



Cardiff Open and Welsh Open Trampoline/Tumbling/DMT Championships 2024 WORKPLAN

Date: 7th and 8th September 2024

Venue: Cardiff Met University, National Indoor Athletic Centre, CYNCOED,

[National indoor athletics centre cardiff - Search \(bing.com\)](#)



We are pleased to welcome all clubs along to compete at our TRA/TUM/DMT open Championships 2024.

This will be the first time in many years that all 3 bounce disciplines will be held in the same venue.
We are excited at the prospect of welcoming clubs from Wales and beyond.

The venue can be found by following the link above. Parking at the venue costs £2 per day with approximately 4 different car parks throughout the University grounds. We would advise being mindful when parking outside the grounds of the venue as parking attendants are often patrolling.

Code of Conduct:

Gymnasts: [Codes-of-Conduct-for-Gymnasts-Version-1-021023.pdf \(welshgymnastics.org\)](https://welshgymnastics.org/Codes-of-Conduct-for-Gymnasts-Version-1-021023.pdf)

Coaches/Officials: [Codes-of-Conduct-for-Coaches-Version-1-021023.pdf \(welshgymnastics.org\)](https://welshgymnastics.org/Codes-of-Conduct-for-Coaches-Version-1-021023.pdf)

Parents: [Codes-of-Conduct-for-Parents-Version-1-021023.pdf \(welshgymnastics.org\)](https://welshgymnastics.org/Codes-of-Conduct-for-Parents-Version-1-021023.pdf)

Coaching requirements

All coaches requiring access to the competition floor and accreditation must be nominated at least 3 weeks prior to the competition date, so all relevant checks can be completed. Coaches without the relevant DBS, SPC, membership and qualifications will NOT gain access to the Field of Play.

Tickets

Tickets will be available to purchase from Tuesday 27th August – the morning of the competition. Once tickets are sold out, unfortunately, we will be unable to release any further tickets.

ADULTS - £15

CHILD - £8.50

U4'S – FREE

To purchase tickets please follow the following link:
<https://welshgymnastics.sport80.com/public/wizard/e/192>

Also, see the attached “How-To” document.

Times:

SATURDAY	
Flight 1	
12:45pm	Reg
1pm-1:15pm	Stretching
1:15pm	Line up
1:20pm	March in and present
1:25pm - 1:50pm	Warm up
1:50pm - 2pm	One touch (TRA only)
2pm - 2:25pm	Compete
2:30pm - March out	
Flight 2	
2:10pm	Reg
2:15pm - 2:30pm	Stretching
2:35pm	Line up
2:40pm -	March in and present
2:45pm - 3:10pm	Warm up
3:10pm-3:20pm	One touch (TRA only)
3:20pm- 3:45pm	Compete
3:50pm - March out	
Flight 3	
3:20pm	Reg
3:25-3:40	Stretching
3:45pm	Line up
3:50pm	Walk in and present
3:55pm - 3:20pm	Warm up
4:20pm -4:30pm	One touch (TRA only)
4:30 - 4:55pm	Compete
5pm - March out	

SUNDAY	
Flight 4	
8:30am -8:45am	Reg
8:45am - 9am	Stretching
9:05am	Line up
9:10am - 9:15am	March in and present
9:20am - 9:50am	Warm up
9:50am - 10am	One touch (tra only)
10am - 10:30am	Compete
march out 10:35am	
WELSH CHAMPIONSHIPS	
NATIONAL ANTHEM	
Flight 5	
10:05am - 10:20am	Reg
10:20am-10:35am	Stretching
10:40am	Line up
10:45am - 10:50am	March in and present
10:50am - 11:20am	Warm up
11:20am - 11:30am	One touch (TRA only)
11:30am - noon	Compete
march out 12:05pm	
Presentation for AM and Lunch - start back at 1:30pm	
Flight 6	
12:45pm - 1pm	Reg
1pm - 1:15pm	Stretching
1:20pm	Line up
1:25pm - 1:30pm	Walk in and present
1:30pm - 2pm	Warm up
2pm - 2:10pm	One touch (TRA only)
2:10pm - 2:40pm	Compete
march out 2:45pm	
Flight 7	
2:30pm	Reg
2:45pm - 3pm	Stretching
3pm	Line up
3:05pm - 3:10pm	Walk in and present
3:10pm - 3:40pm	Warm up
3:40pm - 3:50pm	One touch (TRA only)
3:50pm - 4:10pm	Compete
March out 4:45pm	

Competing Saturday: All TRA/TUM bronze level, all ages, TRA silver 9-10, 11-12yrs. Inclusive bronze and silver. TRA Synchro bronze and silver and all bronze and silver DMT

Competing Sunday: silver 13-14 onwards, all gold and platinum gymnasts, in all three disciplines.

