

TRAMPOLINE NEWS No 49

April 2008

Editor: John D Beeton: john@beeton9.wanadoo.co.uk

EDITORIAL

Martin Laws

Dear Reader,

My thanks to the Editor, **John Beeton** for his ever devoted hard work to ensure that all our members are kept up to date with any trampoline related news. Please can everyone circulate this newsletter as widely as possible?

With the weather starting to settle down, and the spring flowers begin to bloom, I would like to think that the new competition structure, which began its gradual implementation process is also, starting to bloom! Without a doubt, the introduction of the Gala weekends has had a few teething problems. This was of course to be expected! With 3 weekends now under our belts, I would like to hope that everyone can now see the direction that Trampoline is going to make our sport more inclusive and spectator friendly. I would like to thank everyone who has been involved in the Gala weekends for their patience and hard work, especially **Wayne Smith** and his band of volunteers. We appreciate that the weekends have involved very long days, but hopefully, with more experience of these weekends, we will become efficient! Clubs will also need to become more efficient in making sure they have sufficient officials who are well prepared and trained.

Our thanks to **Mike Phillipson** here for his efforts to deliver not only the judges for the Gala's but also two World Class trials and meet everyone's criteria.

The introduction of the electronic entry system has been very problematic, but I understand it is now working and everyone should try again to make it work. One of the major benefits of this work is that it continues to update and correct the errors in our membership data making it better to use. Our new coaches website will be online soon (due before this newsletter) and hopefully we will return to this useful addition to the network. Any suggestions for improvements should be forwarded to **John Varga** who is now heading up that sub committee.

With the introduction of the Gala weekends, it now means that our National Finals, to be held in Birmingham during July, will now showcase all our Trampoline disciplines, which will no doubt lead to an extremely exciting event for all those taking part, volunteers and spectators. You will be able to purchase tickets directly from the NIA. Tickets can be brought as a weekend ticket or individual days.

Congratulations to everyone who has been selected to represent Great Britain at the forthcoming European Senior and Youth championships to be held in **Odense, Denmark** at the end of April. May I wish you all the very best of luck and hope that all your hard work will pay off and you gain the positions that you deserve. With the championships being held just across the water in Denmark, I am sure that we will find that Team GB will have a large group of travelling supporters!

We have a very heavy international competition schedule ahead of us prior to the Olympic Games in August with representative teams visiting **Osaka JPN., Publier FRA., Arosa SUI** and **Albacete ESP** for various world cup events. We also have the visit of the **Chinese Development Squad** to look forward to during May / Jun for a 10 day visit and arrangements for the visit are almost complete.

As yet, our sole woman gymnast who will represent Great Britain at the **Beijing 2008 Olympic Games** has not been selected. Hopefully, all will be revelled soon after the European Championships, which is the last trial of three in the selection process.

I would wish to congratulate **Tristan Collins** in his role of **Programme Manager for the Trampoline World Class Programme**, an appointment that he took up at the end of February past. Hopefully, the WC Programme will go from strength to strength. We wish Tristan every success.

With little else for me to report, I would suggest that you now sit back, put your feet up and enjoy this month's newsletter!

FIG President has his Say

In his Editorial in the "**World of Gymnastics**" February 2008 issue, **President Grandi** aired his thoughts on the past year which included World Championships in Men and Women's Artistic, Rhythmic and Trampoline Sports. In his reference to the World Championships staged in **Quebec City CAN**, the President commented "that Quebec perfectly fulfilled its mission. A very successful World Age-Group Competition. The discipline is looking better all the time. On the other hand, the many injuries that occurred in Double Mini were not pleasant to witness. A show full of limping gymnasts, some carried out on stretchers, is harmful to the discipline as a whole. We will have to seriously look into the logistics of this category; if we don't, criticism will merely increase." **Ed.**

FIG World Cup, Wroclaw POL

Wroclaw POL was the venue for the first of the seasons' World Cup events, with Great Britain being represented by the Tumblers only on this occasion as the trampolinists were busy in **Sunderland** taking part in the second of the Olympic and European trials.

Entries for this event were rather disappointing, especially in the TRA discipline.

