



NATIONAL TRAMPOLINE TECHNICAL COMMITTEE

NATIONAL COMPETITION STRUCTURE

This booklet is an addendum to the handbook
All existing competition rules not covered by this
document remain in force until further notice.
Please refer to the current British Code of Points for
competition rules

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SECTION 1

Generic Rules

TRI, TRS, DMT and GMPD

1.1 Eligibility to Compete

- **All competitors** must be members of British Gymnastics (BG). This must be competitive membership or equivalent for trampoline Levels FIG A to Regional D; DMT FIG A – National C and GMPD A.
- **All competing clubs** must be registered with BG and the National Competitions Registration Secretary (NCRS) tramp.affiliations@british-gymnastics.org Please use the form in Appendix 1 to register with the NCRS and keep the contact information up to date otherwise the club may miss out on important information. Registration for both BG and NCRS will be in October.
- **All clubs** must also be affiliated to and paid up members of their Regional Gymnastics body.
- **All competitors** must be under the supervision of a suitably qualified coach who is a member of BG. Persons who are not designated as officials and non BG members are not allowed on the competition floor i.e. the matted area.
- Any **change of club** must be notified to BG and the NCRS (see above) **before** entering any competitions or the entry / qualification(s) gained will be invalid. If they transfer after an entry has been submitted they will not be able to compete for the new club unless written agreement, from the club who made the entry, is received by the Competitions Chair tramp.comps@british-gymnastics.org at least 7 days prior to the competition.

1.2 Foreign Competitors (Non-British passport holders)

Competitors not holding a British passport that are resident in Britain for a minimum period of three months may, during that time, participate in a National Level qualification Competition provided that all eligibility criteria are met and they are at least an **Associate Member** of British Gymnastics, Scottish Gymnastics, Northern Ireland Gymnastics or Welsh Gymnastics. (Plus any other conditions which apply to membership of any Home Nation). Foreign Nationals who are long term resident in the UK may also compete in Regional Events providing membership criteria are met. They will need to qualify and progress as UK performers.

A 'foreign' competitor will be eligible to take a place in these qualifying competitions. Providing that they qualify for the National Championships (TRI, DMT and TRS) they will be permitted to compete (even if outside period of residency). However any positions gained by a 'foreign' competitor will also be credited to a British citizen, but see below. In the case of award winning positions duplicate awards will be made.

For the Team Event at National Finals a team may include one 'foreign' competitor, and a synchronised pairing consisting of a maximum of one foreign competitor may take a place at the National Championships. Any synchronised pairing consisting of two 'foreign' competitors will be awarded a duplicate placing as above. 'Foreign' competitors will not be selected to represent Great Britain in any International event and are unable to compete in the Home Nations Competition. They may compete in the biennial English Regional Competition team event but may not take an individual title.

'Foreign' competitors not fulfilling the residency condition / normal qualification may be permitted to participate in FIG A events at the discretion of the NTTC, provided FIG regulations are not contravened and from time to time the NTTC may extend an invitation to guest at events to such 'Foreign' competitors. Should you wish to seek an invitation you must contact the National Competition Chair tramp.comps@british-gymnastics.org with full details of Nationality and standard at the earliest opportunity. The NTTC will not be able to process such requests at short notice.

1.3 Gymnast Transfers between Clubs

The transfer may be with the full agreement and co-operation of the two Clubs involved (amicable) or may be only with the support of the new Club against the wishes of the old Club (non-amicable). Please send a copy of the BG transfer form (Appendix 2) to the NCRS. If the NCRS is not informed this could lead to an entry being refused.

Amicable situations for individual gymnasts:

If the previous Club and new Club are in harmony the gymnast will be able to compete for the new Club, enter team or individual events and may wear the Club's colours as soon as the NCRS receives the transfer form.

Non-amicable situations for individual gymnasts:

Where the previous Club and new Club are not in agreement, the transfer form will be signed by the gymnast (or parent/guardian) and the new Club and a copy sent to the NCRS. While the gymnast will be able to train with the new Club immediately, they may not represent the new Club in team or individual events, or wear the new Club's colours, for twelve months. However, the gymnast may participate in individual events during this period and may enter individual competitions as 'unattached'. This must be clearly marked on the club entry.

University Students

If a gymnast is at university then they will be deemed still to be representing their old Club provided they are still maintaining membership, even though they may train at a different Club or at the university. Any permanent transfer of representation would be as above. Competitors at Regional D or below who are at University or College may temporarily 'transfer' to and compete for a club in that Region. They may also compete in their Home Region during the holiday periods. The NCRS and Scores Coordinator must be informed.

See the standard of conduct http://www.british-gymnastics.org/site/index.php?option=com_content&task=view&id=334

1.4 Rules for Competitors Returning to Competitive Trampolining

These rules apply only to competitors who have not competed for at least a full competition season, i.e. did not compete at all in the previous year.

Anyone who did not compete in 2009 and last competed at **Grade 3 or above** must apply to tramp.return@british-gymnastics.org prior to the competition closing date in order to confirm their starting Level. If anyone competes without this confirmation their placing and any qualification(s) **will be void**. All applications should contain the performers BG number and date of birth and as much information as possible to help achieve the correct placement e.g. last competition, grade, National finals/championships position, international results etc.

Anyone who last competed at **Grade 4 or below** should contact their Regional Competitions Secretary prior to the competition closing date in order to confirm their starting Level, Assessment E, F or G. If anyone competes without this confirmation their placing and any qualification(s) **will be void**. Please supply the Scores Coordinator your BG number and date of birth prior to the competition or your qualification will not be registered.

1.5 Complaints Procedure

If you have a complaint about any aspect of the competition system it must be raised, in writing, through your club secretary as the Competitions Committee will not respond to complaints from individuals. Please send the complaint to the committee care of the National Competition Secretary tramp.nationals@british-gymnastics.org. Complaints will be acknowledged within fourteen days of receipt.

SECTION 2

Qualification and Assessment Events

2.1 Obtaining Information

2.1.1 National Competitions

Information is available online at www.bg-coaches.org. The Competition Dates / planner are also listed in Appendix 3.

2.1.2 Regional Competitions

Information regarding regional assessment events, GMPD and DMT competitions can be obtained from your Regional Competition Secretary, also see www.bg-coaches.org/regional-information.php

2.2 Entering Gala Events

You may enter Gala events, (TRI, TRS and DMT) either online, via your BG club record page, or by post (postal entry forms are in Appendix 8). Online entries will open a minimum of 2 weeks prior to the closing date and close at midnight on the closing date. If you have submitted an early entry and need to change it prior to the closing date please contact the Major Events Administrator 0845 1297 129 ext 2521 at BG. Please note that you can not change the entry after the closing date. It is advised that you take a contact name and confirm the changes in an email both to BG and the competition chair.

Please note that by submitting your entry each club agrees to the notes and 'Acceptance of Rules' as listed in Appendices 7 and 8.

2.3 Online Entries

In order to make an online entry the club will need to have access to their club records via the members section of www.british-gymnastics.org. The club secretary will need both their BG number and a password. If you do not have a password, please contact BG membership at membership@british-gymnastics.org.

Online entry will automatically provide BG membership numbers and dates of birth for your competitors and the BG numbers for qualified officials. If you have a TRS pair involving another club please supply the BG number for the performer from the second club. You will be unable to complete the entry without supplying the correct number of coaches and judges. Payment may be made by cheque or can be paid directly online. You will be unable to nominate a performer or official who is not a current member and with a current CRB, if applicable.

2.4 Postal Entries

Please note that postal entries are likely to be discontinued from January 2011 and you are strongly advised to get used to online entries during 2010.

All Gala weekend event entries must be sent to British Gymnastics, Ford Hall, Lilleshall National Sports Centre, Newport, Shropshire, TF10 9NB.

Entries NOT sent to this address will be invalid.

No queries about late / non arrival of entries or fees will be considered without proof of posting (obtainable for free from the Post Office).

All cheques must be made payable to 'British Gymnastics'.
Please contact your Regional Competition Secretary for regional regulations.

Please use the entry form in Appendix 8.

Please supply all BG numbers and dates of birth for your competitors. If either of these items is missing the relevant competitor's entry will be refused. Please note this also applies to TRS.

Please supply BG numbers for your judges. If you either do not supply these and / or you do not list enough suitably qualified and experienced officials your entry will be reduced to reflect the number of valid officials that you have supplied.

BG reserves the right to charge for paper entries.

2.5 Officials

For Gala events you will need to supply enough officials to cover the total number of TRI, TRS and DMT entries.

N.B. It is not the job of the judging organiser to find officials for a club that has not got enough suitable officials so please do not ask. Please speak to your regional judging officer who may know of other willing officials or reduce your entry accordingly.

'**Officials**' include marshals computer operators, manual recorders as well as qualified judges. Judges should be suitably qualified, validated (cycle 11 or later) and experienced for the competition for which they have been nominated. For FIG A, B and National C, judges should be County Judge or above. DMT judges should have either a DMT judge qualification or have experience of DMT judging. As Regional D links to national Levels it is recommended that, wherever possible, this group is judged by County Judge or above or by judges with experience of national Level competition.

It is very important that the numbers of moves in a routine are recorded if less than 10. It is also important that if a competitor withdraws they are withdrawn rather than given zero scores. Computer recorders **must** be able to deal with both these situations as they affect the results and points.

Clubs having problems supplying their officials should contact the Judging Events Coordinator at least two weeks before the competition closing date to discuss possible solutions. Ignoring the problem will result in your performers being excluded from the competition.

If you wish to put forward more officials than required please contact the Judging Events Coordinator (JEC), no later than the competition closing date, at tramp.judging@british-gymnastics.org and they will try and accommodate this.

If any selected officials, including reserves, do not turn up for the competition, the club must provide a suitable replacement. Failure to do so will result in the club being reduced to guest status at that competition. The Judging Events Coordinator has the discretion to commute this to a fine of **£45** but this must be paid before any results are recognised or any more entries are accepted.

All officials must stay at the competition until the groups for which they have been appointed have concluded

2.5.1 Competition Officials

Officials should report for duty in appropriate attire. For National level competitions, judges are expected to wear Navy blazer, white shirt or blouse, tie for men, navy trousers or skirt (ladies) and flat black shoes. Warm up and competitions marshals should be in tracksuit/shorts and T-shirt with training shoes. Recorders should dress smartly and wherever possible follow the code of a white top, blue trousers/skirt and a navy jacket or fleece.

2.5.2 Reserve Officials

The Competitions and Judging committees recognise the need for reserve officials at competitions and also recognise the logistics of clubs providing these officials; however they must turn up at a competition and be available during the day, see above.

Reserve officials are expected to be at the competition, in the appropriate uniform, and report for duty at the start of the competition with all other officials. If reserves are not required, as everyone has turned up, reserves will be invited to shadow judge, and switch in during the day. They will be entitled to official's refreshments and lunch.

2.5.3 Officials for TRS & DMT at Gala Qualification Events

DMT and TRS are not separate events to TRI, and sufficient officials are needed to cover your total entry. Officials should be nominated in the same way as for other qualifying competitions, and should be proficient in the job for which they have been nominated. If your entry is predominantly made up of either DMT or TRS competitors you are expected to provide a proportionate number of competent DMT or synchronised trampoline officials. It is at the discretion of the JEC to determine whether the club's nominated officials represent the same proportional mix as their entry. Clubs may be required to provide suitably qualified replacement officials in order for the entry to be accepted.

2.5.4 National Championships Events

Clubs are asked to nominate officials in the same way as for the qualification competitions.

