

**ENGLISH
GYMNASTICS**



**National Competition
Handbook 2018**

Version 1.0

TRI, TRS, DMT, TUM, DIS

www.english-gymnastics.org.uk

Important Statement from the English Gymnastics Association and British Gymnastics

“English Gymnastics Association (EGA) and British Gymnastics (BG) acknowledge participation events across the country are a useful tool for clubs and regions to enjoy competition experience outside of the formal National Governing Body (EGA and BG) competition structure provided. Both organisations wish to clarify the status of the Trampoline and DMT League and the participation competitions they now organise. Please note that results or scores obtained from these events will not be accepted for selection into EGA or BG Squads/Teams or act as qualification for the English or British Championships.”

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 English 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



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Dear All

Welcome and thank you for reading the 2018 English Championship Series Competition Handbook. I am pleased to introduce to you, the 'English Championships Series'. The competition is set to underpin the National Trampoline structure provided by British Gymnastics and is based on FIG rules. The competition is based on a two-level tier competition structure named Silver and Gold.

The qualification process for the Silver and Gold will be made through the two qualifying Events held between April and May 2018.

Qualification at Gold level of competition, will see 16 qualification places available through the English Qualification Series and British Gymnastics Spring Event Series. The 16 highest scoring Trampoline gymnasts and 12 Double Mini Trampoline Gymnasts from each age group and in each gender, will gain qualification to take part in the English Championships. This will be explained to a greater detail throughout this Handbook. Tumbling will only qualify for the English Championships Gold level through the British Championship Spring Series and thus cannot qualify for Gold level at the English Championship Series.

You **cannot** qualify for British Championships through the English Championship Qualifying Series.

Qualification at Silver level of competition will see 16 qualification places available in each age group and each gender. To qualify for the English Championships at Silver you will be required to be ranked within the top 16 gymnasts for Trampoline and 12 for Double Mini Trampoline with the highest scores exclusively acquiring at the English Qualification Series. This will be explained to greater detail throughout this Handbook. There will be a Silver Tumbling Championships - more will be explained within this document.

In all competitions, we will aim to include the following disciplines: Individual Trampoline, Double Mini Trampoline, Synchronised Trampoline, Disability Trampoline and Tumbling.

I would like to thank you for taking the time to read this Handbook and look forward to seeing you at the competitions in 2018.

Yours in Sport

Stephen Wood

Chair of English Gymnastic Trampoline, Double Mini Trampoline and Tumbling Technical Committee

Definition of Terms:

EGA means English Gymnastics Association.

EGTTTC means the English Gymnastic Trampoline and Tumbling Technical Committee of EGA.

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

Organiser(s) means the EGTTTC Competition Organiser

FIG means Federation International de Gymnastique.

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

Championships means any English Championships organised by the EGA.

Supervising Coach(es) are those coaches submitted in the online entry process and who are responsible for the gymnast(s) for the entire event. Any changes to the supervising coach(es) submitted on the BG Online Entry System must be notified to the EGA Admin Manager, prior to the event and in exceptional circumstances if changes are required during the event, these must be notified to the Organisers.

TRI means Trampoline Individual.

TRS means Trampoline Synchronised.

DMT means Double Mini Trampoline.

DIS means Disability Trampoline.

TUM means Tumbling.

Unattached means gymnasts who are not members of a BG registered club but hold appropriate BG membership.

Where no specific point is addressed in the 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.

Contact Information

English Gymnastics TRI, DMT, DIS & TUM Technical Committee:

England Chairman:	Stephen Wood, Tel: 0161 792 5969 Email: stephen.wood@englishgymnastics.org.uk
Secretary:	Hannah Lawton
England Judging Co-ordinator (TRA, DMT):	Steve Sampson
England Judging Co-ordinator (TUM):	John Murray
England Competition Organiser (TRA, DMT):	Required
England Competitions Technology (TRI & DMT):	Dexter Millen
England Competition Organiser (TUM):	Paddy Lavelle
England Squad Manager:	Jason Richardson
England Trampoline Squad Lead Coach:	Gary Short
England DMT Lead Squad Coach:	Jason Richardson

English Gymnastics Contact Details:

Chairman:	Martin Laws, Tel: 01634 855507 Email: martin.laws@englishgymnastics.org.uk
EGA Administration Manager:	Jan Charlton, Tel: 07753 895200 Email: jan.charlton@englishgymnastics.org.uk

1. Competition Details

Competition Event Calendar 2018

Date & Venue:	Events:	Entry Opening Date:	Entry Closing Date:	Other Information
7 th & 8 th April 2018 Gillingham	English Qualification Series 1	5 th January 2018	*Noon 23 rd February 2018	Gold and Silver Levels all age groups TRI, TRS, DMT, DIS
28 th & 29 th April 2018 Telford	British Gymnastics Spring Series 1	2 nd February 2017	*Noon 16 th March 2018	See BG Handbook
12 th & 13 th May 2018 Telford	English Qualification Series 2 'Tumbling Silver Championships'	2 nd March 2018	*Noon 13 th April 2018	Gold and Silver Levels all age groups TRI, TRS, DMT, DIS & TUM
2 nd & 3 rd June 2018 EIS Sheffield	British Gymnastics Spring Series 2	9 th March 2017	*Noon 20 th April 2018	See BG Handbook
12 th - 14 th October 2018 EIS Sheffield	English Championships 2018 'Tumbling Gold Championships'	13 th July 2018	*Noon 31 st August 2018	Gold and Silver all age groups TRI, TRS, DMT, DIS & TUM
Dates for competitions 2019				
13 th & 14 th April 2019 Venue: TBC	English Qualification Series 1	11 th January 2019	*Noon 1 st March 2019	Gold and Silver Levels all age groups TRI, TRS, DMT, DIS
18 th & 19 th May 2019 Venue: TBC	English Qualification Series 2 'Tumbling Silver Championships'	15 th February 2019	*Noon 5 th April 2019	Gold and Silver Levels all age groups TRI, TRS, DMT, DIS & TUM
11 th , 12 th & 13 th October 2019 Venue: TBC	English Championships 2019 'Tumbling Gold Championships'	5 th July 2019	*Noon 30 th August 2019	Gold and Silver all age groups TRI, TRS, DMT, DIS & TUM

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 English gymnastic website alongside the officials lists; they will also be emailed to all participating clubs at least one week before the first day of the competition.

