Version History

This booklet is an addendum to the rules. 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.

The National Trampoline Technical Committee reserves the right to make amendments to this Handbook. Every effort will be made to communicate and changes at least 12 weeks before the event to which they relate.

Notification of a change to the handbook will be communicated through the BG website and an updated version will be made available to download at the time of change.

All versions will be listed on this page, with reference to amendments made;

**Version 1.0 – December 2012**
Original – Effective from 1st January
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Provision of Events
National Trampoline Technical Committee 2013

Members

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Martin Laws  tramp.chair@british-gymnastics.org

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World Class Liaison  
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Andrew Wood  andrew.wood@british-gymnastics.org

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Elizabeth Scales  tramp.coaching@british-gymnastics.org

Please note that these are the current Committee Members until 31 March 2013. An update will be issued with any changes for the Committee appointed from 1 April through to the end of the cycle.

National Trampoline Competitions Committee 2013

Chair (NCO)  
Andrew Wood (07772 917056) andrew.wood@british-gymnastics.org

Secretary/ Events (Tech Team)  
Emma Armitage  tramp.secretary@british-gymnastics.org

Returns/Handbook/Technical (TRA)  
Carol Hardman  tramp.sent@british-gymnastics.org

Technical (Disabilities)  
Paul Coates  tramp.disabilities@british-gymnastics.org

Scores Coordinator  
Andrew Wood  tramp.scores@british-gymnastics.org

Nationals/ Events (Tech Team)  
Jayne Armitage  tramp.nationals@british-gymnastics.org

Technical (DMT)  
Wayne Smith

Technical (TUM)  
Shane Robinson

Events (Tech Team)  
Arthur Hockenhull

Events (Tech Team)  
Michael Yeates

Data  
Sam Stone

British Gymnastics Contact Information

Events Department  0845 1297129 ext. 2396  events@british-gymnastics.org

Coach Education  0845 1297129 ext. 2392  coaching@british-gymnastics.org

Member Services  0845 1297129 ext. 2395  membership@british-gymnastics.org

Ethics & Welfare  0845 1297129 ext. 2347  ethics@british-gymnastics.org
## Trampolining Competition Calendar 2013

<table>
<thead>
<tr>
<th>Event &amp; Closing Date</th>
<th>Date</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>South East Gala (08/01/2013)</td>
<td>26th &amp; 27th January</td>
<td>Medway Park, Gillingham</td>
</tr>
<tr>
<td>Disability Qualifier (04/01/2013)</td>
<td>2nd February</td>
<td>Harlington Sports Centre</td>
</tr>
<tr>
<td>South West Gala (1) (05/02/2013)</td>
<td>16th &amp; 17th February</td>
<td>Bath University</td>
</tr>
<tr>
<td>Disability Qualifier (01/02/2013)</td>
<td>2nd March</td>
<td>Shelfields Community Academy</td>
</tr>
<tr>
<td>Yorkshire Gala (12/03/2013)</td>
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<td>Sports Arena, Hull</td>
</tr>
<tr>
<td>Wales Gala (02/04/2013)</td>
<td>13th &amp; 14th April</td>
<td>Welsh IoS, Cardiff</td>
</tr>
<tr>
<td>South West Gala (2) (23/04/2013)</td>
<td>11th &amp; 12th May</td>
<td>Bath University</td>
</tr>
<tr>
<td>North Gala (21/05/2013)</td>
<td>1st &amp; 2nd June</td>
<td>South Shields, Newcastle</td>
</tr>
<tr>
<td>British Championships (04/06/2013)</td>
<td>6th &amp; 7th July</td>
<td>LG Arena, Birmingham</td>
</tr>
</tbody>
</table>

### Order of Performance

The order of competing for individual events and team events shall be decided according to the competition arrangements made by the organisers or such officials as may be authorised by the Technical Committee. For the purpose of maintaining a smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the TC reserve the right to alter the grouping of gymnasts and/or running order of performances as may be deemed necessary by the organiser or authorised officials.

Wherever practical the Competition Organiser shall produce and circulate to all participating clubs a start list/timetable and officials for an event at least 1 week before the day thereof.

### Publication of Results

Following the completion of a competition the Competition Organiser shall produce and forward to the BG events department a complete table of results, for publication on the British Gymnastics website.

In order for entries to be submitted for the next event, results will published within 24 hours of an event finishing.
Definition of Terms

- **BG** means British Gymnastics
- **Technical Committee (TC)** means the National Trampoline Technical Committee (NTTC) of British Gymnastics and/or any Technical Committees appointed from time to time acting with the appropriate delegated authority.
- **Organisers** means the National Competition Organiser (NCO) who is authorised by, or on behalf of, British Gymnastics.
- **FIG** means Federation International de Gymnastique.
- **Code** means the Code of Points used for the competition, from which all technical information and regulations are taken.
- **Championships** means any British Championship organised by or on behalf of British Gymnastics.
- **Event** means any National competition other than Championships organised by or on behalf of British Gymnastics.
- **TRA** is the FIG notation for Trampoline.
- **TRI** is the FIG notation for Individual Trampoline.
- **TRS** is the FIG notation for Synchronised Trampoline.
- **DMT** is the FIG notation for Double Mini Trampoline.
- **TUM** is the FIG notation for Tumbling.
- **ToF** means Time of Flight.
- **TMD** means Time of Flight Measuring Device.
- **Any supplementary instruction or rules** issued from time to time by or on behalf of British Gymnastics in connection with any particular event shall have the same force as though they were included in the regulations.
- **Where no specific point is addressed** in the regulations the current FIG rules apply.
- 📖 is a download hyperlink to official policy statements.

The Technical Committee and its appointed officials reserve the right to define any regulation conflict as is deemed appropriate to ensure a fair and equitable competition.
Eligibility

Membership

All persons in attendance at BG events are required to hold current BG membership in line with the level of competition entered and awards held:

- Gymnasts must be Silver, Gold, Joint Gold, or Life Members of BG in order to enter a BG competition.
- Supervising Coaches must be Gold, Joint Gold or Life Members of BG and qualified to the level of the moves being performed before being allowed to participate in a BG competition.
- Assisting Coaches must be Silver (if Level 1), Gold, Joint Gold or Life Members of BG before being allowed to participate in a BG competition.
- Judges must be Silver, Gold, Joint Gold or Life Members of BG before being allowed to officiate at a BG competition.

For further information on membership levels please visit the British Gymnastics website.

Coaches, Judges and Gymnasts should carry current membership cards to all competitions and be prepared for these to be checked by the Organiser or their appointed officials.

All competing clubs must be registered with BG and correctly affiliated to their region. Please ensure contact details are kept up to date so that supplementary competition information can be forwarded correctly.

Coach Qualifications

When submitting entries for a BG event, clubs must ensure that the coaches attending to the participants are qualified to the level of the participant’s performance. The practice of supervising participants working above the level of the coach’s qualification cannot be condoned.

The caveat that permits coaches to practice one level above their coaching qualification in the coaching syllabus refers to a training environment only and is not permitted at BG events. Its purpose is to enable coaches to practice within the post course guided learning environment following attendance at a course and in preparation for the examination, under the supervision of a BG mentor coach.

Coaches have a duty of care towards their performers and have responsibility to ensure that they are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically and psychologically, for the event.

Only nominated coaches will be allowed in the competition arena at any time. Level 1 coaches are permitted to attend events, but not in an active coaching role.

If it is found that a club is in breach of these policies BG reserves the right to reject an entry on the grounds of gymnast safety or, if discovered post performance, to disqualify the competitor and remove their score from the official results.

Safeguarding

All Coaches and Judges are required to hold a current BG specific CRB certificate, or Home Nation equivalent, and have current Safeguarding & Protecting Children Awareness training. Coaches and Judges who do not fulfil this requirement will not be accredited for or allowed to participate at BG events.

