



Work Plan

Trampoline & Tumbling

NDP Finals

Ricoh Arena, Coventry

12th – 14th July 2019

Version 1.0

British
Gymnastics

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Venue Information

Ricoh Arena, Coventry

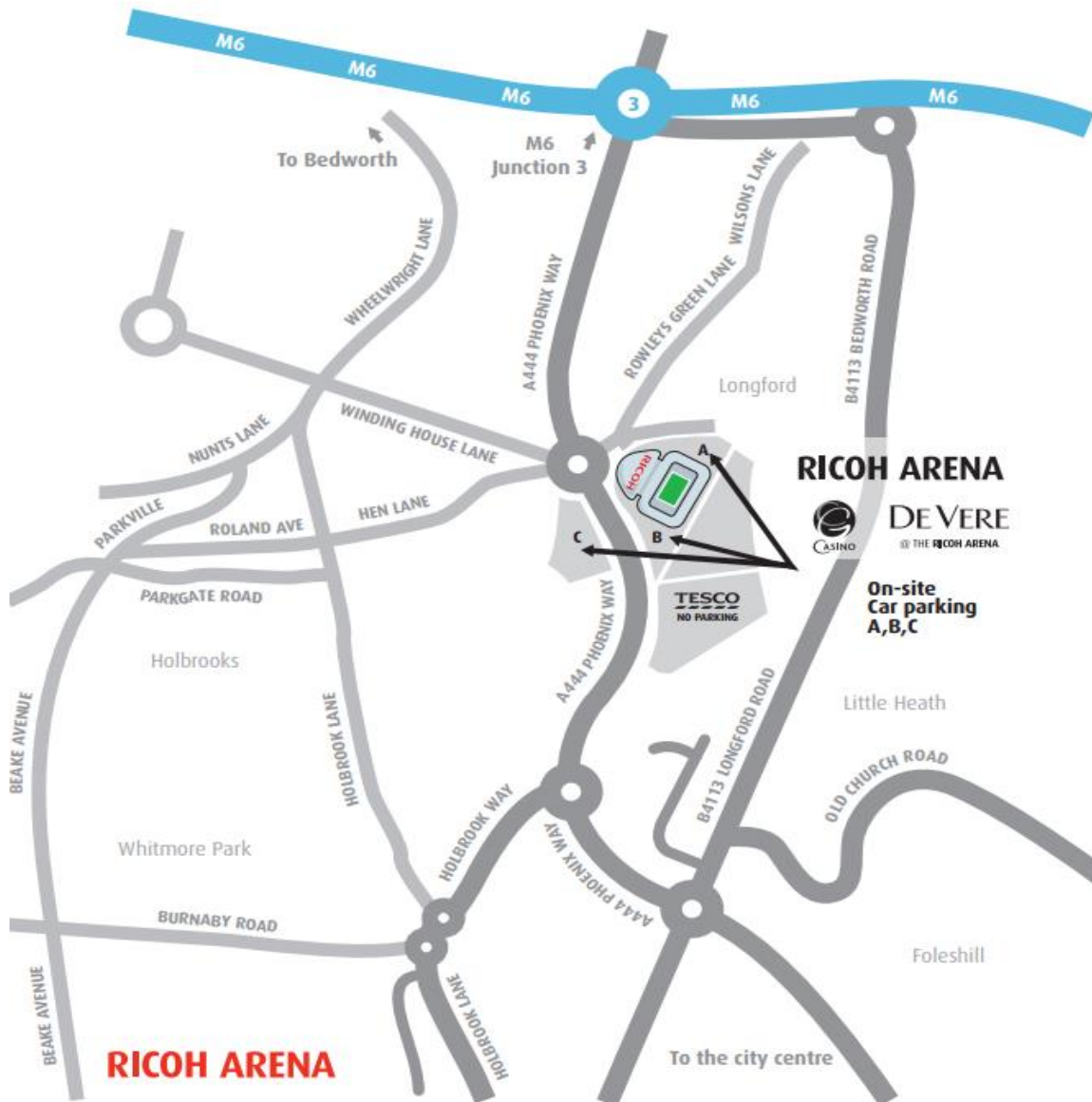
Address

Ricoh Arena
 Phoenix Way
 Foleshill, Coventry
 CV6 6GE

Venue Map

Venue

Map



Car Parking

Car parking is available on site in Car Parks A and B for overflow

Please be aware that there is strictly NO parking available in the side streets near to the Ricoh Arena. A strict residents' parking scheme is enforced on event days as part of the Ricoh Arena's green travel plan. This enforcement lies within two kilometres of the venue.

If you are a disabled badge holder, please contact Daniel.Salotra@apcoa.com or Christopher.OTOole@apcoa.com for availability and prices.

Car Parking Tariff:

Duration	Cost
0-30 Mins	FREE
30 Mins – 1 hour	£2.00
1-2 Hours	£4.00
2-4 Hours	£6.00
4-6 Hours	£8.00
6-12 Hours	£10.00
12-24 Hours	£15.00
Hotel Parking	£6.00
Overnight Parking	£6.00 (18.00 – 11.00)

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.

Welfare Officer

British Gymnastics are striving to create a gymnast centred sporting environment and as such hold the welfare and safety of the participants as a paramount consideration.

An experienced welfare officer will be attending this event to continue to promote a safe and friendly environment for all of our participants. The welfare officer will have a stand in a prominent position to be able to both advertise to the general public and to participants our commitment to welfare, but also allow all the opportunity to report concerns.

Gymnast Seating

Accredited Gymnasts and Coaches who wish to watch the competition may sit in the allocated delegation seating. Please respect this request and do not sit in any other area during the competition.

Tickets

Ticket Allocations

All entered gymnasts 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.

Coaches will also be provided with an event ticket.

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 from Gymshop, the official retail partner of British Gymnastics. Please visit www.british-gymnastics.org/shop. Tickets can also be purchased on the day at Ricoh Arena, subject to availability.

Online ticket prices are as follows:

Ticket Type	One Day	Weekend
Adult	£10.00	£17.50
Concession*	£7.50	£12.00
Family	£30.00	£45.00

On the day ticket prices are as follows:

Ticket Type	One Day	Weekend
Adult	£13.00	£23.00
Concession*	£10.00	£16.00
Family	£40.00	£60.00

* 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: If purchasing tickets on the day, payment is required to be made in cash.

Tickets do not need 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 British Gymnastics Accreditation Desk will be located in the warm-up hall at Ricoh Arena (Hall 2).

Each **coach** will be required to register and collect their accreditation individually.

When registering and collecting accreditation for **gymnasts**, please wait until all gymnasts are present and register them as a group. Gymnasts are required to be registered by their coaches.

Event Officials should report to the accreditation desk upon arrival.

Judges accreditation will be distributed in the judge's meetings.

All changes to the nominated coaches submitted on the online entry must be submitted to the National Competition Organiser no later than **midday on Monday 8th July** 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.

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 13 th July 2019:	TRA/TUM/DMT	07:45hrs
Sunday 14 th July 2019:	TRA/TUM/DMT	08:00hrs

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

All clubs should register together once all gymnasts are present. Accreditation should also be collected at this time.

Please note that all coaches must collect their own accreditation.

While all gymnasts should be present, one coach from each club will be required to register all their gymnasts and inform British Gymnastics of any withdrawals. Copies of the competition timetable and will be available to collect from the Accreditation Desk.

Registration will open at the following times:

Saturday 13 th July 2019:	07:45
Sunday 14 th July 2019:	07:45

Where possible please register 30 – 60 minutes prior to the general warm up for each flight to avoid an influx of clubs at one time.

NB: Please only register your gymnasts when they are on site and confirmed as competing.

Tariff Sheets

It is the coach's responsibility to ensure that the Tariff Sheets/Difficulty cards are completed correctly. Tariff sheets are required for the following levels & disciplines.

