



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

Updated December 2011

Effective from 1st January 2012

First Issue	January 2001
1st Update	October 2001
2nd Update	October 2002
3rd Update	October 2003
4th Update	October 2004
5th Update	November 2005
6th Update	May 2006
7th Update	November 2006
8th Update	February 2007
9th Update	November 2007
10th Update	November 2008
11th Update	December 2009
12th Update	December 2010
13th Update	November 2011

Table of Contents

SECTION 1	– Generic Rules (TRI, TRS, DMT and GMPD)	1
1.1	Eligibility to Compete	1
1.2	Foreign Competitors	1
1.3	Gymnasts Transfers Between Clubs	2
1.4	Rules for Competitors Returning to Competitive Trampolining	2
1.5	Complaints Procedure	2
1.6	Ethics and Welfare	2
SECTION 2	– Qualification and Assessment Events	3
2.1	Obtaining Information	3
2.1.1	National Competitions	3
2.1.2	Regional Competitions	3
2.2	Entering Gala Events	3
2.3	Online Entries	3
2.4	Officials	4
2.4.1	Competition Officials	4
2.4.2	Reserve Officials	5
2.4.3	Officials for TRS & DMT at Gala Events	5
2.4.4	National Championships	5
2.5	Provisional Entries	5
2.6	Teams	5
2.7	Entering Regional Events	5
2.8	Penalties	6
SECTION 3	– Event Organisation	7
3.1	Photography	7
3.2	Welfare Officers	7
3.3	Checking In	7
3.4	Difficulty Cards	7
3.5	Finals	8
3.6	Results	8
3.7	Awards and Trophies	8
3.8	Competition Attire	8
3.9	Competition Equipment	9
3.10	Gala Competition Floor	9
SECTION 4	– TRI National Structure	10
4.1	Progression, Promotion and Relegation	10
4.2	Ages and Groups	10
4.2.2	Time of Flight	11

4.3	Assessment Levels Promotion	11
4.4	Promotion and Relegation Regional D and above	11
4.4.1	Promotional Offer	12
4.4.2	Relegation.....	12
4.4.3	Immunity	12
4.4.4	Regional D	12
4.5	Promotion and Relegation Scores.....	12
4.6	General Notes	13
4.7	Difficulty Cards	13
4.8	Logbooks	14
SECTION 5 – Synchronised Competitions 2010.....		15
5.1	Age Groups.....	15
5.2	Eligibility.....	15
5.3	Synchronised British Championships 2010.....	15
5.4	Synchronised Trampoline Rankings.....	16
5.5	Tie Breaker	16
5.6	Entering Synchronised Competitions	16
5.7	Competition Attire for all Synchronised categories	16
SECTION 6 – GMPD (TPD) – Trampolining for People with Disabilities		17
6.1	Guidelines.....	17
6.2	Categories	17
6.3	National A – British Championships	17
6.4	Trampoline Rankings.....	18
6.5	Tie Breaker	18
6.6	Routines.....	18
6.7	Competition Attire	18
6.8	Entries.....	19
SECTION 7 – DMT – Double Mini Trampoline.....		20
7.1	Maximum/Minimum Requirements.....	20
7.2	Moving Between Levels.....	20
7.3	Regional Competitions	20
7.4	Competition Attire	20
7.5	Difficulty and Difficulty Cards.....	21
7.6	Rules.....	21
7.6.1	World FIG A.....	21
7.6.2	World FIG B.....	21
7.6.3	National C	22
7.6.4	Regional D.....	22
7.6.5	Regional E	22
7.7	Promotion and Relegation	22
7.8	Nationals Qualification.....	23

7.9	Crash rule.....	23
7.10	Notes	23

Appendices

1	Filling in the Online Entry Form	24
2	Acceptance of Rules.....	25
3	National Championships Qualification.....	26/27
4	British Gymnastics Glossary.....	28
5	Glossary of Terms Used in Routines.....	29
6	Routines Club I & H, and Level G Assessment.....	30
7	Routines Level F & E Assessments and Regional D	31
8	Routines National C to FIG A	32
9	TRA Eligibility Criteria from October 2010 Onwards	33/34
10	Drug Free Sport	35/37
11	Other Trampoline Competitions.....	38
12	Useful Addresses	39
13	Regional Contacts	40/41

SECTION 1

Generic Rules (*FIG A – Regional D*)

