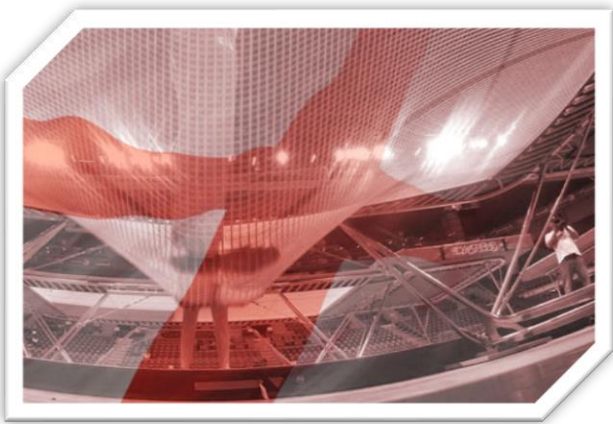


English Gymnastics

National Competition Handbook 2024


English Trampoline, Double Mini Tramp, Tumbling
Handbook



Section 1 – About

1.1 – English Gymnastics

The English Gymnastics Association Limited (EGA) was originally formed in 1982 by the English Regions, to ensure that England was represented in the Commonwealth Games and other International events. English Gymnastics is recognised by Commonwealth Games England and affiliated to the Commonwealth Gymnastics Federation, along with Scottish Gymnastics, Welsh Gymnastics and Gymnastics Northern Ireland all being recognised by the Commonwealth Gymnastics Federation too.

More details about us and our strategy can be found [online](#) .

1.2 – English Gymnastics Sponsors

English Gymnastics would like to thank its partners Gymaid and Milano for their continued support:



Having a passion for high quality products and services of trampolines. Gymaid are the only UK supplier of Eurotramp and AirTrack Factory products.



Official Leotard Partner of British Gymnastics, Milano stock a huge range of stunning gymnastics leotards for women's and men's gymnastics leotards to suit of any level, experience, and age.



1.3 – Welcome Letter

Dear Clubs,

Thank you for reading the English Competition Handbook 2024. I am pleased to introduce you to, the 'English Championships'. The championships, aims to underpin the National structure provided by British Gymnastics.

Those who are new to the English structure, please note that, the competition is based on a two-tier structure named Silver and Gold. Qualification to the English Championships for Silver and Gold events will be gained, through two qualifying competitions. The disciplines that you can compete within the English Championships are Trampoline Individual (TRI), Trampoline Synchronised (TRS), Double Mini Trampoline (DMT), Tumbling (TUM), Disability Trampoline individual, Disability Synchronised and Disability Double Mini Trampoline (DIS).

Tumbling has alternate qualification pathways to TRA and DMT that are set out within the document below.

You **cannot** qualify for British Championships through the English Championship Qualifying Series and vice versa (apart from Tumbling Gold)

Please make sure you've read through the document to make sure you are aware of any changes. We ask all coaches to please be mindful of the level you place your gymnasts. If your gymnast is good enough to compete at Gold, they should be entered into that level.

I would like to thank you for taking the time to read this handbook and look forward to seeing you at the competitions in 2024.

Yours in Sport

Stephen Wood

English Gymnastic Trampoline, Double Mini Trampoline and Tumbling Technical Chair.



E. engevents@englishgymnastics.org

W. www.englishgymnastics.org.uk

F. www.facebook.com/EnglishGymnastics



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1.3 – Abbreviations & Terminology

English Gymnastics events are Governed by British Gymnastics policies & guidance, although this document will provide details specific to this event.

On the [English Gymnastics website](#) you can find abbreviations and terminology that is regularly used across all events. This document will reference these terms and link to the website as appropriate.

1.4 – Key Contacts

English Gymnastics Events:
(All enquiries)

Email: engevents@englishgymnastics.org.uk
Info: [English Gymnastics website](#)

British Gymnastics Customer Support:
(GymNET enquiries)

Phone: 0345 1297129
Email: customersupport@british-gymnastics.org

For all other enquiries, you can find the key contact details on the [English Gymnastics website](#).

1.5 – Version History

EGA reserves the right to make amendments to this handbook.

Updates are communicated via the [English Gymnastics website](#) & [EGA Facebook pages](#).

