



London Development Open 2026

WORKPLAN

Sunday 6th September

EUROPA CENTRE, VIMY WAY, CRAYFORD, KENT, DA1 4FA



Dear Clubs

I am delighted to share the final Competition Work Plan for the 2026 Aeras London Development Open. You should also receive the attached "Confirmation of Exercise Start Value" form which must be completed and returned to support@gymdata.co.uk by Friday 21st August.

To ensure you are aware of rules and regulations pertaining to the competition, please take a moment to familiarise yourself with this document, and share relevant information with your parents.

In a slight change to what was previously communicated, we will have a general warm-up, then apparatus warm-up and compete per apparatus/rotation. This is more closely aligned to format used at the National Finals.

Please ensure your parents book their tickets in advance: www.gymview.shop. Europa is a "card only" venue, and whilst tickets can be purchased on the day, it can cause delays. A coffee shop, Zone Stall, Registration and official merchandise will be located on the 2nd floor. Car parking is provided free of charge, but space is limited, so car sharing is appreciated.

We are offering training in the gym hall at Europa from 4.30-6pm on Saturday. If you intend to train, please drop an email to info@europagymcentre.com

Our Judging Convenor, Andrew Crawford is currently working on the judging allocation/draw, and this will be communicated prior to the competition. It's been assumed all nominated judges will officiate across both rounds of competition.

In the meantime, please do not hesitate to contact us at info@menslondonopen.co.uk if you have any questions.

Kind regards



Ben Murphy
Competition Director

Event Timings

Podium Training

Any gymnasts wishing to train prior to the event, can train 16:30 – 18:00 on Saturday.

Round 1

Bob Currier, Level 1 In & Out of Age, and Level 2

	Start Time	End Time	Notes
Doors Open	08:15		
Judges Meeting	08:20	08:50	Studio 3 – 2 nd floor
Registration	08:30	08:45	2 nd Floor – Vimy's Café (Studio 1 & 2)
General Warm Up	08:45	08:55	
Competition	09:00	12:45	Warm-Up and Compete format (8 min App W-Up)
Presentations & Finish	12:50	13:10	

Round 2

Bob Currier Levels 3 – 6 & Paul Blakebrough Levels 1-6

	Start Time	End Time	Notes
Registration	12:15	12:45	2 nd Floor – Vimy's Café (Studio 1 & 2)
General Warm Up	13:30	13:40	
Competition	13:50	16:50	Warm-Up and Compete format (8 min App W-Up)
Presentations & Finish	17:00	17:20	
Judges lunch	12:45	13:15	Studio 3 -Variable depending on event timings

Key Event Personnel

Event Director	Ben Murphy
Financial Officer & Front of House Operations	Anne McNeill
Welfare Officer	Jenny Holloway
Judging Convenor	Andrew Crawford (andrewc11@aol.com)
Medical Provision	Paramedic – Tech Medical
Volunteers & Event Staff	The Event is predominantly staffed by volunteers, or Europa GC staff. London Gymnastics & Europa GC operate a zero-tolerance approach to abuse of staff or volunteers.

Venue Information

Venue	Europa Gym Centre Vimy Way, Crayford, Kent, DA1 4FA www.europagymcentre.com
Directions	See Appendix 2
Health & Safety Information	See Appendix 3
Arrival at the Centre	Upon arrival at the Centre, please make your way (2 lifts available) to the 2nd Floor Vimy's Café. Gymnast registration and issuing of Gymnasts Numbers will take place here. An announcement will be made when the spectator seating is open, and general warm up starts. For the second round, parents and gymnasts will be called when the previous round of competition has finished. Our second-floor café has large TV screens showing live footage from the gymnastics hall.
Parking	Parking is free of charge. There is limited parking available under the Centre and along Vimy Way. A recognisable car park attendant on duty to direct you. Do not park in the neighbouring residential streets as you will receive a parking ticket. Please follow the instructions of our parking attendants for the safety of all concerned.
Venue Rules	- Whilst we are keen to encourage strong spectator participation, please ensure that sound instruments or claxons are only used between the march around of the gymnasts. - Please follow the direction of stewards at all times - Please only leave your seat between rotations. - No Flash Photography, please also ensure bright lights on your mobile device are turned off. - Europa is a non-smoking/vaping venue. Anyone caught will be removed from the Centre. A smoking area is designed outside the building - Europa has a sprung base floor, please avoid high heels
Café:	Vimys café on the 2 nd floor is a large restaurant space offering a range of hot/cold beverages and freshly prepared hot and cold meals.
Shopping Mall	The Zone Stall – selling a range of gymnastics garments can be found in Vimys café on the 2nd floor. Official Merchandise Stall – selling official event T-shirts & Hoodies, with personalization possible
Changing Rooms & Toilets	Male & Female toilets, including baby change facilities and accessible toilets are on both 1st and 2nd floors. Changing rooms available on 2nd Floor
Wifi	Fast broadband is available across the centre with QR codes displayed to scan and join the WIFI network.
CCTV	CCTV in operation throughout relevant areas of The Europa Centre, with monitoring and recording for safety, security and safeguarding

