



Women's Artistic Gymnastics

Competition Handbook 2024

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Version 7

Committee Members

All enquires to be directed to waglondonchair@gmail.com

Chair	Julie Hull
Vice Chair	Vince Walduck
Treasurer	Lisa Longhurst
Secretary	TBC
Events	Emily Keane
Competition Music	Michele Walduck
Judging	Maria Mcloughlin Julie Hull Siobhan Divers
Regional Gymnast Development	Alun Hill Olivia Curran Katie Hollobon
Disability	TBC
Media	Liz Laverack
Committee Members	Will Flint Elizabeth Jones Kimberly Honey Fay Matthews Elysha Burt Rebecca King

Membership

Gymnasts

- **All gymnasts must have minimum silver Membership
- All gymnasts must be Silver, Gold, Joint Gold or Life Members of BG and affiliated to London Gymnastics.

Coaches

Lead Coaches

- Lead Coaches' membership level must be Coach or Life Member of British Gymnastics and coaches must be qualified to the level of all the skills being performed by all gymnasts in the club/region before being allowed to participate in a British Gymnastics Event. Lead Coaches must have current safeguarding and DBS certificates, please see Safeguarding section of the WAG National handbook.
- The Lead Coach may authorise other coaches from their club/region to coach skills at a maximum of 1 level higher than that coach's qualification (Supervised Coach) but has responsibility for ensuring that they are competent to do so. This must be requested in writing to the chair.

Additional Coaches

- Coaches' membership level must be Coach or Life Member of British Gymnastics and Coaches must be qualified to a minimum of level 2.
- Coaches must be qualified to the level of all the skills being performed by the gymnasts for which they are responsible
- Coaches must have current safeguarding and DBS certificates. (Please see the Safeguarding section of WAG National handbook)

Supervised Coaches

- To be a Supervised Coach you must be a minimum of Level 2. With the explicit authorisation of the Lead Coach, Supervised Coaches may coach skills at a maximum of 1 level higher than their current qualification. Before being allowed to participate in a British Gymnastics Event, the Supervised coaches must have completed the relevant course or module of the next coaching level covering those skills, although they may not yet be signed off as qualified. For further information on the changes introduced for Lead and Supervised coaches, please see WAG National handbook This must be requested in writing to the chair.

Assisting Coaches

- Assisting Coaches' Membership level must be Assistant Coach (if Level 1), Coach or Life Member of British Gymnastics before being allowed to participate in a British Gymnastics Event.
- Assisting coaches must have current safeguarding and DBS certificates, please see Safeguarding section. iii. Assisting Coaches cannot be responsible for the gymnasts. This must be requested in writing to the chair.

Judges

- Judges' membership level must be Judge or Life Member of British Gymnastics for
 - Club/County/Regional Judges, and National/Brevet Judge or Life Member of British Gymnastics for National and Brevet Judges before being allowed to officiate at a British Gymnastics Event.
- Members with coaching memberships that also have the required judge qualifications as laid out above are also applicable Judges must also hold a current cycle of judging award (Cycle 15).

- If a competition leads to a national final, a judge of regional level as a minimum must be submitted by the club. BG does not require judges to complete a criminal record check to judge at BG competitions, as the role that judges fulfil at the event no longer falls within DBS or Access NI Eligibility*. However, some judges are actively involved in club gymnastics and may provide judging instruction to children in a training environment or carry out a supervisory role (or may complete a criminal record check by virtue of another role they undertake e.g. coach). As not all judges use their qualifications in the same way, it is the club's responsibility to assess the role the judge is undertaking and determine whether the activities involved fall within the eligibility criteria for a criminal record check.
- BG no longer requires all judges to complete safeguarding training but clubs should ensure any judge who supervises or instructs children has completed appropriate training.

Competition Entry Rules

Competition Attire

- Competition attire for gymnasts, coaches and judges will follow the rules in the WAG competition Handbook/FIG Code of Points in force at time of entry unless notified.

Entry

- Entry to London events is online only via BG gymnet, by the closing date including Floor Music. (*See late music submission).
- Late entries may be accepted at the discretion of the TC only up to 5 days after the closing date at double the entry fee.
- In case of injury, a gymnast in a team or partnership may be substituted up to 1 week before
- Amendments to the entry before the closing date will be allowed and in the case of withdrawals, the entry fee will be refunded.
- Entry fees after the closing date are non- refundable
- Any change to the details entered on the online entry e.g. Judge name change, coach name change etc will incur a £25 admin fee.
- The person making the entry needs to ensure that judges and coaches are available on the day.