All Gymnasts must have an accredited coach present on the competition floor at all times. If a Gymnast attends a competition without a coach they will not be allowed to compete.
Overnight Stays

Government legislation requires that when a club takes a gymnast(s) under the age of 18 years on a journey involving an overnight stay, the club must ensure that there is a designated trained person responsible for child protection on the trip. To adhere to the CPSU child protection standards this person must not be related to or in a relationship with the coach attending the trip.

The training for the designated person should be BG recognised Safeguarding and Protecting Children Awareness training or Home Country equivalent.

To enable you to have adequate insurance cover when taking gymnasts to an event (home/abroad), BG is obliged to approve your arrangements. Please complete the relevant forms which can be found on the BG website.

Please note that the BG Membership Insurance does not cover Travel or Emergency Medical Expenses, we therefore recommend that where necessary you take out additional Travel Insurance.

Age Policy

Gymnasts’ ages for the purpose of entry to all age dependent categories will be taken as the age reached in the year of the competition. The minimum age for entry to National BG events is 9 in the year of competition. To view the complete BG age policy visit the British Gymnastics website.

Nationality

Competitions are open to British Citizens who must be members of BG. Foreign Nationals may be included in team competitions providing they are members of BG and are members of a BG registered club, which they have represented for at least one year before the date of the competition. They will be expected to be resident in Great Britain during that year of registration.

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.

Gymnasts holding a FIG license of a country other than GBR are not considered eligible for a British Championships. Gymnasts who have dual nationality and who have competed as a senior for any other FIG registered country can only compete as a guest.

Foreign teams or individuals may enter BG competitions as ‘Guests’ at the discretion of the Technical Committee, provided they are members of their own Association and provide evidence of valid insurance.

Foreign teams or individuals entering a competition as ‘Guests’ will be required to pay the competition entry fee but will not be formally placed in the results.

Disability

Disability competitions are designed to provide events for people whose disability or impairment restricts their mainstream competitive opportunities.

The Disability TC have agreed that, a gymnast competing as an individual or team member in mainstream Trampoline competition, at or above Regional D, will be ineligible to enter Disability competitions.

As part of the development of Disability Gymnastics, British Gymnastics has produced its own sport specific Disability Gymnastics Classification Certificate. The classification certificate is contained in a pack which also clearly defines the eligible impairments for Disability Gymnastics Competition.

From the 1st April 2013 Gymnasts will be required to provide proof of Disability at least six weeks before the event. Please complete and return the Disability Gymnastics Classification Certificate by following the instructions in the Medical Classification Pack.

NB: Although there are 44 different eligible classifications (Profile groups) in the Classification pack, this does not mean that there are 44 different competition categories for disability gymnastics competition. In 2013, Disability Gymnastics competition will have 2 competition categories (Category 1; Learning Disability & Category 2; Physical Disability). However, as competitor numbers grow, the introduction of the Classification Certificate system will allow British Gymnastics the flexibility to increase the number of competition categories whilst ensuring that competition remains fair.


**Competition Entries**

**Entry Process**

Entry to all National BG events are online only. Complete instructions for adding an entry via the BGymNet Online Entry Portal are available to download from the BG website.

There will be competitions for both genders in each age group;

- TRI FIG A 15+
- TRI FIG B U17 (15-16yrs)
- TRI FIG B U15 (13-14yrs)
- TRI FIG B U13 (9-12yrs)
- TRI NAT C U19 (17-18yrs)
- TRI NAT C U17 (15-16yrs)
- TRI NAT C U15 (13-14yrs)
- TRI NAT C U13 (9-12yrs)
- SYN 19+
- SYN U19 (13-18yrs)
- SYN U15 (9-14yrs)
- DMT FIG A 15+
- DMT FIG B 15+
- DMT FIG B U15 (9-14yrs)
- DMT NAT C 19+
- DMT NAT C U19 (15-18yrs)
- DMT NAT C U17 (15-16yrs)
- DMT NAT C U15 (13-14yrs)
- DMT NAT C U13 (9-12yrs)
- Disability Trampoline NAT A Category 1 (no age group)
- Disability Trampoline NAT A Category 2 (no age group)

Please note that if you have a TRS entry involving a gymnast from another club you, will also need to input their BG number when adding your gymnast to the entry, please ensure you have this to hand when making your submission. Where TRS partners are from different age groups they must compete in the age group of the older partner (please note, minimum age is 13 years old for U19 category and 15 years old for 19+).

Competitors may only enter one category per discipline (TRI/TRS/DMT/Disability) at any given event, i.e. a gymnast may compete at TRI, TRS and DMT at a gala, but not two separate partnerships for TRS.

All entries must be received electronically at BG by the closing date.

*In exceptional circumstances only* paper entry forms may be available from the BG Events Department. Only correctly completed entry forms will be accepted and must be submitted with the entry fee enclosed, no later than the published closing date.

**Methods of Payment**

Payment can be made by cheque, Debit Card, Credit Card or BACs payment and should be received by BG within 48 hours of the entry being submitted. Cheques should be made payable to ‘British Gymnastics’.

Entry fees are non-refundable after the closing date.

**Competitors Returning to Trampolining**

These rules apply only to competitors who have not competed since January 2009. Those who have competed in the current competition structure may return to competition at the level at which they last competed, but see below. *N.B. any caution or Promotion Offer from your last competition will still be in force*. Please apply to the Scores Coordinator if you want to check your level, or wish to re-enter at a lower level.

Anyone who last competed at Grade 3 or above must apply to the Scores Coordinator 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.

**Late Entries**

Request for late entry must be made in writing to the BG Events Department and will then be referred to the National Competition Organiser for consideration.

Should the entry be permitted it will only be accepted upon payment of three times the normal fee.

If the draw has already been made, late entries will be placed in a group at the discretion of the Competition Organiser.

**Withdrawals and Substitutions**

Amendments to an entry before the closing date will not incur a penalty and in the case of withdrawals, the entry fee will be refunded. Withdrawals or requests for changes after the closing date should be made in writing to the BG events department. Requested changes may incur a fee or be refused. Entry fees are non-refundable after the closing date.

**Change of Club**

Any change of club must be notified to BG and the Scores Coordinator before entering any competitions or the entry/qualifications gained will be invalid. If a performer transfers clubs after an entry has been made 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 at least 7 days prior to the competition.

**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 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 British Gymnastics and sent to the Judging Events Coordinator.

**BG, acting through the Board or its Committees, reserves the right to refuse any entry and disqualify a competitor at any time, if they do not comply with BG regulations.**
General Regulations
**Entry to the Venue**

All competitors, nominated reserves, nominated coaches and nominated officials will be allowed free entry to the competition venue on the day in which they are competing.

**Registration**

For gala events clubs are not required to sign in but 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 coaches nominated on the entry form are considered to have total responsibility for their club’s performers.

**Difficulty Cards**

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

All difficulty cards should be completed in English or FIG notation. Where the card should be marked with asterisks 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 difficult mark should be identified before the card can be accepted. All cards must be signed by a suitably qualified coach in order to be valid, this coach must be in attendance during the performance.

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.

Please see page 48 for the elements which need to be marked.

All difficulty cards will be required to be submitted prior to the British Championships. This date will be provided by the NCO in advanced of the championships.

**Competition Attire**

Dress is in accordance with the current FIG and National regulations for male/female competitors except;

**Trampoline Gymnasts**

- Female - Long tights may be worn either flesh colour or same colour as leotard (must be skin tight).
- TRS pairs must wear matching clothing including sleeve length, trouser colour and socks where appropriate.

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

**DMT Gymnasts**

- 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

**Coaches**

- Coaches should dress appropriately in tracksuit/shorts with tracksuit top/t-shirt and training shoes.
Judges & Officials

- Judges should wear navy blazer, white shirt or blouse, tie for men, navy trousers or skirt (ladies) and flat black shoes.
- Warm up and competition marshals should wear tracksuit/shorts and t-shirt with training shoes.
- Recorders should wear white top, blue trousers/skirt and navy jacket or fleece.

