



# WOMEN'S ARTISTIC ENGLISH CHAMPIONSHIPS 2018

## VENUE & DATES

- Venue:** Redbridge Sports & Leisure Centre, Forest Road, Barkingside, Ilford IG6 3HD
- Competition Dates:** Friday 9<sup>th</sup> February                      Espoir Championships  
Saturday 10<sup>th</sup> February                      Senior Championships  
Sunday 11<sup>th</sup> February                      Junior Championships  
*(All Women's Championships will be combined with the Men's Championships)*
- Entry Opening Date:** Friday 3<sup>rd</sup> November 2017 at 9.00am
- Entry Closing Date:** Monday 18<sup>th</sup> December 2017 at 9.00am (late, incorrect or incomplete Entries will NOT be accepted)
- Organisers:**                      **Competition Director:** Sue James – [sue.james@englishgymnastics.org.uk](mailto:sue.james@englishgymnastics.org.uk)  
**Competition Controller:** Barry McLaughlin - [barry1mclaughlin@aol.com](mailto:barry1mclaughlin@aol.com)  
**EGA Admin:** Jan Charlton – [jan.charlton@englishgymnastics.org.uk](mailto:jan.charlton@englishgymnastics.org.uk)
- Competition Criteria:** Women's Espoir: Aged 12-13 during 2018 (Min DOB 2006 / Max DOB 2005)  
Women's Junior: Aged 14-15 during 2018 (Min DOB 2004 / Max DOB 2003)  
Women's Senior: Aged 16+ during 2018 (Born 2002 or older)

- All Sections will be judged using FIG Competition 1 (Cycle 14) Rules.
- Competing gymnasts will qualify for awards, as long as they meet the Nationality Criteria detailed below.
- All competing Gymnasts & Coaches **MUST** be current members of British Gymnastics.
- Foreign Competitors & Coaches: Gymnasts who are not normally resident in the UK, must request permission from the organisers (to Jan Charlton via 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 Jan Charlton via email prior to the start of the event. Delegation members with insufficient Insurance cover must inform Jan Charlton in advance.
- Rules may be subject to change at a later date.

## NATIONALITY

Gymnasts are eligible for consideration provided they:

- are a British Citizen holding a British passport (or can demonstrate that they are in the process of obtaining British citizenship and/or passport) and have lived in England for a period exceeding 48 months during their life; and
- are not a member of a gymnastics squad of any other Commonwealth country; and
- have not previously represented another Commonwealth country unless the consents required by Article 25(3) of the Commonwealth Games Federation criteria have been obtained; and

- their mother, father or at least one grandparent were born in England.

If a gymnast does not meet any of the above criteria but wishes to be considered for selection, the gymnast may petition the English Gymnastics Approval Panel in writing, via email to Jan Charlton. The Approval Panel's decision in this regard shall be final. The Approval Panel shall be consisted of the EGA Chairman and the EGA Vice-Chairman of England Gymnastics, together with the individual Chairperson, in England, of the specific gymnastics discipline within which the gymnast is seeking to compete.

## **COMPETITION SECTIONS**

**Entry Fee:** £55 per Gymnast. For these Championshipse, Clubs must enter their gymnasts' entry details on-line via the British Gymnastics GymNet Competition Entry System. To do this – please log on to: <https://memberportal.british-gymnastics.org/GymNet/>. First time users of the system should contact the Customer Service Department at British Gymnastics on Tel: 0345 1297129 Ext 2395 to enable event entry permission to be added. Any problems/queries relating to the on-line entry process, please contact the EGA Admin Manager, Jan Charlton via Email or Tel: 0345 1297129 Ext 2640.

### **Supervising Coaches**

- **One (1)** Supervising Coach per Gymnast from **two (2)** nominated will be permitted on the Competition area at any one time.
- Supervising coaches' membership level must be Coach or Life Members of BG and coaches must be qualified to the level of the skills being performed before being allowed to participate in an English Gymnastics (EGA) Event. Coaches must have a current safeguarding certificate. Please see Safeguarding section (below).
- The Coach also has a duty to ensure that the participant is adequately prepared for the event.