Judges on Entry

- A club may not enter a regional competition without a nominated judge - A different judge for each club must be submitted. (The nominated judge may be from another club).
- Please ensure that you have checked that your judge is available for the competition BEFORE you submit your entry.
- On a 2-day competition a judge is expected to judge both days.
- Where possible we will split the day. Requests for a particular day should only be requested if on a 2-day competition, the club submits more than one judge.
 - ****** NEW RULE 2024******
- New for 2024 1-10 gymnasts x1 judge 11+ x2 judges (different) per entry.
- If competition leads to a national final at least one judge must be regional level or above.
- Judging Conveyer will no longer organise judges (only panels). i.e. no longer check with the nominated judge for availability – this is now the club's responsibility. Rota will be sent to the club and the judge
- If judges withdraw or do not turn up on the day and no replacement judge of the same qualification or higher is provided then all the club's gymnasts may be withdrawn from the competition with no refund and/or a fine processed to the club of £100 and no refund will be given.
 - *The TC may cancel a competition if there are insufficient judges provided by the clubs.

Judges Uniform

- Must wear judging uniform according to code of points (Navy) Judge may be withdrawn
- Judges will be paid mileage expenses at the rate of 45p per mile. All other expenses require pre-approval from the WTC Chair. The expense form must be sent within 4 weeks.
- We recommend that clubs negotiate any fee with their judge direct.

- iv. Judges will be provided with refreshments as appropriate.

Floor Music

- All music used in competition routines must conform to the relevant licensing requirements. Details may be found at the following link.
<https://www.britishgymnastics.org/clubs/clubmembership/musiclicensingpplprs>
- Certain tracks belonging to Disney, Andrew Lloyd Webber and Cirque du Soleil can be used but this should be checked on the PPL website to confirm the track is included within their repertoire.
- To check tracks, go to <http://www.ppluk.com/scroll> to the bottom of the page and click on 'PPL Repertoire Search' enter the artist's name and title. Any music listed as part of the search can be used.
- If the track is not included within the listed tracks the club must apply directly to Disney,
 - Andrew Lloyd Webber or Cirque du Soleil to use the track and pay the relevant licensing fees
 - ****Please do not upload music unless it has changed from the previous competition ****
- It must be uploaded BEFORE the music closing date - 2 weeks before the competition preferably before.
- After this time a £25 music levy per track will apply.
- If there are any problems uploading, please contact michele.walduck@heathrowgymnastics.org.uk
- An email will be sent to the club up to 6 weeks after the competition. If this sum is not paid, entry to further competitions will not be allowed.
- Back up a copy of all floor music to USB and bring on the day
- The person making the online entry for gymnasts, coaches and judges for their club undertakes to ensure that they will abide by the contents of this handbook and any BG, FIG rules that apply.

Coaches Rules

- In individual competitions 1 coach per gymnast will be allowed in the competition arena.
- In team competition 2 coaches from 3 nominated on the entry form are allowed in the arena at any one time.
- 1 female and 1 male coach or 2 female coaches; if only 1 coach, then the coach may be male.
- All gymnasts must always have an accredited coach present on the competition floor. If a gymnast attends a competition without a coach that gymnast will not be allowed to compete.
- A gymnast will not be allowed to warm up without a coach. Late arrivals will only be accommodated at the discretion of the competition organiser.
- All Coaches Must be up to date with current BG competition regulations. Must wear full length sports leggings / sports trousers with a collared polo shirt or club t-shirt with club logo/name visible and appropriate gym/training shoes.
- Long hair should be braided or tied back so as not to obscure vision.
- No jewellery may be worn. Coaches will not be allowed to support on the competition floor if wearing ANY jewellery. If it is impossible to remove items of jewellery they should be taped.
- No chewing gum is allowed at any phase of the competition.
- No mobile phones or any other electronic devices including tablets to make calls, take photographs or videos are permitted.

