

Cadet Nominated International Competitions 2017-18 season

1. Purpose of Document

To provide parents and cadet athletes with information regarding how the cadet international competitions are run, including listing roles and responsibilities of both British Fencing and the individual parent/fencer. This will include the latest Security policy issued by British Fencing following advice from the Foreign and Commonwealth Office.

1.1 Useful terminology and abbreviations

BF – British Fencing
ICMG – International Cadet Management Group
SM – Squad Manager
BRC - British Ranking Competition
EFC – European Fencing Federation
FIE – Federation Internationale d’Escrime
WADA – World Anti- Doping Agency

1.2 The British Fencing International Cadet Management Squad

Chair	Clare Halsted	0207 4851498 07860 534378
Epee Coordinator	Jon Willis	07867 634799
Foil Coordinator	Sophie Troiano	07879 647869
Sabre Coordinator	Daniel Redshaw	07861 656774

1.3 The British Fencing Cadet Squad Managers

Foil	Nickie Bailey	07785 568574
Epee	Maggie Maynard	07939 070390
Sabre	Margie Masculino	07813 726564

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2. British Fencing Administration

- The ICMG agrees the calendar of nominated British Ranking Competitions (BRCs) which combine domestic and international events through the season.
- There are squad managers (SM) for each weapon – see below and on the [Cadet section](#) of the website for contact details
- Pre-season SMs will collect contact details for the top 20 cadets, which will be added to throughout the season.
- BF office will process applications for EFC licenses
- Selection process:
 - I. At selection date, as soon as the updated rankings are available, selectors confirm the squad according to the selection scheme, also selecting any reserves
 - II. Selectors also allocate fencers to teams, according to the number of teams to be entered
 - III. NB – if you think you should have been selected and have not received a selection email within a few days of the selection date please contact the SM
- List put on the [website](#)
- BF will contact and inform the Foreign and Commonwealth Office of all nominated International competitions and sign up to any security update announcements as per the [BF security policy](#)
- SM sets up trip with BF travel partners online system for both individual and team events, reserves, deadlines for acceptance, payments required, etc
- Failure to accept by the agreed deadline, with payment will result in the place being offered to any reserves or withdrawn
- Allocation of the Cadet Nominated International referees is completed by the BF Referee Manager following an advertised application process and review of the Referee Pathway Program
- Sport80 will organise the referee's travel and hotel arrangements, including all costs and payments
- The SM will provide information and help to parents as much as possible
- BF will enter the fencers (for both individual and teams) once the finalised list is confirmed by the SM
- Late withdrawals –refunds (minus any administrations costs) will only be processed if any reserves that remain are offered and accept the place and there is still time for this to be processed.
- For the 2017-18 season BF will be trialling a daily subsistence allowance for the referee costs, thus reducing the paperwork and submission of receipts by the referees to Sport80

3. Parents' Administration

- Provide accurate contact details and update on the Sport80 platform as necessary
- Supply a scanned copy of the fencers British Passport or Citizenship document to the SM to

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show evidence of eligibility. NOTE - This does not contravene data protection regulations as no information is stored other than the acknowledgement of the document being seen.

- Prompt replies to the selection notice, with immediate payment if accepting the place
- Notify the SM immediately of any changes
- Obtain an annual EFC licence for the fencer from the BF head office before the start of the International season
- Arrange personal travel, hotel etc for the fencer
- Provide adequate travel insurance for the fencer ensuring that it covers competing in an amateur competition abroad.
- Provide a medical certificate on request if the fencer has to withdraw at late notice through a medical reason
- Ensure that the fencer is aware of the [Athletes' Code of Conduct](#) and the importance of complying with it
- Sign the [Parental Agreement U18's Terms and Conditions](#) and return to the SM

4. FAQs

Competing as a Cadet

- **When can I start competing as a Cadet fencer?**

The EFC requires a fencer to be 11 on the 1st January (i.e. before January 1st) to compete in any EFC Cadet Circuit event in that calendar year. It was agreed to apply the same rule to all UK cadet events and this will comply better with our Long-Term Athlete Development Program (LTADP)

However, to compete in any FIE events including Cadet World Championships the fencer will need to be 13 on 1st January of that year (i.e. before the 1st of January)

- **Some of the BRC cadet nominated competitions are Junior (U20) competitions, can I still enter them?**

As long as you are 13 on the 1st January, yes you can.