TRI, TRS, DMT and GMPD

1.1 Eligibility to Compete

- **All** competitors must be members of British Gymnastics (BG). This must be Silver membership or equivalent for trampoline Levels FIG A to Regional D; DMT FIG A to Regional D and GMPD A
- **All** competing clubs must be registered with BG and have valid membership. Registration for BG will need to be completed in October. Please make sure that the contact details are kept up to date or your club may miss out on information
- **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 current 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 (Regional D to FIG A) must be notified to BG and the Scores Coordinator (tramp.scores@british-gymnastics.org) 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
- In order to have their results recognised, any competitor returning to competition **MUST** register their details including BG number and date of birth with the Scores Coordinator (tramp.comps@british-gymnastics.org) prior to entering any Regional D to FIG A competition

1.2 Foreign Competitors (Non-British passport holders)

Gymnasts not holding a British passport wishing to compete at a BG Trampoline event must first contact BG to determine eligibility. A copy of this correspondence must be sent to the Competitions Chair (tramp.comps@british-gymnastics.org) prior to an event closing date with a covering letter outlining a request to compete. The letter must include at which level providing evidence where necessary. All applications will be dealt with on a case by case basis.

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 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 of a gymnast between clubs is subject to the BG rules and regulations (please contact BG for further details). Please send a copy of the correspondence with BG regarding a transfer to the Scores Coordinator (tramp.scores@british-gymnastics.org). If the Scores Coordinator is not informed this could lead to an entry being refused.

1.4 Rules for Competitors Returning to Competitive Trampolining

These rules apply only to competitors who have not competed since January 2009. Those who have competed in the current competition structure do not need to request a return to competition as their status will remain the same as the point of last competition.

Anyone who 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.

In order to have their results recognised, any competitor returning to competition **MUST** register their BG number and date of birth with the Scores Coordinator prior to entering any Regional D to FIG A competition.

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**.

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 gymnasts, coaches or parents. Please send the complaint to the committee care of the National Competition Secretary tramp.secretary@british-gymnastics.org. Complaints will be acknowledged within fourteen days of receipt.

1.6 Ethics and Welfare

All clubs must have a welfare officer and their contact details should be displayed in the club. The contact details for a Regional or alternative welfare officer should also be available.

BG is committed to ensuring that robust ethical standards are upheld in our sport and making sure gymnastics is safe and accessible for all. Further information and contact details are available at [Ethics and Welfare](#).

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 14.

2.1.2 Regional Competitions

Information regarding regional assessment events, GMPD and DMT competitions can be obtained from your Regional Competition Secretary (see Appendix 12)

2.2 Entering Gala Events

You may only enter Gala events, (TRI, TRS, DMT and GMPD) online. 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 Member Services Administrator 0845 1297 129 ext 2521 at BG. Please note that you cannot 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 National Competition Chair (tramp.comps@british-gymnastics.org).

Please note that by submitting your entry each club agrees to the notes and 'Acceptance of Rules' as listed in Appendices 3 and 4.

2.3 Online Entries

In order to make the 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

Any performer/official who is either a direct member or holds membership at another club will need to be attached to your club in order to be included in the entry.

Online entry will automatically provide BG membership numbers and dates of birth for your competitors and the BG numbers for qualified officials. You will be unable to nominate a performer or official who is not a current member and with a current BG specific CRB, if applicable.

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. Please note entries that use pseudonym (eg A N Other) in place of officials will automatically be deleted. All officials must be nominated prior to the closing date and can only be changed in exceptional circumstances. In the

event that an official needs to be changed, correspondence explaining the situation must be sent to the judging coordinator (tramp.judging@british-gymnastics.org).

Payment may be made by cheque or can be paid directly online.

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

All cheques must be made payable to 'British Gymnastics'.

2.4 Officials

For Gala events you will need to supply enough officials to cover the total number of TRI, TRS and DMT entries. 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 competition 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 hold a County DMT judge qualification or above. As Regional D links to national Levels it is recommended that, wherever possible, this group is judged by County Judges 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 correct processing of the results.

Clubs are reminded that they are responsible for training marshals and recorders. They are an important part of a competition and can seriously delay an event if untrained.

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 (tramp.judging@british-gymnastics.org) no later than the competition closing date 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 **£60** 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.

2.4.1 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.

2.4.2 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.

2.4.3 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. Clubs are responsible for training these officials and making sure they are in position at the correct time. 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 Judging Events Coordinator 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.