Podium placing in the various events were as follows:

Trampoline IND – women (19) entries

01. Irina KARAVAEVE RUS 38.10/14.7
02. Olena MOVCHAN UKR 37.30/13.9
03. Natalia CHERNOVA RUS 36.40/14.2

Trampoline IND – men (37) entries

01. Dmitry USHAKOV RUS 40.20/15.6
02. Flavio CANNONE ITA 39.40/15.8
03. Sebastien MARTINY FRA 39.2/15.6

Trampoline SYN – women (07) entries

01. T PETRENIA / E MIRANOVA BLR 48.00/13.10
02. I KARAVAEBA / N CHERNOVA RUS 47.10/13.00
03. Y DOMCHEVSKA / O MOVCHAN UKR 45.60/11.80

Trampoline SYN – men (14) entries

01. D GANCHINO / N MERINO POR 49.00/15.10
02. B WILDEN / S BROWN AUS 48.80/14.90
03. O CHERNONOS / Y NIKITIN UKR 48.10/15.6

Tumbling – women (11) entries

01. Anna KOROBENIKOVA RUS 70.70/8.8
02. Olena CHABENENKO UKR 69.10/8.6
03. Sarah TURNER GBR 66.90/7.5

Tumbling – men (20) entries

01. Andrey KRYLOV RUS 78.90/13.8
02. Jozef WADECKI POL 77.60/11.9
03. Alexander GONCHAROV RUS 73.80/11.0

9th WORLD CUP FINAL Togliatti RUS 19-20 September 08

It has been confirmed by the FIG Executive Committee that the very last Trampoline Gymnastics World Cup Final has been assigned to the **Russian Federation**, to be held in the city of **Togliatti** from 19-20 Sep 08.

As per the **FIG Council** decision taken in **Orlando (USA)** in

2007; and in response to a proposal by its Technical Committee, Trampoline will no longer organise a final as of the next cycle, instead a world championship will be held on an annual basis, with the exception of Olympic years. **Ed.**

New Programme Manager for World Class Trampoline Programme

British Gymnastics is pleased to be able to inform all that following a meeting earlier in February that **Tristan Collins** was appointed to the role of **Programme Manager for the World Class Trampoline Programme**.

Tristan will be known to a number of you through his work with Dennis Edwards on the Coach Development Programme that has supported Trampolining during the last 19 months or so.

Tristan's background is in organisational development and he has over 12 years of applied experience in Sport. He was involved in setting up and developing UK Sport's World Class Coaching Programme, following which he was seconded to British Triathlon's Performance Unit to support planning and preparation for the 2004 Athens Olympics.

He will be a great asset to our final preparations for **Beijing** but equally as important in working with the Development squad looking forward to the London Games.

Off to join the Circus

Gary Smith will achieve his life long ambition in September when he departs for **Montreal CAN** to join the world famous **Cirque du Soleil** and begin training for the new show that is being produced. All in the sport wish him well. **Ed.**

FIG World Cup, Osaka JPN

A small team representing **Great Britain** will depart to **Osaka JPN** early next month to participate in a weeks training with the **Japanese National Squad** prior to participating in the **FIG World Cup** on the 16-18 May, returning to London on the 19th May. It is also expected that members of the Australian National team will be attending the camp!

Team

HOD: **John Beeton**
Judge: **Martin Laws** (World Cup event only)
Coaches: **Tracy Whittaker-Smith**,
Medical Staff: **AN other**
Gymnasts: **James Higgins, Steven Walsh**,

The NTTC members wish the team every success in Japan.



The **FIG Intercontinental Judges' Course** for Trampoline Gymnastics will be held in **Bratislava (SVK)** during **03-08 February 2009**. This was the venue for the 2001 course.

Commonwealth Youth Games 2008

Owing to lack of funding **English Gymnastics** has regrettably had to cancel their proposal to host this event in 2008. **Ed.**

FIG World Cup, Publier FRA

The third World Cup event of 2008 will be held in **Publier, FRA** during **21-25 May 08**, in conjunction with an **ACRO** World Cup event.

The British team will depart for France on the 21 May, returning on the 25 May.

28th Friendship Cup, Kladno CZE

The **2008 Friendship Cup** will be held over the weekend of **12-14 Sep 08** in the city of **Kladno CZE** and is open to both national teams and clubs. The individual and synchronised competitions are designed not only for senior trampolinists (FIG A set), but also for youth / junior gymnasts 11-17 years of age (FIG B Set).

Further details can be found on the BG website or by contacting Trampoliny CGF trampoliny@cstv.cz. **Ed.**

News from the FIG TR TC

The **FIG World Ranking List** will cease from the end of the current year, to be replaced by the annual **World Cup List**, the first of which will be the **2009 World Cup List**.

Organisers for the **2009 World Cup series** are asked to submit their application to the FIG office by **30 Aug 08** at the latest.

The proposal to have semi finals at FIG major events has been

rejected by the FIG EC at their meeting in **St Petersburg RUS** during March past. This is a major blow as the Round Table held in **Quebec City CAN** on the occasion of the world championships in 2007 unanimously supported this proposal by the TC.