Version 1.0

Heading/ Subtitle	Amendment	Page range
Competition Handbook	Branding update, grammatical alterations, links, page numbers	Whole document
Competition Handbook	Formatting, alignment of both English Gymnastics & British Gymnastics policies & processes.	Whole document
Competition Dates Update	Alterations to original dates for 2024. Publication of the 2025 dates	Page 6 – 7
Age Policy	Notes section alterations	Page 11
Judge Provision	Alteration to requirements of judges at competition	Page 14
Missing Judge	Alteration to Fee	Page 15
Competition Fees	Increase to fees	Page 16
Section 9.3	Alteration to competition days	Page 19
Section 10.7	Car Parking policy change of wording	Page 21

Version 1.1








Heading/ Subtitle	Amendment	Page range
Section 9.3 Order of Performance	Removal of the tumbling performance days, and direction to the Exercise Criteria to remove confusion/conflicted information.	Page 19


Version 2.0

Heading/ Subtitle	Amendment	Page range
Section 1.6 2024 Calendar	English TRA/DMT Qualification 2 closing date has been moved back to support clubs.	Page 7



1.6 – English Events Calendar 2024

Event Name:	English Qualification Series 1 & Tumbling Silver and Gold Championships		
Event Date:	7 th – 9 th June 2024		
Entry Opening Date:	Monday 11 th March 2024		
Entry Closing Date:	Noon on Thursday 25 th April 2024		
Event Location:	Telford International Centre	TF3 4JH	Google link 
Disciplines:	TRI, TRS, DMT, DIS, and TUM (Silver & Gold)		
Levels and age groups:	Gold, Silver all age groups		
GymNET link:	TRA/ DMT – Online entry link 	TUM – Online entry link 	
Event Name:	English Qualification Series 2		
Event Date:	13 th – 14 th July 2024		
Entry Opening Date:	Monday 29 th April 2024		
Entry Closing Date:	Noon on Tuesday 11 th June 2024		
Event Location:	Birmingham University	B15 2TT	Google link 
Disciplines:	TRI, TRS, DMT, and DIS		
Levels and age groups:	Gold, Silver all age groups		
GymNET link:	Online entry link 		
Event Name:	English Championships		
Event Date:	18 th to 20 th October 2024		
Entry Opening Date:	1 st August 2024		
Entry Closing Date 1:	9 th September 2024		
Entry Closing Date 2:	16 th September 2024		
Event Location:	Telford International Centre	TF3 4JH	Google link 
Disciplines:	TRI, TRS, DMT, and DIS		
Levels and age groups:	Gold, Silver all age groups (those qualified from Q1 and Q2)		
GymNET link:	Online entry link 		

A complete domestic and international events calendar can be found [online](#) 



1.7 – English Events Calendar 2025

Event Name:	English Qualification Series 1	
Event Date:	5 th – 6 th April 2025	
Entry Opening Date:	Monday 27 th January 2025	
Entry Closing Date:	Noon on Thursday 20 th February 2025	
Event Location:	<i>To be confirmed</i>	Google link 🔗
Disciplines:	TRI, TRS, DMT & DIS	
Levels and age groups:	Gold, Silver all age groups	
GymNET link:	TRA/ DMT – Online entry link 🔗	
Event Name:	English Qualification Series 2 & Tumbling Silver and Gold Championships	
Event Date:	30 th , 31 st May – 1 st June 2025	
Entry Opening Date:	Monday 24 th March 2025	
Entry Closing Date:	Noon on Thursday 24 th April 2025	
Event Location:	<i>To be confirmed</i>	Google link 🔗
Disciplines:	TRI, TRS, DMT, DIS, and TUM (Silver & Gold)	
Levels and age groups:	Gold, Silver all age groups	
GymNET link:	TRA/ DMT – Online entry link 🔗	TUM – Online entry link 🔗
Event Name:	English Championships	
Event Date:	12 th – 14 th September 2025	
Entry Opening Date:	Monday 9 th June 2025	
Entry Closing Date 1:	Noon Thursday 24 th July 2025	
Entry Closing Date 2:	Noon Thursday 7 th August 2025	
Event Location:	<i>To be confirmed</i>	Google link 🔗
Disciplines:	TRI, TRS, DMT, and DIS	
Levels and age groups:	Gold, Silver all age groups (those qualified from Q1 and Q2)	
GymNET link:	Online entry link 🔗	

A complete domestic and international events calendar can be found [online](#) [🔗](#)



Section 2.0 – Event Requirements

2.1 – Eligibility & Nationality

EGA events are only open to British Gymnastics registered clubs, who must be affiliated to their respective English region.

