

TeamGym Triples License

LICENSING PROCEDURE

Updates Table			
Date	Update Summary	Update by:	Version
March 2019	Procedural updates & clarification	Katie Richards, Richard Smith & TeamGym TC	v.2.0
May 2019	Addition of Phase 3 sign-off for Quadruple saltos & clarification	Katie Richards, Richard Smith, Neil Burton	v.2.1
November 2019	Amendment to contract renewal date	Katie Richards, Richard Smith, Neil Burton	v.3.0
Feb/March 2020	Removal of prerequisite skills at competition.	Katie Richards, Richard Smith & TeamGym TC	v.4.0
September 2021	Update to contact information	Richard Smith	v.4.1
October 2021	Update to registration period, video submission process & new spatial grids	Katie Richards, Richard Smith & Chris Bennett	v.5.0
March 2023	Update to contact info and contract	Katie Richards and TeamGym TC	v.6.0

**British
Gymnastics**

This programme provides reference material for the TeamGym Triples License Licensing Procedure.

v.6.0

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Introduction

The following document guides coaches and gymnasts through the Triples Licensing Procedure; designed to ensure safety, competence and good practice. This process outlines a path for both coach and gymnast to follow. Adherence to this procedure is vital to retaining the licence.

The Triples Licensing Procedure is a collaborative process between both the Education and Performance Departments at British Gymnastics. However, the documentation and processes are owned by the National Education Programme Manager. If updates to either are required, please contact education@british-gymnastics.org.

TeamGym Triples Coaching Qualification

Coach Prerequisites

To be eligible to access the Triples pathway you must meet the following prerequisites:

- TeamGym High Performance Coach (Level 5) Qualification
- Currently working with gymnasts in the 'Pre-Licence' Process (see section on Gymnast Triples Register)
- Currently working in or able to access a venue that is approved for Triples, and is therefore equipped with the following:
 - TeamGym equipment as per UEG Equipment Standards
 - 25m trampette run up
 - 6m height clearance
 - Soft landing solutions 3m x 7m (Loose Foam – should be 1.3m on top of base foam; Foam Pit with a net – 60cm depth; Inflatable Pit – must use soft top mats to reduce rebound).

Training: Triples Module

If you meet the prerequisites you must attend the Triples Module, which is a two-day course led by two coaches appointed by the British Gymnastics Education Department. The course content will include:

- Explanation of the Triples Licence, Licensing Procedure, and Triples Register
- Theoretical discussion regarding increased demands, risk management and safety, trajectories, rotational energy and Lost Move Syndrome
- Skill preparation on all the following skills:
 - Triple Tuck 180°
 - Triple Pike 180°
 - Handspring Double Tuck 180°
 - Handspring Double Pike 180°
 - Tsukahara Double Tuck
 - Tsukahara Double Pike
 - Triple Tucked Back Salto (no twist)
 - Triple Piked Back Salto (no twist)
 - Multiple twisting multiple saltos (as per the UEG code of points)
- Spatial awareness
- Training safe
- Spotting of skills for competition

If you meet the prerequisites stated above and wish to access the Triples Module you should complete and submit the Triples Module Coach Application Form (please see Appendix 1). Application forms will be assessed for eligibility. If eligible, you will be notified once a course is set-up and full course payment will be requested.

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Training: Sign-off

At the end of the two-day Triples Module course there will be an on-course assessment. If successful, you will be signed-off as competent to coach the skill in a training environment. Sign-off involves a practical assessment of supporting and handling and a Professional Discussion where technical knowledge, and thorough understanding of safe progression and management are assessed (please see Appendix 2 for sign-off sheet). Upon sign-off you are required to sign and return the Contract for Development of Triple Saltos in TeamGym (please see Appendix 3).

You can defer your assessment to a later date, however this would require a further assessment fee.

