



**Trampoline Gymnastics  
Competition Handbook 2019 V.5**

# London Gymnastics Trampoline Technical Committee

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Please note that the committee members are unpaid volunteers, whilst all members are happy to answer any queries there are no 'office hours' and the committee members may not always be able to attend to a query immediately nor within a set time limit.

## Introduction

Thank you to all those who helped make last year hugely successful in the face of some very big changes. Please talk to the competition secretary if you would like to host a competition next season. We would like to thank you all for your patience whilst we bring in the changes detailed in this handbook for the 2019 season.

This document must be read in conjunction with the latest version of:

- FIG Code of Points 2017-2020
- British Gymnastics Code of Points 2017-2020 Trampoline Gymnastics
- LG Handbook 2017
- LG 2018 Generic Event Rules v2
- British Gymnastics Trampoline & Tumbling National Competition Handbook 2019
- British Gymnastics TRA NDP Competition Structure 2019
- British Gymnastics TRA Disability Competition Structure 2019
- British Gymnastics DMT NDP Competition Structure 2019 1 July

All of these documents are available on the British Gymnastics website. The region will adopt any national or other changes as required so updates of this document will be circulated as necessary.

## Bank Account

Should any BACs payments need to be made, please use the reference of your club and the competition/penalty. Account details are as follows:

Bank: HSBC  
Account name: LG Trampoline  
Sort Code: 40 37 36  
Account Number: 02327341

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## Definition of Terms

TTC	- London Gymnastics Trampoline Technical committee
NDP	- National Development Plan
TRA	- Trampoline
DMT	- Double Mini Trampoline
DT	- Disability Trampoline
FIG	- Federation of International Gymnastics
TMD	- Time of Flight measuring device
TOF	- Time of Flight
TRS	- Synchronised Trampoline
E Score	- Execution Score
D Score	- Difficulty Score
S Score	- Synchronisation Score
T Score	- Time of Flight Score
H Score	- Horizontal Displacement Score

Team Manager – Coach responsible for a club’s gymnasts for the duration of the competition. They must be qualified up to the maximum level of performance of their gymnasts.

Field of Play – This includes the competition area and the matted area around the trampolines.

## Regional Events

London Gymnastics Trampoline Technical Committee will offer the following events:

British Gymnastics Regional TRA NDP inc. DT

British Gymnastics Regional TRA DMT

London Gymnastics Regional TRA series

NDP and Regional TRA Crossover: Performers may compete in both London pathways, should they choose to do so.

Suggested crossover levels are:

Regional TRA NDP competition level	Regional TRA competition level
Club levels 1-3	Novice
NDP 1-2	Elementary
NDP 3-5	Intermediate
NDP 6+	Advanced

Gymnasts competing at the following levels must enter the advanced group ONLY:

NDP level 6+

FIG

English Gymnastics (gold & silver levels)

Trampoline League (any level)

# Competition Calendar

EVENT	OPENING DATE	CLOSING DATE	DATE	VENUE
London Regional DMT NDP Event 1 (2019)	24/09/18	Midnight 22/10/18	17/11/2018	Arena, Kingston Hall Rd, KT1 2AQ
London Regional TRA NDP Event 1 (2019)	17/09/2018	Midnight 15/10/18	18/11/2018	Harlington Sports Centre Pinkwell Lane, UB3 1PB
London Regional TRA 1 (2019)	01/10/2018	Midnight 29/10/18	02/12/2018	Harlington Sports Centre Pinkwell Lane, UB3 1PB
London Regional DMT NDP Event 2 (2019)	19/11/2018	23:59 14/01/18	02/02/2019	Arena, Kingston Hall Rd, KT1 2AQ
London Regional TRA NDP Event 2 (2019)	19/11/2018	23:59 17/12/18	03/02/2019	Harlington Sports Centre Pinkwell Lane, UB3 1PB
London Regional TRA 2 (2019)	10/12/2018	23:59 07/01/19	17/02/2019	Harlington Sports Centre Pinkwell Lane, UB3 1PB
London Regional DMT NDP Event 3 (2019)	24/12/2018	23:59 21/01/19	02/03/2019	Arena, Kingston Hall Rd, KT1 2AQ
London Regional TRA NDP Event 3 (2019)	24/12/2018	23:59 21/01/19	03/03/2019	Harlington Sports Centre Pinkwell Lane, UB3 1PB
London Regional DMT NDP Compulsory Final (2019)	04/02/2019	23:59 11/03/19	30/03/2019	Arena, Kingston Hall Rd, KT1 2AQ
London Regional TRA NDP Compulsory Final (2019)	04/02/2019	23:59 11/03/19	31/03/2019	Harlington Sports Centre Pinkwell Lane, UB3 1PB
London Youth Games	TBC	TBC	19/05/2019	Harrow Sports Centre
London Regional Squad Training	N/A	N/A	18/05/2019	Arena, Kingston Hall Rd, KT1 2AQ
NDP Team Final	01/04/2019	23:59 08/04/19	07-09 /06/19	Arena Birmingham
London Regional TRA 3 (2019)	22/04/2019	23:59 20/05/19	30/06/2019	Harlington Sports Centre Pinkwell Lane, UB3 1PB
Trampoline Technical Assembly & LG AGM	N/A	N/A	07/07/2019	St Mary's University, Waldergrave Road, Strawberry Hill, Twickenham TW1 4SX
NDP Final	19/04/2019	Noon 12/06/19	12-14 /07/19	Coventry
London Regional TRA 4 (2019)	15/07/2019	23:59 12/08/19	22/09/2019	Harlington Sports Centre Pinkwell Lane, UB3 1PB
London Regional TRS (2019)	15/07/2019	23:59 12/08/19	22/09/2019	Harlington Sports Centre Pinkwell Lane, UB3 1PB
London Regional Championships and London Closed (2019)	23/09/2019	23:59 30/09/19	26-27 /10/19	Harlington Sports Centre Pinkwell Lane UB3 1PB

## Schools

The schools competition is under the direction of BSGA. Please refer to [www.bsga.org](http://www.bsga.org) for further information.

