

British Gymnastics



2009

**W.T.C.
National
Competition
Handbook**

The Women's Technical Committee 2009

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Milano Pro-Sport

Continental Sports

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City of Liverpool & Park Road Sports Centre

City of Newcastle Gymnastics Academy

Rushmoor Gymnastics Academy

WOMEN'S COMPETITIONS GENERAL REGULATIONS

- 01 Unless otherwise stated the following regulations will apply at all W.T.C. National Competitions. Regions are encouraged to adopt the same regulations whenever possible.

Definitions BG is British Gymnastics. W.T.C. is Women's Technical Committee.

02 **British Gymnastics Membership**

- (a) **Gymnasts** - must be Associate, Full, Joint or Life members of BG in order to enter a BG Competition. Individuals entering National Voluntary, Age Group Championships, & Grades competitions **MUST** be a member of a BG club registered at the entry closing date and be at least a competitive associate member.
- (b) **Coaches** - must be Full, Joint or Life members of the BG and qualified to Level 2 Coach or above before being allowed to participate in a BG Competition. The name of the attending coaches together with the membership numbers and qualification must be entered on the gymnast's competition entry form.
- (c) **Judges** - all judges at BG National Competitions must be Full, Joint or Life members of BG

03 **Entry Forms**

Entry to National competitions will be online via the BG website (Women's/entry forms) where the procedure will be fully explained. The system can be accessed by club / regional secretaries or with entry forms which are available from the BG website (SEE ITEM 39)

www.british-gymnastics.org/womens/entryforms

If unable to download, a hard copy is available at a charge of £10.00 from the WTC Events Organiser. Please allow 10 days for delivery.

Only correctly completed entry forms will be accepted and must be submitted no later than the time stated on the closing date. The entry fee and appropriate participation fee on separate cheques must be enclosed. The Entry Form prints the regulations for the relevant event.

04 **Entry Fees**

See specific competition regulations. All Cheques should be made out to British Gymnastics with the gymnasts / club name on the back and the WTC code as printed on the entry form.

05 **Participation Fees**

A Separate cheque of £20 for EACH gymnast or £100 per club team with **NAME, CLUB & EVENT printed** on the back must be enclosed with the entry form as a participation fee. This will be returned at the registration to the competition. Competition numbers should be returned, in exchange for music tapes at the end of the competition. The participation cheque will be returned at registration / or if,

- (i) The gymnast / team compete in the competition.
- (ii) The competition organiser is notified by `phone, letter, e-mail or fax 48 hours before the start of the competition that the gymnast is unable to participate because of injury or illness. A Doctor's note or Chartered Physiotherapist's certificate must be produced within 2 weeks of the competition date. This applies to individuals only.

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- (iii) The competition organiser is notified before the start of the competition that a letter is being sent, that it is received within 72 hours of the competition and the W.T.C. subsequently upholds the submission.

06 Entry and Late Entry

- (i) Reference must be made to the specific competition regulations. Note must be taken of specific closing days of Monday at noon or Friday at noon. Closing times will be strictly applied. Incorrect or incomplete entries will be void and will go onto the late entry waiting list. If a Postal strike or similar difficulties are experienced **an email or fax of the entry will be accepted as a temporary receipt if accompanied by a photo copy of the entry cheque. The original must be received within 48 hours of the email or fax.**
- (ii) Late entries for Individual Competitions received after the published closing date will only be accepted upon payment of 3 (three) times the normal fee. Late entries for Team Competitions received after the published closing date will only be accepted upon payment of twice the normal fee. Late entries will be placed in the first round if vacancies occur and first drawn team (s) move up. Late entries are accepted up to 14 days before the event.
- (iii) If vacancies occur the gymnast / team will be notified as soon as possible in the order of the acceptance of late entry. Late entry gymnasts / teams may present themselves before the start of competition to the organiser. Individual or reserve gymnasts go into the place vacated by the original gymnast unless the gymnasts are seeded in which case she will compete in a group at the competition organiser's discretion in the competition. Gymnasts and Coaches presenting themselves for a vacancy at the competition **MUST** produce a current BG membership card and documentary evidence of coaching qualification.
- (iv) The W.T.C. reserves the right to change the working order to maintain a regular competition structure / format, and the time of commencement of the round or competition. All gymnasts and Coaches must register by the advised time on the programme and remain in the venue
- (v) Incomplete entry forms will be returned to the person named as contact and will subsequently be accepted only on payment of a £25.00 penalty fee. * Indicates necessary information for entry to be accepted. Regional results must be sent where requested.
- (vi) **When submitting entries for a BG event the onus is on the club and coaches to ensure that the coaches attending to the participants are qualified to the level of the participant's performance.**

07 Apparatus

Whenever possible the equipment at W.T.C. competitions will be to F.I.G. specifications which include height and width for A/Bars, height of beam and vault, beam mount run up, vault run up and landing areas.

Including;

- (a) Safety mats - for landing from vault, the 10cm supplementary mat **MUST** be used. This supplementary mat is compulsory for dismounts from vault, bars and beam. The take off board may be placed on the supplementary mat. The supplementary mat may not be moved during the exercise. On floor a 10cm-safety mat will be allowed for double back saltos and D & E saltos.