Each gymnast must meet the minimum Nationality requirements to attend an English Gymnastics event. These terms can be found on the [English Gymnastics website](#) under English Gymnastics Competitions.

2.2 – Qualification Requirements

See [Section 3.0 – Event Specific Details](#) for full details.

2.3 – Guests

Those representing another Country or Home Nation and wishes to compete as a Guest at an English Gymnastics event must apply prior the entering a EGA event. Details can be found on the [English Gymnastics website](#).

2.4 – Disclosure

It is the responsibility of the person making the event entry to ensure that all the gymnasts have declared any non-English nationality to [English Gymnastics Events](#) prior to the point of entry.

2.5 – Code of Conduct

English Gymnastics requires all those attending an EGA event to adhere to their relative Code of Conduct. These can be found on the [English Gymnastics website](#).

2.6 – Terms & Conditions

English Gymnastics are Governed by. English Gymnastics outline in this Handbook & online their EGA focused policies, rules, and procedures in which enhance British Gymnastics' policies & regulations which we are governed by.

EGA's Terms & Conditions can be found in the on the [English Gymnastics website](#) under EGA Policies & Procedures.




Section 3.0 – Event Specific Details

3.1 – Discipline Details

The English Championships, have a set number of places available for gymnasts. Gymnasts must qualify through the 'English Qualification Competitions'. The numbers are listed in the table below:

Level	Discipline	Number of spaces available:	
Gold	TRI	32	Qualifiers Male and Female
Gold	DIS TRI	16	Qualifiers Male and Female
Gold	TRS	10	Qualifying Pairs Male & Female, (9-10, 11-12 Male Female & Mixed)
Gold	DIS TRS	10	Qualifiers Male and Female
Gold	DMT	24	Qualifiers Male and Female
Gold	DIS DMT	12	Qualifiers Male and Female
Gold	TUM *	16	Male and Female
Silver	TRI	32	Qualifiers Male and Female
Silver	DIS TRI	16	Qualifiers Male and Female
Silver	TRS	10	Qualifying Pairs Male and Female
Silver	DIS TRS	10	Qualifiers Male and Female
Silver	DMT	24	Qualifiers Male and Female
Silver	DIS DMT	12	Qualifiers Male and Female
Silver	TUM *	Exercise Criteria Handbook	

* There are no Qualification for Tumbling at the English qualification series. Silver qualification will be taken from Regional qualification competitions. For gold level please see the '**Exercise Criteria Handbook**'.

All discipline specific exercise criteria can be found in the 'Exercise Criteria Handbook', which can be found on the [English Gymnastics website](#) 

3.2 – Disability Trampoline, DMT, and Synchronised (DIS)

See separate document 'English Disabilities Handbook', which can be found on the Find an Event pages – see individual event.



3.3 – Age Policy

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

- 9 years into the Silver competition.
- 10 years into the Gold competition.

Year Born Eligibility for competitions 2024	
9 - 10 years (Silver Only)	Born 2015 – 2014
11 - 12 years	Born 2013 – 2012
13 - 14 years	Born 2011 – 2010
15 - 16 years	Born 2009 – 2008
17 + years	Born before 2007
Masters Series	
Youth	Born 2014 – 2012
Junior	Born 2011 – 2008
Senior	Born before 2008

Notes:

- Gymnasts entering the Gold level of competition **can compete in both their Age Group** and in the **Masters' Series**, as long as they can meet the criteria. Gymnasts can only enter a maximum of three group not including TRS.
- **Gymnasts who compete 9-10 Silver level and who are 10 in the year of competition, can compete in both the silver age group competition and in the Youth Masters Gold. No other age group will be allowed to do this.**
- Exercise Criteria can be found in the 'Exercise Criteria Handbook'.
- Updates to age grouping for 2024:
 - ✓ The Masters Series Youth has been created to cater for 10-, 11- & 12-year-old age group. We have added 10-year age category to Youth Masters Series, to help with long term development of this age group, (See above for information).
 - ✓ **In 2024 gymnasts may only enter a maximum of 3 different groups, for example: TRA Masters, TRA age group, DMT Masters or TRA age group, DMT Masters and DMT age group. This doesn't include TRS, this discipline is separate.**
 - ✓ Age groups 13 – 14 and 15 – 16 will remain as a separate Age Group within the Gold categories. You are allowed to enter both age group and masters' series.
 - ✓ If you are in Age Group 15 – 16 years and wish to safely challenge yourself, you can opt to enter the Senior Masters Series OR remain within the Junior Series. This is down to coach and gymnasts' joint discretion. This is the only age group with this option.




