



# ENGLISH GYMNASTICS

## National Competition Handbook 2020

Version 1.0

TRI, TRS, DMT, TUM, DIS

[www.english-gymnastics.org.uk](http://www.english-gymnastics.org.uk)

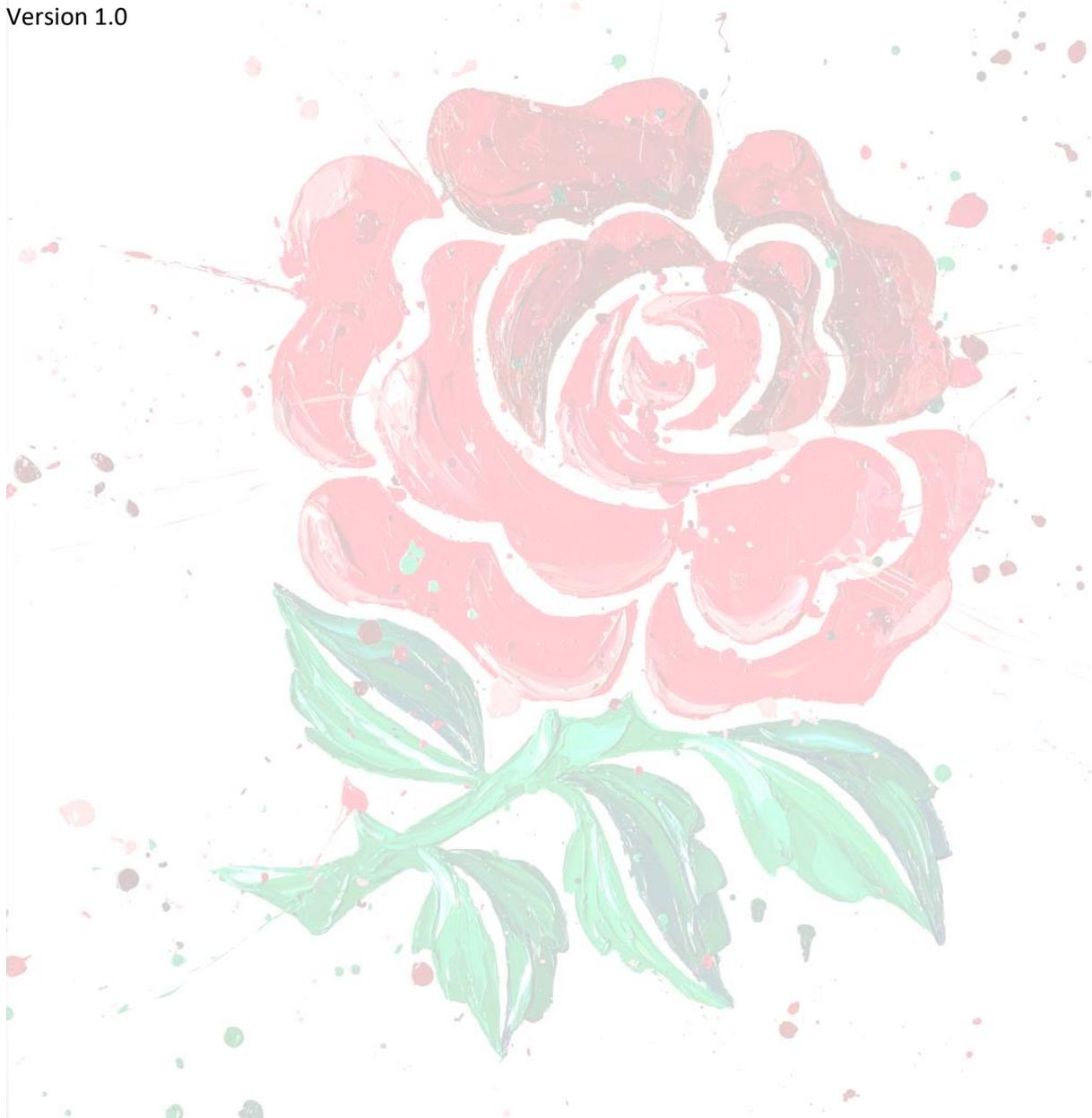
### Version History:

English Gymnastics reserves the right to make amendments to this handbook.

Notification of a change to the handbook will be communicated through the [English Gymnastics Website](#). All updated versions will be made available to download at the time of change.

All versions will be listed on this page, regarding amendments made;

Version 1.0



**CONTENTS**

**PAGE NO**

Letter of Welcome	4
Definition of Terms	5
Contact Information	6
<b>1. Competition Details</b>	
Competition Event Calendar	7
<b>2. Eligibility</b>	
Eligibility & Membership	8
Nationality	8
Policy for the Participation of Trans People in Gymnastics Competitions	8
Order of Performance	8
Scores & Qualification	9
Scores & Qualification to English Championships	9
Gymnasts	10
Supervising Coaches	10
Coach Qualification	10
Guests	10
Age Policy	11
Publication of Results	11
Events Discipline Details	12
Individual Competition (TRI)	12
Double Mini Trampoline (DMT)	12
Synchronised Trampoline (TRS)	12
Tumbling (TUM)	12
Disability Trampoline, DMT, TRS (DIS)	12
<b>3. English Championships Series and Finals</b>	
Age groups per discipline and routine criteria	13 – 19
<b>4. Definition of Routine Criteria</b>	
Difficulty Requirements	23
<b>5. Entry Process</b>	
English Qualification Series	23
Process of Application	23
<b>6. Entry Fee</b>	
Entry Fee for English Qualification Series	24
Entry Fee for English Championships	24
Method of Payment	24
Late Entries	24
Withdrawals and Substitutions	24
Provision of Officials	25
Withdrawal/Change of Officials	25
Volunteers	26