Where possible, the Silver level events will be held on the first day of competition (Saturday) to include: TRI, TRS, DMT and TUM (where applicable). The second day (Sunday) will, where possible, be the Gold level competition in all disciplines including: TRI, TRS, DMT, DIS and TUM (If applicable).

The competition organisers reserve the right adjust the timing of the events across the competition weekend if circumstances require.

TUM will take part in Championship competitions only, with the Silver Championships as a separate event.

The English Championships will consist of TRI, TRS, DMT, TUM (Gold only) and DIS. The order of competition will be: Silver events (qualification and finals) on the Saturday of the Championships, Gold events (qualification and finals) on the Sunday.

For the purpose of maintaining a smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the ETC reserve the right to alter the grouping of gymnasts and/or running order of gymnast

The competition organisers reserve the right to run up to one hour ahead of schedule, and to make changes/alterations to the groupings and panels to enable the competition to run on time and smoothly.

Publication of Results

Results will be collated 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 on the English Gymnastic website.

Event Discipline Details

The English Championship Series will include the following disciplines:

TRI	Trampoline Individual
TRS	Trampoline Synchronised
DMT	Double Mini Trampoline
DIS	Disability Trampoline
TUM	Tumbling (Championships only)

Individual Events (TRI, DMT and DIS)

All TRI, DMT and DIS English Qualification Series will consist of the qualification round, followed by a final round consisting of the top 8 ranked gymnasts from the qualification round. Ranking will be

based on the highest scores after the qualification round. All Finals will be zero finals i.e. all scores will be reset to Zero for the Final. Gymnasts must complete both routines/passes in the qualification round to be eligible to qualify for the English Championships.

Synchronised Trampoline (TRS)

All TRS English Qualification events will consist of a qualification round only. There will be no Finals at the English Qualifiers or the English Championships. Ranking will be based on highest score over the two competitions. Gymnasts must complete both routines in the qualification round to be eligible to qualify for the English Championships.

Tumbling (TUM)

The Qualification for Tumbling at both the Silver and Gold levels to the English Championships will be achieved by other methods see pages 18 and 19. There will be no English qualification competition to qualify for either Gold or Silver Tumbling Championships.

Disability Trampoline (DIS)

DIS will take part in qualification competitions for the first time in 2018. It will now be necessary for DIS gymnasts to qualify through the English Qualification Series. Gymnasts will be required to achieve a place in the top 12 ranked Gymnasts at the Qualification Series. Scorings for Gold can be taken from the SES as long as the gymnast applies to the criteria in Section 1.5.

Scoring and Qualification to the English Championships

There are 16 x TRI, 12 x DMT, 10 x TRS and 12 x DIS places available in each age group per gender (male and female) for qualification ranking. Ranking will be determined based on the criteria stated below in the following order:

Criteria 1: Gymnasts must meet the requirements on nationality set out in section 2 in this document.

Criteria 2: To be eligible to compete at the English Championships, a gymnast must have competed in, at least, one (or both) of the English Qualification Series and be ranked in the top 16 as stated in the criteria below.

Criteria 3: Gymnasts who qualify for the British Championships at the Spring Event Series (SES) are eligible to be ranked for qualification to the Gold level of the English Championships (up to 16 places) provided criteria 1 and 2 are met and their score is within the top 16 gymnasts.

Criteria 4: Gymnasts who take part in the English Qualification Series are only eligible to be ranked for qualification for the English Championships provided criteria 1 is met.

Qualification

Gymnasts who meet the criteria above will be ranked and those ranked within the top number of gymnasts as stated at paragraph 1.5 will be eligible to compete at the English Championships.

Gymnasts may change levels between the two qualification events; however, they will relinquish their result and score from the previous competition i.e. if they fail to gain qualification at the

second event, they will not be able to use their result from the first event to qualify for the English Championships.

Scores

Scores taken from the English Qualification Series Gold and Silver levels will be taken from the qualification round only. Silver level will exclusively qualify through the English Qualification Series; no scores from the SES will be used to attain a ranking in the Silver level.

Scores can only be taken from FIG level at the British Gymnastics Spring Event Series. The score will be taken from the WAG and Voluntary routines, (not the compulsory routine) and added together and ranked alongside those scored at the English Qualification Series. Scores from SES will only count towards the Gold level places.

For age groups 9-10, 17-21 and Senior FIG gymnasts who don't compete a compulsory or only have two routines, the scores will be taken from the first two routines completed at the SES.

All scores from each of the qualification competitions will be taken and placed into a ranking. Those with the top ranked scores will qualify for the English Championships.

2. Eligibility

Membership

All persons attending English Gymnastics events in an official capacity, whether as a gymnast, coach, judge or official, are required to hold current BG membership in line with the level of competition entered and/or qualifications held i.e. Silver, Gold, Joint Gold or Life Membership of BG.