Please contact the London Regional Organiser, Karen Gent on: [londonschoolstramp@gmail.com](mailto:londonschoolstramp@gmail.com) for additional queries.

## Feedback & complaints

We are always open to feedback about the competition structure. Please submit your feedback via email to the competition organiser. Feedback will be discussed at the following committee meeting.

If you have a complaint about any aspect of the competition system it must be raised, in writing, through your club secretary as the Committee will not respond to complaints from gymnasts, coaches or parents. Please send the complaint to the Committee care of the competition organiser. Complaints will be acknowledged within fourteen days of receipt.

## General Competition Information

This competition information is applicable to all pathways.

All rules are as per British Gymnastics and London Gymnastics policies and handbooks; with any regional changes/additions stated in this handbook. Clubs failing to comply with London Gymnastics rules will be suspended from the region.

### Affiliation

Clubs must be British Gymnastic register and London Gymnastics affiliated. For further information please see <https://www.british-gymnastics.org/london> or contact: [administrator@london-gymnastics.co.uk](mailto:administrator@london-gymnastics.co.uk)

Clubs must be in good standing with both British Gymnastics & London Gymnastics, and accept their rules, policies and codes of conduct as well as those contained within this document.

Clubs that have not returned their Affiliation Documents and Payment by 30th September will be suspended from membership of the region and be unable to enter competitions organised by any of the Regional Technical Committees, access reduced cost courses, training camps or any other regionally organised event. The club's information will not be included in the annual Year Book.

The suspension will be lifted 6 months after receipt of payment of the outstanding fees. Clubs wishing to re-join London Gymnastics after any period of lapsed membership may be subject to a fine, to be decided by the Management Committee, which may be at least as much as the amount that would have been paid, had the club stayed in continuous membership of London Gymnastics.

### Membership

All competitors must hold current British Gymnastics membership at the appropriate level for the competition. It is the club's responsibility to ensure that their gymnasts meet all of the necessary British Gymnastics membership requirements.

Coaches who are responsible for gymnasts must have a minimum of a level 2 coaching qualification and hold current Gold British Gymnastics membership, enhanced DBS and current safeguarding certification and must be qualified to the appropriate skill level of their gymnasts.

### Entry Fees

#### **Entry & spectator fees are subject to change**

Regional TRA NDP inc. DT: £20 per individual

Regional DMT NDP: £20 per individual

Regional TRA: £20 per individual

Regional TRS: £40 per pair

Regional TRA Championships: £30 per individual

Regional Men's/Ladies Closed: £30 per individual

Regional TRA Championships AND Regional Closed: £40.00 per individual (this is 2x events)

Spectator Fee for all events: £3.00 per person aged 5+

### Entries

All entries are to be made online at <https://gymnet.british-gymnastics.org/gymnet/login>

**Regional TRS entries:** where the two partners come from different clubs, one club only must ensure that the pair is entered and the complete fee paid. Where full payment is not received, the entry will not be accepted. This club is also responsible for nominating any required officials.

## Late Entries

- 1) Late entries may be accepted at the discretion of the competition organiser.
- 2) Should the competition organiser decide to accept a late entry, the entry fee will be doubled.
- 3) Acceptance of a late entry is entirely at the discretion of the competition organiser and no protest or complaint will be accepted for refusal of a late entry.

## Guest Entries

- 1) Where guest entries are allowed or agreed, guests must pay the standard entry fee for each event entered but cannot take a trophy or be part of a team.
- 2) Guests are eligible to compete in the final (if they are in the top 8 after the first two rounds of trampolining or two passes for DMT) but this will not be at the expense of any London performers (e.g. if a guest is lying 5th after going into the final then the next placed London performer after the top 8 will also be in the final).
- 3) Clubs must enter guests on gymNET and notify the competition organiser by email.
- 4) Officials must be supplied based on the number of club entries PLUS the number of guest entries.
- 5) The club entering the guest must have a coach at the required level to look after the performer.
- 6) Guest's scores will not count towards any regional or national qualification

## Change of competition level

Performers may be upgraded or downgraded between the closing date and the day **prior** to the competition by email to the competition organiser. No upgrades or downgrades will be allowed on the day of the competition.

## Withdrawals and Substitutions

- 1) Amendments to an entry **before** the closing date will not incur a penalty and in the case of withdrawals, the entry fee will be refunded. Please note that any refunds are subject to a 3% deduction which is imposed by British Gymnastics. Entry fees are non-refundable **after** the closing date.
- 2) In the case of a club wishing to make a substitution (due to the withdrawal of a competitor), they can only do so **up to 7 days before** the event. Substitutions will not incur a fee however there is no guarantee that the substituted names will be included in competition documents.
- 3) A substitution is only permitted if it is for the same age group, gender group (where applicable), level and club as the original entry.
- 4) The club must ensure that any person used as a substitute meets all the entry requirements.

## Competition Check in

- 1) On arrival at the competition, team managers must sign in and hand in the club check in sheet.
- 2) Please note that none of a club's competitors will be allowed to warm up or compete unless an adequately qualified coach has signed in and is present on the field of play

## Field of play

Persons not designated as officials and non-British Gymnastics members are not allowed on the field of play.

Failure to have an adequately qualified coach present on the field of play during the competition will result in competitors having to withdraw or change their routines to perform only those skills which lie within the qualification syllabus of the coach that is

present on the field of play.

Additional Assisting Coaches (Level 1) may be accredited, at the discretion of the competition organiser, to be present on the field of play to assist with the pastoral care of the gymnasts. Assisting coaches may not coach the gymnasts unless they fulfill the requirement of holding a recognised qualification suitable to the level of skills being performed.

## Equipment

- 1) Trampolines will generally be a mixture of 6x4 beds, 4x4 beds and Ultimates.
- 2) Some events may have an option of 6mm trampolines.
- 3) Some events or specific panels may not have a choice of beds.
- 4) DMT bed will be 6 mm or 13mm.