The TC have decided that the **red zone** of the landing area of the double mini-trampoline be extended to 2 meters in length and 1 meter in width, beginning at 70cm from edge of landing zone. This change will come into effect on 1 Jan 09.

An action plan for both **tumbling** and **double mini-trampoline** will be drawn up by the TC as soon as possible and submitted to the FIG EC accordingly.

The **Spanish Gymnastic Federation** has named **Miguel Vicente** as their choice from the three named Cat II Spanish Judges submitted by the TC, as a member of the Jury for the **2008 Beijing Olympic Games**.

Ulf Andersson and **John Beeton** will act as Chair of Judges Panel for the women and men events respectively, at the **Beijing Olympic Games**. All TC members will serve as members of the **Superior Jury**.

It has been confirmed that the FIG Headquarters will move from Moutier SUI to **Lausanne SUI** in the summer of 2008, most probably during the month of June.

World Championship Schedule

The FIG TR TC has set the schedules for future world championships as follows, and which is slightly different from that published previously.

World Championships 2009

Sat / Sun:	arrival / training
Mon:	training
Tue:	training
Wed:	IND qualification TRA
Thu:	DMT / TUM qualification. TRA Team Final
Fri:	SYN qualification. DMT / TUM Team Final
Sat:	IND Finals
Sun:	depart

World Championships 2010

Mon:	arrival
Tue:	training
Wed:	training
Thu:	TRA qualification
Fri:	SYN / DMT / TUM qualification
Sat:	Finals
Sun:	depart

International Judge Selection 2008

Mike Phillipson

Judge selection for the current year includes the following:

Apr 23-27: Cup of Flanders DMT, Ghent BEL

Bill Leach

Apr 27-May 04: European Championships TRA, Odense DEN

Sally Slinger (seniors) Donna Grist (youth)

European Championships DMT, Odense DEN

Steven Grist (seniors and youth)

May 13-20: FIG World Cup, Osaka JPN

Martin Laws

FIG World Cup, Publier FRA

Elizabeth Scales

May 31: GBR v CHN Development Squad, GBR

Peter Heames, Donna Grist, Sally Slinger, Bill Leach, Steven Grist, Tony Hull, Elizabeth Scales

June 13-15: 4 Nations, Oporto POR

Claire Thompson

June 18-22: FIG World Cup, Arosa SUI

Elizabeth Scales

June 25-29: FIG World Cup, Albacete ESP

Claire Thompson

September 17-21: FIG World Cup Final, Togliatti RUS

Claire Thompson

September 24-28: FIG World Cup, Loule POR

Peter Heames

September 26-28: GBR v GER Youth Match, Hamburg GER

Steven Grist

October 18 or 25: 4 Countries, GER

Kevin Dixon-Jackson

European TRA Team Selection

Great Britain has recently named the Trampoline team selection for the forthcoming European Championships to be held in Odense DEN 27 Apr – 04 May 08.

HOD - John Beeton

Team Manager - Jack Kelly

Coaches – seniors: Tracy Whitaker-Smith, Nigel Rendell

youth: Sarah Silvester, Jay Scouler

Judges - Sally Slinger, Donna Grist

Gymnasts:

Senior men: James Higgins, Andrew Freeman, Steven Walsh, Jem Camble

Synchro: Andrew / Michael Freeman

Senior women: Claire Wright, Katherine Driscoll, Jaime Moore, Yasmin Gumbs

Synchro: Claire Wright / Katherine Driscoll, Jaime Moore / Yasmin Gumbs

Youth boys: Scott Gregory, Luke Strong, Steven Williams, Nick Davies

Synchro: Scott Gregory / Steven Williams

Youth girls: Emma Smith, Zoe Brookes, Emma Scanlon, Emma Britton

Synchro: Emma Britton / Zoe Brookes, Emma Scanlon / Emma Smith

All at British Gymnastics wish the team every success in these championships. **Ed.**

British Gymnastics Honorary Awards 2006 & 2007

I am absolutely surprised, but thrilled to have been informed by the **Chairman, Honorary Awards Committee** of British Gymnastics that I have been awarded the **British Gymnastics Hon. Life Member** along with the **Award of Merit** for 2006/07.

Awards will be presented at the **Awards Buffet Luncheon** to be held on Sunday 15th June 2008, at **The Birmingham Botanical Gardens**.

IOC Tripartite Commission Decision

The **IOC Tripartite Commission** has analysed the requests from the NOCs for the Tripartite Commission invitation places for the **Beijing 2008 Olympic Games**.

