



ENGLISH GYMNASTICS

English Men's & Women's Artistic Championships 2023



Competition Handbook

Version 3.0



Version History

English Gymnastics reserves the right to make amendments to this handbook.

Notification of a change to the handbook will be communicated through the [EGA Gymnastics Website](#). All updated versions will be made available to download at the time of change.

All versions will be listed on this page, regarding amendments made:

Version 1.0

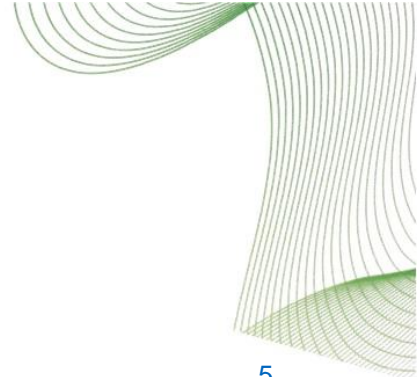
Title	Amendment	Page range
Whole document	Annual dates, costs, locations updates	All
Whole document	Alignment of branding	All
Men's and Women's Handbooks	Combination of handbooks with the consistent processes/ policies to create less paperwork & reading for all involved. Discipline specific rules specified within sections throughout.	All

Version 2.0

Title	Amendment	Page range
Time & Date	Estimated Timetable updated	10

Version 3.0

Title	Amendment	Page range
Definition of Terms	Lead Coach rule updated	5



Contents

Definition of Terms	5
Key contacts	6
Competition Event Calendar 2023	7
Competition Entries – Overview	8
Who Can Enter?	8
Nationality	9
Policy for the Participation of Trans People in Gymnastics Competition	9
Guests	9
Age Policy	10
Time and date	10
Entry Process	11
Online Entry	11
Waiting List	11
Entry Fees	11
Entry Method	11
Method of Payment	12
Late Entries	12
Withdrawals and Substitutions	12
Provision of Officials	12
Structure & Programme	13
Type, level, and pathway	13
Order of Performance	13
Awards, Prizes and Medals	13
Men’s Artistic Event Specific Details	14
Registration	14
Code of Points	14
Vault Specifications	14
Women’s Artistic Event Specific Details	15
Registration	15
Code of Points	15
Music requirements	15
Vault Specifications	15
Judge, Coach, Gymnast requirements	17
Membership	17
Coach Qualifications	19
Safeguarding	19
Publication of Results	20
Competition Attire	21
Gymnasts	21



Coaches	21
Judges	21
General Regulations	23
Code of Conduct	23
Inquiries	23
Allergies	23
Access to Warm-Up Area	23
Medical Provision	23
Privacy	23
Etiquette	24
Photography	24
Complaints and grievances	25
Health and safety	25
Risk assessments	25
Welfare	25
Emergencies	26
Terms & Conditions	26
Spectators	27
Appendix 1 – Clothing Modification Request Form	28
Appendix 2 – Venue Information	29
Venue and address	29
Food & drink	30
Car parking	30
Nearby Hotels	30
Appendix 3 – Visiting the English Gymnastics Championships	31
Telford International Centre	31
Make a family weekend of it	33



Definition of Terms

Championships means any English Championships or Competition organised by the EGA.

Code means the Code of Points used for the competition, from which technical information and regulations are taken such as EGA, BG or FIG.

EGA means English Gymnastics Association.

Event means any National competition and Championships organised by the EGA.

FIG means Federation International de Gymnastique.

Organiser(s) means the Competition Organisers

Supervising Coach(es) are those coaches submitted in the online entry process ([GymNET](#)) and who are responsible for the gymnast(s) for the entire event.

EGA must be notified via [email](#) of any amendments prior to the event for accreditation purposes.

Coach(es) are qualified to support the gymnasts in the level of performance/ competition. This will align to [British Gymnastics Coach Education system](#).

Lead Coach may authorise other Coaches from their club to coach skills of a maximum of 1 level higher than that coach's qualification (Supervised Coach) but has responsibility for ensuring that they are competent to do so.

Online there is the [Lead Coach Guidance](#) and a [Flow Diagram](#).

Assisting Coach(es) Assistant Coaches cannot be responsible for the gymnasts.

Chaperone – In exceptional circumstances, Chaperones may be permitted to fulfil a pastoral care role. Chaperones under no circumstances shall be permitted to Coach gymnasts.

Officials are people recruited to assist with the delivery of the overall event i.e., Floor Manager, Ceremonies Manager, Spectator Tickets Manager etc.

Unattached/ Independent means gymnasts who are not members of a British Gymnastics registered club but hold appropriate British Gymnastics membership.

MAG means Men's Artistic Gymnastics.

WAG means Women's Artistic Gymnastics.

CPSU means Child Protection in Sport Unit.

DBS means Disclosure Barring Service, Access NI Eligibility or PVG.

Where no specific point is addressed in these Regulations, the current FIG Rules apply. However, the Technical Committee and its appointed officials reserve the right to define any Regulation conflict as is deemed appropriate to ensure a fair and equitable competition.



Key contacts

English Gymnastics Event Organisers:

Men's Specific Event Organisers:

England MAG Event Organiser:

Mike Weinstock

Email: mike@mwgymnastics.co.uk

MAG Floor Manager

Trevor Low

Email: trevor.low@iflip.org

Women's Specific Event Organisers:

England WAG Event Organiser:

Sue James

Email: sue.james@englishgymnastics.org.uk

Floor Manager

Christine Paddock

Email: kri55ie4nn@gmail.com

English Gymnastics Contact Details:

Chairman:

Martin Laws

Tel: 01634 855507

Email: martin.laws@englishgymnastics.org.uk

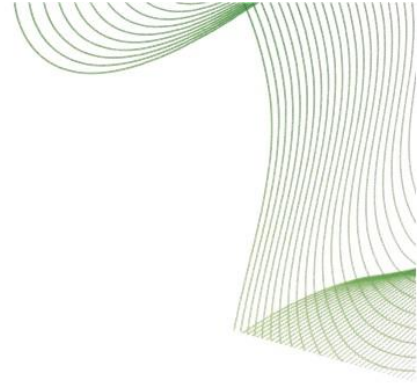
EGA Event Enquiries

Email: engevents@englishgymnastics.org.uk

British Gymnastics Contact Details:

BG Customer Support (GymNET Entries etc.)

Email: customersupport@british-gymnastics.org



Competition Event Calendar 2023

Date & Venue:	Events:	Entry Opening Date:	Entry Closing Date:	Other Information
24th – 26th February 2023 Telford International Arena, St Quentin Gate, Telford, Shropshire TF3 4JH	English MAG & WAG Championships 2023	21 st November 2022	Noon on the 21 st December 2022	Men's U12 Men's U14 Men's U16 Men's U18 Men's Senior Women's Espoir Women's Junior Women's Senior



Competition Entries – Overview

Welcome to the **English Men's and Women's Artistic Championships**. Within this pack you will find all the details to participate within our competition.

This competition is a combined event between the Men's and Women's Artistic English Championships. For 2023, the event will be a designated selection event for the:

- MAG and WAG European Championships,
- MAG and WAG Junior World Championships,
- MAG and WAG British Championships.

To accommodate the increase in size and popularity of the English Gymnastics Championships we have moved the competition to the Telford International Centre in Shropshire. The competition venue is just off the M54 at junction 5. It is an easy access, modern midlands built as part of the town centre.

This competition is the premier artistic gymnastics event in the England calendar showcasing some of the best Men and Women in the country.

A 200 metre walk from the venue takes you to the amazing shopping mall including iconic-brand outlets & an array of food options. While a weekend of competitions, there'll be time to visit some of local entertainments & attractions, do some shopping, or relax with the meal. [Appendix 3](#) contains further information.