## Attire

As per British Gymnastics Code of Points.

## Warm Up

- 1) There will be no warm up marshals – performers must form an orderly queue for their turn.
- 2) There will be a timed warm up therefore no guarantee of any specific number of warm ups can be given.
- 3) Performers may use either trampoline.
- 4) Competitors will need to warm up both their first and second routines during their allotted warm up time – there will be no separate warm up session for the second routine.
- 5) A one touch warm up will be allowed before competing both first and second routines in program order. The competitor will have to choose which routine to practice.
- 6) For Finals each performer will be given one warm up before competing. For groups that have been split into flights, those from the last flight will be offered one warm up; all others will be offered two.
- 7) For DMT, there will be a timed warm up for the first two passes followed by a specific warm up of two passes per competitor before competing.
- 8) Spotting, assistance for performers getting on or off the trampoline or any other assistance is the responsibility of the club.

## Competition

After warm up, performers must return to the marshalling area. Performers will then be called to compete in program order. All performers will compete their first and second routines in the same order. There will be no warm ups between routines so performers must be ready to compete (with spotters) as soon as required.

All timings are approximate. The competition organiser reserves the right to start groups early if the event is running ahead of time but will not run more than one hour ahead of program time. The competition organiser accepts no responsibility for competitors who miss their turn due to changes to timings or for the competition running early or late. Presentations are approximately at the end of each competition group.

## Appeals

- 1) Where a coach or a gymnast wishes to submit an appeal or an inquiry, they should approach the chair of judges in a polite way. They must not approach the judging panel directly.
- 2) Any appeals must be submitted by the end of the flight and must be in accordance with FIG regulations. Extra time will be given in respect of the final two gymnasts in the group.

- 3) Appeals and inquiries may only be made in respect of scores relating to Time of Flight or Difficulty or errors in respect of the calculation of a gymnast's score. No inquiries may be brought in respect of any execution or horizontal displacement scores.
- 4) Coaches may only protest against the difficulty score for their own gymnast/group.
- 5) Where there is no superior jury, the Chair of Judges will decide about the appeal/inquiry and there will be no further right to appeal.
- 6) Once results are signed off by the chair, no further enquiries can be considered.

## Results

- 1) Where possible there will be screens depicting live results at each event but these are not the definitive results. Clubs must make explicit to their members that event screens are provided as a courtesy and cannot be relied upon for places or qualification.
- 2) Scores, rank and qualifications are to be taken from signed hard copies, which will be displayed on the wall as soon as possible after the completion of each group.
- 3) Results will be emailed to clubs after each event and available on British Gymnastics website:  
<https://www.british-gymnastics.org/find-an-event>

## Officials

All clubs entering London Regional TRA and DMT competitions, including DT are obliged to provide officials who must be available for the duration of the event. Officials dress is as per the British Gymnastics handbook

Competition officials can be:

- 1) Qualified welfare officer - Clubs should offer a maximum of one candidate for this role, and they must have current Time to Listen and Safeguarding certification
- 2) Qualified judge (all judges qualified prior to 2017 must have attended a cycle 14 revalidation course).
  
- 3) Unqualified computer recorder
- 4) Unqualified manual recorder
- 5) Unqualified marshal

On the spot training at competitions is not permitted for these roles. It is the clubs responsibility for their officials to be fully prepared for these roles, please contact the judging secretary for guidance on how to do this.

- 6) Unqualified lunch official - clubs should offer a maximum of one candidate for this role
- 7) Unqualified spectator fee & leotard sales
- 8) Unqualified Officials as required by the competition organiser

The above roles can be split between a maximum of two people. Should a club need to split a role between more than two people, consent, prior to the competition, must be sought from the judging secretary.

The following competition officials are appointed by the chair of the technical committee:

- 9) Competition Organiser
- 10) Judging Secretary
- 11) Database

## Officials Nomination

The completed nominated officials' form for all competitions must be emailed to the judging secretary by the closing date. Nomination forms are available from the judging secretary via email. Clubs may offer extra officials if desired.

It is not acceptable for clubs to write 'A N Other' for an official. Please supply a name for each official that your club is required to nominate so that they can be used in an appropriate capacity.

<b>TRI</b>	<b>SYN pairs</b>	<b>DMT</b>	<b>Officials required</b>
1	1	1-2	None
2-3	2-3	3-5	ONE qualified
4-6	4-5	6-9	TWO qualified, of which ONE must be COUNTY
7-10	6-8	10-14	TWO qualified, of which ONE must be COUNTY, plus ONE unqualified
11-15	9-12	15-20	THREE qualified, of which ONE must be COUNTY, plus ONE unqualified
16-20	13-16	21-30	THREE qualified, of which ONE must be COUNTY, plus TWO unqualified
21-25	17-20	31-40	FOUR qualified, of which ONE must be COUNTY and ONE must be REGIONAL, plus TWO unqualified
26-30	21-24	41-49	FOUR qualified, of which ONE must be COUNTY and ONE must be REGIONAL, plus THREE unqualified
31-40	25-28	50-59	FIVE qualified, of which ONE must be COUNTY and ONE must be REGIONAL, plus THREE unqualified
41-50	29-32	60-69	FIVE qualified, of which ONE must be COUNTY and ONE must be REGIONAL, plus FOUR unqualified
per 10	per 4	per 10	ONE additional per number of competitors shown, alternately qualified and unqualified

## General Officials Information

- 1) Clubs are notified of selected officials with their competition information. It is the responsibility of the club manager to relay this information to their selected officials.
- 2) Reserve judges are expected to be at the competition, with the appropriate dress, and report for duty at the required time. If reserves are not required at the start of the event, they must shadow the panel for the whole day or fulfill another role if required.
- 3) Unqualified officials can be expected to be used as competition marshals, manual recorders, computer operators, lunch assistants, door managers or as required by the competition organiser but please note that all officials may be used in any capacity and must appear correctly dressed. If an unqualified official is selected, it is the clubs responsibility to ensure that the person is competent of performing the required duty.
- 4) London Gymnastics is happy to accept officials under the age of 16 years although they must be capable of carrying out their designated task. Any official under 16 years of age must have a permission slip signed by their parent/guardian and this slip must be handed to the Judge Secretary on or before the day of the competition. The permission slip can be found at the end of this document (appendix 1).
- 5) All nominated qualified officials must be current members of British Gymnastics.
- 6) British Gymnastics does not require judges to complete a Disclosure and Barring Service (DBS) check to judge at competitions, as the role that judges fulfill at the event no longer falls within DBS or Access NI Eligibility. However, some judges are actively involved in club gymnastics and may provide judging instruction to children in a training environment or carry out a supervisory role (or may complete a DBS check by virtue of another role they

undertake e.g. coach).