For **Trampoline**, the IOC has informed the FIG that the Tripartite Commission had decided that the invitation places (16) for both men and women, should be returned to the FIG for reallocation, according to the provisions for the reallocation of unused quota places foreseen in our qualification system (**FIG Technical Regulations, Section 2, Reg. 2.2**).

Therefore the following 1st Reserves are now qualified to participate in the 2008 Olympic Games: **TRA Men: USA. TRA Women: CZE.**

Thank you

All members of the World Class programme along with their respective coach's, would like to thank the Competitions Committee for accommodating the Olympic / European trial at the Bournemouth Gala event on the 2nd March 2008. They would also like to thank those judges who formed the juries on both the 2nd and 9th March for their hard work. This was very much appreciated by all. **Ed.**

DMT TEAM SELECTIONS

Cup of Flanders, BEL

European Championships, DEN

British Gymnastics is pleased to announce the teams that will represent Great Britain in the forthcoming international events during the month of April and May 2008.

Cup of Flanders 23-27 Apr 2008

Senior Men

Philip Dodson – Hitchin Salto (Lorraine George)
Dominic Swaffer – Jumpers (Nick Earle)
Matthew Swaffer – Jumpers (Nick Earle)
Jason Plowman – Jumpers (Nick Earle)
Elliot Stratton – Hitchin Salto (Lorraine George)

Senior Women

Kirsty Ward – Hitchin Salto (Lorraine George)
Claire Madigan – Ringwood and Bournemouth (Rosie Bascombe)
Coreen John – Jumpers (Nick Earle)

Junior Boys

Mark Pennell – Jumpers (Nick Earle)
Michael Dodson – Hitchin Salto (Lorraine George)
Thomas Foreman – Jumpers (Nick Earle)
Nathan Bailey – Ringwood and Bournemouth (Rosie Bascombe)
Reserve: Oliver Rowlands (non-travelling) – Hitchin Salto (Lorraine George)

Junior Girls

Adeva Bryan – Jumpers (Nick Earle)
Robyn Osborne – Jumpers (Nick Earle)
Melissa Bailey – Ringwood and Bournemouth (Rosie Bascombe)
Hanna Moses – Birkenhead (Cathy Page)
Reserve: Sophia Beavan (non-travelling) – Propulsion (Andrew Wild)

Head of Delegation Nick Earle, **Coaches** Nick Earle and Rosie Bascombe, **Judge** Bill Leach, **Physio** TBC.

European Championships 27 Apr – 04 May 2008

Senior Men

Philip Dodson – Hitchin Salto (Lorraine George)
Dominic Swaffer – Jumpers (Nick Earle)
Matthew Swaffer – Jumpers (Nick Earle)
Jason Plowman – Jumpers (Nick Earle)
Reserve: Elliot Stratton (non-travelling) – Hitchin Salto (Lorraine George)

Senior Women

Kirsty Ward – Hitchin Salto (Lorraine George)
Nicola Pugh – Stockport (Sarah Scott)

Claire Madigan – Ringwood and Bournemouth (Rosie Bascombe)

Reserve: Coreen John (non-travelling) – Jumpers (Nick Earle)

Junior Boys

Mark Pennell – Jumpers (Nick Earle)
Michael Dodson – Hitchin Salto (Lorraine George)
Thomas Foreman – Jumpers (Nick Earle)
Nathan Bailey – Ringwood and Bournemouth (Rosie Bascombe)

Reserve: Oliver Rowlands (non-travelling) – Hitchin Salto (Lorraine George)

Junior Girls

Adeva Bryan – Jumpers (Nick Earle)
Robyn Osborne – Jumpers (Nick Earle)
Melissa Bailey – Ringwood and Bournemouth (Rosie Bascombe)
Hanna Moses – Birkenhead (Cathy Page)
Reserve: Sophia Beavan (non-travelling) – Propulsion (Andrew Wild)

Head of Delegation John Beeton, **Team Manager** Bill Leach, **Coaches** Nick Earle and Rosie Bascombe, **Judge** Steve Grist, **Physio** TBC.

Congratulations to all gymnasts and officials for their selection to represent British Gymnastics in both events.

Visit of Chinese Trampoline Development Squad

Whilst the programme has still to be finalised for the visit of the Chinese Development Squad to Great Britain from 28 May – 08 June 2008 the international match GBR v CHN is confirmed as Saturday 31st May at the NEC Birmingham. There is also talk of a second match at the end of the visit but this has not been confirmed. Hopefully, we will have a large turn out for the match at the NEC.