### **Assistant Coaches**

Assisting coaches' Membership level must be Assistant Coach (if Level 1) Coach or Life Members of BG before being allowed to participate in a BG Event. Coaches must have a current safeguarding certificate. Please see Safeguarding section.

### **Judges**

- Judges' membership level must be Judge or Life Members of BG for Club/County/Regional Judges, and National/Brevet Judge or Life Members of BG for National and Brevet Judges before being allowed to officiate at an EGA Event.
- Judges must also hold a current cycle of judging award (Cycle 14)
- The EGA does not require judges to complete a criminal record check 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. The EGA no longer requires all judges to complete safeguarding training but clubs should ensure any judge who supervises or instructs children has completed appropriate training.

### **Safeguarding**

- All Coaches are required to hold a current BG specific DBS certificate 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 EGA Events.
- All Gymnasts must have an accredited coach present on the competition floor at all times. If a Gymnast attends a competition without a Supervising Coach they will not be allowed to compete.
- The safeguarding courses recognised by the EGA are:
  - Sports Coach UK (scUK) Safeguarding Awareness course.
  - Local Safeguarding Children's Board (LSCB)
  - Football Association (FA) safeguarding training
  - Professional prior learning i.e. Social Worker, Teacher etc.

- This must be renewed every three years and be valid both at the time of entry and through to the end of the Event.
- For members who have previously completed a face to face course an online refresher update course is available.
- Coaches must also have a valid **BG DBS Disclosure** both at the time of entry and through to the end of the Event before being allowed to officiate at an EGA Event.

### Order of Rotation

- The Draw will be sent to you in advance. Where possible, we will endeavour to keep Gymnasts from the same Club together.

### Awards, Prizes & Presentations

- The Overall Espoirs, Junior & Senior Champions will be awarded salvers, along with an AA Gold Medal and £150. The Personal Coach of the Overall Espoirs, Junior & Senior Champions will receive £50.
- Apparatus Winners, within each Section / Piece, will be determined by the AA scores. Medals will be awarded for 1<sup>st</sup> to 3<sup>rd</sup>.

## SPECIAL NOTES FOR VAULT

- Gymnasts attempting to win a medal on Vault will be expected to show two Vaults as per FIG Rules. The first Vault performed 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.
- Apparatus specifications are as per FIG – except for Vault matting; this will be the FIG mats turned to provide a soft landing.

### Espoirs

- 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

- Will be able to do two Vaults from the same category.

## INQUIRIES

Inquiries are permitted and should be forwarded to the Competition Director (Sue James) along with a £15 Inquiry Fee. Inquiries will be accepted within **ONE** rotation of the performance being questioned (eg if you are protesting a gymnast's performance on the first apparatus, an official Application must be received before the gymnast rotates to the 3<sup>rd</sup> piece. The Fee will be returned if the Inquiry is successful or retained if the Inquiry is denied).

## EQUIPMENT

- Equipment for the 2018 Championships will be Gymnova.
- In accordance with the current FIG Rules, certain apparatus may be raised in order to cater for taller Gymnasts. Please indicate at the time of making the Entry if this will be required for any of your Gymnasts.
- Spring Boards: Super and Sprung boards will be provided. Gymnasts will not be permitted to bring their own Spring Boards.

## COMPETITION ATTIRE

### Gymnasts

- Refer to the FIG WAG Code of Points.
- The wearing of GBR or Home Nations attire at EGA Events is strictly forbidden.
- Gymnasts have the option of wearing gymnastic slippers and socks.
- The removal of leotards on the field of play and in public view is not allowed.
- Long hair should be braided or tied back so as not to obscure vision.
- Handguards, body bandages, and wrists wraps are permitted; they must be securely fastened, in good repair and should not detract from the aesthetics of the performance. Skin-coloured bandages are recommended.
- Advertising on attire must adhere to FIG rules.

## 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 Nations attire at EGA Events is strictly forbidden.
- Long hair should be braided or tied back so as not to obscure vision.
- Coaches will not be allowed on the competition floor if wearing ANY jewellery. If it is impossible to remove items of jewellery they should be taped. Exceptions are as per **BG Body Piercing and Adornments Policy**.
- Non-compliance may result in removal of the coach and consequently, for Health and Safety reasons, their gymnast from the competition.