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- (b) Yurchenko vault - a Yurchenko safety block **MUST** be placed around the springboard in the correct orientation. A hand placement mat may be used for the round off and will be provided for the competition. No other apparatus may be introduced.
- (c) For Junior & Senior gymnasts at British Teams & British Championships F.I.G. approved coil springs boards must be used. (Hard or Soft)
For Espoir & all other competitions, choice of boards as provided including 'Turbo'
- (d) Coaches are not permitted alter or to remove springs from spring boards.
- (e) Only apparatus supplied by the WTC may be used at National events.
- (f) Compulsory Level 4 - 3 - 2 and Club Grades 8 - 7 - 6 - 5.
 - (i) Grades using a single high bar - advice must be sought from the equipment manufacturer before the A/bars are modified for use as a single bar.
 - (ii) Voluntary Levels 3 & 2 the high bar will have the normal basic mat & supplementary mat.
 - (iii) Where the Club Grades 14, 13 and Compulsory Level 2 exercises are performed on a single high bar, 3 safety mats, of not more than 30cms deep, will be placed either side of the centre of the bar, and covered by a contimat. The Bar height is determined from the floor, not the safety mats. A coach may remain at the apparatus throughout the routine on bars and to safeguard the dismount.

08 Competition Scores and Qualifying Competitions to National Finals

- (1) Whenever possible a copy of the judges' scores and the D value score for the gymnast will be given to coaches. This is not an entitlement of coaches. When official results are published, these are the actual scores achieved.
- (2) **In a British National Final, gymnasts may only represent the Region in which their club is situated. Gymnasts may represent one Region / Club in any membership year. Extenuating circumstances will be considered by written application to WTC.**
- (3) The Club Grades 8 - 7 - 6 - & 5 and Age Group qualifying Compulsory Level 4 - 3 plus Voluntary Level 4 - 3 competitions, will be held at Regional level to qualify to National Finals'.
Compulsory Level 3 **out of age AGE 11** may enter Compulsory Level 2 at 2nd attempt if they achieve a pass in the same year.
- (4) The Compulsory Grade Level 2 will be at National level only. R & C re-take will only take place following the end of the Compulsory Grade Level 2 competition in March & November.

09 Protest Fees

Protests must be made on the WTC official and form should be handed to the competition organiser within 15 minutes of the gymnast completing the protested apparatus and must include;

- The gymnast's number
- The declared score
- The technical reason for the protest
- The protest fee of £5.00
- Any form of evidence other than the written protest will not be accepted

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10 Tall Gymnasts

Both bars may be raised by 5cm where a gymnast's feet touch the basic matting in hang on High Bar, or hips touch the basic matting in hang on Low Bar

Where a single bar is used this may be raised so that the gymnast's feet in long hang clear the matting.

The bar may only be raised with a member of the WTC or 'D' panel judge in attendance.

The request for the bars to be raised **must** be made with the competition entry form. The bars will be raised in accordance with the F.I.G. W.T.C. regulations. Unauthorised raising of the bars will be penalised in accordance with the F.I.G. regulations.

11 Code of Practice for Health and Safety at National Competitions.

This code is to,

- Protect the gymnast from injury due to inadequate preparation and / or poor professional judgement at competitions.
- Ensure that no (BG) coach shall, through failure to comply with such measures as may be necessary, put the gymnast at risk of injury.
- Protect the gymnast from sustaining injury in competitions and / or displays from professional negligence of a BG coach.
- Ensure that no (BG) coach shall, through failure to comply with such measures as may be necessary, put the gymnast at risk of injury.

Complaints may only be submitted to one of the following;

- (i) The Welfare Officer
- (ii) The Chairman of the W.T.C.
- (iii) The Technical Director and / or a National System Coach
- (iv) The Official Medical Officer
- (v) 'D' Panel Judges officially appointed for the event.

All incidents will be the subject of an official investigation by the Women's Technical Committee, which may lead to a disciplinary action, which could result in suspension.

Regions are recommended to adopt this code.

Many substances are listed as prohibited under the International Olympic Committee's Medical Code.

Salbutamol, Salmeterol and **Terbutaline** are permitted by inhaler only and must be declared in writing prior to the competition to the Competition Organiser for forwarding to the relevant medical authority. If in doubt about substances, contact Steve Green BG 0845 1297129 ext 2366. Under FIG regulations, all BG events are notified to the Sports Council and coaches must be aware that random drug testing can take place at any event.

Please refer to page 18 for further guidance.

12 Coaches in Attendance

- (i) Individual competitions. 1 coach per gymnast will be allowed in the competition arena at any time from 2 nominated in Compulsory Level 2 and The British Espoir, Junior and Senior Championships. ALL other individual competitions including Level 2 Voluntary will be 1 coach ONLY.
- (ii) Team Competitions; 2 coaches per team will be allowed in the competition arena except British Club Teams Championship where 2 coaches from 3 nominated will be allowed in the competition arena.
- (iii) A Team Manager will be identified as a nominated person and he / she will be responsible for the registration of the Team, and any protests, as well as the general conduct of the team.