2.6 Provisional Entries

You are no longer able to enter provisional entries. All competitors must be qualified for the Level they are entering by the closing date of the competition.

2.7 Teams

There will not be any team competitions at Gala Qualification Events. There will be a Team competition for the FIG A, FIG B and National C performers at the National Finals in July for Trampoline and Double Mini Trampoline.

2.8 Entering Regional Events

Whilst most regions will run their events on the same principles as the Gala events please check with your Regional Competition Secretary for full details and any variations. If a region moves the Assessment event from the designated weekend they **must** inform the Scores Coordinator or the regions results will be void.

Please note that entries / results will not be accepted without the performers BG number and date of birth.

2.9 Penalties

Ineligible Competitors

Where clubs permit competitors to compete at a Level or for a club for which they are not eligible, (where there is no evidence / reason to suggest that this could have been erroneous) or where the clubs continue to enter competitors in competitions where the club / individual membership has not been met, a competition ban may be imposed on such clubs / competitors.

The Competitions Committee will send notification of such a ban in writing to the club. Any entry fees already paid for a competition for which the ban is effective will not be refunded.

Any scores/qualification the competitor achieved at a competition for which the competitor was ineligible will be nullified and any trophies will be required to be returned and subsequently awarded to the next eligible competitor.

Outstanding Judging Fines

Any club with an outstanding fine for an official's violation will not be permitted to compete at any Level until the fine is paid. All judging fines should be made payable to BG and sent to The Judging Events Coordinator.

Clubs are reminded that they are responsible for all their members in attendance at an event, competitors, coaches and officials and this includes dress and behaviour. We would also expect the same high standard of dress and behaviour from your spectators.

SECTION 3

Event Organisation

3.1 Photography

BG no longer require everyone to have a photography pass. There is a **minimum requirement** that Competition Organisers must display a poster listing the policy and include the policy in the programme. The poster and policy are downloadable, see below.

In order to protect the welfare of children at the event, photography at that event is permitted only on conditions set by British Gymnastics

This is a summary of those conditions. A copy of the full text can be obtained from the Competition Organiser or from the British Gymnastics website www.british-gymnastics.org ~ Events and Travel ~ Photography. You must agree to these conditions in order to take any photo equipment into the venue or take any photos.

- Photos may only be taken and used in accordance with the British Gymnastics Child Protection Policy.
- 'Photos' includes any form of video or still image including those taken with mobile phones.
- The Competition Organiser (or a person acting on his or her authority) may require anyone at the event :
 - Not to take photos – either generally or in particular circumstances.
 - To provide their full name and address and evidence of this.
 - To let the Competition Organiser view any images recorded and to delete any images.
 - To surrender media or equipment on which the images have been recorded if they cannot be viewed (e.g. photos on traditional film), or if they can not be deleted.
- Photos may not be used, distributed or copied for commercial purposes.
- Flash may not be used at any time while gymnasts are warming up or competing.

Regions may still use a pass or other additional requirements if they wish.

3.2 Welfare Officers

A Welfare Officer needs to be appointed for each competition. If the person nominated is a member of a competing club an additional Welfare Officer must be nominated. Their name and contact details need to be displayed in the programme and / or at the competition. The Welfare Officer(s) do not have to be present at the event.

3.3 Checking in

Gala Events: Clubs will no longer be issued with warm up cards. The events will run in smaller flights and therefore should manage without warm up cards as long as performers act responsibly. Club coaches will no longer be required to sign in.

Any coach signing a difficulty card will be deemed responsible for that competitor and expected to be at the competition whilst their performer(s) compete. The Trampoline and Double Mini Trampoline coaches nominated on your entry form are deemed to have total responsibility for their club performers.

Regional Events: These events may implement different arrangements so please check with your regional competition secretary prior to attending the event.

3.4 Difficulty Sheets

All performers must submit their difficulty sheet to a designated official on the correct panel at the commencement of the warm up unless directed otherwise. The Difficulty judges are **not responsible** for difficulty sheets which have been submitted to the incorrect panel.

For Regional Assessment events difficulty sheets must be submitted to the panel prior to the commencement of the warm up unless directed otherwise. GMPD routines also need to be submitted to the panel prior to the commencement of the warm up unless directed otherwise.

Please see Appendices 13 and 14 ~ (Routines) for the required moves which should be marked with an asterisk (*). For the penalties for failure to mark these moves see 'Compulsory (First) Routines', BG Code of Points.

3.5 Finals

There will be a top eight final for Regional D and above. The Regions may run finals for GMPD and Assessments E and below at their discretion. There will be accumulative finals in all the Gala and Regional D Qualification events. There will be zero finals for FIG A at National Finals. There will be accumulative finals for FIG B and National C at National Finals.

3.6 Results

Gala qualification results will be issued at the event but details of qualifiers for National Championships and promotion and relegation points will be posted on www.bg-coaches.org before midnight on the Sunday of the Gala event.

Regional D results will be available as below when the Scores Coordinator has checked the results and allocated the Promotion Offers.

Regional E, F and G assessment results will be available on the day. Clubs will be able to access confirmation of their performers' achievements via www.bg-coaches.org/regional-information.php shortly after the event. This is the definitive list of points and qualifications and a club official need to contact the scores coordinator (tramp.scores@british-gymnastics.org) immediately if they think there is a mistake with their club list. The scores coordinator will only respond to a club official and not to a performer or parent.

3.7 Awards & Trophies

Regional D, Assessments E, F, G and GMPD

The Regions may adopt their own policy for achievement certificates / awards for these levels.

Gala Qualification Events

A minimum of 3 certificates will be given for each event for both male and female groups.

TRI National Championships, TRS, and DMT Championships

All third round competitors (i.e. top 8) will receive an award, including one for each performer in the TRS.

A certificate and/or a commemorative award will be given to each competitor in recognition of their achievement in qualifying for the National Championships.

Please note that no awards will be given out to anyone who does not attend the presentations in competition dress. If there is an unavoidable reason for your absence, please speak to the competition organiser for further advice.

It is the club / competitors responsibility to check the results and be aware of when they need to assemble for presentation.

3.8 Competition Attire

For rules on competition clothing FIG A to Regional D see current BG code of points. Variations to these rules for Assessment Levels may be permitted at the region's discretion.

Requests for variation to GMPD clothing for health and safety reasons must be made at the time of entry to the GMPD representative.

3.9 Competition Equipment

FIG approved trampolines with 13mm, 6x6mm, 6x4mm or 4x4mm webbed beds will be used for all levels of competition.

FIG approved Eurotramp trampolines with 6x4mm or 4x4mm webbed beds will be used for all Gala trampoline competitions.

FIG approved Eurotramp Double Mini Trampolines with 13mm webbed beds will be used for the DMT competitions.

The trampolines may be pushed together for competition. If they are left apart there needs to be a minimum of 2 metres between the trampolines and 5 metres between the deck ends and / or wall.

All regional competition organisers are reminded that they are required to use 20mm thick floor mats around the trampolines. See www.british-gymnastics.org ~ Trampoline downloads~ 'Trampoline Matting Provision' for further details. Also see Appendix 19.

3.10 Gala Competition Floor

It is the aim of the organisers to keep the area around the trampolines and DMT clear for the competing groups and their coaches. Unless you are competitor in that flight, or their coach, you should not be in that area. Please respond to any requests that you keep the floor clear. This is in everybody's best interests.

SECTION 4

TRI National Structure

4.1 Progression, Promotion and Relegation

The scheme was designed around LTAD and all progression is voluntary and will only be undertaken when a performer has the qualification to move to the higher level and feels ready to do so.

Club Assessments H and I

These are designed to introduce the trampolinists to moves, combinations and routines which incorporate the basic principles required in all trampolining. These levels may be completed either in the club, county or in the region. The emphasis is on participation and fun whilst developing good technique.

Assessments G, F and E

These are the first post recreational assessment levels for the trampolinists and introduce higher level skills and combinations. These are the early learning stages for competition preparation i.e. presenting oneself in public, wearing competition uniform, learning to control nerves, gaining consistency of performance in completing routines and knowing and understanding the competition rules.

Assessment G to Assessment E are designed to be performance related. The focus is on whether a routine is completed successfully rather than competing against others who may have more or different experience.

Regional D

This is the highest regional level and is the first real competition level. It starts the training to compete stage of LTAD and links to National C with a rolling promotion / relegation.

National C to FIG A

These levels represent further 'Training to Compete', (National C) and 'Training to Win', (FIG B and FIG A) on the LTAD structure. They are run as traditional competitions and Nat. C to FIG A are held nationally. They also have rolling promotion and relegation but there is no compulsion to move to a higher level.

For full details of the interaction with LTAD please see the log book.

For details of all routines please see Appendices 11 to 14

4.2 Ages and Groups

FIG A will consist of two groups Ladies and Mens

Regional D, National C and FIG B will consist of three groups for each gender Under 15, Under 19 and Over 19.

National C will have 2 additional age groups for each gender, U13 and U17. There will not be any promotion from these additional groups.

Assessment E and below, regions may adjust the age groups to aid organisation

In order to compete at Assessment E, F or G you must be a minimum of 6 years of age in the year of competition and hold current BG non-competitive membership.

In order to compete at Regional D, National C, FIG B or GMPD A you must be a minimum of 9 years of age in the year of competition and hold current BG competitive membership.

In order to compete at FIG A you must be a minimum of 15 years of age in the year of competition.

4.3 Assessment Levels Promotion

Promotion from **Club I to Assessment E** inclusive is by gaining the qualification score from the first two rounds of the Assessment event.

Promotion from **Assessment G** to Assessment E and **Assessment F** to Regional D (leapfrogging) is also possible by gaining an enhanced qualification score; see Section 4.5 The leapfrog offer is withdrawn if a performer competes again at the same level (G or F) and it is replaced by a standard qualification to move up 1 Level. Once a performer has achieved a standard qualification, it can be retained indefinitely.

You do not have to move up until you are ready and confident of doing the skills of the higher Levels. Anyone gaining a 'leapfrog' score may opt to move up two Levels at their next competition but they can also opt to move up just 1 Level or even stay where they are.

There is no rolling relegation from Regional D and below.

4.4 Promotion and Relegation Regional D and above

General

All points will be awarded on the results at the end of the first two rounds and a performer must complete both of the first two routines in order to receive a promotion offer.

Promotion Offers are only valid for the performer's next competition. If a performer competes again at the same level the promotion offer is invalid.

No relegation points (cautions) will be awarded if the group is smaller than 12 competitors with the caveat outlined in 4.4.2 below.

Anyone who has been granted immunity from relegation will still be 'awarded' a caution but will not be relegated.

4.4.1 Promotion Offer

From **Regional D to FIG A** there is a rolling promotion / relegation system. **N.B.** it is not possible to gain promotion from FIG A or U15 FIG B. If a performer from U13 National C or U17 National C wishes to move to FIG B they need to compete in the U15 and U19 groups respectively.

With the above exceptions a promotion offer will be issued to anyone who achieves

- Either a minimum score and finishes in the top 20% of the group
- Or who gains an enhanced score, see Table in Section 4.5.

If you compete again at the same Level the promotion offer is withdrawn.

4.4.2 Relegation

- There is no relegation from Regional D.
- From FIG A to National C a relegation point (caution) will be issued to anyone who finishes in the bottom 20% of a group larger than 12, also see below. This also includes any of the U13 and U17 performers in the U15 and U19 groups.
- Any performer who does not complete *both* of the first two routines, **regardless** of group size will be issued with a caution.
- If you finish out of the relegation zone in your next gala or you have been granted immunity, see 4.4.3, your points are reset to zero.
- Two consecutive cautions will result in relegation. You will start the lower Level on zero (0) points.