Nationality

The gymnast must be a British Citizen, holding a British passport (or be in the process of obtaining British citizenship and/or passport) *and* have lived in England for a period exceeding 48 months.

The mother, father or a grandparent of a gymnast must have been born in England.

AND

The gymnast must not be a member of a Squad of any other Commonwealth country or previously represented another Commonwealth country, unless the consents required by Article 25(3) of the Commonwealth Games Federation (CGF) Constitution, Regulations & Code of Conduct have been obtained.

If a gymnast does not meet any of the above Criteria, but nevertheless wishes to be considered for entry, the gymnast may petition the English Gymnastics Chairman in writing. The Chairman's decision in this regard shall be final. Decisions on these matters are not open to appeal.

Gymnasts

All gymnasts must hold current BG membership at the time of English Qualifying Events and Championships. Anyone discovered to have been without the correct membership for these competitions will be disqualified.

In normal circumstances, gymnasts should also be a member of a BG registered club. In exceptional cases, where a gymnast does not belong to a BG registered club, he/she must contact the EGA Administration Manager via email (see page 5 for email address) to enter the event. Such gymnasts will be given the classification of 'Unattached'. In such circumstances, the gymnasts must nominate an appropriately qualified 'Supervising Coach' and must also meet all other membership requirements.

Supervising Coaches

Supervising coaches' membership level must be Gold, Joint Gold 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 EGA Event. Coaches must also have attended a Sports Coach UK Safeguarding and Protecting Children Awareness course which must be renewed every three years and must be valid both at the time of entry and for the duration of the Event. Coaches must also have a valid Disclosure and Barring Service (DBS) Certificate both at the time of entry and for the duration of the Event, before being allowed to participate at an EGA Event.

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 gymnast's performance. The practice of supervising gymnasts working above the level of the coach's qualification is not allowed.

Supervising Coaches entered onto the event entry should be the same ones attending the event, unless there are extenuating reasons why they cannot attend. If there is a requirement to change a coach, you must ensure that the replacement is of the same or higher level of qualification. This change must be made in writing to the EGA Administration Manager in the first instance (see page 7 for email details). It is unacceptable to enter a coach you know will not be attending.

Guests

Gymnasts who are not English may be invited by English Gymnastics to take part in the English Championships. They will receive scores(s) but will not receive a ranking in the official competition results.

If a gymnast, wishes to compete as a guest (see Nationality Eligibility section page 11) at an English Gymnastics event, the club/coach/Home Nation should contact the EGA Admin Manager (see page 7 for email address) before the closing date. Guest gymnasts will be placed on a waiting list. Following the competition closing date a decision will be made by the EGATTTC as to whether the entry can be accepted. If the entry is accepted the entry fee will then become payable and entered into the club basket.

Only those gymnasts classed as English (using the Eligibility criteria on page 11), are able to be ranked in the official competition results where an English title is being contested.

Where a competition provides a qualification route to take part in the English Championships, the result of a non-English gymnast will not lead to the displacement of an English Gymnast who would have otherwise qualified for the English Championships.

Participation is also subject to approval from their FIG member Federation/Home Nation in accordance with FIG statute. They will receive score(s) but will not receive a ranking in the official competition results. In such circumstances, the gymnasts will be referred to as Guest.

Age Policy

For entry to all age dependent categories, a gymnast's age will be taken as the age reached in the year of the competition. The minimum age for entry to English Gymnastics' events is 9 in the year of competition.

Year Born Eligibility for competitions 2018	
9 and 10 years	Born 2008 and 2009
11 and 12 years	Born 2006 and 2007
13 and 14 years	Born 2004 and 2005
15 and 16 years	Born 2002 and 2003
17 and 21 years	Born 1997, 1998, 1999, 2000 and 2001
Senior	Born 2001 and before

Gymnasts must compete in their age group. At an English Gymnastics event, gymnasts have the option at age 17 to compete in either the 17 - 21 age group or Senior age group, subject to meeting the minimum Criteria for that age group.

In ***synchronised***, one gymnast may compete up one age group, but both gymnasts will then enter the age group of the oldest gymnast.

3. English Qualification Series and English Championships

Age groups per discipline and Routine Criteria

An orientation session will be held on the Friday and Saturday night for gymnasts competing on the following days i.e. Friday night for gymnasts competing on the Saturday only, Saturday night for gymnasts competing on the Sunday only.

Routine criteria is defined in section 4.

Individual Trampoline:

Qualification Series: All Silver Level gymnasts will compete on a Saturday unless otherwise stated, they will complete a qualification round with the top 8 qualifying to the Final round. Gold level will compete on a Sunday unless otherwise stated they will complete a qualification round with the top 8 qualifying to the Final Round.

English Championships: The Saturday will be for all Silver level gymnasts competing. Gold level will perform on the Sunday with qualification in the morning and Finals in the afternoon/evening.

The TRI competition will consist of a WAG routine and Voluntary with the top 8 gymnasts from each group progressing to the Final.

Silver Level Trampoline Individual						
Age Groups						
Male	9 – 10	11 – 12	13 – 14	15 – 16	17+	
Female	9 – 10	11 – 12	13 – 14	15 – 16	17+	
Routine Requirements						
WAG	ENG 9 – 12*		11 – 12	13 – 14	15 - 16	

Note: There is no minimum DD at any level for Silver.

*See England routine 9 – 12 criteria.

Gold Level Trampoline Individual						
Age Groups						
Male	9 – 10	11 – 12	13 – 14	15 – 16	17 – 21	Senior
Female	9 – 10	11 – 12	13 – 14	15 – 16	17 – 21	Senior
Routine Requirements						
WAG	11 – 12	11 – 12	13 – 14	15 – 16	17 – 21	FIG*

* See details below for minimum standards for Senior competition.