Photography & Video

Policy	By entering an LG event, there is an acceptance that the participants may be photographed and the photograph may be published in LG communications. Any person wishing to use video, film, or take photographs must abide by the BG 'Photography at Events' Policy. https://a.storyblok.com/f/83342/x/b35d2cde1b/photography-policy-v1-0-march-2020.pdf Photos may only be taken for personal use. You may not take photos for sale, other commercial use, or publications in printed or electronic form, such as on websites. Clubs and Guardians may publish some photos of their own gymnasts, but this may only be done in accordance with BG Child Protection Policy Flash may not be used at any time whilst gymnasts are warming up or competing. Any concerns about any photographer or the suitability of any photos being taken should be reported to the Welfare Officer at the event. Nominated coaches must not take photos or videos, whilst in the arena, with the exception of during presentations. Coaches who are spectators are covered by the same rulings as parents/guardians.
Social Media	London Gymnastics has a strong Social Media Presence and will be ensuring the action from the event is shared as widely as possible. Please use the links below and interact with us prior to, during and after the event using #MLO2026 or #LondonGymnastics

Ticket Information

Ticket Mechanism	 GymView is London Gymnastics dedicated spectator ticket website. https://www.gymview.shop/
Ticket Price	£15.00 all day ticket (no concessions). Entitles user to one spectating seat (unallocated seating).
Ticket Payments	Payment by credit or debit card only. No AMEX, No Cash
Ticket Sales	Ticket sales can be purchased in advance and on the door (via the app). Note on the door sale may delay your entry to the competition.
Ticket Scanning	Ensure you have your ticket QR code for each ticket on your phone, or printed ready for inspection – our staff can scan these across the centre, and you will be issued a wrist band for entry which will be checked before entering the seating.
Ticket Types	The ticket is an All-Day ticket whether you attend one round or both. Tickets are purchased per seat, so any small children would need to sit on a lap for the duration of the event if not purchasing a ticket for them.



EXCLUSIVE LONDON LDO MERCHANDISE

From Wednesday 12th August our online shop for Official LDO Merchandise will open.

Anything purchased online can be collected on the event day.

A limited stock will also be available to purchase on the day (with additional personalization), from our stall.