Phase 1 sign-off

Once signed-off as competent to coach the skill in a training environment, you may begin working towards Phase 1 sign-off. You should train with your gymnast(s) (who must be licensed on the Triples Register) in an approved venue with the observation of another HPC coach* developing the gymnast's portfolio to produce the following:

- Evidence of the completion of 50 successful repetitions to 'competition level landing' (As per UEG Equipment Directives). 15 of these repetitions must be to full competition landing mats upon a firm surface.
 - Successful repetitions are defined as landings that come to land feet first. Hands and feet together is classed unsuccessful. Coach action at landing is accepted but not to make the skill happen.
 - The 50 successful repetitions should be within an 8-month (preparation) period.
 - The successful repetitions should include two occasions (distinguished by date) outside of the personal club training venue at either a Zonal squad or at an open club event.
- All 50 successful repetitions should be filmed (you must feature on the landing zone) and stored by you. It is advisable you keep the video evidence for a minimum of 2 years.
- When completed you must apply for Phase 1 sign-off to education@british-gymnastics.org and provide access to the evidence and the respective sign-off sheet. They will assess the technique and quality of the skill to give final assessment and Phase 1 sign-off, using the criteria for 'successful repetitions' as provided above. If the Difficulty Value would not be given for this skill at competition it is not allowed as evidence for sign-off.

Should you and your gymnast be assessed as competent, you are then approved to take the skill to competition on the respective piece of apparatus. If successful, you would become a Fully Licensed Phase 1 coach.

You can work towards sign-off for each apparatus (Trampoline, Vault, Tumble) at the same time or on separate occasions.

* An observing HPC coach does not have to be present in the gym, observations can be made via real-time video such as FaceTime.

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Phase 2 sign-off

Once you are fully qualified Phase 1 coach, you can start the training of Phase 2 skills on the appropriate apparatus, to progress towards Phase 2 sign-off. During this phase you must video all triple salto work during training, however the observation of another HPC is no longer required. The gymnast's portfolio must continue to be developed to include the following;

- Evidence of the completion of 50 successful repetitions to 'competition level landing' (As per UEG Equipment Directives). 15 repetitions must be to full competition landing mats upon a firm surface.
 - Successful repetitions are defined as landings that come to land feet first. Hands and feet together is classed unsuccessful. Coach action at landing is accepted but not to make the skill happen.
 - The 50 successful repetitions should be within an 8-month (preparation) period.
 - The successful repetitions should include two occasions (distinguished by date) outside of the personal club training venue at either a Zonal squad or at an open club event.
- All 50 successful repetitions should be filmed (featuring the qualified coach on the landing zone) and stored by the coach. It is advisable to keep the video evidence for a minimum of 2 years.
 - It is suggested video evidence is stored in folders with other relevant evidence e.g. 2.1 Skill Development and 2.3 Competition Landings (featuring the 50 successful landings as described above).
- When completed you must apply for Phase 2 sign-off to education@british-gymnastics.org and provide access to the evidence and the respective sign-off sheet. They will assess the technique and quality of the skill to give final assessment and Phase 1 sign-off, using the criteria for 'successful repetitions' as provided above. If the Difficulty Value would not be given for this skill at competition it is not allowed as evidence for sign-off.

Should you and your gymnast be assessed as competent you are then approved to take the skill to competition on the respective piece of apparatus. If successful, you would become a Fully Licensed Phase 2 coach.

You can work towards sign-off for each apparatus (Trampette, Vault, Tumble) at the same time or on separate occasions.

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Phase 3 sign-off

Once you are a fully qualified Phase 2 coach in Trampette, you must complete the Phase 3 sign-off process **before** you start developing quadruple saltos (tucked/piked) with 180° twist on Trampette. The Phase 3 sign-off process involves the following:

- 1) You must either already hold an HPC DMT or TRA qualification or have attended the Quadruples module within two years of starting the Phase 3 sign-off.
- 2) You must submit evidence of your gymnast completing Phase 2 sign-off skills at competition.
- 3) You must complete a 45 minute Professional Discussion with a Technical Expert who holds a minimum of an IPC qualification in DMT/MAG/TRA/TUM (appointed by British Gymnastics), the British Gymnastics Programme Manager, and a representative from the TeamGym Technical Committee which will assess technical competence, safety considerations, planning and preparation, and skill development processes.

Evidence should be submitted to education@british-gymnastics.org together with the respective sign-off sheet. Technical Experts approved by British Gymnastics will review the evidence submitted. They will assess the technique and quality of the skill to give final assessment. If the Difficulty Value was not given for this skill at competition then it is not allowed as evidence for sign-off.