In addition;

- Jewellery, body piercing and similar adornments are not allowed. Coaches will not be allowed on the competition floor if wearing jewellery (ear studs are permitted and wedding rings may be taped over). Exceptions as per BG Body Piercing and Adornments policy.
- Chewing gum is not allowed at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.
- For presentations, gymnasts and coaches must be in competition clothing. Gymnasts who do not comply will not be allowed to attend the presentation ceremony or receive their award.

*The wearing of GBR attire at BG events is strictly forbidden. However, where individuals or partnerships have been selected for GBR and awarded their colours (GBR flag), this may be worn on the gymnast’s leotard at domestic events provided it conforms with FIG attire regulations.*

Requests can be made to adopt reasonable clothing modifications at any BG competition on religious grounds only. All requests must be on the official BG Clothing Modification Request Form and submitted with the competition entry at least four weeks before the competition closing date, to allow sufficient time for full consideration of the application and any possible health and safety implications.

Competition Apparatus

FIG approved Eurotramp trampolines with 4x4mm webbed beds will be used for all National Galas and British Championships.

FIG approved Eurotramp Double Mini Trampolines with 13mm webbed beds will be used for all National Galas and British Championships. Please note the NTTC plan to adopt the new 6mm DMT as early as 2014.

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

Medical Provision

Anyone requiring First Aid assistance should speak to either the Competition Steward or the Organiser. It is recommended that all coaches have a First Aid kit with them for minor injuries. At all BG events an official medical team will be appointed and will be available to treat gymnasts who sustain an injury at the event.

Any injury occurring during the official training or competition must be reported to the medical team, even if they are treated by the gymnasts own physiotherapist, to ensure a record can be kept of treatment given and by whom.

The decision of the BG appointed medical officer as to the gymnast’s condition and ability to continue following an injury during warm up or competition at the event is absolute and final.

Welfare Officer

In accordance with BG regulations a Welfare Officer will be nominated for all Trampolining competitions. Their name and contact details will be displayed in the official programme. Alternatively the National Welfare Officer can be contact at tramps.welfare@british-gymnastics.org.
Provision of Officials

For all gala events and British Championships, entering clubs must supply enough officials to cover the total number of TRI, TRS and DMT entries. This requirement is discipline specific, i.e. if a club enters 3 DMT competitors a DMT judge should be nominated. The total number of officials required is calculated on the combined entry size of TRS, TRI and DMT entries. The online system will not allow an entry to be submitted without the correct number of judges and volunteer officials.

All officials must be nominated prior to the closing date and can only be changed in exceptional circumstances, correspondence explaining the situation must be sent to the BG Events department (events@british-gymnastics.org). The use of false names for volunteers (eg A N Other) is not permitted, these will be automatically deleted.

Officials include; competition marshals; computer operators; manual recorders; qualified judges. For National competitions judges should be County Judge level or above.

It is recommended that clubs who cannot provide the appropriate number of judges or officials contact their regional judging officer or other local club contacts in the first instance to try and locate other willing officials, or reduce their entry accordingly. The gala judging organiser cannot help in this regard, so please do not ask.

If any selected officials, included reserves, do not turn up for the competition the club will be asked to provide a suitable replacement. Failure to do so will result in that club being reduced to 'Guest' status for the competition. The Judging Events Coordinator has the discretion to commute this to a fine of £60.00 but this must be paid before any results are recognised or future entries accepted.

Officials must stay at the competition until the groups for which they have been appointed have concluded.

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

Medal Ceremonies

Gymnasts who win a medal at a BG event are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony in order to collect their award in person, anyone who does not attend without an ‘unavoidable’ reason for absence will not receive their award. *It is the club/competitors responsibility to check the results and be aware of when they need to assemble for presentation.*

Tenure of Trophies

All trophies remain the property of British Gymnastics.

Trophies other than perpetual trophies are the responsibility of the winning club or region. The club or region are responsible for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the event organiser prior to the competition the following year by either;

- Making arrangements for it to be delivered to the competition venue on the day (before the start of the competition).
- Returning it to the competition organiser at least one week prior to the competition.
- Returning it the BG offices at least one week prior to the competition.
Video, Film and Photography

Accredited photographers may be present at BG events and will be made know to the audience. BG may publish images. By entering and event, there is an acceptance that the participant may be photographed and the photograph may be published.

Any person wishing to use video, film or take photographs must abide by the BG Photography at Gymnastics Events policy. Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use, or publication in printed or electronic form, such as on websites. Clubs may publish some photos but this may only be done in accordance with British Gymnastics Child Protection Policy.

Flash may not be used at any time while gymnasts are warming up or competing.

If you have concerns about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to the BG appointed Welfare Officer at the event.

Complaints Procedure

Complaints about any aspect of the competition system must be raised, in writing, through a 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 at tramp.secretary@british-gymnastics.org. Complaints will be acknowledged within 14 days of receipt.
National

Competition Details
South East Gala

Date: Saturday 26th & Sunday 27th January 2013
Venue: Medway Park, Mill Road, Gillingham, Kent, ME7 1HF
Closing date: Noon Tuesday 8th January 2013
Entry Fee: £15.00 per gymnast. £30.00 per synchro pair
Code: British Gymnastics Code of Points
Eligibility: TRS competition pairings must consist of current (2012 or 2013) FIG A, FIG 19+, FIG B, National C or Regional D performers.
Contact: Andrew Wood

Competition Structure

- Age groups in both genders for TRI, SYN and DMT as detailed on page 11.
- For TRI - Time of Flight will be added to the scores of the FIG and National C categories.
- For TRS – Time of Flight Device will be used for the synchro score.
- For TRS the compulsory routine for both U15 and U19 age groups will follow the National C Compulsory requirements.
- For TRS the compulsory routine for the 19+ age group will follow the FIG A set requirements.
- Saturday Competition:
  1. TRI - FIG A, B & 19+
  2. DMT - NAT C
  3. SYN - U15, U19 & O19
- Sunday Competition:
  1. TRI - NAT C
  2. DMT - FIG A & B

Awards

Medals will be awarded to the top three competitors for each gender in each age category.
Disability South Qualifier

Date: Saturday 2nd February 2013

Venue: Harlington Sports Centre, Pinkwell Lane, Harlington, Middlesex, UB3 1PB

Closing date: Noon Friday 4th January 2013

Entry Fee: £15.00 per gymnast.

Code: British Gymnastics Code of Points

Eligibility: All competitors must have a Disability recognised by international Disability sport organisations. Gymnasts competing as an individual or team member in mainstream Trampoline competition, at or above Regional D, are ineligible to enter.

Contact: Andrew Wood

Competition Structure

Both genders shall compete separately at National 'A' in two competitions;

- Category 1 = Learning Disability
- Category 2 = Physical or Sensory Disability

Awards

Medals will be awarded to the top three competitors for each gender in each category.
South West Gala (1)

Date: Saturday 16th & Sunday 17th February 2013

Venue: Bath University Sports Training Village, Claverton Down, Bath, BA2 7AY

Closing date: Noon Tuesday 5th February 2013

Entry Fee: £15.00 per gymnast. £30.00 per synchro pair

Code: British Gymnastics Code of Points

Eligibility: For TRS competitions pairings must consist of current (2012 or 2013) FIG A, FIG 19+, FIG B, National C or Regional D performers.

