



# English Men's & Women's Artistic Championships 1<sup>st</sup> – 3<sup>rd</sup> March 2025



## Competition Handbook



## Version History

EGA reserves the right to make amendments to this handbook.

Updates are communicated in line with data protection and the [English Gymnastics privacy policy](#) by using the following methods:

- [English Gymnastics website](#)
- [EGA Facebook page](#)
- Use of previous event attendees' details
- Use of British Gymnastics membership base (as applicable)

### Version 1.0

Title	Amendment	Page range
Whole document	Links updated throughout document	All
MAG & WAG event specific sections	Code of Points now 2025 – 2028 cycle 16	12 & 14
MAG & WAG event specific sections	Equipment & Apparatus Additional Information added into this document (separate in 2024 event)	12 & 14

## Key Contacts

**English Gymnastics Events:**  
(All entry & technical enquiries)

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

**British Gymnastics Customer Support:**  
(My BG account enquiries)

**Phone:** 0345 1297129  
**Email:** [customersupport@british-gymnastics.org](mailto:customersupport@british-gymnastics.org)

You may find the [British Gymnastics Membership Modernisation](#) page useful, specifically the following documents (*you may require BG sign in to view/download the following*):

- [Membership Competition Categories \(2024\)](#)
- [Event entry to events](#)

### Men's Specific Event Organisers

**England MAG Event Organiser:**

**Mike Weinstock**  
**Email:** [mike@mwgymnastics.co.uk](mailto:mike@mwgymnastics.co.uk)

**MAG Floor Manager:**

**Trevor Low**  
**Email:** [trevor.low@iflip.org](mailto:trevor.low@iflip.org)

### Women's Specific Event Organisers

**England WAG Event Organiser:**

**Sue James**  
**Email:** [sue.james@englishgymnastics.org.uk](mailto:sue.james@englishgymnastics.org.uk)

**WAG Floor Manager:**

**Christine Paddock**  
**Email:** [kri55ie4nn@gmail.com](mailto:kri55ie4nn@gmail.com)



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## Competition – Overview

Welcome to the **English Men’s and Women’s Artistic Gymnastics Championships**. Within this pack you will find all the details needed to participate within our competition.

This competition is the premier artistic gymnastics event in the England calendar showcasing some of the best Men and Women in the country.

The competition is a combined event between the Men’s and Women’s Artistic English Championships. For 2025, the event will be a designated selection event for the:

- MAG and WAG British Championships.

Date & Venue:	Entry Opening Date:	Entry Closing Date:
<p><b>28<sup>th</sup> Feb – 2<sup>nd</sup> March 2025</b></p> <p><b>Telford International Arena, St Quentin Gate, Telford, Shropshire, TF3 4JH</b></p>	<p>Noon on the 12<sup>th</sup> November 2024</p>	<p>Noon on the 17<sup>th</sup> December 2024</p>

To accommodate the increase in size and popularity of the English Gymnastics Championships we have once again booked Telford International Centre in Shropshire. The venue is just off the M54 at junction 5.

A 200-metre walk from the venue takes you to the amazing Telford Shopping mall including iconic-brand outlets & an array of food options. During the weekend of competitions, there may be time to visit some of local entertainments & attractions, do some shopping, or relax with a meal.

See [Appendix 3 – Visiting the English Gymnastics Championships](#) for further information.

This event is open to Gymnasts who are members of a British Gymnastics registered club, **which must be affiliated to their respective English region**. All persons attending English Gymnastics events in an official capacity, whether as a gymnast, coach, judge or official, are required to hold current British Gymnastics membership in line with the level of competition entered and/or qualifications held.

You may find the [British Gymnastics Membership Modernisation](#) page useful, specifically the following documents (*you may require BG sign in to view/download the following*):

- [Membership Competition Categories \(2024\)](#)
- [Event entry to events](#)

## Time and Date

<b>Date(s):</b>	28 <sup>th</sup> February 2025	Men’s U14’s *	Women’s Aspire
	1 <sup>st</sup> March 2025	Men’s U18’s & Senior	Women’s Senior
	2 <sup>nd</sup> March 2025	Men’s U16’s *	Women’s Junior
<b>Podium Training:</b>	There may be podium training on the evening of Friday 28 <sup>th</sup> February for Men’s & Women’s Seniors and Men’s Under 18s. This will be confirmed once entries close. There will be no Podium Training for younger age groups.		



**Notes:**

- The English Men’s Artistic U12 Championships have been moved to the 27<sup>th</sup> of April 2025 – see separate event on the British Gymnastics website for further details.
- \* The days which the MAG will compete will be decided depending on the number of entrants in the different age group. This will be confirmed after the closing when the timetable and draw are published.
- The Men’s and Women’s Artistic Championships are combined. Therefore, the start and end times are estimated and subject to change pending entries received and category breakdown.
- Where possible, the Organisers will endeavor to keep gymnasts from the same Club together. To maintain the smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the Organisers reserve the right to alter the grouping of gymnasts and/or running order of performances, as may be deemed necessary by the Organisers or authorised officials, up to the start of warm up.

