



Work Plan

Trampoline & Tumbling

British Championships

Arena, Birmingham

21st – 23rd September 2018

Version 1

Table of Contents

Venue Information	4
Address.....	4
Car Parking.....	4
Entrances.....	4
Judges & Officials.....	4
Regional Desks	Error! Bookmark not defined.
Warm-Up Hall	4
Gymnast and Coaches Seating.....	4
Medical Provision	4
Tickets.....	4
Ticket Allocations.....	4
Ticket Purchase.....	4
Accommodation and Transport Arrangements	5
Accreditation	5
British Gymnastics Accreditation Desk	5
Babies and Young Children.....	5
Technical Information.....	5
Orientation Meeting.....	5
Training Sessions.....	5
Judges Meeting	6
Apparatus Specification	6
Registration.....	6
Tariff Sheet Submission.....	6
DMT	6
Tumbling	7
Anti-doping	7
Competition Details	7
Judges and Officials	7
Coaches.....	7
Timetable.....	7
DMT Competition Format	Error! Bookmark not defined.
Draw for Competition	8
Working Order.....	8
Rules and Regulations.....	8
Volunteers	8
Competition Attire.....	8
Inquiries.....	8
Tie Breaks	8

Scoring and Result	8
Presentation Ceremonies and Awards	8
Media Information	8
Media Attendance.....	8
Official Photographer	8
British Gymnastics Photo Policy.....	9
Appendices	10
Appendix 1	10
Appendix 2	11

Version History

Venue Information

Arena, Birmingham

Address

Arena Birmingham
King Edwards Road, Birmingham, B1 2AA.

Car Parking

Pay and display car parking is available at the venue on the North car park. Alternative car parking is available nearby.

Entrances

Gymnasts & Coaches

Gymnasts and coaches are required to use the designated Gymnast and Coaches Entrance, signposted at the venue as **Entrance E**.

Judges & Officials

Judges and officials are required to use the designated Judge and officials entrance, signposted at the venue as **Entrance C**

Spectator Entrance

Spectators are required to use the designated Spectator Entrance, signposted at the venue as **Entrance F**.

A diagram of the three entrances can be found in **Appendix 1**.

Warm-Up Hall

Gymnasts must not use the equipment in the Warm-Up Hall without a qualified coach present and must respect their schedule time as per the timetable.

It is requested that when gymnasts and coaches are not competing that they make use of the designated gymnasts and coaches seating (see below) to watch the competition, to prevent the Warm-Up Hall from becoming too congested.

Gymnast and Coaches Seating

Accredited gymnasts and coaches who wish to watch the competition may sit in the allocated delegation seating (Blocks 2 & 11). Please respect this request and do not sit in any other area during the competition.

Medical Provision

A Doctor and Physiotherapist will be available in the designated medical area within the venue. Treatment will be accessible by all accredited gymnasts who sustain an injury at the event. The medical team are not available to treat pre-existing or chronic injuries.

Any injury occurring 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 British Gymnastics appointed medical officer as to the gymnast's health, medical status and their ability to compete at the event is absolute and final.

Tickets

Ticket Allocations

All entered gymnasts, coaches and officials will be provided with a ticket for the entire competition through their accreditation pass. Gymnasts who withdraw from the competition are eligible to collect their accreditation to spectate at the event but will not have access to the Field of Play or Warm Up areas.

Please note for the day that gymnasts and coaches are not competing but wish to spectate, they will be required to report to the **British Gymnastics Accreditation Desk to collect a spectator ticket**.

Ticket Purchase

Tickets can be purchased in advance online at a discounted rate from the Arena, Birmingham website. Please visit the Arena, Birmingham www.arenabham.co.uk 'What's On' page to purchase tickets.

Online ticket prices are as follows:

Ticket Type	One Day	Weekend Ticket
Adult	£22.00	£37.50
Child/Concession*	£15.00	£28.00
Family (2 Adults & 2 Children)	£60.00	£100.00

Tickets can also be purchased on the day at Arena Birmingham subject to availability.

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

Please note a booking fee may apply.

Tickets are not required to be purchased for orientation sessions.

