



# Cadet Nominated International Competitions 2016-2017

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## Information and FAQs v4

BF – British Fencing

ICMG - International Cadet Management Group

SM – Squad Manager

RefCom – Referee Committee

BRC – British Ranking Competition

EFC – European Fencing Confederation

FIE – Federation Internationale d’Escrime

WADA – World Anti-Doping Agency

	Weapon Coordinators	Squad Managers
Epee	Jon Willis	Maggie Maynard
Foil	Sophie Troiano	Nickie Bailey
Sabre	Daniel Redshaw	Margie Masculino

See end for contact details

## British Fencing Administration

1. The ICMG agrees the calendar of nominated British Ranking Competitions (BRCs) which combine domestic and international events through the season.
2. There are squad managers (SM) for each weapon - see below and Cadet section on website for contact details.
3. Pre-season SMs collect contact details for top 20 cadets, to be added to through the season.
4. BF office processes applications for EFC licences
5. Selection
  - 5.1 At selection date, as soon as updated ranking available, selectors confirm squad, according to the selection scheme; also select reserves if any.
  - 5.2 Selectors also allocate fencers to teams, according to number of teams to be entered.
  - 5.3 NB If you think you should have been selected but do not get an email within a few days of the selection date please contact the SM.
6. List put on website.

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7. SM sets up trip with online system ie fencers, (for individual and team events), reserves, deadline for acceptance, payment required, etc.
8. Failure to accept by deadline - with payment - results in place being offered to reserve or withdrawn.
9. Allocation of referees done by SM + RefCom organiser.
10. Sport80 organise referee bookings and deal with payments and costs.
11. SM provides info and help to parents as much as possible
12. BF enters fencers (for individual and team events) once final list confirmed by SM.
13. Late withdrawals - if any reserves remain they can be offered a place if still time to be processed
14. Referee submits expenses form + receipts to Sport80; SM assists with queries.

### Parents' Administration

1. Provide accurate contact details and update as necessary.
2. **Prompt replies** to selection notice, with immediate payment if accepting place.
3. Notify SM immediately of any changes
4. Obtain annual EFC licence (£16) for fencer from BF office well before first international event
5. Arrange travel, hotel etc for fencer
6. Provide travel insurance for fencer that includes competing in such an event
7. Provide medical certificate on request if fencer has to withdraw late through medical reason
8. Ensure fencer is aware of the Code of Conduct and the importance of complying with it.

### FAQs

#### Competing as a Cadet

**1. When can I start competing as a cadet fencer?**

The EFC requires a fencer to be 11 on 1<sup>st</sup> January (i.e. before January 1<sup>st</sup>) in order to compete in any EFC Cadet Circuit events 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 programme.

However, to compete in any FIE events including the Cadet World Championships you will need to be 13 on the 1<sup>st</sup> January (i.e. before the 1<sup>st</sup> of January).

**2. Some of the BRC cadet nominated competitions are Junior (U 20) competitions, can I still enter them?**

As long as you are 13 on the 1<sup>st</sup> January, yes you can.

**3. I am confused by which competitions I need to enter in order to gain ranking points?**

The International Cadet Management Group publishes the British Ranking Competitions, as soon as possible after the EFC have announced their Nominated Cadet Competitions, usually in late spring.

This season's nominated competitions can be seen here:

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Epee Foil Sabre

Your Coach will also be able to advise you as to which competitions to enter as part of your long-term athlete development programme.

### **4. Do all fencers require EFC licences for the European cadet internationals?**

Yes – obtainable via the BF office (in good time please)

### **5. Do I have to be British?**

Yes – to be selected for an international squad as these are for qualifying competitions for the GBR teams. Parents must email a copy of the British Passport or certificate of British Citizenship to the SM to confirm nationality. (The passport copy should also be sent as soon as it is available).

No – for the BRCs, anyone can enter these. Non-British fencers can appear on the cadet rankings but noted as such.

### **6. 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. Once you become a "junior" fencer this will be a requirement for Squad selections. This schedule will help you to be in the best possible condition for the most important competitions of the season and also helps you to balance your training/school/social life.

### **7. 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 programme 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.

### **8. 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 the competitions serve as useful reminders. The minimum fitness standards that have proved helpful can be found [here](#).