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- (iv) Coaches **MUST** have a BG Women's Artistic Coach qualification and should be qualified to the level of the participant's performance. (See BG item 19)
- (v) A Level 1 coach is permitted on the competition floor, but not in an active coaching role.
- (vi) Coaches **MUST** wear a tracksuit, or collared polo shirt or, club / regional T-shirt & tracksuit bottoms and suitable footwear. National squad attire is not permitted at National events.

13 **The W.T.C. Competition Year**

This will be 1 January – 31 December. Gymnast's ages will be the age reached in the year of the competition, i.e. National Final.

14 **Transfer of Gymnasts between Clubs**

- 1. It is assumed that transfer will always be at the direction of the gymnast / parent or guardian who must be the primary signatory on the Transfer form. The transfer may be with the full agreement and co-operation of the two clubs involved (amicable) or may be only with the support of the new Club against the wishes of the old Club (non-amicable)

1.1 **In amicable situations for individual gymnasts:**

If the previous Club and the new Club are in harmony, the Transfer form should be signed initially by the gymnast (or parent / guardian) and the secretary or other authorised signatory of both the former and the new Club. The fully completed Transfer form should then be registered with the Member Services Department of BG. Upon written acknowledgement of receipt of the form by BG, the gymnast will be able to compete for the new Club immediately, enter team or individual events and may wear the Club's colours.

1.2 **In non-amicable situations for individual gymnasts:**

Where the previous Club and the new Club are not in agreement, the Transfer form will be signed by the gymnast (or parent / guardian) and the Secretary or other authorised signatory of the new Club and registered with BG Member Services Department. Upon written acknowledgement of receipt of the form by British Gymnastics, the gymnast will be able to train with the new Club immediately, but may not represent the new Club in team or individual events, or wear the new Club's colours, for twelve months. However, the gymnast may participate in individual events during this period and may enter individual competitions as 'unattached'.

1.3 **In amicable or non-amicable situations for university students:**

If a gymnast is at university, then they will be deemed still to be representing their old Club, providing they are still maintaining membership, even though they may train at a different Club or at the university. Transfer of representation would be subject to Rules 1.1 and 1.2 above.

15 **Change of Coach for a Competition**

The BG office and the Competition Organiser **MUST** be informed in advance where it is necessary to substitute a coach. Where, through unforeseen circumstances, this is not possible, or where information has not previously been supplied, then;

- (a) The substitute must inform the Competition Organiser immediately on arrival at the venue.
- (b) The substitute must produce their Coaching Award Certificate and current BG Membership card
- (c) Failure to comply with the above regulations **WILL** result in Coaches being excluded from the competition.

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16 Competition Entry Forms

Failure to meet entry deadlines or to submit forms correct in all respects may void the entry. The stated person responsible for the entry will be notified of any error. The late entry option will be available at the appropriate fee. **These forms MUST be signed to validate the entry (can be electronically signed if sent by e.mail).**

Entry forms will be refused if Regional qualifying results or evidence of qualification are not included where requested.

17 The British Age Group Champions

DECLARATION OF THE BRITISH AGE GROUP CHAMPIONS:

Eligibility: The British Age Group Champions for 9 & 10 will be determined by the combined scores of the Gymnasts who have competed for their Region in the Age Determined Compulsory Level and equivalent Age Group final. The British Age Group Champion age 11 will be determined by the combined scores of the Gymnasts who have competed in Compulsory Level 2 in March in age and the score achieved at the Voluntary Level 2 Championship.

Individuals aged 9 & 10 years may apply to the WTC with evidence of their score at the Regional qualifying event to compete in the final in Compulsory Level 4 & 3 and appropriate Voluntary Age Group Category, if they were not eligible to be a member of their Regions Team.

Champions will be declared as follows;

British Age Group Champion 9 Years Level 4 (Compulsory Part 1 and Voluntary Part 2)

British Age Group Champion 10 Years Level 3 (Compulsory Part 1 and Voluntary Part 2)

British Age Group Champion 11 Years Level 2 (Compulsory Part 1 and Voluntary Part 2)

The Age Group Champions will each receive a Challenge Trophy to retain until the next Championship and a Plaque, which will be retained. The trophy will be presented at the end of the Competition for that age. The gymnast's Club assumes total responsibility for any B.G. trophy once presented and for the safe return before the following years championship.

18 The British Championships

Relegation from the British Championships. If a gymnast has dispensation from the WTC to work less than 4 pieces, the following table of average scores applies to determine her eligibility for the following year.