Contact: Andrew Wood

Competition Structure

- Age groups in both genders for TRI, SYN and DMT as detailed on page 11.
- For TRI – Time of Flight will be added to the scores of the FIG and National C categories.
- For TRS – Time of Flight Device will be used for the synchro score.
- For TRS the compulsory routine for both U15 and U19 age groups will follow the National C Compulsory requirements.
- For TRS the compulsory routine for the 19+ age group will follow the FIG A set requirements.
- Saturday Competition:
  4. TRI - FIG A, B & 19+
  5. DMT - NAT C
  6. SYN - U15, U19 & O19
- Sunday Competition:
  3. TRI - NAT C
  4. DMT - FIG A & B

Awards

Medals will be awarded to the top three competitors for each gender in each age category.
Disability Midlands Qualifier

Date:  Saturday 2\textsuperscript{nd} March 2013
Venue:  Shelfields Community Academy, Broad Way, Pelsall, Walsall, WS4 1BW
Closing date:  Noon Friday 1\textsuperscript{st} February 2013
Entry Fee:  £15.00 per gymnast.
Code:  British Gymnastics Code of Points

Eligibility:  All competitors must have a Disability recognised by international Disability sport organisations. Gymnasts competing as an individual or team member in mainstream Trampoline competition, at or above Regional D, are ineligible to enter.

Contact:  Andrew Wood

Competition Structure

Both genders shall compete separately at National 'A' in two competitions;

- Category 1 = Learning Disability
- Category 2 = Physical or Sensory Disability

Awards

Medals will be awarded to the top three competitors for each gender in each category.
Yorkshire Gala

Date: Saturday 30th & Sunday 31st March 2013

Venue: Sports Arena, Walton Street, Hull, North Humberside, HU3 6HU

Closing date: Noon Tuesday 12th March 2013

Entry Fee: £15.00 per gymnast. £30.00 per synchro pair

Code: British Gymnastics Code of Points

Eligibility: For TRS competitions pairings must consist of current (2012 or 2013) FIG A, FIG 19+, FIG B, National C or Regional D performers.

Contact: Andrew Wood

Competition Structure

- Age groups in both genders for TRI, SYN and DMT as detailed on page 11.
- For TRI - Time of Flight will be added to the scores of the FIG and National C categories.
- For TRS – Time of Flight Device will be used for the synchro score.
- For TRS the compulsory routine for both U15 and U19 age groups will follow the National C Compulsory requirements.
- For TRS the compulsory routine for the 19+ age group will follow the FIG A set requirements.

Saturday Competition:
7. TRI – FIG A, B & 19+
8. DMT – NAT C
9. SYN – U15, U19 & O19

Sunday Competition:
5. TRI – NAT C
6. DMT – FIG A & B

Awards

Medals will be awarded to the top three competitors for each gender in each age category.
Wales Gala

Date: Saturday 13th & Sunday 14th April 2013

Venue: Welsh Institute of Sport, Sophia Gardens, Cardiff, South Glamorgan, CF11 9SW

Closing date: Noon Tuesday 2nd April 2013

Entry Fee: £15.00 per gymnast. £30.00 per synchro pair.

Code: British Gymnastics Code of Points

Eligibility: For TRS competitions pairings must consist of current (2012 or 2013) FIG A, FIG 19+, FIG B, National C or Regional D performers.

Contact: Andrew Wood

Competition Structure

- Age groups in both genders for TRI, SYN and DMT as detailed on page 11.
- For TRI - Time of Flight will be added to the scores of the FIG and National C categories.
- For TRS – Time of Flight Device will be used for the synchro score.
- For TRS the compulsory routine for both U15 and U19 age groups will follow the National C Compulsory requirements.
- For TRS the compulsory routine for the 19+ age group will follow the FIG A set requirements.
- Saturday Competition:
  10. TRI - FIG A, B & 19+
  11. DMT - NAT C
  12. SYN - U15, U19 & O19
- Sunday Competition:
  7. TRI - NAT C
  8. DMT - FIG A & B

Awards

Medals will be awarded to the top three competitors for each gender in each age category.
South West Gala (2)

Date: Saturday 11th & Sunday 12th May 2013

Venue: Bath University Sports Training Village, Claverton Down, Bath, BA2 7AY

Closing date: Noon Tuesday 23rd April 2013

Entry Fee: £15.00 per gymnast. £30.00 per synchro pair

Code: British Gymnastics Code of Points

Eligibility: For TRS competitions pairings must consist of current (2012 or 2013) FIG A, FIG 19+, FIG B, National C or Regional D performers.

Contact: Andrew Wood

Competition Structure

- Age groups/categories in both genders for TRI, SYN, DMT and Disability Trampoline as detailed on page 11.
- This event is one of the two compulsory qualifiers for the Disability Trampoline 2014 British Squad.
- For TRI - Time of Flight will be added to the scores of the FIG and National C categories.
- For TRS – Time of Flight Device will be used for the synchro score.
- For TRS the compulsory routine for both U15 and U19 age groups will follow the National C Compulsory requirements.
- For TRS the compulsory routine for the 19+ age group will follow the FIG A set requirements.
- Saturday Competition:
  13. TRI – FIG A, B & 19+
  14. DMT - NAT C
  15. SYN - U15, U19 & O19
- Sunday Competition:
  9. TRI - NAT C
  10. DMT - FIG A & B
  11. Category 1 = Learning Disability
  12. Category 2 = Physical or Sensory Disability

Awards

Medals will be awarded to the top three competitors for each gender in each age category.
North Gala

Date: Saturday 1st & Sunday 2nd June 2013

Venue: Temple Park Leisure Centre, John Reid Road, South Shields, Tyne & Wear, NE34 8QN

Closing date: Noon Tuesday 21st May 2013

Entry Fee: £15.00 per gymnast. £30.00 per synchro pair

Code: British Gymnastics Code of Points

Eligibility: For TRS competitions pairings must consist of current (2012 or 2013) FIG A, FIG 19+, FIG B, National C or Regional D performers.

Contact: Andrew Wood

Competition Structure

- Age groups/categories in both genders for TRI, SYN, DMT and Disability Trampoline as detailed on page 11.
- This event is one of the two compulsory qualifiers for the Disability Trampoline 2014 British Squad.
- For TRI - Time of Flight will be added to the scores of the FIG and National C categories.
- For TRS – Time of Flight Device will be used for the synchro score.
- For TRS the compulsory routine for both U15 and U19 age groups will follow the National C Compulsory requirements.
- For TRS the compulsory routine for the 19+ age group will follow the FIG A set requirements.
- Saturday Competition:
  16. TRI - FIG A, B & 19+
  17. DMT - NAT C
  18. SYN - U15, U19 & O19
- Sunday Competition:
  13. TRI - NAT C
  14. DMT - FIG A & B
  15. Category 1 = Learning Disability
  16. Category 2 = Physical or Sensory Disability

Awards

Medals will be awarded to the top three competitors for each gender in each age category.
British Championships

Date: Saturday 6th & Sunday 7th July 2013

Venue: LG Arena, National Exhibition Centre, Birmingham, B40 1NT

Closing date: Noon Tuesday 4th June 2013

Entry Fee: £25.00 per gymnast for TRI, DMT & Disability Trampoline.
£15.00 per gymnast for TRS.

Code: British Gymnastics Code of Points

Contact: Andrew Wood

Eligibility:

- Qualifying scores must be attained for TRI and DMT competitors.
- The top 8 ranked Disability performers and the top 8 ranked TRS pairings will be invited by the Technical Committee to compete at the British Championships.
- For TRS invitation will be for the named pair only, no substitutions will be allowed.

Competition Structure

- Age groups/categories in both genders for TRI, SYN, DMT and Disability Trampoline as detailed on page 11.
- For TRI - Time of Flight will be added to the scores of the FIG and National C categories.
- For TRS – Time of Flight Device will be used for the synchrno score.
- TRS will consist of a single voluntary routine.
- For TRS the compulsory routine for both U15 and U19 age groups will follow the National C Compulsory requirements.
- For TRS the compulsory routine for the 19+ age group will follow the FIG A set requirements.

Awards

- Medals will be awarded to the top three competitors for each gender in each age group/category.
- A certificate and/or commemorative award will be given to each competitor in recognition of their achievement in qualifying for the British Championships.
Discipline Specific Technical Information
Trampolining for People with Disabilities (TPD)
Competition Structure 2013

To run from January 2013 to end of December 2013

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

All competitors must have a Disability recognised by international Disability sport organisations. Disabilities definitions are laid down by BG, follow the World Heath Organisation and will be adhered to.