2.4.4 National Championships Events

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

2.5 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.

2.6 Teams

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

2.7 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.

2.8 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 requires 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. A copy of the full text can be obtained from the Competition Organiser or from the BG website www.british-gymnastics.org ~ Events and Travel ~ Photography. The poster can also be downloaded from this site. In order to protect the welfare of children at the event, photography at that event is permitted only on conditions set by BG and anybody taking photographic images at a competition agrees to abide by these rules

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. The National Welfare Officer may be contacted at tramps.welfare@british.gymnastics.org.

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 9 and 10 ~ (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

The Regions may run finals for Regional D, GMPD and Assessments E and below at their discretion.

Finals for the FIG A categories will be zeroed at gala events.

Finals will be accumulative for all other categories in all the Gala and Regional D Qualification events.

There will be zero finals for all FIG groups at National Finals.

There will be accumulative finals for National C at National Finals.

All DMT events will be zero finals for both the gala events and National Finals.

3.6 Results

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

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

The results from the E, F and G assessment will be available on the day. Clubs will be able to access confirmation of their performers' achievements via www.bg-coaches.org//Regional/Index.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.

See also Section 4.8.

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

Medals will be awarded.

TRI, TRS, DMT and GMPD National 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

Regions are advised that only FIG approved trampolines with 13mm, 6x6mm, 6x4mm or 4x4mm webbed beds should be used for all levels of competition.

FIG approved Eurotramp trampolines with 4x4mm webbed beds will be used for all national Gala trampoline competitions and National Championships.

FIG approved Eurotramp Double Mini Trampolines with 13mm webbed beds will be used for all national Gala trampoline competitions and National Championships.

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 14.

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 National 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 7 to 10.

4.2 Categories

4.2.1 Age Groups

FIG A will consist of two groups, namely the Ladies and Men's.

FIG will consist of one age group for each gender, namely 19+.

FIG B will consist of four age groups for each gender, namely Under 13, Under 15, Under 17 and Under 19.

National C and Regional D will consist of five groups for each gender, namely Under 13, Under 15, Under 17, Under 19 and 19+.

Assessment E and below regions may adjust the age groups to aid organisation and are encouraged to ensure that groups are appropriately sized to match the needs of the gymnasts, clubs and region as a whole.

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.

4.2.2 Time of Flight (ToF)

Time of flight will be added to the scores of the FIG A Mens and Ladies categories. It is the intention of the Competition Working Party to introduce Time of Flight for the FIG 19+ and all FIG B groups. This is subject to the confirmation of funding from BG and will be confirmed early 2012.

In order to best prepare for both scenarios, both sets of promotion, percentage and national finals qualification scores are published within this document (Section 4.5 and Appendix 3). Depending on the outcome of the funding application, the appropriate scores will be implemented.

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 offers/cautions will be awarded on the results at the end of the first two rounds. 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 rescinded.

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

Should a gymnast who has been granted immunity from relegation finish in the relegation zone, then they will be issued with a caution but cannot 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, U13 FIG B or U15 FIG B.

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

- Either the percentage score and finishes in the top 20% of the group
- Or who gains a promotion 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 caution will be issued to anyone who finishes in the bottom 20% of a group larger than 12, also see below
- Any performer who fails to complete 10 skills in both their set and voluntary routine will be issued with an automatic caution, **regardless** of group size.
- If you finish out of the relegation zone in your next gala or you have been granted immunity, see 4.4.3, your status is reset
- Two consecutive cautions will result in relegation. You will start at the lower level
- Consecutive relates to the performers results, not the event, therefore a caution will remain apportioned to a performer until they compete at their next event irrespective of the period of time between events

4.4.3 Immunity

- Any performer in FIG A or FIG B who finished in the top 8 at the 2011 National Finals is immune from relegation for 2012 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 2012
- 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 status will be reset

4.5 Promotion and Nationals Qualification

without ToF Level	Promotion Offer	
	Automatic promotion score	Percentage promotion score plus a top 20% finish
FIG 19+*	58.0	56.0
FIG B Age Groups*	56.0	54.0
National C	53.0	51.0
Regional D	51.0	49.0