- **I am confused by which competitions I need to enter to gain ranking points?**

The International Cadet Management Group publishes the British Ranking Competitions (BRCs) as soon as the EFC have announced their Nominated Cadet Circuit Competitions, usually in late spring

This season's nominated competitions can be seen [here](#). Your coach will also be best placed to advise you as to which competitions to enter as part of your LTADP

- **Do all fencers require EFC licences for the Europeans Cadet Circuit Competitions?**

Yes these are obtainable via the BF head office, usually from the end of August

- **Do I have to be British?**

Yes - to be selected for an international cadet squad as these are part of the qualifying process for the GBR teams at the Cadet European and World Championships. Parents must email a scanned copy of the British Passport or certificate of British Citizenship to the SM to confirm nationality. This does not contravene the data protection act as no information is recorded

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other than having been seen, the scanned copy is not stored but promptly destroyed

No – for the BRCs, as anyone for can enter these. Non- British Fencers can appear on the cadet rankings with their nationality recorded

- **What is a training and competition schedule?**

Whilst cadets no longer need to send these in as part of the selection process, it is still important to prepare a training and competition schedule with your coach's help. This schedule will help you to be in the best possible condition for the most important competitions of the season and will help you to balance your training/school/social life

- **What does “Long-Term Athlete Development” Mean?**

“the Long-Term Athlete Development (LTAD) model is a physiological framework proposed to manage the focus, volume and type of training applied to athletes as they develop through adolescence into adulthood.” Ross Tucker

The LTAD program divides the path from a child to a professional sports person into a number of defined stages, during which the role of the coach, the child and the focus changes within each stage. It is designed to protect the young athlete from over training or competing too early

- **What about fencing fitness?**

You need to be fit enough to be able to fight to the best of your ability all the way through a long competition. Your footwork needs to be up to the standard of the cadets in the best European nations. Your coach will help you to achieve this as part of your LTAD and videos taken at these competitions serve as useful reminders. The recommended fitness standards that have proved helpful can be found [here](#)

5. Selection Issues

- **How will fencers normally be selected?**

Mainly using the cadet ranking list on the selection date but other factors may be taken into account ([see Cadet Ranking and Selection Scheme](#)). For example, for the last international event, a younger cadet might be selected over a final year cadet with no international points in the first few events

- **Can a fencer appeal against non-selection?**

There is no formal appeal process. With 15 places available it is unlikely that a suitable cadet will be missed out but fencers are welcome to submit a request in advance to be considered if they feel that they have a good case and may miss selection.

- **Can other fencers go to the Nominated EFC competitions?**

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No – these are selection competitions only

- **Can any fencer go to the non- nominated EFC competitions?**

Yes, up to the limit of 20 fencers can be entered into these competitions. If more than 4 fencers are entered then referees will have to be provided or the fine of €500 would need to be paid. As up to 20 fencers can be entered –all would have to agree in advance to cover the referee costs, this is a private arrangement between the fencers and referee(s). Requests to enter such competitions need to be made via the Weapon Coordinator and BF Head Office. Please note in this instance it would be the fencers' responsibility to inform the FCO of their attendance at the competition as per the current [BF security policy](#)

- **What happens if a fencer has to drop out after having accepted a place?**

Unless a reserve can take that place the competition levy will not be refunded

- **What will happen about the team events at these EFC competitions?**

In compliance with the EFC team regulations BF will need to enter the teams in advance with names. The selectors will decide the composition of the teams, normally as per the current rankings order. There will be an additional entry fee per team (maximum of £60) and referee requirements as per the EFC regulations. Sport80 will manage the referee arrangements as per the individual competition together with the SM and the referee manager.

- **Can the selected fencers purchase GBR kit?**

Yes there is now a cadet kit that can be purchased via the British Fencing Shop, (it is not compulsory) as seen [here](#)

6. After Selection

- **What support will British Fencing provide once I am selected?**

The SM will provide details of the competitions as soon as they are released on the EFC website and will help with any queries, so please do not hesitate to contact them. BF are no longer able to send a coach or Team Manager (TM) with the cadet squads due to the organisational burden and costs to the individual fencers. Experienced fencers, parents and private coaches are a very useful source of help and information for new squad members

It is recommended that all private coaches should be on the BF coaches register as this ensure that they comply with the latest safeguarding requirements (including having an update to date DBS and Safeguarding certificate).

If you choose to travel with another family this is a private arrangement between both families and BF cannot accept any responsibility for this

- **I have received my selection email, what happens next?**

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You will need to follow the link to the online system to either accept or decline your place for the individual and team competitions. It will also have a deadline for payment. ***Please note that if you miss the deadline your place will be offered to a reserve***, and it is your responsibility to ensure that all your contact information is up to date both on the Sport80 membership database and when submitted to the SM at the start of the new season. The SM will have also emailed you with the competition information (reglements) as soon as these become available

- **Why do I have to pay a referee/admin levy?**

All EFC competitions have a referee quota per nation; currently it is 5-9 fencers – one referee, 9-15 two referees. For team events; 1-3 teams one referee, 4-5 two referees. There is a €500 fine per missing referee. The cost of the referees is shared between the whole squad. BF also incur numerous administrative costs when obtaining licences for fencers and referees, processing the entries, dealing with enquiries, finding referees etc.

