



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)

Those competitors who do not hold a British passport 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 the 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).

A 'foreign' competitor will be eligible to take a place in these qualifying competitions and may also compete as a team member for the Club to whom they are registered. Providing 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. In the case of award winning positions, duplicate awards will be made.

A team may include one 'foreign' competitor at the FIG A, B and National C finals, 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 English Regional Competition team event but may not take an individual title.

'Foreign' competitors not fulfilling the residency condition may be permitted to participate in senior Gala qualification events provided FIG regulations are not contravened. (Application to compete must be made to the National Competition Chair tramp.comps@british-gymnastics.org with full details of their Nationality and standard). Applications must be received at least two weeks prior to the closing date of the relevant competition. All of the above applies except for participation in any National Finals/Championships, which will NOT be permitted.

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 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 as 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.

1.4 Rules for Competitors Returning to Competitive Trampoline

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 2008 and last competed at **Grade 3 or above**, must apply to the Scores Coordinator (tramp.scores@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 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, Regional E, F or G. If anyone competes without this confirmation their placing and any qualification(s) **will be void**. Please inform the Scores Coordinator prior to the competition.

1.5 Complaints Procedure

If you have a complaint about any aspect of the competition system, please send it to the committee c/o the National Competition Secretary tramp.nationals@british-gymnastics.org. Complaints will be acknowledged within fourteen days of receipt. The Competitions Committee will only respond to written complaints made by the club secretary.

SECTION 2

Gala and Regional Competitions

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 the BG club record page, or by post (postal entry forms are in Appendix 7). 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.

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.

The 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 complete the entry without supplying the correct number of coaches and judges. Payment may be made by cheque or can be paid directly online.

2.4 Postal Entries

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 7.

Please supply all BG numbers and dates of birth for your competitors. If either of these items are 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.

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 (warm up and competition), 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 need a DMT judge qualification.

It will be very important this year 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 that have 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 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, (i.e. Gala events, Home Nations Championships) 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 blue jacket or fleece.

Regions will set their own expectations of officials but this should reflect the high standards we are trying to achieve.

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 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 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 other 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.

For the West Midlands Gala **ONLY** entries for those wishing to trial at National C will be accepted without the website confirmation of Regional D promotional points. You are advised that entries may not be submitted before the regional competition and there should be separate payment for these performers. The entries will be checked as soon as the regions submit the results to the Scores Coordinator.

2.7 Teams

Where there are three or four competitors from one Club entered in the same event they will be entered as a team at no additional cost.

(Exception is foreign nationals at national finals – see section 1.2).

Where there are more than four competitors on the entry form from one Club and the team has either not been nominated or is incorrect on the programme the team members must be nominated (in writing) to the Chair of the Panel before commencement of the group, otherwise the first four on the start list will be deemed to be "the team". Please inform the Chair of Panel (in writing) if the team is withdrawn.

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 will not be accepted without the performers BG number.

2.9 Penalties

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 one 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.

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.

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 take any photographic 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 will no longer issue named warm up cards. The events will run in smaller flights and therefore should manage without warm up cards as long as performers act responsibly. A suitably qualified coach must still sign in at the desk and supply a valid BG number. Failure to do this prior to the club's first competitor starting to warm up will result in the club results being void.

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 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 Regional E and below at their discretion.

There will be zero finals in all the Gala events.

3.6 Results

Gala 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 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 clubs need to contact the Scores Coordinator (tramp.scores@british-gymnastics.org) immediately, if they think there is a mistake with their club list.

3.7 Awards & Trophies

Regional D, E, F, G and GMPD

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

Gala Events

A minimum of 3 awards will be given for each event for both male and female groups. Where groups are large, additional awards may be made at the discretion of the organising region.

A minimum of one award per two teams, up to a maximum of three awards (one to each member of each team) will be given for each event both male and female.

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.

For team events a maximum of three awards (one to each member of each team) will be given for each event, both male and female.

Please note that awards will not 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.

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 Regional D and below 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 6x6mm or 6x4mm webbed beds will be used for all levels of competition.

FIG approved Eurotramp trampolines with 6x4mm 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 from 1.1.2009 they should use 20mm thick floor mats around the trampolines in line with national competitions. See www.baga.co.uk ~ Trampoline downloads~ 'Trampoline Matting Provision' for further details. Also see Appendix 19.

3.10 Gala Competition Floor

A floor manager will be appointed by each Gala organiser with the aim of keeping the area around the trampolines and DMT clear for the competing groups and their coaches. Unless you are a competitor in that flight, or their coach, you should not be in that area. Please respond to their 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 has been 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.

Movement to National C and above is also voluntary, but there is a rolling promotion and relegation in operation at National C and above. You may **opt** to trial at a higher level once you have gained 2 promotional points but **compulsory** trial relegation will occur if a performer has 2 relegation points.

(See below for details of trialling)

Club Assessment 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.

Regional Assessment 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.