## Who Can Enter?

<b>Club:</b>	This is open to all English gymnasts who are members of British Gymnastics Registered clubs. See <a href="#">Nationality Section</a> for other eligibility requirements. Guest gymnasts may be accepted if there is availability. <b>Guests must be declared prior to entering the competition. Guests will not be eligible for awards.</b>	
<b>Gender:</b>	<b>Male</b>	<b>Minimum Qualifying Score:</b>
<b>Age:</b>	Men’s U14: Aged 13 – 14	60 U14 Code
	Men’s U16: Aged 15 – 16	60 U16 Code
	Men’s U18: Aged 17 – 18	60 U18 Code
	Men’s Senior: Aged 19 or over	60 FIG Code
<i>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</i>		
<b>Entry Requirement:</b>	<ul style="list-style-type: none"> <li>• All English gymnasts who are members of the GB &amp; English National squads have a priority accepted entry to the English Championships, although they must go through the usual entry process.</li> <li>• <b>Only enter gymnasts who have a realistic chance of achieving the Cycle 16 (2025-28) FIG Code of Points qualification score.</b></li> <li>• If you have a gymnast who can’t achieve the Qualifying Score, please <b>Do Not</b> enter them on My BG (on entry system). These gymnasts can be added to the <a href="#">waiting list</a> and will be offered a place if there is enough space on a first-come first served basis.</li> <li>• All competitors are expected to compete on all six (6) apparatus.</li> <li>• English gymnasts that don’t get into the English Championships may ask to be a Guest at the Welsh or Scottish Championships and qualify for the British Championships through one of these competitions.</li> <li>• Apparatus Specialists may be accepted under exceptional circumstances, but Clubs should apply via email to <a href="#">English Gymnastics Events</a> before adding them to My BG (on entry system).</li> </ul>	



Gender:	Female	Minimum Qualifying Score:
Age:	Women's Aspire: Aged 12 – 13	37
	Women's Junior: Aged 14 – 15	37
	Women's Senior: Aged 16+	37
<i>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</i>		
Entry Requirement:	<ul style="list-style-type: none"> <li>All English gymnasts who are members of the GB &amp; English National squads have a priority accepted entry to the English Championships, although they must go through the usual entry process.</li> <li><b>Only enter gymnasts who have a realistic chance of achieving the Cycle 16 (2025-28) FIG Code of Points qualification score.</b></li> <li>If you have a gymnast who can't achieve the Qualifying Score, please <b>Do Not</b> enter them on My BG (on entry system). These gymnasts can be added to the <a href="#">waiting list</a> and will be offered a place if there is enough space on a first-come first served basis.</li> <li>All competitors are expected to compete on all four (4) Apparatus.</li> <li>English gymnasts that don't get into the English Championships may ask to be a Guest at the Welsh or Scottish Championships and qualify for the British Championships through one of these competitions.</li> <li>Apparatus Specialists may be accepted under exceptional circumstances. Clubs should apply via email to <a href="#">English Gymnastics Events</a> before adding them to My BG (on entry system).</li> </ul>	

**Enquiries relating to this English Gymnastics events will only be accepted from the registered Clubs.**

### Notes relating to the British Championships 2025

- Gymnast wishing to enter the British Championships should do so via their Home Nation Championships. In the unlikely event that their Home Nation Championship is oversubscribed, a guest entry at a single alternative Home Nation event should be made. To be clear, if they can enter their own Home Nation Championship then they must do this.

For further information about qualifying for the British Championships please see the [Men's Artistic & Women's Artistic](#) Technical webpages.



## Nationality

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

Gymnasts 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.

## 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.

It is the responsibility of the individual submitting the event entry, that anyone wishing to represent another Country or Home Nation as a Guest at an English Gymnastics event must apply to enter prior to the online entry process.

Guests aren't eligible for awards as part of their entry.

Guest applications are sent via email to [English Gymnastics Events](#)

Where Coaches wish to transfer their qualification from abroad to participate (coach) at a EGA event, then the [International Transfer](#) process must be followed.

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

Foreign Competitors and Coaches: Gymnasts who are not normally resident in the UK, must request permission via email to [English Gymnastics Events](#) prior to entry. The Host Federation and Organising Committee will not be held responsible for any liabilities in case of accidents, illness, repatriation, and the like. **All** participating foreign competitors and Coaches are, therefore, responsible for making their own arrangements to have the necessary valid Insurance coverage against illness, accidents and for repatriation. Insurance Cover Note or photocopy of the valid Insurance Policy should be sent through to the [English Gymnastics Events](#) prior to the start of the event. Delegation Members with insufficient Insurance Cover must inform the Organisers via [English Gymnastics Events](#) in advance.

## Age Policy

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.