4.4.3 Immunity

- Any performer in FIG A or FIG B who finished in the top 8 at the 2009 National Finals is immune from relegation for 2010 at that Level. They still need to qualify for National Finals.
- Any performer who qualifies for National Finals is immune from relegation from that Level for 2010.
- A performer will lose this immunity if they change Levels.

4.4.4 Regional D

- Any performer who has +2 promotion points as of 31.12.2009 will be issued with a promotion offer. If they compete again at Regional D after the January 2010 Regional competition their points will be reset to zero.
- All Regional D performers, with the exception of the above, will start 2010 on zero points.
- Any National C performer who has been relegated to Regional D will also start on zero points.

4.5 Promotion and Relegation Scores

Level	Promotion Offer for either of	
	Top 20% plus the minimum score below	Enhanced Score
FIG A	n/a	n/a
FIG B	51.0	55.0
National C	50.0	54.0
Regional D	49.0	51.0

The scores below apply to groups of 12 or more **but** a caution will be issued to **anyone** who fails to complete both of their first two routines regardless of group size.

Level	Relegation Point (caution) Bottom 20% plus a score less than
FIG A	57.0
FIG B	51.0
National C	50.0
Regional D	n/a

4.6 General Notes

A body landing is one that does not land on the feet i.e. a seat, back or front landing.

Club H through Assessment E have maximum move requirements. If they are exceeded the routine will be terminated at the element prior to the infringement.

The maximum amount of somersault rotation in any element permitted at Club H through Assessment E is 450°.

Regional D and National C stipulate difficulty limits. If these limits are exceeded, the difficulty value for the routine will be capped at the appropriate limit.

Club I through to Assessment E requires an 'Arm Set'. An Arm Set is defined as; "any action that causes the arms to be above the shoulders at maximum depression prior to the start of the routine"

The chair of the panel will be responsible for determining whether the Arm Set was performed. Failure to perform the Arm Set will result in a deduction of 0.1 from each execution judge.

Where there are two compulsory routines specified you need to choose one for the competition. Although you may move to the next level if you achieve the qualifying score with one of these routines, it is strongly recommended that you achieve a qualifying score using both routines before moving to the next level.

4.7 Difficulty Cards

All difficulty cards should be completed by the performer or coach in English or FIG notation. Where the card should be marked with asterisk's to indicate required elements in 1st routines this must be done by the competitor or coach before the card is handed in. Likewise all elements that require a difficulty mark should have this written on the sheet before the card can be accepted. It is not the job of the difficulty judges to complete the card, their job is to confirm or change what is written as the routine is performed and display the difficulty score. See BG Code of Points for full regulations.

Please note that all Difficulty Cards must be signed by a suitably qualified coach in order to be valid. This coach must be in attendance during the performer's competition.

Please see Appendices 13 and 14 (Routines) for the elements which need to be marked.

4.8 Log Books

Log Books can be downloaded from www.bg-coaches.org but are not compulsory. The log book elements complement the routines and develop the moves needed for the higher levels. It is advised that you read the explanation of updated terminology in order to understand the new routines and log book elements. The log book elements and routines may help you to decide where to start in the new scheme. A glossary of the new terms used in the routines is in *Appendix 11*.

SECTION 5

Synchronised Competitions 2010

5.1 Age groups

There are two age groups Under 15 and Over 15.

Where competitors are from different age groups they must compete in the age group of the older partner. See eligibility.

A competitor may only compete in one event, Under 15 or Over 15, and with one partner in any gala weekend.

5.2 Eligibility

To be eligible to compete the pairing must consist of current* FIG A, B, National C or Regional D performers (no competitors from Assessment E or below).

All competitors must be at least 9 years old in the year of the competition to be eligible to compete. A competitor must be at least 13 years old in the year of competition to compete in the O15 category.

The set routine for, all groups, consists of the Regional D set requirements, namely: ~ 10 different elements to include:-

A. 7 elements with a min of 270° of somersault rotation.

B. 1 element from (A) must be

Either a full twisting back somersault or 1 ½ twisting front somersault

Or one element landing on either the front or back and from this element, one element with a min of 450° of rotation.

N.B. The required elements from (B) must be marked with asterisks (*).

5.3 Synchronised British Championships 2010

Qualification for the Synchronised British Championships will be by ranking points gained at the Gala events. The qualification will be for the named pair only no substitution will be allowed.

The qualifying competition will consist of two rounds only. There will not be a final.

Entry into the British Championships will be by invitation from the Competitions Committee. The committee will use the ranking lists obtained from the qualifying Gala events. If any pairing is unable to take up their invitation the next pair on the list will be invited. Ranking lists will be published on www.bg-coaches.org after the relevant gala events.

The British Synchronised Trampoline Championships will be alongside the British Trampoline Championships at the NIA, Birmingham. The event will consist of a single voluntary routine. The start order will be determined using the ranking system.

All other competition rules are as per the Gala events.

5.4 Synchronised Trampoline rankings

Ranking points will only be allocated to anyone who has completed two routines and finished in the top eight as follows.

1 st Place = 10 points	2 nd Place = 8 points	3 rd Place = 6 points	4 th Place = 5 points
5 th Place = 4 points	6 th Place = 3 points	7 th Place = 2 points	8 th Place = 1 point

5.5 Tie breaker

Ranking for National Championships will be on the pair's best three results. If they did not attend 3 competitions zero points will be used for the missing result.

If there is a tie in points the following tie breaker rules will be used on the 3 qualifying sets of points in the following order until the tie is resolved.

1. The best two sets of points
2. The best set of points
3. The highest two round score
4. The highest qualifying de-synch score
5. The highest placing relative to the group size.

One pair will be nominated as reserve for each group.

The Competitions Committee's decision is final.

5.6 Entering Synchronised Competitions

Where the partners are from the same club an entry may be made as normal with a Gala entry.

Where partners are from different clubs each club must enter their own performer and must supply the BG number (and name) for their partner.

Where full payment and information is not received the entry will not be accepted. Late entries are not permitted.

5.7 Competition Attire for all Synchronised categories

For rules on competition clothing for synchronised trampoline events see BG code of points section 6. Pairs must wear matching clothing including sleeve length, trouser colour and socks where appropriate.

*N.B. CURRENT for synchronised events at Galas' means that you must have competed at that Level in either 2009 or 2010. If in any doubt please contact the Scores Coordinator on tramp.scores@british-gymnastics.org before submitting your entry.

SECTION 6

GMPD – Gymnastics Movement for People with Disabilities

6.1 Guidelines

All BG trampoline competition rules apply to this competition, unless stated in these rules and guidelines.

All participants MUST:

- be accompanied by a Qualified GMPD Trampoline Coach
- National A - be a competitive member of British Gymnastics through a registered Trampoline / Gymnastics club
- Regional B – be at least an associate member of British Gymnastics through a registered Trampoline / Gymnastics club
- have a disability recognised by international disability sport organisations

Disabilities definitions are laid down by BG and will be adhered to (for more information contact BG).

6.2 Categories

Separate categories MUST be identified on the entry form. A performer is not permitted to compete in more than one category at any given event and qualification points cannot be transferred from one category to another.

Performers will compete in one of the two following categories.

Category 1 – Learning

Category 2 – Physical and Sensory

Performers will not compete in a discrete age group but will compete in a male or female category.

6.3 National A – British Championships

Qualification for the GMPD British Championships will be by ranking points gained at the GMPD events. The qualifying competition will consist of two rounds only.

Entry into the British Championships will be by qualification. The GMPD Trampoline committee will use the ranking lists obtained from the qualifying GMPD events. If any person is unable to take up their invitation the next person on the list will be invited.

Ranking lists will be published on www.bg-coaches.org after the relevant GMPD events.

The top eight high scorers throughout the full season from each category and each age group will obtain entry to the GMPD Trampoline British Championships. The qualifying rounds will be throughout the year.

6.4 Trampoline Rankings

Ranking points will only be allocated to anyone who has completed two routines* and finished in the top eight as follows:

1 st Place = 10 points	2 nd Place = 8 points	3 rd Place = 6 points	4 th Place = 5 points
5 th Place = 4 points	6 th Place = 3 points	7 th Place = 2 points	8 th Place = 1 point

*Note: Completed two routines means the set routine is marked out of 10 contacts and fulfills the criteria and the voluntary routine is marked out of 10 contacts. Points will not be issued for any place gained if the performer fails to complete two routines.

6.5 Tie Breaker

Ranking for National Championships will be on the best three results. If 3 competitions were not attended, zero points will be used for the missing result.

If there is a tie in points the following tie breaker rules will be used on the 3 qualifying sets of points in the following order until the tie is resolved.

1. The best two sets of points
 2. The best set of points
 3. The highest two round score
 4. The highest placing relative to the group size
- One person will be nominated as reserve for each group.
The Competitions Committee's decision is final.

6.6 Routines

National A	
Compulsory Routine	Voluntary Routines
<ul style="list-style-type: none"> - 10 contact routine to include: - one 360 o twist - two body landings – both with 180o twist out of or into the move - Moves and shapes cannot be repeated <p><i>Only moves from 6 star award and above are permitted.</i></p>	<ul style="list-style-type: none"> - 10 contact routine - Repeated moves will not be credited tariff - No Tariff limit <p><i>Only moves from 6 star award and above are permitted.</i></p>

The Hands and Knees to Front Landing will be accepted in GMPD "B", however, this must be the first move and must start from Hands & Knees for safety reasons

6.7 Competition Attire

Full competition attire will be implemented in accordance with the British Gymnastics Trampoline Code of Practice. Competitors will be allowed to use alternative clothing with respect to the Health & Safety of the competitor. The disabilities representative has to be notified as to special circumstances regarding attire before the date of the competition. Under NO circumstances will footwear be allowed to be worn apart from the regulation footwear stated in the British Gymnastics code of Practice.

6.8 Entries

Entries will need to be in to the competition organiser or British Gymnastics (see entry form for more details) before or on the stated closing date.

SECTION 7

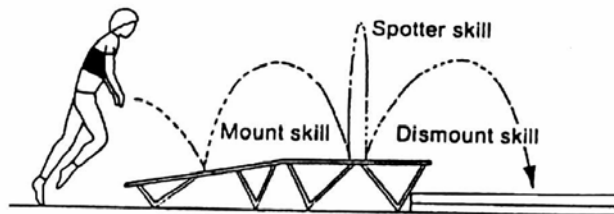
DMT – Double Mini Trampolining

7.1 Minimum/Maximum Requirements

If a gymnast fails to meet the minimum requirements in a complete pass then the execution judges will delete 0.5 from their score for each element missing from the pass.

If a gymnast fails to meet the minimum requirements in the prelim, or final round then the execution judges will delete 0.5 from their score for the last pass in that round.

If a gymnast performs a pass which exceeds the maximum difficulty, the difficulty judge will display the capped difficulty for the pass.



7.2 Moving between Levels

Moving between levels is now managed through the Promotion and Relegation process which is detailed in section 4.1 of this handbook.

Competitors not entering a National DMT event in 2009 must enter the DMT competition structure at National C and will be subject to promotion/relegation.

7.3 Regional Competitions

Regions are encouraged to hold DMT events and to promote DMT courses. In general we would expect regions to run National C and Regional D competitions.

Those wishing to run World FIG B and/or World FIG A competitions must contact the Competitions Committee to ensure that the equipment being used meets the current FIG specifications. Regions requiring information should contact the DMT Representative at the earliest opportunity.

