English Gymnastics
National Competition Handbook 2025

English Trampoline, Double Mini Tramp, Tumbling

Handbook Version 2

ENGLISH GYMNASTICS

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 2025. 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 2025.

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 refence these terms and link to the website as appropriate.

1.4 – Key Contacts

English Gymnastics Events: (All entry & technical enquiries)	**Email:** engevents@englishgymnastics.org.uk **Info:** English Gymnastics website
British Gymnastics Customer Support: (My BG account enquiries)	**Phone:** 0345 1297129 **Email:** 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

1.5 – 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 2.1

Heading/ Subtitle	Amendment	Page range
How to enter	Process how to enter has been updated to ensure the online entry system applies **Multi-Discipline (Category) Discount** across all categories.	16
Main Handbook	Removal of information relating to the masters' series	Whole document
Main Handbook	Notes confirming that 16+ in year of competition can enter their age group and the senior competition	Page 11

Note – Technical updates will be provided within the next version update of the Handbook. This is an interim update.

1.6 – English Events Calendar 2025

Event Name:	English Qualification Series 1
Event Date:	5th – 6th April 2025
Entry Opening Date:	Noon on the Monday 27th January 2025
Entry Closing Date:	Noon on the Thursday 27th February 2025
Event Location:	Birmingham University B15 2TT Google link what3words – ///could.pack.piano
Disciplines:	TRI, TRS, DMT, DIS
Levels and age groups:	Gold, Silver all age groups
Find an Event link:	**TRA/ DMT** – Online entry link
Event Name:	English Qualification Series 2 & **Tumbling Silver and Gold Championships**
Event Date:	30th May – 1st June 2025
Entry Opening Date:	Noon on the Monday 24th March 2025
Entry Closing Date:	Noon on the Thursday 24th April 2025
Event Location:	Telford International Centre TF3 4JH Google link what3words – ///tutorial.denote.hurls
Disciplines:	TRI, TRS, DMT, DIS, and TUM (Siver & Gold)
Levels and age groups:	Gold, Silver all age groups
Find an Event link:	**TRA** – Online entry link **TUM** – Online entry link
Event Name:	English Championships
Event Date:	4th – 6th July 2025
Entry Opening Date:	Noon on the Tuesday 3rd June 2025
Entry Closing Date 1:	Noon on the Thursday 12th June 2025
Entry Closing Date 2:	***To be confirmed***
Event Location:	Coventry Building Society Arena CV6 6AQ Google link what3words – ///bridge.rainy.looked
Disciplines:	TRI, TRS, DMT, and DIS
Levels and age groups:	Gold, Silver all age groups (those qualified from Q1 and Q2)
Find an Event link:	**TRA/ DMT** – Online entry link

A complete domestic and international events calendar can be found online

1.7 – English Events Calendar 2026

Event Name:	English Qualification Series 1
Event Date:	***To be confirmed***
Entry Opening Date:	
Entry Closing Date:	
Event Location:	***To be confirmed***
Disciplines:	TRI, TRS, DMT & DIS
Levels and age groups:	Gold, Silver all age groups
Find an Event link:	**TRA/ DMT** – Online entry link
Event Name:	English Qualification Series 2 & Tumbling Silver and Gold Championships
Event Date:	29th – 31st May 2026
Entry Opening Date:	
Entry Closing Date:	
Event Location:	Telford International Centre TF3 4JH Google link what3words – ///tutorial.denote.hurls
Disciplines:	TRI, TRS, DMT, DIS, and TUM (Siver & Gold)
Levels and age groups:	Gold, Silver all age groups
Find an Event link:	**TRA/ DMT** – Online entry link **TUM** – Online entry link
Event Name:	English Championships
Event Date:	17th – 19th July 2026
Entry Opening Date:	
Entry Closing Date 1:	
Entry Closing Date 2:	
Event Location:	***To be confirmed***
Disciplines:	TRI, TRS, DMT, and DIS
Levels and age groups:	Gold, Silver all age groups (those qualified from Q1 and Q2)
Find an Event link:	**TRA/ DMT** – Online entry link

A complete domestic and international events calendar can be found online

Section 2.0 – Event Requirements

2.1 – Eligibility & 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.

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.

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

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	16	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:

- British Gymnastics Find an Event calendar – Individual event pages.
- English Gymnastics website – Handbook section.