*where ToF is available, the scores below will be implemented

with ToF Level	Promotion Offer			
	Automatic promotion score		Percentage promotion score plus a top 20% finish	
	Male	Female	Male	Female
FIG 19+	91.0	89.0	89.0	87.0
FIG B U19	88.0	86.0	86.0	84.0
FIG B U17	85.5	84.5	83.5	82.5

without ToF Level	Nationals Qualification	
	Automatic qualification score	Percentage qualification score plus a top 50% finish
FIG 19+*	55.0	53.0
FIG B Age Groups*	53.0	51.0
National C	52.0	50.0

* where ToF is available, the scores below will be implemented

with ToF Level	National Qualification			
	Automatic qualification score		Percentage qualification score plus a top 50% finish	
	Male	Female	Male	Female
FIG A*	90.0	88.0	88.0	86.0
FIG 19+	88.0	86.0	86.0	84.0
FIG B U19	85.0	83.0	83.0	81.0
FIG B U17	82.5	81.5	80.5	79.5
FIG B U15	80.0	79.0	78.0	77.0
FIG B U13	77.5	77.5	75.5	75.5

*ToF will always be made available for the FIG A groups

Level	Assessment Qualification	
	Leap Frog qualification score	Minimum qualification score
Assessment E		49.5
Assessment F	50.5	47.5
Assessment G	48.5	45

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 9 and 10 (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 7.

SECTION 5

Synchronised Competitions 2012

5.1 Age groups

There are three age groups Under 15, Under 19 and 19+ in both genders. 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, Under 19 or 19+, and with one partner in any gala weekend.

ToF scores will be added to events where the equipment is available and ranked accordingly.

5.2 Eligibility

To be eligible to compete the pairing must consist of current FIG A, FIG 19+, FIG 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 U19 category and 15 years old in the year of competition to compete in the 19+ category.

- The compulsory routine for both the Under 15 and Under 19 age groups are the National C compulsory requirements, namely:

10 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 fulfil item 2.

- The compulsory routine for the 19+ group is the FIG A set requirements, namely:

10 different elements, each with a minimum of 270° somersault rotation. 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. None of these two elements may be repeated in the voluntary.

5.3 Synchronised British Championships 2012

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 2011 or 2012. 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 BG through a registered Trampoline/Gymnastics club
- Regional B – be at least an associate member of BG 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 fulfils 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° twist - two body landings – both with 180° 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 - Minimum Tariff 0.8*** - No Tariff limit <p><i>Only moves from 6 star award and above are permitted.</i></p>

**National "A" – Swivel Hips, ½ twists to feet will only count as one body landing!

*** The performer cannot gain ranking points if tariff for the voluntary routine is less than 0.8

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 BG Trampolining 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 BG Code of Practice.

6.8 Entries

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

SECTION 7

DMT – Double Mini Trampolining

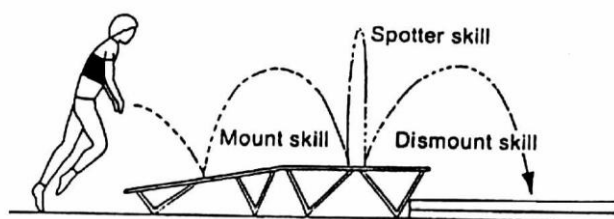
7.1 Minimum/Maximum Requirements

If a gymnast fails to meet the minimum requirements in a complete pass then there will be a penalty of 1.5 for that pass which will be determined by the difficulty judges.

If a gymnast fails to meet the minimum requirements in the prelim, or final round then there will be a penalty of 1.5 for the last pass in that round which will be determined by the difficulty judges.

NB. These penalties will be recorded as such, rather than as a deduction, to ensure that they can be identified afterwards.

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 7.7 of this handbook.

Competitors not entering a National DMT event in 2011 must enter the DMT competition structure at Regional D and will be subject to promotion/relegation.

7.3 Regional Competitions

Regional D competitions are now mandatory for competitors that have not previously competed in the current competition structure and should be run alongside Regional D trampoline competitions wherever possible although regions can make their own necessary arrangements providing the national competition rules are applied. Regions are encouraged to hold DMT events below Regional D and to promote DMT courses.

Those wishing to run FIG B and/or 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

(Please note that shoes with coloured flecks/stripes/manufacturer logos are not permitted and may result in disqualification. As per FIG Code of Points 6.4.)