7.4 Competition Attire

For full competition attire, please see the BG Code of Points.

Girls: Long or short sleeved leotards and white socks or white DMT shoes.

Boys: Leotard and Gym shorts. White socks or white DMT shoes

7.5 Difficulty and Difficulty Cards

The difficulty for skills performed in DMT is different from Trampoline, in that double and twisting somersaults have various tariffs, depending on the shape, amount of somersault and twist. Difficulty cards must be completed in English or FIG notation and the difficulty of the skills and passes written on the sheet before the card is handed in.

7.6 Rules

7.6.1 World FIG A (Senior Men's and Ladies)

This is the minimum grade for gymnasts wanting to be selected to represent Great Britain at Senior events.

- Age Group: FIG A Senior Men (15 or over in year of competition)
FIG A Senior Ladies (15 or over in year of competition)
- Min/Max DD: Each pass must contain at least one double somersault
Each round must contain a pass with at least a double somersault in each skill
- Min Coach: DMT Senior Club Coach
DMT High Performance Coach for gymnasts competing double somersaults with more than one half twist.
DMT International Performance Coach for gymnasts competing double somersaults with more than a double twist
- Relegation: World FIG B
Nationals: British Double Mini Trampoline Championships

7.6.2 World FIG B (Age Groups)

This is the minimum grade for gymnasts wanting to be selected to represent Great Britain at Youth events

- Age Group: FIG B 15+ Male 15 or over in year of competition
FIG B 15+ Female 15 or over in year of competition
FIG B U15 Boys Under 15 (min 9 years old) in year of competition
FIG B U15 Girls Under 15 (min 9 years old) in year of competition
- Min/Max DD: Each round must contain at least one double somersault
- Min Coach: DMT Senior Club Coach
- Promotion: World FIG A (must be 15 or over in year of competition)
Relegation: National C
Nationals: British Double Mini Trampoline Age Group Competitions

7.6.3 National C

This grade is designed for gymnasts linking single somersaults. Gymnasts that are ready to do double somersaults should progress to World FIG B.

Age Group: National C 15+ Male 15 or over in year of competition
 National C 15+ Female 15 or over in year of competition
 National C U15 Boys Under 15 (min 9 years old) in year of competition
 National C U15 Girls Under 15 (min 9 years old) in year of competition

Min/Max DD: Each skill must be a somersault and a Barani or Rudy Mount or Spotter must be included in the Preliminary Round.

Maximum difficulty capped at 2.4
(Competitors may compete up to double somersaults with one half twist, but will not be credited with more than 2.4 difficulty)

Min Coach: DMT Club Coach
 DMT Senior Club Coach

Promotion: World FIG B
Relegation: None
Nationals: National C Age Group Finals

7.6.4 Home County / Regional D

This is an introductory grade where gymnasts are required to perform a single somersault in each pass. They can perform tuck, pike and straddle jumps, along with ½, full, 1½ and double twist jumps provided that they are accompanied by a somersault in each pass. Gymnasts with four passes containing linked single somersaults should progress to National C. Regional Competition Secretary to administer age groups as per regional criteria. It is advised that competitors compete in male and female groups.

Age Group: Regional 15+ 15 or over in year of competition
 Regional U15 Under 15 (min 9 years old) in year of competition

Min/Max DD: Each pass must contain a somersault with max difficulty capped at 1.3

Min Coach: DMT Club Coach

Promotion: National C

7.7 Promotion and Relegation

The promotion and relegation system will be based on the competitors overall position after the second pass in a competition.

The promotion and relegation will follow the same process outlined for that outlined for individual trampoline in Section 4.4.

Performers who fail to complete a single move in both the preliminary passes will be issued a caution irrespective of the number of participants.

7.8 Nationals Qualification

In order to qualify for Nationals a competitor must have achieved a top 50% place in the grade they are competing in and finished in that grade at the end of the season. Please note that there are three different Nationals as listed below:

- British Double Mini Trampoline Championships
- British Double Mini Trampoline Age Group Competitions
- National C Age Group Finals

Appendix 1

Club Registration Oct 2009 to Oct 2010

Club Name BG Number

Region

Club Secretary

Name

Address.....

.....

.....

Post Code

.....

Email

Phone number

Mobile number

Competitions Contact (if different)

Name

Address.....

.....

.....

Post Code

Email

Phone number

Mobile number

Please make sure that any email addresses and phone numbers are correct and updated if necessary. Your club and performers may miss out on information and competitions if we do not have a correct contact.

Please send to tramp.affiliations@british-gymnastics.org

Appendix 2

**TRAMPOLINE TRANSFER FORM
OFFICIAL DOCUMENT M4**

Membership Personnel are not permitted to alter any club paperwork without the completion of the form below.

This document must be completed by the Club Secretary or a Club Official when a gymnast requests to transfer their British Gymnastics membership from your club to any other British Gymnastics registered club.

In the situation where a gymnast is leaving your club with no specific plans to join another club, this form must still be completed and given to the gymnast. In the event that they join a new club within the current club membership year, this form should be given by the gymnast to the new Club Secretary who will forward to the above address.

Thank you,

Membership Department

(please photocopy when required)

PLEASE SEND A COPY OF THIS DOCUMENT TO THE TRAMPOLINE NCRS

OLD CLUB

Club Name _____ Club No. _____

Region _____ Date _____

Please delete the following gymnast from our club records.

Name of Gymnast _____ D.O.B. _____

Membership Number _____

Signature of Official and Position _____

Signature of Parent/Guardian/Performer (required for non amicable transfer)

NEW CLUB

The above gymnast has now transferred to:

Club Name _____ Club No. _____

Region _____ Date _____

Signature of Official and Position _____



FIG A & FIG B TRI COMPETITIONS FOR 2010

Comp Date	Sunday 7 th February	Saturday 6 th March	Sunday 28 th March	Saturday 1 st May	Sunday 23 rd May	Saturday 12 th June
Closing date	Monday 18 th January	Monday 15 th February	Monday 8 th March	Monday 12 th April	Monday 3 rd May	Monday 24 th May
Event	South West Gala	Yorkshire Gala	Northern Irish Gala	Welsh Gala	Midlands Gala	Northern Gala
Venue	GL1 Leisure Centre Bruton Way Gloucester, GL1 1DT	GEMTEC Arena Walton Street HULL, HU3 6JP	Ards LC, 64-70 William St Newtownards Northern Ireland, BT23 4EJ	Welsh Institute of Sport Sophia Gardens Cardiff, CF11 9SW	Cocks Moors Woods Alcester Road South Birmingham, B14 6ER	George Carnall Davyhulme Greater Manchester, M41 7FJ
Phone no	0845 643 4203	01482 304800	028 91812837	029 20 300 500	0121 464 1996	0161 7492555
Entry Fee	£12.00	£12.00	£12.00	£12.00	£12.00	£12.00
Cheques Payee	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Entry to	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Organiser	Nicky Allen	Julie Williams	Stuart Harper	Welsh Gymnastics	Pam Smith	Hilbra Hockenhull
Email	allennicky@hotmail.com	julietramp@hotmail.com	stu.springboy77@hotmail.com	office@welshgymnastics.org	pam@cobtc.co.uk	hockenhulla@aol.com

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





FIG A & FIG B BRITISH NATIONAL TRAMPOLINE CHAMPIONSHIPS 2010

Competition date	Saturday & Sunday 24 th – 25 th July
Closing date	Monday 14 th June
Venue	National Indoor Arena King Edwards Road Birmingham West Midlands B1 2AA
Phone no	0121 200 2202
Entry Fee	£17.50
Cheques payable to	British Gymnastics
Entry to	British Gymnastics
Organiser	Pam Smith
Phone	01527 517024
Email	pam@cobtc.co.uk

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





NATIONAL C TRI COMPETITIONS FOR 2010

	Saturday 6 th February	Sunday 7 th March	Saturday 27 th March	Sunday 2 nd May	Saturday 22 nd May	Sunday 13 th June
Comp Date	Saturday 6 th February	Sunday 7 th March	Saturday 27 th March	Sunday 2 nd May	Saturday 22 nd May	Sunday 13 th June
Closing date	Monday 18 th January	Monday 15 th February	Monday 8 th March	Monday 12 th April	Monday 3 rd May	Monday 24 th May
Event	South West Gala	Yorkshire Gala	Northern Irish Gala	Welsh Gala	Midlands Gala	Northern Gala
Venue	GL1 Leisure Centre Bruton Way Gloucester, GL1 1DT	GEMTEC Arena Walton Street HULL, HU3 6JP	Ards LC, 64-70 William St Newtownards Northern Ireland, BT23 4EJ	Welsh Institute of Sport Sophia Gardens Cardiff, CF11 9SW	Cocks Moors Woods Alcester Road South Birmingham, B14 6ER	George Carnall Davyhulme Greater Manchester, M41 7FJ
Phone no	0845 643 4203	01482 304800	028 91812837	029 20 300 500	0121 464 1996	0161 7492555
Entry Fee	£12.00	£12.00	£12.00	£12.00	£12.00	£12.00
Cheques Payee	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Entry to	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Organiser	Nicky Allen	Julie Williams	Stuart Harper	Welsh Gymnastics	Pam Smith	Hilbra Hockenhull
Email	allennicky@hotmail.com	julietramp@hotmail.com	stu.springboy77@hotmail.co.uk	office@welshgymnastics.org	pam@cobtc.co.uk	hockenhulla@aol.com

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





NATIONAL C NATIONAL TRAMPOLINE FINALS 2010

Competition date	Saturday & Sunday 24 th – 25 th July
Closing date	Monday 14 th June
Venue	National Indoor Arena King Edwards Road Birmingham West Midlands B1 2AA
Phone no	0121 200 2202
Entry Fee	£17.50
Cheques payable to	British Gymnastics
Entry to	British Gymnastics
Organiser	Pam Smith
Phone	01527 517024
Email	pam@cobtc.co.uk

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





FIG A & FIG B DOUBLE MINI TRAMPOLINE (DMT) COMPETITIONS FOR 2010

Comp Date	Saturday 6 th February	Sunday 7 th March	Saturday 27 th March	Sunday 2 nd May	Saturday 22 nd May	Sunday 13 th June
Closing date	Monday 18 th January	Monday 15 th February	Monday 8 th March	Monday 12 th April	Monday 3 rd May	Monday 24 th May
Event	South West Gala	Yorkshire Gala	Northern Irish Gala	Welsh Gala	Midlands Gala	Northern Gala
Venue	GL1 Leisure Centre Bruton Way Gloucester, GL1 1DT	GEMTEC Arena Walton Street HULL, HU3 6JP	Ards LC, 64-70 William St Newtownards Northern Ireland, BT23 4EJ	Welsh Institute of Sport Sophia Gardens Cardiff, CF11 9SW	Cocks Moors Woods Alcester Road South Birmingham, B14 6ER	George Carnall Davyhulme Greater Manchester, M41 7FJ
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Cheques Payee	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Entry to	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Organiser	Nicky Allen	Julie Williams	Stuart Harper	Welsh Gymnastics	Pam Smith	Hilbra Hockenhull
Email	allennicky@hotmail.com	julietramp@hotmail.com	stu.springboy77@hotmail.co.uk	office@welshgymnastics.org	pam@cobtc.co.uk	hockenhulla@aol.com

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





FIG A & FIG B DMT BRITISH CHAMPIONSHIPS 2010

Competition date	Saturday & Sunday 24 th – 25 th July
Closing date	Monday 14 th June
Venue	National Indoor Arena King Edwards Road Birmingham West Midlands B1 2AA
Phone no	0121 200 2202
Entry Fee	£17.50
Cheques payable to	British Gymnastics
Entry to	British Gymnastics
Organiser	Pam Smith
Phone	01527 517024
Email	pam@cobtc.co.uk