Accommodation and Transport Arrangements

Please note only event officials are provided with accommodation and transport; all of which will be informed accordingly. All gymnasts and coaches are responsible for arranging their own accommodation and transport.

Accreditation

British Gymnastics Accreditation Desk

The accreditation desk will be located in the foyer area of the gymnasts and coaches entrance (**Entrance E**).

Each **coach** will be required to register and collect their accreditation individually at the Accreditation Desk.

Event Officials & Judges should report to the accreditation desk at **Entrance C** upon arrival.

All changes to the nominated coaches submitted on the online entry must be submitted to the National Competition Organiser no later than **Monday 17th September 2018** and have a valid British Gymnastics membership, DBS and Safeguarding certificate along with the required coaching qualification for their gymnasts' routines. Any coach not submitted to the competition organiser prior to the deadline date will not be accredited to coach at the event. Should there be a necessity for membership renewal prior to the event, please ensure this is addressed in good time to ensure your membership has been updated. It is advised that membership fees are paid by BACS or credit/debit card to ensure payment is received in time for the competition.

Accreditation must be worn by all club members at all times as it identifies where access is permitted at the venue.

Accreditation is non-transferable. Anyone found offering their accreditation to another person in order that they may gain access to access-controlled areas will have their accreditation withdrawn and they will take no further part in any activity in the event.

Babies and Young Children

In the interests of safety, for the smooth running and professional presentation of the Event, 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.

Technical Information

Orientation Meeting

There will be no orientation meeting for this competition.

Orientation Session

Pre-competition training will take place on the Friday. Please note these sessions are scheduled and timings must be adhered to.

Please find the orientation training schedule attached as a separate document.

For orientation training, gymnasts & coaches should enter via the official Gymnast & Coaches Entrance (Entrance E). Spectators are able to watch the training sessions free of charge but will be required to enter via the official Spectator Entrance (Entrance F).

Judges Meeting

The judges meeting for Trampoline and Tumbling judges will take place at the following times; the meeting room will be clearly sign posted upon arrival.

Saturday 22 nd September 2018:	TRA:	08:15	Multi-Purpose Room 1
	DMT:	07:30	Multi-Purpose Room 1
	TUM:	07:30	Multi-Purpose Room 2
Sunday 23 rd September 2018:	TUM & DMT:	08:00	Multi-Purpose Room 1
	TRA:	08:30	Multi-Purpose Room 1

Computer scoring instruction will be on the Field of Play after the judges meeting.

Apparatus Specification

The apparatus will be provided by Gymaid. The Tumble Track will be provided by Gymnova. All apparatus including the matting is to FIG specifications. There will not be a podium at this event.

Registration

Following Orientation Training, start lists will be produced by BG Score and posted in hard copy on the Warm-Up Hall notice board and published on the British Gymnastics website.

Following podium training, there will be no movement of gymnasts between groups.

In the event of a gymnast withdrawing between the end of Orientation Training and the end of competition, they will appear on the start list but with a strike through their name.

NB: Please note registration time is as per the schedule prior to each flight.

Coaches will be required to report to the British Gymnastics Accreditation Desk, also located in the foyer area of the gymnasts and coaches entrance (Entrance E) to register and collect accreditation. Please note that all coaches must collect their own accreditation.

Tariff Sheet Submission

It is the coach's responsibility to ensure that the Tariff Sheets/Difficulty cards are completed correctly

Disability Trampoline

- Tariff sheets are required for all competitions
- A trampoline Difficulty card template is available from the downloads section on the BG [website](#)
- Tariff sheets/Difficulty card must be submitted to the registration desk on arrival at the competition and prior to the start of warm up
- Tariff sheets/Difficulty Cards should be completed in FIG notation only
- All cards must be signed by the Supervising Coach in order to be valid
- Competitors may not compete without a valid tariff sheet

Trampoline

- Tariff sheets are required for all competitions
- A trampoline Difficulty card template is available from the downloads section on the BG [website](#)
- Tariff sheets/Difficulty card must be submitted to the registration desk on arrival at the competition and prior to the start of warm up
- Tariff sheets/Difficulty Cards should be completed in FIG notation only
- All cards must be signed by the Supervising Coach in order to be valid
- Competitors may not compete without a valid tariff sheet