NB. These scores may change following the introduction of Cycle 12 Code of Points

| Relegation Chart | Dispensation from WTC required | | | All Around | |
|------------------|--------------------------------|-----------------|-----------------|------------|-------|
| | 1 piece worked | 2 pieces worked | 3 pieces worked | Average | Total |
| Senior | 13.00 | 12.50 average | 12.00 average | 11.50 | 46.00 |
| Junior | 12.50 | 12.00 average | 11.50 average | 11.00 | 44.00 |
| Espoir | 12.00 | 11.50 average | 11.00 average | 10.50 | 42.00 |

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19 Criteria for a Coach assisting a Gymnast in a British Gymnastics Competition or Event

At a number of recent events the W.T.C. has had to reject coaches who have not achieved the appropriate level of qualification. The BG Regulations are very specific on this subject and it is important that the coaches are qualified to the correct level if they are to take responsibility for a gymnast on the floor. The BG determines minimum level on the competition floor. The relevant qualifications for Women's Artistic events are as follows;

A. National Events

The coach assisting a gymnast in a British Gymnastics competition / event, or an event that leads to a qualification for a National event must hold a British Gymnastics current cycle coaching qualification of minimum level 3 Coach cycle 6. **They must hold an award appropriate to the skills being performed by the gymnast.**

Exceptions to these criteria are:

- (i) A Men's Artistic Level 2 Coach or above may attend those apparatus which are common to their training (Floor, Vault, Bar/s) to the level of their qualification in a Women's Artistic event.
- (ii) The WTC has determined that the minimum level of qualification required for specific events is as stated on the event entry form.

B. Local, County & Regional Events

In local, County or Regional competitions or events not leading to qualification for National Events, the following criteria apply to the coach assisting the gymnasts.

- (i) The coach must hold a minimum qualification of Level 1 Coach or above in the sports specific discipline and **must hold an award appropriate to the skills being performed by the gymnast.**
- (ii) A Women's Artistic or Men's Artistic Level 1 Coach or above may assist male **or** female gymnasts in Floor and Vault events to the level of their qualification
- (iii) A General Gymnastics Level 1 Coach or above, may assist a gymnast in Floor and Vault Events to the level of their qualification

C. Second Nominated Coach (Team Events)

A second qualified nominated coach (Level 1 Coach or above) may be accredited to be present on the competition event arena and may undertake the following roles:

Pastoral care of the gymnasts. Moving equipment (springboard, mats etc). Adjusting apparatus and presenting the gymnast.

The second coach may not support or spot the gymnast unless they are qualified to do so at the appropriate level.

Failure to adhere to these criteria will result in the withdrawal of the gymnast and is likely to negate the coach's BG Insurance.

20 Technical Briefing Meeting

Before the start of competition or rounds of competition (as notified by the competition organiser) a Technical Briefing will take place. The timing of this meeting will be that stated in the event programme sent out to clubs and / or coaches. Coaches should apply in writing for a ruling on any matters to be raised if they are unable to attend the first briefing of the competition.

21 Unsportsmanlike Behaviour of Coach or Gymnast.

As defined by the Code of Points, infringements will be penalised as detailed in the Code.

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- 22 **Jewellery Body Piercing & Adornments** Are **not** permitted at training and competition.
- 23 **Chewing Gum** Is not allowed at any phase of the competition.
- 24 **Apparatus** As defined in the FIG regulations with exceptions as detailed under the competition regulations.
- 25 **Injuries** Following an injury during warm up or competition at the event, the decision of the BG appointed Medical Officer as to the gymnast's condition and ability to continue is absolute and final.
- 26 **Trophies** The gymnast's club must assume total responsibility for any individual BG trophy once presented and for its safe return before the following year's Championship. This also applies to the Club winner of the Teams and to Regions who win Team trophies.
- 27 **Photography** A copy of the BG policy is available on the WTC section of British Gymnastics website. Pre Registration of all persons wishing to photograph at an event must be made on the official event specific application form.
www.british-gymnastics.org/women's/entry_forms/photo
Registration on the day of the event will not be possible.
- The photography pre registration forms are not available from any source other than the British Gymnastics website Women's Artistic Gymnastics/Entry Forms and they are event specific.**
- 28 **Photography** Accredited photographers may be present at BG events and BG may publish images. By entering an event, there is an acceptance that the participant may be photographed and her photograph may be published.
- It is the responsibility of the Region / Club to ensure all parents or guardians are aware of this policy before returning entry forms.
- NB: These images will be published in line with the guidance on 'Use of imagery on the internet and other forms of media' contained in the BG Health, Safety and Welfare policy 2005.
- 29 **Anti Doping Policy** Coaches should refer to the current BG website, downloads/medical/anti-doping policy and the notice on page 18.
- 30 **Nationality** Gymnasts not holding a British passport may compete for the club to which they are a member, providing they are resident in the U.K and have been given permission to compete by the W.T.C. They will be excluded from any individual British title or medal.
- 31 **Qualification** The following are the coaching qualifications for cycle 6
- Level 1 Assistant Club Coach (cycle 5)
 - Level 2 Coach (cycle 5)
 - Level 3 Club Coach (cycle 5)
 - Level 4 Senior Club Coach (cycle 5)
 - Level 5 High Performance Coach (cycle 5)
 - Level 6 International Performance Coach (cycle 5)

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32 **Coaching qualifications and BG Events Document (LER/hl/1303) September 2001**

There is an obligation for coaches to ensure that they hold the appropriate level of qualification in order to safeguard the participants and to meet BG insurance criteria. The coach also has a duty to ensure that the participant is adequately prepared for the event.

