



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**

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SECTION 1
GENERIC RULES FOR TRAMPOLINE INDIVIDUAL,
TRAMPOLINE SYNCHRONISED & DOUBLE MINI TRAMPOLINE.

Listed below are generic rules of competition for competitors from England, the Home Nations and non British passport holders residing in Britain (see below) competing in a British Gymnastics Trampoline graded competition:-

1	All competitors must be members of British Gymnastics.
2	All competing clubs must be registered with British Gymnastics.
3	All clubs must be affiliated and paid up members of their Regional Gymnastics body.
4	All competitors must be licensed with the National Competitors Registration Secretary at least 21 days before the event in which they wish to compete. (Competitors need only to register once per season).
5	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.

Foreign Competitors (Non-British passport holders)

Competitors not holding a British passport who are resident in Britain for a minimum period of three months may, during that time, participate in National Graded Competitions provided that all eligibility criteria are met and they are at least an Associate Member of British Gymnastics, Scottish Gymnastics, Northern Ireland Gymnastics or Welsh Gymnastics. (Plus any other conditions which apply to membership of any Home Nation).

A 'foreign' competitor will be eligible to take a place in these competitions and may also compete as a team member for the Club to whom they are registered.

Providing that he/she achieves a qualifying score for the National Championships (Grade 1 or 2) or meets the eligibility requirements for the Synchronised National Championships he/she will be permitted to compete at same (even if outside period of residency).

However positions gained by 'foreign' competitors or any synchronised pair with either one or two 'foreign' competitors, will also be credited to a British citizen(s). In the case of award winning positions duplicate awards will be made

'Foreign' competitors may not compete as a team member at either Grade '1' National Championships or Grade '2' National Championships, nor may they be selected to represent Great Britain in any International event.

'Foreign' competitors not fulfilling the residency condition may be permitted to participate in graded events provided FIG regulations are not contravened. (Application to compete must be made to National Competition Secretary with details of their Nationality). All of the above applies except for participation in any National Finals/Championships, which will NOT be permitted.

GYMNAST TRANSFERS BETWEEN CLUBS

At the Board of Directors Meeting on 6th October 2005, a decision was made in connection with gymnast transfers between clubs as detailed below:-

1. It is assumed that transfer will always be at the direction of the gymnast/parent or guardian who must be the primary signatory on the transfer form. 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).

- 1.1 In amicable situations for individual gymnasts:

If the previous Club and new Club are in harmony, the transfer form should be signed initially by the gymnast (or parent/guardian) and by the Secretary or other authorised signatory of both the former and new Club. The fully completed transfer form should then be registered with the Membership Department of British Gymnastics. Upon written acknowledgement of receipt of the form by British Gymnastics, the gymnast will be able to compete for the new Club immediately, enter team or individual events and may wear the Club's colours.

- 1.2 In 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 by the Secretary or other authorised signatory of the new Club and registered with British Gymnastics Membership Department. Upon written acknowledgement of receipt of the form by British Gymnastics, the gymnast will be able to train with the new Club immediately, but 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'.

- 1.3 In amicable or non-amicable situations for university students:

If a gymnast is at university, then they will be deemed still to be representing their old Club, provided they are still maintaining membership, even though they may train at a different Club or at the university. Transfer of representation would be subject to Rules 1.1 and 1.2 above.

Temporary Transfers: - Competitors at Grade 3 or below who are at University or College may compete for a club in that Region. They may also compete in their Home Region during the holiday periods. The Registration Secretary and Scores Coordinator must be informed.

If a gymnast has changed clubs in a non-amicable situation they should be entered on the entry form of the club they are transferring to and a copy of the acknowledgement from BG should be attached to the entry.

COMPLAINTS PROCEDURE

The Competitions Committee will respond to written complaints made by a club official. Any complaints should be sent to the committee care of the National Competition Secretary.

Complaints will be acknowledged within fourteen days of receipt.

Entering Competitions

All Grade '1' and Grade '2' entries must now be sent to British Gymnastics, Ford Hall, Lilleshall National Sports Centre, Newport, Shropshire, TF10 9NB. This includes the home nations Grade '1' and '2' events. Entries which are NOT sent to this address will not be valid.

All cheques must be made payable to British Gymnastics.

Obtaining Information

All competition information is available online at www.bg-coaches.org. If you are not able to access this, or wish to have a paper copy sent to you, please send a stamped addressed envelope (£1.00 stamp) to Monica White, 24 Ash Grove, Stapleford, Nottingham, NG9 7GL.

This will include details of the year's competitions for Grade '1' & '2' including dates, venues, closing dates, organisers names & addresses, and **one** copy of the standard forms.

Please copy these forms to suit your requirements. All forms are available online at www.bg-coaches.org

Regional Competitions

Information regarding Grade '3' to Grade '8' competitions can be obtained from your Regional Competition Secretary.

Completing your entry form for Grade '1' & '2' events:

1. When you are completing the entry form, once you have entered two competitors on the sheet, you **must** fill in the name of your **suitably qualified** official in the judge space provided, (J1), in order to enter any more competitors. Please include their judge level in full, preferred job and availability. Please note that from January 2007 all Officials must be qualified **and** currently validated.
2. Once you reach five entries, you must fill in the name of your second official in the second judge space (J2). (This official need not be a qualified judge but needs to be competent at their specified job). Once you reach 9 competitors you must fill in your third official in the space provided (J3) **and so on** according to the chart in the 'COMPETITION OFFICIALS' section.
3. You must nominate the coach who will be attending the event with the club in the space provided on the form.
4. All competitors officials and coaches must have their BG membership number entered on the entry form.
5. There is also an option to enter Grade '1' and '2' events online. This will reduce the amount of work required by team managers to make a correct entry. To make an online entry you must be registered with the system at www.bg-coaches.org/entries

When making an online entry you will be required to enter all of the details for your entry, including the correct number of officials. Once you have input all of the required information you will be sent an email with your entry on it. A copy of this email will also be sent to the competitions committee. There will also be a page for you to print out which will have your competition entry and the total payment that is required for the entry.

Your entry will not be complete until British Gymnastics has received the correct entry fee, along with a print out of the last page of the online process. This must be postmarked by the correct closing date. It is recommended that you obtain proof of postage for your entry fee. If the fee arrives late or without the correct postmarked date your entry will be returned.

It will still be a requirement for you to have registered your competitors for the competition with the registration secretary 21 days before the event.