Within this competition, the categories are as follows:

Men's Age Groups		Categories			
		U14	U16	U18	Senior
Age during 2025		13 – 14 years	15 – 16 years	17 – 18 years	19+ years
Born	Min	DOB 2012	DOB 2010	DOB 2008	DOB 2006
	Max	DOB 2011	DOB 2009	DOB 2007	



Women's Age Groups		Categories		
		Aspire	Junior	Senior
Age during 2025		12 – 13 years	14 – 15 years	16+ years
Born	Min	DOB 2013	DOB 2011	DOB 2009
	Max	DOB 2012	DOB 2010	

**Note:**

- The Organisers reserve the right to close a Competition once numbers reach the maximum allowed.
- The Organisers have the right to review all entries.
- The Age Groups used here are generic and apply to the English Championships, but do not necessarily match those listed in the British MTC & WTC Handbook. Please refer to **Year Born** description contained in the rules above.



## Entry Process

### Online Entry

Entry to all English Gymnastics events is via the [My BG \(Online Entry System\)](#)

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

You may find the [British Gymnastics Membership Modernisation](#) page useful, specifically the following documents (*you may require BG sign in to view/ download the following*):

- [Event entry to events](#)
- [Membership Competition Categories \(2024\)](#)

[Key Contacts section](#) outlines contact details.

### Waiting List

The number of entrants for each **category will be restricted**.

Entries will be accepted strictly on a 'first come, first served' basis.

The EGA Admin Team will monitor the event categories and close categories as they become full, while 'My BG' also conducts this automatically.

While this event has a waiting list, the event on My BG (Find an Event calendar) will allow you to add individuals to the waiting list once a category has become full.

<b>Gymnasts who do not achieve the Qualification Score *:</b>	These gymnasts must go onto the manual waiting list. To be added, email <a href="#">English Gymnastics Events</a> with the details outlined below.
<b>Gymnasts who are applying for 'Guest' status:</b>	

*\* See page 6 – 7 for details on the English Championships qualification score.*

When submitting a request for the waiting list, the **following details are required**:

- |                         |                                   |
|-------------------------|-----------------------------------|
| • Club                  | • Gymnast membership number       |
| • Club contact name     | • Gymnast DOB                     |
| • Contact email address | • The category they wish to enter |
| • Gymnast full name     | • Qualifying score.               |

The Organisers cannot guarantee that any places will be available for these additional competitors.

Here is a guide to the waiting list selection process:

<b>Phase 1 –</b> GB & English Squad members	<b>Phase 2 –</b> Those that meet the English Eligibility criteria & Qualification score	<b>Phase 3 –</b> Those that meet the English Eligibility criteria & are below the Qualification score	<b>Phase 4 –</b> Those from a different Nation.
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## Entry Fees

<b>Entry fee:</b> (per gymnast)	£105.00
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## Entry Method

<b>Entry method:</b>	Via the <a href="#">My BG (Online Entry System)</a>
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Payment is to be made by **Debit/ Credit Card** at point of entry.

Entry fees are **non-refundable after the closing date**.

## Late Entries

<b>Late entry fee:</b>	Late entries <b>will not be accepted</b> for this event, unless in exceptional circumstances.
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## Withdrawals, Substitutions, & Amendments

### Gymnast

	Before entry closure	After entry closure	1 week prior the event
<b>Amendments/ Substitutions</b>	Once submitted (paid) entries can be amended via the My BG event entry, until the point of entry closure.	Substitutions not accepted. Amendments to be emailed to <a href="#">English Gymnastics Events</a>	Not accepted.
<b>Withdrawal</b>	Email <a href="#">English Gymnastics Events</a>  Entry fees refunded minus 3% admin fees.	Email <a href="#">English Gymnastics Events</a>  No refund.	

### Coach

	Before entry closure	After entry closure	1 week prior the event
<b>Amendments/ Substitutions</b>	Once submitted (paid) entries can be amended via the My BG event entry, until the point of entry closure.	Email <a href="#">English Gymnastics Events</a> with replacement name & BG number.	Email <a href="#">English Gymnastics Events</a> with replacement name & BG number. Until 9am on the Wednesday prior.
<b>Withdrawal</b>	Email <a href="#">English Gymnastics Events</a>  A suitably qualified & checked coach must have their credentials checked prior to attendance.		



## On the Day Changes

Any Coaches changes must be discussed with the Event Organiser upon arrival. This may take longer than usual registration process due to Organisers being actively involved in the event.

My BG account provides status of DBS, Safeguarding, & Qualification required by Coaches & Judges.

## Non-Attendance Fee (Gymnast)

<b>Non-attendance fee:</b> (on the day)	£25.00
Either the Event Organiser or <a href="#">English Gymnastics Events</a> require to be informed prior to the day of the event to avoid a non-attendance fee.	

## Order of Performance

The order of performance will only be confirmed once all entries have been received. All start lists and timetables will be published on the [British Gymnastics Find an Event](#) and the [EGA Website](#) alongside the official's lists.

The competition organisers reserve the right to:

- Adjust the timing of the events across the competition weekend if required.
- Run up to 30-minutes ahead of schedule.
- Make changes/ alterations to the groupings and panels to enable the competition to run on time and smoothly.

To maintain a smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the ETC reserves the right to alter the grouping of gymnasts and/ or running order of gymnast.