Disability Trampoline:

In order to be eligible for English Disabilities competitions, all competitors must have submitted a completed Disability Gymnastics Classification Certificate to British Gymnastics (BG). This is important, as the Disability Gymnastics Classification Certificate lists all the eligible impairments. Once Online Entries close for each event, the EGA Admin Manager will liaise with BG and supply a list of Disability athletes entered. BG will then confirm that Disability Gymnastics Classification Certificates are held by them and that the entrants are eligible to compete in the English event(s). Any queries as a result of this, will be referred back to the relevant Club.

Categories used:

- Gold Category 1 – learning disability
- Gold Category 2 – physical or sensory disability
- Silver Category 1 – learning disability
- Silver Category 2 – physical or sensory disability

Each category will compete in separate gender groups.

Age Groups:

- Silver Category 1 & 2: U13 and 13+
- Gold Category 1 & 2: Open age group

All gymnasts at Disabilities English Competition Series will be required to perform:

- 1 x Compulsory Routine
- 1 x Voluntary Routine
- 1 x Final Voluntary Routine (Top 6 at the English Championships only)

Trampoline Individual:

- 2 round cumulative score will determine the ranking
- Time of Flight will not be included as qualification is based on the execution score, difficulty and horizontal displacement only
- Competition Cards are required
- Top 12 highest scores from English Qualification Series in 'Silver Level' will qualify for English Championships
- Top 12 highest scores from either English Qualification Series or Spring Events Series, (gymnasts must have attended at least one English Qualifier to be eligible to put forward score attained at SES) at 'Gold Level' will qualify for English Championships
- A 'Final' will be added at English Championships only
- Top 8 gymnast will be required to perform a second voluntary routine in the Final
- The Final will be a 'Zero Final'

There will be no age category at the English Championship Series; the only categories are stated above (in accordance with British Gymnastics competition structure). See section 3 for routine criteria.

Double Mini Trampoline:

Qualification Series: DMT will consist of 2 passes in the qualification round, followed by a Final comprising the top 6 gymnasts. The Final will be zeroed and consist of a final 2 passes which must be different to passes in the qualification rounds.

Championships: DMT will consist of 2 preliminary passes in the qualification round, followed by a Final comprising the top 6 gymnasts. The Final will be zeroed and consist of a final 2 passes which must be different to passes in the qualification rounds.

Silver Level Double Mini Trampoline Individual				
Age Groups				
Male	9 - 12	13 - 14	15 - 16	17+
Female	9 - 12	13 - 16	15 - 16	17+
Required minimum DD per pass				
Min DD	1.1	1.3	1.5	17+

*Passes not meeting the minimum Difficulty requirement will receive a 1.0 penalty from the Difficulty Judges.

Gold Level Double Mini Trampoline Individual				
Age Groups				
Male	9 - 12	13 - 14	15 - 16	Senior
Female	9 - 12	13 - 14	15 - 16	Senior
Required minimum DD per pass				
Min DD	1.3	1.6	2.0	2.4

*Passes not meeting the minimum Difficulty requirement will receive a 1.0 penalty deducted from the Difficulty Judges.

Synchronised Trampoline:

Qualification Series: The TRS competition will consist of a WAG routine and Voluntary only. There will be no Final round.

Championships: The TRS competition will consist of a WAG routine and Voluntary only. There will be no Final round.

Clubs may pair gymnasts from two different age groups. The pair will be required to compete in the age group of the elder gymnast. Gymnasts may only move up one age group in the pairing.

Gymnasts may also move up a level if they competed at Silver in TRI and they want to partner someone who has performed at TRI Gold. The gymnast will only be allowed to move up from Silver to Gold NOT down.

In the age groups 9-12 we have added the option to have a Boy/Girl mixed synchronised pairing. In the 9-12 group, in both Silver and Gold, all gymnasts will compete against each other. All pairing Male, Female or Mixed will all compete in one group aged 9-12.

Silver Level Synchronised Trampoline				
Age Groups				
Male	9 – 12**	13 – 14	15 – 16	17+
Female	9 – 12**	13 – 14	15 – 16	17+
Mixed	9 – 12**			
Routine Requirements				
WAG	*ENG 9 – 12		11 – 12	15 – 16

*See England routine 9 – 12 criteria – There is no minimum Difficulty at Silver Level.

** All compete at the same time and in the same category.

Gold Level Synchronised Trampoline				
Age Groups				
Male	9 – 12	13 – 14	15 – 16	Senior
Female	9 – 12	13 – 14	15 – 16	Senior
Mixed	9 - 12			
Routine Requirements				
WAG	11 – 12	13 – 14	15 – 16	17 - 21

Note: There is no minimum Difficulty at Gold Level.

Tumbling Gold English Championships 2018

Object: to create a competition that is different from the British Championships, with its own unique identity, and adds value to the British program. We will adopt the format of the WAG and World Championships, to help prepare the GB teams. It will be the only domestic competition that offers the gymnasts and coaches the opportunity to duplicate the competition pattern gymnasts will experience at the World events.

Entry: Limited to the top 16 gymnasts of each gender ranked from the qualifying day of the British Championships in each age group: 9-10, 11-12, 13-14, 15-16, 17-21, Senior.

Content: 9-10 Age gymnasts will perform 2 voluntary passes – Bonus as per the British Championships. Medals will be awarded for the top 3 based on the combined total score of the two runs. There will be no Final run.

11-12, 13-14, 15-16, 17-21 Age gymnasts will perform 2 voluntary passes as per WAG rules, the top 8 progress to the Final. In the Finals, gymnasts start from zero and perform one voluntary pass as per the WAG Championships.

