



TRAMPOLINE TECHNICAL COMMITTEE

NATIONAL GRADING STRUCTURE

**This Booklet is an addendum to the Handbook
All existing Competition Rules not covered by this document
remain in force until further notice**

Web Site : www.isport.uk.com/gymnastics/tram

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Eligibility to Compete

To be eligible to compete at any British Gymnastics Trampoline Competition

All competing clubs must be registered with British Gymnastics.

All participants must be at least an Associate Member of British Gymnastics.

All Competitors must be eligible to compete at the grade entered.

Competitor Registrations

All Competitor's (Grades '1'-'6') must be Registered with the Competition Licence Secretary at least 21 days prior to their first Competition each season.

Home Nations

Scottish Gymnastics (SAGA)

Members of the Scottish Gymnastics are fully integrated under this scheme and are expected to participate fully with this Structure.

In years where SAGA does not host a National Grade '2' Event, SAGA is permitted to Organise a Grade '2' qualifying event.

This event must be accessible to all Grade '2' competitors (including England, Northern Ireland & Wales).

Welsh Gymnastics (WAGA)

Members of Welsh Gymnastics are fully integrated under this scheme and are expected to participate fully with this Structure.

Northern Ireland Gymnastics (NIGA TTC)

Members of NIGA are fully integrated under this scheme and are expected to participate fully with this Structure.

In order to avoid NIGA members incurring unaffordable travelling expense, NIGA are permitted to organise a maximum of THREE Grade '2' Events within Northern Ireland each year.

These events must be accessible to all Grade '2' competitors (including England, Scotland & Wales).

NIGA members are also allowed to compete on the mainland if they wish

But no Grade '2' competitor will be allowed to participate in more than FOUR Grade '2' qualifiers per season.

Members of the Home Nations must also comply with any registration rules imposed by their Association. These rules must be submitted to the National Trampoline Competition Committee by their Technical Committee Secretary..

Please note - At all British Gymnastics Events, Competitors must be under the supervision of a suitably qualified Coach who is a B.G Member. Persons who are not designated as official and NON B.G members are not allowed on the 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 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 place in these competitions and may also compete as a team member for the club 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 Finals. Nor may they be selected to represent Great Britain in any International event.

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

Temporary Transfers: - Competitors 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. Registration Secretary must be informed.

Rotation of Events 2002 to 2005.

Grade '1'.

National Finals in July at the National Indoor Arena – Birmingham

	1	2	3	4	5	6	7	Synchr
	March 1st WE	March 3rd WE	April 1st WE	April 3rd WE	April Last WE	May 3rd WE	June 1st WE	June 3rd WE
2002	S	WM	SAGA	WAGA	NIGA	SW	NW	N
2003	Y	SE	SAGA	WAGA	NIGA	EM	E	S
2004	N	L	SAGA	WAGA	NIGA	S	WM	NW
2005	SW	NW	SAGA	WAGA	NIGA	Y	SE	E

Mid Season Synchro in Wales the day after the WTA Grade '1'

Grade '2'.

	FEB 2 nd WE	MAY 1st WE	JUN Last WE	OCT Last WE	NOV Last WE
	Qual	Qual	Qual	Qual	FI NAL
2002	SE	Y	E	EM	L
2003	N	WAGA	SAGA	L	WM
2004	E	EM	SE	Y	SW
2005	SAGA	L	N	WAGA	EM

National Grading Structure

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 compulsory progression to Grade '4' and competitors who obtain this score on two occasions will be required 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 ten highest scores from the first two rounds.

At Grades '4'-'5' a final round may be included if the organisers wish.

Qualifying Scores (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 has been achieved
Compulsory Progression to next Grade		
Must be made to Grade '3' when the minimum qualifying score has been achieved for a second time at Grade '4' events for which the competitor met the eligibility requirements.	<i>Competitors may continue to compete at Grade '3' until they are confident of progression to Grade '2'.</i>	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 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 required qualification score must have been achieved at a National Grade '2' qualifying competition.