This event is open to all Gymnasts who are members of a British Gymnastics registered club, **who must be affiliated to their respective English region**. All persons attending English Gymnastics events in an official capacity, whether as a gymnast, coach, judge or official, are required to hold current British Gymnastics membership in line with the level of competition entered and/or qualifications held i.e., Complimentary, Silver, Gold, Joint Gold, or Life Membership of British Gymnastics.

Who Can Enter?

This competition is for:

Club:	This is open to all English gymnasts who are members of British Gymnastics Registered clubs. See Nationality Section for other eligibility requirements. Guest gymnasts may be accepted if there is availability.
--------------	---

Gender:	Male	Qualifying Score:
Age:	Men's U12: Aged 11 – 12	60 U12 Code
	Men's U14: Aged 13 – 14	60 U14 Code
	Men's U16: Aged 15 – 16	60 U16 Code
	Men's U18: Aged 17 – 18	60 U18 Code
	Men's Senior: Aged 19 or over	60 FIG Code
	<i>Gymnasts' ages, for the purpose of entry to all age dependent categories, will be taken as the age reached in the year of the competition</i>	
Entry Requirement:	<ul style="list-style-type: none">• Only enter gymnasts who have a realistic chance of achieving the qualification score.• If you have a gymnast who can't achieve the Qualifying Score, please Do Not enter them on GymNET. These gymnasts can be added to the waiting list.• Gymnasts that don't get into the English Championships may ask to be a Guest at the Welsh or Scottish Championships and qualify for the British Championships through one of these competitions.• Apparatus Specialists may be accepted under exceptional circumstances, but Clubs should apply via email to English Gymnastics Events before adding them to GymNET.	



Gender:	Female	Qualifying Score:
Age:	Women's Espoir: Aged 12 – 13	37
	Women's Junior: Aged 14 – 15	37
	Women's Senior: Aged 16+	37
	<i>Gymnasts' ages, for the purpose of entry to all age dependent categories, will be taken as the age reached in the year of the competition</i>	
Entry Requirement:	<ul style="list-style-type: none"> • Only enter gymnasts who can achieve the above Cycle 15 FIG Code qualification score. Gymnasts not able to achieve this minimum score may have their name put on a waiting list and will be offered a place if there is enough space on a first come first served basis. • All competitors are expected to compete on all four (4) Apparatus. • If you have a gymnast who can't achieve the Qualifying Score, please Do Not enter them on GymNET. These gymnasts can be added to the waiting list. • Apparatus Specialists may be accepted under exceptional circumstances, but Clubs should apply via email to English Gymnastics Events before adding them to GymNET. 	

Enquiries relating to this English Gymnastics events will only be accepted from the registered Clubs.

Nationality

- Participants in all English Gymnastics events are subject to the requirements of Membership, Club/Regional Registration, and other conditions of entry.
 - Participants must be a British Citizen, holding a British Passport (or be in the formal administrative process of obtaining British Citizenship and/or Passport).
 - Have lived in predominantly in England for a period exceeding 36 months.
 - The mother, father or a grandparent of a Gymnast must have been born in England.
 - Participants must not be a member of a Squad of any other Commonwealth country or previously represented another Commonwealth country, unless the consents required by [Byelaw 17\(3\) of the Constitutional Documents of the Commonwealth Games Federation \(CGF\)](#) have been obtained.
- If a participant does not meet any of the above Criteria, but nevertheless wishes to be considered for entry, the participant may petition the English Gymnastics Approval Panel in writing, via email to the [English Gymnastics Events](#). The Approval Panel shall be consisted of the Chairman and Vice Chairman of English Gymnastics, together with the individual Chairperson, in England, of the specific Gymnastics discipline within which the participant is seeking to compete.
- The Approval Panel's decision in all matters shall be final & not open to appeal.
 - Disclosure: It is the responsibility of the person making the Competition Entry to ensure that all gymnasts have their Nationality declared within the GymNET Online Entry portal or as soon as possible via email to the [English Gymnastics Events](#).

Policy for the Participation of Trans People in Gymnastics Competition

For information on trans people in gymnastics competition, please refer to the [Club Hub - Resources](#).

Guests

- The Club/Coach of a gymnast that represents another Country or Home Nation and wishes to compete as a Guest at an English Gymnastics event, must not add their competitor(s) to GymNET when entries open and should instead contact the [EGA Event Enquiries](#) via email and request that they be added to the [Guest Waiting List](#). Guest gymnasts will be allowed entry subject to availability of places.
- Foreign Competitors and Coaches: Gymnasts who are not normally resident in the UK, must request permission from the Organisers via the [EGA Event Enquiries](#) email prior to entry. The Host Federation and Organising Committee will not be held responsible for any liabilities in case of accidents, illness, repatriation, and the like. **All** participating foreign competitors and Coaches are,



therefore, responsible for making their own arrangements to have the necessary valid Insurance coverage against illness, accidents and for repatriation. Insurance Cover Note or photocopy of the valid Insurance Policy should be sent through to the [EGA Event Enquiries](#) via email prior to the start of the event. Delegation Members with insufficient Insurance Cover must inform the Organisers via the [EGA Event Enquiries](#) email in advance.

Age Policy

Gymnasts' ages, for the purpose of entry to all age dependent categories, will be taken as the age reached in the year of the competition.

Within this competition, the categories are as follows:

Men's Age Groups		Categories				
		U12	U14	U16	U18	Senior
Age during 2023		11 – 12 years	13 – 14 years	15 – 16 years	17 – 18 years	19+ years
Born	Min	DOB 2012	DOB 2010	DOB 2008	DOB 2006	DOB 2004
	Max	DOB 2011	DOB 2009	DOB 2007	DOB 2005	

Women's Age Groups		Categories		
		Espoir	Junior	Senior
Age during 2023		12 – 13 years	14 – 15 years	16+ years
Born	Min	DOB 2011	DOB 2009	DOB 2007
	Max	DOB 2010	DOB 2008	

Note:

- The Organisers reserve the right to close a Competition once numbers reach the maximum allowed.
- The Organisers have the right to review all entries.
- The Age Groups used here are generic and apply to the English Championships, but do not necessarily match those listed in the British MTC & WTC Handbook. Please refer to **Year Born** description contained in the rules above.

Time and date

Date(s):	24th February 2023	Men's U16's	Women's Espoir
	25th February 2023	Men's U18's & Senior	Women's Senior
	26th February 2023	Men's U12's & U14's	Women's Junior
Podium Training:	There may be podium training on the evening of Friday 24th February for Men's & Women's Seniors and Men's Under 18s, but not for the younger age groups. This will be confirmed once entries close.		

**Note:**

- The Men's and Women's Artistic Championships are combined. Therefore, the start and end times are estimated and subject to change pending entries received and category breakdown. Maximising your experience is vital, please be patient with the Competition Organiser.
- Where possible, the Organisers will endeavor to keep gymnasts from the same Club together. To maintain the smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the Organisers reserve the right to alter the grouping of gymnasts and/or running order of performances, as may be deemed necessary by the Organisers or authorised officials, up to the start of warm up.

Entry Process

Online Entry

Entry to English events is completed via the [British Gymnastics Online Entry System \(GymNET\)](#).

Complete instructions for adding an entry via the GymNET Online Entry Portal and are available to download from the [British Gymnastics Website](#).

All entries must be fully submitted electronically by the stipulated closing date/ time.

Queries relating to the process, to initially be directed via email to [English Gymnastics Events](#).

Waiting List

Once all places have been filled in any particular competition, GymNET will be closed for that competition and Clubs will need to email [English Gymnastics Events](#) to ask for gymnasts to be added to the **Waiting List**.

