



TRAMPOLINE TECHNICAL COMMITTEE

NATIONAL COMPETITION STRUCTURE

REGIONAL SUPPLEMENT

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

Updated August 2008

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OCTOBER REGIONAL COMPETITION

This will be the first event to use the new scheme.

Events

- It will consist of the levels Regional D to Regional G.
- Club H and Club I may be included at the region's discretion. The Region may decide that starting point for regional events.
- The Regional D events **must** consist of 4 groups Under 15, male and female and 15+, male and female.
- The regions may choose different age ranges for Regional E and below for ease of organisation.
- There should be different competitions for each gender.

BG Membership

- All gymnasts at Regional D and above must hold a minimum of competitive club membership, or equivalent.
- All gymnasts at regional E and below must hold a minimum of club membership.
- It is **now** essential for your BG membership number to be supplied in order to enter any BG competition regional or national. Failure to provide your BG membership number **will** void any competition scores.

Age

- You must be a minimum of 9 years of age in the year of competition to compete at Regional D to FIG B.
- You must be a minimum of 6 years of age in the year of competition to compete at Club I to Regional E

Log Books

The Logbook is a voluntary document.

The new scheme has been designed to work in conjunction with a log book. This can be downloaded from www.bg-coaches.org. The log book elements complement the routines and develop the skills needed for the higher levels. You are encouraged to read the explanation of an updated terminology in order to understand the new routines and log book elements. The log book elements and routines will help you to decide where to start in the new scheme.

Qualification Score

To progress from Regional G to Regional F, Regional F to Regional E and Regional E to Regional D, you must perform at a regionally sanctioned event.

You may choose which of the two compulsory routines appropriate to the level to perform followed by a voluntary routine. Although you will be permitted to move levels after one assessment, it is strongly recommended that you attend at least two regional sanctioned events performing both compulsory routines at the appropriate level.

Difficulty Limits

- Club H through Regional E have maximum move requirements. If these are exceeded the routine will be terminated at the skill prior to the infringement.
- The maximum amount of somersault rotation permitted at Club H through Regional E is 450° as detailed in Appendix A.
- Regional D and National C stipulate difficulty limits. If these limits are exceeded, the difficult value for the routine will be capped to the appropriate limit.

Arm Set

Club I through Regional E require an Arm Set. An Arm Set is defined as;

“any action that causes the arms to be above the shoulders at maximum depression prior to the start of the routine”

The chair of the panel will be responsible for determining whether the Arm Set was performed. Failure to perform the Arm Set will result in a deduction of 0.1 from each execution judge.

Starting October 2008 where can I compete?

Regional D

- This level is open to anyone who **competed** at Grade 3 or above in 2008.
- If you qualified for, but did not compete at, Grade 2 in 2008 you may enter the scheme at Regional D with a promotional point (+1).
- If you **competed** at Grade 2 in 2008 and either did not achieve the National C score or chose to compete at the lower level you may enter the October Regional D in 2008. There will be a promotional point (+1) for these performers.

Regional E

- This level is open to anyone who **competed** at Grade 4 or above in 2008.

Regional F

- This level is open to anyone who **competed** at Grade 4 or above in 2008.

Regional G

- This is open to anyone who **competed** at Grade 4 or above in 2008 and is also the **entry point for regional competition.**

Club H and I

- This is the starting point for new performers and may be completed within your club or county/region.

If you last competed at Grade 3 or above and did not compete in 2008 please contact the scores coordinator (tramp.scores@british-gymnastics.org) to arrange where you enter the new scheme. Please allow 4 weeks prior to the competition closing date. If you fail to do this any qualification will be void.

Progression to a Higher Level

All upward progression is voluntary and you do not need to move up until you are ready. There is no compulsory relegation below National C but you may request to return to a lower level. Please apply in writing to the scores coordinator (tramp.scores@british-gymnastics.org) giving the reason for the request. No requests will be considered for a specific competition after the competition closing date.

NB Promotional points will only be awarded if you complete all of the ten skills in each of the preliminary routines.

Regional D

- Anyone finishing in the top 20% after the first two rounds will gain 1 promotional point (+1), to a maximum of 2 promotional points.
- You may trial at National C once you have gained 2 promotional points (+2).
- If you finish in the relegation zone at National C you will return to Regional D, starting with 1 promotional point (+1).
- If you finish out of the relegation zone you may remain at National C starting with 0 points.