There will be a Final for the competitors with the TEN highest scores after the first TWO rounds.

All competitors achieving the designated scores in the first TWO rounds are eligible to Compete in the National Championships. (See also rules for National Synchronised Championships).

National Grade '2' Qualifying Competitions.

Only National Grade '2' events qualify for progression to Grade '1' or for qualification to the Grade '2' National Championships.

This includes national Grade '2' events organised by NIGA TTC & SAGA.

Grade '2' National Finals

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

National Grade '1' Qualifying Competitions.

Only National Grade '1' events listed in the Rotation qualify for entry to the British 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 National Championships.

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

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

Anyone eligible to enter for Men's/Ladies direct (who 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 Finals.

Note :- If a competitor does not achieve the score for National Finals 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'.

Panels For Grade 1 Competitions

Panels at Grade '1' & '2' Competitions will depend upon the entry numbers.

Except that at Grade '1' the Men & Ladies will be on Panel 2

(However at the National Championships the Men will be on Panel 2 & the Ladies on Panel 3)

The Competition Committee will arrange panels and timings and organisers must send entry numbers to the Chair, Secretary or Registration Secretary as soon as possible after the closing date.

Judges will be selected by the Judging Events Co-ordinator.

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 at least one National Grade '1' Qualifying Competition.

At the National Championships Competitors who have qualified for Age Group & Men's/Ladies are permitted to Compete in both events.

Synchronised National Championships

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 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 the National Championships & the other must be a current Grade '1' Competitor.

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

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

Age Groups

At all Grades there are separate Competitions for Male & Female

Grades 3-6	Under 9, Under 11, Under 13, Under 15, Under & Over 18
Grade 2	Under 11, Under 13, Under 15, Under & Over 18
Grade 1	Under 11, Under 13, Under 15, Under & Over 18, Men/Ladies

At Grades 1 & 2 Under 9's must compete in the Under 11 Age Groups

Progression and Downgrading

Grades '5' and '6' 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 must progress to the next Grade.

Once a competitor has competed at Grade '3' return to Grade '4' is not *usually* permitted. Except where the Competitions Committee grants permission.

Applications to downgrade (Grades '4'-'1') must be made in writing (to the Scores Co-ordinator) stating the reasons *for the downgrade*.

Please allow 28 days prior to a competition for a reply.

Permission to downgrade will only be granted in exceptional circumstances.

Competitors achieving two qualifying scores at Grade '3' are NOT required to move to Grade '2'.

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.**

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 from Grade '3' to Grade '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, *except in the re-qualification group at the Grade '2' in October.* (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*.

Qualifying Scores to progress from Grade '2' to Grade '1' are only valid in the year of attainment and the following year.

For Scores to Retain Grade '1' See Table of Qualifying Scores

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 score 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'

From 2001 competitors who have been **downgraded from Grade '1'** may enter the last National Grade '2' **qualifying** event in **October** to attempt to re-qualify for Grade '1'. **(They will Compete Set & Vol Only)**

These competitors will not be allowed to: -

- a. Qualify for the Grade '2' National Finals.
- b. Compete in any Club team.
- c. Compete in the Final Voluntary Routine.
- d. Receive any Trophy.

Note: - If they Compete again at Grade '2' any qualification to return to Grade '1' gained in October will be null and void.