## 7. General Regulations

Registration	26
Competition Cards	26
TRI, DMT, TRS, DIS	26
Tumbling	27
Terms & Conditions of entry to all Competitions	27
Code of Conduct	27
Enquires	27
Safeguarding	28
Overnight provision for competitors	28
Competition Attire	28 – 29
Competition Apparatus	30
Access to Warm up hall	30
Food and Drink	30
Babies and Young Children	30
Medal Ceremonies	30
Tenure of Trophies	30
Privacy	31
Video, Film and photography	32
Medical Provision	32
Health and Safety	32
Drug Free Sport	32
Spectators Tickets Information	32
Complaints Procedures	32
Warm up Timings	32

## Appendix:

Appendix 1. Time of Flight Protocols	33
Appendix 2. Tie Break Rules	34 – 35
Appendix 3. English Gymnastics, English Regional Websites	36
Appendix 4. We Need You	37

Dear All

Welcome and thank you for reading the 2020 English Championship Series Competition Handbook. I am pleased to introduce to you to the 'English Championships Series'. The competition that underpins the National Trampoline structure provided by British Gymnastics and is based on FIG rules. The competition is based on a two-level tier competition structure named Silver and Gold.

The qualification process for the Silver and Gold will be made through the two English qualifying events held between April and June 2020.

Qualification to English Championships can be made in both Gold and Silver levels. Qualification numbers vary in each discipline, which will be explained in more detail further on in this document. The disciplines that you can compete within the English Championships are: Trampoline Individual (TRA), Trampoline Synchronised (TRS), Disability Trampoline Individual, Synchronised and Double Mini Trampoline (DIS), Double Mini Trampoline (DMT) and Tumbling (TUM).

Tumbling will only compete at Championships and there will be no qualification at individual events. Tumbling will continue to qualify through Regional competitions for Silver Championships and through British Championship Qualification for Gold.

You **cannot** qualify for British Championships through the English Championship Qualifying Series.

**Changes have been made to the qualification criteria in 2020, so please read through the document to make sure you are aware of all the new criteria.** We ask all coaches to please be mindful of the level you place your gymnast into. If your gymnast is good enough to compete at Gold, they should be entered into that level.

I would like to thank you for taking the time to read this Handbook and look forward to seeing you at the competitions in 2020.

Yours in Sport

Stephen Wood

**English Gymnastic Trampoline, Double Mini Trampoline and Tumbling Technical Chair**

**Definition of Terms:**

**EGA** means English Gymnastics Association

**EGTTTC** means the English Gymnastic Trampoline and Tumbling Technical Committee of EGA

**Event** means any National competition and Championships organised by the EGA

**Organiser(s)** means the EGTTTC Competition Organiser

**FIG** means Federation International de Gymnastique

**Code** means the Code of Points used for the competition, from which technical information and regulations are taken such as EGA, BG or FIG

**Championships** means any English Championships organised by the EGA

**Supervising Coach(es)** are those coaches submitted in the online entry process and who are responsible for the gymnast(s) for the entire event. Any changes to the supervising coach(es) submitted on the BG Online Entry System must be notified to the [English Event Enquiries](#) via email, prior to the event and, in exceptional circumstances, if changes are required during the event, these must be notified to the Organisers

**TRI** means Trampoline Individual

**TRS** means Trampoline Synchronised

**DMT** means Double Mini Trampoline

**DIS** means Disability Individual, Synchronised Trampoline

**DIS DMT** means Disability Double Mini Trampoline

**TUM** means Tumbling

**Unattached** means gymnasts who are not members of a BG registered club, but hold appropriate BG membership

Where no specific point is addressed in the Regulations, the current FIG Rules apply. However, the Technical Committee and its appointed officials reserve the right to define any Regulation conflict as is deemed appropriate to ensure a fair and equitable competition

## Contact Information

### English Gymnastics TRI, DMT, DIS & TUM Technical Committee:

England Chairman: Stephen Wood, Tel: 0161 792 5969  
Email: [stephen.wood@englishgymnastics.org.uk](mailto:stephen.wood@englishgymnastics.org.uk)

Secretary: Hannah Lawton

England Judging Co-ordinator (TRA, DMT): Steve Sampson  
Email: [steve.sampson@englishgymnastics.org.uk](mailto:steve.sampson@englishgymnastics.org.uk)

England Judging Co-ordinator (TUM): Pat Briggs

England Competition Organiser: **Required**

England Competitions Technology (TRA & DMT): Dexter Millen

England Competition Organiser (TUM): Paddy Lavelle

England Squad Manager: Jason Richardson

England Trampoline Squad Lead Coach: Louise Finny & Daniel Greaves

England DMT Lead Squad Coach: Jason Richardson

### English Gymnastics Contact Details:

Chairman: Martin Laws, Tel: 01634 855507  
Email: [martin.laws@englishgymnastics.org.uk](mailto:martin.laws@englishgymnastics.org.uk)