Regional G to Regional E is 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 be two groups Ladies and Mens.

Regional D to FIG B and GMPD A will be two groups for each gender Under 15 and Over 15.

Regional E and below and the remaining GMPD levels, regions may adjust the age groups to aid organisation.

In order to compete at Regional E, F or G you must be a minimum of 6 years of age in the year of competition.

In order to compete at Regional D, National C or FIG B you must be a minimum of 9 years of age in the year of competition.

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

In order to compete in GMPD A you must be a minimum of 9 years of age in the year of competition.

4.3 Promotion and Relegation Points and Trialling

At Regional D to FIG A, a promotional point will be awarded to anyone who completes both of their first two routines and finishes in the promotion zone of those who competed, see table below.

Once you have achieved a surplus of 2 promotional points, you may not gain any more promotional points but **will** be eligible to receive relegation points.

Once you have achieved a surplus of 2 promotional points (+2) you may opt to trial at the next Level. There is no option to trial for those in either FIG A or Under 15 FIG B.

At FIG A to National C a relegation point will be 'awarded' if you finish in the relegation zone of those who competed, see table below.

Once you have a deficit of 2 relegation points (-2) you are required to trial at the previous level.

N.B. All points will be awarded on the results at the end of the first two rounds and no relegation points will be awarded if the group is smaller than 12 competitors.

A map of the process can be found in Appendix 18.

Promotional Trial

If you opt to enter a promotional trial you must finish out of the relevant relegation zone in order to move to the higher level. You will start with zero (0) points.

If you finish in the relegation zone you will return to the previous level for a relegation trial.

Relegation Trial

If you are required to enter a relegation trial and do not finish in the relevant promotion zone you will start with zero (0) points at this previous level.

If you are required to enter a relegation trial you must finish in the relevant promotion zone in order to return to the next level for a promotion trial.

4.4 Promotion and Relegation Zones

Level	Zone	Percentages
A	Promotion	20%
	Relegation	20%
B	Promotion	15%
	Relegation	15%
C	Promotion	10%
	Relegation	25%
D	Promotion	20%
	Relegation	0%

When a performer with promotional points moves from Under 15 to Over 15 they will be required to surrender one promotional point of any achieved at the younger age group.

4.5 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 Regional 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 Regional 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 Regional 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.

4.6 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.

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

4.7 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

SECTION 5

Synchronised Competitions 2009

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.

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 Regional 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 requirements are the same for both age groups and this is 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 2009

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 Competition 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 name and BG number 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 a Gala, this means that you must have competed at that level in 2009 or achieved a transfer score to that Level in 2008. If in any doubt, please contact the Scores Coordinator on tramp.scores@british-gymnastics.org before submitting your entry.

SECTION 6

GMPD (TPD) – Trampolining for People with Disabilities

6.1 General Guidelines

Performers with a recognised disability who have already competed at Grade 7 or above are recommended to map across to Club H or I if possible. However, they will have an opportunity to move to GMPD competition if they wish to do so. **Any Gymnast that has qualified for one British Championship in Trampolining “MUST” decide between Mainstream and GMPD.** It should be the aim of both the performer and coach to achieve such a standard as to compete at as high a level as possible.

Participants must have a disability recognised by international disability sport organisations. The definition for these disabilities are laid down by BG and will be adhered to (for more information contact BG).

All participants must hold BG membership and for GMPD A participants this must be competitive BG membership. Competitors must be a minimum of 9 years of age in the year of competition to compete at GMPD A and the competition will consist of Under 15 & Over 15. Age grouping for all other levels will be set by their regions

6.2 Levels

GMPD A	Routines will typically contain difficulty up to 1.5
GMPD B	Routines will typically contain difficulty up to 1.0
GMPD C	Routines will typically contain difficulty up to 0.5
GMPD D	Routines will typically contain difficulty up to 0.3

Difficulty levels are a guide to when the competitor should be moved up a level and will not make up any part of the marks awarded.

If entries are low, levels may be merged to produce a meaningful competition.

6.3 Routines

Compulsory Routines

There will be no repeated moves/shapes allowed; the correct use of the trampoline's elasticity must be used throughout the full set routine. The set routine must be submitted to the chair of panel prior to the beginning of each round and only the routine on the routine sheet will be marked.

There will be no difficulty mark for the set routine.

Voluntary Routines

Repeated moves will be allowed, but any repeated move will not be counted when calculating the difficulty mark.

Each voluntary routine will need to be submitted to the chair of panel prior to beginning of the round. Changes to the submitted routine are allowed and will be marked.

Both the compulsory and voluntary routines start at the beginning of the first skill.

6.3.1 GMPD D

Compulsory Routine:

This will be compiled of six moves/shaped bounces with no more than ten (10) bounces from the beginning of the competitor's routine.

Voluntary Routines

This will be compiled of ten moves/shaped bounces with no more than twenty (20) bounces from the beginning of the competitors' routine.