Clubs who have gymnasts who fall just below the Qualifying Score, but they would ideally like to enter them into this Championships, should email [English Gymnastics Events](#). This also applies to those who wish to enter as a [Guest](#).

When submitting a request for the waiting list, the **following details are required:**

- Club
- Club contact name
- Contact email address
- Gymnast full name
- Gymnast membership number
- Gymnast DOB
- The level which they wish to enter
- Qualifying score

Entries on the waiting list will be reviewed and accepted on a first come, first served basis. The Organisers cannot guarantee that any places will be available for these additional competitors.

Entry Fees

Entry Per Gymnast:	£90.00
--------------------	--------

Entry Method

Entry method:	Via the British Gymnastics Online Entry System (GymNET)
---------------	---



Method of Payment

Payment can **ONLY** be made by **Debit/ Credit Card** – British Gymnastics will reject payment made by any other method (i.e., cheque or BACS). Payments are required at the same time as the entry is submitted.

Entry fees are non-refundable after the closing date.

Entries are made via the [British Gymnastics Online Entry System \(GymNET\)](#).

Late Entries

Late entries will not be accepted for this event.

Withdrawals and Substitutions

Amendments to an entry before the closing date will not incur a penalty and in the case of withdrawals, the entry fee will be refunded (minus a 3% admin charge). **Entry fees are non-refundable after the closing date.**

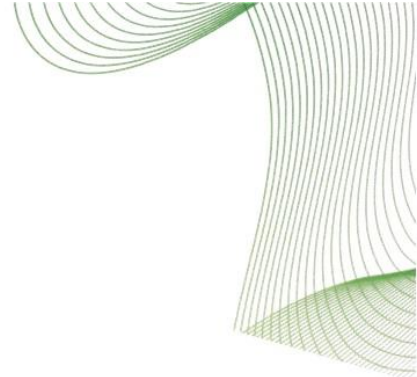
Where it is necessary to substitute a coach, the club must inform the [English Gymnastics Events](#) so that the coach can be checked for membership, awards, and safeguarding before they can be accredited for the event.

Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute(s) must inform the Organiser immediately on arrival at the venue and produce their coaching award certificate, current British Gymnastics membership and current British Gymnastics specific DBS and Safeguarding certificates, otherwise they will be unable to access the competition floor.

Provision of Officials

The judges will be sourced by EGA and the Event Organisers for the English MAG & WAG Championships.

EGA will provide overnight accommodation for all Judges selected, together with an allowance for dinner at £20/day and travel expenses up to a maximum of £150. Expenses can be claimed after the event with all relevant receipts as part of proof of claim.



Structure & Programme

Type, level, and pathway

Competition type: Men's and Women's Artistic English Championships

Competition level:

- Men's – U12, U14, U16, U18 and Senior
- Women's – Espoir, Junior, and Senior

Competition pathway: There is no competition pathway for this Championships, but competitors will need to have achieved a [minimum qualifying score](#).

Order of Performance

The order of performance will only be confirmed once all entries have been received. All start lists and timetables will be published on the [British Gymnastics Find an Event](#) and the [EGA Website](#) alongside the official's lists.

The competition organisers reserve the right to:

- Adjust the timing of the events across the competition weekend if required.
- Run up to one hour ahead of schedule.
- Make changes/ alterations to the groupings and panels to enable the competition to run on time and smoothly.

To maintain a smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the ETC reserves the right to alter the grouping of gymnasts and/ or running order of gymnast.

Awards, Prizes and Medals

Medal Ceremonies

Only Medal Winners will be required to attend medal presentations. Except in exceptional circumstances, gymnasts who win a medal at EGA events are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony in order to collect their award in person. Medals will only be distributed at events, not by post.

Attire for medal ceremonies is according to [FIG Rules for World Championships](#).

Awards, Prizes & Presentations

- The overall U12, U14, U16, U18 and Senior Champions will be awarded salvers.
- The overall Espoir, Junior and Senior Champions will be awarded salvers.
- There will be no cash Awards.
- Medals will be awarded for 1st to 3rd place on each Apparatus within each competition.
- Medals will be awarded for 1st to 3rd place for the All-Around in each competition.
- There will be no breaking of ties.



Men's Artistic Event Specific Details

Registration

- We will be having an open Registration for 2023, so please register your competitors as soon as you/they arrive at the Centre.
- Please advise at Registration if you intend to perform two Vaults for Apparatus Awards.
- In accordance with FIG Rules, certain apparatus may be raised to cater for taller gymnasts. Please indicate at the time of making the entry if this will be required for any of your gymnasts and mention this requirement at Registration.
- During Registration, Gymnasts will be issued with their Number.

Code of Points

The Competition format is as per [FIG Competition 1 \(Cycle 15 – 2022/24\) Rules](#) & [relevant British Gymnastics amendments](#).

Vault Specifications

The following rules apply for eligibility for a Vault apparatus ranking and medal.

All gymnasts performing two Vaults must indicate so at registration:

Seniors, U18, U16	FIG Rules apply
U14	Must be 2 different Vaults but can be from same element group. Vault height 125cm. As per BG U14 Code.
U12	A single Vault to count. Vault height 120cm. As per BG U12 Code.

Competition Apparatus

The following equipment and apparatus will be used for this competition:

- All apparatus will be provided by Gymnova
- Apparatus specifications are as per FIG
- Gymnasts must provide their own chalk



Women's Artistic Event Specific Details

Registration

- We will be having an open Registration for 2023, so please register your competitors as soon as you/they arrive at the Centre.
- Please advise at Registration if you intend to perform two Vaults for Apparatus Awards.
- In accordance with FIG Rules, certain apparatus may be raised to cater for taller gymnasts. Please indicate at the time of making the entry if this will be required for any of your gymnasts and mention this requirement at Registration.
- During Registration, Gymnasts will be issued with their Number.

Code of Points

The Competition format is as per [FIG Competition 1 \(Cycle 15 – 2022/24\) Rules](#) & [relevant British Gymnastics amendments](#).

Music requirements

Music submission date:	Thursday 12 th January 2023 at noon
Music submission method:	Via GymNet
Music format:	Instructions for submitting music electronically may be found within the Online Entry Guide
Late Music Submission:	£20 per gymnast (This will be invoiced by the EGA Events Team)

Music licensing (where applicable)

All music used in competition routines must conform to the relevant licensing requirements. Details may be found on the [Club Hub - Resources](#).

Certain tracks belonging to Disney, Andrew Lloyd Webber and Cirque du Soleil can be used but this should be checked on the PPL website to confirm the track is included within their repertoire.

To check tracks, go to the [PPL website - music checker](#) and enter the artists name and title. Any music listed as part of the search can be used.

If the track is not included within the listed tracks, the club must apply directly to Disney, Andrew Lloyd Webber, or Cirque du Soleil to use the track and pay the relevant licensing fees.

The Event Organiser isn't liable for any damages for of music devices brought on the day, this the responsibility of the Club/ Coach.

You may hear the organiser/ host venue playing music, this will also abide by the PPL/ PRS licensing laws.

Event day music requirements

The Coach must carry a backup copy of the uploaded music via flash drive in case of technical issues.

The use of YouTube, iPads and phones, or CD-ROM's will not be permitted as a form of backup music.

Vault Specifications

Gymnasts attempting to win a medal on Vault, will be expected to show two Vaults as per FIG Rules.

All gymnasts performing two Vaults must indicate so at registration.



The first Vault permitted will count towards the Gymnast's AA Total, whilst the second Vault score will be averaged with the first, to determine a ranking for the Vault medals.