## **Selection issues**

### **9. How will the fencers normally be selected?**

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The cadet ranking list on the selection date will be used along with other factors such as training programmes, fitness levels, age, etc. (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 two events.

### **10. 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 they have a good case and may not be selected.

### **11. Can other fencers go to these nominated EFC competitions?**

No - all GBR fencers have to be selected.

### **12. Can any fencer go to the non- nominated EFC events?**

Yes up to the limit of 20.

Referees have to be provided or the fine of 500 euros paid if more than 4 go.

So up to 20 fencers can be entered - all would have to agree in writing to pay their share of any referee costs. However, BF may limit entries to 4 only to avoid any problems over this referee requirement. Requests to go need to be sent to the Weapon Coordinator as entries have to be made by the BF office.

### **13. What happens if a fencer has to drop out after having accepted a place?**

Unless a reserve is able to take that place, the competition levy will not be refunded.

### **14. What will happen about the team events at these EFC events?**

This season BF will need to enter the teams in advance with names. The selectors will decide the composition of the teams. There will be an additional entry fee per team (maximum of £60) and referee requirement as per EFC regulations. Sport80 will manage all the referee arrangements together with the SM and Nickie Bailey-BF staff member.

### **15. Can the selected fencers wear any GBR kit?**

Yes – there will be cadet squad tracksuits available to buy from Tempest details tbc in August, see website. Anyone who already has a GBR tracksuit can wear it.

## **After Selection**

### **16. What support will British Fencing provide once I am selected?**

The SM will provide details of the event and help with any queries so please contact them as necessary.

British Fencing are not able to send a coach or team manager with the cadet squads because of the organisational burden and costs to the fencers so you will need to organise your own travel and accommodation and manage your participation in the

competition. Experienced fencers, coaches and parents are usually very helpful towards new squad members.

Travelling with your coach will be a private arrangement but you are advised to ensure their DBS and Safeguarding certificates are valid. Travelling with another family is again a private arrangement.

### **17. I have received my selection email, what happens next?**

You will need to follow the link to the online system to either accept or decline your place for the individual and team events. It will also have a deadline for payment. **Please note that if you miss the deadline your place will be offered to a reserve.** It is your responsibility to make sure your SM always has your current contact details. The SM will have also emailed you with trip information. Contact the SM with any queries.

### **18. Why do I have to pay a referee/admin levy?**

All EFC competitions have a referee quota per nation; 5-9 fencers - one referee; 9-15 two referees. Team events 1-3 teams - one referee, 4-5 two. There is a €500 fine per missing referee. The cost of the referees is shared between the whole squad. Also BF incurs various administrative costs eg obtaining licences for fencers and referees, processing the entries, dealing with trip queries, finding referees etc.

### **19. What happens if my contact details change?**

It is the responsibility of parents to ensure that the SM has correct details.

### **20. Will my family travel insurance cover me to compete abroad?**

Whilst family travel insurance will cover you for fencing as a holiday activity not all travel insurance will 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 professional sport. But if you are not travelling with your family your family travel insurance may not cover you.

### **21. What about others on the trip?**

Anyone travelling should ensure that their insurance covers them for their role at such a competition (athlete, parent, coach, chaperone). Many policies do not include sports competitions in their normal cover.

### **22. Where should I stay and how will I get to the competition venue?**

The event reglements usually have a list of "official" hotels, which will often have reduced rates.

The competition organiser may provide a "shuttle" service to and from the venue and the "official" hotels. This is usually booked in advance and payable locally.

The SM may be able to provide details of hotels used before.

**23. What happens if the competition is cancelled at short notice.**

It is unusual for this to happen but has been known due to unforeseen circumstances. BF does not have insurance cover for this eventuality so costs could only be recovered if your travel insurance specifically includes this possibility.

Also very unusual but not impossible is for BF to de-nominate an EFC event if circumstances made attendance undesirable eg for safety reasons.

## **Behaviour and Discipline**

**24. Do fencers still have to agree to the BF Code of Conduct?**

Yes – by accepting a place in a 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.

**25. What will happen if a fencer misbehaves at one of the nominated events?**

If someone sends a formal complaint to BF with sufficient evidence it will go through the normal disciplinary process.

## **Officials**

**26. Can my child's coach take them to a nominated event 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, British Fencing would encourage you to undertake appropriate precautions and checks to determine their suitability. You should ensure that the responsible adult is given written authority and suitable instructions for them to make medical decisions etc. (In principle, the more personal coaches that go abroad, the better for our clubs and the development of our young fencers).