EGA Administration: Jan Charlton, (EGA Admin Manager)  
Tel: 0345 1297129 Ext 2640  
Email: [jan.charlton@englishgymnastics.org.uk](mailto:jan.charlton@englishgymnastics.org.uk)

Event Enquiries: Email: [engevents@englishgymnastics.org.uk](mailto:engevents@englishgymnastics.org.uk)

### British Gymnastics Contact Details:

Customer Support Tel: 0345 1297129  
Email: [customersupport@british-gymnastics.org](mailto:customersupport@british-gymnastics.org)

## 1. Competition Details

### Competition Event Calendar 2020

Date & Venue:	Events:	Entry Opening Date:	Entry Closing Date:	Other Information
18 <sup>th</sup> & 19 <sup>th</sup> April 2020 Gillingham 'Medway Park'	English Qualification Series 1	24 <sup>th</sup> January 2020	*Noon 6 <sup>th</sup> March 2020	Gold and Silver Levels all age groups TRI, TRS, DMT, DIS
20 <sup>th</sup> & 21 <sup>st</sup> June 2020 Telford International Centre, Telford	English Qualification Series 2 <b>'Tumbling Silver Championships'</b>	27 <sup>th</sup> March 2020	*Noon 8 <sup>th</sup> May 2020	Gold and Silver Levels all age groups TRI, TRS, DMT, DIS & TUM
12 <sup>th</sup> & 13 <sup>th</sup> September 2020 EIS Sheffield	English Championships 2019 <b>'Tumbling Gold Championships'</b>	3 <sup>rd</sup> July 2020	*Noon 31 <sup>st</sup> July 2020	Gold and Silver all age groups TRI, TRS, DMT, DIS & TUM
20 <sup>th</sup> – 21 <sup>st</sup> February 2021 TBC	English Qualification Series 1	TBC	TBC	Gold and Silver Levels all age groups TRI, TRS, DMT, DIS
17 <sup>th</sup> – 18 <sup>th</sup> April 2021 Telford	English Qualification Series 2 <b>'Tumbling Silver Championships'</b>	TBC	TBC	Gold and Silver Levels all age groups TRI, TRS, DMT, DIS & TUM
18 <sup>th</sup> , 19 <sup>th</sup> & 20 <sup>th</sup> June 2021 TBC	English Championships 2020 <b>'Tumbling Gold Championships'</b>	TBC	TBC	Gold and Silver all age groups TRI, TRS, DMT, DIS & TUM
11 <sup>th</sup> , & 12 <sup>th</sup> September 2021 TBC	Home Nations Cup 2021	TBC	TBC	Youth & Junior TRA, DMT, TRS & TUM

## **2. Eligibility & Membership**

All persons attending English Gymnastics events in an official capacity, whether as a gymnast, coach, judge or official, are required to hold current BG membership in line with the level of competition entered and/or qualifications held i.e. Silver, Gold, Joint Gold or Life Membership of BG. *Any Club entering this event, who is found NOT to have affiliated to their Region, will have their entry cancelled.*

### **Nationality**

The gymnast must be a British Citizen, holding a British passport (or be in the process of obtaining British citizenship and/or passport) and have lived in England for a period exceeding 48 months.

The mother, father or a grandparent of a gymnast must have been born in England.

### **AND**

The gymnast must not be a member of a Squad of any other Commonwealth country or previously represented another Commonwealth country, unless the consents required by [Byelaw 17\(3\) of the Constitutional Documents of the Commonwealth Games Federation](#) (CGF) have been obtained.

If a gymnast does not meet any of the above Criteria, but nevertheless wishes to be considered for entry, the gymnast may petition the English Gymnastics Approval Panel in writing via the [EGA Admin Manager](#). The Approval Panel shall be consisted of the Chairman and Vice Chairman of English Gymnastics, together with the individual Chairperson, in England, of the specific discipline within which the gymnast is seeking to compete. The Approval Panel's decision in this regard shall be final. Decisions on these matters are not open to appeal.

### **Policy for the Participation of Trans People in Gymnastics Competitions**

For information on Transgender, please refer to the British Gymnastics Transgender Policy which can be found [here](#).

### **Order of Performance**

The order of performance will only be confirmed once all entries have been received. All Start Lists and Timetables will be published on the [English Gymnastic Website](#) alongside the officials lists; they will also be emailed to all participating clubs at least one week before the first day of the competition.

For Qualification events, where possible, the Silver level events will be held on the first day of competition (Saturday). The second day (Sunday) will, where possible, be the Gold level competition in all disciplines. The competition organisers reserve the right to adjust the timing of the events across the competition weekend if circumstances require.

Silver Tumbling Championships TUM will be held as a separate competition alongside the 2<sup>nd</sup> Qualification event for TRA & DMT. NDP 1 to 4 levels will be held on Saturday where possible and 5 – FIG Development will be held on Sunday where possible.

The English Championships consist of TRI, TRS, DMT, TUM (Gold only) and DIS. The order of competition will be: Silver events (qualification and finals) on the Saturday of the Championships, Gold events (qualification and finals) on the Sunday.

Home Nations this will be released within a separate document.

For the purpose of maintaining a smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the EGTTC reserve the right to alter the grouping of gymnasts and/or running order of gymnasts.