The practice of supervising participants who are working above the level of the coach's qualification in BG events cannot be condoned.

The caveat that permits coaches to practice to one level above their coaching qualification (Section 3.7 in the coaching syllabus) refers to a training environment only. Its purpose is to enable coaches to practice within the post course guided learning environment following attendance at a course and in preparation for the examination.

Consequently the Joint Technical Committee agreed that the following statement should be included on the entry forms for all BG events.

“When submitting entries for a BG event the onus is on the Club / Region and coaches to ensure that the coaches attending to the participants are qualified to the level of the participant's performance”.

It will be a condition of entry to a WTC event that this statement is signed and the name printed on the entry form to all events.

33 **Playing Music in Public**

Generally, when playing music in public, Phonographic Performance Limited (PPL) and Performing Rights Society (PRS) Licences are required.

PPL

Under the UK Copyright Law (the Copyright, Design & Patents Act 1988), a PPL Licence is required when sound recordings, subject to PPL control, are played in public. Owning a sound recording does not give you the automatic right to play it in public.

After a protracted two year legal battle with PPL, BG has been able to prove that the playing of music by its Clubs and Coaches for the purpose of training, competitions and displays is exempt from the Act, provided no remuneration is received by the person initially loading the tape and pressing the Play button; a condition which all Clubs should be able to meet.

The exemption from the PPL Licence for the playing of sound recordings in public, does not cover the copying of music from commercial sound recordings on to other media, such as tape, mini-disc, CD or laptop computer and this is illegal without the necessary permission from PPL. BG has secured a Group Licence for its registered Clubs and Coaches to be able to copy original material on to other media for the purposes of training, competitions, displays etc and this is known as a 'Dubbing Licence'.

The PPL Dubbing Licence covers material from 3,000 Record Companies and 30,000 Performers and would cover most commercially available material. However, we are aware that material from Disney, Andrew Lloyd-Webber and Cirque du Soleil is specifically excluded and if in doubt, Clubs and members should consult the PPL Website (www.ppluk.com).

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34 **PRS**

The PRS is a non-profit making membership organisation of composers, songwriters, authors and publishers of music of all styles including classic, pop, jazz and music for films, adverts and TV. The essential function of PRS is to collect and distribute music royalties on behalf of its members. A PRS Music Licence is required by anyone using or intending to perform music in public by whatever means (live, DJ, jukebox, TV, radio etc), and in venues as adverse as halls to hairdressers, discos to dentist waiting rooms. All UK-based Radio and TV Broadcasters, Satellite Broadcasters, cable operators and website owners require a PRS Licence.

BG has never entered into any corporate agreement with PRS and individual Clubs and members should make their own judgement as to whether they require a PRS Licence. Currently, BG is in a protracted discussion with PRS, since it is our belief that the playing of personal music for the purpose of training does not constitute a 'public performance' and BG is lobbying strongly to secure exemption from PRS for the use of music in this way. It is, however, quite clear that where music is played in competitions or displays, where any element of the performance is in public, then such a performance would require a PRS Licence and that this would need to be secured on an event by event or premise by premise basis from PRS.

BG will inform all clubs as soon as there has been any development in the situation; however, for the time being clubs must consider their own position and be responsible for any liability.

Full information about the PRS is available from their Website (www.mcps-prs-alliance.co.uk). If Clubs are challenged by the PRS, please contact BG who will endeavour to advise you on a case by case basis.

35 **Video Analysis**

The WTC cannot accept any photographic analysis at an event unless the WTC has arranged for an IRCOS system where cameras would film at each apparatus and could be referred to for the benefit of every competitor.

36 **British Gymnastics Website**

Entry Forms & Video/Photo registration forms can be found as a drop down from 'Women's' on the BG home page.

Technical rules & updates, information for Coaches & Judges can be found by hovering over 'Women's' then click Technical or Coaching or Judging.

BRITISH CLUB GRADES AND COMPULSORY LEVEL REGULATIONS

These regulations supersede **ALL** those previously published and will be effective from January 1 2009.

INTRODUCTION

The objective of the system is to promote development and basic skills and not to be seen as restrictive. A gymnast may transfer to the Compulsory Levels but must pass Compulsory Level 3 not younger than aged 10 years, or out of age 11 years, in the year of the Compulsory Level 2 finals. Compulsory Level 3 Age 11 pass to compete at the 2nd attempt event only.

- 01 (a) **The Compulsory Level 2** - Is an Annual National competition held in March & November
- (b) **The Compulsory Level 2 R & C Retake** - a gymnast who achieves a pass mark of **52.50** but fails the Range and Conditioning mark of **10.50**, but had a mark of **9.00** or above, will be given a single re-take opportunity following the end of the Compulsory Level 2 at the venue competed. This will be the only re-take opportunity, otherwise the gymnast will be required to complete the Compulsory Level 2 again. In Age 11 years may compete in March with a 2nd attempt in November. Age 12 compete in March only. Coaches should declare which option they select to the event organiser by the end of the Compulsory Level 2 competition. The W.T.C. will appoint the Judges Panel.