- Category 1 = Learning Disability
- Category 2 = Physical or Sensory Disability

Each category will be competing separately.

British Championships

The British Disability Trampoline Championships will be held alongside the British Trampoline Championships. The event will consist of a single voluntary routine. The starting order will be determined using the ranking system.

The top 8 high scorers throughout the full season from each category and each gender group will be invited to the Disability Trampoline British Championships. Qualifying rounds will be throughout the year.

<table>
<thead>
<tr>
<th>Place</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>10</td>
</tr>
<tr>
<td>2nd</td>
<td>8</td>
</tr>
<tr>
<td>3rd</td>
<td>6</td>
</tr>
<tr>
<td>4th</td>
<td>5</td>
</tr>
<tr>
<td>5th</td>
<td>4</td>
</tr>
<tr>
<td>6th</td>
<td>3</td>
</tr>
<tr>
<td>7th</td>
<td>2</td>
</tr>
<tr>
<td>8th</td>
<td>1</td>
</tr>
</tbody>
</table>

Tie Breaker

Ranking from the National Championships will be based on the best three results out of the four qualifying competitions during 2013. If a person does not compete at three competitions a zero score will be entered into the missing competitions.

If there is a tie in points the following rules will be used on the three qualifying sets of points in the following order. Only full 10 bounce routines will be counted.

1. The best two sets of points
2. The best set of points
3. The highest two round scores
4. The highest placing relative to the group size

One person will be nominated as a reserve for each group.

Grading

- Regional ‘C’ to Regional ‘B’ is optional.
- Regional ‘B’ to National ‘A’ is optional.
- National Disability ‘A’; Competitors will be ranked at Disability TPD specific National qualifying competitions to gain places at the National Finals, top eight in each gender group and category.
- Squads can also be selected from the rankings.
**Routines**

<table>
<thead>
<tr>
<th>DISABILITY Regional “C”</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Compulsory routine</strong></td>
</tr>
<tr>
<td>• 5 Contact routine</td>
</tr>
<tr>
<td>• All moves in the 1 – 15 star award will be accepted except the quarter turn</td>
</tr>
<tr>
<td>Moves and shapes cannot be repeated</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DISABILITY Regional “B”</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Compulsory routine</strong></td>
</tr>
<tr>
<td>• 10 Contact routine</td>
</tr>
<tr>
<td>• All moves in the 1 – 15 star award will be accepted except the quarter turn</td>
</tr>
<tr>
<td>Moves and shapes cannot be repeated</td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DISABILITY National “A”</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Compulsory routine</strong></td>
</tr>
<tr>
<td>• 10 Contact Routine to include</td>
</tr>
<tr>
<td>• 360 Degree Twist</td>
</tr>
<tr>
<td>• Two separate body landings, both with 180 degree twist into or out of the move</td>
</tr>
<tr>
<td>• Moves and shapes CANNOT be repeated</td>
</tr>
<tr>
<td><strong>ONLY MOVES FROM 6 STAR AWARDS AND ABOVE WILL BE PERMITTED.</strong></td>
</tr>
</tbody>
</table>

The Hands and Knees to Front Landing will be accepted in DISABILITY Regional “C” & “B”, however, this must be the first move and must start from Hands & Knees for safety reasons.

Disability National “A” – Swivel Hips, ½ twist to feet will only count as one body landing!

**Disability Trampoline British Squad Qualifying Events**

There will be two qualifying competitions in 2013, both competitions must be entered to have scores counted towards qualification for the 2014 British Squad;

Sunday 12th May – Bath University Sports Training Village, Claverton Down, Bath, BA2 7AY.
Sunday 2nd June – Temple Park Leisure Centre, John Reid Road, South Shields, Tyne & Wear, NE34 8QN

- The overall score from both the set and voluntary routines will be added together over the two competitions.
- The scores from BOTH competitions will be added together. Both competitions must be competed at for the scores to count.
- The top 20 combined scores from the two competitions will be invited to a final selection.
- Squad positions to run from January 1st to December 31st each year.
Individual Trampoline/DMT Generic Rules

Promotion and Relegation Regional D and above.

For TRI and DMT categories rolling promotion and relegation will be in effect however, there is no compulsion to move to a higher level. 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/passes in order to receive a promotion offer. Promotions will be offered to performers who either gain a promotion score or gain the percentage score and finish in the top 20% of the group.

Please see Pages 34 for TRI promotion offer scores

Please see Pages 40 for DMT promotion offer scores

Promotion offers are only valid for the performer’s next competition. If a performer competes again at the same level the offer is rescinded.

From FIG A to National C, a caution will be issued to anyone who finishes in the bottom 20% and below the minimum score. If the performer then finishes outside of the relegation zone in the next gala, or has been granted immunity, the status is reset to zero. Two consecutive cautions will result in relegation to the next lower level, (‘consecutive’ refers to a performers competition entries).

No cautions will be issued if the group is 12 competitors or less, with the exception of competitors who perform two incomplete routines in the preliminary rounds, this will result in a caution being issued regardless of group size.

There is no Relegation from Regional D.

Any FIG performer who finished in the top 8 at the 2012 British Championships is immune from relegation in 2013 at that level, however they still need to qualify for the 2013 Championships.

Any performer who qualifies for the 2013 British Championships is immune from relegation for that level. Please see page 35 (for TRI) and page 41 (for DMT) accordingly for British Championships qualification scores.
Individual Trampoline

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 details of all routines please see Page 48

Categories

Age Groups

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

FIG O19 will consist of one age group for each gender, namely FIG O19.

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, G, H or I you must be a minimum of 6 years of age in the year of competition and hold a minimum of current BG non-competitive membership (Bronze).

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

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

Time of flight score will be added to competitors in the FIG and National C categories. Should TMD or ToF judge fail to work for any reason please refer to page 50 for ‘ToF Back Up Protocols’.

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 Page 34. 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.

Promotion and Relegation Regional D and above.

Please refer to page 31 for Promotion and Relegation rules for trampoline.
## Promotional Offer Trampoline Scores

### FIG O19

<table>
<thead>
<tr>
<th>Age Group</th>
<th>With ToF</th>
<th>Without</th>
<th>% With ToF</th>
<th>% Without</th>
</tr>
</thead>
<tbody>
<tr>
<td>O19M</td>
<td>88.5</td>
<td>58.0</td>
<td>86.5</td>
<td>56.0</td>
</tr>
<tr>
<td>O19L</td>
<td>86.5</td>
<td>58.0</td>
<td>84.5</td>
<td>56.0</td>
</tr>
</tbody>
</table>

### FIG B

<table>
<thead>
<tr>
<th>Age Group</th>
<th>With ToF</th>
<th>Without</th>
<th>% With ToF</th>
<th>% Without</th>
</tr>
</thead>
<tbody>
<tr>
<td>U19M</td>
<td>87.5</td>
<td>56.0</td>
<td>85.5</td>
<td>54.0</td>
</tr>
<tr>
<td>U19L</td>
<td>85.5</td>
<td>56.0</td>
<td>83.5</td>
<td>54.0</td>
</tr>
<tr>
<td>U17B</td>
<td>85.0</td>
<td>56.0</td>
<td>83.0</td>
<td>54.0</td>
</tr>
<tr>
<td>U17G</td>
<td>84.0</td>
<td>56.0</td>
<td>81.5</td>
<td>54.0</td>
</tr>
</tbody>
</table>

