



TRAMPOLINE TECHNICAL COMMITTEE

NATIONAL COMPETITION STRUCTURE

ENGLISH 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

CONTENTS

	Page number
Home Nation Championships	3
Eligibility	3
Events	3
Routines and Passes	3
Additional Competition Rules	3
Officials	4
Entries	4
Coaches	5
English Regional Championships	6
Eligibility	6
Events	6
Routines and Passes	6
Additional Competition Rules	6
Officials	7
Entries	7
Coaches	8

HOME NATIONS CHAMPIONSHIPS

Eligibility

A performer may compete for *either* the home nation where they reside *or* one where they fulfil the home nation's eligibility rules.

Please see your Home Nations website for further details

- A performer may not represent more than one home nation within the same year.
- No foreign nationals may compete in the Home Nations Championships.
- You must be a current (2008/9) BG competitive member, or equivalent e.g. student member, and registered with a British Gymnastics recognised club in order to compete in the championships

Events

The competition will consist of 3 events for juniors (born 1994 or later) and 3 for seniors (born 1993 or earlier). There will be separate events for male and female ~ 12 categories in total.

The three events are:

- Individual Trampoline (TRI)
- Synchronised Trampoline (TRS)
- Double Mini Trampoline (DMT)

Compulsory Routines and Passes (the same for both junior and senior)

Individual Trampoline (TRI)

- National C

Synchronised Trampoline (TRS)

- Regional D

Double Mini Trampoline (DMT)

One of the following:

- National C (Each move must contain a minimum of 360° of somersault rotation with the first move in either pass a Barani) or
- FIG B (Each round must contain a move containing 720° of somersault rotation)

The TRI and TRS preliminary rounds will consist of a compulsory and a voluntary routine. The DMT event will consist of two preliminary passes.

Additional Competition Rules

- Each region will be eligible to nominate up to 4 trampolinists per individual category and 2 synchronised pairs per category.
- Within each category a home nation's gymnasts must wear identical leotards.
- The 3 highest TRI and DMT scores and the highest TRS score in each round will be added together to give an overall preliminary score for each category.

- On completion of the preliminary rounds, nations placed outside the top 3 in each category will be awarded points as below:

4th place - 5 points (no final round)

5th place - 3 points (no final round)

6th Place – 2 Points (no final round)

7th Place – 1 Point (no final round)

The top three nations in each category will have the opportunity to select 3 gymnasts (TRI and DMT) and 1 synchronised pair (TRS) to compete in the final round.

The TRI and TRS final will consist of an additional voluntary routine and the DMT final will consist of one additional pass with all finals starting from zero.

The scores attained in each category in the final round, 3 for DMT and TRI and 1 for TRS, will be summed to determine an order to the top 3 places.

For each category, points will be awarded to the following placed nations;

1st place - 15 points

2nd place - 10 points

3rd place - 7 points

The winning nation will be the nation with the highest points total after all events.

Officials

Each nation will be required to provide 1 suitably qualified judge or an official for every category where the nation is represented. At least half of the officials must be judges. You must provide sufficient judges/officials in order for your entry to be accepted.

Entries

- Entries must be made by the home nation. No club or personal entries will be accepted.
- Nominative entries must be received no later than Monday 3rd November and must be accompanied by the appropriate entry fee. Definitive entries must be made at the accreditation meeting on Saturday 22nd November 2008. Tariff sheets must also be handed in at this meeting.
- Reserves should be nominated on the entry form and substitutions may be made prior to the commencement of the relevant categories warm up.
- Entries must be sent to English Gymnastics at the following address;
English Gymnastics, C/O Jane Edwards, Lilleshall National Sports Centre, Ford Hall, Nr Newport, Shropshire, TF10 9NB
- All entries must be accompanied by full valid **BG** numbers and sufficient officials as per entry form, see appendix
- An entry fee of £15.00 per gymnast must accompany the entry form in order to validate the entry (£15 per individual trampoline entry, £15 per double mini trampoline entry and £15 per gymnast in a synchronised entry, a total of £30 per synchronised pair).
- All cheques must be made payable to ENGLISH GYMNASTICS

Coaches

Each nation must nominate suitably qualified coach(es) to be responsible for the national team. All signing in sheets and competition cards must be signed by these coaches and not personal coaches.

