate gymnasts performances as much as possible although if there are any clashes in performances please raise these with [English Gymnastics Events](#) prior to the event, otherwise there is no guarantee any amends can be made on the day.

Working Order

See accommodating document.

The competition organisers reserve the right to run up to 60 minutes ahead of schedule. Please ensure your gymnasts are on-site should this occur.

Medical Provision

There will be Physios and Paramedics available at the venue's designated medical areas. Treatment will be accessible by all accredited gymnasts who sustain an injury at the event.

The medical team are not available to treat pre-existing or chronic injuries.

Any injury occurring during the official training or competition must be reported to the medical team to ensure a record can be kept of treatment given and by whom.

The decision of the English Gymnastics appointed medical officer as to the gymnast's health, medical status, and their ability to compete at the event is absolute and final.

Welfare & Safe Sport Provision

The Event Welfare Officer is **Dawn Hyland (South East Regional Welfare Officer)**

Accreditation & Registration

Accreditation Desk

The accreditation desk will be located within the entrance to the appropriate hall. From there, gymnasts and coaches should make their way to the warm-up hall, which can be found by following the signs.

Each **coach and official** will be required to register themselves and pick up their wristbands by signing into the computer at the accreditation desk. It is the club's responsibility to action all withdrawals before the competition commences and report them to the communication desk.

When registering, on the day of competition, the **gymnasts** can register themselves with the automated touch screen system.

Registration (Gymnast & Coaches)

All coaches must collect their own accreditation.

While all gymnasts can register themselves with the touch screen check in desks, a coach from each club will be required to inform English Gymnastics of any withdrawals. Registration will open at the following times:

Friday:	TUM: 16:00hrs		
Saturday:	TUM: 07:30hrs	DMT: 08:00hrs	TRA: 08:30hrs
Sunday:	TUM: 07:30hrs	DMT: 08:00hrs	TRA: 08:30hrs

Change of Coach/ Judge

All changes to the nominated coaches submitted on the online entry must be submitted to [English Gymnastics Events](#) no later than Tuesday 6th June following the Handbook process.

Any amendments **after this date will need to inform the Event Organiser or Judge Coordinators** (contact details found in the Event Handbook) directly and bring on the day physical copies of their valid British Gymnastics membership, DBS, and Safeguarding certificate along with the required coaching qualification for their gymnasts' routines.

Anyone (coach/ judge/ volunteer) not submitted to the competition organiser prior to the deadline date will not be accredited to enter at the event, which may result in appropriate fees (as per Event Handbook). Should there be a necessity for membership/ DBS/ Safeguarding renewal prior to the event, please ensure this is addressed in good time to ensure your membership has been updated. It is advised that membership fees are paid by credit/debit card to ensure payment is received in time for the competition.

Accreditation is non-transferable. Anyone found offering their accreditation to another person in order that they may gain access to access-controlled areas, will have their accreditation withdrawn and they will take no further part in any activity in the event.

Officials (Judges)

Event Officials should report to the Officials meeting room. They should register themselves with the accreditation computer and report to the Judge Coordinators (Matthew Caine & Lynzi Mullen) upon arrival. It may be necessary to hold a judge meeting - in this eventuality please follow the signs.

Officials (Volunteers)

Volunteers are to report to the Judge Coordinators upon arrival, on the field of play. Arrival times are:

Saturday	Ticketing desk roles:	TUM 07:30hrs TRA & DMT 08:00hrs
	All other roles:	TRA & DMT 08:30hrs
Sunday	Ticketing desk roles:	TUM 08:00hrs TRA & DMT 08:00
	All other roles:	08:30hrs

Named roles can be found on the accommodation Judge & Officials document.

Technical Information

Orientation

There is no orientation training for Trampoline or Double Mini Tramp at this event.

The Orientation Timetable for Tumbling can be found in the accompanying document.

Judges Meeting

The judges meeting for judges will take place at the following times:

Saturday	TRA:	09:00hrs
	DMT:	08:30hrs
	TUM:	08:00hrs
Sunday	TRA:	09:00hrs
	DMT:	08:30hrs
	TUM:	08:00hrs

The meeting room will be clearly sign-posted upon arrival.

Instruction in Computer scoring, and in Time of Flight will take place at the judge panels immediately after the officials meeting.

