

# Work Plan

Men's Artistic

Club Development & National Elite  
Grades

GMAC - Birmingham

Friday 7<sup>th</sup> – Sunday 9<sup>th</sup> November

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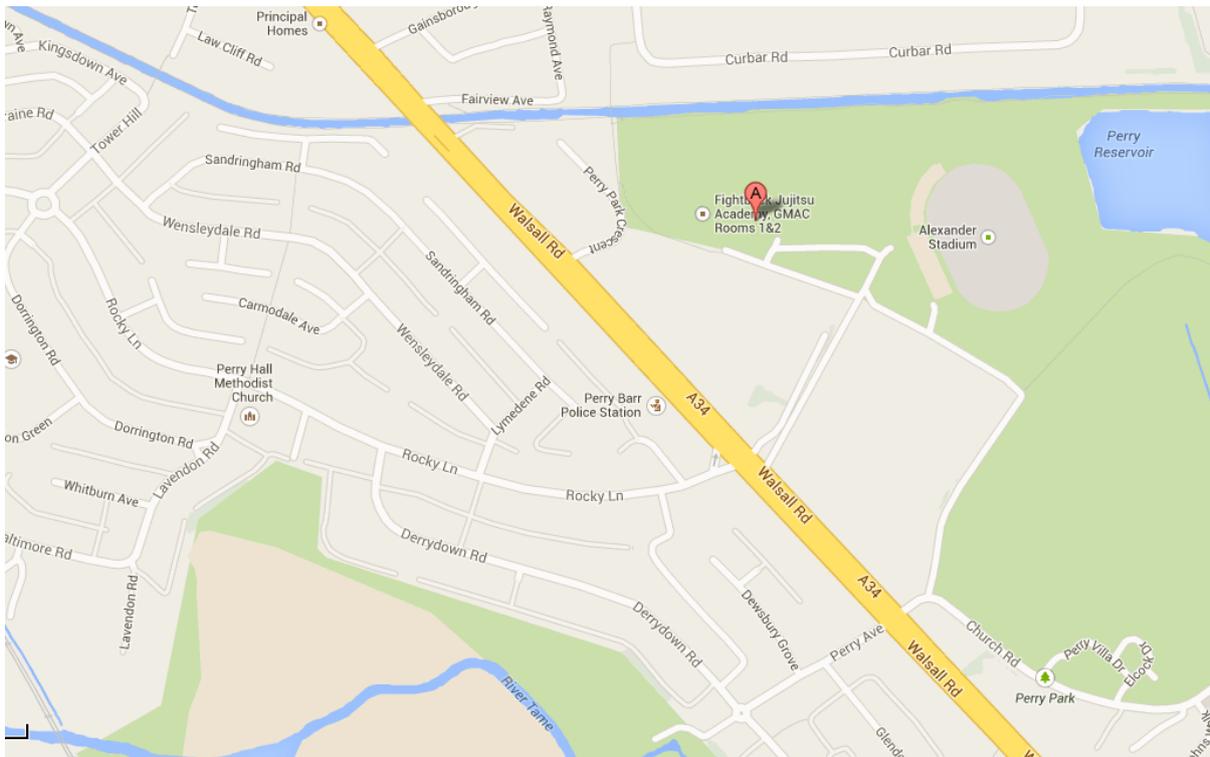
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## General Competition Information

### Venue Address

GMAC  
Alexander Stadium  
Walsall Road  
Perry Barr  
Birmingham  
B42 2LR

### Venue Map



### Car Parking

There is ample parking available at the venue (free of charge) which will be clearly signposted and supervised by stewards.

### Medical Provision

A physiotherapist will be available in the designated medical area within the venue. Treatment will be available to 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 the BG appointed medical officer as to the gymnast's health and medical status and their ability to compete at the Event is absolute and final.

## Tickets

### Ticket Purchase

Tickets will be available shortly via website TBC

They will also be available on the day, on a first come first served basis (we encourage purchasing in advance as tickets sold out very quickly on the door last year).