Grades	Table of Qualifying Scores					
	U9	U11	U13	U15	U18 O18 +	Men Ladies
From '5' to '4'	48.5	48.5	49.5	49.5	49.5	-
Tariff Limit	3.0	3.0	3.0	3.0	3.0	-
From '4' to '3'	49.5	49.5	50.5	50.5	51.5	-
Tariff Limit	4.0	4.0	4.0	4.0	4.0	-
From '3' to '2'	50.5	50.5	51.5	52.0	52.5	-
Tariff Limit	4.5	4.5	4.5	5.0	5.0	-
<i>From '2' to '1'</i>	-	<i>51.0</i>	<i>52.0</i>	<i>53.5</i>	<i>54.0</i>	-
<i>Required Set Score</i>	-	<i>23.5</i>	<i>23.5</i>	<i>23.5</i>	<i>23.5</i>	-
Grade '2' Finals	-	50.0	51.0	52.5	53.0	-
To Retain Grade '2'	-	49.0	50.0	51.5	52.0	-
To Qual for Men/Ladies	-	-	-	58.0*	57.5	-
Required Set Score	-	-	24.5	24.5	24.5	-
To Qual for Nationals	-	52.0	53.0	54.5	55.0	59.0
Required Set Score	-	24.0	24.0	24.0	24.0	24.5
To Retain Grade '1'	-	51.0	52.0	53.5	54.0	59.0#

Qualifying Scores are calculated using the first TWO rounds only.

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

Achieved at previous years National Finals with required Set Score

Compulsory Routines Grades '7'-'4'

Effective 01-01-2001

Grade '7'

Proficiency Days

Grade '6'

Under 9/11	Under 13/15	Under /Over 18+
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	Under/Over 18+
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 (P) 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)

Grade '4'

Under 9/11	Under 13/15	Under/Over 18+
Back S/S (T) 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) 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) 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'

Effective 01-01-2001

Grade '3'

Under 9/11	Under 13/15	Under/Over 18+
Back S/S (P) 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) Barani (T) Straddle Jump Back S/S (P) Barani (P) Pike Jump Back S/S (T) Tuck Jump Crash Dive ½ Twist to Feet

Grade 2

Under 11	Under 13	Under 15
Back S/S (P) 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) Straddle Jump Back S/S (P) Barani (P) ½ Twist Jump Pike Jump Back S/S (T) Tuck Jump Crash Dive ½ Twist to Feet	Back S/S (S) Barani (S) Back S/S (P) Straddle Jump Barani (P) ½ Twist Jump Tuck Jump Back S/S (T) Crash Dive Barani Ball Out (T)

Grade 2 Continued

Under 18 & Over 18+
<p>10 different skills to include :-</p> <p>(1) 9 skills with a min of 270° of somersault rotation.</p> <p>(2) 1 skill landing on either the back or front</p> <p>(3) from the above landing - 1 somersault with a minimum of 450° of rotation.</p> <p>(4) <u>Either</u> 1 somersault with a min of 360° of somersault rotation and 360° of twist <u>or</u> 1 somersault with at least 720° of somersault rotation.</p> <p>Both of number (4) may be incorporated in the routine</p>