Senior competition: all gymnasts perform a straight and a twisting pass as per FIG Rules, the top 8 progress to the Finals. In the Finals, gymnasts start from zero and perform TWO voluntary passes as per FIG World Championships.

Saturday

11-12, 13-14: All gymnasts perform 2 voluntary passes in the morning, the top 8 progress to the Finals held in the afternoon/evening. Finals start from zero, all gymnasts perform one voluntary pass to determine the Final ranking.

Senior: All gymnasts perform straight and twisting pass, the top 8 progress to the Finals to be held on the Sunday.

Sunday

9-10: All gymnasts perform 2 voluntary passes, the combined score determines the Final ranking.

15-16, 17-21: All gymnasts perform 2 voluntary passes in the morning. The top 8 progress to the Finals held in the afternoon/evening. Finals start from zero all gymnasts perform one voluntary pass to determine the Final ranking.

Seniors Finals: All gymnasts starting from zero perform two voluntary passes to determine the Final ranking.

Silver Tumbling English Championships 2018:

Object: The English Silver competition will offer gymnasts the chance to taste FIG competition while relying largely on the NDP base they are coming from. This competition is for gymnasts from the NDP section of the tumbling discipline. The aim is to help gymnasts to decide if they wish to remain within the NDP system or move across to the FIG system, it is the only domestic competition that will give them this valuable experience.

Entry: Through the already existing Regional NDP prelim competitions which usually take place Jan-March month. Regions will be able to nominate up to 3 gymnasts per grade, per age band and per gender. These will be selected from the top 5 gymnasts in each group, (as stated above). The gymnasts can be selected to attend the Regional Team Finals or be selected to represent at the English Silver Championships (Gymnasts may not attend both competitions).

Content: Gymnasts from NDP 1-3 will compete runs 1 & 2 from the NDP they have qualified from, and perform an additional third voluntary run. Run 3 will have 6 elements, and the elements will use FIG values, with GB bonuses for under 10 aged gymnasts. The run will be marked from 10 the same as runs 1 & 2 but will carry an additional difficulty value.

Gymnasts from NDP 4-7 will compete runs 1 & 2 from the NDP they have qualified from, and perform an additional third voluntary run. Run 3 will have 8 elements, and the elements will use FIG values, with GB bonuses for under 10 aged gymnasts. The run will be marked from 10 the same as runs 1 & 2 but will carry an additional difficulty value.

Saturday

NDP 1, 2 & 3 will perform their passes as stated above on the Saturday of the competition. All competitions will be completed on the single day unless otherwise advertised.

Sunday

NDP 4, 5, 6 & 7 will perform their passes as stated above on the Sunday of the competition. All competitions will be completed on the single day unless otherwise advertised.

4. Definition of Routine Criteria

English Disability Routine Requirement

Silver Level*

1. Back Somersault (T)
2. Straddle Jump
3. Seat Landing
4. ½ Twist to Seat Landing
5. ½ Twist to Feet
6. Pike Jump
7. Back Landing
8. ½ Twist to Feet
9. Tuck Jump
10. Front Somersault (P)

Gold Level**

1. Back Somersault (T)
2. Straddle Jump
3. Barani (T)
4. Tuck Jump
5. Back Somersault (T) to Seat Landing
6. ½ Twist to Feet
7. ½ Twist Jump
8. Pike Jump
9. ½ Twist to Front Landing
10. To Feet

* Minimum voluntary DD for Silver Level: 1.0

** Minimum voluntary DD for Gold Level: 2.2

English Silver Routine Requirements 9-12 Years old

(This routine is used in the Individual Silver and Team Silver competition)

The routine consists of 10 different elements, only five (5) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements

One element landing on the front of the body

One element landing on the back of the body

WAG 9 – 10, 11 – 12 Age Group

The routine consists of 10 different elements, only two (2) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements

One element landing on the front of the body

One element landing on the back of the body

WAG 13 – 14 Age Group

The routine consists of 10 different elements, only one (1) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements

Full (Back Somersaults with 1/1 twist)

One element landing on the front of the body

One element landing on the back of the body

WAG 15 – 16 Age Group

The routine consists of 10 different elements, only one (1) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements

Full (Back Somersaults with 1/1 twist)

Rudi or Rudi Ball Out (Front Somersault or 1 ¼ Front Somersault from back with 1 ½ twists)

One element either landing on the back or the front of the body

WAG 17 – 21 Age Group

The routine consists of 10 different elements, only one (1) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements

One element either landing on the back or the front of the body

One element from the front or back in combination with requirement above

One double front or back somersault with or without twist

One element with a minimum of 540° of twist and minimum of 360° somersault rotation

FIG Senior Age Group

The routine consists of 10 different elements, each with a minimum of 270° somersault rotation. Four elements, marked with an asterisk (*) on the competition card, will have differently ratings. The difficulty will be added to the execution score to give the total score for the first routine. None of the four elements may be repeated in the voluntary routine.

- If any of the four asterisked (*) elements from the compulsory are repeated in the second (voluntary) routine they will not be awarded the difficulty for the repeated elements.
- Maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption.

Gold	
FIG Routine DD Minimum Requirements	
Gender	Routine 1 Minimum DD
Male	3.0
Female	2.8
Minimum Voluntary DD	
Male	11.5
Female	9.5

Difficulty requirements

Please note that there is no minimum difficulty requirement in any of the Silver or Gold levels for TRI or TRS, except for the TRI Senior Gold Level, which has a minimum difficulty stated in the table above. The penalty for failing to meet the minimum difficulty requirements will be a 1.0 penalty from the Difficulty judges.