### National C

<table>
<thead>
<tr>
<th>Age Group</th>
<th>With ToF</th>
<th>Without</th>
<th>% With ToF</th>
<th>% Without</th>
</tr>
</thead>
<tbody>
<tr>
<td>O19M</td>
<td>83.4</td>
<td>53.0</td>
<td>81.4</td>
<td>51.0</td>
</tr>
<tr>
<td>O19L</td>
<td>81.4</td>
<td>53.0</td>
<td>79.4</td>
<td>51.0</td>
</tr>
<tr>
<td>U19M</td>
<td>83.0</td>
<td>53.0</td>
<td>81.0</td>
<td>51.0</td>
</tr>
<tr>
<td>U19L</td>
<td>81.4</td>
<td>53.0</td>
<td>79.4</td>
<td>51.0</td>
</tr>
<tr>
<td>U17B</td>
<td>83.0</td>
<td>53.0</td>
<td>81.0</td>
<td>51.0</td>
</tr>
<tr>
<td>U17G</td>
<td>81.4</td>
<td>53.0</td>
<td>79.4</td>
<td>51.0</td>
</tr>
<tr>
<td>U15B</td>
<td>81.0</td>
<td>53.0</td>
<td>79.0</td>
<td>51.0</td>
</tr>
<tr>
<td>U15G</td>
<td>81.0</td>
<td>53.0</td>
<td>79.0</td>
<td>51.0</td>
</tr>
<tr>
<td>U13B</td>
<td>79.0</td>
<td>53.0</td>
<td>77.0</td>
<td>51.0</td>
</tr>
<tr>
<td>U13G</td>
<td>79.0</td>
<td>53.0</td>
<td>77.0</td>
<td>51.0</td>
</tr>
</tbody>
</table>

### Regional D

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Without</th>
<th>% Without</th>
</tr>
</thead>
<tbody>
<tr>
<td>All age groups</td>
<td>51.0</td>
<td>49.0</td>
</tr>
</tbody>
</table>

### Assessment Levels

<table>
<thead>
<tr>
<th>Group</th>
<th>Q Score</th>
<th>LF Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assessment E</td>
<td>49.5</td>
<td></td>
</tr>
<tr>
<td>Assessment F</td>
<td>47.5</td>
<td>50.5</td>
</tr>
<tr>
<td>Assessment G</td>
<td>45.0</td>
<td>48.5</td>
</tr>
</tbody>
</table>
### British Championships Trampoline Qualification Scores

#### FIG A

<table>
<thead>
<tr>
<th>Age Group</th>
<th>With ToF</th>
<th>% With ToF</th>
</tr>
</thead>
<tbody>
<tr>
<td>O15M</td>
<td>90.0</td>
<td>88.0</td>
</tr>
<tr>
<td>O15L</td>
<td>88.0</td>
<td>86.0</td>
</tr>
</tbody>
</table>

#### FIG O19

<table>
<thead>
<tr>
<th>Age Group</th>
<th>With ToF</th>
<th>Without</th>
<th>% With ToF</th>
<th>% Without</th>
</tr>
</thead>
<tbody>
<tr>
<td>O19M</td>
<td>85.5</td>
<td>55.0</td>
<td>83.5</td>
<td>53.0</td>
</tr>
<tr>
<td>O19L</td>
<td>83.5</td>
<td>55.0</td>
<td>81.5</td>
<td>53.0</td>
</tr>
</tbody>
</table>

#### FIG B

<table>
<thead>
<tr>
<th>Age Group</th>
<th>With ToF</th>
<th>Without</th>
<th>% With ToF</th>
<th>% Without</th>
</tr>
</thead>
<tbody>
<tr>
<td>U19M</td>
<td>84.5</td>
<td>53.0</td>
<td>82.5</td>
<td>51.0</td>
</tr>
<tr>
<td>U19L</td>
<td>82.5</td>
<td>53.0</td>
<td>80.5</td>
<td>51.0</td>
</tr>
<tr>
<td>U17B</td>
<td>82.0</td>
<td>53.0</td>
<td>80.0</td>
<td>51.0</td>
</tr>
<tr>
<td>U17G</td>
<td>81.0</td>
<td>53.0</td>
<td>79.0</td>
<td>51.0</td>
</tr>
<tr>
<td>U15B</td>
<td>79.5</td>
<td>53.0</td>
<td>78.0</td>
<td>51.0</td>
</tr>
<tr>
<td>U15G</td>
<td>78.5</td>
<td>53.0</td>
<td>76.5</td>
<td>51.0</td>
</tr>
<tr>
<td>U13B</td>
<td>77.5</td>
<td>53.0</td>
<td>75.5</td>
<td>51.0</td>
</tr>
<tr>
<td>U13G</td>
<td>77.5</td>
<td>53.0</td>
<td>75.5</td>
<td>51.0</td>
</tr>
</tbody>
</table>

#### National C

<table>
<thead>
<tr>
<th>Age Group</th>
<th>With ToF</th>
<th>Without</th>
<th>% With ToF</th>
<th>% Without</th>
</tr>
</thead>
<tbody>
<tr>
<td>O19M</td>
<td>82.4</td>
<td>52.0</td>
<td>80.4</td>
<td>50.0</td>
</tr>
<tr>
<td>O19L</td>
<td>80.4</td>
<td>52.0</td>
<td>78.4</td>
<td>50.0</td>
</tr>
<tr>
<td>U19M</td>
<td>82.0</td>
<td>52.0</td>
<td>80.0</td>
<td>50.0</td>
</tr>
<tr>
<td>U19L</td>
<td>80.4</td>
<td>52.0</td>
<td>78.4</td>
<td>50.0</td>
</tr>
<tr>
<td>U17B</td>
<td>82.0</td>
<td>52.0</td>
<td>80.0</td>
<td>50.0</td>
</tr>
<tr>
<td>U17G</td>
<td>80.4</td>
<td>52.0</td>
<td>78.4</td>
<td>50.0</td>
</tr>
<tr>
<td>U15B</td>
<td>80.0</td>
<td>52.0</td>
<td>78.0</td>
<td>50.0</td>
</tr>
<tr>
<td>U15G</td>
<td>80.0</td>
<td>52.0</td>
<td>78.0</td>
<td>50.0</td>
</tr>
<tr>
<td>U13B</td>
<td>78.0</td>
<td>52.0</td>
<td>76.0</td>
<td>50.0</td>
</tr>
<tr>
<td>U13G</td>
<td>78.0</td>
<td>52.0</td>
<td>76.0</td>
<td>50.0</td>
</tr>
</tbody>
</table>
**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.
Synchronised Trampoline

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.

Rules

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.

U19/15 Set Requirements

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.

19+ Set Requirements

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.
Qualification for the Synchronised British Championships

Qualification 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. If a pair withdraws during the British Championships there will be no replacement. Ranking lists will be published on www.british-gymnastics.org after the relevant gala events.

The British Synchronised Trampoline Championships will be alongside the British Trampoline Championships. 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.

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

<table>
<thead>
<tr>
<th>Place</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Place</td>
<td>10 points</td>
</tr>
<tr>
<td>2nd Place</td>
<td>8 points</td>
</tr>
<tr>
<td>3rd Place</td>
<td>6 points</td>
</tr>
<tr>
<td>4th Place</td>
<td>5 points</td>
</tr>
<tr>
<td>5th Place</td>
<td>4 points</td>
</tr>
<tr>
<td>6th Place</td>
<td>3 points</td>
</tr>
<tr>
<td>7th Place</td>
<td>2 points</td>
</tr>
<tr>
<td>8th Place</td>
<td>1 point</td>
</tr>
</tbody>
</table>

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.
Double Mini Trampoline

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.

Starting Point

The starting point for a new gymnast will be Regional D. Gymnasts who are currently competing at FIG B, O19 or A trampoline, may choose to start at National C DMT. Written clarification will need to be authorised through the competition chair (andrew.wood@british-gymnastics.org) before submitting your entry online.

Competitors not entering a National DMT event in 2012 must enter the DMT competition structure at Regional D and will be subject to promotion/relegation.

Rules

FIG A - Senior Men’s and Ladies (15yrs or over) is the minimum grade for gymnasts wanting to be selected to represent Great Britain at a senior event:

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

FIG B - Age Groups (U15yrs and 15+yrs) is the minimum grade for gymnasts wanting to be selected to represent Great Britain at youth events:

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.