DMT

- Tariff sheets are required for all competitions
- A DMT Difficulty card template is available from the downloads section on the BG [website](#)
- Tariff sheets/Difficulty card must be submitted to the registration desk on arrival at the competition and prior to the start of warm up
- Tariff sheets/Difficulty Cards should be completed in FIG notation only
- All cards must be signed by the Supervising Coach in order to be valid

- Competitors may not compete without a valid tariff sheet

Tumbling

- Tariff sheets are required for all competitions
- A tumbling Difficulty card template is available from the downloads section on the BG [website](#)
- Tariff sheets/Difficulty card must be submitted to the registration desk on arrival at the competition and prior to the start of warm up
- Tariff sheets/Difficulty Cards should be completed in FIG notation only
- All cards must be signed by the Supervising Coach in order to be valid
- Competitors may not compete without a valid tariff sheet

Anti-doping

Gymnasts can be selected for testing whilst competing in the UK or internationally.

If selected, a gymnast will be required to provide a urine sample, or occasionally, a blood sample.

Gymnasts are advised to take an 'advocate' with them into the testing station. This could be a member of their medical team, a coach or a parent.

Gymnasts must declare all medications taken within the preceding 7 days.

Parents, coaches and gymnasts are encouraged to regularly check any medication via the Globaldro website (www.globaldro.com), the Drug Enquiry Line (+44 (0) 800 528 0004) or by emailing information@ukad.org.uk

The full British Gymnastics Anti-Doping Policy is in Appendix 4 or can be found on the BG website (<https://www.british-gymnastics.org/technical-information/performance-gymnastics/anti-doping>.)

Competition Details

Judges and Officials

Trampoline

Adam Rear, Andrew Aistrup, Andrew Jones, Anne Skyrme, Biz Scales, Bruce Craig, Charlotte Reeks, Helen Moore, Laura Caswell, Lynzi Mullen, Mark Foley, Mike Phillipson, Nerys Williams, Olly Monro, Peter Heames, Sharon Wood, Stephen Sampson, Yasmin Stammers

DMT

Bill Leach, Brian Scott, Clive Morgan, Isabel Chick, John Wills, Lynn Simpson, Martin Laws, Sarah Warren-Smith

Tumbling

Claire Thompson, Gemma Evans, John Murray, Lydia Hull, Mike Armstrong, Patrick Briggs, Phil Bruce, Steve Gilmore

Panel Managers

Lynda Tee (TRA), Sue Freeman (TRA), Alex Shaw (TUM), Martin Barnett (DMT)

Coaches

The following coach ratio will apply for the competition:

TRA & TUM-	1-4 gymnasts = 2 coaches, 5-8 gymnasts = 3 coaches, 9+ gymnasts = 4 coaches
DMT -	2 coaches
Disabilities-	2 coaches

Please note there is a strict no mobile phones policy on the Field of Play.

Timetable

For the purpose of maintaining the smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the Trampoline and Tumbling Gymnastics Technical Committee reserve the right to alter the competition schedule, the grouping of gymnasts and/or running order of performances as may be deemed necessary by the Organiser or authorised officials.

NB: As per previous events the competition will, where possible, run up to 60 minutes ahead of schedule, therefore please ensure your gymnasts are on-site should this occur.

Draw for Competition

The draw for the competition will be selected at random however individuals who are competing in more than one discipline will be placed in appropriate groups to ensure all disciplines can be completed at ease.

Working Order

The working order for the competition will be sent as separate attachment alongside this document.

Rules and Regulations

Volunteers

The Trampoline and Tumbling Technical Committee will act to protect any volunteers working on their behalf. All British Gymnastics Competitions operate a zero-tolerance approach to foul language or any abusive and aggressive behaviour. Anyone found to be breaking these rules will be asked to leave the competition arena. Please help ensure the competition arena is a friendly atmosphere.

Competition Attire

Please refer to the British Gymnastics Trampoline and Tumbling Competition Handbook 2018.

Please note that coaches are required to wear full length tracksuit bottoms when coaching.