- Only coaches entered on the online system are allowed on the competition floor for their gymnasts at the level and age group they have been entered.
- Only the use of the Inquiry Form for the D score may be used. (fee applicable)
- Non-compliance may result in the removal of the coach and consequently, for health and safety reasons, their gymnast from the competition.

Coach Qualifications

- When submitting entries clubs must ensure that the nominated Supervising Coach(es) is/are qualified to the level of the participant's performance. The practice of supervising participants working above the level of the coach's qualification is not allowed. ii. Supervising Coaches who entered the event entry MUST be the same ones attending the event. It is unacceptable to enter a coach you know will not be attending.
- Supervising Coaches have a duty of care towards their performers and have a responsibility to ensure that they are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically, and psychologically, for performing their routines in a competition situation.
- Additional Assisting Coaches (Level 1 and above) may be accredited, at the discretion of the Organiser (Written permission required), to be present in the competition arena to assist with the pastoral care of the gymnasts.
- Assisting coaches may not coach the gymnasts unless they fulfil the requirement of holding a recognised qualification suitable to the level of skills being performed.
- If it is found that a club is in breach of these policies the WTC reserves the right to reject an entry on the grounds of gymnast safety or, if discovered post-performance, to disqualify the competitor and remove their score(s) from the official results.

Change of Coach

- Any changes to the supervising coach(es) submitted on the online entry system must be notified to the Chairman, prior to the event to prove their Membership of BG, have a valid DBS, valid safeguarding award and the correct coaching qualification.
 - If any coach is not notified prior to the competition, they will NOT be allowed on the competition floor. There will be a £25 Admin fee (Additional work and checks that are then required.)
 - In exceptional circumstances if changes are required during the event, these must be notified to the Organisers. Changes to Supervising Coaches will only be permitted where the replacement coach meets all the relevant eligibility requirements.

Gymnast Rules

- Gymnasts' ages for the purpose of entry to all age-dependent categories will be taken as the age reached in the year of the competition. (1st January – 31st December)

Gymnasts Must

- Behave in an appropriate manner
- Follow the Gymnasts Code of Contact
- No jewellery, body piercing or adornments of any kind are permitted.
- No chewing gum is allowed at any phase of the competition
- Wear appropriate gymnastic clothing during warm-up and competition
- If changing leotard, do so 5 minutes before the required march-on time
- Be available for the march-on at the correct time

- Be available for presentation ceremonies in competition attire
- Be prepared to compete at a time other than the advertised time
- No mobile phones or any other electronic devices including tablets to make calls, take photographs or videos are allowed
- Handguards, body bandages and wrist wraps are permitted; they must be securely fastened, in good repair and should not detract from the aesthetics of the performance. Bandage must be as COP rules

Tall gymnasts – Uneven Bars

- Both Bars may be raised by 5 cm where a gymnast's feet touch the basic matting.
- Where a single bar is used this may be raised so that the gymnast's feet in long hang clear the matting.
- The request for the bars to be raised must be at the time of competition entry. The bars will be raised in accordance with the FIG/WTC regulations.
- Unauthorised raising of the bars will be penalised in accordance with the FIG regulations.

Qualification and Regional representation at National Finals

- Gymnasts may only represent the London Region to which their club is affiliated, at any one time within a discipline.
- Gymnasts and Coaches will be selected according to the rules and will represent the London Region.
- Only gymnasts not in the London Team and have qualified to the BG regulations and rules may represent their Club.
- They will only have one opportunity to qualify for National Finals.
- Gymnasts may only complete in grade/level per competition year as per BG WTC rules. vi. The minimum age for entry to National BG events is 9 years in the year of competition.

Benchmarks

- Benchmarks for movement in 2024 are available on the WTC London WAG tech info 2024 on gymnet – find all info *2024 London WAG tech info*
- After the January to June 2024 competitions the benchmarks (Zinc & Copper) from August 2024 will be set.
- The TC reserves the right to move any misplaced gymnasts to the appropriate programme.

Regional Squad - Full details sent individually

- Selection based on benchmarks
- Members must attend all sessions to keep place
- Costs involved
- Selection based on Autumn results, Excel & FIG progression
 - Talent Identification sessions will take place – clubs will be informed
 - Clubs may request inclusion in writing
- x2 squads
 - FIG/Excel
 - Classic Challenge Bronze, Silver, Gold

Disqualification

- Any gymnast that is found to have been entered and competed in a competition at the incorrect level (Benchmark not followed) the gymnast will be disqualified and removed from the score sheet.