## Judges

- Navy blazer or suit with navy skirt (women) or full-length trousers (men and women), white shirt (men and women) or blouse (women), EGA or navy tie (men) or EGA or other suitable scarf (women), black shoes (not sandals) or clean track shoes if required by organisers. Heels which will damage gymnastic floor covering must be avoided.
- Hair must be neat and not inhibit vision.
- Jewellery, if worn, must be professional in appearance.

Requests can be made to adopt reasonable clothing modifications at any EGA competition on religious grounds only. All requests must be on the official **EGA Clothing Modification Request Form** (attached) and submitted to the EGA Admin Manager, Jan Charlton, via email at least four weeks before the competition closing date, to allow sufficient time for full consideration of the application and any possible health and safety implications.

## **CODE OF CONDUCT**

For competitors, coaches and judges, chewing gum is not allowed at any phase of the competition, including the presentation of the awards. 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.

English Gymnastics, 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 BG Regulations.

## **VERY IMPORTANT NOTES – PLEASE READ!**

1. Please advise at Registration if you intend to perform 2 Vaults for Apparatus Awards.
2. Uneven Bars – Any requests for Bars to be raised, must be made at the time of Entry and mentioned at Registration.
3. Please endeavour to have your gymnasts registered at the time stated.
4. Gymnasts are to provide their own chalk.
5. Numbers for Gymnasts will be provided at Registration.
6. If you have any withdrawals – please email these to Sue James (up to 48 hours before the event starts) or let the EGA Admin Manager, Jan Charlton, know either by Email or Tel: 0345 1297120 Ext 2640).
7. **ALL** Gymnasts, Coaches & Judges will be issued with Entry Passes in advance. The Registration Point will be clearly signposted. Entry Passes will be sent out with Competition Start Lists before the competition.
8. Video & Photography Registration will be available on the relevant day of competition. **NO** charge will be made to Spectators registering, but **ANY** Spectator wishing to register **MUST** provide Official ID upon Registration, as well as state whom they are videoing/photographing.
9. **MUSIC** should be uploaded on to the BG Online Entry System before the event (deadline Friday 5<sup>th</sup> January 2018) as a .wav or mp3 file. Please ensure you bring a backup to the event, which should be clearly labelled with the Gymnast's Number, Name and Club **on CD's ONLY**. Please hand in at Registration, if required, and ensure that the Gymnast's Number is shown to the Announcer prior to their Floor Routine.
10. If a Gymnast fails to compete on any piece, please inform the Judges in order that a zero score can be entered.

11. Any Gymnast who is injured in this 4-piece event, and is withdrawn from the competition by the Medical Commission, will still be eligible for individual apparatus medals.

## **SPECTATOR TICKETS**

Tickets may be purchased on the door, or in advance at a discounted price. All online orders will incur a handling fee of £2 **per order**. Child Tickets are for U12 years old. Infants not occupying a seat may enter Free of Charge.

<b>Description</b>	<b>On the door price</b>	<b>Online advanced Price</b>
All Day Adult ticket	£15	£12
All Day U12 Child/Senior Ticket	£12	£10

Redbridge Sports Centre Parking charge is £2/day, which may also be purchased in advance.

Online advanced tickets may be purchased here <https://www.gymdata.co.uk/events/tickets-buy.aspx?eid=803>.

**Please Note:** Applications for tickets are always heavy, 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 in advance of the Championships.

## **FILMING & PHOTOGRAPHY**

In order to protect the welfare of children at the event, photography is permitted only on the following conditions. If you do not agree to these conditions, you may not bring any photographic equipment into the venue or take any photographs.

1. 'Photos' includes any form of video or still image including those taken with mobile phones.
2. Flash or bright lights may not be used **at any time** while gymnasts are warming up or competing.
3. Photos may not be used, distributed or copied for commercial purposes.
4. Photos may only be taken and used in accordance with the British Gymnastics Child Protection Policy.
5. The Competition Organiser (or a person acting on his or her authority) may require anyone at the event:
  - a. Not to take photos, either generally or in particular circumstances.
  - b. To provide their full name and address and evidence of this.
  - c. To let the Competition Organiser view any images recorded and to delete any images.
  - d. To surrender media or equipment on which the images have been recorded if they cannot be viewed (e.g. photos on traditional film), or if they cannot be deleted.