Please note:

- a) **Paying a fine instead of sending an official is no longer possible.**
- b) If you do not nominate enough officials, the competition committee will refuse entries for which there are no covering officials (i.e. entries beyond the blank on the entry form).
- c) If one of a club's selected officials **does not** turn up at the competition and the club has no suitable substitute, the club will have to pay a **£30** fine at the competition or their performers will be excluded from the competition. Should a fine not be available at the competition, at the discretion of the judging group representative, the fine could be paid after the competition but this fine must be paid before any other BG competitions may be entered. This also includes reserve officials from a club, who may be called on at any point in the day to help.

(There is no need to send in the official's form any longer)

Suitable officials

1. With entries of 3 competitors and above, you will be required to provide a judge (County level or above).
2. Unqualified officials (2nd official) i.e. Competition Marshals, Warm up Marshals, computer and manual recorders **must be suitably experienced**. The judging organiser has a right to refuse an unqualified official (should they be thought, or prove to be, incompetent), and ask the team manager of the club concerned to replace that official.
3. At the discretion of the Judging organiser, extra judges wishing to gain experience are welcome to sit on, or by, the panel and 'shadow' judge. Please contact the Judging organiser in advance to arrange this. Unqualified officials wishing to gain experience in other areas may also be allowed to do so.
4. Clubs are required to provide the correct number of officials for the whole day. If your club wishes to split a job between two officials, this is only acceptable providing the Judging organiser is informed of this before the competition day, ideally on the 'officials' entry form.
5. Clubs having problems organising their officials should contact the Judging organiser 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.

Reserve Officials

The competition and judging committees recognise the need for reserve officials at competitions and also recognises the logistics of clubs providing these officials, however they **must** turn up at a competition and be available during the day.

1. Reserve officials are expected to be at the competition, in the appropriate uniform, and report for duty at 9am with all other officials.
2. If reserves are not required, as everyone has turned up, and the reserve specifically wishes to judge or help we will try and accommodate them for part of the day. They are obviously welcome to 'shadow' judge as previously mentioned in (3).

Competition Officials

In order for our grading competitions to take place, clubs need to provide officials for these events. 'Officials' include marshals, (warm up and competition), computer operators, manual recorders, as well as qualified judges. Judges should be suitably qualified and experienced for the competition for which they have been nominated. At Grade '1' & '2' events, judges should be County Judge or above.

The number of officials that clubs are required to provide for competitions is listed below.

Number of Entries	Number of officials to be nominated
1 – 2 competitors	None (but officials will be gratefully accepted)
3 – 5 competitors	One judge (County level or above)
6 – 9 competitors	Two officials (one of which must be a judge at County level or above)
10 – 15 competitors	Three officials (two of which must be judges at County level or above)
16 – 20 competitors	Four officials (two of which must be judges at County level or above)
21 – 25 competitors	Five officials (three of which must be judges at County level or above)
26 competitors & over	Six officials (three of which must be judges at County level or above)

Please note from January 2007 officials provided on the competition entry must be qualified and be currently validated.

Officials for Synchro & DMT

For DMT & Synchro events (Mid season & National Championships)

1. To determine the number of officials required at these events, add the number of Synchro pairs to the number of DMT entries, to give the total number of entries and then refer to the table on the previous page for official numbers required.
2. On the 'officials' entry form please indicate your official's preference for judging DMT or Synchro and the Judging Organisers will do their best to accommodate this preference.
3. If your entry is predominantly DMT performers it is **expected** that your official can officiate in a DMT event and have DMT qualifications or experience. Likewise if your entry is predominantly Synchro it is expected that your officials can judge in a Synchro event.

National Championships Events

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

Rules for Provisional Entries

There is now a tick box on the entry form for your provisional entries. A separate cheque in respect of each provisional entry must be sent to British Gymnastics before the closing date with it clearly stated that the entry is subject to the qualification score being achieved. In order to withdraw a provisional entry, British Gymnastics Events must be telephoned on the first working date after the qualifying competition, and ask for the competitor(s) to be withdrawn and the cheque(s) destroyed.

If this is not done then no refund of the entry fee will be made and the competitor will NOT be eligible to compete. If separate cheques are not sent in for provisional entries it will not be possible to make refunds.

At Grade '1' you may put in a 'provisional' entry for Mens/Ladies. You will be returned to age group if you do not qualify for the senior event. You may not move from age group to the senior group.

At Grade '2' you may not change the entry from nationals to validation or vice versa after the closing date.

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.

Where there are more than four competitors on the entry form from one Club the team members must be nominated (in writing) before commencement of the group, otherwise the first four on the entry form will be deemed to be "the team".

Penalties

Where Clubs permit competitors to compete at a grade 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 competition 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 refundable.

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.

Dates of Competitions and Venues

Date	Venue	Closing Date	Organiser	Tel. No.	E-Mail
Grade '1'					
5.3.06	Gemtec Arena, Hull	13.2.06	M White	0115 8499308 07773 532966	phoenixtramp@ntlworld.com
19.3.06	Southend Tennis & Leisure	27.2.06	N Weller	07803 871950	lindsay.chilver@btinternet.com
1.4.06	Bells Sports Centre	13.3.06	T Morrison	01467 642045	citytramp@hotmail.com
22.4.06	Welsh Ins of Sport	27.3.06	Welsh Gymnastics	02920 431240	office@welshgymnastics.org
29.4.06	Newrey	10.4.06	A.M. Barr	02894469645	abarr@belfastinstitute.ac.uk
21.5.06	Harrow Leisure Centre	1.5.06	L Lawrie	01932780313 07970 855730	lindalawrie@lineone.net
3.6.06	Temple Park L.C.	15.5.06	P Pino	0191489 0568	
National Championships					
15-16.07.06	Nat. Indoor Arena	5.6.06	Pam Smith	01527 517024	pam.redditchtc@blueyonder.co.uk
Synchro & DMT					
23.4.06	Welsh Ins. of Sport	27.3.06	Welsh Gymnastics	02920 431240	office@welshgymnastics.org
18.11.06	Gemtec Arena	9.10.06	M White	0115 8499308 07773 532966	phoenixtramp@ntlworld.com
Grade '2'					
12.2.06	Littledown Centre	16.1.06	R Bascombe	01425 474428 07870 506131	rbtrampclub@btinternet.com
25.2.06	Bells Sports Centre	30.1.06	T Morrison	01467 642045	citytramp@hotmail.com
19.2.06	Newrey	30.1.06	A.M. Barr	02894469645	abarr@belfastinstitute.ac.uk
8.4.06	Ards	20.2.06	A.M. Barr	02894469645	abarr@belfastinstitute.ac.uk
6-7.5.06	Macclesfield	17.4.06	H Hockenhull	0161 9699042	HOCKENHULLA@aol.com
1.10.06	Lodden Valley L.C.	11.9.06	D Davidson	0118 9572371	dugalddavidson@msm.com
7.10.06	Ards	18.09.06	A.M. Barr	02894469645	abarr@belfastinstitute.ac.uk
28.10.06	Cocksmoor Wood L.C.	2.10.06	P Smith	01527 517024	pam.redditchtc@blueyonder.co.uk
Grade '2' National Finals					
19.11.06	Gemtec Arena	23.10.06	M White	0115 8499308 07773 532966	phoenixtramp@ntlworld.com