ENGLISH REGIONAL CHAMPIONSHIPS

Eligibility

- To represent an English region you must be either resident in that region or competing for a club in that region.
- A performer may only compete for one English region at any one championship.
- Anybody competing for any home nations other than England may compete in an English regional **team** within the same year **but** they will not be able to take an **individual** English title.
- A foreign national who is eligible, through residency, to compete for an English club in gala events may be part of that club's regional team **but** they will not be able to take an **individual** English title.
- You must be a current (2008/9) BG competitive member or equivalent e.g. coach and registered with a British Gymnastics recognised club in order to compete in the championships.

Events

The competition will consist of 3 events for juniors (born 1994 or later) and 3 for seniors (born 1993 or earlier). There will be separate events for male and female ~ 12 categories in total.

The three events are:

- Individual Trampoline (TRI)
- Synchronised Trampoline (TRS)
- Double Mini Trampoline (DMT)

The TRI and TRS events will consist of a compulsory and a voluntary routine. The DMT event will consist of two preliminary passes.

Compulsory routines and pass minimum requirements for juniors & seniors

- Individual Trampoline (TRI) - National C
- Double Mini Trampoline (DMT) - National C or FIG B
- Synchronised Trampoline (TRS) - Regional D

Additional Competition Rules

- Each region may nominate up to 4 gymnasts per individual category, 2 pairs per synchronised category.
- The gymnasts will compete on behalf of their respective region.
- Within each category a region's gymnasts must wear identical leotards.
- This competition will be used for the selection of the English team for the Home Nations. Please see English Gymnastics website. www.Englandgymnastics.org.uk for selection information

Individual Titles

- English champions will be crowned on completion of the preliminary rounds, but see eligibility above.

Regional Title

- Regions will have the opportunity to select up to 3 gymnasts in each individual category and one synchro pair to compete for the overall event title.
- Each gymnast will be required to complete an additional voluntary routine/pass.

The sum of the scores from each category in the team round will be used to determine a ranking order.

For each category, points will be awarded to the following placed regions:

1 st place	-	12 points	6 th place	-	5 points
2 nd place	-	10 points	7 th place	-	4 points
3 rd place	-	8 points	8 th place	-	3 points
4 th place	-	7 points	9 th place	-	2 points
5 th place	-	6 points	10 th place	-	1 point

The winning region will be the region with the highest points total from all these final events

Officials

Each region will be required to provide 1 suitably qualified judge/official for every category where the region is represented. At least half of these officials must be judges. You must provide sufficient judges/officials in order for your entry to be accepted.

Each region **must** nominate one adequately qualified judge to represent England at the Home Nations event. This judge must not, or ever have been, an international Brevet judge.

Entries

- Entries **must** be made via the region. No club or personal entries will be accepted.
- All entries must be accompanied by full valid BG numbers and sufficient officials as above.
- Entries must be received no later than Monday 3rd November.
- Entries must be sent to English Gymnastics at the following address; **English Gymnastics**, C/O Jane Edwards, Lilleshall National Sports Centre, Ford Hall, Nr Newport, Shropshire, TF10 9NB
- An entry fee of £15.00 per gymnast must accompany the entry form in order to validate the entry (£15 per individual trampoline entry, £15 per double mini trampoline entry and £15 per gymnast in a synchronised entry, a total of £30 per synchronised pair).
- Cheques should be made payable to **'English Gymnastics'**
- Reserves should be nominated on the entry form and substitutions may be made prior to the commencement of the relevant categories warm up.

Coaches

- Each region must nominate suitably qualified coach(es) to be responsible for the regional team.
- All signing in sheets and competition cards must be signed by these coaches and not personal coaches.