7.5 Difficulty and Difficulty Cards

The difficulty (DD) for skills performed in DMT is different from Trampoline in that double and twisting somersaults have various DD values, 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 FIG A (Senior Men's and Ladies)

This is the minimum grade for gymnasts wanting to be selected to represent Great Britain at a senior event:

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 skill must contain a minimum of 360° of somersault rotation
-Each pass must contain at least one skill of 720° of somersault rotation
-Each round must contain a pass with at least two skills containing of 720° of somersault rotation

Relegation: Bottom 20% receive a caution
Nationals: British Double Mini Trampoline Championships

7.6.2 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+ 15 or over in year of competition
FIG B U15 Under 15 (min 9 years old) in year of competition

Min/Max DD: -Each pass must contain a skill with a minimum of 720° of somersault rotation or a minimum of 540° of twisting rotation.
-Each skill must contain a minimum of 360° of somersault rotation.

Promotion: **Top 20% and obtained the % score (or more) receive a promotion offer**

Relegation: Bottom 20% receive a caution
Nationals: British Double Mini Trampoline Age Group Competitions

7.6.3 National C

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

Min/Max DD: -Each skill must contain a minimum of 360° of somersault rotation.
 -Each pass must contain a skill with either 720° of somersault rotation or 360° of twisting rotation.
 -The preliminary round must contain a forward rotating skill with a minimum of 360° of somersault rotation and a minimum of 180° twisting rotation in either the mount or spotter position.

Maximum difficulty capped at 3.5

Promotion: Top 20% and obtained the % score (or more) receive a promotion offer

Relegation: Bottom 20% receive a caution

Nationals: National C Age Group Finals

7.6.4 Home County/Regional D (Compulsory)

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

Min/Max DD: -Each skill must contain a minimum of 360° of somersault rotation.
 -The preliminary round must contain a forward rotating skill with a minimum of 360° of somersault rotation and a minimum of 180° twisting rotation in either the mount or spotter position.

Maximum difficulty capped at 2.4

Promotion: Top 20% and obtained the % score (or more) receive a promotion offer

Relegation: none

7.6.5 Regional E – (Voluntary/Introductory level)

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

Min/Max DD: Each pass must contain a skill with a minimum of 360° of somersault rotation.

Maximum difficulty capped at 1.5

7.7 Promotion and Relegation

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 either of the preliminary passes will be issued a caution irrespective of the number of participants.

The promotion and relegation system will be based on the competitors overall position after the second pass in a competition. The matrix below details the scores and percentages required in order to be promoted.

Level	Promotion	
	Automatic promotion score	Percentage promotion score plus a top 20% finish
FIG B	65.0	62.0
National C	63.0	60.0
Regional D	60.0	58.0

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

Level	National Qualification	
	Automatic qualification score	Percentage qualification score plus a top 50% finish
FIG A	65.0	62.0
FIG B	63.0	60.0
National C	60.0	58.0

7.9 Crash Rule

In order to encourage National performers to focus additional effort on reducing landing deductions, the NTTC have decided that a pass will only be considered complete, if the performer lands on their feet and stay on their feet until a controlled presentation has been made to the judging panel. Any performer who fails to stay on their feet will have been deemed to have not completed their second skill and will be marked out of 1 skill.

NB The above ruling does not affect any other landing/end deductions that apply to a performer's pass and these should be deducted as appropriate.

7.10 Notes

We would like to remind all coaches that the accepted protocol is that coaches should not stand on the landing area during competition, in particular, not inside the landing zone.

Should a gymnast get into difficulty and you have to assist, then the pass will be interrupted at the point at which you make contact. The premise is that a gymnast should be capable of completing the skills they are performing without assistance

Please note the rule below from the BG Code of Points:-

9.1.3 The Chair of the Judges may ask a competitor to remove a skill from a routine which in the opinion of the Chair is deemed to be unsafe. Failure to do this will lead to the disqualification of the competitor.

Appendix 1

Filling in the Online Entry Form

Information & instructions on completing an online entry to British Gymnastics events can be found on the BG website –
Trampoline/downloads/online entry instructions.

Appendix 2

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
- # BG 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.