The Grade '1' events on 5th March and 19th March will be trial events for the European Championships Youth and Senior Teams. Trial conditions will be applied to these events. For further information see document "Squad Trials at Grade '1' Competitions".

SECTION 2

TRAMPOLINE INDIVIDUAL National Grading Structure

Grade '8' – Disabilities Trampoline

Regions are advised to run Disabilities events i.e. Grade '8'.

Grade '7' – Proficiency Award Scheme

By the inclusion of the Proficiency Award Scheme within the plan it is hoped that, as well as being a measure of achievement, the scheme will also prepare coaches, judges and competitors alike for the 'jump' into competitive trampolining by instilling high form standards in both individual moves and those linked together to make a routine.

Very importantly the trampolinist also learns the art of competing against her/himself.

Grade '6' - Novice Level Competitions

Divisions are encouraged to organise novice competitions. This level of competition introduces competitive activity and provides experience of competition for those wishing to progress through the National Grading Structure or simply for those wishing to experience being in a competitive situation.

The emphasis should be on good form and recommend that no tariff be accredited for the voluntary routine to encourage this result. (No FINAL round will be organised.)

Grade '5' - Intermediate Grade

This grade will give the more advanced competitors a stepping-stone into the National Grading Structure with more advanced routines and a tariff credited for the voluntary routine.

There is no qualifying requirement to enter this grade and competitors may also progress to Grade '4' when their coach is satisfied that the competitor is ready and can perform the routine safely.

There is a qualifying score for progression to Grade '4' and competitors who obtain this score on two occasions will be encouraged to move up to Grade '4'.

Grades '4'-'2'

Grades '4'-'2' provide structured qualifying levels prior to participation in Grade '1' competitions. These grades are of a progressive nature and have been designed to ensure that the competitor attains a good quality of performance at each level before participation at a more advanced level is permitted.

General Notes

At Grades '1'- '2'- '3' there will be a FINAL for the eight highest scores from the first two rounds (2/3 rule will apply). At Grades '4'- '5' a final round may be included, at the organiser's discretion.

For qualification scores please see Table of Qualifying Scores. Note: - Qualifying Scores are calculated using the first TWO round scores only.

Grade '4'	Grade '3'	Grade '2'
Begins to provide more serious competitive experience.	Aims to further increase competitive awareness and experience	Further prepares the competitor for Grade '1' competition
Entry Level for Grading Structure, competitors may enter Grade '4' when their coach is satisfied that they are ready and can perform the routine safely	The required qualifying score must have been achieved at Grade '4'	The required qualifying score must have been achieved at Grade '3'
Voluntary Progression to next Grade		
Progression to Grade '3' may be made when the qualifying score has been achieved	Progression to Grade '2' may be made when the qualifying score has been achieved	Progression to Grade '1' may be made when the qualifying score, including 22.5 for the Grade '1' set routine, has been gained from the Grade '2' validation panel
Compulsory Progression to next Grade		
Competitors may continue to compete at Grade '4' until they are confident of progression to Grade '3'	Competitors may continue to compete at Grade '3' until they are confident of progression to Grade '2'	Competitors may continue to compete at Grade '2' until they are confident of progression to Grade '1'

Grade '1'

By the time a trampolinist reaches Grade '1' he/she will have progressed through a sympathetically devised system, incorporating the development of form, the gradual but important process of 'learning to compete', the satisfaction of reward at all levels of competition and a sense of worth and achievement for having progressed through a National System.

Through the system coaches and performers are able to plan their development and judges also have the benefit of advancing their judging skills progressively. This Grade provides high standard competitive experience and begins to prepare competitors for International Competitions.

In order to compete at this Grade, the performer must be at least 9 years of age in the year of the competition and will have completed the Grade '1' Validation, see below.

National Grade '2' Qualifying Competitions

Only National Grade '2' events qualify for progression to Grade '1' or for qualification to the Grade '2' Finals. You cannot do both at the same competition. This includes the nominated Grade '2' events organised by NIGA TTC & Scottish Gymnastics.

Grade '2' Finals

All competitors achieving the designated Grade '2' Finals qualifying score at a National Grade '2' event are eligible to compete at the Grade '2' Finals held at the end of that year, providing that they have not competed at any Grade '1' event during that season.

Grade '1' Validation

To progress to Grade '1' competitors must achieve a minimum set score of 23.5 at the validation panel using the Grade '1' compulsory routine for the age group in which they will be competing. They will also compete a voluntary routine of their choice and must achieve the overall qualifying score, see table. They no longer need to gain a Grade '2' Finals score before moving to Grade '1'.

National Grade '1' Qualifying Competitions

Only National Grade '1' events listed on page 9 qualify for entry to the British National Championships.

Men's & Ladies Events

To be eligible to enter Men's/Ladies events, competitors must have achieved the qualifying score, either in their age group (that season) or at the previous years British National Championships, (in the Men's or Ladies Event).

Competitors must be at least 14 years of age in the year of competition to enter.

Competitors are not allowed to compete in both their age group and a senior event at the same qualifying competition.

Exception: Anyone, who pre-qualified for the senior event at the previous years National Championships, may enter both their age group and the senior event for selection purposes at the first two Grade '1's of the season only. If a senior's qualification is attained at the first Grade '1', they may only enter one group at the second Grade '1'.

Anyone entering into Men's/Ladies direct (i.e. pre-qualified from the previous years' Nationals) will also be considered as qualifying for their age group if, and only when, they qualify for Men's/Ladies National Championships.

The number of finalists will be 2/3 of the start list to a maximum of 8 competitors with the scores from the previous rounds being zeroed.