On Site Stall: 2nd Floor, in Vimys Cafe

VIST: <https://www.europagymcentre.com/ldo-merch>

T-Shirts from £13.50



Hoodies from £18.50



Technical Information about the competition – PLEASE READ

Rules	Unless otherwise stated, the event will follow the rules of the Men's Artistic National Setwork Championships Men's Artistic National Setwork Championships 2024-2028.
Gymnast Registration	Gymnasts should register on the 2 nd Floor in Vimy's café at the stated times. Gymnasts will have their photos taken, be issued with their Gymnast numbers. The Gymnast Numbers have the printed Exercise Start Value for each apparatus printed on them. Gymnasts and coaches should check these before General Warm Up.
Coach Registration	Coaches must register on the 2 nd Floor in Vimy's cafe
Judge Registration	Assigned Judges should report to Studio 3 on the 2 nd Floor for their Judges Meeting and refreshments
Confirmation of Exercise Value – IMPORTANT	Included with the emailed Work Plan is a "Confirmation of Exercise Start Value" Excel Sheet which must be completed for each club and sent back to support@gymdata.co.uk no later than Friday 21st August. Exercise Start Values must be checked on the Gymnast Number at Registration , if any changes are required, inform Registration on the Control Desk ahead of the start of the General Warm-up. After this point no further changes are accepted and a deduction maybe applied if the incorrect start value is submitted. We load the Exercise Start Values onto the scoring system ahead of the start of the competition, and these will be displayed on the judges scoring tablets to check, with ability to add a deduction for incorrect Exercise Start Score.
Timings	Note the event timings are compiled to the best of our ability, accepting this is a new competition format. For the second round of competition, registration is earlier allowing to bring the competition forward if the 1 st round finishes ahead of schedule.
Judging	Note there will only be one panel of judges per apparatus
General Warm Up	The General Warm Up will take place on the sprung floor area(s). Gymnasts can use apparatus to stretch, but not perform elements from their routine. General warm-up lasts 10 mins At the end of the general warm-up gymnasts should place belongings at their first apparatus.
Warm Up and Compete	Following the general warm up, gymnasts will make their way outside to line up and march back in to their first apparatus. There is no separate apparatus warm-up, instead gymnasts will receive a timed apparatus warm up in each rotation, and once complete, the competition will start for that rotation. The competition will start once all warm-ups have completed, unless advised otherwise by event officials To aide a smooth competition, ensure apparatus warm-up is completed on time, and the first gymnast is ready to compete. Floor Managers may also intervene to facilitate

	the smooth running of the competition
Apparatus Specific Information	All gymnastics equipment is provided by Gymnova to FIG specification and meeting the requirements 2024-2028 NATIONAL SETWORKS CHAMPIONSHIPS APPARATUS REQUIREMENTS. PPP – This will take place on the reduced sprung floor. Note. Level 6 gymnasts will not perform PPP, and have a rest round. Paralletes provided by Europa GC. P.Bars – Are FIG specification H.Bar – Up & Down Shiny Bar for Loops & Gloves with a block provided to stand and mount. During warm up ensure the next gymnast is already in loops and exit to other side of bar. Gymnasts must bring their own Loops & Gloves. Separate Chalk bar and landing mats. Loops & Gloves – For Rings & H.Bar, gymnasts simply nod to present, so they can have both sets of hands in their loops to start when ready,
Scores and Results	There will be no TV screens with Stop / displayed, and instead the judge will raise their arm to indicate the performance can start. There will be no printed judging slips, so coaches should log in to the Gymdata website to see live scores. Scores and ranking will also display across several screens in the arena, including in front of the spectators.
Inquiries & Protests	Coaches should not approach the judges. Only the D / Start Score may be appealed. Inquiry forms are available from the competition control desk and must be submitted within 15 mins of the coach receiving the score. A placement of an inquiry forms a contract to pay an invoice for £30.00 after the event. Payment is not required if the inquiry is upheld. The Superior Jury will not accept photographic evidence and also carry the final decision.
Draw & Start List	Gymnast numbers are not assigned until the point of competition, and are printed at registration. The provisional draw has already been sent, and any further revisions to the draw will be published on www.gymdata.co.uk. If groups become unbalanced due to withdrawals, we reserve the right to adjust group numbers on the day (up until the start of apparatus warm-up) to facilitate continuity of the competition. All entries are non-refundable. If a gymnast is to be withdrawn, please email info@menslondonopen.co.uk
Coaches Meeting	A short technical meeting with the coaches will take place during the general warm up, with one representative from each club.