General Regulations and Rules

- Competition dates will be adhered to where possible, however, the WTC and Competition Organisers reserve the right to make the following amendments: -
- Combine age categories if numbers entered the competition are small (minimum 3 gymnasts). This includes any withdrawals on the day of competition
- Change the running order of performance, prior to the competition date or on the day of the competition to maintain a regular competition structure format
- Operate a first come first served criteria If entries are over-subscribed for entries. Any competition going to national finals will have automatic entry. See notes
- If entries are small, competitions may be amalgamated or cut to one day
- Date of competition if unforeseen circumstances dictate a change in date/venue
- In all individual competitions the gymnasts will follow the drop-down rule. The first gymnast on their first apparatus will drop down to the bottom of their group on the next apparatus.
- Team competitions must complete order of performance for each apparatus and handed to the Head Judge of each apparatus. Forms at back of handbook.
- All gymnasts and coaches must arrive at the venue 30 minutes before registration time for their round. If the competition runs early then we may start before the published time.
- Where no specific point is addressed in the regulations, the current FIG rules apply.
- Competition Organisers and Technical Committee and its appointed officials reserve the right to define any regulation conflict as is deemed appropriate to ensure a fair and equitable competition.
- The Competition Organisers reserves the right to refuse any entry and dis-qualify a competitor or team at any time, if they do not comply with BG and WTC regulations.
 - h. Inquiries to Judges
 - Official WTC inquiry forms are available from the Control Table and must be completed and returned to them within 15 minutes of the coach receiving the score (Displayed on screens around venue). If necessary, a coach should register their intention to inquire by approaching the Competition Organiser at the Control Desk before completing the form. If a coach has approached the judging panel and discussed a gymnast's score, they may not register an inquiry. A coach may only inquire about the D score. The supervising coach for the club/region of the competing gymnasts places the appeal form to the control table to be passed to the Superior Jury.
 - inquiry: £25 The placement of an inquiry form becomes a contract to pay the appropriate fee.
 - This fee will not be collected in cash at the event, but an email request for payment will be sent to the club/coach concerned, if the inquiry is not upheld.
 - The WTC cannot accept any video or photographic analysis at an event unless an official video replay system is available at each piece of apparatus and could be referred to by the Superior Jury for the benefit of every competitor.

Presentations and Awards

All-Around

- 10 + Gymnasts
 - AA – Gold Silver Bronze 4th, 5th, 6th
- 1-10 Gymnasts
 - AA – Gold Silver Bronze
- Grades will be awarded Certificates as per BG WAG handbook
- Awards for Execution will be awarded to gymnasts at individual competitions who achieve minimal execution deductions on each apparatus based on set criteria. Depending on the number of judges available Individual Apparatus Medals

Apparatus

- 8+ Gymnasts
 - Gold Silver Bronze
- 1-8 Gymnasts
 - Gold •
- Tie Break
 - Tie-break rules as per FIG Regulations for competitions that are qualifiers for National Competitions.

Code of Conduct

- As defined by: -
- British Gymnastics National Technical Committee Code of Conduct.
- Women's Artistic Judges Code of Conduct.
- WTC, acting through its committee, reserves the right to refuse any entry and disqualify an official, judge, gymnast, or team at any time, if they do not comply with BG regulations.
 - d. Mobile Phones and Tablets
 - Gymnasts and coaches must NOT use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication during the competition.

Parents at Events

- All Clubs take responsibility for the actions of their parents. No parent is allowed on the competition arena to approach either active Coaches or Judges. Should this occur, the immediate expulsion of the related club's gymnast(s) from the competition will be implemented.

Medical Provision

- Anyone requiring First Aid assistance should speak to the Competition Organiser, at the Control Table. It is recommended that all coaches have a First Aid kit with them for minor injuries.

Health and Safety

- ii. The health and safety and welfare of all participants (gymnasts, coaches, and officials) is the primary consideration.

- All BG policies and procedures will be rigorously applied with regards to health, safety, welfare and Safeguarding and Protecting Children.