Section 4.0 – Results & Rewards

4.1 – Celebrations

The celebration of success is vital throughout all EGA events for all those involved including gymnasts, judges, coaches, and volunteers. EGA aim to provide recognition of those involved either during or after each event.

4.2 – Ceremonies

Those who win a medal at EGA events are expected to remain in the venue until the completion of the event and participate in the medal ceremony to collect personally (except in exceptional circumstances).

Attire for medal ceremonies is according to [FIG Rules for World Championships](#) 

4.3 – Responsibility of Trophies



All perpetual trophies remain the property of the EGA.

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

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

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

4.4 – Publication of Results

Following each EGA event the results will be collated, ranked, and verified for publication. Results and standings will be circulated in the following week of the event via the [English Gymnastics website](#)  & [EGA Facebook pages](#) .

[Gymdata](#)  will be in attendance, managing, & publishing results for this event.



Section 5.0 – Health, Safety, & Welfare

5.1 – Health & Safety Statement

The Health, Safety, & Welfare of all attendees is a primary focus, therefore EGA adhere to the British Gymnastics [Health, Safety, and Welfare policies & procedures](#).

5.2 – Safeguarding

All Coaches, Lead Coaches, Supervised Coaches and Assisting Coaches are required to hold a valid DBS certificate, **or Home Nation equivalent**, and have current Safeguarding and Protecting Children Awareness training at the time of the event. Full requirements can be found on the [English Gymnastics website](#).

5.3 – Welfare

English Gymnastics ensure that there is a dedicated & recognisable Welfare Officer contactable by all those involved. This person will be named within the Work Plan.

5.4 – Emergencies

In the event of an emergency, everyone attending must adhere to the emergency procedures which will be clearly marked out by signage throughout the venue.

Coaches are to ensure all their gymnasts are kept together until registered and then handed back to their responsible adult in line with their club's event attendance risk assessment.

5.5 – Overnight UK Stays

English Gymnastic require all clubs to follow the British Gymnastics UK & Overseas Travel guidance found on [Club Hub Resources](#).

Remember forms must be submitted to British Gymnastics a minimum 4 weeks prior to departure.

5.6 – Drug Free Sport

English Gymnastics adhere to the rules published in the [World Anti-Doping Code](#), which are implemented by [British Gymnastics](#) and [UK Anti-Doping](#) into all competitive athletes.



5.7 – Manipulation of Competition

English Gymnastics follows [British Gymnastics policy](#) to support the integrity of sport and fight against the manipulation of competitions, by adhering to the standards set out in the Olympic Movement Code on the Prevention of the Manipulation of Competitions.



Section 6.0 – Judges & Officials Requirements

6.1 – Provision of Judges & Officials

Number of Competitors per day	Requirement per day (minimal):	
	Minimum Qualified Judges	Officials/ Volunteers
1 – 5	N/A	1 suitable official/ volunteer
6 – 15	1 x County Judge	1 suitable official/ volunteer
16 – 20	2 x County Judges	N/A
21+	3 x County Judges and 1 x National Judge	N/A
Submission method:	GymNET Entry System 	Email EGA Events Team 

6.1.1 – Qualification Series Judge/ Official Notes

The **EGA will not be responsible** for booking any rooms or pay any expenses towards judges' travel or accommodation during the English Qualification Series.

Clubs will be required to nominate judges for the English Qualifying Series when entering gymnasts online.

English Qualification Series Judges ideally should hold a **County Judge qualification** as a minimum. *

6.1.2 – English Championships Judge/ Official Notes


English Championships: Clubs will be required to nominate judges for the English Championships when entering gymnasts online.


England are now starting to create a list of judges that wish to judge at the English Championships. We would like clubs to encourage their judges to nominate themselves forward to be placed on the England Judge List. The EGTTTC's National judging Coordinators for Trampoline and Tumbling will then appoint officials and judges for the English Championships from those put forward. The EGTTTC will provide all accommodation and meals at the event but **WILL NOT** provide travel expenses.


English Championships Judges require to hold a **Regional Judge qualification** as a minimum. *

6.1.3 – English Approved Judge List

Every year, English Gymnastics will contact judges at the start of the calendar year to create/ update their availability and wishes to be added to the English Approved Judge List.