Appendix 3

National Championships Qualification

There are two ways to qualify for the TRI National Championships. You must **either** gain a National Qualification score **or** gain a percentage score and also finish in the top 50%. 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 qualified for the 2012 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 qualified for the 2012 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.

without ToF Level	Nationals Qualification	
	Automatic qualification score	Percentage score plus a top 50% finish
FIG 19+*	55.0	53.0
FIG B Age Groups*	53.0	51.0
National C	52.0	50.0

* where ToF is available, the scores below will be implemented

with ToF Level	National Qualification			
	Automatic qualification score		Percentage score plus a top 50% finish	
	Male	Female	Male	Female
FIG A*	90.0	88.0	88.0	86.0
FIG 19+	88.0	86.0	86.0	84.0
FIG B U19	85.0	83.0	83.0	81.0
FIG B U17	82.5	81.5	80.5	79.5
FIG B U15	80.0	79.0	78.0	77.0
FIG B U13	77.5	77.5	75.5	75.5

*ToF will always be made available for the FIG A groups

In order to qualify for **2012 DMT British Championships** a competitor must have achieved a national finals 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 with three different qualification criteria:

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

Level	National Qualification	
	Automatic Qualification score	Percentage score plus a top 50% finish
FIG A	65.0	62.0
FIG B	63.0	60.0
National C	60.0	58.0

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.

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 4

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
MSA	Member Services Administrator
JEC	Judging Events Coordinator
NCS	National Competition Structure
ToF	Time of Flight

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.fig-gymnastics.com
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 5

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 6

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>
--	--

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 G45.0</u></p>
--	--

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 must have a difficulty of no less than 1.4 (equivalent to repeating the compulsory routine) and 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>
---	--	--

Appendix 7

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 <i>Difficulty will be added.</i> <u>Qualifications to</u> Level E 47.5 Level E or Regional D 50.5</p>
--	--	--

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 <i>Difficulty will be added.</i> <u>Qualification to</u> Regional D 49.5</p>
--	--	---

REGIONAL D

<p><u>Compulsory:</u> 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 style="text-align: center;"><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 or 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>
--

Appendix 8

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 a 9.0 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 and FIG 19+

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 9

ELIGIBILITY CRITERIA FROM OCTOBER 2010 ONWARDS

Anyone who did not compete in 2009 /2010 *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 2010 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 2010 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 2010 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 2010 National Finals at a lower Level you will start 2011 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 2009/10 *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**. You must also register with the Scores Coordinator, please supply your BG number and date of birth.

Appendix 10

DRUG FREE SPORT. Anti-Doping Update 2012:

The Olympic Games is the ideal that all sports measure themselves by and aspire to model. One of the corner stones is the principle based on fair play. Without question there should be an emphasis on 'fair play' in regard to the adherence to the rules of a drug free sport. It is therefore necessary and appropriate that a testing programme operates and is actively supported by British Gymnastics. The testing programme may affect any elite gymnast performing at a national standard.

Under the Regulations of FIG, all British Gymnastics organised events are notified to UK Anti Doping, [UKAD]. Gymnasts and coaches should be aware that drug testing may take place at competitions; deemed to be testing 'in competition' and potentially at National Squad trainings; deemed to be 'out of competition'. In principle gymnasts under 16 years *may* be tested in particular circumstances. Consent is linked to all gymnasts with a FIG Licence, or established at the point of testing, but this means that gymnasts competing in disciplines with an Age Group Competition; Acrobatic, Aerobics, DMT, Trampoline and Tumbling, can expect to be tested in their youngest age category.

At National events, be that competition or squads, the collection of doping control samples shall be initiated and directed by UKAD in coordination with British Gymnastics. For further information on British Gymnastics' Anti-Doping Policy, please visit www.british-gymnastics.org, Technical/Technical Download/Medical.

There is every possibility that gymnasts will be selected, either randomly or targeted from competition results whilst competing in the UK or internationally. If selected, a gymnast will be required to provide a urine sample of a predetermined volume outlined within the international standard regulated by the World Anti Doping Agency, [WADA]. Gymnasts are advised to take an 'advocate' with them into the testing station. This could be a member of the medical team or a coach. In all cases, gymnasts are requested to declare all medications taken within the preceding 7 days.

Therefore for a gymnast taking any medication, it is vital that these are checked on a regular basis and declared. If you are competing nationally it is advisable that you check medications to ensure they are permitted on each occasion, i.e. every event.

For any gymnast tested they will need to know the name of the medication, the dosage, frequency and the starting point of the course of medication, and the condition it relates to. If a gymnast is currently on any medication(s) which is restricted or prohibited, or have a Therapeutic Use Exemption (TUE) certificate, it is essential to ensure that the British Gymnastics' Chief Medical Officer, Dr Pippa Bennett (pippa.bennett@thefa.com), is aware of this, and to ensure TUE certification is available and taken to the event.