Espoir's	<ul style="list-style-type: none">• Will be able to do two Vaults from the same category• Extra soft Board will be available for Vault – 4 Spring and modified 5 Spring
Juniors	<ul style="list-style-type: none">• Will be able to do two Vaults from the same category

Competition Apparatus

The following equipment and apparatus will be used for this competition:

- All Apparatus will be provided by Gymnova
- Apparatus specifications are as per FIG
- Gymnasts must provide their own chalk



Judge, Coach, Gymnast requirements

The following provides requirements for Judges, Coaches, and Gymnasts that are to be involved within this event.

Note: Only Clubs affiliated to their respective Regions will be allowed to enter English Gymnastics events

Membership

All persons attending EGA events in an official capacity, whether as a Gymnast, Coach or Judge, are required to hold current British Gymnastics Membership upon entry to and in attendance, in line with the level of competition entered and awards held.

Coaches, Judges and Gymnasts should carry proof of British Gymnastics Membership to all competitions and be prepared for these to be checked by the Organisers or their appointed officials.

Gymnasts

Membership level must be Competitive Gymnast, Coach or Life Member of British Gymnastics to enter an EGA event.

Lead Coaches

Lead Coaches' Membership level must be Coach or Life Member of British Gymnastics.

Lead Coaches must be qualified to the level of the skills being performed before being allowed to participate in an EGA event.

Lead Coaches must have a current Safeguarding and DBS Certificates – See [Safeguarding Section](#).

The Lead Coach may authorise other Coaches from their club to coach skills of a maximum of 1 level higher than that coach's qualification (Supervised Coach) but has responsibility for ensuring that they are competent to do so.

Online there is the [Lead Coach Guidance](#) and a [Flow Diagram](#).

- **One** (1) Supervising Coach per Gymnast from **two** (2) nominated, will be permitted into the competition area at any one time.

Coaches

Coaches' membership level must be Coach or Life Member of British Gymnastics and must be qualified to a minimum of Level 2.

Coaches must be qualified to the level of all the skills being performed by the gymnast for which they are responsible.

Coaches must have current Safeguarding and DBS Certificates. See [Safeguarding Section](#).

Supervised Coaches

To be a Supervised Coach, you must be a minimum of Level 2. With the explicit authorisation of the Lead Coach, Supervised Coaches may coach skills at the maximum of 1 level higher than their current qualification.

Before being allowed to participate in an EGA event, the Supervised Coaches must have completed the relevant course or module of the next coaching level covering those skills, although they may not yet be signed off as qualified.

Online there is the [Lead Coach Guidance](#) and a [Flow Diagram](#).



Assisting Coaches

Assisting Coaches' Membership level must be Assistant Coach (if Level 1), Coach or Life Member of British Gymnastics before being allowed to participate in an EGA event.

Assisting Coaches must have a current Safeguarding and DBS Certificate - See [Safeguarding Section](#).

Assisting Coaches cannot be responsible for the gymnasts.

Disability Chaperone

Chaperones may be permitted to provide pastoral care to gymnasts in certain circumstances. Under no circumstances may a Chaperone coach a gymnast. In the case where a gymnast has a disability, the nature of which indicates that it is deemed necessary to have additional support, they will be entitled to have a carer present with them throughout the competition.

The carer:

- Will not be insured by British Gymnastics to take part in any type of recognised gymnastics activity.
- Will be required to sign a Code of Conduct to ensure they understand the role they are fulfilling within the event environment.
- Will be required to be dressed appropriately if entering the warm-up hall or field of play.

Medical Chaperone

In exceptional circumstances, upon written request, a Chaperone may be approved to provide pastoral care to a gymnast with a medical condition. Written medical verification of the need for the carer (from GP or other medical practitioner) will be required to be submitted to the [English Gymnastics Events](#) email at least one week prior to the start of the event.

The carer:

- Will not be insured by British Gymnastics to take part in any type of recognised gymnastics activity.
- Will be required to sign a Code of Conduct to ensure they understand the role they are fulfilling within the event environment.
- Will be required to be dressed appropriately if entering the warm-up hall or field of play.

Supervising Chaperone

- The Organisers may authorise Supervising Chaperones to assist with pastoral care for gymnasts.
- These entitlements, if applicable, will be defined in the specific competition pages. In these circumstances, the Supervising Chaperones must either be qualified as a Level 1 Assistant Coach or be a Club Welfare Officer and hold the relevant membership and qualifications, DBS and SPC for their position(s). Supervising Chaperones will not be permitted to enter the Field of Play.

Volunteers

Volunteers are vital to help with the smooth running of the competitions. We always welcome volunteers who will be willing to help setup and break down of the competition floor at the start and the end of the event. The EGA welcome all young leaders and would be happy to find jobs for all who wish to volunteer to help make our competitions run smoothly.

Volunteers' full names are to be emailed to [English Gymnastics Events](#) for accreditation.

Judges

Judges must hold a suitable level of British Gymnastics membership before being allowed to officiate at an EGA event – see [British Gymnastics website \(membership\)](#) for further details.

Judges must also hold a current Cycle of Judging Award (Cycle 14/15).

The EGA does not required Judges to complete a Criminal Record Check (DBS) to Judge at EGA competitions, as the role that Judges fulfil at the event no longer falls within [DBS Eligibility](#). However,



some Judges are actively involved in Club gymnastics and may provide Judging instruction to children in a training environment or carry out a supervisory role (or may complete a Criminal Record Check by virtue of another role they undertake e.g., Coach). As not all Judges use their qualification in the same way, it is the Club's responsibility to assess the role the Judge is undertaking and determine whether the activities involved fall within the Eligibility Criteria for a Criminal Record Check. British Gymnastics no longer requires all Judges to complete Safeguarding Training, but Clubs should ensure any Judge who supervises or instructs children has completed appropriate training.

For further information on Membership levels, please visit the [British Gymnastics Website](#).

Coach Qualifications

When submitting entries for an EGA event, Clubs must ensure that the nominated Supervising Coach(es) is/are qualified to the level of the participant's performance. The practice of supervising participants working above the level of the Coach's qualification is not allowed.

All Coaches must have completed the [British Gymnastics Positive Coaching Module](#).

All Coaches entered into the event entry, must be the same ones attending the event. It is unacceptable to enter a Coach you know will not be attending. The Lead Coach has the ultimate responsibility for all the participants from their Club and that of the Supervising Coaches, Assistant Coaches, Chaperones & Choreographers.

It is the Club's responsibility to ensure that only accredited Coaches are on the Field of Play and Warm-Up areas. Coaches who are used to push mats must be at least a Level 2. Lead Coaches have a duty of care towards their performers and have responsibility to ensure that all the Coaches under their supervision are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically, and psychologically, for performing their routines in a competition situation. Additional Assisting Coaches (Level 1 and above) may be accredited, at the discretion of the Organiser, to be present in the competition arena to assist with the pastoral care of the gymnasts. Assisting Coaches may not coach the gymnasts unless they fulfil the requirement of holding a recognised qualification suitable to the level of skills being performed.

If it is found that a Club is in breach of these policies, the EGA reserves the right to reject an entry on the grounds of Gymnast safety or, if discovered post-performance, to disqualify the competitor and remove their score(s) from the official results.

Safeguarding

All Coaches, Lead Coaches, Supervised Coaches and Assisting Coaches are required to hold a valid DBS certificate, **or Home Nation equivalent**, and have current Safeguarding and Protecting Children Awareness training at the time of the event.

Coaches who do not fulfil this requirement will not be accredited or allowed to participate at British Gymnastics Events.