Cardiff Open - flights 1-4

Welsh Championships - flights 5 – 7

Competition officials

Competition organizer – Welsh Gymnastics

Safeguarding and Wellbeing – Maria Gaynor

Floor Managers: Tum: Josh Beard

TRA (Marshall) Julie Proctor, Michelle Phillips

Head Judges

Tum: Clive Morgan

DMT: Clive Morgan

TRA: Nerys Williams

Physio: TBC, Physio support

Official Welsh Gymnastics photographer:

Saturday – Steve Pope

Sunday – DE Photos

Merchandise – Welsh Gymnastics

Leotards and gymnastics apparel – Quatro

Fb-Curves – Kris Horrigan

Equipment supplier: Sport Wales, GymNova, Freefallers, Cardiff Flyers

Volunteers – we are grateful to those who volunteer their time, we could not run events like these without them – THANK YOU

Presentations

Medals Ceremonies

- All ceremonies will have a march-on of all competing gymnasts in club alphabetical order (for those wanting to stay). We would ask that gymnasts wear their club tracksuits.

Open and Closed Competition Awards: Welsh Championships

- For the Closed competition we will be presenting Welsh Championship medals to gymnasts placed 1st, 2nd and 3rd, and Welsh Championship rosettes/ribbons to gymnasts placed 4th, 5th and 6th. Those finishing in 1st overall position will be presented with a Trophy
- For the Open competition (where applicable) we will be presenting large Welsh Gymnastics medals to gymnasts placed 1st, 2nd and 3rd, and Welsh Gymnastics rosettes/ribbons to gymnasts placed 4th, 5th, and 6th.
- If there are only Welsh competitors in a category, then the category event will only be presented as a Closed category.
- There will be recognition for the coach of the Senior winning gymnast in each discipline.
- We will also be presenting to the winner of routine 1 and 2 separately in each discipline and age group. (ie: the highest scoring TUM/TRA/DMT qualifying routine 1 and 2 will be presented with medals)
- For those gymnasts who podium in first position but do not reach the minimum D-score (in Welsh Champs ONLY), only a medals will be awarded

FINALS – Welsh Championships only

There are no categories with more than 8 gymnasts competing so all podium positions will be determined during each competition. There will be no finals in this Championships.

Special Awards:

- Welsh gymnasts competing in the Trampoline Disability Elite and F.I.G. categories will be eligible for the following awards:
 - The Halliwell Cup Form trophy will be awarded for highest execution score (HD, D score, ToF excluded) across a single routine.
 - The Chris Fordham Cup will be awarded for highest overall score (set+vol+final).
 - The score will not include any difficulty score from the first routine.

In the event of a tie for either or both of these two Cups, the performers will share the trophy over the year, to be handed back at the next Welsh Open. This will need to be arranged between the performers.
- Welsh gymnasts competing in DMT F.I.G. Cymru/Wales categories will be eligible for the following award:
 - The DMT Shield will be awarded for the highest overall score (across 4 passes)
 - The score will include any difficulty.
- TUM – an award will be presented to the Senior Gymnast (Male or Female) with the highest Execution score

Award kindly donated by Sharon Evans - CSOG

ATTIRE

All coaches must have accreditation visible at all times.
Club attire must be worn, other than National Coaches or Welsh Gymnastics Staff, no NGB kit should be worn.

Coaches should be aware of the Jewellery policy, which must be adhered to.

TRANSGENDER POLICY

We will be following the British Gymnastics 'Policy For The Participation Of Trans People In Gymnastics Competition', which can be found [here](#). Section 7 is the most useful part of this document for this event.

PHOTOGRAPHY POLICY

When taking photos or videos can we ask that everyone is mindful of the BG photography policy, and only photo or video your own gymnasts, please also be mindful when posting photos on social media. If you have gymnasts that can't be photographed, please let us know on the competition day and we will ensure they are given a wristband.

[photography-policy-v1-0-march-2020.pdf \(storyblok.com\)](#)

The Official photographers for the event will be De Photos and Steve Pope, those taking photos for any reason other than personal use will be asked to leave.

Enjoy the competition, and safe travels.

For any safeguarding issues please email: safeguarding@welshgymnastics.org