As not all judges use their qualification in the same way, it is the club's responsibility to assess the role the judge is undertaking and determine whether the activities involved fall within the eligibility criteria for a DBS check. British Gymnastics no longer requires all judges to complete safeguarding training but clubs should ensure any judge who supervises or instructs children has completed appropriate training.

## Official Nomination exceptions

- 1) Competing officials will be accepted, however the club must ensure that cover is in place, otherwise the official will not be permitted to compete and the entry fee will not be refunded.
- 2) The committee reserves the right to disqualify any club that does not supply their nominated official(s) on the day, or arrives with officials incorrectly dressed. Clubs must replace any official who cannot stay for the duration of the competition with someone of equal and approved calibre. Failure to do so will result in a penalty payment as detailed in this section.
- 3) New clubs without suitably qualified officials will be allowed to enter 2 events without supplying qualified officials at the discretion of the committee. However, new clubs must supply the correct number of unqualified people to match their entry as above. It is the club's responsibility to source suitable judge courses from the British Gymnastics website. The London region cannot guarantee to have a suitable course at any given time so candidates may need to look outside the region for courses.
- 4) New clubs will have one year's grace from their first competition before having to supply a County level judge. After that time a County level judge must be supplied.
- 5) New clubs will have three years grace from their first competition before having to supply a Regional level judge. After that time a Regional level judge must be supplied.
- 6) The competitions committee will, where possible, facilitate a superior jury at competitions as per London Gymnastics' recommendations.

## Officials Penalties

Officials penalties are a last resort. Clubs should not be paying penalties on a regular basis and should be investing in qualified judges. Please contact the judging secretary for information on funding and courses.

- 1) **PENALTY WITH ENTRY:** For clubs struggling to provide officials with their entry, a surcharge of £100.00 can be paid to allow them to provide one less official than required. This surcharge must be paid via gymNET with the competition entry. Clubs must email both the competition organiser and the judging secretary to activate the surcharge in gymNET.
- 2) **CLOSING DATE PENALTY:** Clubs not notifying the judging secretary of their officials by the closing date, **including incomplete official's nomination forms**, will incur a £100.00 penalty. This penalty must be paid and the officials nominations submitted within 3 days of notification of this penalty by the judging secretary or the entry will be invalid. This penalty must be paid directly to the LG Trampoline Tech Committee bank account as detailed earlier in this handbook.
- 3) **PENALTY AFTER ENTRY:** After the competition closing date, any withdrawn or missing official that cannot be replaced will incur a penalty of £100.00 which must be paid within 48 hours of notification by the club or before the start of the competition (whichever is sooner). This penalty must be paid directly to the LG Trampoline Tech Committee bank account as detailed earlier in this handbook.

- 4) **PENALTY ON THE DAY OF COMPETITION:** In the case of an official or reserve official not showing on the day or fulfilling their role, and there being no replacement of equal and approved calibre offered, the club will be required to pay a penalty of £100.00 per missing official. This penalty is payable at check in, on the day, via card.

Failure to pay the penalty at the required time will result in the club having to withdraw performers back to the level of the number of officials that they have provided.

- 5) **DRESS PENALTY ON THE DAY OF COMPETITION:** In the case of an official or coach not being appropriately attired (as per the British Gymnastics and London Gymnastics policies) a penalty of £50.00 will be imposed. This penalty is payable at check in, on the day, via card.

### **Sanctions regarding penalty payments**

- 1) No further entries will be accepted from that club until the penalty has been paid.
- 2) If cleared funds for all penalty payments are not received within 14 days of notification, the club will be ineligible for all future competitions and all London Trampoline activity until cleared funds for all outstanding penalty charges are received.
- 3) Any club whose penalty payment cheque is rejected will be subject to a further £20 penalty payment.
- 4) If any penalty payment cheques are returned unpaid, the club will have 7 days' notification to provide cleared funds of the original sum plus the additional penalty payment of £20 as above. If cleared funds are then not provided within 7 days, an additional penalty of £30 will be applied.
- 5) Any club whose penalty payment cheque is rejected for a second time within 12 months will be subject to a further penalty payment of £20 PLUS the TTC will then only accept BACS payments or cash for future penalty payments.
- 6) Any club refusing to pay any outstanding penalty charges will be reported to London Gymnastics and British Gymnastics as defaulting on payment.
- 7) The committee reserves the right to ask for proof of transfer of funds therefore we suggest that clubs retain confirmation from their bank.

## Officials travel expenses

Officials selected for London Region events may claim travel expenses. Claim forms can be found at the end of this document (appendix 4).