Inquiries

Please refer to the British Gymnastics Trampoline and Tumbling Competition Handbook 2018.

Tie Breaks

In the case of a tie at any place, the tie will not be broken. The tied gymnast will have the same rank, subsequent ranks will be skipped.

In preliminary rounds, if a tie occurs, the tie will be broken in order to anticipate who will proceed to the next round.

Scoring and Result

Scoring and results are provided by BG Score.

Live scores from the event can be viewed using the 'BG Score' app for iOS and Android which is free to download from the iTunes and Google Play stores.

Instant video replay of the routines will be available via the iOS app subject to technology facilities at the venue.

You can also 'Like' BG Score on Facebook (<http://www.facebook.com/BGScore>) for information and scores during the event, and follow @BGScore on twitter to receive score tweets.

PDF results can be found during and after the event by searching for the event using 'Find an Event or Result' on the British Gymnastics website (<http://www.british-gymnastics.org>) or via the BG Score Facebook page.

Videos of all the routines recorded by BG Score will be made available after the event, and can be viewed by logging into GymNet with your membership number and password towards the end of the week following the event, choosing the 'Competition Videos' menu option.

Presentation Ceremonies and Awards

All placed gymnasts must be present in the competition venue for the presentation ceremony at the end of the competition.

All gymnasts and coaches participating in the presentation ceremonies must march on in competition attire.

If there are ties at any place, all attempts will be made to provide both gymnasts with the correct medal during the medal presentation. Where this is not possible, a medal will be sent to the gymnasts club after the competition.

Media Information

Media Attendance

Representatives of the media will be present at this event.

Official Photographer

The Official Photographer for the event is DE Photo.

British Gymnastics Photo Policy

In order to protect the welfare of children at the event, photography at this event is permitted only on conditions set by British Gymnastics. This is a summary of those conditions.

A copy of the full text can be obtained from the Competition Organiser or from the British Gymnastics website: <http://www.british-gymnastics.org/governance>

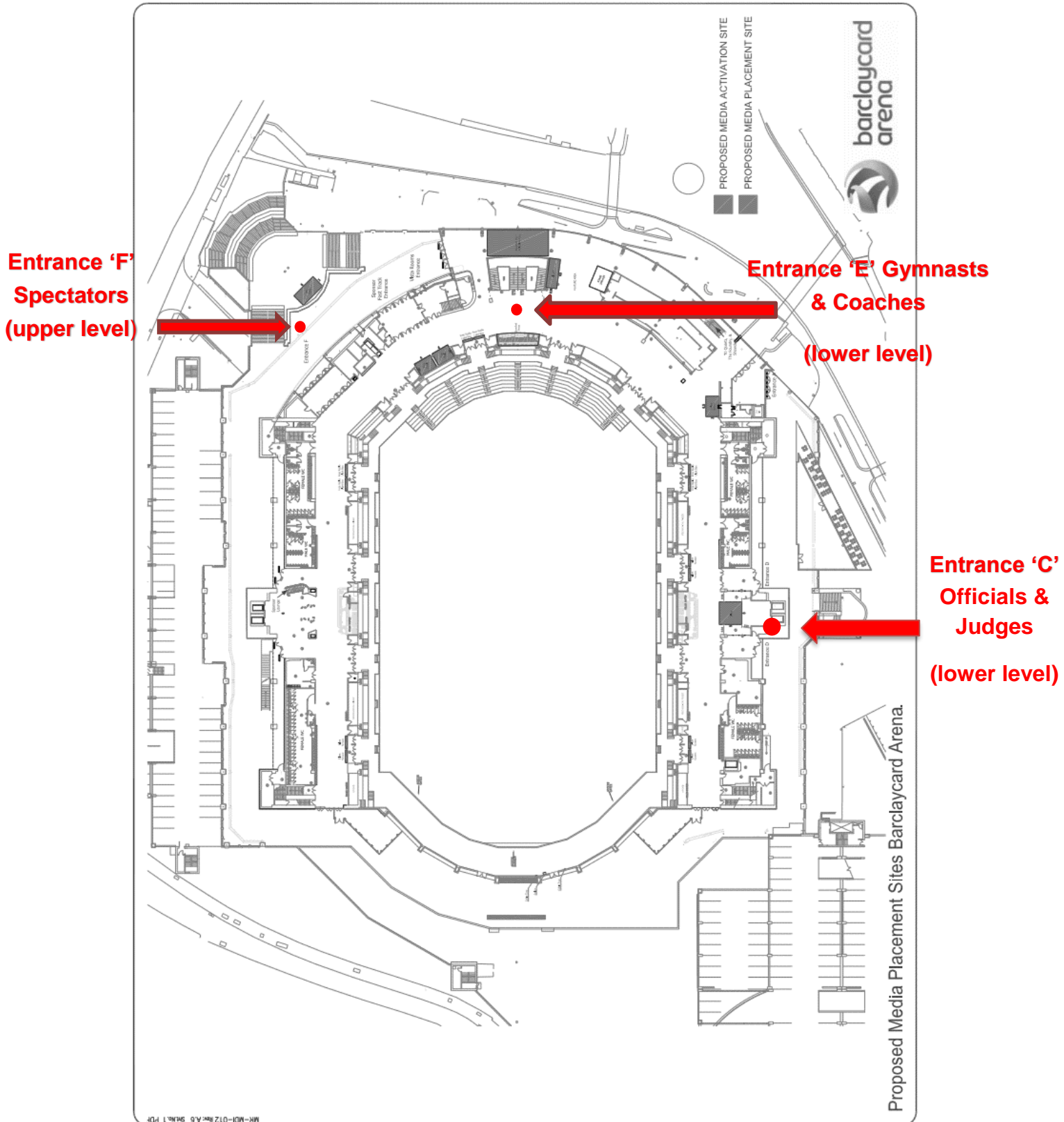
If you do not agree to these conditions you may not bring any photo equipment into the venue or take any photos.