02 **Club Grade 14, 13, 12, 11, 10, 9, 8, 7, 6, 5.**

The competition structure will be:

Club Grades 14 – 9 Regionally organised No National Finals
Minimum Coach award is Level 2 for Grade 14 - 12. Level 3 and above for Grades 11 - 9

Club Grades 8, 7, 6, 5. Regional competition qualifiers National Finals
Minimum Coach award is Level 3 and above

- 03 All gymnasts wishing to follow the Compulsory path are required to take Compulsory Level 3 which will be Regionally organised and judged

- 04 Gymnasts may enter the scheme at any grade but the minimum ages will be:

Club Grade 14 – Age 8 in the year of the competition

Club Grade 13 or Compulsory Level 4 – Age 9 in the year of the competition

Club Grades 12 - 8 or Compulsory Level 3 – Age 10 in the year of the competition

Club Grade 7 or Compulsory Level 2 – Age 11 in the year of the competition

Club Grade 6 - Age 12 in the year of the competition

Club Grade 5 - Age 13 in the year of the competition

The lowest is Club Grade 14 for which there is a minimum age of 8 years

- 05 A Region may organise and hold more than one (1) grading per year, the highest Club Grade / Compulsory Level 4 or 3 mark achieved counts for the progression of gymnasts.

BRITISH CLUB GRADES AND COMPULSORY LEVEL REGULATIONS

06 **Grading Year**

See General W.T.C. Regulations in BG Handbook

07 Regions must identify the Club Grading and Compulsory Level 4 & 3 competition, which will count towards selection for the National Finals.

08 Apparatus specifications will be F.I.G. unless otherwise stated in the text, Reference should also be made to General Regulations in the current BG Handbook.

09 Gymnasts must have reached a Club Grade or Compulsory Level 4 or 3 pass before they are eligible for selection. National and Individual Titles will be declared.

Age bands will operate at National Finals for all Club Grades or Compulsory Levels.

Compulsory Level 4 - Age 9 in the year of the competition

Compulsory Level 3 - Age 10 in the year of the competition

Compulsory Level 2 - Age 11 in the year of the competition / Age 12 out if age in the year.

Club Grade 8 - Age 10 and over in the year of the competition

Club Grade 7 - Age 11 and over in the year of the competition

Club Grade 6 - Age 12 and over in the year of the competition

Club Grade 5 - Age 13 and over in the year of the competition

10 **Qualification**

The Region must submit their entry form by the closing date for the National Finals. **A full set of qualification competition scores** and the names of the first 4 gymnasts in each Club Grade 8, 7, 6, 5, or Compulsory Level 4 & 3, must be submitted with the entry to the National Finals. Late submission of names will **VOID** entry. In the event of a tie for 4th place in Compulsory Level 4 & 3 the count back should start from R & C.

The entry closing date is printed on the entry forms. Compulsory Grade Level 2 is by direct entry using the published entry form by the closing date. Qualifying scores from the Regional qualifying competition, or score from a previous Compulsory Level and date, must be included on the entry form.

11 **Judging**

For Club Grades and Compulsory Level 4 & 3, in the Regions the Region will appoint the judges. It is required that in all Club Grades / Compulsory Level 4 & 3 competitions, there are a minimum of two judges on each piece of apparatus of which **ONE** must be Regionally qualified.

BRITISH CLUB GRADES AND COMPULSORY LEVEL REGULATIONS

12 **Music**

All Club Grades / Compulsory Level 4, 3 & 2 events are to gymnast's own music, maximum 1 minute 30 seconds duration as FIG rules.

13 **Certificates and Badges**

A certificate should be awarded to ALL gymnasts who achieve a Club Grade pass. A badge may be purchased. ALL gymnasts who achieve a Compulsory Level 4, 3 & 2 pass, will be awarded a certificate

14 **Grades Transfer Progress**

**** ONLY ONE GRADE OR COMPULSORY LEVEL MAY BE TAKEN PER YEAR.**

- (a) **Compulsory Level 2:** To progress to Espoir, Junior or Senior British Championships a pass mark of **52.50** is required with a minimum mark of **10.50 on Range and Conditioning**. See notes regarding re-take of R & C if required. (01 b)
Compulsory Level 2 may be taken in age 11 years in March as first attempt with a second attempt in November. A further attempt may be taken aged 12 years, out of age, the following March. A gymnast may revert to the Club Grade scheme if she fails. Once a gymnast has passed Compulsory Level 2, she may not revert to the Club Grades system.
- (b) **Club Grades 14 - 5.** The gymnast will be permitted to progress / advance without a PASS but she will be required to progress on a regulated basis i.e. one grade per year. A gymnast who passes a Club Grade must progress to a higher level and when Club Grade 5 is passed, the gymnast leaves the grading programme.
- (c) A gymnast may transfer to the Compulsory Level 2 not younger than aged 11 years in the year of the finals providing that she has passed Compulsory Level 3. One Compulsory Level only can be taken each year, except for Compulsory Level 3 out of age 11 years, who may enter 2nd attempt Compulsory Level 2 if they pass at the Regional competition in the same year.
- ****
- (d) The pass mark for Club Grades is **40.00** and must be achieved to be eligible for the National Finals of Club Grades 8, 7, 6, 5.
- (e) **Compulsory Level 3** If a gymnast achieves an overall pass mark of **50.00** but fails to achieve the requisite minimum mark on Range and Conditioning **10.00** she may re-take it at a Regional competition. The re-take must be judged by two independent National or Brevet Judges who are not connected with the gymnast's club, and may **ONLY** be attempted **ONCE**. If the gymnast fails to score a minimum of **10.00** at the re-take, she **HAS to retake the complete Compulsory Level 3 again.**
- (f) **National Final Compulsory Level 4** gymnasts who achieve a pass mark of **47.50** and a minimum mark of **9.50** on Range and Conditioning and **Compulsory Level 3** gymnasts who achieve a pass mark of **50.00** and a minimum mark of **10.00** on Range and Conditioning and do not qualify for a Region's team as one of the first 4 gymnasts, may enter the National Final as an individual. A complete set of Regional qualifying scores **must** accompany the entry.