Apparatus Specification

The apparatus will be provided by Gymaid & Gymnova. All apparatus is to FIG specifications.

Tariff Sheet Submission

It is the coach's responsibility to ensure that the Tariff Sheets/ Difficulty cards are completed correctly and handed in at the appropriate location.

Trampoline & DMT

- A trampoline Difficulty card template is available [online](#).
- Tariff sheets/Difficulty card must be submitted to the appropriate panel on arrival at the competition and prior to the start of warm up.
- Tariff sheets/Difficulty Cards should be completed in FIG notation only.
- The difficulty cards should be marked with asterisks to indicate required elements in 1st routines, this must be done prior to the card being submitted. Likewise, all elements that require a difficulty mark should be identified before the card can be accepted.
- All cards must be signed by the Supervising Coach in order to be valid.
- Competitors may not compete without a valid tariff sheet.

Tumbling

- Tariff sheets must be submitted at the registration desk, on arrival at the competition and prior to the start of warm up.
- Tariff sheets should be completed in FIG notation only.
- Competitors may not compete without a valid tariff sheet.
- An electronic facility for uploading tariff sheets is currently being developed and will be part of the online entry system. Further information on this new system will be issued in due course.

Spectators

Ticket Allocations

Spectators will need to purchase spectator tickets either prior to the day or on the day.

This year's Q2 / Silver TUM is extremely popular, therefore please allow additional time for entry **as it is expected to have large ques**. Many thanks for your understanding, cooperation, and we again for your vast amount of interest in this event.

Gymnast Spectating

Gymnasts will be provided with a band for entry to the competition and the fields of play. Gymnasts who withdraw from the competition are eligible to be a spectator on the event day they should have competed, although will not have access to the Field of Play or Warm Up areas.

Ticket Purchase

Tickets can be purchased from the established ticket desk at the entrance to the discipline's competition hall. Tickets can also be purchased online via [Gymdata](#) for Q2 TRA/DMT and Silver TUM events.

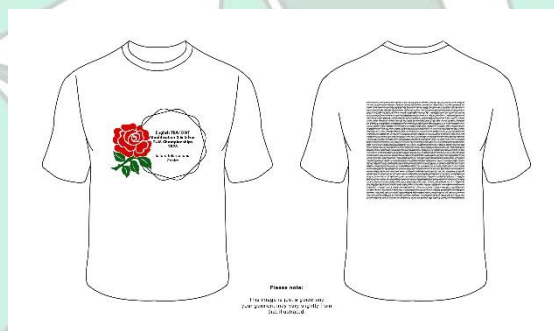
Ticket prices are as follows:

<i>Online Ticket Type</i>	One Day Ticket	Weekend Ticket
Adult	£15.00	£25.00
Concession*	£10.00	£15.00
<i>On the Door Ticket Type</i>	One Day Ticket	Weekend Ticket
Adult	£18.00	N/A
Concession*	£13.00	N/A

* Concessions are under 16s and over 65s – proof of ID may be required to gain admission to the venue with this ticket type.

T-Shirt Purchase

Our sponsor Milano are providing T-shirts for this event. These can be purchased [online](#) and throughout the event.



Note: Design on the back may slightly alter & online purchasing available soon.

Accommodation and Transport Arrangements

Only Tumbling officials are provided with accommodation; all of which will be informed accordingly. All gymnasts, coaches and officials are responsible for arranging their own accommodation and transport.

Rules and Regulations

Safe Sport

The Trampoline Technical Committee will act to protect any volunteers working on their behalf and that of all participants no matter their role. All English 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 reported accordingly. Please help ensure the competition arena is a friendly atmosphere.

Competition Attire

Judges

Refer to the FIG Rule Handbook.

Volunteers

Smart sportswear, trainers.

A black/ dark T-shirt, ideally with little design on it.

Inquiries

Refer to the English Gymnastics Trampoline Competition Handbook.

Tie Breaks

Refer to the English Gymnastics Trampoline Competition Handbook.

In the case of a tie, the tie will not be broken. The tied gymnast will have the same rank, subsequent ranks will be skipped.

In the case where a final round is run and a tie occurs in preliminary rounds, the tie will be broken in order to anticipate who will proceed to the next round.

Scoring and Results

Gymdata will provide live scoring throughout this event.