Supervising & Assisting coaches	Supervising Coaches must have a current paid BG membership, Current BG DBS & SPCA, & minimum Assisting Coaches must have current BG membership, DBS, SPCA & minimum. Level 1 assisting coaches must be coaching within their coaching qualification and be supervised by a Level 2 coach. Note: If you wish to use any coaches who were not nominated on your original entry, please contact the Competition Organiser info@menslondonopen.co.uk providing the full name (as on BG GymNet) DOB and BG Membership number. Coach replacements on the day without prior checks will not be accepted.
Gymnast Membership	Gymnasts must have current BG Competitive gymnast membership.
Gymnast Attire	Gymnasts must march on in competition attire/ club tracksuits. Gymnasts must wear long gymnastics pants and socks on pommel horse, rings, parallel bars and horizontal bar. Long gymnastics pants, socks and/or slippers that are black or darker shades of blue, brown or green are not permitted. They have the option to wear short pants with or without socks or long gymnastics pants with socks for floor exercises and vault. The wearing of a gymnastics singlet on all apparatus is compulsory. The wearing of GBR or Home Nations attire at BG/LG Events is strictly forbidden. However, where individuals or partnerships have been selected for GBR and awarded their colours (GBR flag), this may be worn on the gymnast's leotard at domestic events provided it conforms with FIG attire regulations. Gymnasts have the option of wearing gymnastic slippers and socks. The removal of leotards on the field of play and in public view is not allowed. Handguards, body bandages, and wrist wraps are permitted; they must be securely fastened, and in good repair and should not detract from the aesthetics of the performance. Bandages must be beige or skin colour. Advertising on attire must adhere to FIG rules.
Coach Attire	Coaches must wear a tracksuit with full-length tracksuit bottoms or full-length tracksuit bottoms with a collared polo shirt or club/regional t-shirt and appropriate gym/training shoes. The wearing of GBR or Home Nations attire at BG/LG Events is strictly forbidden. Long hair should be braided or tied back so as not to obscure vision. Coaches will not be allowed on the competition floor if wearing ANY jewelry. If it is impossible to remove items of jewelry they should be taped. Exceptions are as per BG

	Body Piercing and Adornments policy. Non-compliance may result in the removal of the coach and consequently, for Health and Safety reasons, their gymnast from the competition. Chewing gum is not permitted at any time.
Judge Attire	Judges and officials must wear black/blue suits, skirts or trousers with jackets and white shirts with black smart shoes AND NO HEELS
Competition Etiquette	Please ensure that gymnasts and coaches use the seating provided whilst waiting to perform on the apparatus. Please keep all your belongings together and only march to the next piece of apparatus when instructed, ensuring that gymnasts march around the apparatus and not across it.
Anti-Doping	London Gymnastics follows the BG anti-doping statement. “The anti-doping rules of British Gymnastics are the UK Anti-Doping Rules published by the Drug-Free Sports Directorate of UK Sport (or its successor), as amended from time to time. Such rules shall take effect and be construed as rules of British Gymnastics.”

Awards & Presentations

Tie Breaks	In the event of a tied score, there will be no tie-break and tied gymnasts will have the same ranking.
Award Categories	All Around Competition – all levels 1st – Gold Medal, Photo Frame & £10 Zone Voucher 2nd – Silver Medal 3rd – Bronze Medal 4th, 5th & 6th stand to side of podium Apparatus Medals Gold, Silver & Bronze medals presented where there are a minimum of 3 gymnasts taking part in the level.

Appendix 1 – LDO Confirmation of Exercise Start Value Form

Included with the emailed Work Plan is a “**Confirmation of Exercise Start Value**” Excel Sheet which must be completed for each club and **sent back to support@gymdata.co.uk no later than Friday 21st August.**

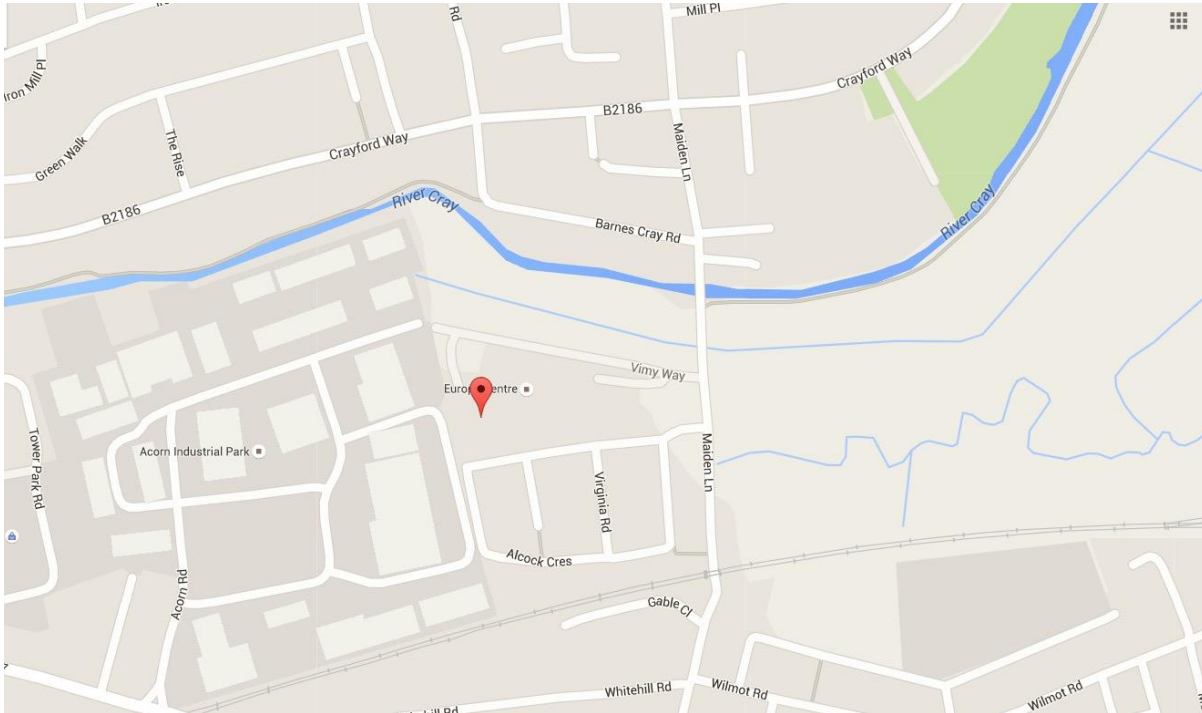
Exercise Start Values must be **checked on the Gymnast Number at Registration**, if any changes are required, inform Registration on the Control Desk ahead of the start of the General Warm-up. After this point no further changes are accepted and a deduction may be applied if the incorrect start value is submitted.