Should you and your gymnast be assessed as competent, you are then approved to develop the full skill to competition on the respective piece of apparatus. **If successful, you would become a Fully Licensed Phase 3 coach.**

Registration Period

Learners will have a 24 month registration period in which the course must be completed. Each phase of the Triples modules will also have a 24 month registration period. Failure to complete within this period would result in having to re-attend the course. Should an extension to this time-frame be required due to an extenuating circumstance then learners must apply via the extenuating circumstance form available on the British Gymnastics website and as per the Education Course Terms & Conditions.

Continual Evidence Collection

It is advised that you gather sufficient video evidence for Triples Registered gymnasts in your care. British Gymnastics (with the recommendation of their representatives) can revoke your licence to teach triple saltos, or a facility's approval if they see evidence of any of the following:

- Standards not being met
- Procedures not being followed
- Evidence of poor practice

Please note, best practice standards may shift as required to safeguard gymnasts. British Gymnastics will publish contractual documentation on the website which details minimum requirements for triple salto training so that coaches can stay up to date.

Appeals Procedure

Should you wish to appeal a decision made at any phase then please refer directly to the complaints and appeals policy on the British Gymnastics website.

Gymnast Triples Register

As a gymnast, to be licensed to train triple saltos you must first be approved and added to the Triples Register for the specific apparatus you wish to develop skills on. To do so you must meet the following conditions, and your personal coach must submit your Application to the Triples Register (please see Appendix 4) along with the required Pre-Licence evidence for consideration.

Conditions

You must be:

- 14 years or older in the year of competition
- Training a minimum of 10 hours per week

You should work with your personal coach to collect 'Pre-Licence' evidence, including:

- **Fitness standards**

Gymnasts must provide video evidence and record (on the application form) of the following:

- ≥12cm Ankle Flexion on knee to wall test
- 3.5 second 25m sprint test
- 50cm Sergeant Jump
- 35 x Dish Curls with crossed arms in 30 seconds
- 40 x Tucked V-sits in 30 seconds
- 50 x Dorsal Lifts in 30 seconds
- 2 minutes Dish hold
- 35cm Sit and Reach

- **Posture Assessment**

Gymnasts must be assessed as having good posture by an independent Physiotherapist, Sport, or Soft Tissue Therapist (see application form).

- **Spatial Awareness Demonstration (see Table 1)**

Gymnasts must provide video evidence of themselves competently demonstrating spatial awareness drills from each category (e.g. Vault Drop Down, Trampoline Bed) on the apparatus they are applying for. Ensure you clearly identify which spatial awareness drill you are completing at the start of each video. Assessors may request additional evidence if required. Your coach must be HPC qualified to supervise you in completing these drills.

Continued on next page >

Triples Spatial Sign-off - Place numbered videos in relevant files

		Vault Drop Down	Trampoline Bed	Trampoline to Pit	Trampette Stacked Mats
Trampette Pre-Register Skills	1	Tuck to Feet Roll	Tuck Salto (On Cross)	Tuck 1&3	Tuck Salto Forward Roll
	2	Pike to Feet Roll	Pike Salto (On Cross)	Pike 1&3	Pike Salto Forward Roll
	3	Tuck 180 to Feet	Tuck Salto 180 Twist (On Cross)	Double Tuck	Tucked 1 & 3
	4	Pike 180 to Feet	Pike Salto 180 Twist (On Cross)	Double Pike	Piked 1 & 3
	5	Tuck 1&3	3/4 Straight Front to back landing	Double Tuck 180	Double Tuck to Feet Forward Roll
	6	Pike 1&3	3/4 Straight Front to back landing - Tuck Salto	Double Pike 180	Double Pike to Feet Forward Roll
	7	Double Tuck	3/4 Straight Front to back landing - Pike Salto	Double Tuck 180 to Back	Double Puck to Feet Forward Roll
	8	Double Pike	3/4 Straight Front to back landing - Tuck Salto 180	Double Pike 180 to Back	Double Tuck 180 to Back
	9	Double Tuck 180	3/4 Straight Front to back landing - Pike Salto 180		Double Pike 180 to Back
	10	Double Pike 180	Standing Tuck 1&3		Double Puck 180 to Back
	11		Standing Pike 1&3		
	12		Standing Double Tuck		
	13		Double Tuck 180		
	14		Double Pike 180		
	15		3/4 Straight Front to back landing - Tuck 1&3		
	16		3/4 Straight Front to back landing - Pike 1&3		
	17		3/4 Straight Front to back landing - Double Tuck		
	18		3/4 Straight Front to back landing - Double Pike		
	19		3/4 Straight Front to back landing - Double Tuck 180		
	20		3/4 Straight Front to back landing - Double Pike 180		