All **gymnasts must have an accredited coach**, present on the field of play and in the warmup hall at all times. If a gymnast attends a competition without a suitably qualified coach or supervised coach, they will not be allowed to compete.

More information about our safeguarding requirements and the training/certificates that we accept, can be found on our website via the [Safeguarding and Safe Sport page](#) under 'Safeguarding', and by scrolling down to 'Training'.

Coaches must also have a **valid home country criminal record check both at the time of entry and through to the end of the event before being allowed to participate at a British Gymnastics Event**.



These changes are applicable to British Gymnastics members. Wales are reviewing their own and Scotland always deal with theirs separately.

Publication of Results

After individual events & the final qualification event, results will be collated, ranked, and verified before publication. Results and standings will be sent out as soon as possible in the week following the competition.

A link to the results and tables will be placed in the [British Gymnastics Find an Event](#) and on the [EGA Website](#).



Competition Attire

Gymnasts

In order to make EGA events more inclusive and accessible, a British Gymnastics Policy has recently been approved by the British Gymnastics Board, following consultation with the National Technical Committee, and having adopted feedback received from the community.

In principle, this Policy should be read in conjunction with, the discipline specific policies and references in the Code of Points and other documents.

The policy seeks to break down barriers to participation by, for example, removing gender specific requirements for competition attire.

For competitive events, gymnasts must wear a suitably supportive, safe, and appropriate non transparent leotard/unitard according to FIG/ British Gymnastics policy. Competition leotards/unitards must be well fitting and protect the modesty of the gymnasts. Suitable matching shorts are permitted.

These overarching principles may be found in the [Club Hub - Resources \(Clothing Attire at Events Policy\)](#). The implementation of this Policy will be monitored for the first year and reviewed accordingly, but Coaches are encouraged to email the [English Gymnastics Events](#) or their respective Competition Organiser should they have any queries about the attire that they propose for their gymnast to wear at EGA events.

Advertising must adhere to the [Club Hub - Resources \(Advertising on Clothing & Competition Attire at Events Policy\)](#). When representing your Club, the wearing of GBR or Home Country attire at EGA events is strictly forbidden. For the avoidance of doubt, any inclusion of the Union Flag (or other Home Nation Flag) within the design of any leotard is expressly forbidden.

The removal of leotards on the Field of Play is not allowed.

English Gymnastics has a strict **no jewellery policy** during training or performance. Ensure all piercings and body adornments are removed prior to the competition.

Bandages or support pieces cannot be in colours and must be of a skin colour.

Exceptions are as per the [Club Hub - Resources \(Health & Safety Guidance: Safe Coaching\)](#).

Coaches

- Coaches must wear a tracksuit with full length tracksuit bottoms or full-length tracksuit bottoms with a collared polo shirt or club t-shirt and appropriate gym/ training shoes.
- The wearing of GBR or Home Country attire at EGA events is strictly forbidden - unless on International duty for your Home Country.
- Long hair should be braided or tied back so as not to obscure vision.
- Coaches will not be allowed to support on the competition floor if wearing ANY jewellery. Exceptions are as per the [Club Hub - Resources \(Health & Safety Guidance: Safe Coaching\)](#).

Non-compliance may result in removal of the Coach and consequently, for health and safety reasons, their Gymnast(s) from the competition.

Judges

- Dark blazer or suit jacket
- Dark trousers or Skirt
- White shirt
- Black shoes
- For regular judges



- Men: A navy blue or English Gymnastics ties
- Ladies: An English Gymnastics scarf should be worn
- Recorders, computer operators and other officials who may be working alongside the judges should dress similarly.

Requests can be made to adopt reasonable clothing modifications at any EGA event on religious or disability grounds. All requests must be submitted using the EGA Clothing Modification Form (see [Appendix 5 – Clothing Modifications Form](#)) to be sent via email to the [English Gymnastics Events](#), as soon as an entry is registered to allow enough time for full consideration of the application and any possible health and safety implications.

Recorders, computer operators and other Officials who may be working alongside the Judges should dress similarly.

Apart from as required for the running of the competition, gymnasts, Coaches and Officials must not use mobile phones or any other electronic communication devices (including tablets) to make phone calls, take photographs or to be used for other forms of communication in the main arena during the event.

Judges are not allowed to use any form of electronic device throughout the duration of the competition.



General Regulations

Coaches must make adequate provision for the supervision of their gymnasts upon arrival **(at the specified latest time)** at the venue. Gymnasts will not be allowed to register or begin warm up without their coach present. All gymnasts must have an accredited coach present at the event. If a gymnast attends a competition without a Supervising Coach, they will not be allowed to compete.

Code of Conduct

English Gymnastics will follow the British Gymnastics:

- [Men's Artistic National Technical Committee – Code of Conduct](#)
- [Women's Artistic National Technical Committee – Code of Conduct](#)

Men's Artistic Gymnastics Judges [Code of Conduct](#).

Women's Artistic Gymnastics Judges [Code of Conduct](#).

EGA, acting through the Board or its Committees, reserves the right to refuse any entry and disqualify an official, Judge, gymnast, or team at any time, if they do not comply with EGA or British Gymnastics Regulations.

Inquiries

Inquiries are permitted and should be handed to the relevant discipline organiser along with a £50 Inquiry Fee.

- Inquiries will be accepted within ONE rotation of the performance being questioned (i.e., if you are protesting a Gymnast's performance on the first Apparatus, an official application must be received before the Gymnast rotates to their third piece).
- By submitting an Inquiry about a score awarded by the Judges, you agree to pay a fee which will be paid to the Organisers at the time of the Inquiry.
- The fee will be returned if the Protest is successful or retained if the Inquiry is denied.

Allergies

As part of the safety for everyone, please ensure you pass on the message to all your coaches, gymnasts, judges, and parents/ spectators that any food being brought to the event should be **nut free** and keep in mind any other potential allergies that could be affected by food being brought.

Access to Warm-Up Area

In the interests of safety, no-one, other than accredited personnel, will be allowed in the warm-up area.

Medical Provision

Anyone requiring First Aid assistance should speak to the Organiser. It is recommended that all coaches have a First Aid kit with them for minor injuries.

At all EGA events, an official medical team will be appointed and will be available to treat gymnasts who sustain an injury at the event. The medical team are not able to treat pre-existing or chronic injuries. Any injury occurring or injury requiring treatment 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 Competition Organiser based upon the recommendation of the EGA appointed medical officer as to the gymnast's health and medical status and their ability to compete at the event is absolute and final.

Privacy

[English Gymnastics Privacy Notice](#).



At many events, English Gymnastics may produce event merchandise (e.g., event t-shirts), these may include the names and/ or clubs of the gymnasts taking part.

Where competing gymnasts have a disability, it may be necessary to share the details of this disability with the Organising Committee in order to discuss if modifications to rules and processes are appropriate arising from this disability.

The scores and results from English Gymnastics events, will be published on the [English Gymnastics Website](#) in the specific event page upon receipt from the Event Organising Team. English Gymnastics will not redact your details from the published results unless there is a justifiable reason to reject an objection to publication.

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 main arena during the event. Such mobile devices may only be used for monitoring scores and results.

Etiquette

While sport can be a highly competitive activity, please ensure you support every gymnast, coach and parent/ guardian involved. Everyone has been involved at some point and every competition/ event is a celebration of those efforts.

It is important that the access to the 'Official's area' (judges, scoring etc.) is restricted to authorised personnel only.

The Competition Organiser has the right to withdraw any entry/ entries where appropriate etiquette and professionalism is not upheld before, during and after the event. This, therefore, could affect future attendance at events and become a welfare issue.