National C - Age Group (U13yrs/U15yrs/U19yrs/O19yrs) are the minimum grades for National events.

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
Regional D - Age Group (U13yrs/U15yrs/U19yrs/O19yrs) are the minimum grades for Regional Events.

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.
- 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

Regional E (Voluntary/Introductory level) - Age Group (U13yrs/U15yrs/U19yrs/O19yrs)

Min/Max DD:
- Each skill must contain a minimum of 360° of somersault rotation.
- Maximum difficulty capped at 1.5

Promotion and Relegation

- The promotion and relegation will follow the same process outlined for that outlined on page 34
- 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.

Promotional Offer DMT Scores

<table>
<thead>
<tr>
<th>Level</th>
<th>Promotion Score</th>
<th>Percentage promotion score plus a top 20% finish</th>
</tr>
</thead>
<tbody>
<tr>
<td>FIG B</td>
<td>63.0</td>
<td>61.5</td>
</tr>
<tr>
<td>National C</td>
<td>61.0</td>
<td>58.0</td>
</tr>
<tr>
<td>Regional D</td>
<td>58.0</td>
<td>56.0</td>
</tr>
</tbody>
</table>

Qualification for British Championships

In order to qualify for British Championships 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 Finals 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)

British Championships Qualification DMT Scores

<table>
<thead>
<tr>
<th>Level</th>
<th>Qualification score</th>
<th>Percentage qualification score plus a top 50% finish</th>
</tr>
</thead>
<tbody>
<tr>
<td>FIG A</td>
<td>65.0</td>
<td>62.0</td>
</tr>
<tr>
<td>FIG B</td>
<td>61.0</td>
<td>58.0</td>
</tr>
<tr>
<td>National C</td>
<td>57.5</td>
<td>56.5</td>
</tr>
</tbody>
</table>
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.

General 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.
Appendices
<table>
<thead>
<tr>
<th>Mount</th>
<th>Spotter</th>
<th>Dismount</th>
<th>T</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Name of Coach Responsible ___________________________  BG No. ______________

Signature ___________________________  Qualification: ______________

<table>
<thead>
<tr>
<th>Mount</th>
<th>Spotter</th>
<th>Dismount</th>
<th>T</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Name of Coach Responsible ___________________________  BG No. ______________

Signature ___________________________  Qualification: ______________
FIG A & FIG 19+ competitors **must** the moves they wish to gain difficulty for in their compulsory routine. Failure to **the moves will result in no difficulty being awarded.

FIG B and NAT C competitors **must** all the required elements in their compulsory routine. Failure to do so will result in a 1.0 point deduction, from every judge, for every incorrect or missing **.

Routines must be completed either in English or FIG terminology.

All skills in the Voluntary and the Final must have the difficulty score for each skill completed including the total score, in accordance with rule 7.1 of the BG and International Code of points.

Please Note
It is the responsibility of the competitor to ensure that the routines are correct with correctly defined shapes. Failure to do so may result in the routine being terminated early.
<table>
<thead>
<tr>
<th>Home Countries</th>
<th>Website Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Ireland</td>
<td><a href="http://www.northernirelandgymnastics.org">www.northernirelandgymnastics.org</a></td>
</tr>
<tr>
<td>Scotland</td>
<td><a href="http://www.scottishgymnastics.org">www.scottishgymnastics.org</a></td>
</tr>
<tr>
<td>Wales</td>
<td><a href="http://www.welshgymnastics.org">www.welshgymnastics.org</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>English Regions</th>
<th>Website Address</th>
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</thead>
<tbody>
<tr>
<td>East</td>
<td><a href="http://www.eastgymnastics.org.uk">www.eastgymnastics.org.uk</a></td>
</tr>
<tr>
<td>East Midlands</td>
<td><a href="http://www.emgymnastics.org.uk">www.emgymnastics.org.uk</a></td>
</tr>
<tr>
<td>London</td>
<td><a href="http://www.londongym.org.uk">www.londongym.org.uk</a></td>
</tr>
<tr>
<td>North</td>
<td><a href="http://www.northgymnastics.org.uk">www.northgymnastics.org.uk</a></td>
</tr>
<tr>
<td>North West</td>
<td><a href="http://www.nwga.co.uk">www.nwga.co.uk</a></td>
</tr>
<tr>
<td>South</td>
<td><a href="http://www.southgymnastics.org.uk">www.southgymnastics.org.uk</a></td>
</tr>
<tr>
<td>South East</td>
<td><a href="http://www.segymnastics.org.uk">www.segymnastics.org.uk</a></td>
</tr>
<tr>
<td>South West</td>
<td><a href="http://www.southwestgym.org.uk">www.southwestgym.org.uk</a></td>
</tr>
<tr>
<td>West Midlands</td>
<td><a href="http://www.wmgymnastics.org.uk">www.wmgymnastics.org.uk</a></td>
</tr>
<tr>
<td>Yorkshire</td>
<td><a href="http://www.yorkshire.gymnasticsengland.org">www.yorkshire.gymnasticsengland.org</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Island Associations</th>
<th>Website Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Isle of Man Gymnastics</td>
<td><a href="http://www.iomgymnastics.org">www.iomgymnastics.org</a></td>
</tr>
</tbody>
</table>
# TRI Routines

## Club Assessment I & H and Assessment E, F & G

### Club Assessment I

<table>
<thead>
<tr>
<th><strong>Compulsory:</strong></th>
<th><strong>Voluntary:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Jump (arm set)</td>
<td>Jump (arm set)</td>
</tr>
<tr>
<td>1. Jump to seat landing</td>
<td>1. Jump to seat landing</td>
</tr>
<tr>
<td>2. To feet</td>
<td>2. To feet</td>
</tr>
<tr>
<td>4. Jump (straddled)</td>
<td>4. Jump (straddled)</td>
</tr>
<tr>
<td>5. Full twist jump</td>
<td>5. Full twist jump</td>
</tr>
<tr>
<td>8. Jump (tucked)</td>
<td>8. Jump (tucked)</td>
</tr>
<tr>
<td>10. To feet</td>
<td>10. To feet</td>
</tr>
</tbody>
</table>

*No difficulty will be awarded.*

**Qualification to Club H 45.0**

### Club Assessment H

<table>
<thead>
<tr>
<th><strong>Compulsory:</strong></th>
<th><strong>Voluntary:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Jump (arm set)</td>
<td>The voluntary routine may include;</td>
</tr>
<tr>
<td>1. Half twist jump</td>
<td>1. a maximum of two body landings</td>
</tr>
<tr>
<td>2. Jump to front landing</td>
<td>2. a maximum of one element with no more than 450° of somersault rotation</td>
</tr>
<tr>
<td>3. To feet</td>
<td></td>
</tr>
<tr>
<td>4. Jump (piked)</td>
<td></td>
</tr>
<tr>
<td>5. Half twist jump</td>
<td></td>
</tr>
<tr>
<td>6. Jump (straddled)</td>
<td></td>
</tr>
<tr>
<td>7. Jump to back landing</td>
<td></td>
</tr>
<tr>
<td>8. To feet</td>
<td></td>
</tr>
<tr>
<td>9. Jump (tucked)</td>
<td></td>
</tr>
<tr>
<td>10. Full twist jump</td>
<td></td>
</tr>
</tbody>
</table>