All sessions are individually ticketed for each session:

Adults £6.50

Under 14s and Concessions: £4.00

Tickets are sold per session as follows:

### Friday 7<sup>th</sup> November

Session One, Club Level 1 Sub- Division A and Club Level 3 Sub-division A:

-Registration: 12:00

-Warm Up: 12:30

-Competition: 13:00

Session Two, Club Level 1 Sub- Division B and Club Level 3 Subdivision B:

-Registration: 14:00

-Warm Up: 14:30

-Competition: 15:00

Session Three, Club Level 5 and Club Level 6:

-Registration: 17:30

-Warm Up: 18:00

-Competition: 18:30

### Saturday 8<sup>th</sup> November

Session Four, Club Level 2 Subdivision A and Club Level 4:

-Registration: 10:00

-Warm Up: 10:30

-Competition: 11:00

Session Five, Club Level 2 Subdivision B, Elite Level 3 and Club Level 3 Subdivision A

-Registration: 12:00

-Warm Up: 12:30

-Competition: 13:00

Session Six, Level Elite 4, 5 & 6

-Registration: 15:30

-Warm Up: 16:00

-Competition: 16:30



## Sunday 9<sup>th</sup> November

Session Seven, Elite Level 1 and Elite Level 2:

-Registration: 10:00

-Warm Up: 10:30

-Competition: 11:00

## Accreditation

Accreditation will be issued to all gymnasts, coaches, officials and volunteers.

All accreditation (except judge's accreditation) can be collected from BG accreditation desk; this will clearly sign posted upon arrival.

Judges accreditation will be given out at the judges meeting.

Accreditation must be worn by all delegation members at all times as it identifies where and when access is permitted at the venue - no one will be given access to designated areas without the appropriate accreditation.

Please ensure British Gymnastics is informed of ALL coaches who expect to coach during podium training and on the day of competition. Any coach who arrives and is not listed on the accreditation list may not be allowed on the competition floor. It is British Gymnastics' policy that all coaches need to have a current BG membership, safeguarding certificate and DBS certificate; any coach that arrives and is unable to prove they have these will not be allowed on the field of play.

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.

## Technical Information

### Judges Meeting

The judges meeting will take place at TIME TBC in the judge's room (Martial Arts Room 2) prior to the competition.

### Coaches Meeting

#### Friday 7<sup>th</sup> November:

- Session One: 12:25
- Session Two: 14:25
- Session Three: 17:55

#### Saturday 8<sup>th</sup> November:

- Session Four: 10:25
- Session Five: 12.25
- Session Six: 15:55

#### Sunday 9<sup>th</sup> November:

Session Seven: 10:25

### Apparatus Specification

Competition equipment will be supplied by Continental Sports and confirms to all FIG regulations. Coaches must take full responsibility for any gymnasts using this.

A second stretching area is available in the room Martial Arts 1 for warm up and rest rounds. Coaches must take full responsibility for any gymnasts using this

### Registration

Registration will take place 30 minutes prior to the start of competition.

### Anti-doping

At national events the collection of doping control samples shall be initiated and directed by UKAD in coordination with British Gymnastics.

There is every possibility that gymnasts will be selected, either randomly or targeted by competition results whilst competing in the UK or internationally. If selected, a gymnast will be required to provide a urine sample of a predetermined volume, outlined within the international standard regulated by the World Anti Doping Agency, [WADA] and as specified by FIG. On occasions UKAD may use blood samples in which case qualified testing personnel will conduct this procedure with the Drugs Control Officer, [DCO].

On all occasions gymnasts are advised to take an 'advocate' with them into the testing station. This could be a member of the medical team a coach or a parent as relevant. In all cases, gymnasts are requested to declare all medications taken within the preceding 7 days.

Parents, coaches and gymnasts are encouraged to regularly check any medication throughout the year. If you have any concern, or are unsure as to whether a medication is a restricted or banned substance, please refer to the following;

Gymnasts can search particular brands of medications or for specific ingredients. The database is accessible via UKAD website, or directly; [www.globaldro.com](http://www.globaldro.com). Gymnasts, coaches and support personnel are also reminded that there are other ways to check the status of medications by using either the Drug Enquiry Line on +44 (0) 800 528 0004 or by emailing [information@ukad.org.uk](mailto:information@ukad.org.uk) or visit; [www.ukad.org.uk](http://www.ukad.org.uk)

For further information on British Gymnastics Anti-Doping Policy, please find the full policy in Appendix 1 or visit [www.british-gymnastics.org](http://www.british-gymnastics.org), Technical information & Judges / Sports Science and Medicine /Anti-Doping Policy.