Regional E, F and G

You will be required to attain a qualification score in line with FIG judging. Where there are two routines you may choose which one to use. See Appendix A. **These scores supersede the ones in the logbook**

You are encouraged to keep a record of your progress in the logbooks.

Appendix A ~ Competition Routines ~ Club I to Regional D

CLUB GRADE I

Compulsory:

Jump (arm set)

1. Jump to seat landing
2. To feet
3. Half twist jump
4. Jump (straddled)
5. Full twist jump
6. Jump (piked)
7. Half twist jump
8. Jump (tucked)
9. Jump to front landing
10. To feet

Voluntary:

Jump (arm set)

1. Jump to seat landing
2. To feet
3. Half twist jump
4. Jump (straddled)
5. Full twist jump
6. Jump (piked)
7. Half twist jump
8. Jump (tucked)
9. Jump to front landing
10. To feet

No difficulty will be awarded.

CLUB GRADE H

Compulsory:

Jump (arm set)

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

Voluntary:

The voluntary routine may include;

1. a maximum of two body landings
2. a maximum of one element between 270° and 450° of somersault rotation

No difficulty will be awarded.

REGIONAL GRADE G

Compulsory 1:

Jump (arm set)

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. ¾ front somersault (SL)
10. To feet

Compulsory 2:

Jump (arm set)

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)

Voluntary:

The voluntary routine may include;

1. a maximum of two body landings.
2. a maximum of three elements between 270° and 450° of somersault rotation.

No difficulty will be awarded.

Qualification to Regional F

45.0

REGIONAL GRADE F

Compulsory 1:

- 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)

Compulsory 2:

- 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)

Voluntary:

The voluntary routine may include;

1. a maximum of five elements between 270° and 450° of somersault rotation

Difficulty will be added.

Qualification to Regional E

47.5

REGIONAL GRADE E

Compulsory 1:

- 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. Half twist to feet
 8. Half twist jump
 9. Jump (piked)
 10. Barani (SL)

Compulsory 2:

- Jump (arm set)
1. Barani (P)
 2. Jump (straddled)
 3. Back somersault (T)
 4. Barani (T)
 5. Half twist jump
 6. Jump (tucked)
 7. 1½ twist jump
 8. Jump (piked)
 9. ¾ front somersault (S)
 10. To feet

Voluntary:

The voluntary routine may include;

1. a maximum of seven elements between 270° and 450° of somersaults rotation

Difficulty will be added.

Qualification to Regional D

49.5

REGIONAL GRADE D

Compulsory:

Ten different elements with at least seven somersaults of at least 270° somersault rotation to include one of the following three elements:

- one move of at least 270° of somersault rotation, landing on front or back, followed by a move of at least 450° somersault rotation or
- a back somersault with 360° somersault rotation and a full twist or
- a front somersault with 360° somersault rotation and 1½ twists.

Voluntary:

The voluntary routine is subject to a 6.5 difficulty limit.

Qualification:

+1 point will be awarded for finishing in the top 20% of a group
You will require a total of +2 points in order to progress to National C

APPENDIX B ~ COMPETITION ROUTINES ~ NATIONAL C TO FIG A

NATIONAL GRADE C

Compulsory:

Ten different elements with at least nine somersaults of at least 270° somersault rotation to include:

1. At least one somersault of least 270° somersault rotation landing on front or back, followed by a move of at least 450° somersault rotation.
2. And one of the following:
 - a back somersault with 360° somersault rotation and a full twist or
 - a front somersault with 360° somersault rotation and 1½ twists or
 - a double somersault.

Voluntary:

The voluntary routine is subject to an 8.4 difficulty limit.

FIG B

Compulsory:

The routine consists of 10 different elements, with only one 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.

- one element to front or back, followed by a move of at least 450° somersault rotation and
- one double front or back somersault with or without twist and
- one element with a minimum of 540° twist.

Voluntary:

No restrictions.

FIG A

Compulsory:

1. The routine consists of 10 different elements, each with a minimum of 270° somersault rotation.
2. Two elements, marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution score to give the total score for the first routine.
3. None of these two elements may be repeated in the voluntary.

Voluntary:

No restrictions.

APPENDIX C ~ WHERE CAN I COMPETE FROM OCTOBER 2008 ONWARDS

This information only relates to anyone who competed in 2008.