		Vault Drop Down	Trampoline Bed	Trampoline to Pit	Trampette Stacked Mats
Vault Pre-Register Skills			Focus Arch Entry		
	1	Tuck to Feet Roll	Tuck Salto (On Cross)	Arch In Tuck to Back	Handspring to Feet
	2	Pike to Feet Roll	Pike Salto (On Cross)	Arch In Pike to Back	Handspring Tuck to Back
	3	Tuck 180 to Feet	Tuck Salto 180 Twist (On Cross)	Arch In Tuck to Feet	Handspring Pike to Back
	4	Pike 180 to Feet	Pike Salto 180 Twist (On Cross)	Arch In Pike to Feet	Handspring Tuck to Feet Forward Roll
	5	Tuck 1&3	3/4 Straight Front to back landing	Arch In Tuck 180 to Feet	Handspring Pike to Feet Forward Roll
	6	Pike 1&3	3/4 Straight Front to back landing - Tuck Salto	Arch In Pike 180 to Feet	Handspring Tuck 180 to Feet
	7	Double Tuck	3/4 Straight Front to back landing - Pike Salto	Arch In Tuck 360 to Back	Handspring Pike 180 to Feet
	8	Double Pike	3/4 Straight Front to back landing - Tuck Salto 180	Arch In Pike 360 to Back	
	9	Double Tuck 180	3/4 Straight Front to back landing - Pike Salto 180		
	10	Double Pike 180	Standing Tuck 1&3		
	11		Standing Pike 1&3		
	12		Standing Double Tuck		
	13		Double Tuck 180		
	14		Double Pike 180		
	15		3/4 Straight Front to back landing - Tuck 1&3		
	16		3/4 Straight Front to back landing - Pike 1&3		
	17		3/4 Straight Front to back landing - Double Tuck		
	18		3/4 Straight Front to back landing - Double Pike		
	19		3/4 Straight Front to back landing - Double Tuck 180		
	20		3/4 Straight Front to back landing - Double Pike 180		

		Vault Drop Down	Trampoline Bed	Trampoline to Pit	Trampette Stacked Mats
Tumble Pre-Register Skills	1	Tuck 3/4 to Front	Lazy Back	High Tuck Backward Roll	High Tuck Backward Roll
	2	Pike 3/4 to Front	Lazy Back 180 to Back	High Pike Backward Roll	High Pike Backward Roll
	3	Tuck 3/4 180 to Back	Lazy Back to Back Pullover	Tuck Back to Back	Back to Back Tuck
	4	Pike 3/4 180 to Back	Lazy Back - Cody	Pike Back to Back	Back to Back Pike
	5	Tuck to Feet Backward Roll	Lazy Back - Cody to back - Pullover	Double Back Tucked	Double Tuck Backward Roll
	6	Pike to Feet Backward Roll	Double Back Tucked	Double Back Piked	Double Pike Backward Roll
	7	Double Tuck to Feet Backward Roll	Double Back Piked	Double Back Tucked 180 to back	
	8	Double Pike to Feet Backward Roll	Double Back to Back Tucked - Pullover	Double Back to Back	
	9	Double Tuck 180	Double Back to Back Piked - Pullover		
	10	Double Pike 180	Lazy Back - Double Cody		
	11		Lazy Back - Double Cody to back - Pullover		
	12				
	13				
	14				
	15				
	16				
	17				
	18				
	19				
	20				

Storing and Sharing Your Evidence

It is required that you store video evidence on a shareable platform (e.g. Dropbox, Google Drive, OneDrive) in folders with other relevant evidence e.g.