A Training Camp is scheduled for Northampton 2-6 Jun but again, not as yet confirmed. It is also hoped to hold a Coach Education Day during the visit.

Sightseeing and Cultural Visits are being planned for the Birmingham Area as well as London, as well as evening activities.

Details of the Programme of Visit will appear in the BG web site in due course.

Update

The Under 15 international match GBR v SWE v POR during 2008 has had to be cancelled for a number of reasons outwith our control, but it is hoped to resurrect this event in the future.
Ed.



English Trampoline Championships

You are invited you to participate in the inaugural **English Championships** for Individual Trampoline (TRI), Synchronised Trampoline (TRS) and Double Mini Trampoline (DMT).

All British Gymnastics affiliated regions are welcome to participate in the 2008 English Championships. The event will be held in **Kingston-upon-Hull, Yorkshire** on the **22nd November 2008** at the:

GEMTEC Arena

Walton Street,
Hull,
North Humberside, HU3 6JP

EVENTS

Individual Trampoline Juniors Boys	-	1994 or later
Individual Trampoline Junior Girls	-	1994 or later
Individual Trampoline Senior Men	-	1995 or earlier
Individual Trampoline Senior Women	-	1995 or earlier
Synchronised Trampoline Junior Boys	-	1994 or later
Synchronised Trampoline Junior Girls	-	1994 or later
Synchronised Trampoline Senior Men	-	1995 or earlier
Synchronised Trampoline Senior Women	-	1995 or earlier
Double Mini Trampoline Junior Boys	-	1994 or later
Double Mini Trampoline Junior Girls	-	1994 or later
Double Mini Trampoline Senior Men	-	1995 or earlier
Double Mini Trampoline Senior Women	-	1995 or earlier

COMPULSORY ROUTINES

Individual Trampoline	-	National C
Double Mini Trampoline	-	National C
Synchronised Trampoline	-	Regional D

SPECIAL REGULATIONS

The gymnasts will compete on behalf of their respective region. Each region will be eligible to nominate up to 4 gymnasts per category. Regions are advised that identical leotards must be worn by gymnasts competing in each category.

The individual trampoline and synchronised trampoline events will consist of a compulsory and a voluntary routine.

The double mini trampoline event will consist of two preliminary passes.

The English champions will be crowned on completion of the

preliminary round.

Regions who submitted a team will have the opportunity to select 3 gymnasts in each category to compete for the overall event title.

Each gymnast will be required to complete an additional voluntary routine/pass.

The sum of the 3 scores in the team round will be used to determine a ranking order.

For each category, points will be awarded to the following placed regions:

1 st place-	12 points
2 nd place-	10 points
3 rd place-	8 points
4 th place-	7 points
5 th place-	6 points
6 th place-	5 points
7 th place-	4 points
8 th place-	3 points
9 th place-	2 points
10 th place-	1 point

The winning region will be the region with the highest points total from all events.

JUDGES

Each region will be required to provide 1 suitably qualified judge/official for every category where the region is represented. Each region must provide more suitably qualified judges than officials.

No fees are payable if insufficient judges/officials are provided.

ENTRIES

Entries must be received no later than Monday 3rd November. Entries must be sent to British Gymnastics at the following address:

British Gymnastics, Lilleshall National Sports Centre, Ford Hall, Nr Newport, Shropshire, TF10 9NB

An entry fee of **£20.00** per gymnast must accompany the entry form in order to validate the entry (**£20 per individual trampoline entry, £20 per double mini trampoline entry and £20 per gymnast in a synchronised entry, a total of £40 per synchronised pair**).

Entries must be made via the region.

No club or personal entries will be accepted.

COACHES

Each region must nominate suitably qualified coach/coaches to be responsible for the regional team. All signing in sheets and competition cards must be signed by these coaches and not personal coaches.

Routines for the new Competition Structure

Wayne Smith

I am pleased to able to announce the new competition routines that will accompany the new competition structure that begins **October 2008**. (see pages 9-12 for copy of these routines).

With the exception of FIG A there will only be two age groups (Under 15 and Over 15). The routine(s) will be the same for both age groups at each level.

Although regions may use different age groups for ease of competition it is strongly advised that these changes are implemented across all levels to provide performers with the consistency required to achieve their full potential. Promotion and relegation in Regional D and National C will only occur from rankings within these two age groups.

A competition logbook will be produced and made freely available to club secretaries and coaches via the bg-coaches.org website. It is planned to make the competitions logbook compulsory in due course and it is advised that you try to implement the competition logbook as soon as it becomes available. Until such time that the competition log books have become mandatory and where available, competitors will be given the choice of two compulsory routines. Irrespective of which routine is performed, all those within a specific category will be ranked together.