5. Entry Process

English Qualification Series, English Championships

Entry to all EGA events will be made online only. Entry to all events via the BG Online Entry System between the entry opening and closing dates stated in section 1, page 8. Complete instructions for adding an entry via the BG Online Entry portal are available for download from the EGA website (www.englishgymnastics.org.uk).

Process of Application to (English Championships Only)

All those gymnasts that qualified with the highest score through both English Qualification Series and/or the Spring Event Series, will be sent an invitation via their club from the English Committee to compete at the English Championships. It will be the responsibility of the club to respond by the closing date: 31 August 2018. This is to give the competition organisers time to fill any spaces that have not been accepted. Anyone not confirming by this date will have their place given to the next highest score in the ranking list. Note: All gymnasts must meet the Nationality and Eligibility Criteria.

There will be a total of:

Gold Level TRI – 16 x Qualifiers Male and Female

Gold Level TRS – 10 x Qualifying Pairs Male and Female

Gold Level DMT – 12 x Qualifiers Male and Female

Gold Level TUM – 16 x Male and Female (all will qualify from Spring Event Series only)

Gold Level DIS – 12 x Qualifiers Male & Female Cat 1 & 2

Silver Level TRI – 16 x Qualifiers Male and Female

Silver Level TRS – 12 x Qualifying Pairs Male and Female

Silver Level DMT – 12 x Qualifiers Male and Female

Silver Level TUM – 3 x Per Region, Per Age Group, Per NDP Level, Per Gender

Silver Level DIS – 12 x Qualifiers Male and Female U13 and 13+

6. Entry Fees

Entry Fee for the English Qualification Series

Entry into 1 individual discipline	£30
Entry into 2 individual disciplines	£40
Entry into 3 individual disciplines	£50

Entry Fee for the English Championships

Entry into 1 individual discipline	£40
Entry into 2 individual disciplines	£50
Entry into 3 individual disciplines	£60

Method of Payment

Payment can be made by Debit/Credit Card **only**. Payments should be made via the BG Online Entry System within 48 hours of the entry being submitted.

Entry fees are non-refundable after the closing date.

Late Entries

Late entries will only be considered in exceptional circumstances.

In the unlikely event of a late entry being accepted, payment of twice the normal entry fee stated for the competition (up to a maximum late entry fine being £500, not including the original entry fee) will be required for Individuals. Late entries must be made via email to the EGA Admin Manager (see page 7 for email address) and will then be referred to the Organiser for consideration. The Organiser will have absolute discretion whether to accept a late entry.

Applications will normally only be considered up to 7 days after the closing date.

Late entry requests may be placed on a Reserve List and clubs notified if their entry is accepted following a withdrawal. If the competition draw has already been made, late entries will be placed in a group at the discretion of the Organiser. There is no guarantee that the name of gymnasts entered late will be included in the Spectator Programme.

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. **Entry fees are non-refundable after the closing date.**

Where it is necessary to substitute a coach, the club must inform the EGA Admin Manager, (see page 7 for email address) so 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 BG membership card and a current BG specific DBS and Safeguarding certificates or they will be unable to access the competition floor.

Provision of Officials

The EGA will not be responsible for booking any rooms or pay any expenses towards judges travel or accommodation during the English Qualification Series. Clubs will be required to nominate judges for the English Qualifying Series when entering gymnasts online.

Clubs will be required to nominate judges or officials as part of their online entry for the English Championships. The EGTTC's National judging co-ordinators for Trampoline and Tumbling will then appoint officials and judges for the English Championships. The EGTTC will provide all accommodation and meals at the event but will not provide travel expenses.

Judges for the English Qualification Series should ideally hold the County Judge qualification as a minimum. Judges for the English Championships will be required to hold the Regional Judge qualification as a minimum. For each of these events, however, judges of a lower qualification may be considered for development purposes and should contact the EGA Administration Manager.

Officials required for Qualifying events.

Number of Competitor Entries	Number of Officials Required
2-3	1 suitably qualified judge
4-6	2 suitably qualified judges
7-10	3 judges (minimum of 2 qualified judge)
11+	4 judges (minimum of 3 qualified judge)

If clubs cannot supply the required number of judges the club will be required to pay a fine of £150 per judge missing, with a maximum charge of £300 for any one club at any one competition. This is so the organisers can try and supply an independent judge to make up for the missing judge/official.

The English Judge Co-ordinator may be inclined to accept officials such as marshals, floor security, door officials in place of a judge. This will be done on a first come, first served bases and once all places are full the charges above would apply.

Judges

For further information on membership levels, please visit the British Gymnastics website at www.british-gymnastics.org.

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 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. Please contact our Admin Manager (Contact details on Page 7) and she will be happy to find you a job.

7. General Regulations

Coaches must make adequate provision for the supervision of their Gymnasts upon arrival 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.

Registration

Only register your Gymnast(s)/Club when those competing in that section of the event have arrived at the competition venue and intend to compete. Please inform the Registration Desk of any withdrawals as soon as possible.

During registration, accreditation/passes will be issued. Accreditation/passes are non-transferable and any infringement of this may result in disciplinary action taken by the EGA.

Competition Cards

It is the coach's responsibility to ensure that the Competition cards are completed correctly and submitted at registration.

TRI, TRS, DMT, DIS and TUM

Template Difficulty Cards are available to download from the EGA website (www.englishgymnastics.org.uk).

Competition cards must be submitted to the Registration Desk on arrival at the competition and prior to the start of warm up. If no Registration desk is present, please hand them straight to the difficulty judge on the appropriate panel before the competition/flight starts.

Competition cards shall be completed in FIG notation only.