- 1.1. fitness and posture
- 1.2 spatial awareness (pre-requisite skills/spatial)
- 1.3 competition preparation (landings sign-off)
- 1.4 competition skills (skills performed at competition)
- 1.5 Application, contracts and forms

Upon completion of this evidence folder, your personal coach should submit your Application to the Triples Register and confirm your video evidence is ready to submit to **the Performance team here**. The application and evidence will be assessed by British Gymnastics Technical Experts for eligibility.

If approved, you must first sign and return the Contract for Development of Triple Saltos in TeamGym (please see Appendix 3). Once returned you may start training Phase 1 skills with your personal coach only if they have had the Triples Module Training sign-off.

Annual Renewal

On 1st November every year, gymnasts must submit a renewal form if they wish to remain on the register (please see Appendix 5). Personal coaches should collect new Fitness Standards video evidence and provide location access details (e.g. Dropbox, Google drive, OneDrive) to **the Performance team here** who will pass the evidence onto British Gymnastics Technical Experts for assessment.

If approved for renewal, you must sign and return the Contract for Development of Triple Saltos in TeamGym (please see Appendix 3). Once returned you may continue training skills with your personal coach ONLY if they have had the relevant sign-off (Training, Phase 1 or Phase 2).

Appeals Procedure

Should you wish to appeal a decision made at any phase then please refer directly to the complaints and appeals policy on the British Gymnastics website.

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Triples Module Coach Application

Name:	British Gymnastics Membership No.:
Club:	Email address:

I formally request consideration for access to the TeamGym Triples Module. I believe I meet the following criteria:

- TeamGym High Performance Coach (Level 5) Qualification
- Currently working with gymnasts in the Pre-Licence stage (please see Gymnast Triples Register section)
- Currently working in or able to access a venue that is approved for Triples

Please include references from two British Gymnastics High Performance Coaches.

Referee 1	Referee 2
Name:	Name:
Club:	Club:
Contact email address:	Contact email address:
Contact telephone number:	Contact telephone number:
I confirm the above-mentioned coach is/has; <ul style="list-style-type: none"> • A highly competent spotter <input type="checkbox"/> • A conscientious planner <input type="checkbox"/> • Safe competition track record <input type="checkbox"/> 	I confirm the above-mentioned coach is/has; <ul style="list-style-type: none"> • A highly competent spotter <input type="checkbox"/> • A conscientious planner <input type="checkbox"/> • Safe competition track record <input type="checkbox"/>
Signed: _____ Date: _____	Signed: _____ Date: _____

Please submit this form to education@british-gymnastics.org for eligibility for the Triples Module to be checked.

Coach Triple & Quadruple Licence Sign-off Sheet

Triples Module Training Sign-off		
Spotting & Handing <i>(Practical assessment)</i> Date: _____ Assessor 1: _____ Assessor 2: _____	Technical Knowledge <i>(Professional Discussion)</i> Date: _____ Assessor 1: _____ Assessor 2: _____	Safe Progression & Management <i>(Professional Discussion)</i> Date: _____ Assessor 1: _____ Assessor 2: _____
Phase 1 Licence Sign-off (must show 1 x skill per box)		
Skill Box TR1 – Trampoline	Skill Box VA1 – Vault	Skill Box TU1 – Tumble
<ul style="list-style-type: none"> • Triple Tuck 180° • Triple Pike 180° 	<ul style="list-style-type: none"> • Handspring Double Tuck 180° • Handspring Double Pike 180° • Tsukahara Double Tuck • Tsukahara Double Pike 	<ul style="list-style-type: none"> • Triple Tucked Back Salto (no twist) • Triple Piked Back Salto (no twist)
Date: _____ Gymnast: _____ Assessor: _____	Date: _____ Gymnast: _____ Assessor: _____	Date: _____ Gymnast: _____ Assessor: _____
Phase 2 Licence Sign-off (must show 1 x skill per box of higher Difficulty Value than Phase 1 skills)		
Skill Box TR2 – Trampoline	Skill Box TR2 – Vault	Skill Box TU2 – Tumble
Open access to UEG Code of Points		
Skill: _____ Date: _____ Gymnast: _____ Assessor: _____	Skill: _____ Date: _____ Gymnast: _____ Assessor: _____	Skill: _____ Date: _____ Gymnast: _____ Assessor: _____

At each stage of sign-off please photograph and send as evidence to education@british-gymnastics.org.