Photography

It is your responsibility as the Coach in charge of your entered team/ club to be aware, and have records, of anyone that can/ can't have their photo/ video taken for media purposes. If you have anyone that can't, please ensure the Competition Organiser, via the [English Gymnastics Events](#) email, is aware prior to the date of the event so they can inform the appropriate persons so that any photography/ video of them is avoided.

All English Gymnastics competitions are large events, where filming and photography by English Gymnastics accredited Photographers will be taking place.

For the **English MAG & WAG Championships 2023**, our Official Photographer will be [DE Photo](#).

Images taken at our events may be used by English Gymnastics for the purposes of promotion, education, and development of the sport.

Anyone who does not wish themselves or their child to be photographed at the event, must email the Organisers via [English Event Enquiries](#). The EGA will make every effort to ensure that any identifiable images of the participant are not published.

The EGA will display clear signage and make announcements about photography and filming at its events. Any footage of children and individuals who are vulnerable will be published in accordance with the [Club Hub - Resources \(Safeguarding Policy and Procedure\)](#).

To make our events entertaining and easy to follow for our audience and fans, we announce and publish information about participants, including Nationality, scores, and achievements.

The results of English Gymnastics competitions are published and made available for viewing by members of the public via the [English Gymnastics Website](#) and [British Gymnastics Find an Event](#).



Any person wishing to use video, film, or take photographs must abide by the [Club Hub - Resources \(Health, Safety, & Welfare Guidance\)](#). Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use, or publication in printed or electronic form, such as on Websites. Clubs may publish some photos, but this may only be done in accordance with the [Club Hub - Resources \(Photography Policy\)](#) and in conjunction with the [Club Hub - Resources \(Safeguarding Policy and Procedure\)](#).

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 Field of Play during the event. Such mobile devices may only be used for monitoring scores and results, where a Scoring App is in operation.

If you **have any concerns** about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to the **English Gymnastics appointed Welfare Officer or English Gymnastics Events Director at the event**. In the interests of child protection, please do let us know of anything that may be damaging to the welfare of a child.

The **use of flash or supplementary lighting is not permitted** at any time while gymnasts are warming up or competing. Please make sure that the flash is turned off on any device being used as your camera.

The use of tripods in the walkways or stairways is not permitted.

The **use of live streaming is not permitted** during any part of this event.

If the Competition Organiser/ Welfare Officer suspects inappropriate photography or filming, the Officer/ Organiser should exercise their powers under the conditions to request the person to leave the venue and to surrender any film and/ or delete any images relating to the event.

Complaints and grievances

Complaints about any aspect of the English Championships or any of the qualification events must be raised in writing by either the head coach or club secretary. Please email your complaints to the [English Event Enquiries](#). Your complaint will be responded to within 14 days of receipt. No complaints will be entertained if sent by a parent or gymnast.

Health and safety

The health, safety, and welfare of all participants (gymnasts, coaches, and officials) is the primary consideration. All British Gymnastics policies and procedures will be rigorously applied with regards to health, welfare and safeguarding and protecting children.

The intention of the event is to create a friendly and no-stress/ low-pressure environment for all those involved, while allowing gymnasts the opportunity to challenge themselves to do their best. Ensuring the safety of the gymnasts, no matter their age, is a priority in the event set up, programme design and risk assessment, using the guidance set out by British Gymnastics within the [Club Hub - Resources \(Health, Safety, & Welfare: Safe Coaching\)](#) document.

Risk assessments

Risk assessments have been carried out for this event, but if you feel there is something/one that may require additional assessment, please contact [English Event Enquiries via email](#) ASAP with specific details.

While risk assessments for the event have been completed, your club is responsible for specific risk assessments related to your club e.g., travelling to and from the event etc.

Welfare

As part of your risk assessments and preparation for the event, please consider the welfare of individual Gymnasts, including such items:



- Clothing not being revealing/ embarrassing for males, females, and transgender Gymnasts/ Coaches/ Judges.
- Age of Gymnasts when changing, socialising etc.

Government Legislation requires that when a Club takes a Gymnast(s) under the age of 18 years on a journey involving an overnight stay, the Club must ensure that there is a designated trained person responsible for child protection on the trip. To adhere to the CPSU Child Protection Standards, this person must not be related to or in a relationship with the Coach attending the trip. The training for the designated person should be British Gymnastics recognised Safeguarding & Protecting Children Awareness training.

Please note that the British Gymnastics Membership Insurance does not cover Travel or Emergency Medical Expenses and we, therefore, **recommend that**, where necessary, **you take out additional Travel Insurance as required**. Travel guidance is outlined within the [Club Hub – Resources \(Health, Safety, & Welfare Guidance – Safe Trips\)](#).

Emergencies

As part of event, everyone attending must adhere to the emergency procedures and follow the professional guidance of the Competition Organiser and members of staff from the venue. Below is a brief guide of the venue emergency procedures.

In the event of the emergency alarms sounding, please evacuate via one of the following routes:

- These will be highlighted on the day during a safety briefing

Coaches are to ensure all their gymnasts are kept together until registered and then handed back to their responsible adult.

Terms & Conditions

By entering this event your club is agreeing to the rules, regulations, and standards within this Handbook. The person making the online entry on behalf of Gymnast(s) or a Club, undertakes to ensure that those who they are making an entry on behalf of are fully aware of and agree to abide by the contents of this Handbook.

Failure to comply may see your club being excluded from the event without refund. In addition:

- All entrants agree to be treated by EGA appointed medical staff only and be bound by the decision of EGA medical staff in relation to their ability to compete in the competition.
- You agree to the storing of competition scores. The EGA will redact your details from the published results unless there is a justifiable reason to reject an objection to publication.
- You agree to abide by the [British Gymnastics Photography Policy](#).
- Coaches and Gymnasts agree to abide by the Body Piercing & Adornments Policy including within the British Gymnastics [Health, Safety, & Welfare Guidance: Safe Coaching](#).
- Gymnast must provide their own chalk.
- If a Gymnast fails to compete on any piece, please inform the Judges in order that a zero score can be entered.
- The person making the online entry on behalf of the gymnast(s), a club, or a region, undertakes to ensure that those who they are making an entry on behalf of are fully aware of and agree to abide by the contents of this Handbook.



Spectators

Ticket type		Cost per Ticket
Saturday Competitions		
On the door / day	Adult	£25.00
On the door / day	Concession *	£15.00
Advanced Purchase	Adult	£20.00
Advanced Purchase	Concession *	£10.00
Friday / Sunday Competitions		
On the door / day	Adult	£20.00
On the door/ day	Concession *	£12.00
Advanced Purchase	Adult	£18.00
Advanced Purchase	Concession *	£10.00

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

Tickets are available on the day via cash & card payment.

Advanced tickets are available online from [Gymdata](#) until Monday 20th of February 2023.

Note: That applications for tickets are always heavy (particularly for Seniors' Day), so please advise members of your Club to apply early. We cannot guarantee that any tickets will be available to purchase on the door each day, so would advise everyone to purchase tickets online in advance of the Championships to avoid disappointment.



Appendix 1 – Clothing Modification Request Form



Clothing Modification Request Form

Competition:			
Entrants Name:		DOB:	
Club Name:			
Religion / Disability:		Discipline:	
Please provide details of any clothing modifications and provide reasons for this request			
I confirm that the details on this form are accurate			
Signed:		Date:	
Address:			
Postcode:		Contact no:	
<p>NB: If the gymnast is under the age of fourteen, their parent/carer must sign the form on their behalf.</p> <p>This form should be submitted via email to the English Gymnastics Events with the entry details. An electronic version of this form is available upon request.</p> <p>The request will receive full consideration and club and entrant will be informed of the outcome within 10 working days of receipt of the request. In the event the request is declined, the entry fee will be refunded in full, providing that this form was submitted prior to the closing date.</p>			



Appendix 2 – Venue Information

Venue and address

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

Website: <https://www.theinternationalcentretelford.com/contact-us/>

Google Maps: [Telford International Arena](#)

Travel to the Venue:

From M6 Southbound

- Leave M6 at Junction 12. Take A5 West for 1 mile to Gailey Island. Take first left on to A449. Travel 3 miles to M54/J2. Travel West on M54 to J4. Take the second exit and follow signs to The Telford International Centre. The venue is situated just over 2 miles from Junction 4.