You can follow scores [online](#).

Post event scores will be published on the British & English Gymnastics websites and circulated to clubs.

Presentation Ceremonies and Awards

All placed gymnasts must be present in the competition venue for the presentation ceremony at the end of each flight, at the qualification event, the medals will be handed out by the chairs of the appropriate panel.

All gymnasts participating in the presentation ceremonies must wear competition attire. A medal will be presented to the first, second and third placed competitor in all individual competitions and synchronised competition categories.

*(If there are ties at any place, all attempts will be made to provide both gymnasts with the correct medal during the medal presentation. Where this is not possible, a medal will be sent to the gymnast's club after the competition).

Media Information

Media Attendance

Representatives of the media will not be present at this event.

Official Photographer

Through Blueski Photography; Matt Saunders Photography will be the official photographer for this event.

You will be able to purchase special memories on the day via the stall, or via [online](#) post event. The Password will be circulated to clubs post event.

English Gymnastics Photo Policy

The full Photography Policy for English Events can be found within the Event Handbook. Ensure the following information is circulated to any attending members.

Photography is **permitted by family & friends of event participants**, providing these are for **used for personal use only**.

Responsibility of each Club:

- Inform any representatives, gymnasts, parents, and spectators of these photography arrangements.
- Inform the Event Organiser via email [EGA Events](#) of anyone who does not wish to have their photo taken by the by the Event Organiser for event promotional purposes.
- Ensure that any images taken for club purposes are restricted to club members in line with the clubs' privacy notice.

When taking photographs and videos:

- **Remove** any 'flash' and/ or 'light' on their device.
- **Not to be** used of children in a way that would place a child at risk of harm.
- **Not to be** used in a way that is inappropriate given the age of the participant & the context that the image was taken.
- **Not to be** used in a way that would cause damage or distress to any individual or in a way that could bring the sport into disrepute.
- **Not to be** edited in such a way as to cause embarrassment or distress.
- **Not to be** published where there is a legal or safeguarding reason not to.
- **Not to be** without appropriate safeguards in place to minimise the likelihood of anyone who is not authorised to view or use these images.
- **Not to be** live streamed at any point during the gymnastic activities.

In the circumstance anyone suspects a breach of this photography arrangement, please inform a member of event staff or the Welfare Officer.

Commentator Information System (CIS)

English Gymnastics will use Commentator Information System to provide the in-arena commentators with information about timetable announcements to maintain a smooth running of the competition.

Babies and Young Children

In the interests of safety, for the smooth running and professional presentation of the Event, babies and young children are not permitted to enter the warm-up hall or field of play, even if they are being supervised by an adult.

Anti-doping

All athletes have the right to compete in sport knowing that they, and their competitors, are clean. We believe in clean sport and work in partnership with UK Anti-Doping (UKAD) and our [International Federation](#) (IF) to ensure that the integrity of our sport is protected.

Anti-Doping Rules

British Gymnastics has in place a set of anti-doping rules that all athletes and athlete support personnel must abide by. The anti-doping rules for British Gymnastics are consistent with the [World Anti-Doping Code](#) (the Code), the core document that harmonises anti-doping policies, rules and regulations within sport globally.

The anti-doping rules of British Gymnastics are the rules published by UK Anti-Doping (or its successor), as amended from time to time. If you are a member of British Gymnastics then the anti-doping rules apply to you, regardless of what level you participate at. You can find the UK Anti-Doping Rules here. [The Anti-Doping Rules | UK Anti-Doping \(ukad.org.uk\)](#)

2021 World Anti-Doping Code

From 1 January 2021, a new version of the Code is in effect and it's important that all athletes and athlete support personnel are aware of how this impacts them. For more information on the changes within the 2021 Code, visit UKAD's website [here](#). Under the 2021 Code, an athlete may be classified as being "International-Level", "National-Level" or a "Recreational Athlete" based on their competition level. Further information on these different categories is available on the UKAD website.

Anti-Doping Rule Violations

Breaking the anti-doping rules can result in a ban from all sport. The Code outlines the Anti-Doping Rule Violations (ADRVs). Athletes and athlete support personnel need to make sure they are fully aware of these violations, and the consequences of breaking them. For more information and what this means for those individuals, [click here](#). For information on individuals serving a ban from sport, visit UKAD's sanction page on their [website](#).