This list will be placed onto the [English Gymnastics website > English Gymnastics Competitions > Handbooks section](#) 


Where a judge wishes to be added/ removed from this list they must contact [English Gymnastics Events](#) 

* Judges of a lower qualification may be considered for development purposes and should email [English Gymnastics Events](#)  with their request. The Organiser and Judge Convenor will have absolute discretion whether to accept a lower qualified judge for sustainability of the event.



6.2 – Missing Judges

Missing Judge fee:	£200 per missing judge, per day.
A maximum charge of £600 for any one club at any one competition. This is so the organisers can try and supply an independent judge to make up for the missing judge/ official.	

Where a club is unable to supply a judge and accepts the missing judge fine (as per above), they are to email [English Gymnastics Events](#)  stating:

- Their Club
- Number of gymnasts being entered into the event (ideally these will be prepared on GymNET, ready to submit)
- Number of missing judges
- Acceptance of missing judge fee

The EGA Admin Team will confirm the missing judge fee application and inform of the next steps.

6.3 – Withdrawal of Judge or Official

2+ days prior to the event fee:	£250 per missing judge.
0 – 1 day prior to the event fee:	£350 per missing judge.

- Substitution process will prevail where a suitable replacement is found by the club.
- Illness does not permit clubs to withdraw judges from the event without replacing them.
- Fees **will still apply** to clubs' judges/ officials **with illness on the day**.
- All fees will be invoiced by EGA Events Admin Team.



Section 7.0 – Entry Process

7.1 – How to Enter

Entry to all English Gymnastics events is via the [BG Online Entry System \(GymNET\)](#)  **only**.

GymNET instructions are available to download from the [British Gymnastics website](#) .

All entries must be fully submitted by the **stipulated closing date & time**.

[Key Contacts section](#)  provides details where any specific entry queries can be directed.

7.1.1 – Process of Application to the English TRA/ DMT Championships (only)

By the (Date & Time TBC), an invitation list will be published on the English Gymnastic Website for the clubs to see who has qualified for the Championships.

It will be the **responsibility of the club to confirm Acceptance to Compete** by the 1st closing date: (Date & Time TBC).

This is to give the competition organisers time to fill any spaces that have not been accepted. Anyone not confirming Acceptance by this date, will have their place given to the next highest score in the ranking list, (2nd closing date is (Date & Time TBC)).

7.2 – Entry Fees

Entry Fee for the English Qualification Series (TRA/ DMT)	
Entry into 1 individual discipline	£65
Entry into 2 individual disciplines	£85
Entry into 3 individual disciplines	£100
Entry into Synchronised Competition per pair	£30
Entry Fee for the English Tumbling Championships (Silver & Gold)	
Entry into 1 individual discipline	£85
Entry Fee for the English Championships (TRA/ DMT)	
Entry into 1 individual discipline	£75
Entry into 2 individual disciplines	£95
Entry into 3 individual disciplines	£110
Entry into Synchronised Competition per pair	£30

7.3 – Method of Payment

Payment is to be made by **Debit/ Credit Card** at point of entry.
Entry fees are **non-refundable after the closing date**.



7.4 – Maximum Numbers & Waiting Lists

There is not a waiting list for these events.

Qualification numbers for the Championships can be found in [Section 3.1 – Discipline Details](#)

7.5 – British Gymnastics Hardship Grant

The British Gymnastics Foundation creates opportunities to change lives, including those experiencing significant financial hardship.

Find more information on the [British Gymnastics Foundation website](#)

7.6 – Late Entries

Late entry fee:	Late entries will not be accepted for these events, unless in exceptional circumstances. In the unlikely event of a late entry being accepted, payment of twice the normal entry fee stated for the competition (up to a maximum late entry fine of £500, not including the original entry fee) will be required for Individuals.
Applications will normally only be considered up to seven (7) days after the closing date. Late entries must be made via email to EGA Events , and will then be referred to the Organiser for consideration. The Organiser will have absolute discretion whether to accept a late entry. Late entries must be emailed to EGA Events including the following details: <ul style="list-style-type: none"> • Gymnast full name • DOB • Membership number • Event category to be added to • Judge & Coach details (as per gymnasts' details) 	

7.7 – Withdrawals & Substitutions

Dependent on the event stage, specific actions are required arrange a withdrawal/ substitution:

	Before entry closure	After entry closure	1 week prior the event
Prior to entry completion/ submission – All roles	Amendments can be made by the Club Secretary. No fee applicable.	See Late Entries section if entry will be accepted.	
Prior to entry completion/ submission – Gymnasts	Manual amended required by EGA. Email EGA Events Entry fees refunded minus 3% admin charges.	Withdrawals – Manual amended required by EGA. Substitutions – Not accepted. Email EGA Events Entry fees are non-refundable.	
Substitution/ Additional – Coach / Judge	Email EGA Events with amendments.	Email EGA Events regarding with name & BG membership no.	Email EGA Events And DBS & BG membership no. to be taken to event

Non-attendance fee: (on the day)	£0.00
Either the Event Organiser or EGA Events require to be informed prior to the day of the event to avoid a non-attendance fee.	



Section 8.0 – Membership & Qualification Requirements

8.1 – Role definitions

All relative roles for all English Gymnastics competitions are defined on the English Gymnastics website under the [Policy & Procedures section](#).

This includes the rules, regulations, & guidance on attire to maintain safety in coaching practices.

8.2 – Lead Coach rule

See British Gymnastics [Lead Coach Guidance](#) and a [Flow Diagram](#).

English Gymnastics Lead Coach Authorisation Form can be found on the English Gymnastics website under the [Policy & Procedures section](#).

8.3 – Membership & Qualification Requirements

Membership & Qualification requirement for such roles as Judges, Coaches, Gymnasts, and Volunteers can be found on the English Gymnastics website under the [Policy & Procedures section](#).

The criterion must be checked prior to attendance and adhered to throughout the event. Where anyone is found not abiding by these requirements can be removed from the competition & accreditation listing by the Event Organiser and subsequently reported to [British Gymnastics Welfare & Safe Sport](#).

Coaches, Judges and Gymnasts should carry proof of British Gymnastics Membership to all competitions and be prepared for these to be checked by the Organisers or their appointed officials. This can be found within the Coaches/ Judges [BG Academy > Profile section](#). Gymnasts' membership details can be found on GymNET.

Further information can be found in relation to [British Gymnastics Membership online](#).



Section 9.0 – Work Plan (Pre)

9.1 – Release of Timetable & Start Lists

The Timetable & start Lists will be circulated to all entered clubs approximately two weeks prior to the event depending on the number of changes and challenges in the lead up to the event.

9.2 – Registration & Accreditation

Accreditations are provided upon registration and are non-transferable, any infringement of this rule may result in disciplinary action being taken by the EGA.

Register your competitors upon arrival at the centre.

Advise at registration if you intend to perform two Vaults for an Apparatus Awards.

In accordance with FIG Rules, certain apparatus may be raised to cater for taller gymnasts. Please indicate at the time of making the entry if this will be required for any of your gymnasts and mention this requirement at Registration.

During Registration, Gymnasts will be issued with their Number.

For pre-event changes, see [8.7 – Withdrawals & Substitutions section](#) .

9.3 – Order of Performance

Organisers aim to produce and circulate to participating clubs a provisional start list and running order at least one (1) week before the event.

Organisers reserve the right to move any start time of sub-divisions up to 60-minutes ahead of schedule.

English TRA/DMT Qualification events – wherever possible:

- Gold level events in TRI, DMT, TRS & DIS will be held on the first day of competition (Saturday).
- Silver level events in TRI, DMT, TRS & DIS will be held on the second day (Sunday).

English Silver and Gold Tumbling Championships (TUM) will be held at the 1st English Event, more details the Exercise Criteria.

The English TRA/ DMT Championships – wherever possible:

- TRI, DMT and DIS will only have an orientation at the Championships. Orientation for gold will be held on Friday afternoon/evening, with Silver level will be held on Saturday evening.
- All Gold level preliminaries and finals will be held on the first day of competition (Saturday)
- All Silver level preliminaries and finals will be held on the second day (Sunday)

9.4 – Orientation

Orientation will **only be held at the 'English Championships'**. Orientation will be held on Friday afternoon/evening for those who are competing on the Saturday. The Organising Committee will draw up a timetable, informing clubs of their time slot to attend. Clubs may **not** attend a time slot, that they have not been allocated. Any club found training in the wrong time slot will be asked to leave immediately.