- 1) Expenses are paid at the discretion of the TTC
- 2) Only expenses which have been approved as below will be allowed:
  - a. Personal car travel will be paid at 35p per mile.
  - b. Public transport claims must be accompanied by a receipt.
  - c. Parking fees will not be paid unless prior approval is given.
  - d. Taxi fares will only be paid in exceptional circumstances and will not be paid unless prior approval is given.
  - e. Accommodation and subsistence costs will only be paid in exceptional circumstances and will not be paid unless prior approval is given.
- 3) A claimant may waive their right to receive expenses if they so wish  
Where possible, claimants are to travel together, i.e. share a car where possible, and only one expense claim submitted.
- 4) Where a job is shared by more than one person throughout the day, only one claim for that position will be accepted.
- 5) Clubs wishing to nominate any official travelling from outside the London Region must get prior approval from the competition organiser or judge secretary for any expense claim before submitting that person as an official for an event.
- 6) Right to refuse: The TTC reserves the right to refuse a claimant from taking up a duty, if it feels it is unable to meet the costs associated with the individual being present.
- 7) Claims must be emailed to the judging secretary, within 14 days of the event for verification. Claims will be dealt with 14 days after the event en masse. Verified claims will have a cheque posted to the claimant.
- 8) Officials must ensure that they list their name on the Judge Record Sheet for the task(s) carried out at the event. Failure to do so may render a claim invalid.
- 9) The TTC reserves the right to increase competition entry fees at any time during the year to reflect any increase in outgoings

## Regional TRA NDP & DMT inc. DT

This information is specific to the British Gymnastics Regional TRA NDP inc. DT Requirements, age groups and routines as per:

- British Gymnastics TRA NDP Competition Structure 2019
- British Gymnastics TRA Disability Competition Structure 2019
- British Gymnastics DMT NDP Competition Structure 2019 1 July

### Regional NDP compulsory events

There are 3x Regional NDP compulsory events for:

TRA Club levels 1-3

TRA NDP levels 1-6

TRA DT all levels

DMT NDP all levels

Non-compulsory range and conditioning will be offered at all of these for:

TRA NDP levels 1-6

DMT NDP all levels

Gymnasts must qualify from these events to the Regional NDP compulsory Final.

### Regional NDP compulsory Final event

There is 1x Regional NDP compulsory Final event for:

TRA Club levels 1-3

TRA NDP levels 1-6

TRA DT all levels

DMT NDP all levels

Range and conditioning is compulsory at this event for those that achieve a qualifying TRA or DMT score for the NDP Regional Team Final in the following groups:

TRA NDP levels 1-6

DMT NDP all levels

Gymnasts must qualify from this event to the NDP Regional Team Final.

### NDP Regional Team Final

This is a team event.

Clubs must ensure that gymnasts who qualify for the NDP Regional Team Final:

- Attend one or both of the London Regional Squad Training days
- Purchase the London kit (details provided after the London Regional NDP Compulsory Final)

Gymnasts that represent the region at this event are also awarded a place in their equivalent competition group (as agreed by the NDP coaching team) at the London Championships.

The NDP Regional Team Final is organised by British Gymnastics, the region has to submit the entry for this therefore clubs must ensure that all monies are paid to the region by **our** closing date above.

The organiser will also set a closing date for acceptance of a place in the competition – this will precede the closing date above. Any club/gymnast who has not verified their acceptance of a place by that closing date will forfeit their place and the place will be offered to a reserve. This closing date will be published once British Gymnastics has issued us with a definite list of qualifiers.

Officials will be selected by British Gymnastics. British Gymnastics will provide hotel accommodation for selected officials. This is on the basis of a shared room. Anyone opting for a single room will be required to pay the single supplement – the cost will not

be borne by the region.

The coaching team for the NDP Regional Team Final is by invitation only by the TTC. The number of coaches invited will be based upon the amount of TRA and DMT accreditations as stated in the British Gymnastics Trampoline & Tumbling National Competition Handbook 2019.

Coaches will be contacted individually and must be available to attend both of the London Regional Squad Training days.

Coaches must be available for the duration of the NDP Regional Team Final (Friday-Sunday).

London Trampoline Technical Committee will provide hotel accommodation for the coaching team. This is on the basis of a shared room. Anyone opting for a single room will be required to pay the single supplement. Reasonable travel costs will also be covered as per the officials travel expenses section of this handbook.

### **NDP Regional Team Final**

This is an individual event; clubs must enter their gymnasts directly into this event. Information, including qualifiers is distributed by British Gymnastics directly to clubs.

# Regional TRA Series

This information is specific to the London Gymnastics Regional TRA series

## Difficulty Cards

- 1) Difficulty cards MUST be submitted for EVERY competitor
- 2) Difficulty cards must be fully completed in English or FIG notation.
- 3) Where the card should be marked with asterisks to indicate required elements in 1st routines, this must be done by the competitor or coach before the card is handed in.
- 4) All elements that require a difficulty mark should have this written on the card before the card can be accepted.
- 5) Anyone who does not submit a difficulty cards when required to do so will not be able to compete.
- 6) Difficulty cards must be signed by an appropriately qualified coach. Difficulty cards cannot be signed by the performer (even if they are a coach) or by a level 1 coach.

Difficulty cards can be found at the end of this document (appendix 3). It is not the job of the difficulty judges to complete the card, their job is to confirm or change what is written as the routine is performed and display the difficulty score.

## Teams

- 1) A team consists of a minimum of 3 females or 3 males and a maximum of 4 females or 4 males.
- 2) At Regional Novice level ONLY, teams can be mixed gender.
- 3) Team members must be entering the same age group and the same grade of competition.
- 4) Team members must wear uniform dress, please see the British Gymnastics code of points for further information.
- 5) Team members must be nominated on the club check in sheet. If team members are not nominated at check in there will be no team.

## Finals

- 1) Finals are for the top eight in each group after the first two rounds
- 2) Where there are less than eight competitors in a group all will compete in the final and the score will be accumulative of all 3 routines
- 3) Where there are more than 8 gymnasts in a group, the final will be from zero.
- 4) Finals are run at the discretion of the competition organiser and may be omitted/cancelled if necessary due to time constraints.
- 5) Any qualified person who chooses not to take part in a final will not be eligible to receive an award.

## Groups and eligibility

New competitors may enter the Series at the highest level they wish, there is no qualifying score to progress to higher levels.

Performers may progress when they are ready.

Performers may skip levels if they are ready to compete at higher levels.

No one may downgrade once they have competed at a higher level unless there are exceptional circumstances. Application for a downgrade must be made in writing to the Competition Secretary before the closing date of a competition stating reasons. Any performer found to have downgraded will have their scores nullified for that competition.

**Regional Novice:**

This competition will be open to anyone who has not competed before.