## Competition Details

### Head Coach Information

Can all Head Coaches please check the enclosed team lists to ensure no omissions have been made and confirm with Emma Burton of any changes as soon as possible.

- You have until **Friday 27<sup>th</sup> October** make any changes to the names shown on the attached sheets so amendments can be made to the programme. Please contact Emma Burton on 0845 1297129 Ext. 2332 if you need to make a change or email [emma.burton@british-gymnastics.org](mailto:emma.burton@british-gymnastics.org)
- All entry fees are non-returnable
- If groups become unbalanced due to withdrawals, we reserve the right to adjust group numbers on the day to facilitate continuity of the competition. Notification of any changes to the running order will be made by the Competition Director before the start of the Apparatus Warm-up
- Please ensure that your gymnasts arrive 30 minutes before the stated registration time, except for the first round

### Judges :

Adam Paterson Alex Row Alison Harvey Andrew Crawford	Andrew Butcher Andrew Webb Anne Pearcey Ben Lobban	Brad Lincoln Byron Clithero Claire McAneny Craig Richardson	Craig Woodhams Deniss Zbickis Graham O'Sullivan Graham Furner
Gregory Johnston Hazel Fern James May Jeff Davis Jonathan Burr Julian Niven-Reed Julie Edwards Kyle Barnes	Lee Woolls Mark Pocock Mel Browne Melissa Gordon Michael Roberts Mykhaylo Galyuk Neil Guy	Nikki Hanley Pamela Bowie Paul Edwards Phillip Rosenzweig Richard Keasley Stephen Davison Susan Snelgrove	Timothy Gates Tommy McGill Yevgen Gryshchenko

## Timetable

### Friday 7<sup>th</sup> November

Session One, Club Level 1 Sub- Division A and Club Level 3 Sub – Division A- 13:00

Session Two, Club Level 1 Sub- Division B and Club Level 3 Subdivision B- 15:00

Session Three, Club Level 5 and Club Level 6- 18:30

### Saturday 8<sup>th</sup> November

Session Four, Club Level 2 Subdivision A and Club Level 4 - 11:00

Session Five, Club Level 2 Subdivision B, Elite Level 3 and Club Level 3 Subdivision A - 13:00

Session Six, Level Elite 4, 5 & 6 - 16:30

### Sunday 9<sup>th</sup> November

Session One, Elite Level 1 and Elite Level 2 - 11:00

## Draw for Competition

The competition draw was created randomly, however in order to assist coaches with multiple gymnasts competing, clubs were grouped together.

## Working Order

Please see attachment for the competition working order.

## Rules and Regulations

### Membership

Information is included in the MTC Competition Handbook. Any substitute coach or judge whose name was not included on the original application form will need to prove their membership of BG before they will be allowed on the competition floor. Please provide this proof at registration.

### Coaching Qualifications

Clubs are reminded that they should ensure that the coaches attending to the participants are qualified to the level of the participants' performance.

## Volunteers

The MTC will act to protect any volunteers working on its behalf. All MTC 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 and, if necessary, the Centre. Please help ensure the competition arena is a friendly atmosphere.

## Competition Arena / Competition Etiquette

Please ensure that gymnasts and coaches use the seating provided whilst waiting to perform on apparatus. Please keep all your belongings together and only march to the next piece of apparatus when instructed, ensuring that gymnasts march around apparatus and not across it. Gymnasts wishing to leave the arena must first seek permission of the Competition Director.

## Competition Attire

All gymnasts and coaches must march on in competition attire.