9.5 – Event Apparatus

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


- Trampoline: Eurotramp Ultimate 4x4
- Time of Flight Machines and Horizontal Displacement machines, where applicable
- Double Mini-Trampoline: Eurotramp Ultimate 6x6
- Tumbling: GymNova Tumble Track seen at all British Gymnastics Events in 2017, (10m run up, 25m track, 6m landing zone)

9.6 – Warmup

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

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

Judges will not be allowed into the warm-up hall once the Judges' Meeting has taken place. The warm-up will be defined by time allotted in the Timetable. If your gymnast was late to the warm-up, they will not be afforded extra time. It is up to the coach and performer to be on time and ready to warm-up and compete.

Further details can be found on the [English Gymnastics website](#) 

9.7 – Competition Cards

Competition cards are required at all Levels and competitors may not compete without a valid Competition Card.

It is the coach's responsibility to ensure that the Competition Cards are completed correctly and submitted at the Registration Desk. If no Registration Desk is present, please hand them straight to the **Difficulty Judge** on the appropriate Panel before the competition/ flight starts.

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

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

Although, it is preferred that a template is used, Competition Cards may be submitted on plain paper if they are clearly legible and completed using FIG notation.



Section 10.0 – Spectator Information

10.1 – Ticket Information

This will be confirmed in the Working Plan created for the specific venue.

10.3 – Local Services

While further recommendations will be provided within the Work Plan for each specific venue, we recommend you research in advanced to each event. Where you are booking hotels, we'd recommend to pay a cancellation/ moving fee in case of injury to gymnast/ coach, program changes or late program release as English Gymnastics aren't liable for costs which effect such booking/ travel.

English Gymnastics will communicate as frequently and quickly as possible to provide uptodate information to allow suffice decision making, as we're aware of the effects both financially and mentally they can have.

10.4 – Toilet & Changing

This venue has a sufficient toilet & changing facility, including disabled toilet/ changing facilities.

Where possible, gymnast to arrive dressed ready to perform with additional clothing for warmth.

EGA wish to support recognised events to ensure everyone's health, safety, & welfare is maintained throughout. Therefore, EGA encourage good levels of hygiene & sanitisation within events in line with ongoing guidance set out by British Gymnastics.

10.5 – Catering

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies. This does not extend to personal drinks in sealable bottles, which will be allowed within the competition area.

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

Each site may open their on-site café while the city is nearby with many food outlets.

10.6 – Allergies

All food is restricted within competition areas. Any food brought to the event should be nut free and restrain any other common food intolerances.

10.7 – Car Parking

Car parking will be available at all venues. Car parking at some venue can be limited, more details will be published in the working plan for each competition.



Section 11.0 – General Regulations

11.1 – Inquiries & Appeals

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

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

A verbal enquiry should be made after the publication of the score and at the very latest before the end of the flight.

A fee will only be due if the enquiry is about something other than a missing Time of Flight or a questioning of DD.

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

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

11.2 – Feedback and Complaints

English Gymnastics take all feedback seriously, you can either:

- Email [EGA Events Team](#) directly with your concerns.
- Complete the [English Gymnastics Events Feedback Form](#), which is reviewed & reported on a 6-monthly basis to the EGA Board.



11.3 – Event Adaptations & Inclusive Gymnastics

English Gymnastics events are inclusive by adhere to British Gymnastics governance & policies; you can find specific related policies on the [English Gymnastics website](#)

All other policies can be found on [Club Hub Resources](#)

11.4 – Disability Gymnastics

English Gymnastics is focused on ensuring fair & equitable opportunities are provided to all gymnasts.

[Section 3.0 - Event Specific Details](#) will state what disability categories are available.

Details on the **Disability Classification System** can be found on [Club Hub Resources](#)



11.5 – Videography & Photography

English Gymnastics & Blueskil Photography may take images to record, demonstrate, and promote the gymnastics activities performed throughout this event. Any images published on our website, social media account, and in our communications will align with the British Gymnastics

[Safeguarding Policy & Procedure](#) and [Photography Policy](#).

Full details of English Gymnastics Privacy Notice including 'Filming and taking photos at English Gymnastics events can be found on the English Gymnastics website under the

[Policy & Procedures section](#).

[Blueski Photography Privacy Notice](#).

11.7 – Privacy Policy

[English Gymnastics Privacy Notice](#)



Appendix 1 – Time of Flight Protocols

(Time of Flight Measurement Device = TMD)

ToF Score (T-Score) Protocol

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

ToF Back-up Protocol 1

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

ToF Back-up Protocol 2

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

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

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

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

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

ToF Back-up Protocol 3 (Previous Scores)

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



Appendix 2 – Tie Break Rules

FIG 2022-2024 Technical Regulation (PDF) can be found [here](#) 

Specific focus on pages 105 – 107 (art. 4.4). Below are those rules:

Art. 4.4 Tie-breaking rules

These tie-breaking rules define how to determine which gymnast or team should prevail in case of equality of points.