6.3.2 GMPD C

Compulsory Routines:

This will be compiled of six moves/shaped bounces with no more than ten (10) bounces from the beginning of the competitor's routine.

Voluntary Routines

This will be compiled of ten move/shaped bounces with no more than fifteen (15) bounces from the beginning of the competitor's routine.

6.3.3 GMPD B

Compulsory Routine:

This will be compiled of six moves/shaped bounces with no free bounces allowed.

Voluntary Routines

This will be compiled of ten move/shaped bounces with no more than ten (10) bounces from the beginning of the competitor's routine.

6.3.4 GMPD A

Compulsory Routine:

Participants will compete with a ten contact routine with the following requirements:

- A twist of no less than 360 degrees
- A twist of no less than 180 degrees from a seat, front or back landing

N.B. Repeats of tariff moves will not be credited.

Voluntary Routines

These routines are not tariff capped.

Each competitor will compete in two rounds of competition. The voluntary routine will be credited difficulty.

Participants with physical or learning difficulties who have the appropriate skill level may compete in the mainstream Club I or above.

Both the compulsory and voluntary routines start at the beginning of the first skill.

6.4 National Championships

Qualification to the National Championships will be calculated by the top eight competitors in each age group & each category through the season.

Points are allocated as below

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

6.5 Competition Attire

Full competition attire will be implemented in accordance with the BG 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 competition closing date.

Under NO circumstances will footwear be allowed to be worn, apart from the regulation footwear stated in the BG Code of Practice.

6.6 Entries

Entries will need to be in to the Competition Organiser or British Gymnastics before or on the stated closing date.

For competition dates and venues, please contact the GMPD trampoline Paul Coates at pkcoates@tiscali.co.uk.

Cost

The cost will be as per entry form.

Age Groups

Under 11, Under 13, Under 15, Under 17, Over 17 & Over 25

Rules of Grading

Once a competitor has competed in any given level and achieved a ranking of first position twice in groups of 5 or more that competitor is not permitted to enter that level again and **MUST** enter the next level. If they are unable to safely compete at the higher level, please contact the Disabilities Representative & Regional Competition Secretary to discuss the problem. Once a competitor has moved up a level they will then not be allowed to relegate themselves unless specific permission is granted by the Disabilities Representative & Regional Competition Secretary.

The decision must not be made by the representative alone; this will be decided by the Regional Technical Committee with no less than three members present.

There will be no capping of age within the GMPD competition structure but you must be a minimum of 9 years of age to compete at GMPD A.

6.7 Eligible Moves

All moves that are stated on the One to Fifteen Star awards, except the quarter turn, will be accepted as eligible moves. The hands and knees to front drop to feet will be taken as three moves but for safety reasons will have to begin the routine.

SECTION 7

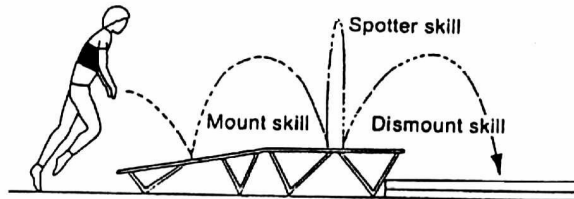
DMT – Double Mini Trampolining

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 2008 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 Teams

Teams must be specified before the start of each competition and consist of either 3 or 4 gymnasts in the same age group and the same level.

7.5 Competition Attire

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

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

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

7.6 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.

7.7 Rules

7.7.1 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

7.7.2 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

7.7.3 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

7.7.4 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

7.8 Promotion and Relegation

The promotion and relegation system will be based on the competitors overall position after the second pass in a competition rather than the competitors score to eliminate regional variations in the judges scores. Points will be awarded or deducted through a placing set by a predetermined percentage of the number who actually competed.

- In each group, the top 20% placed competitors will be awarded 1 point
- In each group, the bottom 20% placed competitors will be deducted 1 point, relegation points will not be awarded if a group does not contain a minimum of 12 competitors
- Once a competitor has reached a score of +2 points
 - o they may choose to be promoted
 - o they do not gain any additional points for finishing in the top 20% and they are not included in the calculations for the allocation of these points
 - o they will be deducted 1 point if they finish in the bottom 20%
- Once a competitor has reached a score of -2 points, they are required to be relegated – (FIG A and FIG B only). (Any competitor who believes they have a case not to be relegated should make a formal written application to the National Competition Working Party via email – tramp.comps@british-gymnastics.org)
- Newly promoted competitors will trial on a score of -1 points. This will be set to 0 if they avoid placing in the bottom 20% of their first competition. If they finish in the bottom 20% they will be relegated
- Newly relegated competitors will trial on a score of +1 points. This will be set do not place in the top 20% of their first competition. If they finish in the top 20% they may return to the higher level for the next competition
- Voluntary relegation is available to performers who no longer wish to compete at any given level. The performer will be relegated and start on 0 points

7.9 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