Grade '1' Compulsory Routines 2002-2004
No Tariff Limit

<p align="center">Under 11 - Grade '1'</p> <p>Back Somersault (Piked) Barani (Piked) Straddle Jump Back S/S (Tucked) to Seat Drop Half Twist to Feet Pike Jump Back Somersault (Tucked) Tuck Jump Barani (Tucked) Front Somersault (Piked)</p>	<p align="center">Under 13 - Grade '1'</p> <p>Back Somersault (Straight) Barani (Straight) Back Somersault (Piked) Straddle Jump Barani (Piked) Half Twist Jump Tuck Jump Back Somersault (Tucked) Crash Dive (Straight) Barani Ballout (Tucked)</p>
<p align="center">Under 15 - Grade '1'</p> <p>Back Somersault (Straight) Barani (Straight) Full Twisting Back S/S Straddle Jump Back Somersault (Piked) Barani (Piked) Back Somersault (Tucked) Crash Dive (Straight) Barani Ballout (Tucked) Front Somersault (Piked)</p>	<p align="center">Under 18 - Grade '1'</p> <p align="center"><u>WORLD 'B' SET</u></p> <p>10 Different elements 9 of them with a Minimum of 270° somersault (1) One element to front or back <i>(2) One element from front or back in Conjunction with requirement No. (1).</i> (3) One double front or back somersault With or without twist (4) one element with a minimum of 540° twist</p> <p align="center"><i>Elements <u>cannot</u> be combined to Fulfil the above requirements</i></p>
<p align="center">Over 18 - Grade '1'</p> <p align="center"><u>WORLD 'B' SET</u></p> <p>10 Different elements 9 of them with a Minimum of 270° somersault (1) One element to front or back <i>(2) One element from front or back in Conjunction with requirement No. (1).</i> (3) One double front or back somersault With or without twist (4) one element with a minimum of 540° twist</p> <p align="center"><i>Elements <u>cannot</u> be combined to Fulfil the above requirements</i></p>	<p align="center">Men's & Ladies – Grade '1'</p> <p align="center"><u>WORLD 'A' SET</u></p> <p>10 Different elements with a Minimum of 270° somersault (1) One element to front or back <i>(2) One element from front or back in Conjunction with requirement No. (1).</i> (3) One double front or back somersault With or without twist (4) One double front or back somersault With a minimum of 360° twist (5) one element with a minimum of 540° twist</p> <p align="center"><i>Elements <u>cannot</u> be combined to Fulfil the above requirements</i></p>

Grade 1 Synchro - Compulsory Routines (2002-2004)

<p>Under 11 - Synchro Back Somersault (Piked) Barani (Piked) Straddle Jump Back S/S (Tucked) to Seat Drop Half Twist to Feet Pike Jump Back Somersault (Tucked) Tuck Jump Barani (Tucked) Front Somersault (Piked)</p>	<p>Under 13 - Synchro Back Somersault (Straight) Barani (Straight) Back Somersault (Piked) Straddle Jump Barani (Piked) Half Twist Jump Tuck Jump Back Somersault (Tucked) Crash Dive (Straight) Barani Ballout (Tucked)</p>
<p>Under 15 - Synchro Back Somersault (Straight) Barani (Straight) Full Twisting Back S/S Straddle Jump Back Somersault (Piked) Barani (Piked) Back Somersault (Tucked) Crash Dive (Straight) Barani Ballout (Tucked) Front Somersault (Piked)</p>	<p>Under 18/Over 18 - Synchro (1) <u>WORLD 'B' SET</u> 10 Different elements 9 of them with a Minimum of 270° somersault (1) One element to front or back (2) <i>One element from front or back in Conjunction with requirement No.(1).</i> (3) One double front or back somersault With or without twist (4) one element with a minimum of 540° twist <i>Elements cannot be combined to Fulfil the above requirements</i> See Also Alternative Routine (2)</p>
<p>Under 18/Over 18 - Synchro (2) Three Quarter Back S/S (Straight) Cody (Tucked) Straddle Jump Back Somersault (Straight) Barani (Straight) Full Twisting Back S/S (Straight) Barani (Piked) Back Somersault (Tucked) Crash Dive (Straight) Barani Ballout (Tucked) See Also Alternative Routine (1)</p>	<p>Men's & Ladies - Synchro <u>WORLD 'A' SET</u> 10 Different elements with a Minimum of 270° somersault (1) One element to front or back (2) <i>One element from front or back in Conjunction with requirement No. (1).</i> (3) One double front or back somersault With or without twist (4) One double front or back somersault With a minimum of 360° twist (5) one element with a minimum of 540° twist <i>Elements cannot be combined to Fulfil the above requirements</i></p>

AWARDS & TROPHIES

Grades '3' to '6'

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

Grade '1' and '2'

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

A minimum of one award per two teams, 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 finals.

A minimum of 5 awards for each event for both male and female.

A certificate to be awarded to each competitor 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 10) to receive an award.

A certificate and a commemorative award to 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.

Synchronised National Championships

A minimum of three 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.