# ENGLISH GYMNASTICS

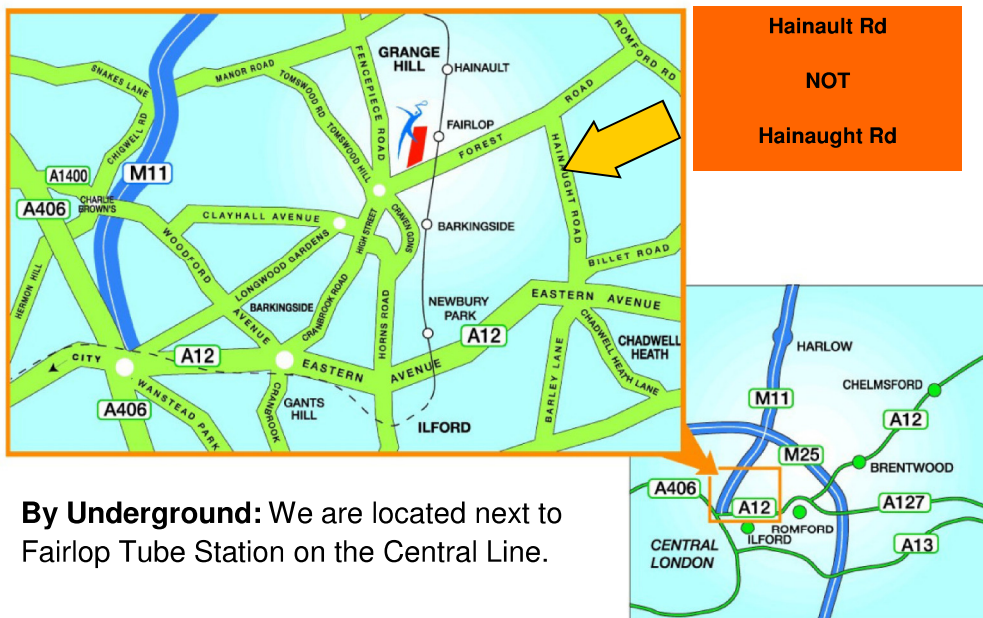
## Clothing Modification Request Form

<b>Competition:</b>	
<b>Entrants Name:</b>	<b>DOB:</b>
<b>Club Name:</b>	
<b>Religion / Disability:</b>	<b>Discipline:</b>
<b>Please provide details of any clothing modifications and provide reasons for this request</b>	
<b>I confirm that the details on this form are accurate</b>	
<b>Signed</b> _____ <b>Date</b> _____	
<b>Address</b> _____ _____	
<b>Postcode</b> _____	<b>Contact no</b> _____
NB: If the gymnast is under the age of fourteen, their parent/carer must sign the form on their behalf.	
This form should be submitted to the EGA Admin Manager, Jan Charlton, via email at <a href="mailto:jan.charlton@englishgymnastics.org.uk">jan.charlton@englishgymnastics.org.uk</a> with the entry. 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.	

## Venue information - Directions

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

Directions:



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

**From the M11:** At the end of the M11, take the left hand fork towards The City and A12. Take the first exit and at the roundabout at the end of the slip road take the first exit onto Redbridge Lane East. Go across several mini roundabouts and, when coming to a large one, go straight over into Longwood Gardens. Continue along Longwood Gardens (over some more mini roundabouts!) until you get to another slightly larger one. Turn right at this roundabout into Fremantle Road.

At the traffic lights, turn left into Barkingside High Street. Carry on down until you reach the main roundabout. Take the third exit into Forest Road. The Centre is about 100 yards up on the left hand side just before the railway bridge.