Photography/Videos

- By entering an LG Event, there is an acceptance that the participant may be photographed and published by London Gymnastics Ltd.
 - Photos & videos may only be taken and used in accordance with the BG Child Protection
 - Policy.
- Photos may not be used, distributed, or copied for commercial purposes. iv. Flash may not be used at any time during the event.
- The Event Organiser may at any time in his or her absolute discretion, direct that photos shall not be taken
-

Spectator Fee

- Heathrow Child/Concessions £7 Adult £10

Specific Competition information Updated March 2024

National Rules Applicable to London Gymnastics Competitions

- London modifications – classic Challenge Zinc
- London Regional Zinc Advanced (sits between Zinc & Copper)
- National Programme - New WAG Classic Challenge Program – Updated Feb 2024
 - Rules as set by BG WTC and coaches should ensure that they download the official British Gymnastics WTC Handbook.
 - Any event leading to National Finals must follow the finals rules, all gymnasts MUST have a Silver BG Competitive Licence.
- New National Step Program Rules (replacing Compulsory, Voluntary, National and Regional Grades)
 - New Name – STEP (Safely Teaching Excellence in Performance)
 - Excel 1, 2, 3
 - FIG Development 1, 2, 3
 - Prep 1, 2, 3
 - Development 1, 2, 3 4
 - Pre- Excel London Region – previously London Regional 5

London Representation

Gymnasts

- Will be expected to purchase London Gymnastics Regional Uniform on the day of competition
- will be expected to wear London Gymnastics Regional Uniform
- will be expected to attend all regional training sessions (cost applicable) Separate documents for regional squad members

Coaches

- Will be expected to purchase London Gymnastics Regional T-shirt
- Will be expected to wear plain dark trousers in accordance with BG WAG TC rules 6. Will be expected to attend regional training sessions
- Will be expected to take instruction from expert judge/coach conducting regional training (construct of routine)
- No expenses will be paid unless pre-approved by the WTC Chair

Expenses at National Final

- London region will pay for the team entry and will select and cover the costs for 2 coaches per day.
- Personal coaches may attend at their own expense.

Regional Uniform for all National final – representing London

- Gymnast - Required
 - leotard + Scrunchie
 - Leggings
 - T- Shirt – Elite gym wear online

- Optional – Jacket & Rucksack
- Coaches Uniform required
 - London T-shirt
 - Dark trousers iv. Optional - jacket

Procedure for Ordering Regional Uniform

- Leotard – The Zone –
 - Coaches and Parents/Guardians must order the Leotard(s) & Leggings immediately after the qualification competition (1st – 5th) and pay for by Card only.
 - The Leotards by the Zone will be posted to one of the WTC Committee Members who will distribute them.
 - Instruction will be supplied to clubs prior to competition.
- T-shirt – Elite Gym Wear - T-shirt must be ordered direct with elite gym wear. (takes approx. 4 weeks)

Apparatus Specifications

- As per FIG COP

Coaches at Apparatus

- Beam
 - A coach may remain near the apparatus on BEAM DISMOUNTS ONLY. This does not permit the coach to touch the gymnast during her routine unless to prevent an accident.
- Bars
 - The coach should remain at the apparatus throughout the routine and as above, should not touch the gymnast during the exercise.

For National Competitions

- A coach may ONLY be present on the podium for Bars to remove the springboard, then spot during the exercise.
- There may be a second person (coach/gymnast) on the podium to remove the board, after which they must immediately leave the podium.
- At Beam the coach may remove the springboard after which they must immediately leave the podium.
- The coach may assist and advise the gymnast during the intermediate fall time from below the podium at Bars and Beam.
- See WTC handbook and FIG code of points for specific rules p. Grades
- Will be held once a year according to the rules in the BG Handbook

Categories

- See WTC handbook

London WAG Competitions – Calendar – Updated March 2024

Classic Challenge – Zinc, Copper, Bronze, Silver, Gold

- Rules as per Classic Challenge BG WTC
- London Modifications for Zinc
 - Age groups to be confirmed on Draw
 - See BG Website for specific classic challenge rules
 - See London 2024 Tech info for London Modified Zinc rules
 - Vault table permitted in addition - heights Junior 11yrs and under 110 Senior 12yrs and over 120

London Region Zinc Advanced 10+

- Age groups to be confirmed on Draw
- See LG WAG modified rules
- Vault - heights Junior 11yrs and under 110 Senior 12yrs and over 120 (requests to be made for additional heights)