Competition Cards should be marked with asterisks to indicate required elements in EGA/WAG/FIG routines. This must be done prior to the card being submitted. Likewise, all elements that require a difficulty mark should be identified before the card can be accepted.

All cards must be signed by the appropriately qualified Supervising Coach in order to be valid. Competitors may not compete without a valid Competition Card.

Tumbling

Competition cards are required at all Levels.

Competition cards must be submitted at Registration Desk on arrival at the competition and prior to the start of warm up.

Competition cards shall be completed in FIG notation only.

Competitors may not compete without a valid Competition Card.

Terms & Conditions of Entry to All Competitions

In addition to the EGA General Rules & Regulations:

All gymnasts that agree to be treated by the EGA appointed medical staff will be bound by the decision of the EGA medical staff in relation to their suitability to compete in the competition.

By entering the competition, you are agreeing to abide by the BG Photography at Gymnastics Events Policy that the EGA have adopted.

The person making the online entry on behalf of gymnast(s) or a club, undertakes to ensure that those who they are submitting an entry on behalf of are fully aware of and agree to abide by the contents of this Handbook.

Code of Conduct

English Gymnastics will follow the British Gymnastics National Technical Committee Code of Conduct.

Trampoline 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 BG Regulations.

Enquiries

By submitting an enquiry, you agree to pay a fee of £50 which must be paid on the day by cash or cheque.

- The Supervising Coach for the Club of the competing gymnasts makes the enquiry with the Chair of the Judges Panel.
- A coach may enquire about the Difficulty score, in accordance with the principles of the FIG Code of Points.
- In addition, in Trampoline, a coach may also enquire if they believe the Time of Flight score to be inaccurate.
- Enquiries can be made only for the Clubs own Gymnasts.
- No enquiries can be made about Execution scores, or other penalties.

- Enquiry forms will be published in each event work plan.

A verbal enquiry should be made after the publication of the score and at the very latest before the end of the flight. A fee will only be due if the enquiry is about something other than a missing Time of Flight or a questioning of DD.

If a resolution cannot be made before the start time of the next competitors' routine, the calculated mark will be listed as 'provisional' and will be considered at the end of the flight and before any award ceremony.

The Judge panel/Judge Competition Co-ordinator cannot accept any photographic analysis at an event unless an official video replay system is available and could be referred to by the Chair of the Judges Panel for the benefit of every competitor.

Safeguarding

All Coaches are required to hold a current BG specific DBS certificate or Home Country equivalent at the time of the event, and have current Safeguarding & Protecting Children Awareness training. Coaches who do not fulfil this requirement will not be accredited or allowed to participate at EGA events.

Overnight Provision for Competitors

Government legislation requires that when a club takes a competitor(s) under the age of 18 years on a journey involving an overnight stay, the club must ensure that there is at least one 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 BG recognised Safeguarding and Protecting Children Awareness training or Home Nation equivalent.

Competition Attire

Gymnasts

- Gymnasts must wear the clothing as described in the Trampoline FIG Code of Points.
- Advertising on clothing must adhere to FIG Rules.
- The wearing of GBR or Home Country attire at EGA events is strictly forbidden - unless on International duty for your Home Country.
- Strapping – (refer to FIG Code of Points).
- The removal of leotards on the field of play is not allowed.

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 on the competition floor if wearing ANY jewellery. Exceptions are as per BG Body Piercing and Adornments policy. If it is impossible to remove items of jewellery they should be taped, watches should be removed.

Spotters

- Spotters must wear clothing as described in the Trampoline FIG Code of Points. Non-compliance may result in removal of the coach/spotter and consequently, for Health and Safety reasons, their gymnast from the competition.

Judges Uniform

- Judges must wear clothing as described in the Trampoline FIG Code of Points.
- 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 to the discipline specific judge co-ordinator, (see page 7 for email address) as soon as an entry is registered to allow sufficient time for full consideration of the application and any possible health and safety implications.

The chewing of gum is not allowed anywhere on the competition floor at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.

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.

Competition Apparatus

For EGA events, the following competition apparatus will be used:

- Trampoline: Eurotramp Ultimate 4x4
- Time of Flight Machines and Horizontal Displacement machines, where applicable
- Double Mini-Trampoline: Eurotramp Ultimate 6x6

- Tumbling: GymNova Russian Tumble Track seen at all BG Events in 2017, (10m run up, 25m track, 6m landing zone)

Access to Warm Up Hall

The EGA will make every effort to provide a warm up hall where space is available. The EGA will aim to provide a floor area to complete a body warm up. Where space permits, the EGA will look to have warm up equipment to help prepare athletes' warm up off the competition floor.

Access to the warm up hall will be limited to the appropriate number of coaches as defined in the specific details section for each event. On arrival, coaches will need to register and collect their accreditation from the accreditation desk. In the case of events spanning more than one day, accreditation may be issued for each day.

Judges will not be allowed into the warm up hall once the judges meeting has taken place.

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.

Babies and Young Children

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

Medal Ceremonies

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.

Tenure of Trophies

All perpetual trophies remain the property of the EGA.

Perpetual trophies are the responsibility of the winning Gymnast. The Gymnast is responsible for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the Organiser prior to the competition the following year by either: -

- Making arrangements for it to be delivered to the competition venue on the day of the event
- Returning it to the competition organiser at least one week prior to the event

Failure to return or loss of a perpetual trophy will incur a cost to the club.

Video, Film and Photography

EGA accredited photographers may be present at EGA events and in some cases events could be videoed and/or live streamed by BG TV or other such organisations. These images may be used by the EGA/BG and our subsidiary companies for the purposes of:

Promotion, education and development of the sport. They may also be shared with relevant third-party organisations for journalistic/promotional purposes.