If you have any further questions, please forward these to tramp.comps@britishgymnastics.org.

I wish you success this year and ask you be patient during this period of transition.

World Class Liaison Sub-Committee Formed

In line with NTTC Policy on “Succession Planning” a World Class Liaison Sub-committee, under the Chair of **John Beeton** held its first meeting during February. Members of the Sub-committee are **Claire Thompson**, Deputy Chair. Amongst Claire’s responsibilities will be to ensure that details of gymnasts, coaches and judges eligible for BG Awards are brought to the attention of the Awards Committee, as well as acting as a communication conduit to the NTTC Communication Sub-committee. **Peter Heames** has been asked to work closely with the Competition and Judging Secretaries on international judging issues and arrangements. **Sharon Wood** has a dual role as the Events Liaison Organiser, which will see her actively seek venues for home international events, and oversee the organisation of such. Sharon will also work closely with John Beer in his new role, assisting and advising on NTTC technical requirements. It is the intention for this sub-

committee to meet on a regular basis. The next meeting is scheduled for Cardiff in early April. **Ed.**



Singapore to host first edition of the Youth Olympic Games in 2010

The **International Olympic Committee (IOC)** announced in February that **Singapore** will host the first Summer Youth Olympic Games in 2010. The result was unveiled by the **IOC President, Jacques Rogge**, at the Olympic Museum in Lausanne. Singapore beat Moscow in the final by 53 votes to 44.

The 105 IOC members entitled to vote had cast their votes by post over the last few weeks. The sealed envelope with the name of the winning city was delivered to the IOC President during the announcement ceremony by the independent and certified notary who oversaw the process to guarantee confidentiality.

“This is a key moment for the Olympic Movement”, said Rogge to the journalists present in Lausanne. “Singapore has put together a very exciting project. Hosting the Youth Olympic Games for the first time is a great responsibility, and I have every confidence in the team in Singapore. I have no doubt that their professionalism and enthusiasm will be instrumental in the staging of successful Youth Olympic Games in 2010”, he continued.

“The Youth Olympic Games are the flagship of the IOC’s determination to reach out to young people. These Games will not only be about competition. They will also be the platform through which youngsters will learn about the Olympic values and the benefits of sport, and will share their experiences with other communities around the globe. We are looking forward to joining in the celebration in Singapore in 2010”, Rogge added.

The IOC President thanked Moscow for its excellent efforts and the quality of its candidature. He also hoped that today’s disappointment would not discourage it from bidding again.

Rogge also paid tribute to the other seven Candidate Cities which took part in a candidature process that started in August 2007:

Athens (Greece), Bangkok (Thailand), Debrecen (Hungary), Guatemala City (Guatemala), Kuala Lumpur (Malaysia), Moscow (Russian Federation), Poznan (Poland), Singapore (Singapore) and Turin (Italy).



FUROSEMIDE ANTIDOPING CONTROLS

« Furosemide - A Prohibited Substance"

By Dr Michel LEGLISE*

Testing both in and out of competition is an essential part of the fight against doping. It is carried out using blood or urine samples, which are analysed in approved laboratories equipped with state of the art equipment.

The aim of this procedure is to pinpoint the presence of one or more substances that have been banned and which figure on the World Anti-doping Agency's list of prohibited substances, in conjunction with the Olympic movement.

The said substances are either prohibited solely in competition or their use is banned at all times.

The uncovering of a prohibited substance begins as an "**abnormal result**". An abnormal result becomes **positive** once it has been checked for a range of discrepancies such as possible procedural inaccuracies, contradictory analysis with the B sample, formal authorisation for therapeutic use, an approved concentration for certain products, etc.).

In the case that a positive result surfaces, we ask ourselves one essential question: was this substance used deliberately for doping?

Analysis offers a clear and objective answer to this question, and leaves no room for interpretation as to whether an athlete wilfully cheated.

The **WADA Code** and the **FIG/WADA regulations** are both relatively flexible, but provide sanctions that are somewhat unbending for extenuating or aggravating circumstances, with the exception of cases in which there is proof that no cheating was intended.

Proof is not a simple matter and cheaters have an over-active imagination where taking advantage of disciplinary bodies is concerned.

On the other hand, even if an athlete did not deliberately cheat, negligence, unfamiliarity with the rules for example, is merely a limited extenuating circumstance and is not sufficient cause to refrain from issuing a sanction.

Let it be said that there is an article in the **WADA Code** which clearly states that an athlete is responsible for any substance found in his body.