COMPETITION ATTIRE

Female - Grades '6' & '5'

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

Close fitting shorts may also be worn.

Male Grades '6' & '5'

Sleeveless leotard and gym trousers/shorts in a single colour.

or

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

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

Female - Grades '4' to '1' and Nationals.

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

Female - Synchronised Competitions & Synchronised Nationals

Partners must wear matching clothing as above.

Male Grades '4' to '1' and Nationals

Sleeveless leotard and gym trousers in a single colour and trampoline shoes /foot covering in the same colour as gym trousers or white as per competition rules.

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

Male - Synchronised Competitions & Synchronised Nationals

Partners must wear matching clothing as above.

Team Members - Grades '4' to '1' Male & Female

Team Members must wear matching clothing as above.

EQUIPMENT

FIG approved trampolines with webbed beds 6mm or 6x4mm will be used for all Grades of competition.

Entering Competitions

Obtaining Information

At the end of each year all Clubs who have competitors registered with the Competition Registration Secretary will be sent an information pack for the following year. 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.***

Information regarding Grade '3' to Grade '6' competitions can be obtained from your Regional Competition Secretary.

If you do not receive a pack by 1st January contact the Competition Registration Secretary.

Submission of Entry Forms

All Grades / Events

Entry forms must be fully completed and postmarked no later than the closing date stated as **no late entries will be accepted.**

They must be accompanied by the correct fees with the cheque made payable to the relevant Association.

Entries submitted by E-mail DO NOT comply with the above requirements.

The correct number of officials must be nominated on the entry form. (See rules for Competition Officials.

The Club must also send the "Nominated Judges Form" to the Judging Events Co-ordinator no later than the closing date for entries.

Grade '2'

Grade '2' entries can be made in anticipation of the competitor qualifying at the preceding Grade '3' event. . (See rules for provisional entries).

Competitors who enter the October Grade '2' to attempt to regain Grade '1' status must indicate this on the entry form.

Grade '1'

Grade '1' entries can be made in anticipation of the competitor qualifying at the preceding Grade '2' event. (See rules for provisional entries).

Rules for Provisional Entries

A separate cheque in respect of the entry must be sent to the organiser 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, the organiser of the competition must be telephoned within 24 hours of the qualifying competition, and ask the competitor be withdrawn and the cheque 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.

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.

Team awards will be made at Grades '1' & '2'.

At Grades '3' to '6' at the option of the Region.

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

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 may not be accepted.

Late entries are not permitted.

Substitutions

Substitutions may be made on the day provided that the substitute is from the same Club and of the same age group and gender as the original entry.

In synchronised events substitutions may be made on the day provided that the substitute(s) are from the same Club(s) and of 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.

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 made 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 which the ban is effective will not be refundable.

Any scores/qualification the competitor achieved 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.

Competition Officials

In order for our grading competitions to go ahead Clubs obviously need to provide officials for these events. 'Officials' include marshals, computer operators, manual recorders as well as qualified judges. Judges must be suitably qualified and experienced to judge at the grade of competition for which they have been nominated and must be willing to officiate for the whole day. The number of officials Clubs are required to provide for competitions is listed below.

Number of	Number of officials to be nominated.
1 – 2 competitors	None (but officials will be gratefully accepted)
3 – 5 competitors	One suitably qualified judge
6 – 9 competitors	Two of which one must be a suitably
10 – 15 competitors	Three of which two must be suitably
16 and over	Four of which two must be suitably qualified

Should a Club be unable to nominate an official for a competition a fine will be imposed on the Club.

Please note: this is only acceptable if the Club is unable to provide one of the officials.

- a) *A Club required to provide one official must provide that official or they will not be allowed to compete.*
- b) A Club required to provide **two** officials must provide at least one suitably qualified judge for their entry to be accepted and may then pay a **£20** fine if they cannot provide a second official.
- c) A Club required to provide **three** officials must provide at least two suitably qualified judges for their entry to be accepted and may then pay a **£20** fine if they cannot provide a third official.
- d) A Club required to provide **four** officials must provide at least two suitably qualified judges plus one other for their entry to be accepted and may then pay a **£20** fine if they cannot provide a fourth official.