From M6 Northbound

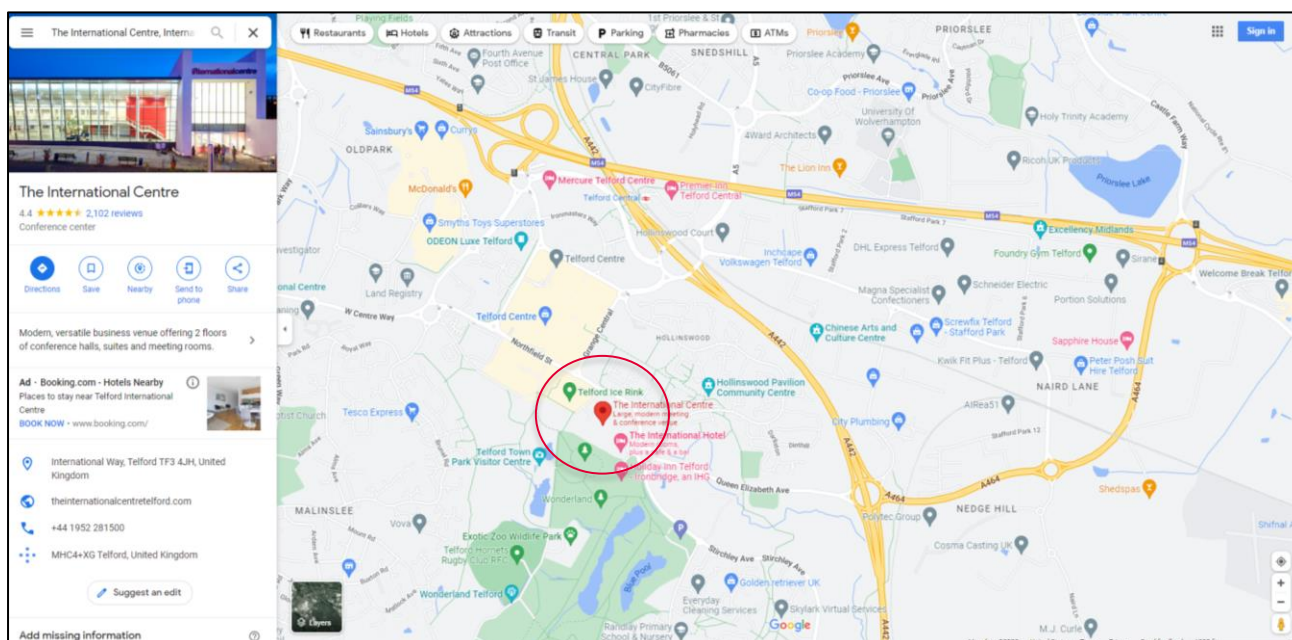
- Join M54 at M6/J10A. Travel West to M54/J4. Take the second exit and follow signs to The Telford International Centre. The venue is situated just over 2 miles from Junction 4.

From M6 'Toll' Northbound

- Leave M6 Toll at Junction T8. This equates to M6/J11. Go straight ahead into A460 (Wolverhampton Road) towards Wolverhampton. After 2.4 miles, access M54/J1. Take the third exit off the roundabout onto M54 direction Telford. Travel West on M54 to J4. Take the second exit and follow signs to The Telford International Centre. The venue is situated just over 2 miles from Junction 4.

Other travel:

- Telford Central Station is a just over a mile away
- TIC is a 15-minute walk away
- There is a regular bus service from the Train Station to The Telford International Centre
- The Telford International Centre is less than an hour by road from Birmingham International Airport. There are rail connections from Birmingham International Station, which is accessible directly from the Airport.





Spectator area & disabled access

Telford prides itself on being an accessible venue for everyone. There are disabled parking bays on-site, near to the main entrance, and there is a lift available within the venue providing access to the first floor if needed. To view their accessibility policy, please click [here](#).

There will be approximately 700 seats and ample seating for people with disabilities and/or wheelchair users,

Food & drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies. This does not extend to personal drinks in sealable bottles, which will be allowed within the competition area.

Car parking

Telford International Centre has parking for over 1500 vehicles (**Sat Nav Postcode – TF3 4JH**), all within easy walking distance of the venue. However, for our event,

Spectators, Judges, Officials etc. will be directed to **Car Park 2** (Gate A, Front Gate) which has a maximum of 250 Parking Spaces.

Parking Charges below **per car/day**:

- Friday 24th February: £6.00
- Saturday 25th February: £6.00
- Sunday 26th February: £6.00

There are also multiple Car Parks within Telford Town Centre, which are chargeable.

Nearby Hotels

The International Hotel St Quentin Gate, Telford TF3 4EH Phone: 01952 521600 Email: Link	Holiday Inn Telford Ironbridge Telford International Centre, Telford, TF3 4EH Phone: 0800 80 80 0800 Website: Link
Premier Inn Telford Central Hotel Euston Way, Telford, Shropshire, TF3 4LY Phone: 0333 003 8101 Website: Link	Days Inn by Wyndham Telford Ironbridge M54 Welcome Break Service Area J4 M54, Priorslee Rd, Shifnal, Shropshire, Shropshire TF11 8TG Phone: +44 1952 987750 Website: Link
Mercure Telford Centre Hotel Forgegate, Telford Centre, TF3 4NA Phone: +44 1952 217680 Website: Link	Ramada Telford Ironbridge Forgegate, Telford, Shropshire TF3 4NA Phone: +44 1952 425000 Website: Link



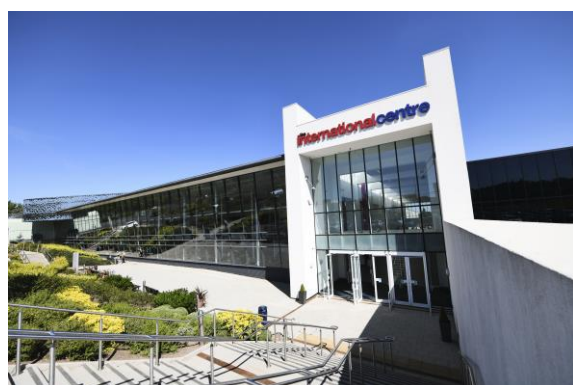
Appendix 3 – Visiting the English Gymnastics Championships