Note: - If a competitor does not achieve the score for National Championships at Men's/Ladies and has not achieved the score to retain Grade '1' in their age group they will be required to downgrade to Grade '2'.

National Championships

In order to qualify to compete in the National Championships during the same competitive season, a competitor must have achieved the relevant score in at least one National Grade '1' Qualifying Competition.

At the National Championships any competitors who have qualified for Men's/Ladies are permitted to compete in both that event and their age group.

Byes to the British Championships – Competitors who compete for British Gymnastics teams between 1st February and 1st July will receive a bye to the British Championships. The events in which they are allowed a bye will depend on the level of representation. Where it is not possible to print this into the competition handbook, it will be available online at www.bg-coaches.org.

Age Groups

At all Grades there are separate Competitions for Male & Female

Grades '3'-'6'	Under 9, Under 11, Under 13, Under 15, Under 17, Over 17 (Under 19 and Over 19 groups at the discretion of the Regional TTC)
Grade '2'	Under 11, Under 13, Under 15, Under 17, Under 19, Over 19
Grade '1'	Under 11, Under 13, Under 15, Under 17, Under 19, Over 19, Men's/Ladies

**Under 9's may compete in the Under 11 Age Groups at Grade '2'.
Under 9's are not permitted to compete at Grade '1'**

Progression and Downgrading

Grades '5' – '8' are to be administered by the Regional Trampoline Committees.

When the qualifying score has been achieved twice at Grade '5' or Grade '4' the competitor is encouraged to progress to the next Grade. *Competitors achieving two qualifying scores at Grade '4' are no longer required to move to Grade '3'.*

Once a competitor has competed at Grade '3' return to Grade '4' is not **usually** permitted.

Applications to downgrade (**Grades '4'-'1'**) must be made in writing (to the Scores Co-ordinator) stating the reasons **for the downgrade**. **Please allow 6 weeks prior to a competition for a reply**. Permission to downgrade will only be granted in exceptional circumstances, and see below.

Once a competitor has competed at Grade '2' they will be required to return to Grade '3' the following **January** if they do not achieve the relevant retention score in a National Grade '2' event **within that year**. If they have competed on the validation panel the relevant tariff caps will be applied when working out if the retention score has been achieved.

Any Grade '2' competitor who does not compete during a season will be required to downgrade to Grade '3' the following season.

Qualifying scores to progress through the grading system (Grades '4' to '2') are only valid in the year of attainment and the following year.

For Scores to Retain Grade '2' see table of Qualifying Scores.

Once a Competitor has competed at Grade '1', return to Grade '2' Competition is not permitted during the same calendar year. **They may compete in the re-validation group at one of the Grade '2's in October for the purpose of re-qualifying for Grade '1' only.** (See special rules for Grade '1' Downgrading).

Return to Grade '2' is permitted the following year if :-

1. The competitor is changing age groups and is unable to perform the compulsory routine safely, or
2. The compulsory routine has changed and the competitor is unable to perform the new compulsory routine safely, or
3. There is approval by the Competition Committee.

Applications to downgrade must be made *in writing* (to the Scores Co-ordinator) stating the reasons for the downgrade, see below.

Validation scores to progress from Grade '2' to Grade '1' are valid for a maximum of the year of attainment and the following year or the for the age group, whichever is the shortest.

Note: You must be a minimum of 9 years of age in the year of competition to compete at Grade '1'.

Note: - Any competitor who is granted a downgrade will not be permitted to compete at a higher grade during that competition season.

Once a Competitor has competed at Grade '1' they will be required to return to Grade '2' the following January if they do not achieve the relevant retention scores in a National Grade '1' Event. **(See also - Special Rules Below).**

Any Grade '1' competitor who does not compete during the season will be required to downgrade to Grade '2' the following season. **(See also - Special Rules Below).**

Special rules for competitors who have been downgraded from Grade '1'

Competitors who have been downgraded from Grade '1' may enter one of the last National Grade '2' qualifying events in October to attempt to re-qualify for Grade '1'. They will compete on the validation panel only.

They must achieve a minimum set score of 22.5 for the Grade '1' compulsory routine for the age group in which they will be competing the next season. They also need to gain an overall qualifying score, see table, using a voluntary of their choice. Failure to achieve the required score will result in the competitor returning to Grade '2' in January.

Qualification Scores for 2006

The qualification scores and tariff caps are as follows:~

	Under 9	Under 11	Under 13	Under 15	Under 17/ Over 17	Under 17/ Under 19/ Over 19	Mens/ Ladies
Max tariff G8	1.5	1.5	1.5	1.5	1.5		
5 to 4	48.5	48.5	49.5	49.5	49.5		
Max Tariff	3.0	3.0	3.0	3.0	3.0		
4 to 3	49.0	49.0	50.0	50.0	51.0		
Max. Tariff	4.0	4.0	4.0	4.0	4.0		
3 to 2	49.5	49.5	50.5	51.0	51.5		
Max. Tariff	4.5	4.5	4.5	5.0	5.0		
2 Nats		48.5	49.5	51.0		51.5	
2 to 1		49.5	50.5	52.0		52.5	
(incl min set)		22.5	22.5	22.5		22.5	
Max. Tariff		5.5	8.5	n/a		n/a	
Remain at 2		48.0	49.0	50.5		51.0	
Max. Tariff (G2)		5.0	5.5	7.0		7.0	
1 Nats		50.5 ^{\$}	51.5	53.0		53.5	59.0
(inc. min. set)		23.0	23.0	23.0		23.0	23.5 ^{**}
1 to M/L				56.5*		56.0	
(inc. min. set)				23.5		23.5	
Remain at 1		49.5	50.5	52.0		52.5	59.0[#]
Max. Tariff		5.5	8.5	n/a		n/a	

Qualifying Scores are calculated using the first TWO rounds only.

\$Must be at least 9 years of age in the year of competition

* Must be at least 14 years of age in the year of competition

** Before the difficulty value is added

Achieved at previous years National Championships with required Set Score.

Please note that the Under 11 Grade '2' tariff limit is not as publisher in Gymnast.