The competition organisers reserve the right to run up to one hour ahead of schedule, and to make changes/alterations to the groupings and panels to enable the competition to run on time and smoothly.

### **Scores & Qualification**

Gymnasts must complete the minimum requirements set out in this document to qualify to be ranked for the chance to compete at the English Championships. Gymnasts should complete two complete routines in the same competition or passes 1 & 2 on DMT to be eligible to compete at the Championships.

These scores will be added together and ranked; the Qualifiers can confirm their place by looking through the official list that will be placed on the website after EQ2. The list will be available by the 3<sup>rd</sup> July 2020.

Gymnasts may change levels between the two qualification events; however, they will relinquish their result and score from the previous competition. If they fail to gain qualification at the second event, they will not be able to use their previous result to qualify for the English Championships.

### **Scoring and Qualification to the English Championships**

There are 16 x TRI, 12 x DMT, 10 x TRS and 12 x DIS (TRI), 8 x DIS (DMT), 8 x DIS (TRS), 16 x (TUM), places available in each age group per gender (male and female) for qualification ranking. Ranking will be determined based on the criteria stated below in the following order:

**Criteria 1:** Gymnasts must meet the requirements on nationality set out in [Eligibility & Membership](#) section (Page 8).

**Criteria 2:** To be eligible to compete at the English Championships, a gymnast must have competed in, at least, one (or both) of the English Qualification Series and be ranked in the top group as stated in the criteria above.

**Criteria 3:** Gymnasts who take part in the English Qualification Series are only eligible to be ranked for qualification for the English Championships provided criteria 1 is met.

**Criteria 4:** Gymnasts must meet all the minimum routine/pass criteria which are set out later in this document, to be eligible to qualify through to the English Championships.

**Criteria 5:** [The organising Committee reserves the right to invite gymnasts if requested by England/BG and it's in the best interest of the sport.](#)

## **Gymnasts**

All gymnasts must hold, as a minimum, current BG Silver Competitive membership at the time of English Qualifying Events and Championships. Anyone discovered to have been without the correct membership for these competitions will be disqualified.

In normal circumstances, gymnasts should also be a member of a BG registered club. In exceptional cases, where a gymnast does not belong to a BG registered club, he/she must email the [English Event Enquiries](#) to enter the event. Such gymnasts will be given the classification of 'Unattached'. In such circumstances, the gymnasts must nominate an appropriately qualified 'Supervising Coach' and must also meet all other membership requirements.

## **Supervising Coaches**

Supervising coaches' membership level must be Gold, Joint Gold or Life Members of BG and coaches must be qualified to the level of the skills being performed before being allowed to participate in an EGA event. Coaches must also have attended a Sports Coach UK Safeguarding and Protecting Children Awareness course, which must be renewed every three years and must be valid both at the time of entry and for the duration of the Event. Coaches must also have a valid Disclosure and Barring Service (DBS) Certificate both at the time of entry and for the duration of the event, before being allowed to participate at an EGA event.

For further information on Membership, please visit the [British Gymnastics Website](#).

## **Coach Qualifications**

When submitting entries for an EGA event, clubs must ensure that the nominated Supervising Coach(es) is/are qualified to the level of the gymnast's performance. The practice of supervising gymnasts working above the level of the coach's qualification is not allowed.

Supervising Coaches entered onto the event entry should be the same ones attending the event, unless there are extenuating reasons why they cannot attend. If there is a requirement to change a coach, you must ensure that the replacement is of the same or higher level of qualification. This change must be made in writing via email to [English Event Enquiries](#) in the first instance. It is unacceptable to enter a coach you know will not be attending.

## **Guests**

Gymnasts who are not English may request or be invited by English Gymnastics to take part in the English Event Series and Championships. They will receive scores(s) but will not receive a ranking in the official competition results.

If a gymnast wishes to compete as a Guest (see Nationality Eligibility section – Page 8) at an English Event Series competition or Championships. The club/coach/Home Nation should email the [English Event Enquiries](#) before the closing date. Following the application, a decision will be made by the EGTTC as to whether the entry can be accepted. If the entry is accepted, the entry fee will then become payable and entered into the club basket.

Only those gymnasts classed as English (using the Eligibility criteria on Page 8), are able to be ranked in the official competition results where an English Title is being contested. English Gymnastics will award a medal to a Guest, but they will not take part in the official medal ceremony.

Where a competition provides a qualification route to take part in the English Championships, the result of a non-English gymnast will not lead to the displacement of an English gymnast who would have otherwise qualified for the English Championships.

Participation is also subject to approval from their FIG member Federation/Home Nation in accordance with FIG statute. They will receive score(s), but will not receive a ranking in the official competition results. In such circumstances, the gymnasts will be referred to as Guest.

### Age Policy

For entry to all age dependent categories, a gymnast's age will be taken as the age reached in the year of the competition. The minimum age for entry to English Gymnastics' events is 7 in the Silver competition and 9 at Gold level within the year of competition.

Year Born Eligibility for competitions 2020	
7 - 8 years	Born 2013 – 2012
9 - 10 Years	Born 2011 – 2010
11 - 12 years	Born 2009 – 2008
13 - 14 years	Born 2007 – 2006
15 - 16 years	Born 2005 – 2004
17 - 21 years	Born 1999, 2000, 2001, 2002 and 2003
Senior	Born 2003 and before

Gymnasts must compete in their age group. At an English Gymnastics event, gymnasts have the option at age 17 to compete in either the 17-21 age group or Senior age group, subject to meeting the minimum Criteria for that age group.