- **What happens if my contact details change?**

It is the sole responsibility of parents/ fencers to ensure that the SM and Sport80 have up to date and correct details

- **Will my family travel insurance cover me to compete abroad?**

Whilst family travel insurance will cover you to fence as a holiday activity most will not cover you for competing abroad, so it is very important to check that you are covered to compete at an AMATEUR youth fencing competition. NB this is not a professional sport. If you are not travelling with the policy holder (usually a parent/guardian) then the “family” travel insurance may not cover independent travel

- **What about other members of the GBR squad?**

Everyone travelling should ensure that their insurance covers them for their role at such a competition (athlete, parent, coach referee, chaperone etc). Most policies do not include sports competitions, even amateur ones, in their normal cover

- **Where should I stay and how will I get to the competition venue?**

The competition reglements usually have a list of “official” hotels, which will often have a reduced rate for those attending the competition. The Competition Organiser may provide a “shuttle” service to and from the venue and “official” hotels. This is usually booked in advance and payable locally. The other advantage of staying at an “official” hotel is that the pre-competition weapons check may be held on site the night before the competition. SM’s may also be able to provide details of hotels used previously.

- **What happens if the competition is cancelled at short notice?**

It is unusual for this to happen but it has been known due to unforeseen circumstances. BF does not have insurance cover for this eventuality so costs could only be recovered if your personal travel insurance specifically includes this possibility
Also, very unusual but not impossible for BF to de-nominate an EFC event if circumstances made attendance undesirable e.g. for safety reasons.

7. Behaviour and Discipline

- **Do fencers still have to agree to the BF Athletes Code of Conduct?**

Yes- By accepting a place in any GBR squad the fencer agrees to comply with the Code of Conduct. Anyone representing Great Britain is expected to behave in a way that does not bring British Fencing into disrepute

- **What will happen if a fencer misbehaves at one of the nominated competitions?**

If someone send a formal complaint to BF with sufficient evidence the normal disciplinary process will be conducted.

8. Officials

- **Can my fencer's coach take them to a nominated EFC competition abroad?**

As a parent, you are entitled to allow anyone to take your child abroad. If you choose to allow your child to travel with anyone other than their legal guardian, BF would encourage you to undertake appropriate precautions and checks to ensure their suitability. You should ensure that the responsible adult is given written authority and suitable instructions for them to make emergency medical decisions. (in principle, the more personal coaches that go abroad, the better for our clubs and thus the development of our younger fencers).

- **Can my fencer's coach acts as a personal coach at an international competition?**

This is a private arrangement between you and your club/ personal coach, however, the coach must fulfil **all** the BF Coach's requirement (i.e is a member of BF, on the coaches register and complies with the [Coaches code of conduct](#) and the [GBR Coach's Policy](#)). The coach should remember that they are acting as an ambassador for Bf whilst coaching at an international competition and act accordingly at all time.

- **Who will the GBR referees be at the EFC competition?**

BF will select the referees for both the EFC and Junior World Cup international competitions following a publicised application process. They are usually from the Referee Pathway Program and will hold a minimum of a level 3 referee qualification in the specific weapon they will be refereeing

9. Travelling abroad

- **What is needed when travelling abroad?**

- An up to date passport – for some countries it must be valid for at least 6 months. It is sensible to always travel with a photocopy of all your documents including passport in case of loss of the documents.
- Adequate and appropriate travel insurance
- Enough money in the correct currency and enough Euros to cover the competition entry fees (individual and team) and any competition shuttle services.

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- Your EHIC card (European Health Insurance Card) and check the expiry of this as they are only valid for 5 years.
- It is also useful to have a pre-loaded credit/ debit card for emergencies or kit failure or loss
- Favourite snacks or drinks for the competition day may be worth bringing
- A fencing bag in good condition, baggage handlers are not known for their “gentle” care of bags
- Check the baggage allowances carefully as some budget airlines have very low/ small hold and hand allowances.

- **Can I travel with my fencing equipment on Eurostar or a flight?**

There is currently no prohibition against travelling with fencing equipment on Eurostar or airlines, although due to the heightened terror alerts this may change. Eurostar require fencing bags to be checked in as “registered baggage” at least 24 hours’ pre-departure. However, it is always advisable to say “SPORTS KIT” rather than swords when asked. On most flights the fencing bag can go as standard hold luggage (weight allowance dependent on the individual airline), not as the sometimes more expensive “sporting equipment”. Usually they will be dealt with as “outsized” luggage.