All qualification scores will be reviewed at the beginning of April

Compulsory Routines Grades '8'-'4'

Regions may choose to replace U17 / O17 with U17 /U19 /O19

Grade '8'	Disabilities Trampoline
6 Contact Routine	<p>1) A twist of no less than 180 degrees.</p> <p>2) A front, seat or back landing.</p> <p>3) Participants are permitted one credited repetition of a tariff move.</p> <p>4) Marks will be out of 6 plus 4 whole marks as per DMT.</p>
10 Contact Routine	<p>1) A twist of no less than 360 degrees.</p> <p>2) A twist of no less than 180 degrees from a seat, front or back landing.</p> <p>3) Repeats of tariff moves will not be credited.</p>

Grade '7'	Proficiency Days
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Grade '6'		
Under 9/11	Under 13/15	U17, O17
Front Drop To Feet Straddle Jump ½ Twist Jump Seat Drop ½ Twist to Seat Drop ½ Twist to Feet Tuck Jump Pike Jump Full Twist Jump	Front Drop To Feet Straddle Jump ½ Twist Jump Seat Drop ½ Twist to Feet Tuck Jump Pike Jump Back Drop ½ Twist to Feet	½ Twist Jump Straddle Jump Seat Drop ½ Twist to Seat Drop ½ Twist to Feet Pike Jump Back Drop ½ Twist to Feet Tuck Jump Full Twist Jump

Grade '5'		
Under 9/11	Under 13/15	U17, O17
Full Twist Straddle Jump Seat Drop ½ Twist to Seat Drop ½ Twist to Feet Pike Jump Back Drop ½ Twist to Feet Tuck Jump Front SS (T)	Back SS (T) Straddle Jump Seat Drop ½ Twist to Seat Drop ½ Twist to Feet Pike Jump Back Drop ½ Twist to Feet Tuck Jump Front SS (T)	Back SS (S) Straddle Jump Seat Drop ½ Twist to Seat Drop ½ Twist to Feet Pike Jump Back Drop ½ Twist to Feet Tuck Jump Front SS (T)

Compulsory Routines Grades '8'-'4' Con't

Grade '4'		
Under 9/11	Under 13/15	U17, O17
Back S/S (T) Piked Straddle Jump Back S/S (T) to Seat ½ Twist to Feet ½ Twist Jump Pike Jump Back Drop ½ Twist to Feet Tuck Jump Front S/S (T)	Back S/S (P) Piked Straddle Jump Back S/S (T) to Seat ½ Twist to Feet ½ Twist Jump Pike Jump Back Drop ½ Twist to Feet Tuck Jump Barani (T)	Back S/S (S) Piked Straddle Jump Back S/S (T) Seat Drop ½ Twist to Feet Pike Jump Barani (P) ½ Twist Jump Tuck Jump Front S/S (P)

Compulsory Routines Grades '3' & '2'

Grade '3'		
Under 9/11	Under 13	Under 15
Back S/S (P) Piked Straddle Jump Back S/S to Seat (T) ½ Twist to Feet Full Twist Jump Tuck Jump Barani (T) ½ Twist Jump Pike Jump Front S/S (P)	Back S/S (S) Straddle Jump Back S/S (T) Tuck Jump Barani (T) ½ Twist Jump Pike Jump Back S/S to Seat (T) ½ Twist to Feet Front S/S (P)	Back S/S (S) Piked Straddle Jump Back S/S (P) Barani (P) ½ Twist Jump Pike Jump Back S/S (T) Tuck Jump ¾ Front Somersault (S) ½ Twist to Feet
U17, O17 10 different skills to include:- 1. 7 skills with a min of 270° of somersault rotation. 2. 1 skill from 1. with a min of 360° of somersault rotation and 360° of twist or one skill landing on either the front or back and from this skill one skill with a min of 450° of rotation.		

Grade '2'		
Under 11	Under 13	Under 15
Back S/S (P) Piked Straddle Jump Back S/S (T) Barani (T) ½ Twist Jump Tuck Jump Back S/S (T) to Seat ½ Twist to Feet Pike Jump Front S/S (P)	Back S/S (S) Piked Straddle Jump Back S/S (P) Barani (P) ½ Twist Jump Pike Jump Back S/S (T) Tuck Jump ¾ Front Somersault (S) ½ Twist to Feet	Back S/S (S) Barani (S) Back S/S (P) Piked Straddle Jump Barani (P) ½ Twist Jump Tuck Jump Back S/S (T) ¾ Front Somersault (S) Barani Ball Out (T)

U17, U19, over 19

10 different skills to include :-

- (1) 9 skills with a min of 270° of somersault rotation.
 - (2) 1 skill landing on either the back or front
 - (3) From the above landing - 1 somersault with a minimum of 450° of rotation.
 - (4) Either 1 somersault with a min of 360° of somersault rotation and 360° of twist or 1 somersault with at least 720° of somersault rotation.
- Both of number (4) may be incorporated in the routine.

Elements cannot be combined to fulfil the above requirements

Grade '1' Compulsory Routines

Under 11 – Grade '1' Back S/S (P) Barani (P) Straddle Jump Back S/S (T) to Seat Drop Half Twist to Feet Pike Jump Back S/S (T) Tuck Jump Barani (T) Front S/S (P)	Under 13 - Grade '1' Back S/S (S) Barani (S) Back S/S (P) Straddle Jump Barani (P) Half Twist Jump Tuck Jump Back S/St (T) ³ / ₄ Front S/St (S) Barani Ballout (T)
Under 15 – Grade '1' Back S/S (S) Barani (S) Full Twisting Back S/S Straddle Jump Back S/S (P) Barani (P) Back S/S (T) ³ / ₄ Front S/S (S) Barani Ballout (T) Front S/S (P)	Under 17/Under 19 – Grade '1' FIG 'B' SET 10 different elements, 9 of them with a minimum of 270° somersault (1) One element to front or back (2) One element from front or back in conjunction with requirement no (1) (3) One double front or back somersault with or without twist (4) One element with a minimum of 540° twist Elements <u>cannot</u> be combined to fulfil the above requirements
Over 19 – Grade '1' FIG 'B' SET 10 different elements, 9 of them with a minimum of 270° somersault (1) One element to front or back (2) One element from front or back in conjunction with requirement no (1) (3) One double front or back somersault with or without twist (4) One element with a minimum of 540° twist Elements <u>cannot</u> be combined to fulfil the above requirements	Men's & Ladies – Grade '1' FIG 'A' SET 10 different elements each with a minimum of 270° rotation Two of the elements must have a combined minimum difficulty of 2.3 The difficulty for these two elements will be added to the execution score. Both these elements must be asterisked on the performers tariff sheet Neither of these elements should be repeated in the voluntary routine or the performer will lose the difficulty score for them.