15 **Vault**

2 Vaults may be performed in all Club Grades and Compulsory Level 4, better vault to count.
2 Vaults will be performed in Compulsory Level 3 & 2 and the score will be averaged.

BRITISH CLUB GRADES AND COMPULSORY LEVEL REGULATIONS

16 **National Age Group Champions.**

Compulsory Level 4, 3 & 2 in age is a qualifying competition for British Age Group Champions at age 9, 10, and 11 years of age.

The pass mark for Compulsory Level 4 to Compulsory Level 3 is **47.50 and 9.50** on R & C

The mark for progression from Compulsory Level 3 to Compulsory Level 2 is **50.00 and 10.00** on R & C

The mark for progression from Compulsory Level 2 to Espoir British is **52.50 and 10.50** on R & C

17 **Compulsory Level 4 & 3 and Club Grades 8, 7, 6 & 5**

(i) Gymnasts out of age who do not wish to follow the Compulsory path may move direct to Club Grade 7 without attempting Compulsory Level 3 and be a minimum age of 11 years.

(ii) In age gymnasts must progress accordingly

18 **Competition Code and Vault heights**

- Landing on 20cm basic mat with 10cm supplementary mat
- Tape measure will be laid from the front of the Vaulting table
- **Espoir** Vault finals will be 2 different vaults which can be from the same group
- **Junior** Vault finals will be 2 vaults from different groups

| Event | Code | Vault height. | Bars |
|------------------------|---------------------------|---------------|-----------------|
| British Seniors | FIG Competition 2 / 3 | 125cm | |
| British Juniors | FIG Competition 2 / 3 | 125cm | |
| British Espoir | FIG Competition 2 / 3 | 125cm | plus R & C |
| Club Grade 14 | As Grades book | Blocks 60cm | Single high bar |
| Club Grade 13 | As Grades book | Grades book | Single high bar |
| Club Grade 12 | As Grades Book | Grades book | Asymmetric bars |
| Club Grade 11 | As Grades book | 120cm | Asymmetric bars |
| Club Grades 10 & 9 | As Grades book | 125cm | Asymmetric bars |
| Club Grade 8 | As Grades book | 120cm | Asymmetric bars |
| Club Grade 7 | As Grades book | 125cm | Asymmetric bars |
| Club Grade 6 | As Grades book | Blocks 120cm | Asymmetric bars |
| Club Grade 5 | As Grades book | 125cm | Asymmetric bars |
| Compulsory Level 2 | As Compulsory book | Blocks 120cm | Single high bar |
| Compulsory Level 3 | As Compulsory book | 120cm | Single high bar |
| Compulsory Level 4 | As Compulsory book | 115cm | |
| British Teams | FIG Competition IV | 125cm | |
| Level 4 In age | As published Levels rules | 115cm | |
| Level 3 In age | As published Levels rules | 120cm | Single high bar |
| Level 2 In age | As published Levels rules | 125cm | Single high bar |
| Bill Slater Club Teams | FIG | 125cm | |
| Challenge Cup Seniors | FIG | 125cm | |
| Challenge Cup Juniors | FIG | 125cm | |
| Challenge Cup Espoir | FIG | 125cm | |
| BSGA Seniors | FIG | 125cm | |
| BSGA Juniors | FIG | 125cm | |

Apparatus Dimensions All WTC events as FIG specification with the following exceptions

Beam height. 125cm from the floor to the top of Beam.

**Bars height. Low bar 170cm / High bar 250 (both +/- 1 cm) from the floor to the top side of the bars
In Club Grades 14 & 13, and Compulsory Grade Level 2, the matting under the Bars must be as described in general regulations 07 (f)**

Max width between bars, inside bars on diagonal is 180cm

Min width between bars, inside bars on diagonal is 130cm

20cm basic mats are required at Vault with a compulsory 10cm supplementary mat

20cm basic mats are required at Bars and Beam & the 10cm supplementary mat is compulsory

The British Age Group Championship 2009

DECLARATION OF THE BRITISH AGE GROUP CHAMPIONS:

Eligibility: The British Age Group Champions for 9, 10 years will be determined by the combined scores of the gymnasts who have competed for their Region in the Age Determined Compulsory Level 4 & 3 (Part 1) and Voluntary (Part 2) Age Group final.