- Disability Trampoline – required for all competitions
- Trampoline – NDP Levels 5 & 6 (except Level 5 9-10 yrs) and FIG Development all ages
- DMT – NDP Levels 4-6 and FIG Development all ages
- Tumbling – FIG Development all ages

Tariff Sheet Submission

- 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 1 or can be found on the BG website (<https://www.british-gymnastics.org/technical-information/performance-gymnastics/anti-doping>)

Competition Details

Judges and Panel Managers

Alex Shaw	Jacki Gilmore	Matthew Caine	Ruth Brownsey
Andi Revell	Joanna Parkinson-Hill	Mike Phillipson	Sade Ottley
Andrew Aistrup	John Wills	Nerys Williams	Sarah Goodwin
Andrew Coulter	June Short	Nicholas Flynn	Sarah Jones
Andrew Jones	Karen Perryman	Ollie Reis	Scott Roberts
Anthony Ottley	Katie Holmes	Pat Briggs	Simon Flannery
Biz Scales	Laura Caswell	Patrick Harper	Steve Sampson
Bruce Craig	Lydia Hull	Pernille Dietz	Tony Hull
Claire Thompson	Lynda Tee	Peter Heames	Yasmin Stammers
Clive Morgan	Lynzi Mullen	Phil Bruce	
Gemma Evans	Margaret Phillipson	Rebecca Denton	
Harriet Curtis	Martin Laws	Richard Polya	

Superior Jury

Andrew Jones, Clive Morgan (SAT only) Andrew Aistrup (Sun only)

Coaches

Please note for the NDP Finals competitions, the following coach ratio will apply.

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

Additional accreditations may be granted by the Technical Committee on request.

Orientation Training

Training for those competing on Saturday will take place on Friday 12th July. Training for those competing on Sunday will take place on the Saturday 13th July.

The orientation training schedule is attached as a separate document.

Competition 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.

The competition timetable is attached as a separate document.

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

Warm Up Hall

Please note that due to the addition of a warm up hall, no apparatus warm ups will take place on the Field of Play. Gymnasts will only complete their touch on the Field of Play.

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 emailed out shortly along with the competition schedule.

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 2019.

Inquiries

Please refer to the British Gymnastics Trampoline and Tumbling Competition Handbook 2019.

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 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.

A medal will be presented to the first, second and third placed competitor in each competition within each level, age group and gender.

If there are ties at any place, they will not be broken.

Media Information

Media Attendance

Representatives of the media will not be present at this event.

Official Photographer

The Official Photographer at this event is DE Photo.

We are pleased to announce that DE Photo has been appointed as the Official Photographers for our event. This event, by its very nature, is in the public arena and may result in the recording and publication of your image.

If you do not wish your photo to be taken, please let a member of the DE Photo team know. All DE Photo staff have been DBS checked and the company operates very strict privacy and data protection policies and are fully compliant with the General Data Protection Regulation (GDPR). Full copies of DE Photo's GDPR documentation can be found at dephoto.biz/GDPR

British Gymnastics Photography Regulations

Notice of filming and photography

Filming and photography will take place at this event.

British Gymnastics will be taking photographs and filming promotional and educational purposes. Footage and images may appear on our website, social media channels, publications such as our newsletters, magazine and membership packs marketing and education materials. Footage and images may also be circulated to media organisations for publication and broadcast, provided to our sponsors and suppliers to promote their association with British Gymnastics, and provided to our delivery and event partners for promotional purposes. A list of partners can be found at www.british-gymnastics.org/partners

Media and selected publishers may also be present to capture their own photography and footage for the purpose of sports journalism and programmes, this may also include broadcast on television or online.

Selected commercial photo providers are accredited at British Gymnastics events to take photographs of those performing or competing as a service to spectators wishing to buy images. Official photo providers can be found at www.british-gymnastics.org/partners

We respect your right to object, if you have any concerns, please contact the accreditation/event desk and speak to a member of British Gymnastics staff.

Appendices

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 – British Gymnastics Chief Medical Officer