First or (Compulsory Routines) in Competitions

- 1) Where there is a compulsory routine (*known at FIG level as the First Routine*) for a graded competition the following rule applies.
 - a) If the performer does not complete the routine in the prescribed sequence order as per the compulsory routine for that age group/grade (*as per rule 1.2.1.1*) it will be deemed an interruption to the routine (*as per Rule 16.1.7*). This means that the skill where the routine went wrong will not be counted and the routine will be marked out of the number of correct skills up to that point.
- 2) Where the first routine has prescribed elements to be included and the performer has a choice as to order of performance of these elements. (Some age groups at Grade 1,2,3) the following rules apply.
 - a) If the competitor whilst performing the routine changes the order of the routine from that which is written on the competition card. There will be **one** deduction of **0.2** taken by each execution judge irrespective of the number of changes.
 - b) If an element is repeated there will be a deduction of **1.0** per repeat taken by the execution judges.
 - c) If a prescribed element is missing from the first routine there will be a deduction of **1.0** per missing element taken by the execution judges.
- 3 i) Grade 1 **Mens/Ladies event** The following rules apply regarding the first routine.
 - a) If the competitor whilst performing the routine changes the order of the routine from that which is written on the competition card. There will be **one** deduction of **0.2** taken by each execution judge irrespective of the number of changes.
 - b) If an element is repeated there will be a deduction of **1.0** per repeat taken by the execution judges.
 - c) If a prescribed element is missing from the first routine there will be a deduction of **1.0** per missing element taken by the execution judges.
 - c) In the first routine there will be two elements with counting difficulty. The difficulty of the two elements will be added to the execution score. These skills must be marked with an asterisk on the competition card and their difficulty value and total difficulty value marked on the competition card before it is handed in.
 - d) The total difficulty value of the two skills counting for difficulty in the first routine must be equal to or more than **2.3** or the competitor will not receive any difficulty value. In an incomplete routine where one of the elements counting for difficulty has not been performed, the competitor will receive the difficulty value of the performed element without penalty.
- 3 ii) In the Second routine (Voluntary) none of the elements already counted for difficulty in the first routine can be repeated, otherwise the difficulty of those elements will not be counted in the calculation of the score for the second routine.

AWARDS & TROPHIES

Grades '3' to '8'

The Region may adopt their own policy for awards at these grades.

Grades '1' and '2'

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.

Grade '2' National Championships

A minimum of 5 awards will be given for each event for both male and female groups. A certificate will be awarded to all competitors in recognition of their achievement in qualifying to this level of competition.

Teams

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

Grade '1' National Championships

All competitors who compete on the Final day (i.e. top 8) will receive an award.

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

Teams

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

Where possible organisers should provide all competitors at all levels with a certificate of participation.

COMPETITION ATTIRE

Female – Grades ‘6’ & ‘5’

Leotard, either a sleeveless leotard or a leotard with sleeves a minimum of 2/3rds the length of the arm, white trampoline shoes or plain white foot covering.

Male Grades ‘6’ & ‘5’

Sleeveless leotard with single colour gym trousers/shorts.

Or

Sleeveless / short-sleeved, single colour T-shirt and single coloured gym trousers / shorts, white trampoline shoes or plain white foot covering.

Note: - Black or dark coloured trousers are not permitted.

Deviations from the above to be at the discretion of the Regional Committee.

Male and Female – Grades ‘4’ to ‘1’ and Nationals

Dress Code as per FIG rule number 6 (reproduced below)

DRESS FOR GYMNASTS AND SPOTTERS

Male gymnasts

- Sleeveless leotard
- Gym trousers in a single colour, except black or any other deep dark colour
- Trampoline shoes and/or foot covering of the same colour as the gym trousers or white

Female gymnasts

- Leotard , sleeveless or with 2/3rds length sleeves
- Trampoline shoes and/or white foot covering

Synchro

Partners should wear matching clothing including sleeve length as above

Spotters

Track suit and gym shoes or equivalent

Teams

Members of a team or a synchronised pair must wear matching clothing

Note:- This includes matching sleeve length

The wearing of jewellery or watches is not permitted during the competition. Body piercings are not permitted. Ensuring that performers do not have body piercings is the responsibility of the performer's coach.

Any violation of the above may result in disqualification from the round in which the offence occurs. Any incorrectly dressed spotters will be asked to move from the trampoline.

This decision is made by the Chair of Judges Panel.

EQUIPMENT

FIG approved trampolines with 6x6mm or 6x4mm webbed beds will be used for all grades of competition. FIG approved trampolines with 6x4mm webbed beds will be used for Grade '1' competitions.

Grade '8'

DISABILITIES TRAMPOLINING

General Guidelines

Performers with a registered disability already competing in Grade '6' and above are recommended to stay in their present grade. However, they will have an opportunity to downgrade if they wish to do so.

It should be the aim of both the performer and coach to achieve such a standard as to compete in the higher grades. Once established, the disabilities competitions may introduce a qualifying score to enter the higher grades.

Participants must be members of British Gymnastics and registered disabled. Disabilities definitions are as defined by Sports England and the Special Olympic Committee and followed by British Gymnastics' other disciplines and will be adhered to.

ROUTINES

Participants with moderate physical and/or learning disabilities may compete either a six contact routine, or a ten contact routine with the following requirements: -

- 1) A six contact routine to include
 - ❖ A twist of no less than 180 degrees
 - ❖ A front, seat or back landing

Participants are permitted one credited repetition of a tariff move.
Marks will be out of 6 plus 4 whole marks as per DMT.

- 2) A 10 contact routine to include
 - ❖ A twist of no less than 360 degrees
 - ❖ A twist of no less than 180 degrees from a seat, front or back landingRepeats of tariff moves will not be credited.

Each competitor will compete with two rounds of competition. The voluntary round will be tariffed. There will be no third round of competition.

Participants with mild physical and/or learning difficulties may compete in the mainstream Grade '6' or above.

AGE GROUPS

Under 11, Under 13, Under 15, Under 17, Over 17.

Regions may choose to replace U17 / O17 with U17 /U19 /O19.

CLOTHING

Clothing will be the same as for mainstream trampolining. Special clothing may be worn where a condition necessitates it. **The wearing of prosthetics is permissible, unless it is evident that wearing such items may be a danger to the performer, or may damage the equipment.**

It will be the responsibility of the coach, or the performer themselves, to mount and dismount the trampoline. WHEREVER POSSIBLE organisers should make provision of a suitable platform to assist the coach and performer.