Coach Triple & Quadruple Licence Sign-off Sheet (cont.)

Phase 3 License Sign-off – Quadruple saltos with 180° twist on Trampette		
HPC DMT or TRA qualification or attended the Quadruples module	Evidence submitted of Phase 2 skills at competition	Professional Discussion with TEs & SMEs
Qualification held: _____ Date attained: _____ <p style="text-align: center;">OR</p> Date Quadruples module attended: _____ Tutor: _____	Skill: _____ Date: _____ Gymnast: _____ Assessor: _____	Date: _____ Assessor: _____

At each stage of sign-off please photograph and send as evidence to education@british-gymnastics.org.

Contract for Development of Triple Saltos in TeamGym for approved TeamGym Coaches and Gymnasts

I (name) _____ understand that:

Risk notice

As with any rotating skills, triple somersaults come with risk of life changing injury if errors are made.

Insurance notice

British Gymnastics (BG) insurance covers the practice of triple and quadruple somersaults to BG registered gymnast members, working with trained and approved BG member coaches in BG registered and recognised environments. It is imperative to safeguard all involved so that the gymnast and coach maintains suitable BG membership at all times and adheres to the Membership Rules and complies with any and all conditions of insurance imposed from time to time on them by the insurers of BG.

Coaches Responsibility:

- To maintain British Gymnastics Coach membership.
- To ensure that any gymnasts wishing to train rotations beyond double are accepted to the triple register (renewed annually in November).
- To work within the triple procedure, the specific apparatus and the level of sign-off/licence.
- To safeguard the gymnasts by notifying the Performance Services Officer if any gymnast drops below the fitness standards of the triple register.* / ***
- To risk assess venues prior to using them for the practise of triple somersaults (see notes on recommended standards).*****

For trainees (prior to phase one sign-off):

- To work with the observation of another High-Performance Coach (HPC).**
- To gather video evidence for each stage of progression and sign-off.
- To seek permission before taking a skill to competition.*****

Athlete Responsibility:

- To maintain British Gymnastics Competitive Gymnast or equivalent level membership.
- To ensure that development of their skills are under the direct supervision of a trained coach approved by British Gymnastics for the development of triple/quadruple somersaults.

As approved coaches / gymnasts for the practise of triple somersaults you are in a privileged position as role models within the sport. Please take your responsibilities seriously to help safeguard everyone in TeamGym and minimise the chances of life changing injuries. Failure to adhere to the conditions above could invalidate insurance and risk sanctions from British Gymnastics.

Exceptional circumstances

There may be exceptional circumstances where the practise of triples / quadruples would not adhere to the above conditions e.g.

- Training overseas in non-British Gymnastics recognised environments with non-British Gymnastics coaches.
- Participating in external show events (in the UK / Abroad)

Contract for Development of Triple Saltos in TeamGym for approved TeamGym Coaches and Gymnasts (cont.)

In the case of exceptional circumstances please contact the Performance Services Officer in advance, even if insurance is sought or provided independently, to avoid breaching this contract. Permission will not be withheld unreasonably.

* Should any prerequisite fall below the required standard, it must be declared to the Performance Services Officer. A technical expert will then be appointed to discuss and agree an action plan for bringing the required standard back into the acceptable range. Sanctions may be placed on skill progression as appropriate.

** A Triples Training signed-off coach must work with the observation of another qualified HPC until completion and Phase 1 sign-off to show competence and due diligence. Observation of an HPC does not have to be in person, technology providing real time video such as FaceTime is acceptable. Once completed a Fully Licensed Phase 1 Coach should video all triple work for evidence but does not require additional observation.