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



**Ample FREE parking is available.**



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

# Parking Notice

Please note this land is privately owned and enforcement is in operation 24 hours

## Terms and Conditions of Parking

Parking is only permitted for Redbridge Sports & Leisure users while on the premises

### TARIFFS

Charges apply 4am - 9pm daily

#### MIDWEEK

Up to 3 hrs	£1
Up to 6 hrs	£2
Up to 9 hrs	£8
ALL DAY	£15

#### WEEKENDS

Up to 3 hrs	£1
ALL DAY	£2

Payment must be made by phone before midnight on day of parking  
**No topping up of parking may be made, only a single purchase per visit**  
See instruction signs for details

#### 20 mins FREE Drop-Off/Collection

Members can receive up to 6 hours FREE parking per visit by completing a registration process. See reception for details.

1. Vehicles must park wholly within a designated parking bay
2. Vehicles must not park or double yellow lines, cross hatched areas, verges or pavements, in restricted or unauthorised bays and areas, or so as to cause an inconvenience or obstruction
3. When parking in a bay designated for Blue Badge Holders, vehicles must display a valid Blue Badge and make the appropriate parking payment
4. No overnight parking

Breach of ANY term or condition will result in the driver being liable for a

## Parking Charge of £100

By entering this land you agree to abide by all of the Terms and Conditions

Parking charges are to be paid within 28 days. A reduced payment amount of £60 will be accepted if paid within 14 days. Additional parking charges apply for each 24 hour period, or part thereof, that the vehicle remains in breach. Terms and conditions apply 24 hours a day, all year round. Where a parking charge becomes due, an application may be made to the CVLA for the licensee's details. Non-payment will result in additional charges which will be added to the value of the charge and for which the driver will be liable on an indemnity basis. Automatic Number Plate Recognition may be in use. Images may be captured and retained for enforcement purposes. We are not liable for any loss or damage howsoever caused to any person or property whilst on this site save, under any statutory exceptions.

PCN Payment and Enquiries 0330 88 3712

Web payment & appeals [www.pcnpay.co.uk](http://www.pcnpay.co.uk)

or mail to: Parking Charge Ltd, PO Box 597, Northampton, NN4 7XN

Managed by Parking Charge Ltd

















# 2018 ENGLISH CHAMPIONSHIPS



## ACCOMMODATION CLOSE TO THE CENTRE

**Redbridge Sport & Leisure  
Jean Brown Indoor Arena  
Forest Road,  
Barkingside  
IG6 3HD**

We strongly advise that you book early.  
Please check the prices and availability with the individual hotels.

<p><b>Holiday Inn Express</b> 713 Eastern Avenue Ilford Essex IG2 7RH</p> <p> 0871 4234828</p>	<p><b>Travel Lodge Hotel</b> 735 Chigwell Road Woodford Green Essex IG8 8AS</p> <p> 0871 5591815</p>	<p><b>Prince Regent Hotel</b> Woodford Bridge Woodford Green Essex IG8 8AE</p> <p> 020 8505 9966</p>
<p><b>St Georgios Hotel</b> 454 Cranbrook Road Ilford Essex IG2 6LL</p> <p> 020 8554 4411</p>	<p><b>Premier Inn – Ilford</b> Redbridge Lane East, Ilford, Essex IG4 5BG,</p> <p> 0871 527 8542</p>	<p><b>Rossmore Hotel</b> Cranbrook Road, Ilford, Essex IG1 4UA</p> <p> 020 8554 3481</p>
<p><b>Cranbrook Hotel</b> 22-24 Coventry Road, Ilford, Essex IG1 4QR</p> <p> 0208 554 6544</p>	<p><b>Citybest Hotel</b> Mansfield Road, Ilford, Essex IG1 3BB,</p> <p> 0208 554 4044</p>	<p><b>Best Western Ilford Hotel</b> 5 Argyle Road, Ilford, Essex IG1 3BH,</p> <p> 0844 387 6286</p>
<p><b>Travel Lodge Hotel</b> The Beehive Beehive Lane Gants Hill Ilford Essex IG4 5DR</p> <p> 0871 984 6193</p>	<p><b>Premier Inn – Romford West</b> Whalebone Lane North, Chadwell Heath, Nr. Romford, Essex RM6 6QU,</p> <p> 0871 527 8942</p>	<p><b>Gidea Park Hotel</b> 115 Main Road, Romford, Essex RM2 5EL</p> <p> 01708 746676</p>