In ***synchronised***, one gymnast may compete up one age group with the gymnasts being required to enter the older age group.

### Publication of Results

Results will be collated and verified before publication. Results and standings will be sent out as soon as possible in the week following the competition. A link to the results and tables will be placed on the [English Gymnastic Website](#).

After the final qualification event, all scores will be collated and gymnasts ranked. The list will be added to the Website and an email with a link will be sent out for you to download the list.

## **Event Discipline Details**

The English Championship Series will include the following disciplines:

TRI	Trampoline Individual
TRS	Trampoline Synchronised
DMT	Double Mini Trampoline
DIS	Disability Individual, Synchronised and Double Mini Trampoline
TUM	Tumbling (Championships only)

### **Individual Events (TRI)**

All TRI and DIS English Qualification Series will consist of the qualification rounds only. There will be no finals at the qualification series. Ranking will be based on the highest scores after the qualification rounds. Gymnasts must complete both routines in the qualification round to be eligible to qualify for the English Championships. At the English Championships ALL Finals will be zero Finals.

### **Double Mini Trampoline (DMT)**

All DMT and DIS English Qualification Series will consist of 2 qualification passes, followed by a final 2 passes. Ranking will be based on the highest scores of the first 2 passes only. Gymnasts must complete both preliminary passes within a single competition to be eligible to be ranked for the English Championships. At the English Championships ALL Finals will be zero Finals.

### **Synchronised Trampoline (TRS)**

All TRS English Qualification events will consist of a qualification round only. There will be no Finals at the English Qualifiers or the English Championships. Ranking will be based on highest score over the two competitions. Gymnasts must complete both routines in the qualification round to be eligible to qualify for the English Championships.

### **Tumbling (TUM)**

The Qualification for Tumbling at both the Silver and Gold levels to the English Championships will be achieved by other methods see pages 18-19. There will be no English qualification competition to qualify for either Gold or Silver Tumbling Championships.

### **Disability Trampoline, DMT and Synchronised (DIS)**

DIS (TRI) gymnasts will be required to qualify through the English Qualification Series. Gymnasts will be required to achieve a place in the top 12 ranked gymnasts at the Qualification Series. DIS (DMT) gymnasts can qualify through English Qualification Series at both Silver and Gold levels. The top 8 ranked gymnasts at the Qualification Series will be invited to the English Championships. DIS (TRS) Mixed Gender and Mixed Classification Synchronised competition; top 10 ranked pairings will be invited to the English Championships. Gymnasts must complete both routines in TRA & TRS and must complete the first 2 passes in DMT in the qualification round and meet all minimum criteria, to be eligible to qualify for the English Championships. A Disabilities classification must be completed 6 weeks prior to the competition.

### 3. English Qualification Series and English Championships

#### Age groups per discipline and Routine Criteria

Orientation sessions will only be held at the English Championships. The orientation sessions will be held on the Friday and Saturday nights for gymnasts competing on the following day, i.e. Friday night for gymnasts competing on the Saturday only, Saturday night for gymnasts competing on the Sunday only. ([Routine criteria defined in section 4](#))

#### Individual Trampoline:

**Qualification Series:** All Silver Level gymnasts will compete on a Saturday and Gold level will compete on a Sunday unless otherwise stated. During the Qualification competitions, gymnasts will complete a WAG routine and a Voluntary only.

**English Championships:** Unless otherwise stated, the Saturday will be for all Silver level gymnasts and Sunday will be all the Gold level gymnasts. During the Championships, gymnasts will be required to compete a WAG routine and Voluntary in the preliminaries. The top 8 gymnasts will take part in a Zero Final, which will consist of a Voluntary routine.

Silver Level Trampoline Individual					
Age Groups					
Male	9 – 10	11 – 12	13 – 14	15 – 16	17+
Female	9 – 10	11 – 12	13 – 14	15 – 16	17+
Routine Requirement					
WAG	ENG 9-10	11-12	13-14	15-16	15 - 16
Max DD	5.8	7.8	9.2	10.5	12.0

Note: There is no minimum DD at any level for Silver.

\*See England routine 9 – 12 criteria.

\*\* If you go over the maximum DD criteria you will only receive the minimum DD stated above, a 2.0 penalty off the Difficulty Judge and not be eligible to qualify for English Championships.

Gold Level Trampoline Individual						
Age Groups						
Male	9 – 10	11 – 12	13 – 14	15 – 16	17 – 21	Senior
Female	9 – 10	11 – 12	13 – 14	15 – 16	17 – 21	Senior
Routine Requirements						
WAG	9-10	11 – 12	13 – 14	15 – 16	17 – 21	FIG*

\* See details on Page 22 for minimum standards for Senior competition.