**27. Who will the referees be at these EFC events?**

They will normally be from the RefCom approved list and if possible on the BF Referee Pathway.

## **Travelling**

**28. 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 have a photocopy of your passport in case of loss.
- 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.
- Your EHIC card (European Health Insurance Card)
- It is also useful to have a preloaded credit card for emergencies or a kit failure that requires replacement.

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- Favourite snacks or drinks for the competition day may be worth bringing.
- A fencing bag in good condition, as baggage handlers are not known for their gentle care of luggage.
- Check the baggage allowances carefully as some budget carriers have low hand luggage weight limits.

### **29. Can I travel with my weapons on Eurostar or a flight?**

There is currently no prohibition against travelling with fencing weapons on Eurostar or airlines. Eurostar require fencing bags to be checked in as “registered baggage” at least 24 hours prior to departure. However, it is advisable to say “sports kit” rather than swords if asked. On most flights fencing bags can go as standard hold luggage, (weight allowance dependent on the airline), not as the sometimes more expensive “sporting equipment”. Usually they will be dealt with as “outsize luggage”.

### **30. What happens if my bag is delayed or lost by the airline?**

This does happen and can be stressful prior to a competition. If possible travel with as much kit as you can in your hand luggage, especially mask, lame, shoes and glove in your hand luggage and if possible clothing. Label your fencing bag with your name and mobile number.

## **At the international event**

### **31. Are the kit regulations different abroad?**

Equipment will need to meet FIE (CEN2) standards;  
800 newton jacket and breeches  
800 newton plastron  
1600 newton Mask (and conductive bib for foil)- if your mask is a Leon Paul contour mask you will need two independent security devices  
FIE homologated blade

You will need your surname and GBR on the back of your lame or jacket depending on your weapon, this must also comply with the FIE regulations. It can be added to an existing lame. It is not compulsory to have GBR stripes on your jacket or breeches for cadet competitions, unless selected for the Cadet European or World Championships.

### **32. What is ‘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 in one of the official hotels. The competition armourers test kit to ensure it complies with the EFC regulations then stamp it. If it fails, then unless the piece of kit can be repaired and subsequently pass weapons check, it cannot be used during the competition and will be marked accordingly

Kit to be tested usually includes mask, lame, glove, body and bib wires and weapons.

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

It is amazing how often fencers submit faulty kit and then have the added stress of sorting it out so please ensure this is not you!

### **33. Once I get to the competition venue what do I need to do?**

#### **Individual event**

Check in and pay the entry fee, usually in cash and euros.

Check that your details are correct on the check-in form and confirm where and how announcements will be made.

Familiarise yourself with the venue, as often the fencing halls are spread out across a number of areas. It may be noisier and busier than you are used to, so take your time to adjust to this.

Once check-in has closed, it is important to listen out for your call to fence and for your piste number or watch information screens.

You will usually need to be at the piste 10 minutes before the 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 after each fight (foil and epee).

### **34. What should I do once out of the event?**

Warm down properly, including some stretching, drink enough to rehydrate.

Take the opportunity to watch and learn from the best fencers on the day. Eg follow the progress of a fencer who beat you. Take some video clips if possible of fencers you admire. Make notes on your performance and next steps. Support your squad mates. Have a good meal.

### **35. Team Event**

Pay 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 of fencing and use of the 4<sup>th</sup> fencer for each match. Any coaches present will normally be happy to advise but it is also useful experience for the fencers to manage this themselves. Remember the usual team match etiquette including all team members thanking the referee at the end. The 4<sup>th</sup> fencer should keep a record of the score through the match.

## **Medical and Anti-Doping**

### **36. What is drug testing?**

This is to check for any prohibited substance on the WADA list - <https://www.wada-ama.org/>

It can be held during any competition and requires a urine sample (and at higher levels a blood sample occasionally). 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.

**37. 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 is essential **and you are then 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. More information re medication and drug testing can be found [here](#).

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

British Fencing asks all fencers to be considerate of anyone with a nut allergy eg to have nut- free snacks themselves.

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

If you have any further questions please contact your squad manager.

**British Fencing International Cadet Management Group**

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**International Cadet Management Group**

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