## Structure & Programme

### Men's Artistic Event Specific Details

#### Registration

- We will be having an open Registration for 2025 so please register your competitors as soon as you/ they arrive at the Centre.
- Please advise at Registration if you intend to perform two Vaults to qualify for an Apparatus Award.
- 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.

#### Code of Points

The Competition format is as per [FIG MAG Code of Points \(Cycle 16 – 2025 – 28\) Rules](#) & [British Gymnastics Junior Code of Points](#).

#### Vault Specifications

The following rules apply for eligibility for a Vault apparatus ranking and medal.

All gymnasts performing two Vaults must indicate so at registration:

<b>Seniors, U18, U16</b>	<a href="#">FIG Rules apply.</a>
<b>U14</b>	Must be 2 different Vaults but can be from same element group. Vault height 125cm. As per BG U14 Code.

#### Competition Apparatus

The following equipment and apparatus will be used for this competition:

- All apparatus will be provided by Gymnova.
- Apparatus specifications are as per FIG.
- Gymnasts must provide their own chalk.

<b>Apparatus</b>	<b>Senior/ Under 18/ Under 16</b>	<b>Under 14</b>
<b>Floor</b>	Supplementary mat 200x200x10cm. For podium training.	
<b>Pommel</b>		



<b>Rings</b>	Supplementary mat 200x200x10cm. For competition and podium training. Block to stand on to chalk up rings	30 cm mat for use in competition
<b>Vault</b>	Supplementary mat 300x200x30cm. For podium training.	
<b>P Bars</b>	Supplementary mat 200x200x10cm. For podium training.	10 cm mat for use in competition
<b>H Bar</b>	Supplementary mat 200x200x10cm. For podium training. Block to stand on to chalk up Bar.	30 cm mat for use in competition

Unauthorised mat during competition, a 0.50 penalty would be applied.



## Women's Artistic Event Specific Details

### Registration

- We will be having an open Registration for 2025, so please register your competitors as soon as you/they arrive at the Centre.
- Please advise at Registration if you intend to perform two Vaults for an Apparatus Award.
- 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.

### Code of Points

The Competition format is as per [FIG WAG Code of Points \(Cycle 16 – 2025 – 28\) Rules](#) & [relevant British Gymnastics amendments](#), specifically:

- [Women's Artistic Aspire, Junior & Senior British rules 2025](#)
- [BG WTC VAULT Difficulty Value table 2025-2028 – July 2024](#)

### Music requirements

<b>Music submission date:</b>	Thursday 16 <sup>th</sup> January 2025 at noon
<b>Music submission method:</b>	Via the <a href="#">My BG (Online Entry System)</a>
<b>Music format:</b>	Instructions for submitting music electronically may be found within the <a href="#">Event entry to events</a>
<b>Late Music Submission:</b>	£20 per gymnast (This will be invoiced by the EGA Events Team)

### Replacement Music

To submit replacement music post music closing date, email to [English Gymnastics Events – Change of music](#) including the following details:

- Event name
- Gymnasts full name & BG number
- Music name
- File name

### Music Licensing

Information about using music in your recognised gymnastics environment is on [Club Hub – Resources](#) (*sign in required*).

You can **check the permissions** on your chosen music on the [PPL website – music checker](#)  
Walt Disney, Andrew Lloyd Webber, or Cirque de Soleil music **isn't permitted**.

The Coach must carry a backup copy of the uploaded music via flash drive in case of technical issues.

The use of YouTube, iPad and phones, or CD-ROM's will not be permitted as a form of backup music.



## Vault Specifications

Gymnasts attempting to win a medal on Vault, will be expected to show two Vaults as per FIG Rules.

All gymnasts performing two Vaults must indicate so at registration.

The first Vault permitted will count towards the Gymnast's AA Total, whilst the second Vault score will be averaged with the first, to determine a ranking for the Vault medals.

<b>Aspire</b>	<ul style="list-style-type: none"> <li>Will be able to do two different Vaults from the same group.</li> <li>Extra soft Board will be available for Vault – 4 Spring and modified 5 Spring.</li> </ul>
<b>Junior</b>	<ul style="list-style-type: none"> <li>Will be able to do two different Vaults from the same group.</li> </ul>
<b>Senior</b>	<ul style="list-style-type: none"> <li>FIG Rules Apply.</li> </ul>

## Competition Apparatus

The following equipment and apparatus will be used for this competition:

- All Apparatus will be provided by Gymnova.
- Apparatus specifications are as per FIG.
- Gymnasts must provide their own chalk.

## Warm Up Apparatus (Only)

<b>WAG</b>	<b>Senior</b>	<b>Junior</b>	<b>Espoir</b>
Vault	10 cm mat	10 cm mat	As per GB rules
A Bars	10 cm mat	10 cm mat	
Beam	10 cm mat	10 cm mat	
Floor	10 cm mat 5 cm mat	10 cm mat 5 cm mat	
Springboard	FIG	FIG	FIG Soft Board 5 Spring & 4 Spring

Unauthorised mat during competition, a 0.50 penalty would be applied.