The Big Picture - Top Tips for Clean Sport

An athlete is responsible for anything found in their system, regardless of how it got there or whether there is any intention to cheat. All athletes and athlete support personnel should make themselves aware of the risks, so they don't receive an unintentional ban from sport. Useful information for athletes can be found on the [UKAD website](#).

The Prohibited List

All prohibited substances and methods in Code-compliant sports are outlined in the Prohibited List. The Prohibited List is managed and coordinated by WADA, found on the WADA website [here](#). The List is updated each year, coming into effect on 1st January. It is possible for WADA to make changes to the List more than once a year, but they must communicate such changes three months before they come into effect. As this list is updated annually, athletes and athlete support personnel should make sure they check it ahead of it coming into effect. More information can be found on UKAD's website [here](#).

Checking Medications

Before taking any medication (whether from a doctor or purchased over the counter), athletes must check to make sure it doesn't contain any prohibited substances. Medications (ingredients or brand name) can be checked online at [Global DRO](#). It is important to note that medications bought in one country may contain different ingredients to the same branded medication in another country. For more information on checking medications, visit UKAD's website [here](#).

Taking Nutritional Supplements

UKAD always advises a food first approach to nutrition, as there are no guarantees that any supplement product is free from prohibited substances. Athletes can support their training and progress towards their targets by eating and

enjoying nutritious food. With a bit of planning, it is possible to eat a delicious and healthy diet made up of a variety of food types at the right time, and in the right quantities. Athletes should assess the need, the risks and the consequences before deciding to take a supplement, and if they need to use one, visit the [Informed Sport](#) website to check whether supplements have been batch-tested. More advice on managing supplement risks can be found on UKAD's Supplement Hub [here](#).

Applying for a Therapeutic Use Exemption (TUE)

If an athlete with a legitimate medical condition needs to use a prohibited substance or method, they will need to apply for a Therapeutic Use Exemption (TUE). This is only accepted if there are no other suitable permitted medications or treatments that can be used, and there is a strict, detailed process to determine this. Athletes can find out more information about the TUE process on the UKAD website [here](#) and use the [TUE Wizard](#) to find out whether they need to apply for a TUE and who to submit their application to.

What happens in a test?

Athletes should feel prepared and know their rights and responsibilities when they are notified to be tested by a Chaperone or Doping Control Officer. Check out this [video](#) on the testing process from start to finish.

100% me – Supporting athletes to be clean

100% me is UKAD's values-based education and information programme, helping athletes meet their anti-doping responsibilities throughout their sporting journey. We want all athletes to be clean, stay clean and believe all others are clean. For more information on what this means, visit UKAD's website [here](#) UKAD's 100% me Clean Sport App can also be downloaded from [iTunes](#), [Google Play](#) or [Windows Live Store](#) for essential anti-doping information.

Protect Your Sport

Protecting clean sport depends on everyone playing their part - athletes, coaches, or parents - whether on centre stage or behind the scenes. Speak out if you feel there's something wrong - no matter how small. UKAD guarantee that your identity will always be kept 100% confidential. There are different ways to speak out:

- Email - When you feel something's wrong, send an email. UKAD guarantee that your name and email address will be kept confidential. Email at protectyoursport@reportdoping.com
- Online Form - Tell us what you know via our online form on protectyoursport.co.uk. You will remain anonymous as standard, but if you choose to share your details confidentially it could help us catch those in sport who seek to cheat.
- 24/7 Hotline - Call on 08000 32 23 32. We are here to listen. If you prefer to remain 100% anonymous you can. Or if you share your details, they will be kept confidential, and may help keep sport clean.

Find out the more about speaking out and Protect Your Sport here. [Protect Your Sport | UK Anti-Doping \(ukad.org.uk\)](#)

For further information

Please do not hesitate to ask questions about the anti-doping rules. As well as asking British Gymnastics and athlete support personnel, athletes may also contact UKAD directly, who will be able to answer any questions and provide guidance.

They can be contacted at ukad@ukad.org.uk or +44 (0) 207 842 3450. Regular updates from UKAD can also be found in the news section [News | UK Anti-Doping \(ukad.org.uk\)](#) of their website, or on their Twitter account: @ukantidoping.