AWARDS

Awards will be made in accordance with the regional policy for Grades '3' to '8'. For further information please contact Peter Pino on (0191) 489 0568 or e-mail at peterapino@blueyonder.co.uk

Rules for Competitors Returning to Competitive Trampolining

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

Grades '3'-'6'

Grade '3'-'6' Competitors who wish to return to competition will enter the scheme at the grade in which they last competed.

Grade '5' Competitors who wish to compete at a lower grade than the one at which they are qualified must apply in writing to the Regional Competition Secretary, stating the reasons for the requested downgrade.

Grade '2'

Competitors who were qualified to compete at Grade '2' must re-enter the Grading Structure at Grade '3'.

Grade '1'

Competitors who have competed at Grade '1' will re-enter the Grading Structure: -

At Grade '2' if they did not compete the previous season

At Grade '3' if they have not competed for the previous two seasons or more

Any competitors who achieved a top TEN placing at any Grade '1' ('A') National Championships may apply to the scores coordinator to re-enter at Grade '2'.

INTERNATIONALS RETURNING TO COMPETITIVE TRAMPOLINING

If a Senior International (must have competed in Worlds, Europeans, Four Countries or World Cups) wishes to return to competitive trampolining after an absence of at least one season, they may return to Senior Men's/Ladies.

If they fail to retain Elite Status they must return to their age group the next season

If a Youth International wishes to return after an absence of at least one season, they may return only to Grade '1', age group, but they will downgrade to Grade '2' if they do not achieve the Grade '1' Retaining Score that season.

The National Squad Director may request a return to the senior events for a competitor for selection purposes.

All requests must be made in writing to the scores co-ordinator.

OTHER COMPETITIONS

Schools Competitions (British Schools Gymnastic Association)

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

See separate Rules for Schools Competitions.

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

Regional Competitions

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

Open International Events

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

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

World Senior Championships

European Senior Championships

World Cup Events

European Youth Championships

Youth International v Germany

This has been an annual occurrence for over 36 years.

International Age Group Games

This has been a bi-annual celebration for over 30 years and is run in conjunction with the World Championships and is well supported by British Trampolining.

There are four age groups for male and female, Under 13, Under 15, Under 17, and Over 17 with four competitors selected for each group.

In the Trampolining each competitor only competes a voluntary routine with the top 6 in each event competing a final routine.

SECTION 3

SYNCHRONISED TRAMPOLINE

SYNCHRONISED TRAMPOLINING PROVISION

- 1 Regional Events
- 2 Mid-season Synchronised and DMT Competition
- 3 British National Synchronised and DMT Championships

For DMT information please read Section 4

Entering Synchronised Competitions

All Synchronised entries must be made as a pair and the complete entry fee sent to the competition organiser as one payment by the stated closing date.

When two partners are from different Clubs then only one Club must be responsible for their entry and the complete fee paid.

Where full payment is not received the entry will not be accepted.

Late entries are not permitted.

Substitutions

In synchronised events substitutions may be made on the day provided that the substitute(s) are from the same age group and gender as the original entry.

In synchronised Men's/Ladies entries may be accepted on the day if time is sufficient to permit their inclusion.

Age Groups

At all Grades there are separate Competitions for Male & Female

Grades '8'	Under 11, Under 13, Under 15, Under 17, Under 19, Over 19
Grades '3'-'7'	Under 9, Under 11, Under 13, Under 15, Under 17, Under 19, Over 19
Grade '2'	Under 11, Under 13, Under 15, Under 17, Under 19, Over 19
Grade '1'	Under 11, Under 13, Under 15, Under 17, Under 19, Over 19, Men's/Ladies

Regions may choose to run either U17, U19 and O19 or U17 and O17 age groups.

**Under 9's may compete in the Under 11 Age Groups at Grade '2'
Under 9's are not permitted to compete at Grade '1'**

For Competition attire for all Synchro grades see page 23

For Routines for all Synchro Grades see pages 18, 19 and 20.

A pair will be eligible to compete in the Synchronised National Championships provided that:-

For age group events, one competitor has qualified to compete at the National Championships within their age group and the other is either a current Grade '2' or current Grade '1' Competitor.

Where competitors are from different age groups they must compete in the age group of the older partner, one competitor must be qualified to compete at this year's National Championships & the other must be a current Grade '1' competitor.

For Men's/Ladies events, one competitor has qualified to compete at Men's/Ladies at this year's National Championships and the other is a current Grade '1' competitor.

Both competitors must be at least 14 years of age in the year of competition.

Note: - A competitor may only compete in one age group event and, if qualified, the Men's/Ladies event (it does not need to be with the same partner).

Mid Season Synchronised Competition

A pair will be eligible to compete in the Mid Season Synchronised Competition provided that: -

Grade '1'

For age group events, one competitor is a current Grade '1' competitor and the other is either a current Grade '1' or current Grade '2' competitor.

Where competitors are from different age groups they must compete in the age group of the older partner, both competitors must be current Grade '1' competitors.

For Men's/Ladies events, one competitor must have qualified to compete Men's/Ladies at Grade '1' and the other is a current Grade '1' competitor.

Both competitors must be at least 14 years of age in the year of competition.

Note: - A competitor may only compete in one age group event and, if qualified, the Men's/Ladies event (it does not need to be with the same partner).

IF a Grade '2' Synchro event is offered the following will apply

For age group events, one competitor is a current Grade '2' competitor and the other is either a current Grade '2' or current Grade '3' Competitor.

Where competitors are from different age groups they must compete in the age group of the older partner, both competitors must be current Grade '2' competitors.

Note: - A competitor may only compete in one age group event.

N.B. CURRENT means that you must have competed at that grade in 2006. Any Grade '1' or '2' competitor who competed in 2005 and has not been downgraded is also deemed to be a current competitor. If in any doubt please contact the Scores Coordinator before submitting your entry.

AWARDS & TROPHIES

Grades '3' to '8'

The Region may adopt their own policy for awards at these grades.

Mid-season Synchronised Competition

A minimum of three pairs of awards (one to each partner) will be given for each event both male and female.

Synchronised National Championships

A minimum of three pairs of awards (one to each partner) will be given for each event both male and female.

Where possible organisers should provide all competitors at all levels with a certificate of participation.