Compulsory Level 2 / Voluntary Level 2 are direct entry to National final providing entry the criteria have been met.

Individuals aged 9 & 10 years may be entered, providing that the specific score has been met, in Compulsory Levels 4 & 3. Voluntary Age Group Level 4 & 3 will be eligible providing the qualifying score has been met and they have a carry forward score from the same year's National Compulsory finals. This category applies if they were not eligible to be a member of their Region's Team.

Champions will be declared as follows;

British Age Group Champion 9 Years Level 4 (Compulsory Grade Part 1 & Voluntary Part 2)

British Age Group Champion 10 Years Level 3 (Compulsory Grade Part 1 & Voluntary Part 2)

British Age Group Champion 11 Years Level 2 (Compulsory Grade Part 1 & Voluntary Part 2)

The Age Group Champions will each receive a Challenge Trophy to retain until the next championship and a Plaque, which will be retained. The trophy will be presented at the end of the Competition for that age. The gymnast's Club assumes total responsibility for any BG trophy once presented and for its safe return before the following year's championship.

Many medications that are used by gymnasts are listed as prohibited or restricted substances in accordance with WADA, (World Anti-Doping Agency), the IOC (International Olympic Committee), and in deed the FIG (International Federation of Gymnastics). Although medications are removed or changed annually, (caffeine is one example of a substance which was on the restricted substance list in 2005, but last year was removed), it is essential that you are aware of how to check medications and their current status.

If you wish to check a medication please access the following website address; <<http://www.didglobal.com/page/didenqs/search>> or complete and return the document on British Gymnastics' website; <http://www.british-gymnastics.org> - British Gymnastics' Downloads / World Class / Therapeutic Exemption Use Form / Therapeutic Use Exemption Form Faxback.

If you are currently taking any prescribed substances, particularly for the control of asthma, it is important to ensure you have appropriate certification signed by a specialist in respiratory medicine. Several cases recently have highlighted the importance of this. In line with the Drug Free policy it is important to be aware that it is the responsibility of the gymnast that they have, a) not taken any restricted or banned substances, or b) have obtained the necessary documentation (Therapeutic Use Exemption, (TUE)) which is approved by UK Sport / FIG. If you have any concerns or are unsure as to whether the medication is a restricted or banned substance, please contact Steve Green on 0845 1297129 x 2366, e-mail; steve.green@british-gymnastics.org.

In the fight for drug free sport, on the behalf of British Gymnastics, UK Sport carries out the testing programme. This is run in accordance with British Gymnastics anti-doping policy, (available from the website). We fully endorse a testing programme at squad events, as well as at competition in the UK.



Steve Green
Programme Manager

January 2007



British Gymnastics

W.T.C 2009 Competitions Easter 10 – 13 April

| Date | Competition | Venue | Closing | Date |
|------------------|-----------------------------------------------------------------------------------------|------------|-------------|---------------------------------------|
| 08 March | The British Compulsory Level 2 Training day PM 07 March | Liverpool | Noon Friday | 06 February |
| 15 March | ** B.S.G.A.. Full Apparatus Championship | Newcastle | Noon Monday | 10 Feb Intention 17 Feb Payment |
| 25 / 26 April | British Club Grades Championship Grades 8, 7, 6 & 5 | Birmingham | Noon Monday | 16 March |
| 02 / 03 May | The British Compulsory Level 4 & 3 Championship | Birmingham | Noon Monday | 23 March |
| 09 May | BUSA | Newcastle | Noon Friday | 10 April |
| 15 / 16 May | Grand Prix World Cup event | Glasgow | | |
| 23 / 24 May | The British Women's Team Championship | Guildford | Noon Friday | 17 April |
| 06 June | The British Espoir Championships Training PM 05 June | Gloucester | Noon Friday | 24 April |
| 07 June | The Espoir Challenge Cup | Gloucester | Noon Friday | 24 April |
| 04 July | The British Championships Junior Training day PM 03 July | Guildford | Noon Friday | 22 May |
| 04 July | The British Championships Senior Training day PM 03 July | Guildford | Noon Friday | 22 May |
| 05 July | The British Championships Apparatus finals Espoir/Junior/Senior | Guildford | | |
| 13 – 18 October | Artistic World Championships | O2 London | | |
| 24 / 25 October | The Bill Slater Club Teams Championship | Newcastle | Noon Friday | 11 Sept |
| 07 / 08 November | British Age Group Champs Voluntary Finals Level 4, 3 & 2 Training day 06 November | Guildford | Noon Monday | 05 October |
| 21 November | Compulsory Level 2 re take In Age | Aldershot | Noon Friday | 23 October |
| 22 November | The Challenge Cup Junior & Senior British re-qualifiers | Aldershot | Noon Friday | 23 October |

** For further information on this competition please contact the person named on the entry form.

25 November 2008 Issue 06

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