## Results & Rewards

To celebrate the success of those at EGA events including gymnasts, judges, coaches, and volunteers. EGA aim to provide recognition of those involved either during or after each event.

The following medals will be presented during this year's events:

- Medals will be awarded for 1<sup>st</sup> to 3<sup>rd</sup> place on each Apparatus within each competition.
- Medals will be awarded for 1<sup>st</sup> to 3<sup>rd</sup> place for the All-Around in each competition.
- There will be no breaking of ties.

## 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](#)

## 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:

- [English Gymnastics website](#) 
- [EGA Facebook page](#) 
- [Gymdata website](#) 
- Use of previous event attendees' details

Gymdata will be in attendance & managing results for this event.





## Judge, Coach, Gymnast requirements

The following provides requirements for Judges, Coaches, and Gymnasts that are to be involved within this event.

**Note:** Only Clubs affiliated to their respective Regions will be allowed to enter English Gymnastics events

### Role Definitions

English Gymnastics have provided a **Role Requirement Guide** for English Gymnastics event, see the English Gymnastics website > Policy & Procedures section > [Event Role Requirement Guide](#)

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

### Lead Coach Rule

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

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

### Membership & Qualification Requirements

**Event Membership & Qualification Guide** 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.

Credentials can be found on the **'My BG'** account.

- Membership – Expiry date can be found here.
- Profile > Basic details – Confirms personal details.
- Profile > Credentials – Confirms DBS, Safeguarding, and Qualifications.

You may find the [British Gymnastics Membership Modernisation](#) page useful, specifically the following documents (*you may require BG sign in to view/download the following*):

- [Membership Competition Categories \(2024\)](#)
- [Event entry to events](#)

### 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.

The **EGA 'Role Requirements Guide'** can be found on the [English Gymnastics website > EGA Competition Policies & Procedures section](#)



## Competition Attire

### Gymnasts, Coaches, & Volunteers

Gymnasts, Coaches, & Volunteers (recorders, computer operators etc.) are to be dressed appropriately as outlined in FIG/ BG rules and regulations.

English Gymnastics have provided a **Role Requirement Guide** for English Gymnastics events, see the English Gymnastics website > Policy & Procedures section > [Event Role Requirement Guide](#)

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

### Judges

Judges are to be dressed as outlined in FIG/ BG rules and regulations.

Judges are not allowed to use any form of electronic device throughout the duration of the competition.

English Gymnastics have provided a **Role Requirement Guide** for English Gymnastics events, see the English Gymnastics website > Policy & Procedures section > [Event Role Requirement Guide](#)

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



## General Regulations

Coaches must make adequate provision for the supervision of their gymnasts upon arrival **(at the specified latest time)** at the venue. Gymnasts will not be allowed to register or begin warm up without their coach present. All gymnasts must have an accredited coach present at the event. If a gymnast attends a competition without a coach, they will not be allowed to compete.

## 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](#)

## Inquiries & Appeals

Inquiries are permitted and should be handed to the relevant discipline organiser along with a £50 Inquiry Fee each time.

- Inquiries will be accepted within ONE rotation of the performance being questioned (i.e., if you are protesting a Gymnast's performance on the first Apparatus, an official application must be received before the Gymnast rotates to their third piece).
- Where an inquiry is submitted as part of the final round, this must be done within five (5) minutes of the final score being published.
- By submitting an Inquiry about a score awarded by the Judges, you agree to pay a fee which will be paid to the Organisers at the time of the Inquiry.
- The fee will be returned if the Inquiry is successful or retained if the Inquiry is denied.

## 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.

## Warmup Area

There is not a separate warmup area for this event, although warmup time will be built into the program.

Details of booking podium training for those applicable will be released a week prior to the event.

## Medical Provision

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

At all EGA events, an official medical team will be appointed and will be available to treat gymnasts who sustain an injury at the event. The medical team are not able to treat pre-existing or chronic injuries. Any injury occurring or injury requiring treatment 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 Competition Organiser based upon the recommendation of the EGA appointed medical officer as to the gymnast's health and medical status and their ability to compete at the event is absolute and final.



## Etiquette

While sport can be a highly competitive activity, please ensure you support every gymnast, coach and parent/ guardian involved. Everyone has been involved at some point and every competition/ event is a celebration of those efforts.

It is important that the access to the 'Official's area' (judges, scoring etc.) is restricted to authorised personnel only.

The Competition Organiser has the right to withdraw any entry/ entries where appropriate etiquette and professionalism is not upheld before, during and after the event. This, therefore, could affect future attendance at events and become a welfare issue.

## Feedback and Complaints

English Gymnastics takes all feedback seriously, you can either:

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



Your feedback will help the continuous development of future events.

## Event Adaptations & Inclusive Gymnastics

English Gymnastics events are inclusive by adhere to British Gymnastics Policy & Procedure; you can find specific related policies on the [Hub: Safe and Fair Sport](#) and the [English Gymnastics website](#)

There is inclusion specific guidance found on [Club Hub Resources](#) (*sign in required*).