Any second routine is allowed but may only include one somersault of no more than 360° rotation.

Groups will be mixed gender.

Difficulty will be awarded.

The organisers reserve the right to merge any groups with less than 7 entrants in the Novice section. Groups would only be merged with an age group directly above or below their age group.

Finals for the top eight in each group.

**Regional Elementary:**

Separate groups for boys and girls.

The organisers reserve the right to split large groups into separate age groups – this would mean introducing an additional age group to those already listed.

Finals for the top eight in each group.

**Regional Intermediate:**

Separate groups for boys and girls.

The organisers reserve the right to split large groups into separate age groups – this would mean introducing an additional age group to those already listed.

Finals for the top eight in each group.

**Regional Advanced:**

Separate groups for males and females.

No age groups but the organisers reserve the right to split large groups into separate age groups.

Finals for the top eight in each group.

Gymnasts competing at the following levels must enter the advanced group ONLY

NDP level 6+

FIG

English Gymnastics (gold & silver levels)

Trampoline League (any level)

**Trophy Hunting**

In order to promote fair competition and encourage people to compete at the correct level, where there are MORE than 8 in a competition group on the current published points standings, anyone achieving a podium position for a second time may only compete as a guest for the remainder of the qualifying competitions in the season OR may move up a level.

Those affected by this rule may either wait until the regional championships to compete at their current level, compete as a guest in the remaining qualifying competitions at their current level or move up a competition level provided they are competent to do so. Should they choose to move up a level, they would compete at the remaining qualifying events at the higher level and try to qualify at this level.

In order to prevent abuse of this rule, should an individual decline participating in a final, their placing will be deemed to be the one achieved at the end of the preliminary rounds.

**Example 1**

Henry competes in U16 Boys Elementary. In the first qualifying competition he places 3rd and in the second qualifying competition he places 1st. There are 10 in his group after the second qualifying competition. Henry needs to choose whether to wait for the regional championships to compete in the U16 Boys Elementary group or move up to the U15 Boys Intermediate group and try to qualify for the championships in the higher group. As he has a good amount of points to take with him and has been doing the intermediate set routine

requirements in his voluntary routine in elementary he feels more than ready to move up a grade and chooses to do this.

### **Example 2**

Lucy competes in U13 girls elementary and places 1st in the first qualifying competition. In the second qualifying competition she is in 1st place after the preliminary rounds. There are 20 in her group. She wants to continue competing in her current group so decides not to compete in the final of the second qualifying competition. Her placing for this competition for the purpose of this rule will be deemed to be the one she was in at the end of the preliminary rounds so she needs to choose whether to wait for the regional championships in her elementary group or move up to the intermediate group, which she is very capable of doing as she has been doing the intermediate level set routine for her voluntary routine in elementary.

### **Example 3**

Charlotte competes in U13 Novice and placed 2nd in the first qualifying competition and 1st in the second qualifying competition. There are 22 in her competition group. She's an ex dancer so has good execution but currently isn't able to somersault so isn't able to move up just yet. She is happy that she has her qualification place for the regional championships confirmed and can now focus on learning some new skills which she hopes to include in her voluntary routine at the regional championships. She knows that if she gets her somersault into a competition routine she can still enter at her current level as a guest to try out a competition with her new routine to see how it goes.

No one may downgrade once they have competed at a higher level unless there are exceptional circumstances. Application for a downgrade must be made in writing to the Competition Secretary before the closing date of a competition stating reasons. Any performer found to have downgraded will have their scores nullified for that competition.

## **Trophies**

Trophies or medals will be awarded to the top three individuals and the top three teams (unless otherwise stated) in each age group. Those receiving awards must be in club kit. Any qualified person who chooses not to take part in a final will not be eligible to receive a trophy or medal.

## Age groups

As per year of birth. For London Region competitions in 2019, use these tables to work out the age groups of your competitors:

<b>London Regional Novice</b>					
Minimum 7 years in the year of the event					
Age Group	15+	U15	U13	U11	U9
Year of Birth	2004 or earlier	05, 06	07, 08	09, 10	11, 12
<b>London Regional Elementary</b>					
Minimum 7 years in the year of the event					
Age Group	16+	U16	U13		
Year of Birth	2003 or earlier	04, 05, 06	07, 08, 09, 10, 11, 12		
<b>London Regional Intermediate</b>					
Minimum 7 years in the year of the event					
Age Group	15+	U15			
Year of Birth	2004 or earlier	05, 06, 07, 08, 09, 10, 11, 12			
<b>London Regional Advanced</b>					
Minimum 7 years of age in the year of the competition					
Men's/Ladies					
2012 or earlier					

## Routines

All levels will compile their own first routines. The required elements have been designed so that all set routines from 2017 can be used if desired. All competitors will be required to submit a difficulty card before competing.

### London Regional Novice

#### U9:

1st Routine Compulsory Elements:

10 elements, at least eight of which must be different with:

One element landing on seat, front or back

One element with a minimum of 180° of twist

Compulsory elements cannot be combined into one skill

Compulsory elements must be asterisked on the difficulty card

#### U11 – 15+:

1st Routine Compulsory Elements:

10 different elements with:

One element landing on front or back

One element with a minimum of 360° of twist

Compulsory elements cannot be combined into one skill

Compulsory elements must be asterisked on the difficulty card

### All Age Groups:

2nd Routine:

May include a maximum of one somersault of either 270° OR 360° somersault rotation.

Difficulty will be awarded.

Difficulty cap of 1.2.

If an element of more than 360° of somersault rotation is used, the routine will terminate at that point. If the maximum number of somersaults is exceeded, the routine will be terminated at that point.

## **Regional Elementary**

### **All age groups:**

1st Routine Compulsory Elements:

10 different elements with:

One element landing on front or back

One front or back somersault with 360° somersault rotation

One element with a minimum of 360° twist

Compulsory elements cannot be combined into one skill

Compulsory elements must be asterisked on the difficulty card

2nd Routine:

May include a maximum of three elements between 270° & 360° of somersault rotation.