Gymnasts;

- All gymnasts to be dressed in accordance with current FIG and National Regulations for male competitors.
- At all competitive events in the UK or overseas, gymnasts and coaches must wear the uniform or identification badge or logo of the organisation named on their entry form.
- All competitors in a team must be uniformly dressed.
- Competitors in events for gymnasts under the age of 12 may elect to wear shorts or long gymnastic trousers, with appropriate footwear. However, teams must be uniformly dressed.
- Gymnasts must not remove leotards whilst on the field of play.
- Numbers must be worn at all times, if directed by the Competition Organiser.
- Jewellery, body piercing and similar adornments are not allowed.

Coaches are expected to maintain a good standard of dress.

- Standard dress would include trainers (no flip flops), full-length tracksuit bottoms, polo/t-shirts and/or tracksuit top/fleece.
- All jewellery should be removed and any tattoos covered up. Exceptions as per BG Body Piercing and Adornments policy.

Whilst the competition is in progress coaches and gymnasts should not wear clothing that is heavily branded with advertising or messages.

Requests can be made to adopt reasonable clothing modifications at any BG competition on religious grounds only. All requests must be on the official BG Clothing Modification Request Form and submitted with the competition entry at least four weeks before the competition closing date, to allow sufficient time for full consideration of the application and any possible health and safety implications.



Chewing gum is not allowed at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.

Gymnasts and coaches and officials are expected to comply with the accepted protocols during the playing of National Anthems.

The wearing of GBR attire at BG events is strictly forbidden. However, where individuals or partnerships have been selected for GBR and awarded their colours (GBR flag), this may be worn on the gymnast's leotard at domestic events provided it conforms with FIG attire regulations.

Failure to comply with any of the above will result in normal dress penalties being imposed.

Judges:

- Dress in accordance with current FIG regulations (e.g. Navy Blazer, Grey Trousers/Skirt and Plain shirt)
- Wear the BG MTC tie/scarf at all official MTC competitions

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 in the main arena during the event.

### **Inquiries and Protests**

A polite approach to D1 is permitted to enquire about Difficulty Score and Additional Penalties only. Intent to appeal must be made to D1 before leaving the judging table. A written detailed Appeal should be made in writing to the Competition Controller accompanied by £20.00, which will be refunded should the Appeal be won. **No approach to D1 can be made after the start of the following apparatus rotation. Appeals must be made within 5 minutes of stating intent to appeal.**

### **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.

### **Scoring and Result**

Scoring and results are provided by Peter Griffin. Results will be available on the BG website after the competition.

### **Presentation Ceremonies and Awards**

Please note all gymnasts will be required for medal presentations. At the end of the competition gymnasts will be moved to a holding area, where the Event Team will line the gymnasts in competition order ready for presentation, therefore please make sure gymnasts are quick when finishing the competition taking all their belongings with them, making sure we can make a swift transition into the presentations.

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

## Media Information

### Official Photographer

TBC

#### 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.



## Appendix

## Appendix 1 - Drug Free Sport: Anti-Doping

One of the cornerstones of sport is the principle of fair play, and without question there should be an emphasis on fair play in regard to the adherence to the rules of a drug free sport. It is therefore necessary and appropriate that a testing programme operates and is actively supported by BG. ***The testing programme may affect any elite gymnast performing at a national standard.***

Under the Regulations of FIG, all British Gymnastics organised events are notified to UK Anti-Doping, (UKAD). Gymnasts and coaches should be aware that testing may take place at competitions, deemed to be testing 'in competition' and potentially at National Squad trainings, deemed to be 'out of competition'. In principle gymnasts under 16 years *may* be tested in particular circumstances. Consent is linked to all gymnasts with a FIG Licence, or parental consent established at the point of testing, but this means that gymnasts competing in disciplines with an Age Group Competition; Acrobatic, Aerobics, DMT, Trampoline and Tumbling, may be tested within any of the age group categories.

At national events, be they competition or national squads, the collection of doping control samples shall be initiated and directed by UKAD in coordination with British Gymnastics. In addition to this gymnasts can be tested at home or their club, in particular where they are of an international standard. For further information on British Gymnastics Anti-Doping Policy, please visit [www.british-gymnastics.org](http://www.british-gymnastics.org), Technical information & judges / [Sports Science and Medicine](#) / Anti-Doping Policy.