Clubs must ensure that gymnasts/parents are informed of the photography arrangements for the relevant event. EGA will also announce the photography/filming arrangements at the event. Any gymnast or parent who does not wish themselves or their child to be photographed/filmed, at the event must advise the EGA Admin Manager (see page 7 for email details). Although it is not always practical to manage the content of live steamed footage, English/British Gymnastics will ensure any identifiable images of the participant are not published.

Any person wishing to use video, film or take photographs must abide by the BG Photography at Gymnastics Events policy. 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.

Flash may not be used at any time while gymnasts are warming up or competing.

If you have 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 EGA appointed Welfare Officer at the event or any of the EGA Team.

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.

Health & Safety

The health, safety and welfare of all participants (gymnasts, coaches and officials), is the primary consideration. All EGA/BG policies and procedures will be rigorously applied with regards to health, safety, welfare and Safeguarding & Protecting Children.

Drug Free Sport

English Gymnastics follows all BG policies and procedures relating to Drugs in sport. The BG Guidelines on Anti-Doping can be downloaded from the EGA Website.

Spectators Ticket Information

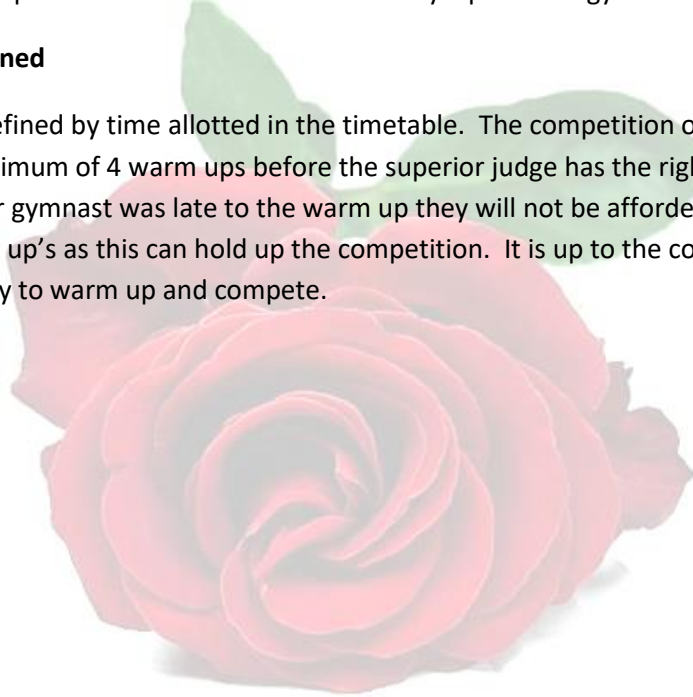
This will be confirmed in the working plan created for the specific venue.

Complaints Procedure

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 EGA Admin Manager (see email address on page 7). Your complaint will be responded to within 14 days of receipt. No complaints will be entertained if sent by a parent or gymnast.

Warm Up Timings Defined

The warm up will be defined by time allotted in the timetable. The competition organiser will always give all gymnasts a minimum of 4 warm ups before the superior judge has the right to call a one touch warm up. If your gymnast was late to the warm up they will not be afforded extra time to complete their 4-warm up's as this can hold up the competition. It is up to the coach and performer to be on time and ready to warm up and compete.



Appendix 1 Time of Flight Protocols

(Time of Flight Measurement Device = TMD)

ToF Score (T-Score) Protocol

The T score will be determined by the measurement retrieved via the TMD. In the event of this NOT being achieved the following back up protocols will be adopted

ToF Back-up Protocol – 1 –

In the first instance, the T score will be determined using the TMD's recommended T-Score retrieval software-VTimer.

ToF Back-up Protocol – 2 –

In the event of the routine being missed on both the TMD and the capturing software, the computer will be authorised another attempt/s. The authorisation will be granted based on 'faulty equipment'. In this scenario, the original E and D scores will remain the same. The attempt/s will be judged only by the ToF judge and the routine being verified by the D judges. Should this happen, the following regulations will be applied:

The Chair of judges will negotiate only with the gymnast's coach for the most opportune moment for him/her to have their second attempt/s, (this must be completed within the time scale permitted as outlined in the event timetable).

The second attempt/s will be judged only by the ToF judge. The original E and D score will remain operative.

The gymnast must compete with the exact same routine as the one in which their T-score was missed.

In the event the gymnast fails to complete their routine after an agreed amount of attempts the T-score will be calculated based on previous scores.

ToF Back-up Protocol – 3 – (Previous Scores)

In the event of the gymnast failing to complete their attempts the T-score will be based on the T=score from the last (or previous) qualification event(s). However, the routine would have needed to be the same. Should this not be possible, this protocol will not be used and Number 4 will become operative.

ToF Back-Up Protocol – 4 – (Final Resort – Calculations)

In the event of the gymnast not competing previously or performing a different routine, the T-score will be calculated in conjunction with the T-score's ranking averages of the respected tier group.

Appendix 2 – English Gymnastics &
English Regional Websites

English Gymnastics:

England: www.englishgymnastics.org.uk

English Regions:

East: www.eastgymnastics.org.uk

East Midlands: www.emgymnastics.org.uk

London: www.londongym.org.uk

North: www.northgymnastics.org.uk

North West: www.nwga.co.uk

South: www.southgymnastics.org.uk

South East: www.segymnastics.org.uk

South West: www.southwestgym.org.uk

West Midlands: www.wmgymnastics.org.uk

Yorkshire: www.yorkshire.gymnasticsengland.org