## Disability Gymnastics

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

[Competition - Overview](#) states what categories are available during this event.

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

## Videography & Photography

In line with the [EGA Privacy Policy](#), English Gymnastics may take images/ video 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](#)

This event will be live streamed via the [GymData website](#)

The Official Photographer for this event is **TBC**

**TBC [Photographers Privacy Notice]**



## Health and safety

The Health, Safety, & Welfare of attendees is a primary focus, therefore EGA adhere to the British Gymnastics Health, Safety, and Welfare Policies & Procedures found on the [Hub: Safe and Fair Sport](#)

## Risk assessments

Risk assessments have been carried out for this event, but if you feel there is something/one that may require additional assessment, please email the [English Event Enquiries](#) with specific details.

While risk assessments for the event have been completed, your club is responsible for specific risk assessments related to your club e.g., travelling to and from the event etc.

## Welfare

English Gymnastics recognise the value in the welfare of those attending events, therefore will organise a Designated Welfare Officer through the duration of the event. This person will be named in the Work Plan.

EGA support the [#BeTheChange](#) campaign, where all those involved in the sporting journey are supported before, during and after the event.

If you have any concerns, please contact [English Gymnastics Events](#) or use the appropriate contact(s) from the [British Gymnastics Hub: Safe and Fair Sport](#)

## 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 responsible for gathering their gymnasts together until handing back to their responsible adult in line with their club's event attendance risk assessment.

## 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.

## Privacy

[English Gymnastics Privacy Notice](#)



## Spectators

Ticket type		Cost per day ticket
<b>Saturday Competitions</b>		
On the door / day	Adult	£27.00
On the door / day	Concession *	£17.00
Advanced Purchase	Adult	£22.00
Advanced Purchase	Concession *	£12.00
<b>Friday / Sunday Competitions</b>		
On the door / day	Adult	£23.00
On the door/ day	Concession *	£14.00
Advanced Purchase	Adult	£20.00
Advanced Purchase	Concession *	£12.00

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

Tickets are available on the day via cash or card payment.

Advanced tickets will be released at the start of 2025.

Advanced tickets will be available online from [Gymdata](#) until noon on Wednesday 26<sup>th</sup> of February 2025.

**Note:** That applications for tickets are always heavy (particularly for Seniors' Day), so please advise members of your Club to apply early. We cannot guarantee that any tickets will be available to purchase on the door each day, so would advise everyone to purchase tickets online in advance of the Championships to avoid disappointment.



## Definition of Terms

**Championships** means any English Championships or Competition organised by the EGA.

**Code** means the Code of Points used for the competition, from which technical information and regulations are taken such as EGA, BG or FIG.

**EGA** means English Gymnastics Association.

**Event** means any National competition and Championships organised by the EGA.

**FIG** means Federation International de Gymnastique.

**Organiser(s)** means the Competition Organisers

**Supervising Coach(es)** are those coaches submitted the [My BG \(Online Entry System\)](#) and who are responsible for the gymnast(s) for the entire event.

EGA must be notified via [email](#) of any amendments prior to the event for accreditation purposes.

**Coach(es)** are qualified to support the gymnasts in the level of performance/ competition. This will align to [British Gymnastics Coach Education system](#).

**Lead Coach** may authorise other Coaches from their club to coach skills of 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.

Online there is the [Lead Coach Guidance](#) and a [Flow Diagram](#).

**Assisting Coach(es)** Assistant Coaches cannot be responsible for the gymnasts.

**Chaperone** – In exceptional circumstances, Chaperones may be permitted to fulfil a pastoral care role. Chaperones under no circumstances shall be permitted to Coach gymnasts.

**Officials** are people recruited to assist with the delivery of the overall event i.e., Floor Manager, Ceremonies Manager, Spectator Tickets Manager etc.

**Unattached/ Independent** means gymnasts who are not members of a British Gymnastics registered club but hold appropriate British Gymnastics membership.

**MAG** means Men's Artistic Gymnastics.

**WAG** means Women's Artistic Gymnastics.

**CPSU** means Child Protection in Sport Unit.

**DBS** means Disclosure Barring Service, Access NI Eligibility or PVG.

Where no specific point is addressed in these Regulations, the current FIG Rules apply. However, the 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.



## Appendix 1 – Venue Information

### Venue and address

Telford International Centre, St Quentin Gate, Telford, Shropshire TF3 4JH

**Website:** <https://www.theinternationalcentretelford.com/contact-us/>

**Google Maps:** [Telford International Arena](#)

#### Travel to the Venue:

##### From M6 Southbound

- Leave M6 at Junction 12. Take A5 West for 1 mile to Gailey Island. Take first left on to A449. Travel 3 miles to M54/J2. Travel West on M54 to J4. Take the second exit and follow signs to The Telford International Centre. The venue is situated just over 2 miles from Junction 4.