Should a nominated official (or reserve official) not turn up on the day, the Club must provide a suitably qualified substitute. Failure to do so will result in the Club being excluded from the next competition in England or Wales at that Grade.

Fines for not providing enough competition officials must be paid along with the competition entry or the entry may not be accepted.

The competition entry form requires that Clubs enter the names of officials on the entry form in the appropriate places along with performers.

For Grade 1 and Grade 2 competitions your qualified officials should be at least Area judge level, or higher.

Completing your entry form

1. When you are completing the entry form, you must, once you have entered two competitors on the sheet, fill in the name of your **suitably qualified** official in the space provided **J1** in order to enter any more performers. Please include their judge level, preferred job and availability.
2. Once you reach five entries, you must, fill in the name of your second official in the space provided **J2**.
3. When you reach nine entries, fill in the name of your third official **J3** and when you reach fifteen entries fill in the name of your fourth official **J4**.
4. If you decide to pay a **£20** levy for not having a suitably qualified official, this must be written in the first “officials” space **J1** and the **£20** levy **must** be included with your entry fee.
5. If the requirement is that you need to provide two officials for the competition (see officials chart table) and you decide to pay a **£20** levy for one of them, fill in as above and your second “officials” space **J2** must, have the name of your nominated **qualified** official written in it for your entry to be accepted.
6. If the requirement is that you should provide three officials and you decide to pay a **£20** levy for one of them, your second and third “officials” space **J2 & J3** must have the names of nominated **qualified** officials written in for your entry to be accepted etc.

Please note: If you do not fill in the “official’s” space, the competition organiser has the right to refuse entries listed below that space.

In other words, No Official = No competition entry.

They also have the right not to allow your competitors to compete if the officials nominated do not turn up for the competition. **In other words, if an official is nominated by your club they are expected to be at the competition for the day if required, or a suitable substitute comes in their place.**

Suitable officials

Where required (entry of 3 and above) you are expected to provide a judge of the right status to judge for your club. Where you do not have to provide a qualified official an experienced Marshal, Warm Up Marshal, Recorder or computer operator is acceptable. However please do not forget, in order for the competition to run smoothly these people are expected to know what to do. We are not an on the spot training ground for officials.

If your club had not got many qualified and experienced judges please contact your divisional judging representative who will put on courses for you where required.

We are quite happy to where it is possible to sit extra judges on the panels who can do some judging and gain experience particularly at Tariffing, which many people are concerned about.

Should a club have severe problems providing officials for competitions they should contact the Judging Events Co-ordinator at least 2 weeks before a competition closing date to discuss possible solutions.

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 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, The British Team comprises of five trampolinists from each of the following age groups Under 18 Boys, Under 18 Girls, Under 15 Boys, Under 15 Girls.

World Age Group Games

Individual & Synchronised Trampolining – Double Mini & Tumbling

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

Rules for Competitors Returning to Competitive Trampoline.

These rules apply only to Competitors who have not competed for at least a full competition season, i.e did not compete at all 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 'C' is now Grade '4' - Grade 'D' may compete at Grade '4' or Grade '5'.)

Grade 5 Competitors who wish to compete at a lower grade than the one 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' (or Grade 'B') must re-enter the Grading Structure at Grade '3'

Grade '1'

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

If they did not compete previous season, will re-enter at Grade '2'.

If they did not compete previous two seasons or more, will re-enter at Grade '3'.

Any competitors who achieved a top TEN placing at any Grade '1' ('A') National Finals may re-enter at Grade '2').

INTERNATIONALS RETURNING TO COMPETITIVE TRAMPOLINING

If a Senior International (must have competed in World's, European's, 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.

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