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





NATIONAL C DOUBLE MINI TRAMPOLINE (DMT) COMPETITIONS FOR 2010

Comp Date	Sunday 7 th February	Saturday 6 th March	Sunday 28 th March	Saturday 1 st May	Sunday 23 rd May	Saturday 12 th June
Closing date	Monday 18 th January	Monday 15 th February	Monday 8 th March	Monday 12 th April	Monday 3 rd May	Monday 24 th May
Event	South West Gala	Yorkshire Gala	Northern Irish Gala	Welsh Gala	Midlands Gala	Northern Gala
Venue	GL1 Leisure Centre Bruton Way Gloucester, GL1 1DT	GEMTEC Arena Walton Street HULL, HU3 6JP	Ards LC, 64-70 William St Newtownards Northern Ireland, BT23 4EJ	Welsh Institute of Sport Sophia Gardens Cardiff, CF11 9SW	Cocks Moors Woods Alcester Road South Birmingham, B14 6ER	George Carnall Davyhulme Greater Manchester, M41 7FJ
Phone no	0845 643 4203	01482 304800	028 91812837	029 20 300 500	0121 464 1996	0161 7492555
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Cheques Payee	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Entry to	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Organiser	Nicky Allen	Julie Williams	Stuart Harper	Welsh Gymnastics	Pam Smith	Hilbra Hockenhull
Email	allennicky@hotmail.com	julietramp@hotmail.com	stu.springboy77@hotmail.co.uk	office@welshgymnastics.org	pam@cobtc.co.uk	hockenhulla@aol.com

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





NATIONAL C DMT BRITISH FINALS 2010

Competition date	Saturday & Sunday 24 th – 25 th July
Closing date	Monday 14 th June
Venue	National Indoor Arena King Edwards Road Birmingham West Midlands B1 2AA
Phone no	0121 200 2202
Entry Fee	£17.50
Cheques payable to	British Gymnastics
Entry to	British Gymnastics
Organiser	Pam Smith
Phone	01527 517024
Email	pam@cobtc.co.uk

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





SYNCHRONISED TRAMPOLINE COMPETITIONS FOR 2010

(PLEASE NOTE DATES FOR TRS MAY CHANGE DEPENDING ON NUMBER OF ENTRIES)

Comp Date	Sunday 7 th February	Saturday 6 th March	Sunday 28 th March	Saturday 1 st May	Sunday 23 rd May	Saturday 12 th June
Closing date	Monday 18 th January	Monday 15 th February	Monday 8 th March	Monday 12 th April	Monday 3 rd May	Monday 24 th May
Event	South West Gala	Yorkshire Gala	Northern Irish Gala	Welsh Gala	Midlands Gala	Northern Gala
Venue	GL1 Leisure Centre Bruton Way Gloucester, GL1 1DT	GEMTEC Arena Walton Street HULL, HU3 6JP	Ards LC, 64-70 William St Newtownards Northern Ireland, BT23 4EJ	Welsh Institute of Sport Sophia Gardens Cardiff, CF11 9SW	Cocks Moors Woods Alcester Road South Birmingham, B14 6ER	George Carnall Davyhulme Greater Manchester, M41 7FJ
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Cheques Payee	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Entry to	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Organiser	Nicky Allen	Julie Williams	Stuart Harper	Welsh Gymnastics	Pam Smith	Hilbra Hockenhull
Email	allennicky@hotmail.com	julietramp@hotmail.com	stu.springboy77@hotmail.co.uk	office@welshgymnastics.org	pam@cobtc.co.uk	hockenhulla@aol.com

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





BRITISH SYNCHRONISED TRAMPOLINE CHAMPIONSHIPS 2010

Competition date	Saturday 24 th July
Closing date	Monday 14 th June
Venue	National Indoor Arena King Edwards Road Birmingham West Midlands B1 2AA
Phone no	0121 200 2202
Entry Fee	£30.00
Cheques payable to	British Gymnastics
Entry to	British Gymnastics
Organiser	Pam Smith
Phone	01527 517024
Email	pam@cobtc.co.uk

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





BRITISH TUMBLING CHAMPIONSHIPS 2010

Competition date	Saturday & Sunday 24th & 25th July
Closing date	Monday 14 th June
Venue	National Indoor Arena King Edwards Road Birmingham West Midlands B1 2AA
Phone no	0121 200 2202
Entry Fee	£17.50
Cheques payable to	British Gymnastics
Entry to	British Gymnastics
Organiser	Pam Smith
Phone	01527 517024
Email	pam@cobtc.co.uk

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





GMPD TRAMPOLINE COMPETITIONS FOR 2009/2010

	Sunday 13 th September	Sunday 22 nd November	Saturday 5 th December	Saturday 9 th January	Sunday 21 st March	Saturday 15 th May
Comp Date	Sunday 13 th September	Sunday 22 nd November	Saturday 5 th December	Saturday 9 th January	Sunday 21 st March	Saturday 15 th May
Closing date	Monday 3 rd September	Monday 19 th October	Monday 2 nd November	Monday 14 th December	Monday 22 nd February	Monday 26 th April
Event	GMPD South	GMPD South East	GMPD London	GMPD Midlands	GMPD South West	GMPD East
Venue	Chamberlayne Leisure Centre 150 Weston Lane Southampton, SO19 9SJ	Jumpers Centre Mill Road Gillingham, ME7 1HN	Harlington Sports Centre Pinkwell Lane Harlington, UB3 1PB	Cocks Moors Woods Alcester Road South Birmingham, B14 6ER	AspireSports & Culture Trust Bruton Way Gloucester, GL1 1DT	TBD
Phone no	023 80 437668	01634 855507	020 8569 3211	0121 464 1996	08456434201	
Entry Fee	£12.00	£12.00	£12.00	£12.00	£12.00	£12.00
Cheques Payee	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Entry to	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Organiser	Justine Abraham	Liz Laws	Linda Lawrie	Pam Smith	Dawn Laeson	
Email	justine@teamlgihntning.org.uk	info@trampoline.co.uk	lindajlawrie@sky.com	pam@cobtc.co.uk		

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





BRITISH GMPD TRAMPOLINE CHAMPIONSHIPS 2010

Competition date Sunday 25th July
Closing date Monday 14th June
Venue National Indoor Arena
King Edwards Road
Birmingham
West Midlands
B1 2AA
Phone no 0121 200 2202
Entry Fee £17.50
Cheques payable to British Gymnastics
Entry to British Gymnastics
Organiser Pam Smith
Phone 01527 517024
Email pam@cobtc.co.uk

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





ENGLISH CHAMPIONSHIPS 2010

Entry by Regional Nomination (See regional selection policy for further details)

Competition date	Saturday 23 rd October
Closing Date	Monday 4 th October
Venue	GL1 Leisure Centre Bruton Way Gloucester GL1 1DT
Phone no	0845 643 4203
Entry Fee	£17.50 (£30 per synchronised pair)
Cheques payable to	English Gymnastics
Entry to	English Gymnastics
Organiser	Nicky Allen
Email	allennicky@hotmail.com

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





HOME NATIONS 2010

Entry by Home Nation Nomination (See home nation selection policy for further details)

Competition date	Sunday 24 th October
Closing Date/Publication of Policy	Monday 4 th October
Venue	GL1 Leisure Centre Bruton Way Gloucester GL1 1DT
Phone no	0845 643 4203
Entry Fee	£17.50 (£30 per synchronised pair)
Cheques payable to	English Gymnastics
Entry to	English Gymnastics
Organiser	Nicky Allen
Email	allennicky@hotmail.com

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





IMPORTANT INFORMATION FOR THE 2010 COMPETITION SEASON

Please enter on-line if possible at <http://www.british-gymnastics.org> and log on to the member's portal.
Postal entries, online entries not paid online and all cheques must be sent to British Gymnastics on or before the closing date.

Trampoline Competition Entries
British Gymnastics
Ford Hall
Lilleshall National Sports Centre
Newport, Shropshire
TF10 9NB

You may enter the Individual Trampoline, Synchronised Trampoline and Double Mini Trampoline events at the same Gala weekend.
BG membership number for the Club and all Competitors, Coaches and Officials (where applicable) must accompany all competition entries.
Failure to provide the BG number prior to the closing date will invalidate the entry.

In Individual Trampoline and DMT, you may enter either FIG A, FIG B or NAT C at any one Gala weekend.

Provisional entries will no longer be accepted. You must be qualified for the level of competition by the day of the closing date.

Please note entries received after the closing date will not be accepted unless proof of postage is provided illustrating the validity of an entry.
For further information on Trampoline Competitions, please refer to the Trampoline Competition Handbook or email... information@british-gymnastics.org

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422



COMPETITIONS PLANNER - 2010

- National Competitions
- Schools Competitions
- British Finals
- Regional Competitions
- Major British Events
- Other Events

2010	sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	2010			
January																																	January		
February	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28				February			
March	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		March		
April																																		April	
May																																		May	
June	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			June		
July																																		July	
August																																		August	
September	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			September		
October																																			October
November	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			November		
December																																			December

Appendix 4

Filling in the Online Entry Form

To use the online entry system a club official needs to have access to the club records via the BG membership portal from www.british-gymnastics.org if you do not have a password a designated official will need to contact membership@british-gymnastics.org to obtain one.

Once the club page has been reached select;

- ❖ **'Events'** from the menu on the left
 - * This will bring up an interactive list of competitions for entry
 - * Select the relevant **Gala** event and then the Level that you want to enter e.g. TRI~FIG B
 - * To select a gymnast click on the 'include' box next to their name. They will be added to the entry complete with BG number and date of birth from the club records.
- ❖ To finish the entry for that group you will need to select a suitable coach, again click on 'include' next to their name and enough officials for the number entered. All qualified officials will have their BG number added from the records. There is space to add the names and jobs for unqualified officials. It will not be possible to save the entry without sufficient coaches and officials being entered.
- ❖ If a gymnast or coach is not listed please check that they have the relevant current membership.
- ❖ This procedure needs repeating for all the events that you wish to enter e.g. DMT~ FIG A
- ❖ When you have completed your selection click on 'save'
- ❖ You may only enter your own club performers. If one of a TRS pair comes from a different club please list their BG number.

The entry is not complete until payment is received by BG.

It is possible to pay online. If the club are able to do this, the entry is complete once the payment has been sent. It is advisable to make a copy of the entry.

If the club is unable to pay online please print a copy of the entry and send it by the closing date to the Major Events Administrator (MEA) at BG along with a cheque to cover. If there is a problem with printing the entry please contact the MEA on or before the closing date. It is recommended that you get free proof of posting, as no queries over late / non arrival of entries will be considered without proof of posting.

Please read the important notes and rules in Appendices 6 and 7 before sending in an entry.

Appendix 5

Filling in the Postal Entry Form

When filling in the entry form, you must, once you have entered two competitors on the sheet, fill in the name of your suitably qualified and validated official in the Judge 1 row of the "Official Nominations Sheet" in order to enter any more performers. Please include their judge level, preferred job and availability (Saturday or Sunday). Please use a separate line for each official each day. Once you reach five entries, you must fill in the name of your second official in the Official 1 space and so on.

Please note that any official nominated for both Saturday and Sunday will constitute two officials. Therefore, if two judges are required to complete your entry, a single judge can be nominated for both Saturday and Sunday.