*** Prerequisites are: Training more than 10 hours per week; Competence with awareness drills and escape routes; Minimum of 12cm ankle flexion on knee to wall test; Good posture assessment by a body work professional (i.e. physiotherapist or sports therapist); 35cm on sit & reach test; 3.5 seconds on 25m sprint test; 50cm on sergeant jump test; 35 dish curls (crossed arm) in 30 seconds; 40 Tucked V-sits in 30 seconds; 50 Dorsal lifts in 30 seconds; Dish hold for 2 minutes. In addition, the gymnasts would be 14 years of age or older. A register of approved gymnasts for triple saltos is held by British Gymnastics Education and Performance Departments.

**** Venues should be approved for TeamGym triples (on trampette and vault). Such venues would need: TeamGym equipment as per European Gymnastics Equipment Standards; Soft landing solutions for training should be 3m x 7m. The depth will depend upon the materials and densities. Depth for loose foam should be 1.3m on top of base foam. 60cm depth with foam pit with a net. Inflatable pits must use soft top mats to reduce rebound. Soft landing solutions can also be made with competition landing zone with another 50cm of progressively softer foam; 25m trampette run up; 6m clear height. Where the landing zones do not meet the exact specifications above, but can be made safe for landing triples and have been risk assessed to be safe by an HPC, a condition applied where two HPC coaches (approved for triple training) must secure the landing of all triples to hard landing.

***** Once fully licensed, a coach may complete skills within their licence without seeking permission providing there is evidence of careful progression and safety.

Signed: _____ **Date:** _____

Please print, scan/photograph and send your completed contract to education@british-gymnastics.org and retain a copy for your records.

Gymnast Application to Triples Register

Name:	British Gymnastics Membership No.:	
D.O.B:	Principle Coach:	

Standards *	Score / Outcome	Date Assessed
≥12cm Ankle Flexion on knee to wall test		
3.5 second 25m sprint test		
50cm Sergeant Jump		
35 x Dish Curls with crossed arm in 30 seconds		
40 x Tucked V-sits in 30 seconds		
50 x Dorsal Lifts in 30 seconds		
2 minutes Dish hold		
35cm Sit and Reach		
Training 10 hour per week	Signature of Principle Coach: _____	
Good posture assessment by a qualified Professional	Signature of Physiotherapist / Sport Therapist: _____	
I confirm my video evidence is ready <input type="checkbox"/>	Email address for correspondence with the assessor: _____ <i>The coach should facilitate the sharing of evidence.</i>	

* Video evidence of the standards being met should be included and are required to be assessed annually.

For Technical Expert Assessor only:

Name :	Date of Assessment:		
Assessor to evaluate the evidence provided for the below aspects; indicate Competent or Not Competent, and provide an overall assessment outcome. If deemed Not Competent the assessor should provide specific rationale.			
	Trampoline **	Vault **	Tumble **
Spatial Awareness Drills Assessment outcome (please circle):	Competent / Not Competent	Competent / Not Competent	Competent / Not Competent
Overall assessment outcome (please circle):	Competent / Not Competent	Competent / Not Competent	Competent / Not Competent
Assessor signature:			

** Video evidence of a selection of Spatial Awareness drills should be provided.

This form should be submitted to the [Performance team here](#) who will pass this and the relevant evidence to the nominated Technical Experts for consideration.

Gymnast Renewal to Triples Register

Name:	British Gymnastics Membership No.:	
D.O.B:	Principle Coach:	

Standards *	Score / Outcome	Date Assessed
≥12cm Ankle Flexion on knee to wall test		
3.5 second 25m sprint test		
50cm Sergeant Jump		
35 x Dish Curls with crossed arm in 30 seconds		
40 x Tucked V-sits in 30 seconds		
50 x Dorsal Lifts in 30 seconds		
2 minutes Dish hold		
35cm Sit and Reach		
Training 10 hour per week	Signature of Principle Coach: _____	
Good posture assessment by a qualified Professional	Signature of Physiotherapist / Sport Therapist: _____	
I confirm my video evidence is ready <input type="checkbox"/>	Email address for correspondence with the assessor: _____ <i>The coach should facilitate the sharing of evidence.</i>	

* Video evidence of the standards being met should be included and are required to be assessed annually.

This form should be submitted to the [Performance team here](#) who will pass this and the relevant evidence to the nominated Technical Experts for consideration.

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