It is very important that gymnasts and their support personnel remain vigilant, notably in reference to certain products considered innocuous (vitamin and mineral supplements with traces of prohibited substances. These are ordinary, over the counter drugs found in common households, which may even be recommended by friends).

The snares are endless, and it would be wise for gymnasts to seek council from competent individuals.

It is also important to guard oneself against the malevolence of others.

To illustrate this, consider **FUROSEMIDE**, which is the banned drug most often used and found in all gymnastic disciplines, particularly in young women.

Listed as a category S5, Furosemide is a diuretic which is prohibited both in and out of competition, and its presence in urine merits a sanction of two years suspension, stripping an athlete of medals, ranking and the like.

Furosemide is not a doping substance in and of itself; rather it is a masking agent, which means it hides a doping substance during analysis, including hormonal anabolic substances.

In short, reasons for finding the product in urine might include:

Treatment for cardiac, renal or hepatic oedema, used to eliminate excess water hindering normal body functioning.

A serious abnormality, it would be difficult in such a case for an athlete to practise a sport.

1) Treatment for arterial hypertension; such treatment is compatible with sport practise, if there are no complications and only in very distinct cases. The condition usually affects adults over 40 years of age, and such a case requires an AUT, in light of the fact that the product can easily be replaced by a variety of non-prohibited antihypertension drugs.

2) Losing weight by eliminating water, especially in the buttocks and thighs, went from being a roundabout method to being a poor, even dangerous, medical practise. This is a very common practise in young women, who swiftly pass off their bad habits on their children or on children under their influence.

3) This can bring on a host of disorders, notably hydroelectrolytic - sodium - potassium - glycaemia - urea, etc. - renal.

Disorders of this kind can have a profound impact on health and interfere with sport practise.

4) An intent to cheat by masking the presence of banned drugs.

Though we firmly believe that in gymnastics a large majority of cases fall under example 3: a desire to lose a kilo or two, we have to understand how difficult it is for a disciplinary body to gather the proof necessary to discern and determine who set out to cheat and who did not.

In the aim of being efficient, the regulations are rigorous. Negligence, incompetence, inattentiveness and, of course, the fact of not having used the drug for doping purposes, are not arguments that justify avoiding a sanction.

What we have said here applies to numerous substances, but the frequency with which positive cases of furosemide use are found in gymnastics warrants mentioning. We would entreat the national federations and coaches to remain vigilant; the disciplinary risks are great, as are the serious risks gymnasts are taking that very well could lay waste to their health

IOC Tripartite Commission



CLARIFICATION.

Moutier (SUI) FIG Office: The publication of the decision of the **IOC Tripartite Commission** has generated many reactions and questions. It seems that the existing rules are not well known and we would therefore like to remind everybody the following criteria upon which the invitational places of the IOC Tripartite Commission are allocated. The IOC Tripartite Commission is composed of representatives from the IOC, the National Olympic Committees and the International Federations. The FIG is not represented directly in this IOC Commission. According to the current rules for the allocation of those invitational places, the IOC Tripartite Commission takes care of the universality of the participation and prioritises NOCs which have traditionally sent small delegations to the Olympic Games (4 – 6 athletes all together) or that have yet to qualify athletes for Beijing. The IOC Tripartite Commission has strictly adhered to these criteria.

For Trampoline Gymnastics for instance, no NOC fulfilled the above mentioned criteria. The place was given back to the FIG, and was then allocated automatically as per our rules to the next best ranked gymnast.

NEW COMPETITION ROUTINES OCTOBER 2008

Club I – Equivalent (Grade 7)	
Compulsory	Voluntary
<i>Jump (arm set)</i>	<i>Jump (arm set)</i>
1. Jump to seat landing	1. Jump to seat landing
2. To feet	2. To feet
3. ½ twist jump	3. ½ twist jump
4. Jump (straddled)	4. Jump (straddled)
5. Full twist jump	5. Full twist jump
6. Jump (pike)	6. Jump (pike)
7. ½ twist jump	7. ½ twist jump
8. Jump (tucked)	8. Jump (tucked)
9. Jump to front landing	9. Jump to front landing
10. To feet	10. To feet
	No difficulty will be awarded

Club H – Equivalent (Grade 6)	
<i>Compulsory</i>	<i>Voluntary</i>
Jump (arm set) 1. Half twist jump 2. Jump to front landing 3. To feet 4. Jump (pike) 5. Half twist jump 6. Jump (straddled) 7. Jump to back landing 8. To feet 9. Jump (tucked) 10. Full twist jump	The voluntary routine may include a maximum of two body landings and a maximum of one somersault. No difficulty will be awarded