Entries received that do not nominate enough officials, suitably qualified and validated, or fail to provide correct BG numbers for qualified judges, may have the entire entry rendered void and there will be no refund of the entry fee.

Please contact the Judging Events Coordinator at trampolinejudging@hotmail.com Well before the closing date;

- * if you have any problem with your officials

At the time of the entry;

- * if you wish to offer extra officials
- * if any of your judges need to fulfil a particular role in order to progress with their judging qualifications.

- **TRS** ~ Please note that you can only enter your own performers. If one of a TRS pair comes from another club please give their BG number.
- The club must supply the BG numbers and dates of birth for all competitors, including synchro entries. Failure to do this will result in the entry for that competitor/pairing being rejected.
- The BG numbers must also be supplied for the coach and qualified officials, failure to do so will result in that official being rejected and the entry amended accordingly.
- Hardcopy entries must be accompanied by the "Officials Nominations Sheet".
- The club must supply a valid BG membership number.
- Full payment must be submitted with this entry form
- Failure to comply with any of the above will result in the entry being refused.

Please make cheques payable to **British Gymnastics** and send, with all the accompanying forms, to
British Gymnastics, Ford Hall, Lilleshall National Sports Centre, Newport, Shropshire, TF10 9NB.

No queries re late/non arrival of entries will be considered without proof of posting.

Please read the important notes and rules in Appendices 6 and 7 before sending in an entry.

Pease note that BG intends to phase out paper entries in 2011 and you are strongly recommended to try and enter online during 2010.

Appendix 6

Notes to Accompany the Entry Forms

In order that the competitors listed are eligible to compete in this event, the following requirements must be met.

Competitors must:

- a) hold a suitable level of membership with British Gymnastics and have paid the current years membership fee, See BG for further information. (Competitors from the Home Nations must also comply with the requirements of their governing body).
- b) be eligible to compete at this Level, no provisional entries will be accepted.

Clubs must:

- a) be registered with British Gymnastics and provide their BG number on the entry form
- b) be registered with the NCRS. No fee is required to register and registrations run October to October as per BG.
- c) have included full payment in respect of the entries
- d) have provided the required number of suitably qualified, validated and experienced officials (see below) and completed and enclosed the "Official Nominations Sheet" for postal entries
- e) have provided valid BG membership numbers for all Competitors, Coaches and Judges.

Officials

Number of competitor entries	Number of officials required
1 – 2	None (but will be gratefully accepted)
3 – 5	One suitably qualified judge
6 – 9	Two (minimum of one suitably qualified judge)
10 – 14	Three (minimum of two suitably qualified judges)
15 – 19	Four (minimum of two suitably qualified judges)
20 – 24	Five (minimum of three suitably qualified judges)
25 – 29	Six (minimum of three suitably qualified judges)
30 – 34	Seven (minimum of four suitably qualified judges)
35 – 39	Eight (minimum of four suitably qualified judges)

39+ entries Requirements continue at same ratio as outlined above with at least half of the officials being suitably qualified judges.

Appendix 7

Acceptance of Rules

- # The team manager is responsible for the behaviour of his/her club members, including officials and parents.
- # No responsibility will be accepted for loss or damage to property or persons.
- # British Gymnastics photographers may be present at the event and BG may publish images of the performers and officials. By submitting this entry you agree to this and it is your responsibility to inform the participants / parents / guardians.
- # The coach signing the difficulty card must be suitably qualified for the Level and discipline of the participant and must remain at the competition whilst their competitors are performing.
- # A coach may not sign their own difficulty card.
- # The TRI and DMT coaches listed on the entry forms as the 'responsible' coaches carry the ultimate responsibility for the performers at the competition.
- # If any selected officials, including reserves, do not turn up for the competition, the club must provide a suitable replacement. Failure to do so will result in the club being reduced to guest status at that competition. The Judging Events Coordinator has the discretion to commute this to a fine of £45 but this must be paid before any results are recognised or more entries are accepted.

By submitting your entry you agree that you have read the above rules and the notes in Appendix 6 re eligibility and officials and agree to abide by them.



BRITISH GYMNASTICS 2010 TRAMPOLINE GALA ENTRY FORM

Competition		Venue		Date	
Club		BG Number		Club Colours	

Club Contact		Tel (H)		Coach Responsible		BG No.	
Address		Tel (M)		TRI Coach Qual		Tel	
Town		Post Code		Coach Responsible		BG No.	
Email				DMT Coach Qual		Tel	

No	BG Number (s)	First Name (or name TRS 1)	Surname (or name TRS 2)	D.O.B	Sex	Category	Discipline	Grade	Team
1									
2									
1 JUDGE (see page 3 for judge/official details)									
3									
4									
5									
1 JUDGE AND 1 OFFICIAL									
6									
7									
8									
9									
2 JUDGES AND 1 OFFICIAL									
10									
11									
12									
13									
14									
2 JUDGES AND 2 OFFICIAL									

BRITISH GYMNASTICS 2010 TRAMPOLINE GALA ENTRY FORM cont....

No	BG Number (s)	First Name (or name TRS 1)	Surname (or name TRS 2)	D.O.B	Sex	Category	Discipline	Grade	Team
15									
16									
17									
18									
19									
3 JUDGES AND 2 OFFICIALS									
20									
21									
22									
23									
24									
3 JUDGES AND 3 OFFICIALS									
25									
26									
27									
28									
29									
4 JUDGES AND 3 OFFICIALS									
30									
31									
32									
33									
34									
4 JUDGES AND 4 OFFICIALS									
35									
36									
37									
38									
39									
5 JUDGES AND 4 OFFICIALS									

When completing the synchronised entries, please indicated in the **Team** column if 1 of the pair are registered with a different club.



BRITISH GYMNASTICS 2010 TRAMPOLINE GALA OFFICIALS NOMINATION SHEET

No	BG Number	First Name	Surname	Judging Qualification	Preferred Role	Saturday / Sunday
Judge 1						
Judge 2						
Judge 3						
Judge 4						
Judge 5						
Judge 6						
Judge 7						
Judge 8						
Judge 9						
Judge 10						
No	BG Number	First Name	Surname	Judging Qualification	Preferred Role	Saturday / Sunday
Official 1						
Official 2						
Official 3						
Official 4						
Official 5						
Official 6						
Official 7						
Official 8						
Official 9						
Official 10						

Please use 1 line per judge/official per day. If an official is to be used over the weekend, please fill in two lines altering the last column.



BRITISH GYMNASTICS 2010 TRAMPOLINE GALA IMPORTANT INFORMATION

Number of Individual Trampoline Entries	_____	x £12.00 =	_____
Number of Synchronised Trampoline Entries	_____	x £24.00 =	_____
Number of Double Mini Trampoline Entries	_____	x £12.00 =	_____
		Total =	_____

Full payment must be submitted with this entry form otherwise the entries will be rejected. Entries must be accompanied by "Official Nominations Sheet". All Competitors, Coaches and Judges names **must** be accompanied by BG membership numbers.

Please make cheques payable to **British Gymnastics** and ensure they are posted to **British Gymnastics, Ford Hall, Lilleshall National Sports Centre, Newport, Shropshire, TF10 9NB**. Obtaining proof of postage is strongly advised.

In order that the competitors listed be eligible to compete in this event, the following requirements must be met.

Each Competitor Must :

- i) hold a suitable level of membership with **British Gymnastics** and have paid the current years membership fee, See BG for further information. (Competitors from the Home Nations must comply with the requirements of their governing body).
- ii) be eligible to compete at this grade.

Clubs Must :

- i) be registered with **British Gymnastics** and provided their BG number on a valid entry form
- ii) have included **full** payment in respect of the entries overleaf including.
- iii) have provided the required number of **suitably qualified** and **experienced** officials (see below) and completed and enclosed "Official Nominations Sheet"
- iv) have provided BG membership numbers for all Competitors, Coaches and Judges.

Number of competitor entries	Number of officials required
1 – 2	None (but will be gratefully accepted)
3 – 5	One suitably qualified judge
6 – 9	Two (minimum of one suitably qualified judge)
10 – 14	Three (minimum of two suitably qualified judges)
15 – 19	Four (minimum of two suitably qualified judges)
20 – 24	Five (minimum of three suitably qualified judges)
25 – 29	Six (minimum of three suitably qualified judges)
30 – 34	Seven (minimum of four suitably qualified judges)
35 – 39	Eight (minimum of four suitably qualified judges)
39 +	Requirements continue at same ratio as outlined above

When filling in the entry form, you **must**, once you have entered two competitors on the sheet, fill in the name of your **suitably qualified** official in the **Judge 1** row of the “Official Nominations Sheet” in order to enter any more performers. Please include their judge level, preferred job and availability (Saturday or Sunday). Please use a separate line for each official each day. Once you reach five entries, you **must**, fill in the name of your second official in the **Official 1** space and so on.

Please note that any official nominated for both Saturday and Sunday will constitute two officials. Therefore, if two Judges are required to complete your entry, a single judge can be nominated for both Saturday and Sunday. Entries received that do not nominate sufficient officials, suitably qualified officials or fail to provide correct BG numbers for qualified judges may have the entire entry voided and there will be no refund of the entry fee.

When completing the synchronised entry, please indicate in the Team column if one of the TRS pairs is registered to a different club

**The team manager is responsible for the behaviour of his/her club members.
No responsibility will be accepted for loss or damage to property or persons.**

Team Managers Name (please print) _____ BG Number _____

Signed _____ Date _____



BRITISH GYMNASTICS 2010 GMPD ENTRY FORM

Competition		Venue		Date	
Club		BG Number		Club Colours	

Club Contact Address Town Email		Tel (H)		Coach Responsible TRI Coach Qual Coach Responsible DMT Coach Qual		BG No.	
		Tel (M)				Tel	
		Post Code				BG No.	
						Tel	

No	BG Number (s)	First Name (or name TRS 1)	Surname (or name TRS 2)	D.O.B	Sex	Category	Discipline	Grade	Team
1									
2									
1 JUDGE (see page 3 for judge/official details)									
3									
4									
5									
1 JUDGE AND 1 OFFICIAL									
6									
7									
8									
9									
2 JUDGES AND 1 OFFICIAL									
10									
11									
12									
13									
14									
2 JUDGES AND 2 OFFICIAL									

BRITISH GYMNASTICS 2010 GMPD ENTRY FORM cont....

No	BG Number (s)	First Name (or name TRS 1)	Surname (or name TRS 2)	D.O.B	Sex	Category	Discipline	Grade	Team
15									
16									
17									
18									
19									
3 JUDGES AND 2 OFFICIALS									
20									
21									
22									
23									
24									
3 JUDGES AND 3 OFFICIALS									
25									
26									
27									
28									
29									
4 JUDGES AND 3 OFFICIALS									
30									
31									
32									
33									
34									
4 JUDGES AND 4 OFFICIALS									
35									
36									
37									
38									
39									
5 JUDGES AND 4 OFFICIALS									

When completing the synchronised entries, please indicated in the **Team** column if 1 of the pair are registered with a different club.



BRITISH GYMNASTICS 2010 GMPD OFFICIALS NOMINATION SHEET

No	BG Number	First Name	Surname	Judging Qualification	Preferred Role	Saturday / Sunday
Judge 1						
Judge 2						
Judge 3						
Judge 4						
Judge 5						
Judge 6						
Judge 7						
Judge 8						
Judge 9						
Judge 10						
No	BG Number	First Name	Surname	Judging Qualification	Preferred Role	Saturday / Sunday
Official 1						
Official 2						
Official 3						
Official 4						
Official 5						
Official 6						
Official 7						
Official 8						
Official 9						
Official 10						

Please use 1 line per judge/official per day. If an official is to be used over the weekend, please fill in two lines altering the last column.