EQUIPMENT

FIG approved trampolines with webbed beds; 6x6mm or 6x4mm will be used for all grades of competition. Trampolines must be arranged in matching pairs.

OTHER COMPETITIONS

Synchronised Trampolining is featured at the following International events, selections are made based upon "Selection Criteria" Copies of "The Selection Criteria" can be obtained from the National Squad Administrator.

World Senior Championships

European Senior Championships

World Cup Series

European Youth Championships

International Age Group Games

Martin Cup

Open International Events

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

SECTION 4

DOUBLE MINI TRAMPOLINE

GRADE '1'

This is the minimum grade for gymnasts wanting to be selected to represent Great Britain. There is no minimum degree of difficulty, but it is expected that the gymnast is capable of competing at least one double somersault in each pass.

The number of finalists will be maximum of 8 competitors with the scores from the previous rounds being zeroed.

Age Groups: 17 and over Born in, or before, 1989
Under 17 Born in 1990 or 1991
Under 15 Born in, or after, 1992

Difficulty: No restrictions

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

Typical skills/passes:

Mount / Spotter	Dismount
Back s/s	Half Out (Tucked and Piked)
Barani	Double Back (Tucked/ and Piked)
Full	Half Out (Tucked and Piked)
Rudi	Double Back (Tucked/ and Piked)
Double Back	Half Out (Tucked and Piked)
Half Out	Double Back (Tucked/ and Piked)
Half Out	Half In Half out, Back in Full and Full in Back
Double Back	Rudi out
Full in Half out	Multiple twisting double back somersaults
Rudi Out	Multiple twisting double back somersaults
Full in Rudi out	Multiple twisting double back somersaults

GRADE '2'

This grade is designed for gymnasts linking single somersaults. Gymnasts must include at least one somersault in each pass. Gymnasts that are ready to compete double somersaults should progress to Grade '1'.

The number of finalists will be maximum of 8 competitors

Age Groups: 17 and over Born in, or before, 1989
Under 17 Born in 1990 or 1991
Under 15 Born in 1992 or 1993
Under 13 Born in, or after, 1994

Min/Max DD: Each pass must contain at least one somersault.
No double somersaults are allowed.

Coach: DMT Club Coach
DMT Senior Club Coach for Gymnasts competing single somersaults with more than one half twist.

Typical skills/passes

Mount / Spotter	Dismount
Barani	Back Somersault, Full, Double Full
Rudi	Back Somersault, Full, Double Full
Back Somersault	Barani, Rudi
Full	Barani, Rudi
Double Full	Barani, Rudi

GRADE '3'

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 ready to link single somersaults should progress to Grade '2'.

Regions may use age groups and male / female groups.

Age Groups: 17 and over Born in, or before, 1989
 Under 17 Born in 1990 or 1991
 Under 15 Born in 1992 or 1993
 Under 13 Born in, or after, 1994

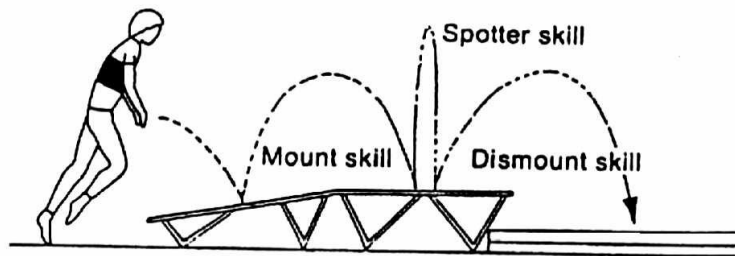
Age groups can be combined if numbers are too small and an U11 age group can be added if required.

Min/Max DD: Each pass must contain only one single somersault with no more than one half twist.

Coach: DMT Club Coach

Typical skills/passes

Mount / Spotter	Dismount
Tuck / Pike / Straddle Jump	Front Somersault, Barani
½, 1½ twist	Back Somersault
1, 2 twist	Front Somersault, Barani
Back, Front Somersault	Tuck / Pike / Straddle Jump / ½ Twist
Barani (T/P/S)	½, 1, 1½, 2 twist



DOUBLE MINI TRAMPOLINE COMPETITION GRADES

2005-2006

Grades '1' and '2' are designed as National Level competitions and will usually be held alongside National Synchronised Trampoline competitions. Grade '3' is designed as a Regional Level competition to introduce gymnasts to DMT.

Moving Grades

The start grade for next season will be voluntary, but gymnasts are encouraged to move on when further experience has been gained. However, once a grade has been competed, the gymnast may not compete at a lower grade without first applying for a downgrade, by submitting the reason(s), in writing, to the Competitions Committee.

Minimum/Maximum Requirements

If a gymnast fails to perform the minimum requirements during a complete pass, the execution judges will each deduct 0.5 pts.

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

Regional Competitions

Regions are encouraged to hold DMT events and to promote DMT courses. In general we would expect regions to run Grade '2' and Grade '3' competitions. Those wishing to run Grade '1' 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.

Teams

Teams - 3 or 4 in same grade, same sex and same age group. Teams must be specified before the start of each competition.

Clothing

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

Difficulty (Tariff)

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.

USEFUL ADDRESSES

Disabilities Trampolining

Peter Pino,
29 Coventry Way,
Felgate Estate,
Jarrow,
Tyne & Wear,
NE32 4TB

Tel: 0191-489-0568

E-mail: peterapino@blueyonder.co.uk

Double Mini Trampoline

Rosie Bascombe,
150 Sandy Lane,
St Ives,
Ringwood,
Hants,
BH24 2LH

Tel: 01425-474428

E-mail: rbtrampclub@btinternet.com

USEFUL ADDRESSES

Chair

Craig Bellis
70 Dickens Avenue,
Hillingdon,
Middlesex,
UB2 3DN
01895 446989
craigbellis@blueyonder.co.uk

National Competition Secretary

Bill Leach
20 Fountains Close, Biddick
Washington, NE38 7TA
Tel: 0191-419-1031

Scores Co-ordinator

Carol Hardman
110 Staplehurst,
Bracknell, Berks
RG12 8DD
Tel: 01344-426281
E-mail : carolh2004@yahoo.com

National Competitors Registration Secretary

Arthur Hockenhull
16 Redfern Avenue,
Sale, Cheshire. M33 2TJ
Tel: 0161-973-0086
E-mail: hockenhulla@aol.com

Judging Events Co-ordinator

Mike Phillipson
Judging E-mail: trampolinejudging@hotmail.com

BRITISH GYMNASTICS

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