No elements of more than 360° of somersault rotation allowed.

If an element of more than 360° of somersault rotation is used, the routine will terminate at that point. If the maximum number of somersaults is exceeded, the routine will be terminated at that point.

## **Regional Intermediate**

### **All age groups:**

1st Routine Compulsory Elements:

10 different elements with:

One element landing on seat, front or back

Three somersaults between 270° and 450° somersault rotation

Compulsory elements cannot be combined into one skill

Compulsory elements must be asterisked on the difficulty card

2nd Routine:

May include a maximum of seven elements between 270° & 450° of somersault rotation.

No elements of more than 450° of somersault rotation allowed.

If an element of more than 450° of somersault rotation is used, the routine will terminate at that point. If the maximum number of somersaults is exceeded, the routine will be terminated at that point.

## **Regional Advanced**

### **All age groups:**

1st Routine Compulsory Elements:

10 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 an element 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

**Please asterisk this one element or combination**

Second routine difficulty limit 8.5

## London Championships

Those competing at London Regional Novice, Elementary, Intermediate and Advanced will have the opportunity to qualify for the London Regional Championships.

The London Championships will use only 4x4s and Ultimates if run on 2 panels. This may also apply to any event run on two panels

### Structure:

The event will consist of a maximum of 15 performers from each grade and age group. Performers will have qualified from the four Novice, Elementary, Intermediate and Advanced competitions held in the London region in 2019. Each competitor will perform a first routine for their relevant group plus a second routine. After two routines, the top eight from each group will compete a final routine to determine the Regional Champion for that group.

This is an individual event only therefore no teams will be included.

### Qualification:

Points will be awarded to the top 15 performers after the first two rounds in each group at each event as below. Performers can only earn points from 2 of the 4 events. There is no minimum number of events to be entered.

The 15 performers with the highest number of points from each group will be offered a place in the Regional Championships. If anyone does not accept their place, the performer with the next highest score will be invited.

1 <sup>st</sup> place	20 points
2 <sup>nd</sup> place	18 points
3 <sup>rd</sup> place	16 points
4 <sup>th</sup> place	14 points
5 <sup>th</sup> place	12 points
6 <sup>th</sup> place	10 points
7 <sup>th</sup> place	9 points
8 <sup>th</sup> place	8 points
9 <sup>th</sup> place	7 points
10 <sup>th</sup> place	6 points
11 <sup>th</sup> place	5 points
12 <sup>th</sup> place	4 points
13 <sup>th</sup> place	3 points
14 <sup>th</sup> place	2 points
15 <sup>th</sup> place	1 point

Where there are equal placings, equal points will be awarded.

To encourage performers to progress through the system during the season, anyone who moves up one level during this time will retain their single best score at their previous level (i.e.: the points are brought forward to the new level), which can count towards qualification for the Championships at the higher level.

Anyone who progresses by skipping a level will lose all points at their previous level.

Anyone who competes for the London Region at the NDP Team Final will be awarded a place in their equivalent competition group (as agreed by the NDP coaching team) at

the London Championships. This will be in addition to the 15 places awarded from the points scored at the qualifying competitions.

**Officials:**

Officials for this event must be nominated on the entry form in the usual way. However, as the event is running over two days, officials must be available for both days if required.

# London Closed

## Eligibility

Open to anyone who can meet the requirements of the first routine. All levels will compete together.

## Officials

Please add the number of competitors entered for the Championships to the number of competitors entered for the Closed to give the number of officials required for this event, and then enter the officials on one form only.

## Age Groups

Competitors must be a minimum of nine years of age in the year of competition.

Age group: Men's/Ladies  
Year of birth: 2012 or earlier

## Routines

There is no difficulty cap

Competitors must perform the 1st routine as below.

1st routine must be declared before competing.

T-scores will only be awarded if the TMD is available.

Ladies and Men will compete separately.

### All age groups:

1st Routine Compulsory Elements:

10 different elements with at least seven somersaults of at least 270° somersault rotation.

Two elements, marked with an asterisk on the difficulty card, will have difficulty awarded. The difficulty will be added to the execution score to give the total score for the 1st routine.

None of these two elements may be repeated in the second routine

Second Routine:

No restrictions but if either of the two asterisked skills from the 1st routine are repeated in the second routine; they will not be awarded difficulty in that routine.

Final Routine:

No restrictions

## London Synchro

Any performer may jump at a higher level but no one may jump at a lower level than their classification.

If one of the pair comes from a different club, please contact the competition organiser prior to completing an entry.

### Regional Synchro Novice

Eligibility:

Anyone who has competed at Regional Elementary or above is ineligible for this group.

Age group:

Minimum 6 years of age on the day of the competition

Year of birth: 2012 or earlier

No age groups

Pairs: Any combination of regional novice and NDP club 1-3

Boys and girls compete in the same group therefore mixed pairs are allowed.

Routines: As per the regional structure. Difficulty cards are required.

U9 pairs only may use U9 1st routine requirements

### Regional Synchro Elementary

Eligibility:

Anyone competing at Elementary as an individual or NDP 1-2 must enter at this level or higher.

Age group:

Minimum 6 years of age on the day of the competition

Year of birth: 2012 or earlier

No age groups

Pairs: Any combination of regional elementary and NDP 1-2

Boys and girls compete in the same group therefore mixed pairs are allowed.

Routines: As per the regional structure. Difficulty cards are required.

### Regional Synchro Intermediate

Eligibility:

Anyone competing at Intermediate as an individual or NDP 3-5 must enter at this level or higher.

Age group:

Minimum 6 years of age on the day of the competition

Year of birth: 2012 or earlier

No age groups

Pairs: Any combination of regional intermediate and NDP 3-5

Boys and girls compete in the same group therefore mixed pairs are allowed.

Routines: As per the regional structure. Difficulty cards are required.

### Regional Synchro Advanced

Eligibility:

Anyone competing at Advanced as an individual, in the League or at NDP 6 or above must enter at this level. Anyone who has competed in the Men's/Ladies groups at the

London Closed in 2018 must enter at this level.