*No difficulty will be awarded.*

**Qualification to Level G 45.0**
### Assessment G

<table>
<thead>
<tr>
<th>Compulsory 1:</th>
<th>Compulsory 2:</th>
<th>Voluntary:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jump (arm set)</td>
<td>Jump (arm set)</td>
<td>The voluntary routine must have a difficulty of no less than 1.4 (equivalent to repeating the compulsory routine) and may include;</td>
</tr>
<tr>
<td>1. Back somersault (T)</td>
<td>1. Half twist to front landing</td>
<td>1. a maximum of two body landings.</td>
</tr>
<tr>
<td>2. Jump (straddled)</td>
<td>2. To feet</td>
<td>2. a maximum of three elements between 270° and 450° of somersault rotation.</td>
</tr>
<tr>
<td>3. Half twist to seat landing</td>
<td>3. Jump (straddled)</td>
<td>No difficulty will be awarded.</td>
</tr>
<tr>
<td>4. Half twist to feet</td>
<td>4. Full twist jump</td>
<td></td>
</tr>
<tr>
<td>5. Half twist jump</td>
<td>5. Jump (piked)</td>
<td></td>
</tr>
<tr>
<td>6. Jump (piked)</td>
<td>6. Jump to back landing</td>
<td></td>
</tr>
<tr>
<td>7. Full twist jump</td>
<td>7. Half twist to feet</td>
<td></td>
</tr>
<tr>
<td>8. Jump (tucked)</td>
<td>8. Jump (tucked)</td>
<td></td>
</tr>
<tr>
<td>9. ¼ front somersault (SL)</td>
<td>9. Half twist jump</td>
<td></td>
</tr>
<tr>
<td>10. To feet</td>
<td>10. Front somersault (T)</td>
<td></td>
</tr>
</tbody>
</table>

**Qualifications to F 45.0 – LF Score – 48.5**

### Assessment F

<table>
<thead>
<tr>
<th>Compulsory 1:</th>
<th>Compulsory 2:</th>
<th>Voluntary:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jump (arm set)</td>
<td>Jump (arm set)</td>
<td>The voluntary routine may include;</td>
</tr>
<tr>
<td>1. Back somersault (T)</td>
<td>1. Barani (T)</td>
<td>1. a maximum of five elements between 270° and 450° of somersault rotation</td>
</tr>
<tr>
<td>2. Jump to seat landing</td>
<td>2. Half twist jump</td>
<td>Difficulty will be added.</td>
</tr>
<tr>
<td>3. Half twist to feet</td>
<td>3. Jump (straddled)</td>
<td></td>
</tr>
<tr>
<td>4. Jump (tucked)</td>
<td>4. Back somersault (T)</td>
<td></td>
</tr>
<tr>
<td>5. Barani (T)</td>
<td>5. Full twist jump</td>
<td></td>
</tr>
<tr>
<td>7. Jump to front landing</td>
<td>7. Jump to back landing</td>
<td></td>
</tr>
<tr>
<td>8. To feet</td>
<td>8. Half twist to feet</td>
<td></td>
</tr>
<tr>
<td>10. Front somersault (T)</td>
<td>10. Back somersault (P)</td>
<td></td>
</tr>
</tbody>
</table>

**Qualifications to E 47.5 – LF Score – 50.5**

### Assessment E

<table>
<thead>
<tr>
<th>Compulsory 1:</th>
<th>Compulsory 2:</th>
<th>Voluntary:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jump (arm set)</td>
<td>Jump (arm set)</td>
<td>The voluntary routine may include;</td>
</tr>
<tr>
<td>1. Back somersault (S)</td>
<td>1. Barani (P)</td>
<td>1. a maximum of seven elements between 270° and 450° of somersaults rotation</td>
</tr>
<tr>
<td>2. Jump (straddled)</td>
<td>2. Jump (straddled)</td>
<td>Difficulty will be added.</td>
</tr>
<tr>
<td>3. Full twist jump</td>
<td>3. Back somersault (T)</td>
<td></td>
</tr>
<tr>
<td>4. Jump (tucked)</td>
<td>4. Barani (T)</td>
<td></td>
</tr>
<tr>
<td>5. Back somersault (T)</td>
<td>5. Half twist jump</td>
<td></td>
</tr>
<tr>
<td>6. BSS to seat landing (T)</td>
<td>6. Jump (tucked)</td>
<td></td>
</tr>
<tr>
<td>7. Half twist to feet</td>
<td>7. 1½ twist jump</td>
<td></td>
</tr>
<tr>
<td>9. Jump (piked)</td>
<td>9. ¼ front somersault (S)</td>
<td></td>
</tr>
<tr>
<td>10. Barani (SL)</td>
<td>10. To feet</td>
<td></td>
</tr>
</tbody>
</table>

**Qualifications to Regional D 49.0**
TRI Routines
Regional D to FIG A

Regional D

Compulsory:
Ten different elements with at least seven somersaults of at least 270° somersault rotation
to include one 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 or
- a back somersault with 360° somersault rotation and a full twist or
- a front somersault with 360° somersault rotation and 1½ twists
  Please asterisk this one element or combination

Voluntary:
The voluntary routine is subject to a 6.5 difficulty limit.

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.
ToF Score Back Up Protocols

In case of a failure of the operating ToF judge or TMD, the following protocols have been put in place to retrieve and verify the ToF Score.

Missing ToF Score

1) The ToF Judge is to inform the chair of the panel and difficulty judges.
2) The difficulty judge will record the time of routine or note the routines saved record number.
3) The chair of judges is to inform the event team of this information.

Retrieving ToF Score

The ToF score will be measured using the TMD manufacture recommended software (vTimer). The verification of the measurement of the ToF will be concluded by no less than the 2 out of the 4 officials:

1) Chair of Judging Panel
2) Difficulty Judge
3) National Judging Coordinator
4) National Competitions Organiser

In the event of the routine not being recorded all ToF scores will be removed from the whole tier group.
Drug Free Sport: Anti-Doping Update 2012-2013:

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 BG. 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 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 parental consent 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, may be tested within any of the age group categories.

At national events, be they 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](http://www.british-gymnastics.org), Technical information & judges / Sports Science and Medicine / Anti-Doping Policy.

There is every possibility that gymnasts will be selected, either randomly or targeted by 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 Doing Agency, [WADA] and as specified by FIG. 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 if tested, 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. If you compete internationally ensure you are prudent and do not use alternative medications from abroad as their ingredients can differ to the UK version.

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, as well as state 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 vital to ensure that the British Gymnastics is aware of this, and to ensure TUE certification is available at the testing.

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 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](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

Continuing with the theme from 2012, 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 54 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 54 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 54 mg per 24 h, an emergency TUE should be applied for. Regardless of the dosage permitted, all gymnasts are encouraged to seek appropriate medical advice to ensure that they are receiving optimal treatment.

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, and seek support from BG 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].

BG 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, Steve Green, 01952 822366 or e-mail steve.green@british-gymnastics.org.

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

December 2012: Performance Department:

Dr Pippa Bennett & Steve Green – Performance Manager, and Anti -Doping Officer
U13/U15 WAGC Group

Introduction

Effective as of 1st January 2013, FIG have put in a new World Age Games Competition (WAGC) 1st routine (set) requirement. Each age group category has been assigned its own unique required elements (as outline below). The elements differ to that of the FIG B criteria.

In reviewing the required elements the NTTC has agreed to create a non-competitive developmental. The name of this group will be called: WAG Group. The aim of the WAG group is to allow gymnast the opportunity to compete their new WAG 1st routine under competition conditions. The conditions of this group are outline below.

Age Groups

There will be 2 age groups, namely Under 13 and Under 15

Eligibility

Gymnasts who have qualified or are already competing within FIG B will be eligible to enter into the WAG Group.

Entry

Entry to WAG Groups will be as per the online Entry System and follow all event entry rules and regulations.

1st Routine Requirements

Each gymnast who enters the WAG Group will perform set routine in line with the WAGC requirements as outline below:

Under 13 (11–12 years)

The routine consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.
1. 1 element landing on the front of the body,
2. 1 element landing on the back of the body.

Under 15 (13–14 years)

The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.
1. back s/s with full twist,
2. 1 element landing on the front of the body,
3. 1 element landing on the back of the body.

Conclusion

All normal competition rules will apply to the WAG group. There is no set day for WAG group to perform. This will be assigned at the NCO’s discretion.