Anyone who did not compete in 2008 *must* apply to the scores coordinator (tramp.scores@british.gymnastics.org) prior to the competition closing date in order to confirm their starting grade. If anyone competes without this confirmation their placing and any qualification **will be void**.

Competed in the Senior event

- You may compete at FIG A if you either
 - Achieved a minimum score of 60.0 in a senior event in 2008.
 - Competed in 2008 Senior National Finals
- Otherwise you compete at FIG B

Competed at Grade 1 Age Group

- If you scored a minimum of 52.0 you may compete at FIG B or below in 2009.
- If you did not score a minimum of 52.0 you may compete at National C or below in 2009. Anyone starting at National C will have a National C promotional point (+1)

Competed at Grade 2, including validation

- If you scored a minimum of 50.0 you may compete at National C or below in 2009.
- If you did not score a minimum of 50.0 you may compete at Regional D or below from Oct 2008 onwards. Anyone starting at Regional D will have a Regional D promotional point (+1)
- If you scored a minimum of 52.0 on the validation panel you may compete at FIG B or below in 2009.

Competed at Grade 3

- You may compete at Regional D or below in October 2008 onwards.
 - If you qualified for Grade 2 in 2008 but did not compete at Grade 2 you will have a Regional D promotional point (+1).
 - If you did not qualify for Grade 2 or your registration was missing / faulty you will start Regional D with 0 promotional points.

Competed at Grade 4

- You may compete at Regional E or below as appropriate to your skills development.

Competed at Grade 5 or below

- You may start at Regional G or below as appropriate to your skills development.

APPENDIX D ~ ELIGIBILITY CRITERIA FROM OCTOBER 2008 ONWARDS

Anyone who did not compete in 2008 *must* apply to the scores coordinator (tramp.scores@british.gymnastics.org) prior to the competition closing date in order to confirm their starting grade. If anyone competes without this confirmation their placing and any qualification **will be void**.

Note # this 'qualification' is void if you are relegated.

FIG A

This grade is open to anyone who fulfils one of the following

- **Achieved a minimum score of 60.0 in a senior event in 2008 #**
- **Competed at 2008 national Senior Finals #**
- Has 2 promotional points to trial at FIG A at the time of entry

and also

- Does not have 2 relegation points to FIG B at the time of entry
- Is a minimum of 15 years old in the year of competition

FIG B

This grade is open to anyone who fulfils one of the following

- **achieved a minimum score of 52.0 in either a Grade 1 age group competition or from a Grade 2 validation panel competition in 2008 #**
- Has 2 promotional points from Nationals C to trial at FIG B at the time of entry
- Has 2 relegation points from FIG A to trial at FIG B at time of entry

and also

- Does not have 2 relegation points to National C at the time of entry
- Is a minimum of 9 years of age in the year of competition

National C

This grade is open to anyone who fulfils one of the following

- **Did not achieve a minimum score of 52.0 at a 2008 Grade 1 competition #**
- **Achieved a score of 50.0 in a Grade 2 competition #**
- Has 2 promotional points to trial at National C at the time of entry
- Has 2 relegation points from FIG B to trial at Nationals C at time of entry

and also

- Does not have 2 relegation points to Regional D at the time of entry
- Is a minimum of 9 years of age in the year of competition

Regional D

This grade is open to anyone who fulfils one of the following

- Competed at Grade 3 or above in 2008
- Has 2 relegation points from Nationals C to trial at Regional D
- Has gained a qualification from Regional E.

and also

- Is a minimum of 9 years or age in the year of competition

Regional E and F

These grades are open to anyone who either

- Competed at Grade 4 or above in 2008.
- Has gained the relevant qualification from the lower event (Regional F or G).

and also

- Is a minimum of 6 years or age in the year of competition

Regional G

This grade is open to anyone who is a minimum of 6 years or age in the year of competition.

Club H and I

These grades are open to anyone and can be completed within your club or county/region.

Notes

1. Qualifications in italics are void if you are relegated in 2009.
2. These rules for pre-qualification to FIG A supersede those previously published.
3. You may start the season at a lower level than the one for which you are qualified.
4. Anyone who last competed at Grade 3 or above and did not compete in 2008 *must* apply to the scores coordinator (tramp.scores@british.gymnastics.org) prior to the competition closing date in order to confirm their starting grade. If anyone competes without this confirmation their placing and any qualification **will be void**.