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:

Year Born Eligibility for competitions 2025	
9 - 10 years	**Born 2016 – 2015**
11 - 12 years	**Born 2014 – 2013**
13 - 14 years	**Born 2012 – 2011**
15 - 16 years	**Born 2010 – 2009**
17 + years	**Born before 2008**
Senior	**Born before 2009**

Notes:

- **Gymnasts in 15-16 aged 16 in the year of competition, are eligible to entering their age group and they can also enter the Senior Gold level of competition, as long as they can meet the criteria. Gymnasts can only enter a maximum of three groups not including TRS.**
- Exercise Criteria can be found in the 'Exercise Criteria Handbook'.

Updates to age grouping for 2025:

- If you competed in Silver at Qualification 1, you could transfer to Gold in Qualification 2 although you will lose any achieved qualification score for Silver Championships.
- If you compete in Gold at any English TRA/DMT/TUM event, you cannot transfer to Silver during the course of that season.
- If you competed at Gold TRI/ DMT then you can only compete Gold TRS/ DMTS.

Section 4.0 – Results & Rewards

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.

4.1 – Ceremonies

Those who win a medal at EGA events are expected to remain in the venue until their medal ceremony is completed. Medals will only be handed out on the podium and will NOT be given out to other members of the club or coaches. They will also not be sent on via the post. The medal should be collected personally. In the event that a medallist is unable to attend the medal ceremony, the medal will be forfeited. Attire for medal ceremonies is according to FIG Rules for World Championships

4.2 – 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.

Section 5.0 – Health, Safety, & Welfare

5.1 – Health & Safety Statement

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

5.3 – 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

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.

5.4 – Overnight UK Stays

EGA require all clubs to follow the British Gymnastics Health, Safety, and Welfare Guidance – Safe Trips

Remember overnight stay forms must be submitted to British Gymnastics a **minimum 4 weeks** prior to departure for insurance to be valid.

5.5 – 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.

5.6 – Manipulation of Competition

English Gymnastics support the integrity of sport and fight against the manipulation of competitions, by adhering to the standards set out in the Olympic Movement Code found in the British Gymnastics Prevention of Manipulation of Competitions Policy

Section 6.0 – Judges & Officials Requirements

6.1 – Provision of Judges & Volunteers (TRA/ DMT only)

6.1.1 – Judge & Volunteer Requirement (TRA/ DMT Qualifications)

Number of Competitors per day	Requirement per day (minimal):	
	Minimum Qualified Judges	**Officials/ Volunteers**
1 – 5		1 suitable official/ volunteer
6 – 15	1 x County Judge	1 suitable official/ volunteer
16 – 20	2 x County Judges	
21+	3 x County Judges and 1 x National Judge	
Submission method:	My BG (Online Entry System)	My BG (Online Entry System)

6.1.2 – Judge & Volunteer Requirement (TRA/ DMT Championships)

Number of Competitors per day	Requirement per day (minimal):	
	Minimum Qualified Judges	**Officials/ Volunteers**
1+		1 suitable official/ volunteer
Submission method:	N/A	My BG (Online Entry System)

6.2 – English TRA/ DMT Qualification Series – Judge & Volunteer Notes

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

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

6.2.1 – Judge & Volunteer Expenses (Qualification Events)

The **EGA will not be responsible** for booking any rooms or pay any expenses towards judges' travel or accommodation during the English Qualification Series. This will be down to the individual judge and representing club to agree on.

Lunch & refreshments will be provided during the events for those in nominated roles.

6.3 – English TRA/ DMT Championships – Judge & Volunteer Notes

Clubs will be required to nominate a single volunteer for the English Championships when entering gymnasts online, no matter the size of their entry.

England are building 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.

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

6.3.1 – Judge & Volunteer Expenses (Championships)

The EGA will organise accommodation including breakfast and evening meal for nominated judges.

Utilised Judges and Volunteers can claim up to maximum of £60 travel expenses.

Lunch & refreshments will be provided during the events for judges & volunteers.

6.4 – 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.

6.5 – Missing Judges

Missing Judge fee:	£250 per missing judge, per day.
A maximum charge of £750 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 above fine, they are to email English Gymnastics Events stating:

- Their Club
- Number of gymnasts being entered into the event
- 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.

6.6 – Withdrawal of Judge or Official

2+ days prior to the event fee:	£350 per missing judge.
0 – 1 day prior to the event fee:	£450 per missing judge.

- Substitution process will prevail where a suitable replacement is found by the club.
- 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 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)

Discount specific note:	To gain the multi-discipline (category) discounts we need you to follow this entry process otherwise synchro categories won't be applied within discounts: • **Step 1** – Add **Synchro entries** into your basket (only) • **Step 2** – Go back to event page • **Step 3** – Add **Individual entries** into your basket • **Step 4** – Proceed to basket / checkout

Key Contacts section outlines contact details.

