British Veterans Championships 2012

General Information

This year's competition will be held on 17th November 2012

Newcastle Upon Tyne

At Benfield Centre for Sporting Excellence, Benfield Road, NE6 4NU

Gala dinner to be held at: TBC

Closing date for entries: 5th October 2012

No entries will be accepted after this date

Introduction

The Veterans Competition gives retired gymnasts and late starters the opportunity to enjoy the thrill of competing with gymnasts of a similar level.

It is intended to be a fun competition with a serious edge and gives the opportunity for renewing old friendships and making new ones.

The competition disciplines offered for 2012 are as follows:

Artistic Gymnastics	Trampoline	Acrobatic Gymnastics	Tumbling
Men's, Women's, Team (Men's, Women's, Mixed)	Men's, Women's, Team	Pairs (Men's/Women's/Mixed) Women's Trios Men's Fours	Men's Tumbling Women's Tumbling

Please note: Some age groups may be grouped together depending on the number of entrants. Similarly, groups may be sub-divided in the event of large numbers.

Each competition, with a few exceptions, will be split into two levels:

Competition I - Recreational Gymnasts

Competition II - Former Gymnasts

The exceptions are:

- Teams may be a mixture of Recreational and Former gymnasts
- Acrobatic Pairs & Groups will only be one level of competition
- Over 19 & Over 30 Women's Artistic will be three levels of competition, if numbers dictate:
    - Recreational (Beginners)
    - Recreational (Intermediate)
    - Formers

Competition Level 1 – Recreational

This level is intended for Recreational gymnasts and late starters, who train for fun and a bit of exercise.
As mentioned on the previous page, because the Women's Artistic competition has progressed over the years, it has been decided to split the two younger age groups into three levels of competition:

- Recreational (Beginner)
- Recreational (Intermediate)
- Former

This has divided the recreational level neatly into two levels of competency: the beginners/late starters/newcomers to the gymnastics scene and the more capable recreational gymnasts. This format will continue in the Women's Artistic category, providing the numbers permit. Both the Beginner and Intermediate sections will consist of Recreational gymnasts, but the differences are that the Beginner level is for those gymnasts who are late starters on the gymnastics scene i.e. those who have only taken up the sport in the last few years for a bit of exercise and the social side, while the Intermediate level is for those gymnasts who may have competed at school or club level in their younger years or those who feel that they have outgrown the Beginners section, gymnasts who are not absolute beginners, but feel that they are not competent enough to compete in the Former level.

Please note: that if the number of entries for each recreational level entries in the Over 19 and Over 30 Women's Artistic competition is less than three, the two levels may be combined to make one normal Recreational level.

For all Recreational competitors, in every relevant discipline, each future year we would expect the more competent gymnasts, and those who can fulfil the requirements, to enter themselves in the next level of competition (be it Intermediate or Former), *in particular those gymnasts who have won their age group in the previous year.*

Competition Level 2 – Formers

This level is intended for ex-competitive gymnasts, those who have previously competed at Regional level and above, and for any competent Recreational gymnasts who are able to fulfil the majority of the requirements.

Non British Competitors entering the British Championships

Please enter the correct 'Non British Guest' section within the competition (age / discipline).

As per British Gymnastics rules non British Citizens are not eligible to 'win' a British title. Therefore all Non British gymnasts will be entered into one competition and their score compared as a percentage of the 'British' winning gymnast in their respective section.

Any queries please contact the British Gymnastics Events Department on 0845 129 7129 ext. 2396

Eligibility

All competitors must be a member of British Gymnastics or Scottish Gymnastics and must have the correct level of membership.

To be eligible to win a British medal, gymnasts must have British nationality or have proof of British citizenship. Non-British subjects may enter the competition as a guest but will not be allowed to win a medal.

Any Former competitive gymnast must have retired for:

- Two years from International competition
- One year from mainstream / Regional (and above) competition
- One year from Grade 4 (and above) Trampolining competition.

Student Gymnasts who compete in BUSA / University competitions are eligible to compete in the Veterans Competition, as these are not considered to be British Gymnastics events.

Recreational gymnasts should not have competed in *any* competitions, other than at Recreational level, for that event.

Status of medal winners *will* be checked after the event.

Coaches for Competitors

Gymnasts, no matter what age or level, need to have a coach with them. This does not need to be the coach who "always trains them" however, they must have a minimum Level 2 qualification in the competition discipline and be **appropriately qualified** for the skills being performed.

The coach needs to be present during each performance on every piece of apparatus. It is acceptable to use a coach from another club, or a gymnast with a suitable coaching qualification.

This new directive has been announced by British Gymnastics and is a standard requirement for all BG competitions.

Should you be unable to bring a coach with you to the event then you will need to contact the events department on 0845 1297129 ext. 2396 or events@british-gymnastics.org so arrangements can be made to pair you up with a suitably qualified coach.

Entry Classification

Most disciplines will be divided into two levels:

Level	Artistic		Trampoline		Acrobatics				
	Men	Women	Men	Women	Men's Tumbling	Women's Tumbling	Pairs	Trios	Groups
1 Recreational	Over 19		Over 19	Over 19	Combined age group	Combined age group	Single competition	Single Competition	Single Competition
	Over 30		Over 30	Over 30					
	Over 40	Over 40	Over 40	Over 40					
	Over 50	Over 50	Over 50	Over 50					
	Over 60	Over 60	Over 60	Over 60					
Beginner		Over 19 Over 30							
Intermediate		Over 19 Over 30							
2 Former	Over 19	Over 19	Over 19	Over 19	Combined age group	Combined age group			
	Over 30	Over 30	Over 30	Over 30					
	Over 40	Over 40	Over 40	Over 40					
	Over 50	Over 50	Over 50	Over 50					
	Over 60	Over 60	Over 60	Over 60					

Please Note: The sections may be combined or sub-divided. This is subject to numbers. If combined, the requirements will remain the same although the age bonus may vary.

Music

Music for Women's Artistic Floor and Acrobatic Gymnastics routines will only be acceptable in one format.
All music *must* be on CD, and should be the first and only track on the CD. The CD should be clearly labelled in permanent marker with the gymnast's name(s), Club, discipline and age group (if applicable) and competition number. Gymnasts should also have a back-up copy of their music in their bag in case of unforeseen problems. Music should also be in line with British Gymnastics copyright policy - i.e. no Andrew Lloyd Webber, Disney or Cirque du Soleil.

British Veterans Championships 2012 T-Shirts & Polo Shirts

This year, for the 24th British Veterans Championships, T-shirts and Polo shirts will be available to purchase in advance via the on-line entry system

British Veterans Championships 2012 Gala Meal

The Gala Meal provisionally will be held on Saturday evening however, confirmation of this will follow shortly.

2012 Pat English Trophy

Some of you will remember Pat who died a few years ago. He was an inspiration to all of us as both a coach and competitor; right up to the day he died. Everyone was always amazed at him performing a front somersault in his routine, especially when he was in his 60's. He was also always willing to help fellow competitors.

The Pat English Trophy was introduced a few years ago in his memory and is awarded to an inspirational person or people who are involved with/promote/dedicate a lot of their time to adult gymnastics.

Please can you put your thinking caps on and forward nominations for this Award for 2012 on the form below by 5th October to the following address:

British Gymnastics, Events Team, Ford Hall, Lilleshall NSC, Nr Newport, Shropshire, TF10 9NB.

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British Veterans Championships 2012 – Form C

Profile Information:

Name:

Email:

Tel:

Previous level of competition:

Date last competed:

Profile (a short note about yourself):