Regional G – Equivalent (Grade 5)		
<i>Compulsory G1</i>	<i>Compulsory G2</i>	<i>Voluntary</i>
Jump (arm set) 1. Back somersault (T) 2. Jump (straddled) 3. Half twist to seat landing 4. Half twist to feet 5. Half twist jump 6. Jump (pike) 7. Full twist jump 8. Jump (tucked) 9. 3/4 Front Somersault (SL) 10. To feet	Jump (arm set) 1. Half twist to front landing 2. To feet 3. Jump (straddled) 4. Full twist jump 5. Jump (pike) 6. Jump to back landing 7. Half twist to feet 8. Jump (tucked) 9. Half twist jump 10. Front somersault (T)	The voluntary routine may include a maximum of three somersaults, and two body landings. No difficulty will be awarded

Regional F – Equivalent (Grade 4 U15)		
<i>Compulsory F1</i>	<i>Compulsory F2</i>	<i>Voluntary</i>
Jump (arm set) 1. Back somersault (T) 2. Jump to seat landing 3. Half twist to feet 4. Jump (tucked) 5. Barani (T) 6. Jump (straddled) 7. Jump to front landing 8. To feet 9. Jump (tucked) 10. Front somersault (T)	Jump (arm set) 1. Barani (T) 2. Half twist jump 3. Jump (straddled) 4. Back somersault (T) 5. Full twist jump 6. Jump (tucked) 7. Jump to back landing 8. Half twist to feet 9. Jump (pike) 10. Back somersault (P)	The voluntary routine may include a maximum of four somersaults of no more than 360° somersault and back somersault to seat. Difficulty will be added.

Regional E – Equivalent (Grade 4 O15)		
<i>Compulsory E1</i>	<i>Compulsory E2</i>	<i>Voluntary</i>
Jump (arm set) 1. Back somersault (S) 2. Jump (straddled) 3. Full twist jump 4. Jump (tucked) 5. Back somersault (T) 6. BSS to seat landing (T) 7. $\frac{1}{2}$ twist to feet 8. $\frac{1}{2}$ twist jump 9. Jump (pike) 10. Barani (SL)	Jump (arm se)t 1. Barani (P) 2. Jump (straddled) 3. Back somersault (T) 4. Barani (T) 5. $\frac{1}{2}$ twist jump 6. Jump (tucked) 7. $1\frac{1}{2}$ twist jump 8. Jump (pike) 9. $\frac{3}{4}$ front somersault (S) 10. To feet	The voluntary routine may include a maximum of seven somersaults of no more than 360° somersault or six somersaults & a Back Somersault to seat. Difficulty will be added.

Regional D – Equivalent (Grade 3)		
<i>Compulsory</i>		
Ten different elements with:		
<ul style="list-style-type: none"> • At least seven somersaults of at least 270° somersault rotation to include one of the following three elements: <ul style="list-style-type: none"> • One move of at least 270° of somersault rotation, landing on front or back, followed by a move of at least 450° somersault rotation. • A back somersault with 360° somersault rotation and a full twist. • A front somersault with 360° somersault rotation and $1\frac{1}{2}$ twists 		
<i>Voluntary</i>		
The voluntary routine is subject to a 6.5 difficulty limit.		

National C – Equivalent (Grade 2)		
<i>Compulsory</i>		
Ten different elements with:		
<ul style="list-style-type: none"> • At least nine somersaults of at least 270° somersault rotation to include: • At least one somersault of least 270° somersault rotation landing on front or back, followed by a move of at least 450° somersault rotation. • And one of the following: <ul style="list-style-type: none"> ○ A back somersault with 360° somersault rotation and a full twist or ○ A front somersault with 360° somersault rotation and $1\frac{1}{2}$ twists or ○ A double somersault 		
<i>Voluntary</i>		
The voluntary routine is subject to an 8.4 difficulty limit.		

FIG B – Equivalent (Grade 1)**Compulsory – World FIG B**

The routine consists of 10 different elements, only one (1) skill allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. one (1) element to front or back,
2. one (1) element from front or back with a minimum 540° rotation - in combination with requirement No. 1,
3. one (1) double front or back somersault with or without twist and
4. one (1) element with a minimum of 540° twist.

Voluntary

No restrictions

FIG A – Equivalent (Men's/Ladies)**Compulsory**

1. The routine consists of 10 different elements, each with a minimum of 270° somersault rotation.
2. Two (2) elements, marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution score to give the total score for the first routine.
3. None of these two (2) elements may be repeated in the

Voluntary

No restrictions.