We load the Exercise Start Values onto the scoring system ahead of the start of the competition, and these will be displayed on the judges scoring tablets to check, with ability to add a deduction for incorrect Exercise Start Score.

Appendix 2 – Venue Directions

Europa Centre Vimy Way, Crayford, Kent. DA1 4FA

Tel: 01322 318888 | info@europagymcentre.com | www.europagymcentre.com



The closest underground station is the Queen Elizabeth Line from London to Abbey Wood Station.

There are regular over ground services to Crayford and Dartford stations from Charing Cross, London Bridge, Cannon Street, and Waterloo East.

The Europa Centre has it's own road called Vimy Way which is off of Maiden Lane.

Depending on your entry to Maiden Lane, one end has a narrow restriction under a railway bridge.

Next to the Europa Centre is a new housing estate call Vickers Green.

As a reminder, Europa has parking for approximately 150 car spaces utilizing the car park under the gym, the road and grassed areas. Vickers Green located next to Europa has parking restrictions.

5 mph speed restriction humps are installed on Vimy Way.

Europa GC is not held responsible for any damage or theft of vehicles.

Appendix 2 – Event Health & Safety

Field of Play	The field of Play (main competition space and warm up area) will be clearly sign posted
Welfare Officer	Spectator Welfare – Europa Gymnastics Supervisors Gymnast & Coaches – Jenny Holloway
H&S Representative	Chris Sheriff, Europa General Manager
Risk Assessment	A risk assessment has been completed for this event
H&S Check List:	The H&S checklist has been completed for this event
First Aid & Medical Cover & Equipment:	First aid provision is provided by a Paramedic from Tech Medical Ltd
A&E Record book:	All accidents are recorded using Europa's Electronic First Aid reporting. On Site Medical teams will give copies of accident forms to the coach/parent, Comp Organiser and the venue for providing to a third party as relevant.
Emergency: Spectators, Officials & Judges:	If the Fire Alarm Sounds – everyone should exit the arena at the nearest exit. Listen to Europa Staff/Event Personnel should a particular exit route be prohibited by fire. The venue personnel will direct the spectators, officials and judges to the fire exits and the fire assembly point. The Muster point is outside the front of the building on the grass.
Emergency Evacuation: Gymnasts & Coaches	If the Fire Alarm Sounds – everyone should exit the arena at the nearest exit. Listen to Europa Staff/Event Personnel should a particular exit route be prohibited by fire. In the case of an emergency evacuation the coaches & event team will lead their gymnasts to the 'fire assembly point'. Gymnasts should remain with their coaches until re-entry into the venue, or an appropriate course of action has been announced to repatriate children with their parents/guardian. Coaches should familiarise themselves with the nearest fire exit routes on arrival. The Muster point is outside the front of the building on the grass.