##### From M6 Northbound

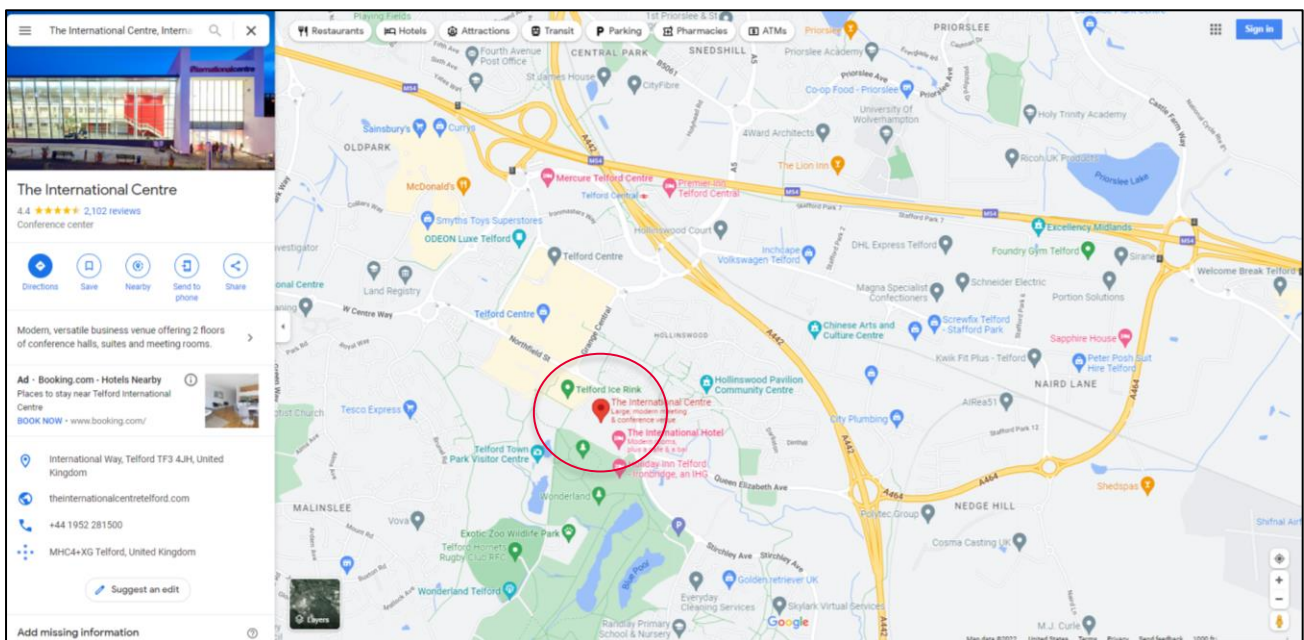
- Join M54 at M6/J10A. Travel West to M54/J4. Take the second exit and follow signs to The Telford International Centre. The venue is situated just over 2 miles from Junction 4.

##### From M6 'Toll' Northbound

- Leave M6 Toll at Junction T8. This equates to M6/J11. Go straight ahead into A460 (Wolverhampton Road) towards Wolverhampton. After 2.4 miles, access M54/J1. Take the third exit off the roundabout onto M54 direction Telford. Travel West on M54 to J4. Take the second exit and follow signs to The Telford International Centre. The venue is situated just over 2 miles from Junction 4.

#### Other travel:

- Telford Central Station is just over a mile away.
- TIC is a 15-minute walk away.
- There is a regular bus service from the Train Station to The Telford International Centre.
- The Telford International Centre is less than an hour by road from Birmingham International Airport. There are rail connections from Birmingham International Station, which is accessible directly from the Airport.





## Spectator area & disabled access

Telford prides itself on being an accessible venue for everyone. There are disabled parking bays on-site, near to the main entrance, and there is a lift available within the venue providing access to the first floor if needed. To view their accessibility policy, please click [here](#).

There will be approximately 700 seats and ample seating for people with disabilities and/or wheelchair users,

## Food & drink

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.

## Car parking

Telford International Centre has parking for over 1,500 vehicles (**Sat Nav Postcode – TF3 4JH**), all within easy walking distance of the venue. However, for our event,

Parking Charges **per car/day**: £10.00

There are also multiple Car Parks within Telford Town Centre, which are chargeable.

## Nearby Hotels

<b>The International Hotel</b> St Quentin Gate, Telford TF3 4EH  <b>Phone:</b> 01952 521600 <b>Email:</b> <a href="#">Link</a>	<b>Holiday Inn Telford Ironbridge</b> Telford International Centre, Telford, TF3 4EH  <b>Phone:</b> 0800 80 80 0800 <b>Website:</b> <a href="#">Link</a>
<b>Premier Inn</b>  Telford Central Hotel Euston Way, Telford, Shropshire, TF3 4LY <b>Phone:</b> 0333 003 8101 <b>Website:</b> <a href="#">Link</a>	<b>Days Inn by Wyndham Telford Ironbridge M54</b> Welcome Break Service Area J4 M54, Priorslee Rd, Shifnal, Shropshire, Shropshire TF11 8TG <b>Phone:</b> +44 1952 987750 <b>Website:</b> <a href="#">Link</a>
<b>Mercure Telford Centre Hotel</b> Forgegate, Telford Centre, TF3 4NA  <b>Phone:</b> +44 1952 217680 <b>Website:</b> <a href="#">Link</a>	<b>Ramada Telford Ironbridge</b> Forgegate, Telford, Shropshire TF3 4NA  <b>Phone:</b> +44 1952 425000 <b>Website:</b> <a href="#">Link</a>