There is every possibility that gymnasts will be selected, either randomly or targeted by competition results whilst competing in the UK or internationally. If selected, a gymnast will be required to provide a urine sample of a predetermined volume, outlined within the international standard regulated by the World Anti Doping Agency (WADA) and as specified by FIG. On occasions UKAD may use blood samples in which case qualified testing personnel will conduct this procedure with the Drugs Control Officer (DCO).

On all occasions gymnasts are advised to take an 'advocate' with them into the testing station. This could be a member of the medical team a coach or a parent as relevant. In all cases, gymnasts are requested to declare all medications taken within the preceding 7 days.

Therefore 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 medications to ensure they are permitted on each occasion, i.e. every event. If you compete internationally ensure you are prudent and do not use alternative medications from abroad as their ingredients can differ to the UK version.

Any gymnast tested they will need to know the name of the medication, the dosage, frequency and the starting point of the course of medication, as well as state the condition it relates to. If a gymnast is currently on any medication(s) which is/are restricted or prohibited, or have a Therapeutic Use Exemption (TUE) certificate, it is vital to ensure that the 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 for supplementation and consult with an accredited sports dietician and/or registered nutritionist with expertise in sports nutrition, or doctor experienced in Sports and Exercise Medicine before taking using supplements. Scientific evidence continues to suggest that supplements can become contaminated with restricted or banned substances during their production, and 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 products which fall into the category of supplementation, but may have been previously tested for integrity: <http://www.informed-sport.com/about-informed-sport>

## Gymnastics medical staff:

It is imperative that you seek advice if you are uncertain on medications, or the testing procedure. It is essential to promote, support and show that we are drug-free in the campaign to ensure sport is 'clean' in the UK.

## Checking Medications:

If you have any concern, or are unsure as to whether a medication is a restricted or banned substance, please refer to the following;

Gymnasts can search particular brands of medications or for specific ingredients via [www.globaldro.com](http://www.globaldro.com). Gymnasts, coaches and support personnel are also reminded that they can check the status of medications by using either the Drug Enquiry Line on +44 (0) 800 528 0004 or by emailing [information@ukad.org.uk](mailto:information@ukad.org.uk) or visiting [www.ukad.org.uk](http://www.ukad.org.uk)

## ASTHMA:

There continues to be no requirement to complete a Therapeutic Use Exemption Use form (TUE) for a number of the asthma medications, including Salbutamol and Salmeterol. Formoterol has also been added to the list that no longer requires a TUE when taken by inhalation.

However, Formoterol has a threshold level of permitted use, maximum 54 micrograms over 24 hours. As a result of these changes UK Anti-Doping reminds all gymnasts that the British guidelines for inhaled Formoterol range from 24-72 micrograms per day. (If there is a medical situation requiring doses beyond 54 micrograms then a TUE may still be required, in which case a lung function test and application for asthma TUE will be required. If exacerbation of asthma requires a supplementary dosage of Formoterol, above 54 mg per 24h, an emergency TUE should be applied for).



Regardless of the dosage permitted, all gymnasts are encouraged to seek appropriate medical advice to ensure that they are receiving optimal treatment.

A TUE is still required for Terbutaline. In some cases it is possible that gymnasts can change their medication to still effectively manage their asthma with an alternative, however please seek advice from your GP, and seek support from BG should this prove problematic or be an issue of concern.

#### PSEUDOEPHEDRINE:

Pseudoephedrine is a decongestant used to treat nasal and sinus congestion and remains on the list of prohibited substances. It is an ingredient in some 'Over The Counter' (OTC) cold and flu medications such as Sudafed (some varieties).

BG would strongly recommend you RECHECK any medications that you are currently taking or that you may have at home to ensure that you do not inadvertently contravene the doping regulations.

If you have any questions or queries please do not hesitate to contact British Gymnastics Anti-Doping Officer

In the fight for a drug free sport, BG fully endorses a testing programme at events organised by BG and request that you support and promote a clean image for British sport.

Prepared by Dr Chris Tomlinson & Steve Green – Performance Manager & Anti -Doping Officer