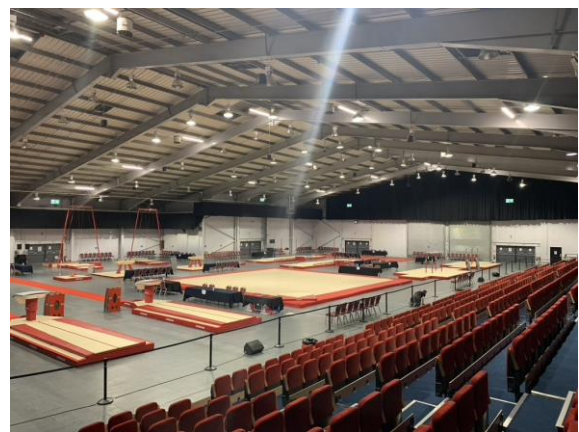
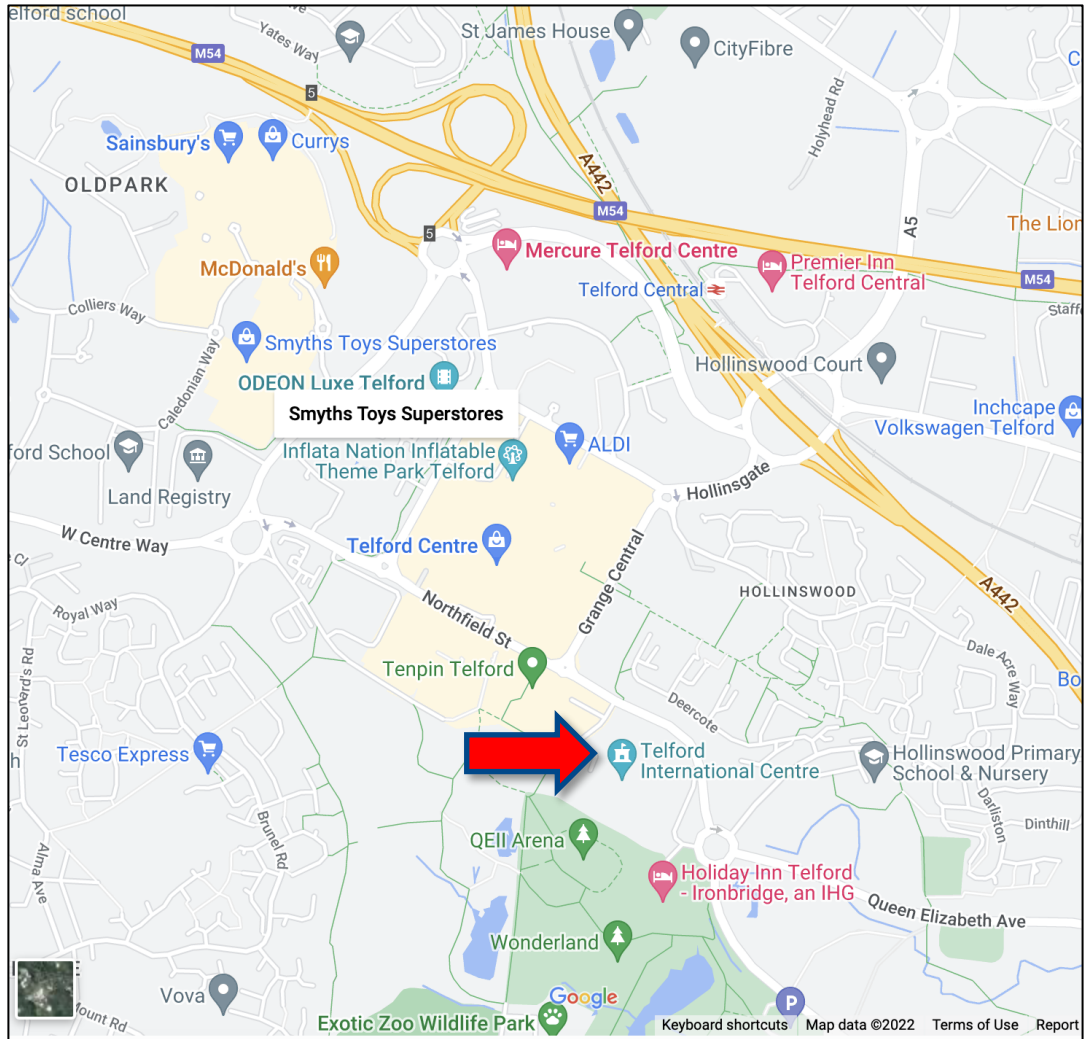
To accommodate the increase in size and popularity of the English Gymnastics Championships we have moved the competition to the Telford International Centre in Shropshire. The competition venue is just off the M54 at junction 5.

This competition is the premier artistic gymnastics event in the England calendar showcasing some of the best Men and Women in the country.

Just 200 metres walk from the venue takes you into the amazing Southwater Shopping Mall with all the iconic-brand outlets and a worldwide array of food options. Within a busy weekend of competitions there must be time to visit some of local entertainments and attractions, do some serious window shopping or relax with the meal of your choice.

Telford International Centre

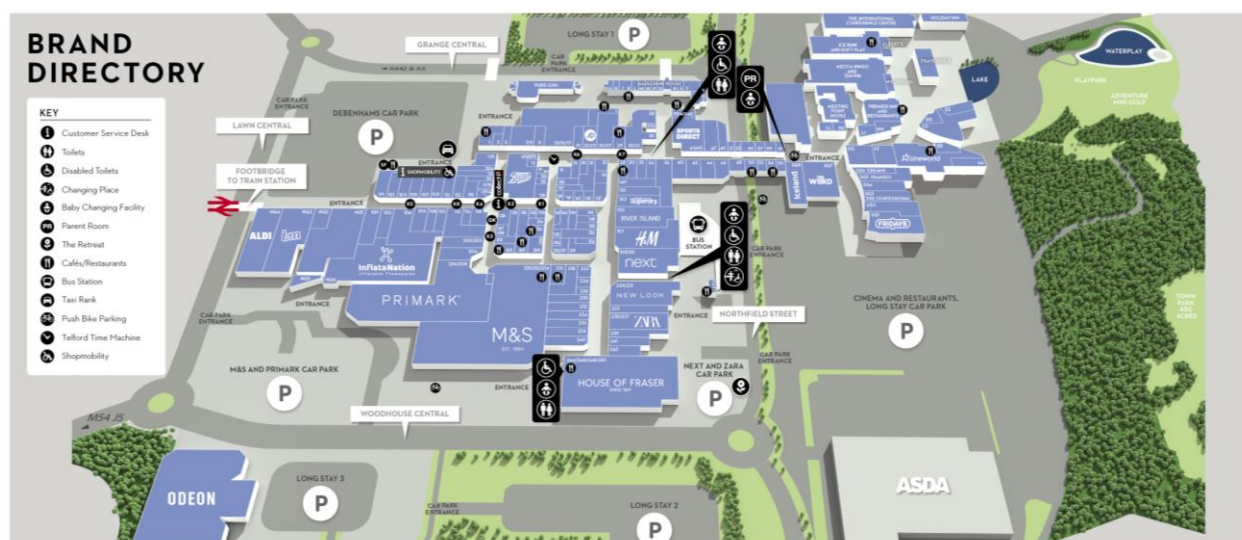




The Telford International Centre is situated in the heart of the UK, its hugely accessible location offers all the benefits of a city centre, without the hustle and bustle. Following a £250 million investment, the purpose-built Convention Quarter was created. Telford has numerous hotels in very close proximity to the International Centre.

Make a family weekend of it.

The International Centre is a 5-minute walk from the Telford Shopping Centre and Southwater Entertainment Quarter with IMAX Cinema, ice rink and ten pin bowling. Nearby is the wonderful Telford Town Park which offers acres of woodland walks and free fun in the many play areas, alongside high ropes, zip wire and mini golf activities.

[illegible]

(Centre Map | Telford Centre - Home , 2022)

Discounted tickets for many Shropshire tourist attractions are available from the local hotels.

Other local attractions include:

- Hoo Zoo & Dinosaur World
- Exotic Zoo
- Blists Hill Victorian Town
- Telford Town Park
- The Wrekin
- Telford Steam Railway
- The Iron Bridge and Toll House
- Ironbridge Gorge Museums
- Wonderland
- The Jackfield Tile Museum
- Coalport China Museum
- Western Park
- Buildwas Abbey