**Double Mini Trampoline:**

Qualification Series: DMT will consist of 2 preliminary passes in the Qualification round, followed by a Final comprising the top 8 gymnasts. The Final will be zeroed and consist of a final 2 pass, which must be different to passes in the Qualification rounds. **Gymnast must complete both preliminary passes at the same event, hitting all minimum criteria to qualify for English Championships.**

English Championships: DMT will consist of 2 preliminary passes in the Qualification round, followed by a Final comprising the top 8 gymnasts. The Final will be zeroed and consist of a final 2 pass, which must be different to passes in the Qualification rounds. **Gymnast must complete both preliminary passes and hit minimum criteria or the gymnast will receive a 3.0 penalty from the Chair.**

Silver Level Double Mini Trampoline Individual					
Age Groups					
Male	9 – 10	11 – 12	13 – 14	15 – 16	17+
Female	9 – 10	11 – 12	13 – 14	15 – 16	17+
Required minimum DD per pass					
Min Execution Per Pass	27.8	27.8	27.8	27.8	27.8
Min DD	1.3	1.6	1.6	1.7	2.1

\*Passes not meeting the minimum Difficulty requirement will receive a 2.0 penalty from the Difficulty Judge, they will not be eligible to compete in the Final and will not be eligible to qualify for the English Championships.

Gold Level Double Mini Trampoline Individual						
Age Groups						
Male	9 – 10	11 – 12	13 – 14	15 – 16	17 – 21	Senior
Female	9 – 10	11 – 12	13 – 14	15 – 16	17 – 21	Senior
Required minimum DD per pass						
Min Execution Per Pass	27.8	27.2	27.2	27.2	27.0	27.0
Min DD	1.6	1.8	2.1	2.1	2.6	2.7

\*Passes not meeting the minimum Difficulty requirement will receive a 2.0 penalty from the Difficulty Judge, they will not be eligible to compete in the Final and will not be eligible to qualify for the English Championships.

**Synchronised Trampoline:**

**Qualification Series:** The TRS competition will consist of a WAG routine and Voluntary only. There will be no Final round. **Gymnasts must complete both routines at a single event to be eligible to qualify for English Championships.**

**Championships:** The TRS competition will consist of a WAG routine and Voluntary only. There will be no Final round.

Clubs may pair gymnasts from two different age groups. The pair will be required to compete in the age group of the elder gymnast. Gymnasts may only move up one age group in the pairing.

Gymnasts may also move up a level if they competed at Silver in TRI and they want to partner someone who has performed at TRI Gold. The gymnast will only be allowed to move up from Silver to Gold NOT down.

In the age groups 9-10, 11-12, we have added the option to have a Boy/Girl mixed synchronised pairing. In the 9-10, 11-12 groups in both Silver and Gold, all gymnasts will compete against each other. All pairings – Male, Female or Mixed will all compete in one age group.

Silver Level Synchronised Trampoline				
Age Groups				
Male	9 – 10	11 – 12	13 – 14	15+
Female	9 – 10	11 – 12	13 – 14	15+
Mixed	9 – 10	11 - 12		
Routine Requirements				
WAG	*ENG 9 – 12	*ENG 9 – 12	11 – 12	13 – 14

\*See England routine 9-10 and 11-12 criteria Page 21 – there is no minimum Difficulty at Silver Level.

Gold Level Synchronised Trampoline					
Age Groups					
Male	9 – 10	11 – 12	13 – 14	15 – 16	Senior
Female	9 – 10	11 – 12	13 – 14	15 – 16	Senior
Mixed	9 – 10	11 -12			
Routine Requirements					
WAG	9 - 10	11 – 12	13 – 14	15 – 16	17- 21

Note: There is no minimum Difficulty at Gold Level.

### **Disability Trampoline:**

In order to be eligible for English Disabilities competitions, all competitors must have submitted a completed Disability Gymnastics Classification Certificate to British Gymnastics (BG). This is important, as the Disability Gymnastics Classification Certificate lists all the eligible impairments. Once Online Entries close for each event, the EGA Admin Manager will liaise with BG and supply a list of Disability athletes entered. BG will then confirm that Disability Gymnastics Classification Certificates are held by them and that the entrants are eligible to compete in the English event(s). Any queries as a result of this, will be referred back to the relevant Club.

### **Categories used:**

- Gold Category 1 – learning disability
- Gold Category 2 – physical or sensory disability
- Silver Category 1 – learning disability
- Silver Category 2 – physical or sensory disability

Each category will compete in separate gender groups.

### **Age Groups:**

- Silver Category 1 & 2: U13 and 13+
- Gold Category 1 & 2: U15 and 15+

All gymnasts at Disabilities English Qualification Series will be required to perform:

- 1 x Compulsory Routine
- 1 x Voluntary Routine
- 1 x Final Voluntary Routine (Top 8 at the English Championships only)

### **DIS Individual Trampoline:**

- 2 round cumulative score will determine the ranking
- Time of Flight will not be included, as qualification is based on the execution score, difficulty and horizontal displacement only
- Tariff sheets are required
- Gold and Silver levels, top 16 highest scores from English Qualification Series will qualify for English Championships
- Gymnasts must complete both routines and hit minimum targets in the Qualification Series to be eligible to compete in the English Championships
- Top 8 gymnast will be required to perform a second voluntary routine in the Final
- The Final will be a 'Zero Final'

\*See section 3 for routine criteria.

### **DIS DMT:**

DIS Double Mini Trampoline competition, the 2<sup>nd</sup> year of this event. The categories will not be separated again this year and we will be leaving genders separated.