Art. 4.4.1 Individual Trampoline

In case of a tie, the ranking will be determined by the following criteria:

1. The gymnast with the higher T-score of the counting exercise prevails
2. The gymnast with the higher H-score of the counting exercise prevails
3. The gymnast with the higher D-score of the counting exercise prevails
4. The gymnast with the higher sum of all E-scores the counting exercise prevails
5. The gymnast with the higher sum of the scores of the two exercises (applicable only for the first Qualifying Round)

Art. 4.4.2 Synchronised Trampoline

In case of a tie, the ranking will be determined by the following criteria:

1. The pair with the higher S-score of the counting exercise prevails
2. The pair with the higher H-score of the counting exercise prevails
3. The pair with the higher D-score of the counting exercise prevails
4. The pair with the higher sum of all E-scores the counting exercise prevails
5. The pair with the higher sum of the two exercises (applicable only for the first Qualifying Round)

If there is still a tie, the tie will not be broken.

Art. 4.4.3 Team Competition Trampoline

In case of a tie, the ranking will be determined by the following criteria:

1. The team with the higher sum of the 3 best T-scores of the counting exercises prevails
2. The team with the higher sum of the 3 best H-scores of the counting exercises prevails
3. The team with the higher sum of the 3 best D-scores of the counting exercises prevails
4. The team with the higher sum of the 3 best of all E-scores of the counting exercises prevails

If there is still a tie, the tie will not be broken.

Art. 4.4.4 Tumbling and Double Mini-Trampoline

In case of a tie, in points at any place in the First Qualifying Round (Q1), the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the D-scores of both exercises prevails
2. The gymnast with the higher sum of all the E-scores of both exercises prevails
3. The gymnast with the higher sum of all the E-scores per skill of both exercises, minus the lower E-score per skill, prevails
4. The gymnast with the higher sum of all the E-scores per skill of both exercises, minus the two lower E-scores per skill, and subsequently until the five lowest, prevails

In case of a tie, in points at any place in the Second Qualifying Round (Q2), the ranking will be determined by the following criteria:

1. The gymnast with the higher ranking in the First Qualifying Round (Q1) prevails



In case of a tie, in points at any place in F1, the ranking will be determined by the following criteria:

1. The gymnast with the higher ranking in the Second Qualifying Round (Q2) prevails

In case of a tie, in points at any place in F2, the ranking will be determined by the following criteria:

1. The gymnast with the higher ranking in F1 prevails

Art. 4.4.5 Team Competition Tumbling and Double Mini-Trampoline

In case of a tie, in points at any place in the Qualifying Round, the ranking will be determined by the following criteria:

1. The team with the higher sum of the 3 best D-scores of both exercises prevails
2. The team with the higher individual D-score of both exercises prevails
3. The team with the higher sum of the 3 best of all E-scores of both exercises prevails
4. The team with the higher sum of the 2 best of all E-scores of both exercises prevails

If there is still a tie, the tie will not be broken.

In case of a tie, in points at any place in the Team Final, the ranking will be determined by the following criteria:

1. The team with the higher 3 D-scores prevails
2. The team with the higher individual D-score prevails
3. The team with the higher sum of the 3 all E-scores prevails
4. The team with the higher sum of the 2 all E-scores prevails

If there is still a tie, the tie will not be broken.

Art. 4.4.5 Team Competition Tumbling and Double Mini-Trampoline

In case of a tie in points at any place after the Qualifying Round Ranking, the ranking will be determined by the following criteria:

1. The team with the higher sum of the 8 best D-scores prevails
2. The team with the higher sum of the 7 best D-scores prevails
3. The team with the higher sum of the 6 best D-scores, and subsequently, prevails

If there is still a tie, the tie will not be broken.

In case of a tie at any individual discipline during the All-Around Team Final, the tie will not be broken and both teams will receive the same amount of points.

In case of a tie at any place in the transition between rounds, the starting order will be determined by the Qualifying Round Ranking

If there is a tie in points after the final discipline, the following will apply to determine the winner:

1. The team with the highest total score (adding the scores of the eight events from Finals)

If there is still a tie, the team with the higher Qualifying Round Ranking prevails.