Supplements:

Diet, lifestyle and training should all be optimised before considering supplementation. Coaches and gymnasts should assess the need for supplementation and consult with an accredited sports dietician and/or registered nutritionist with expertise in sports nutrition, or doctor experienced in sports and exercise medicine before taking using supplements. Scientific

Anti-Doping Update 2012 cont:

evidence continues to suggest that supplements can become contaminated with restricted or banned substances during their production, and could lead to a positive finding. Using the principle of 'strict liability' it is the gymnast who is held accountable if a prohibited substance is found in a sample provided, whether intentional or unintentional.

Informed Sport is an official website that provides some information on products which fall into the category of supplementation, but may have been previously tested for integrity:

<http://www.informed-sport.com/about-informed-sport>

Gymnastics medical staff:

It is imperative that you seek advice if you are uncertain on medications, or the testing procedure. It is essential to promote, support and show that we are drug-free in the campaign to ensure sport is 'clean' in the UK.

Checking Medication(s):

If you have any concern, or are unsure as to whether a medication is a restricted or banned substance, please refer to the following;

Gymnasts can search particular brands of medications or for specific ingredients. The database is accessible via UKAD website, or directly; www.globaldro.com. Gymnasts, coaches and support personnel are also reminded that there are other ways to check the status of medications by using either the Drug Enquiry Line on +44 (0) 800 528 0004 or by emailing information@ukad.org.uk or visit; www.ukad.org.uk

Please note the following changes to the 2011 list coming into effect 1st January 2012:

Continuing with the theme from 2011, there continues to be **no** requirement to complete a Therapeutic Exemption Use form [TUE's] for a number of the asthma medications, including salbutamol and salmeterol. Formoterol has also been added to the list that **no longer** requires a TUE when taken by inhalation. However, formoterol has a threshold level of permitted use, maximum 36 micrograms over 24 hours. As a result of these changes UK Anti-Doping reminds all gymnasts that the British guidelines for inhaled formoterol range from 24-72 micrograms per day. If there is a medical situation requiring doses beyond 36 micrograms then a TUE may still be required, in which case a lung function test and application for asthma TUE will be required. If exacerbation of asthma requires a supplementary dosage of formoterol, above 36 mg per 24 h, an emergency TUE should be applied for.

Other changes:

Felypressin has been added as an exception to category S5. Diuretics and Other Masking Agents.

Nb. A TUE is **still** required for **terbutaline** although in some cases it is possible that gymnasts can change their medication to still effectively manage their asthma with an alternative medication, however please seek advice from your GP,

Anti-Doping Update 2012 cont:

and seek support from British Gymnastics should this prove problematic or be an issue of concern.

PSEUDOEPHEDRINE:

Pseudoephedrine is a decongestant used to treat nasal and sinus congestion and remains on the list of prohibited substances. It is an ingredient in some 'Over The Counter' [OTC] cold and flu medications such as Sudafed, [some varieties].

British Gymnastics would strongly recommend you RECHECK any medications that you are currently taking or that you may have at home to ensure that you do not inadvertently contravene the doping regulations.

If you have any questions or queries please do not hesitate to contact British Gymnastics: Contact Steve Green at British Gymnastics, Tel. 01952 822366 or e-mail steve.green@british-gymnastics.org or contact the British Gymnastics Chief Medical Officer Dr. Pippa Bennett pippa.bennett@thefa.com

In the fight for a drug free sport, British Gymnastics fully endorse a testing programme at events organised by British Gymnastics and request that you support and promote a clean image for British sport.

December 2011: Technical Department:

Dr Pippa Bennett - CMO &
Steve Green - Performance Director, Non -Olympic and Anti -Doping Officer

Appendix 11

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 BG Member Services 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 BG at Lilleshall of their intention.

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

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

[DWH Cup](#) (Gillingham GBR)

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

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

[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.

USEFUL ADDRESSES

Chair & DMT

Andrew Wood
Harlington Sports Centre,
Pinkwell Lane, Hayes, Middlesex UB3 1PB
07772 917 056
tramp.comps@british-gymnastics.org

Secretary

Helen Jolliffe
tramp.secretary@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

Judging Events Co-ordinator

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

Disabilities Trampolining

Paul Coates
39 Wheatmoor Road
Birmingham B75 7HH
tramp.gmpd@british-gymnastics.org

Nationals

Emma Burton
tramp.nationals@british-gymnastics.org

Yasmin Stammers
yasmin.stammers@btinternet.com

Appendix 12

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](#)