BRITISH GYMNASTICS 2010 IMPORTANT INFORMATION

Number of GMPD Entries _____ x £12.00 = _____

Full payment must be submitted with this entry form otherwise the entries will be rejected. Entries must be accompanied by "Official Nominations Sheet". All Competitors, Coaches and Judges names **must** be accompanied by BG membership numbers.

Please make cheques payable to **British Gymnastics** and ensure they are posted to **British Gymnastics, Ford Hall, Lilleshall National Sports Centre, Newport, Shropshire, TF10 9NB**. Obtaining proof of postage is strongly advised.

In order that the competitors listed be eligible to compete in this event, the following requirements must be met.

Each Competitor Must :

- i) hold a suitable level of membership with **British Gymnastics** and have paid the current years membership fee, See BG for further information. (Competitors from the Home Nations must comply with the requirements of their governing body).
- ii) be eligible to compete at this grade.

Clubs Must :

- i) be registered with **British Gymnastics** and provided their BG number on a valid entry form
- ii) have included **full** payment in respect of the entries overleaf including.
- iii) have provided the required number of **suitably qualified** and **experienced** officials (see below) and completed and enclosed "Official Nominations Sheet"
- iv) have provided BG membership numbers for all Competitors, Coaches and Judges.

Number of competitor entries	Number of officials required
1 – 2	None (but will be gratefully accepted)
3 – 5	One suitably qualified judge
6 – 9	Two (minimum of one suitably qualified judge)
10 – 14	Three (minimum of two suitably qualified judges)
15 – 19	Four (minimum of two suitably qualified judges)
20 – 24	Five (minimum of three suitably qualified judges)
25 – 29	Six (minimum of three suitably qualified judges)
30 – 34	Seven (minimum of four suitably qualified judges)
35 – 39	Eight (minimum of four suitably qualified judges)
39 +	Requirements continue at same ratio as outlined above

When filling in the entry form, you **must**, once you have entered two competitors on the sheet, fill in the name of your **suitably qualified** official in the **Judge 1** row of the “Official Nominations Sheet” in order to enter any more performers. Please include their judge level, preferred job and availability (Saturday or Sunday). Please use a separate line for each official each day. Once you reach five entries, you **must**, fill in the name of your second official in the **Official 1** space and so on.

Please note that any official nominated for both Saturday and Sunday will constitute two officials. Therefore, if two Judges are required to complete your entry, a single judge can be nominated for both Saturday and Sunday. Entries received that do not nominate sufficient officials, suitably qualified officials or fail to provide correct BG numbers for qualified judges may have the entire entry voided and there will be no refund of the entry fee.

When completing the synchronised entry, please indicate in the Team column if one of the TRS pairs is registered to a different club

**The team manager is responsible for the behaviour of his/her club members.
No responsibility will be accepted for loss or damage to property or persons.**

Team Managers Name (please print) _____ BG Number _____

Signed _____ Date _____

Appendix 9

National Championships Qualification

There are two ways to qualify for the TRI National Championships. You must ***either*** gain a minimum score and also finish in the top 50% ***or*** gain an enhanced qualifying score. You must also still be in the Level at the end of the qualifying events but with the following exceptions.

A FIG A performer who has not qualified for FIG A National Championships but had qualified for the 2010 FIG B National Championships may opt to downgrade and compete at FIG B nationals but they will be required to start the following season at FIG B with zero points.

A FIG B performer who has not qualified for FIG B National Championships but had qualified for the 2010 National C Championships may opt to downgrade and compete at National C Championships but will start the following season at National C with zero points.

Level	Minimum Score and top 50%	Enhanced Q Score
FIG A	57.0	60.0
FIG B	51.0	53.0
National C	50.0	52.0

Participation in the **Synchronised Championships** is by invitation from the Competitions Committee based on the ranking lists. Points are gained at ranking events during the season, see Section 5. The committee's decision is final. There will be a reserve pair nominated for each of the four age groups.

In order to qualify for **DMT Nationals** a competitor must have achieved a top 50% place in the level they are competing in and finished in that level at the end of the season. Please note that there are three different Nationals as listed below:

- British Double Mini Trampoline Championships (FIG A)
- British Double Mini Trampoline Age Group Competitions (FIG B)
- National C Age Group Finals (NAT C)

Participation in the **GMPD National Finals** is by invitation from the Competitions Committee based on the ranking lists. Points are gained at ranking events during the season, see Section 6. The committee's decision is final. There will be a reserve nominated for each of the four categories.

Appendix 10

BRITISH GYMNASTICS GLOSSARY

BG	British Gymnastics
BG Number	BG Membership Number
Coaching Qualification	BG acknowledged Coaching Qualification
TRA	FIG Notation for Trampoline
DMT	FIG Notation for Double Mini Trampoline
TRI	FIG Notation for Individual Trampoline
TRS	FIG Notation for Synchronised Trampoline
TUM	FIG Notation for Tumbling
GMPD	Gymnastics Movement for People with Disabilities,
LTAD	Long Term Athlete Development
NCRS	National Competition Registration Secretary
MEA	Major Events Administrator
JEC	Judging Events Coordinator
NCS	National Competition Structure

Links

BG website	-	www.british-gymnastics.org
BG Coaches	-	www.bg-coaches.org
Results	-	www.bg-coaches.org
Regional Information	-	www.bg-coaches.org
Regional Results	-	www.bg-coaches.org
BG Code of Points	-	www.british-gymnastics.org
BG Code of Practice	-	www.british-gymnastics.org
Tie-breaker	-	www.bg-coaches.org
Logbook	-	www.bg-coaches.org
Photography Policy	-	www.british-gymnastics.org
Matting Provision	-	www.british-gymnastics.org

Useful Trampoline Websites

Gymaid	-	Supplier of Eurotramp equipment
FIG website	-	The international governing body
Acrobatic Sport	-	International trampoline news

Appendix 11

Glossary of Terms used in Routines

Updated Language

Jump (straight)
*Jump (arm set)
Jump (straddled)
Jump (tucked)
Jump (piked)
(Jump to) front landing
(Jump to) seat landing
(Jump to) back landing
(Jump to) back landing, $\frac{3}{4}$ back
 $\frac{3}{4}$ front somersault (SL)
 $\frac{3}{4}$ front somersault (S)
 $\frac{3}{4}$ back somersault (S)
 $\frac{3}{4}$ FSS (S), $1\frac{1}{4}$ FSS with early half twist
 $\frac{3}{4}$ FSS (S), Ballout barani
 $\frac{3}{4}$ FSS (S), Ballout rudi
 $\frac{3}{4}$ FSS (S), FSS (S,T or P) (bounce roll)
 $\frac{3}{4}$ FSS (S), FSS

 $\frac{3}{4}$ BSS with early half twist
BSS with early half twist to feet

Current Term Historic Term

Straight jump
Arm set
(Piked) straddle jump
Tucked jump
Piked jump
Front drop
Seat drop
Back drop
Back drop, back pullover somersault to feet
FTO to back drop with straight legs
Crash dive
Lazyback
Crash dive, baby fliffus
Crash dive, barani ballout
Crash dive, rudi ballout
Crash dive, shaped bounce rolls
Crash dive, full twisting bounce with full twist to back landing roll (or Porpoise)
Half twist to crash dive
(Arabian)

Abbreviations

BSS
FSS
FTO
(P)
(S)
(T)
**

Abbreviation Phrase in Full

Back Somersault
Front Somersault
Forward Turnover
Piked
Straight
Tucked
Jump (arm set)

Appendix 12

TRI Routines ~ Club I & H and Level G Assessments

CLUB I Assessment

<p><u>Compulsory:</u> Jump (arm set) 1. Jump to seat landing 2. To feet 3. Half twist jump 4. Jump (straddled) 5. Full twist jump 6. Jump (piked) 7. Half twist jump 8. Jump (tucked) 9. Jump to front landing 10. To feet</p>	<p><u>Voluntary:</u> Jump (arm set) 1. Jump to seat landing 2. To feet 3. Half twist jump 4. Jump (straddled) 5. Full twist jump 6. Jump (piked) 7. Half twist jump 8. Jump (tucked) 9. Jump to front landing 10. To feet <i>No difficulty will be awarded.</i> <u>Qualification to Club H 45.0</u></p>
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CLUB H Assessment

<p><u>Compulsory:</u> Jump (arm set) 1. Half twist jump 2. Jump to front landing 3. To feet 4. Jump (piked) 5. Half twist jump 6. Jump (straddled) 7. Jump to back landing 8. To feet 9. Jump (tucked) 10. Full twist jump</p>	<p><u>Voluntary:</u> The voluntary routine may include; 1. a maximum of two body landings 2. a maximum of one element with no more than 450° of somersault rotation <i>No difficulty will be awarded.</i> <u>Qualification to Level G 45.0</u></p>
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LEVEL G Assessment

<p><u>Compulsory 1:</u> 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 (piked) 7. Full twist jump 8. Jump (tucked) 9. ¾ front somersault (SL) 10. To feet</p>	<p><u>Compulsory 2:</u> Jump (arm set) 1. Half twist to front landing 2. To feet 3. Jump (straddled) 4. Full twist jump 5. Jump (piked) 6. Jump to back landing 7. Half twist to feet 8. Jump (tucked) 9. Half twist jump 10. Front somersault (T)</p>	<p><u>Voluntary:</u> The voluntary routine may include; 1. a maximum of two body landings. 2. a maximum of three elements between 270° and 450° of somersault rotation. <i>No difficulty will be awarded.</i> <u>Qualifications to Level F 45.0</u> <u>Level F or E 48.5</u></p>
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Appendix 13

TRI Routines ~ Level F & E Assessments & Regional D

LEVEL F Assessment

<p><u>Compulsory 1:</u> 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)</p>	<p><u>Compulsory 2:</u> 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 (piked) 10. Back somersault (P)</p>	<p><u>Voluntary:</u> The voluntary routine may include; 1. a maximum of five elements between 270° and 450° of somersault rotation</p> <p><i>Difficulty will be added.</i></p> <p><u>Qualifications to</u> Level E 47.5 Level E or Regional D 50.5</p>
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LEVEL E Assessment

<p><u>Compulsory 1:</u> 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. Half twist to feet 8. Half twist jump 9. Jump (piked) 10. Barani (SL)</p>	<p><u>Compulsory 2:</u> Jump (arm set) 1. Barani (P) 2. Jump (straddled) 3. Back somersault (T) 4. Barani (T) 5. Half twist jump 6. Jump (tucked) 7. 1½ twist jump 8. Jump (piked) 9. ¾ front somersault (S) 10. To feet</p>	<p><u>Voluntary:</u> The voluntary routine may include; 1. a maximum of seven elements between 270° and 450° of somersaults rotation</p> <p><i>Difficulty will be added.</i></p> <p><u>Qualification to</u> Regional D 49.5</p>
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REGIONAL D

<p><u>Compulsory:</u></p> <p>Ten different elements with at least seven somersaults of at least 270° somersault rotation to include <u>one</u> of the following three elements: one element of at least 270° of somersault rotation, landing on front or back, followed by an element of at least 450° somersault rotation <u>or</u> a back somersault with 360° somersault rotation and a full twist <u>or</u> a front somersault with 360° somersault rotation and 1½ twists.</p> <p><i>Please asterisk this one element or combination</i></p> <p><u>Voluntary:</u> The voluntary routine is subject to a 6.5 difficulty limit.</p> <p><u>Promotion Offer to compete at National C:</u> Anyone gaining a top 20% placing with a minimum score of 49.0 or an enhanced qualification score of 51.0 or more will be given a promotion offer to compete at National C. If you compete again at Regional D this offer is void.</p>
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Appendix 14

TRI Routines ~ National C to FIG A

NATIONAL C

Compulsory:

Ten different elements with at least nine somersaults of at least 270° somersault rotation to include:

1. At least one somersault of least 270° somersault rotation landing on front or back, followed by a move of at least 450° somersault rotation.
2. And one of the following:
 - a back somersault with 360° somersault rotation and a full twist or
 - a front somersault with 360° somersault rotation and 1½ twists or
 - a double somersault.