- **What happens if my bag is delayed or lost by the airline**

This does happen and can be very stressful prior to a competition. If possible always travel with as much kit as you can in your hand luggage, especially mask, lamé, shoes, gloves and if possible clothing. Label your fencing bag with your name and mobile number to ease the return of it to you

10. At the international event

- **Are the kit regulations different?**

Equipment will need to meet FIE (CEN2) standards;

800 Newton Jacket and breeches

800 Newton plastron

1600 newton mask (and conductive foil bib) – if your mask is a Leon Paul contour mask you will need two independent safety devices ie the lower black strap

FIE homologated blade

You will need your surname and GBR on the back of your lame or jacket depending on your weapon, this marking MUST comply with the FIE regulations. It can be added to an existing Lame. It is not compulsory to have the GBR logo on your jacket or breeches for cadet competitions (the stripes will be replaced for the 2017/18 season with a new logo that matches the current BF branding), unless selected for the Cadet European or World Championships.

- **What is a “weapons check” and when does it happen?**

Weapons check usually takes place the night before as well as the morning of the competition. It can be at the venue or occasionally on the official hotel. The competition armourers test kit to ensure it complies with the EFC regulations and then stamp it with a competition specific stamp. If it fails, then unless the piece of kit can be repaired and subsequently pass a second weapons check, it cannot be used during the competition and will be marked accordingly.

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Kit tested usually includes mask, lamé, glove, body and bib wires and weapons.

It is essential to check your weapons prior to travelling and again upon arrival before submitting them, this includes weight testing. Not all competitions will have a trade stand to replace non-working kit.

- **Once I get to the competition venue, what do I need to do?**
 - Check in and pay the entry fee, usually in cash and euros. It is always worthwhile having a copy of the BF entries with you in case of any error.
 - Check your details are correct on the check-in form and confirm where and how announcements will be made.
 - Familiarise yourself with the venue, often fencing halls are spread out across a number of areas. It may be noisier and busier than you are used to, and announcements will rarely be in English. Take your time to adjust to this change
 - Once the check-in has closed, it is important to listen out for your call to fence and for the piste number, or watch the information screens if the venue has these.
 - You will usually need to be at the piste 10 minutes before the scheduled start time
 - You must take at least two body (and bib) wires and two (but ideally more) weapons to the piste
 - Always weight check your weapon (foil and epee) after each fight
- **What should I do once I am knocked out of the competition?**
 - Warm down properly, including some stretching, drink enough to rehydrate yourself.
 - Take the opportunity to watch and learn from the best fencers of the day, e.g. follow the progress of the fencer who won against you.
 - Take some video clips if possible of fencers you admire.
 - Make honest notes on your performance and next steps.
 - Support the rest of the squad
 - Make sure that you have a good meal
- **The team event**
 - Pay the team entry fee - if one adult can take responsibility for this it would be very helpful
 - Each team will need to sort out the order for the fencing and the use of the 4th/ reserve fencer for each match.
 - Any personal coaches present will normally be very happy to advise but it is also useful experience for the fencers to manage this themselves.
 - Remember the usual team etiquette including all team members thanking the referee at the end of the match.
 - The 4th fencer should keep a record of the score during the match

11. Medical and Anti-doping

- **What is drug testing?**

This is to check for any prohibited substance on the [WADA list](#). It can be held during any

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competition and requires a urine sample (at higher levels a blood sample may be requested). Information in detail about drug testing can be found [here](#). All GBR fencers are obliged to comply with the BF, FIE and WADA anti-doping regulations.

- **I have to take regular medication for a health condition, how do I know if my medication is allowed?**

Check on this website <http://www.globaldro.co.uk/> it is always advisable to have a doctor's letter explaining the need for the medication when travelling abroad.

If your medication is on the list, but it is essential **and you are tested** you will need to apply for a retro-active **Therapeutic Use Exemption (TUE)** by sending the completed TUE form to UK anti-doping. Cadets do not need to apply in advance but please notify the BF anti-doping Officer if you are taking anything on the prohibited list.

- **I have a nut allergy, what precautions should I take?**

BF asks all fencers to be considerate of anyone with a nut allergy.

If you have to carry an EpiPen or similar anaphylactic medication, it is worth giving a spare set to a responsible adult (your personal coach or family member) in case you mislay your own one. It is also worthwhile having your medical details and treatment plan in writing and translated (using pharmacological names rather than brand names) into the language of the country you are competing in.

Version History (can be placed at end)

Version Number	Date Updated	Updated by	Comments
v0.4	29.07.2016	CH/NB	
V1.0	12.05.2017	NB	Updated to include security info and rebranded
V1.1	14/05/2017	CH	edits
V2.0	19.06.2017	NB	Updated to include the GBR coach's policy
V2.01	22.06.2017	NB	Reformatted