Age group:

Minimum 7 years of age in the year of the competition

Year of birth: 2012 or earlier

Pairs: Any combination of regional advanced, any League level or NDP 6+  
Boys and girls compete in the same group therefore mixed pairs are allowed.  
One of the pair may come from another region.

Routines: As per the regional structure. Difficulty cards are required.

### **Trophies**

Trophies and medals will be awarded to the top three pairs in each group.

Trophies will be awarded to the pair with the highest S-score over the first two rounds on each panel.

### **Finals**

There are no finals for synchro

## **London Regional DMT**

Due to low numbers participating in London DMT events we have decided to shelve them for 2019. We will revisit this decision when planning for 2020. We would actively encourage any clubs partaking in DMT to organise invitational competitions.

## Policies

Clubs must adopt and abide by the following British Gymnastics policies:

- Child Protection
- Equality & Diversity
- Health & Safety
- Anti-doping
- Participation of trans people

Clubs must adopt and abide by the following London Gymnastics policies:

- Disciplinary Code and Complaints Procedure.
- Competition Etiquette
- Judges and Officials Rules

## Behaviour

All Gymnasts, coaches, judges, and officials must abide by London Gymnastics policies & handbook. Additionally:

The team manager is responsible for the behaviour of their club members, coaches and parents. No responsibility will be accepted for loss or damage to property or persons.

Gymnasts are expected to remain until their presentations.

Gymnast's hair should be appropriately and securely tied back where necessary.

Coaches must not attempt to coach, influence or otherwise make suggestions to members of other clubs unless invited to do so by the gymnast's club coaches.

Officials must officiate in an impartial and fair manner and follow the Trampoline Code of Points in operation at the time

## Photography

It is no longer necessary for people to register their intention to take photos and/or videos. However, please see the "British Gymnastics Conditions for Photography at Gymnastic Events" – Appendix 2. Only designated photographers are allowed to take photographs or video on the field of play.

## Jewellery and Body Piercing

For the latest British Gymnastics policy on this please follow: <https://www.british-gymnastics.org/about-us-documents/7980-h-s-guidance-safe-coaching/file>

The policy applies to all participants and coaches, in training and in events at home and abroad. Failure to comply with the policy will prohibit the individual's participation on the grounds of reasonable safety and may render the individual's insurance invalid should an accident result.

**London Trampoline Technical Committee will investigate all transgressions of published policies, procedures and rules and will take disciplinary action against clubs or coaches found to be in breach.**

# Appendix 1.

## London Regional Trampolining Competitions

### Qualified/Unqualified Officials

- There is no minimum age for qualified/unqualified officials required for London Trampolining (although officials must be capable of fulfilling their task)
- If an official is under 16 years of age on the day of the competition, then parental consent is required for their participation
- Parental consent is required to be obtained by the club prior to any competition, but in the event of an emergency, parental consent can be obtained on the day of the competition
- This form is required to be completed to ensure that permission is obtained
- This form must be handed to the competition secretary on or before the day of the competition

I ..... (Name of parent or guardian) give permission

For ..... (Name of person) to act as an official at the

London Trampolining competition on ..... (Date)

Signed: (parent/guardian)

Date:

Name of Trampoline Club:

# Appendix 2.



## Trampoline Gymnastics - Competition Card

Name:
Club:

Level:
Flight:

Age Group:
Panel:

First Routine					
#	FIG Notation	S	*	Adjustments	D Value
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
<b>Total</b>					

Second Routine					
#	FIG Notation	S	*	Adjustments	D Value
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
<b>Total</b>					

Notes for Completion

**Prescribed Compulsory Routines** - No \*'s or D values are required, unless there is a **bonus** to be applied.

**Routines with Special Requirements** (e.g. WAGC) - Please add \*'s in the column provided to indicate elements meeting the special requirements.

**Routines with Counting Difficulty** - Please add a D value for each element with a counting difficulty and a total D score.

**FIG Senior Events** - No element(s) with counting difficulty from the first routine may be repeated in the second routine, otherwise the difficulty will not be awarded.

Final Routine				
#	FIG Notation	S	Adjustments	D Value
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
<b>Total</b>				

*This declaration must be made by the responsible coach who must be present at the event and qualified to the level of the gymnast's performance*

Name of Coach \_\_\_\_\_  
 Signature \_\_\_\_\_

Qualification \_\_\_\_\_  
 BG Number \_\_\_\_\_

# Appendix 3.

## LONDON GYMNASTICS

### EXPENSE CLAIM FORM (V1 APR-16)



#### Return Expense forms to:

Trampoline Technical Committee

Judging Organiser: Karen Gent

✉ [trajudge@london-gymnastics.co.uk](mailto:trajudge@london-gymnastics.co.uk)

#### CONTACT DETAILS

<b>Name</b>	
<b>Address</b>	
<b>Telephone No.</b>	
<b>Email Address</b>	

#### BANK DETAILS

<b>Name on Account</b>	
<b>Bank</b>	
<b>Sort Code</b>	
<b>Account Number</b>	

#### DETAILS OF EVENT

<b>Name of event</b>	
<b>Venue</b>	
<b>Date</b>	
<b>Role / Capacity</b>	

#### DETAILS OF CLAIM

By Car (min payment £3.00)	Detail	Total
No. of Miles		
Cost (miles x 35p per mile)		
Starting Address		
End Address		
Transport Other		
Accommodation		
Other Expenses		
<b>TOTAL CLAIMED</b>		

#### Notes

Car Sharing should be used where possible (whilst abiding by welfare guidelines)  
 London Gymnastics pays travel expenses in line with the HMRC guidance. (minimum £0.28 - maximum £0.45 April 2016 for cars). For more information regarding expenses you can read the HMRC guidance here: <https://www.gov.uk/volunteering/pay-and-expenses>.

<b>Sign to confirm all information is true and correct to the best of your knowledge</b>	<b>Official Use</b>
	Payment Made [ ] Date [ ] Signed (LG)