Copper

- Age groups to be confirmed on Draw
- See BG Website for specific Copper rules

Bronze, Silver, Gold

- Age groups to be confirmed on Draw
- See BG Website for specific Copper rules

Classic Challenge Program Tin

- TBC

National Grades Program

- Preparation 1-2, (previously Club grades)
- Development Grades 1-4 (Previously Regional Grades)
- See BG WTC rules
- National Final selection calculated in accordance to WTC Rules

FIG Challenge Programme – Spring and Autumn **** No National Qualifier in 2024****

- Full FIG Rules
- One age category.
- Espoir, Junior, Senior – Spring and Autumn. In all age groups Full FIG
- See BG WTC for full rules – Qualification for British Championships must be through Home Nations
- Please inform the Event team on entry if you require a score to be considered for home nation
- Cost
- Individual Competitions – £45 each

TEAM CHAMPIONSHIPS - See BG WTC flow chart for entry-level

5 Categories: –

- Zinc
 - Open to those in the Zinc programme– judged on Zinc programme rules + London modified
- London Regional Zinc Advanced
 - Open to those in the Zinc advanced programme – Judged on London Regional Zinc Advanced Rules
- Copper
 - Open to those in the Copper programme judged on Copper rules
- Bronze
 - Open to those in Bronze judged on Bronze rules
- Silver
 - Open to those in Silver judged on Silver rules
- Gold/FIG
 - Open to those in Gold Judged on Gold rules
 - Junior is 11 & under and Senior is 12+ in each of the categories
 - One age group
- Rules Clarifications
 - 5 in a team, 4 to work, 3 to count (minimum 3 gymnasts per team)
 - Teams will work to the specified programme rules.
 - Senior teams may be formed from 12+ years or may include younger gymnasts for the purpose of making up a team
 - Gymnasts may work up a category to make up a team but MUST NOT work below their usual level of competition
 - Vault heights – whole team must use same vault height and according to programme rules
 - Entry is online only via the BG Gymnet Online Entry Portal. Complete instructions for adding an entry via the Gymnet Online Entry Portal are available to download from the BG Website.
 - Gymnasts may move up a level to fill a team – they may not move down.
 - All entries must be fully submitted electronically by the stipulated closing date/time.
 - The organisers have set maximum numbers for each Competition and will be closed on Gymnet once numbers are reached. See note. Once this happens, Competitors can be added to a Waiting List and will only be offered places if/when Withdrawals are made.
- Cost - £145 Per Team Judging requirements as per individual competitions.

Notes

- 1a
 - Copper + will be capped at 160 (see entry process)
 - Zinc entry will be Capped at 140 gymnasts (see entry process) • See note 1b for judges' requirements
- 1b
 - Clubs will need to provide a judge in the following format. 1=10 Gymnasts x1 judge 11+ gymnasts x2 **a different judge must be provided**
 - Competitions leading to a national final will require a judge of Regional WA or above
 - Clubs will be charged a Judge fine of £100 – for each judge that does not attend on the day
 - Under 18's may not judge at a London Regional Competition
- 1c
 - Judges are not paid – LG is a Ltd company. We do suggest that clubs pay their judge a fee of £50 to encourage participation.

Glossary

- BG British Gymnastics
- WTC Women's Technical Committee
- TC Technical committee or Technical Chair
- LG London Gymnastics Ltd
- STEP Safely Teaching Excellence in Performance

Updates

- May Updates
 - Email addresses removed from handbook due to spam emails being sent.
- March Updates
 - Section 5.
 - 1-10 Gymnasts
 - AA – Gold Silver Bronze
 - Section 7
 - New level added
 - London Regional Zinc Advanced (sits between Zinc & Copper)
 - This will take place on the same dates as the Copper competition
 - This competition is available for gymnasts who have reached Between 43.00 and 45.95 at the autumn 2023 competition and have been selected to move to Copper.
 - Gymnasts were required to move if their scores reached above 43.00
 - Following many requests for gymnasts to stay at zinc level we felt it was not progressive for gymnasts to return to zinc – however, felt it was not in our interest to move them to a level that was higher for many gymnasts.
 - This competition will be a trial for the summer competition
 - The rules are simplified using the copper rules to encourage progress to the next level.
 - This competition may need to have combined age groups