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

Appendices

Appendix 1

Gymnasts, Coaches, Official, Judges & Spectator Entrances



Appendix 2

Drug Free Sport: Anti-Doping

The principle of fair play is a cornerstone of sport. It is therefore appropriate that a testing programme operates, actively supported by BG.

The testing programme affects any elite gymnast performing at a national standard.

All British Gymnastics organised events are notified to UK Anti-Doping, (UKAD). Testing may take place at competitions, ('in competition') or 'out of competition' at National Squads, at home or in clubs.

If selected, a gymnast will be required to provide a urine sample and occasionally, a blood sample.

Gymnasts under 16 years *can* be tested. Gymnasts competing in disciplines with an Age Group Competition may be tested within any of the age group categories.

Consent is linked to all gymnasts with a FIG Licence, or parental consent established at the point of testing.

Gymnasts are advised to take an 'advocate' with them into the testing station. This could be a member of their medical team, a coach or a parent.

In all cases, gymnasts must declare all medications taken within the preceding 7 days.

For a gymnast taking any medication, it is vital that these are checked on a regular basis and, if tested, declared. If you are competing nationally it is advisable that you check before every event.

This can be done via the Globaldro website (www.globaldro.com), the Drug Enquiry Line (+44 (0) 800 528 0004) or by emailing information@ukad.org.uk

If you compete internationally, ensure you do not use alternative medications from abroad as their ingredients can differ to the UK version.

Any gymnast tested will need to know the name of the medication, the dosage and frequency, as well as state the condition it relates to. If a gymnast is currently on any medication(s) which require a Therapeutic Use Exemption (TUE) certificate, it is vital that British Gymnastics is aware of this, and to ensure TUE certification is available at the testing.

Supplements:

Diet, lifestyle and training should all be optimised before considering supplementation. Coaches and gymnasts should assess the need and consult with an accredited sports nutritionist or a doctor experienced in Sport and Exercise Medicine before using supplements.

Supplements can become contaminated with banned substances during their production, which could lead to a positive finding.

Under the principle of 'strict liability', it is the gymnast who is held accountable if a prohibited substance is found in a sample provided, whether intentional or unintentional.

Informed Sport is an official website that provides some information on supplements that have been batch tested: <http://www.informed-sport.com/about-informed-sport>

Prepared by Dr Chris Tomlinson