## Appendix 2 – Visiting the English Gymnastics Championships

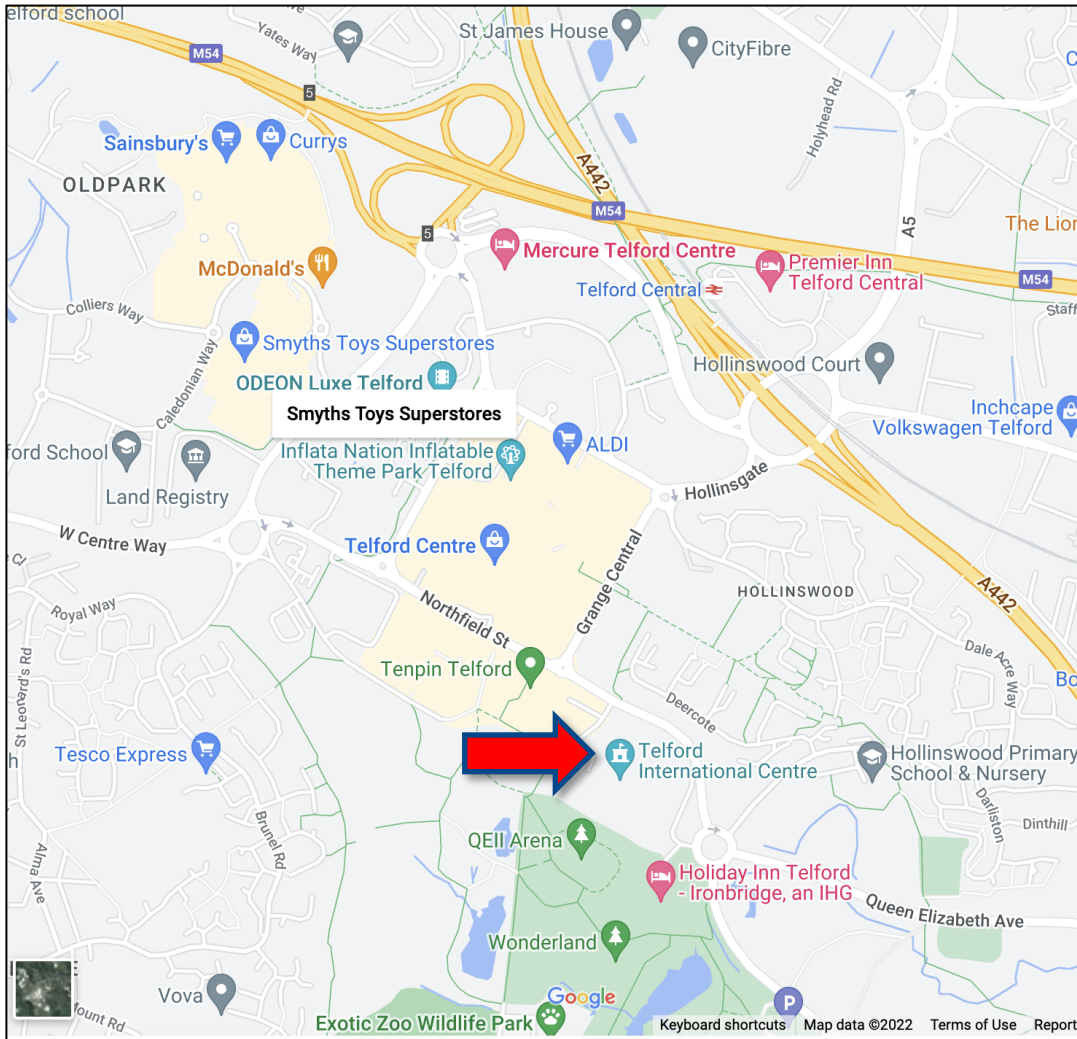
To accommodate the increase in size and popularity of the English Gymnastics Championships we have moved the competition to the Telford International Centre in Shropshire. The competition venue is just off the M54 at junction 5.

This competition is the premier artistic gymnastics event in the England calendar showcasing some of the best Men and Women in the country.

Just 200 metres walk from the venue takes you into the amazing Southwater Shopping Mall with all the iconic-brand outlets and a worldwide array of food options. Within a busy weekend of competitions there must be time to visit some of local entertainments and attractions, do some serious window shopping or relax with the meal of your choice.

### Telford International Centre





The Telford International Centre is situated in the heart of the UK, its hugely accessible location offers all the benefits of a city centre, without the hustle and bustle. Following a £250 million investment, the purpose-built Convention Quarter was created. Telford has numerous hotels in very close proximity to the International Centre.



