



Dear All,

RE: Routines for the new competition structure

I am pleased to be able to announce the new competition routines that will accompany the new competition structure that begins October 2008.

With the exception of FIG A there will only be two age groups (Under 15 and Over 15). The routine(s) will be the same for both age groups at each level.

Although regions may use different age groups for ease of competition it is strongly advised that these changes are implemented across all levels to provide performers with the consistency required to achieve their full potential. Promotion and relegation in Regional D and National C, will only occur from rankings within these two age groups.

A competition logbook will be produced and made freely available to club secretaries and coaches via the bg-coaches.org website. It is planned to make the competitions logbook compulsory in due course and it is advised that you try to implement the competition logbook as soon as it becomes available.

Until such time that the competition log books have become mandatory and where available, competitors will be given the choice of two compulsory routines. Irrespective of which routine is performed, all those within a specific category will be ranked together.

If you have any further questions, please forward these to tramp.comps@britishgymnastics.org.

I wish you success this year and ask you be patient during this period of transition.

Wayne Smith
National Trampoline Competition Organiser

Club I – Equivalent (Grade 7)	
<i>Compulsory</i>	<i>Voluntary</i>
<i>Jump (arm set)</i> 1. Jump to seat landing 2. To feet 3. ½ twist jump 4. Jump (straddled) 5. Full twist jump 6. Jump (piked) 7. ½ twist jump 8. Jump (tucked) 9. Jump to front landing 10. To feet	<i>Jump (arm set)</i> 1. Jump to seat landing 2. To feet 3. ½ twist jump 4. Jump (straddled) 5. Full twist jump 6. Jump (piked) 7. ½ twist jump 8. Jump (tucked) 9. Jump to front landing 10. To feet No difficulty will be awarded

Club H – Equivalent (Grade 6)	
<i>Compulsory</i>	<i>Voluntary</i>
<i>Jump (arm set)</i> 1. Half twist jump 2. Jump to front landing 3. To feet 4. Jump (piked) 5. Half twist jump 6. Jump (straddled) 7. Jump to back landing 8. To feet 9. Jump (tucked) 10. Full twist jump	The voluntary routine may include a maximum of two body landings and a maximum of one somersault. No difficulty will be awarded

Regional G – Equivalent (Grade 5)		
<i>Compulsory G1</i>	<i>Compulsory G2</i>	<i>Voluntary</i>
<i>Jump (arm set)</i> 1. Back somersault (T) 2. Jump (straddled) 3. Half twist to seat landing 4. Half twist to feet 5. Half twist jump 6. Jump (piked) 7. Full twist jump 8. Jump (tucked) 9. 3/4 Front Somersault (SL) 10. To feet	<i>Jump (arm set)</i> 1. Half twist to front landing 2. To feet 3. Jump (straddled) 4. Full twist jump 5. Jump (piked) 6. Jump to back landing 7. Half twist to feet 8. Jump (tucked) 9. Half twist jump 10. Front somersault (T)	The voluntary routine may include a maximum of three somersaults, and two body landings. No difficulty will be awarded

Regional F – Equivalent (Grade 4 U15)		
<i>Compulsory F1</i>	<i>Compulsory F2</i>	<i>Voluntary</i>
Jump (arm set) 1. Back somersault (T) 2. Jump to seat landing 3. Half twist to feet 4. Jump (tucked) 5. Barani (T) 6. Jump (straddled) 7. Jump to front landing 8. To feet 9. Jump (tucked) 10. Front somersault (T)	Jump (arm set) 1. Barani (T) 2. Half twist jump 3. Jump (straddled) 4. Back somersault (T) 5. Full twist jump 6. Jump (tucked) 7. Jump to back landing 8. Half twist to feet 9. Jump (piked) 10. Back somersault (P)	The voluntary routine may include a maximum of four somersaults of no more than 360° somersault and back somersault to seat. Difficulty will be added.

Regional E – Equivalent (Grade 4 O15)		
<i>Compulsory E1</i>	<i>Compulsory E2</i>	<i>Voluntary</i>
Jump (arm set) 1. Back somersault (S) 2. Jump (straddled) 3. Full twist jump 4. Jump (tucked) 5. Back somersault (T) 6. BSS to seat landing (T) 7. ½ twist to feet 8. ½ twist jump 9. Jump (piked) 10. Barani (SL)	Jump (arm set) 1. Barani (P) 2. Jump (straddled) 3. Back somersault (T) 4. Barani (T) 5. ½ twist jump 6. Jump (tucked) 7. 1½ twist jump 8. Jump (piked) 9. ¾ front somersault (S) 10. To feet	The voluntary routine may include a maximum of seven somersaults of no more than 360° somersault or six somersaults & a Back Somersault to seat. Difficulty will be added.

Regional D – Equivalent (Grade 3)
<i>Compulsory</i>
Ten different elements with: <ul style="list-style-type: none"> • At least seven somersaults of at least 270° somersault rotation to include one of the following three elements: • One move of at least 270° of somersault rotation, landing on front or back, followed by a move of at least 450° somersault rotation. • A back somersault with 360° somersault rotation and a full twist. • A front somersault with 360° somersault rotation and 1½ twists
<i>Voluntary</i>
The voluntary routine is subject to a 6.5 difficulty limit.



National C – Equivalent (Grade 2)
<i>Compulsory</i>
Ten different elements with: <ul style="list-style-type: none">• At least nine somersaults of at least 270° somersault rotation to include:• At least one somersault of least 270° somersault rotation landing on front or back, followed by a move of at least 450° somersault rotation.• And one of the following:<ul style="list-style-type: none">○ A back somersault with 360° somersault rotation and a full twist or○ A front somersault with 360° somersault rotation and 1½ twists or○ A double somersault
<i>Voluntary</i>
The voluntary routine is subject to a 8.4 difficulty limit.

FIG B – Equivalent (Grade 1)
<i>Compulsory – World FIG B</i>
The routine consists of 10 different elements, only one (1) skill allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. <ol style="list-style-type: none">1. one (1) element of at least 270° of somersault rotation to front or back,2. one (1) element from front or back with a minimum 450° rotation - in combination with requirement No. 1,3. one (1) double front or back somersault with or without twist and4. one (1) element with a minimum of 540° twist.
<i>Voluntary</i>
No restrictions

FIG A – Equivalent (Mens/Ladies)
<i>Compulsory</i>
<ol style="list-style-type: none">1. The routine consists of 10 different elements, each with a minimum of 270° somersault rotation.2. Two (2) elements, marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution score to give the total score for the first routine.3. None of these two (2) elements may be repeated in the
<i>Voluntary</i>
No restrictions.