- Changes – Classic Challenge Bonus's will be included in the D Score as per National WTC Rules
- Classic Challenge levels will follow as per National WTC Rules
 - Exception – Zinc (additional London Modification for Vault)
- January Updates
 - Updated document to categorise items
 - Wording clarified on
 - Added committee member
 - Document Format changed
 - 1.c. - 2.a.i - 2.c - 2.c.v & vii & e.ix - 2m -9 -10 -11 -12 – 14 - 16.1 & b
- December 14 Updates:
 - Clarified
 - Regional representation rules
 - modified rules spring only
 - Updated
 - where to find information
 - regional squad requirements (coach and gymnasts)
 - specific rules
 - re-designation form,
 - wording of gymnasts required to move up a level,
 - ALL competition will be capped at 160 (copper +) and 140 (Zinc).
 - Payment in full to secure entry. iii. Added enquiry form iv. Updated

Forms

- Application for Re – Designation
- Team working order
- Calendar 2024
- Score Query form

APPLICATION FOR RE-DESIGNATION

Gymnasts Name		
Club		
Coach Name		
Coach Qualification		
Coach Telephone		
E-Mail address		
Competitions competed Last	Score	
Days and Hours training each week		
Current WTC Designation		
Programme to be Re-designated to		
Supporting Reasons		

Please complete this form and e-mail to:- Julie Hull waglondonchair@gmail.com

For Office Use only

Date Received Date Replied

TEAM WORKING ORDER

Club Name _____

VAULT		BARS	
Number	Gymnasts Name	Number	Gymnasts Name

Beam		Floor	
Number	Gymnasts Name	Number	Gymnasts Name

Changes can be made before the apparatus warm up by informing the Head Judge at the apparatus.

Only those gymnasts named on the form may be on the competition floor.

LONDON GYMNASTICS WOMEN'S ARTISTIC REGIONAL AND NATIONAL DATES 2024					
DATE	COMPETITION	VENUE	Open	CLOSING DATE	NATIONAL CLOSING DATE
			Date		
24/25 Feb	Preparation 1-2, Development Grades 1-4 (Regional)	Heathrow	20-Dec-23	19-Jan-24	N/A
1st-3rd March	English Championships	Telford Int Centre	See BG Website		
14th - 17th March	British Championships	M&S Bank Arena	See BG Website		
14th - 17th March	British Disability Masters	M&S Bank Arena	See BG Website		
23 & 24 March	Excel Grades, Prep 3 Performance Grades (National)	Heathrow	19-Jan-24	16-Feb-24	28-Mar-24
30/31 March Easter					
20 & 21 April	Zinc (inc London Zinc)	Heathrow	16-Feb-24	15-Mar-24	N/A
11th May	Performance Grades Finals	Fenton Manor Sports	See BG Website		
12th May	Excel Grades Finals	Fenton Manor Sports	See BG Website		
1 & 2 June	Team champs	Heathrow	22-Mar-24	26-Apr-24	
29 & 30 June	Classic Challenge Copper + (Inc Zinc Adv) FIG (Phase 2-5)	Heathrow	26-Apr-24	24-May-24	
Summer Break					
28 & 29 Sept	Classic Challenge Copper + FIG (Phase 2-5)	Heathrow	26-Jul-24	23-Aug-24	11-Oct-24
5 & 6 Oct	Zinc (inc Mod)	Heathrow	30-Jul-24	30-Aug-24	
12th - 13th October	British Club Team Championships	Fenton Manor	See BG Website		
TBC	Disability Artistic British Championships	Lilleshall National	See BG Website		
1 st November	FIG Development Finals	Guildford Spectrum	See BG Website		
22nd - 24th November	Classic Challenge Championships	Surrey Sports Park	See BG Website		
Please note that dates are subject to change JH V8					

Gymnastics Score Protest Form

D Score Only can be queried

Cost £25 per query invoiced to club

The judge's decision is final

Name of
Gymnast

Gymnasts Number

Apparatus

Vault	Bars	Beam	Floor	Range
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Reason for
Query

Score Received

Score expected

Jury Notes and Decision

Query Accepted	Yes	No
Fee applicable	Yes	No
Invoice Sent	Yes	No
Fee Received	Yes	No