#### **DIS DMT Silver:**

- Each gymnast will be required to complete 2 preliminary passes that must consist of either a mount or a spotter skill followed by a dismount skill.
- Each pass must not exceed 1.0 in difficulty
- The maximum of 6 gymnasts will go through to the Final and compete 2 final pass that must be different to the preliminary passes.
- [FIG Rules](#) apply to DIS DMT
- Gymnasts will be ranked based on the total score of the preliminary passes. The gymnasts must complete the preliminary passes at the same event. The top 8 gymnasts will be invited to the English Championships.

#### **DIS DMT Gold:**

- Each gymnast will be required to complete 2 preliminary passes that must consist of either a mount or a spotter skill followed by a dismount skill.
- The maximum of 6 Gymnasts will go through to the final and compete 2 Final pass that must be different to the preliminary passes.
- Each pass must have a minimum difficulty of 1.1 per pass
- 1 pass must contain a Barani (4 1) spotter or mounted skill in the preliminary round
- [FIG Rules](#) apply to DIS DMT
- Gymnasts will be ranked based on the total score of the preliminary passes. The gymnasts must complete the preliminary passes at the same event. The top 8 gymnasts will be invited to the English Championships.

#### **DIS Synchronised Trampoline:**

- We once again have offered the option of mixed gender and mixed classification to all pairings if required. You can have Cat 1's with Cat 2's and boys with girls. There can be any pairings and any age groups. We continue to build numbers before we are able to split the groups. For Routines and requirements (see Page 20).
- All DIS (TRS) will take place on the Silver day's competition and will consist of two routines but no Final.
- Gymnasts are required to complete both routines at a single event to be eligible for the English Championships.

## Tumbling Silver English Championships

**Object:** The English Silver competition will offer gymnasts the chance to taste FIG competition while relying largely on the NDP base they are coming from. This competition is for gymnasts from the NDP section of the tumbling discipline. It is the only domestic competition that will give them this valuable experience.

**Entry:** Through the already existing Regional NDP prelim competitions, which usually take place Jan-March. Regions will be able to nominate up to two gymnasts per grade/age band/gender, the same way they do to the NDP semi-finals. Regions are free to decide how to select the two gymnasts to represent them. **The Region will select the gymnasts, but it will be down to the gymnasts CLUB to make the entry on GYMNET.**

**FIG Development:** This year, we will take 3/Region/gender/age group. After reviewing the 2019 Championships, we have increased the numbers going through.

**Content:** Gymnasts from NDP 1-3 will compete runs 1 & 2 from the NDP they have qualified from and perform an additional third voluntary run. Run 3 will have 6 elements and the elements will use FIG values (GB bonuses have been discontinued). The run will be marked from 10, the same as runs 1 & 2, but will carry an additional difficulty value. The medallists will be determined using the cumulative E scores from all 3 runs + the D value of run 3.

Gymnasts from NDP 4-5 will compete runs 1 & 2 from the NDP they have qualified from and perform an additional third voluntary run. Run 3 will have 8 elements, and the elements will use FIG values (GB bonuses have been discontinued). The run will be marked from 10, the same as runs 1 & 2, but will carry an additional difficulty value. The medallists will be determined using the cumulative E scores from all 3 runs + the D value of run 3.

FIG Development: These gymnasts will perform all 3 runs as stipulated in the Tumbling Development Plan 2019, for each age band, 9-10, 11-12, 13-14, 15+ with 1 set run marked from 10, 2 voluntary passes (max / min difficulty as stated), both marked from 10 + D scores from both runs.

### Saturday

NDP 1, 2 & 3 and possibly NDP 4 (depending on numbers) will perform their passes as stated above on the Saturday of the competition. All competitions will be completed on the single day, unless otherwise advertised.

### Sunday

Possibly NDP4, but Sunday will definitely involve NDP5 and FIG Development who will perform their passes as stated above on the Sunday of the competition. All competitions will be completed on the single day, unless otherwise advertised.

## Tumbling Gold English Championships

**Object:** We will adopt the format of the WAG and World Championships, to help prepare the GB teams. It will be the only domestic competition that offers the gymnasts and coaches the opportunity to duplicate the competition pattern gymnasts will experience at the World events.

**Entry:** Limited to the top 16 gymnasts of each gender ranked from the qualifying day of the British Championships in each age group: 9-10, 11-12, 13-14, 15-16, 17-21, Senior.

**Content:** 9-10 age gymnasts will perform 2 voluntary passes (GB Bonuses have been discontinued as per the British Championships); all skills will use FIG values. Medals will be awarded for the top 3 based on the combined total score of the two runs. **There will be no Final run.**

11-12, 13-14, 15-16, 17-21 age gymnasts will perform 2 voluntary passes as per WAG rules, the top 8 progress to the Final. In the Finals, gymnasts start from zero and perform 1 voluntary pass as per the WAG Championships.

Senior competition: all gymnasts perform a straight and a twisting pass as per [FIG Rules](#) the top 8 progress to the Finals. In the Finals, gymnasts start from zero and perform 2 voluntary passes as per FIG World Championships.

### Saturday

11-12, 13-14: All gymnasts perform 2 voluntary passes in the morning, the top 8 progress to the Finals held in the afternoon/evening. Finals start from zero, all gymnasts perform 1 voluntary pass to determine the Final ranking.