Please asterisk the combination which fulfils item 1 and the element which fulfils item 2

Voluntary:

The voluntary routine is subject to an 8.4 difficulty limit.

FIG B

Compulsory:

The routine consists of 10 different elements, with only one element allowed with less than 270° somersault rotation.

These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. one element to front or back, followed by a move of at least 450° somersault rotation and
2. one double front or back somersault with or without twist and
3. one element with a minimum of 540° twist.

Please asterisk the combination which fulfills item 1 and the elements which fulfill items 2 and 3

Voluntary:

No restrictions.

FIG A

Compulsory:

1. The routine consists of 10 different elements, each with a minimum of 270° somersault rotation.
2. Two 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 elements may be repeated in the voluntary.

Voluntary:

No restrictions but if either of the two asterisked moves from the compulsory are repeated in the second (voluntary) routine they will not be awarded difficulty in that routine.

Appendix 15

ELIGIBILITY CRITERIA FROM OCTOBER 2009 ONWARDS

Anyone who did not compete in 2008 /2009 *must* apply to tramp.return@british.gymnastics.org prior to the competition closing date in order to confirm their starting Level. Also see Note 3.

FIG A

This Level is open to anyone who fulfils one of the following;

- Competed at FIG A in 2009 and did not downgrade and was not relegated
- Has a promotional offer to compete at FIG A at the time of entry

and also

- Does not have 2 cautions from FIG A at the time of entry
- Is a minimum of 15 years old in the year of competition

FIG B

This Level is open to anyone who fulfils one of the following;

- Competed at FIG B in 2009 and did not downgrade and was not relegated
- Has a promotional offer from National C at the time of entry
- Has 2 cautions from FIG A at time of entry

and also

- Does not have 2 cautions from FIG B at the time of entry
- Is a minimum of 9 years of age in the year of competition

National C

This Level is open to anyone who fulfils one of the following;

- Competed at National C in 2009 and has not been relegated
- Has a promotional offer from Regional D at the time of entry
- Has 2 cautions from FIG B at time of entry

and also

- Does not have 2 cautions from National C at the time of entry
- Is a minimum of 9 years of age in the year of competition

Regional D

This Level is open to anyone who fulfils one of the following;

- Has 2 cautions from Nationals C
- Has gained either a qualification from Level E or an enhanced score promotion offer from Level F.
- Competed at Grade 3 or above before 2009 and has requested a return to competition from tramp.return@british.gymnastics.org

and also

- Is a minimum of 9 years or age in the year of competition

Level E and F Assessments

These Levels are open to anyone who either;

- Competed at Grade 4 or above before 2009 and has requested a return to competition from the regional competitions secretary.
- Has gained the relevant qualification from the lower event (Level F or G).

and also

- Is a minimum of 6 years or age in the year of competition

Level G Assessment

This Level is open to anyone who is a minimum of 6 years or age in the year of Competition and is the starting point for new regional competitors.

Club H and I Assessments

These Levels are open to anyone and can be completed within your club or county/region.

Notes

1. If you opted to compete at the 2009 National Finals at a lower Level you will start 2010 at that Level and need to re-qualify before you can move up.
2. Anyone who last competed at Grade 3 or above and did not compete in 2008/9 *must* apply to tramp.return@british.gymnastics.org prior to the competition closing date in order to confirm their starting Level. Please supply your BG number and date of birth. If anyone competes without this confirmation their placing and any qualification **will be void**.
3. Anyone in Regional D who has +2 promotion points as of 31.12.2009 will be issued with a promotion offer. If they compete again at Regional D their points are reset to zero.
4. **All** Regional D performers, with the exception of the above, will start 2010 on **zero** points.
5. Any **National C** performer who has been relegated to Regional D will also start 2010 on **zero** points.

Appendix 16

Other Trampoline Competitions

Schools Competitions (British Schools Gymnastic Association)

Schools Competitions are held between November and March there are two levels of competition to encourage school and club competitors to participate.

A full copy of the rules is available on the internet at the BSGA Trampolining Web Site: (www.schools-trampolining.co.uk).

To compete in Schools Competitions, Schools must be members of B.S.G.A.

Regional Competitions

Regions organise local competitions such as Inter Regional Matches and Regional Championships etc. To compete at Regional events clubs must be a member of their Regional Gymnastics Association.

Veterans Event

Enquiries to B.G Events office (0845 1297 129 ext 2521) or Paul Rickards

BUCS (British Universities and Colleges Sports) ~ formerly BUSA

<http://www.bucs.org.uk/events.asp?section=10§ionTitle=Events&year=2009>

Open International Events

There are a number of Open International Events held abroad each year, Clubs and Individuals planning to participate in trampolining events abroad should inform British Gymnastics at Lilleshall of their intention.

[Ciudad de Albacete](#) (Albacete – SPA)

[Cup of Flanders](#) (Ghent - BEL)

[Flanders Fliffis Cup](#) (Oostende – BEL)

[Flower Cup](#) (Aalsmeer - HOL)

[Frivolten Cup](#) (Herrljunga - SWE)

[Golden River Team Cup](#) (Beveren – BEL)

[Grenzland Cup](#) (Aachen – GER)

[International Friendship Cup](#) (Kladno – CZE)

[International Ostsee Cup](#) (Satrup – GER)

[Jannie Jansen Cup](#) (Pretoria – RSA)

[Loulé Cup](#) (Loule - POR)

[Niederrhein Cup](#) (GER)

[Rheinhessen Cup](#) (Mainz – GER)

[Scandinavian Open](#) (Haslev - DEN)

[Winobranie Tournament](#) (Zielona Gora – POL)

[Winter Classic](#) (Birmingham – USA)

[Wroclaw Cup](#) (Wroclaw – POL)

For the following International events selections are made based upon "Selection Criteria" copies of which can be obtained from the National Squad Administrator.

Olympics

World Games

World Senior Championships

European Senior Championships

World Cup Events

European Youth Championships

Youth International v Germany

International Age Group Games

There are other BG selected events throughout the year.

Appendix 17

USEFUL ADDRESSES

Chair

Wayne Smith
81 Nutbush Drive
Birmingham
West Midlands B31 5SG
tramp.comps@british-gymnastics.org

Secretary & National Finals

Pam Smith
93 Studley Road
Redditch
Worcestershire B98 7HF
tramp.nationals@british-gymnastics.org

Scores Co-ordinator

Andrew Wood
tramp.scores@british-gymnastics.org

Return to Competition (Regional D and above)

Carol Hardman
tramp.return@british-gymnastics.org

National Competitors Registration Secretary

Arthur Hockenull
122 Derbyshire Rd South
Sale
Cheshire M33 3LA
tramp.affiliations@british-gymanstics.org

Judging Events Co-ordinator

Mike Phillipson
1 Eastling Down Farm Cottages,
Sandwich Road,
Waldershare,
Dover, CT15 5AS
tramp.judging@british-gymnastics.org

Disabilities Trampoline

Paul Coates
39 Wheatmoor Road
Birmingham B75 7HH
pkcoates@btinternet.com

DMT

Wayne Smith ~ see above

British Gymnastics

Ford Hall,
Lilleshall National Sports Centre
Newport, Shropshire
TF10 9NB
Tel: 0845 1297129
Web Site : www.british-gymnastics.org

Appendix 18
Regional Contacts

East Midlands

Chair – Kevin Redgrift

Secretary – Monica White – [e-mail](#)

Competition Secretary – Rosana Townsend – [e-mail](#)

Eastern

Chair - ?

Secretary – Rachel Paul – [e-mail](#)

Competition Secretary - Nicki Weller – [e-mail](#)

London

Chair – John Wotherspoon – [e-mail](#)

Secretary - ?

Competition Secretary – Linda Lawrie – [e-mail](#)

North West

Chair – Hilbre Hockenhull – [e-mail](#)

Secretary – Ron Linton – [e-mail](#)

Competition Secretary – Arthur Hockenhull – [e-mail](#)

Northern

Chair – Bill Leach – [e-mail](#)

Secretary – Jim Crowe – [e-mail](#)

Competition Secretary – Emma Horsham – [e-mail](#)

Northern Ireland

Chair – Jean McMahon

Secretary – Tim Clifford

Competition Secretary – Stuart Harper – [e-mail](#)

Southern

Chair - Elizabeth Scales – [e-mail](#)

Secretary - Elaine Whyte – [e-mail](#)

Competition Secretary - Dugald Davidson – [e-mail](#)

South East

Chair – Martin Laws – [e-mail](#)

Secretary – Tony Fricker – [e-mail](#)

Competition Secretary – Martin Laws – [e-mail](#)

South West

Chair – Jason Richardson – [e-mail](#)

Secretary – Jane Mobey – [e-mail](#)

Competition Secretary – Nicky Allen – [e-mail](#)

Wales

Chair – Lisa Edwards – [e-mail](#)

Secretary – Annette Brown – [e-mail](#)

Competition Secretary – Sue Williams – [e-mail](#)

West Midlands

Chair – Mary Neeld – [e-mail](#)

Secretary – Jenny Hudson – [e-mail](#)

Competition Secretary – Pam Smith – [e-mail](#)

Yorkshire

Chair - Mark Wild – [e-mail](#)

Secretary - Pauline Denby – [e-mail](#)

Competition Secretary - Julie Williams – [e-mail](#)

British Trampoline Championships

DMT Championships
FIG A, FIG B and NAT C Finals
See DMT structure for details

British Tumbling Championships
See British Tumbling Handbook for details on how to enter

British GMPD Championships
Category 1 & Category 2

British Synchronised Championships
Seniors and Juniors

British Gymnastics and Movement for People with Disabilities Trampoline Championships
The Gymnastics and Movement for People with Disabilities Trampoline Championships qualifying events are run independently of the gala qualifying events.

There will be a total of 6 qualifying events where performers will compete over preliminary rounds only. On completion of the preliminaries, the top 8 ranked performers will be allocated points.

Points will be allocated ranging from 10pts for 1st place to 1pt for 8th place. No points will be awarded for performers who place outside the top 8.

At the end of the 6 events, a performers best 3 scoring events are summed & the 8 top ranked performers are invited to compete at the British GMPD Trampoline Championships.

British Synchronised Championships
The synchronised trampoline events run alongside the individual trampoline and double mini trampoline at the national gala qualifiers.

The synchronised trampoline events are separated into two age categories, namely U15 and 15+.

At these qualifiers, pairs will be required to compete a set routine and a voluntary routine. Points will be allocated ranging from 10pts for 1st place, 8pts for 2nd place, 6 points for 3rd to 1pt for 8th place.

At the end of the 6 gala qualifiers, a pair's best 3 scoring events are summed & the 8 top ranked pairs are invited to compete at the British Synchronised Trampoline Championships.

GMPD performers wishing to enter the mainstream structure enter the system

Important

This document is designed to give you an overview of the structure and is not meant as a substitute to the handbook. It is strongly advised that you consult the handbook prior to preparing your performers for the competition season.