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

By the **2nd of June 2025**, 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: **12th June 2025.**

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 to be confirmed).

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	£105
Entry into 4 individual disciplines	£125
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	£115
Entry into 4 individual disciplines	£135

Note: TRS is considered as an individual discipline within the above pricing structure.

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 that a late entry is accepted, the entry fee will stand and a late fee of 100% of the original entry up to a maximum of £750
Applications will normally only be considered up to seven (7) days after the closing date. Late entries must be made via email to English Gymnastics 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 English Gymnastics Events including the following details: • Gymnast full name • DOB • Membership number • Event category to be added to • Judge & Coach details (as per gymnasts' details)	

7.7 – Withdrawals & Substitutions

7.7.1 – Gymnast

	Before entry closure	After entry closure	1 week prior the event
Amendments/ Substitutions	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 English Gymnastics Events	Individual not accepted. TRS to email English Gymnastics Events
	Note: The only exception of the amendments/ substitution rule (gymnasts) ruling is for TRS gymnasts. An individual from a pair can be amended up to the start of the first flight by speaking to the organisers at control desk on the day.		
Withdrawal	Email English Gymnastics Events Entry fees refunded minus 3% admin fees.	Email English Gymnastics Events No refund.	

7.7.2 – Judge & Volunteer

	Before entry closure	After entry closure	1 week prior the event
Amendments/ Substitutions	Once submitted (paid) entries can be amended via the My BG event entry, until the point of entry closure.	Email English Gymnastics Events with replacement name & BG number.	Email English Gymnastics Events and the Judge Convenor(s) with replacement name & BG number.
Withdrawal	Email English Gymnastics Events As outlined in Judge & Volunteer Requirement Section		

7.7.3 – Coach

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

7.7.4 – On the Day Changes

Any Coaches, Judges, or Volunteers 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.

7.7.5 – Non-Attendance Fee (Gymnast)

Non-attendance fee: (on the day)	£50.00
Either the Event Organiser or English Gymnastics 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

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 maintaining safety in coaching practices.

8.2 – 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

8.3 – 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

8.4 – 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

Section 9.0 – Pre-Work Plan

9.1 – Release of Timetable & Start Lists

The Timetable & Start Lists will be circulated to all entered clubs approximately two (2) 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. It is the coach's responsibility to register the gymnasts at the start of the day, **any gymnasts that do not register will incur a non-attendance fee.**

For gymnasts who are competing in multiple competitions, the gymnast must identify at registration which competitions they are competing or not competing in. This also applies to any withdrawals in the lead up to the event.

Coaches will be able to withdraw a gymnast at registration terminals. This is only required if EGA have not been notified of the withdrawal in advance. Note – Any gymnasts not withdrawn at the start of their event will gain a Non-attendance fee.

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 2nd English Event, for more details see 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, 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.

Orientation will be held on Saturday afternoon/ evening for those who are competing on the Sunday.

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.

Details can be found on the English Gymnastics website

9.7 – Competition Cards

Competition cards are required for **Tumbling and TRA 17+ only.**

It is the coach's responsibility to ensure that the Competition Cards are completed correctly and submitted to Judges before the competition/ flight starts.

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.

Template Competition Cards can be found on the English Gymnastics website

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 **strongly recommend paying 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.

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 venues can be limited, more details will be published in the working plan for each competition.

Parking may be chargeable, more details to follow in the Work Plan.

Section 11.0 – General Regulations

11.1 – Inquiries & Appeals

- 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.

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 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.

11.3 – 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)*.

11.4 – Disability Gymnastics

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

Section 3.0 - Event Specific Details states what categories are available during this event.

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

11.5 – 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.

The Official Photographer for this event is TBC.
Official Photographer 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 and H 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 H-score will be determined using TMD's recommended T-score retrieval software.

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 granted another attempt. In this scenario, the original E and D scores will remain.

The attempt 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 CJP will negotiate only with the gymnast's coach for the most opportune moment for the gymnast to have their attempt, (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 unchanged.

The gymnast must compete with the exact same routine as the one in which their T and H-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.

Appendix 2 – Tie Break Rules (TRA/ DMT only)

All English Gymnastics TRA and DMT events will follow the **FIG Tie Breaker rules**, found within FIG 2025-2028 Technical Regulation (PDF) online