Senior: All gymnasts perform straight and twisting pass, the top 8 progress to the Finals to be held on the Sunday.

### Sunday

9-10: All gymnasts perform 2 voluntary passes; the combined score determines the Final ranking.

15-16, 17-21: All gymnasts perform 2 voluntary passes in the morning. The top 8 progress to the Finals held in the afternoon/evening. Finals start from zero - all gymnasts perform 1 voluntary pass to determine the Final ranking.

Seniors Finals: All gymnasts starting from zero perform 2 voluntary passes to determine the Final ranking.

#### 4. Definition of Routine Criteria

##### English Disability Routine Requirement (Silver Level)

In line with the British Gymnastics programme and working alongside the National Coaches for Disabilities the DIS routines are:

##### (Silver Requirements)

###### **Routine 1:**

1. BSS (T)
2. Straddle Jump
3. Seat Landing
4. ½ Twist to Seat Landing
5. ½ Twist to Feet
6. Pike Jump
7. Back Landing
8. ½ Twist to Feet
9. Tuck Jump
10. FSS (P)

**Routine 2:** The voluntary routine will have a MAXIMUM difficulty limit of 3.4. The penalty for gymnasts going over the 3.4 difficulty limit, the gymnast will only receive the maximum difficulty, they will receive a 2.0 penalty taken from the Difficulty Judge, they will also not be eligible to qualify for the English Championships.

##### (Gold Requirements & Disability Synchronised Trampoline)

###### **Routine 1:**

1. BSS (T)
2. Straddle Jump
3. Barani (T)
4. Tuck Jump
5. BSS (T) to Seat Landing
6. ½ Twist to Feet
7. ½ Twist Jump
8. Pike Jump
9. ½ Twist to Front Landing
10. To Feet

**Routine 2:** The voluntary routine will have a MINIMUM difficulty of 3.5. The penalty for failing to meet the minimum difficulty requirements will be a 2.0 penalty from the Difficulty Judges and the gymnast will not be eligible to qualify for the English Championships.

### **English Silver Routine Requirements 9-10 and 11-12 Years old**

*(This routine is used in the Individual Silver competition)*

The routine consists of 10 different elements, only five (5) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (\*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements:

- One element landing on the front of the body
- One element landing on the back of the body

#### **WAG 9 – 10 Age Group (Gold only)**

The routine consists of 10 different elements, only two (2) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (\*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements:

- One element landing on the front of the body
- One element landing on the back of the body

#### **WAG 11 – 12 Age Group**

The routine consists of 10 different elements, only two (2) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (\*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements:

- Full (Back Somersaults with 1/1 twist)
- One element landing on the front of the body
- One element landing on the back of the body

#### **WAG 13 – 14 Age Group**

The routine consists of ten (10) different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (\*) on the competition card. These requirements cannot be fulfilled by combining them into one (1) element, but must be performed as separate elements:

1. one (1) element to front or back
2. one (1) element from front or back - in combination with requirement No. 1
3. one (1) double front or back somersault with or without twist and
4. one (1) element with a minimum of 540° twist and minimum of 360° somersault rotation

### WAG 15 – 16 Age Group

The routine consists of ten (10) different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (\*) on the competition card. These requirements cannot be fulfilled by combining them into one (1) element but must be performed as separate elements:

1. one (1) element to front or back
2. one (1) element from front or back - in combination with requirement No. 1
3. one (1) double front or double back somersault with or without twist and
4. one (1) element with a minimum of 540° twist and minimum of 360° somersault rotation

### WAG 17 – 21 Age Group

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

- If any of the two asterisked (\*) elements from the compulsory are repeated in the second (voluntary) routine, they will not be awarded the difficulty for the repeated elements
- Maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption

### FIG Senior Age Group

The routine consists of 10 different elements, each with a minimum of 270° somersault rotation. Four elements, marked with an asterisk (\*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution, time of flight and horizontal displacement scores to give the total score for the first routine. None of the four elements may be repeated in the voluntary routine:

- If any of the four asterisked (\*) elements from the compulsory are repeated in the second (voluntary) routine, they will not be awarded the difficulty for the repeated elements
- Maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption

#### Gold 17-21 & Senior DD Minimum Requirements

Male 17-21 WAG Routine	1.5
Male 17-21 Voluntary Routine	9.8
Female 17-21 WAG Routine	1.5
Female 17-21 Voluntary Routine	8.4
Male Senior WAG Routine	3.0
Male Senior Voluntary Routine	11.2
Female Senior WAG Routine	2.8
Female Senior Voluntary Routine	9.8

## Difficulty requirements

For the TRI 17-21 years and Senior Gold Level, which has a minimum difficulty stated in the table on page 22. The penalty for failing to meet the minimum difficulty requirements will be a 2.0 penalty from the Difficulty Judges. They would also not be eligible to qualify to the English Championships.

## 5. Entry Process

### English Qualification Series, English Championships

Entry to all EGA events will be made online only, via the [BG Online Entry System](#) between the entry opening and closing dates stated in section 1, page 7. Complete instructions for adding an entry via the BG Online Entry portal are available for download [here](#).

### Process of Application (English Championships Only)

All those gymnasts that qualified by achieving the minimum criteria laid out within this document will be ranked with the highest score, received at a single qualifying event at the English Qualification Series. On the: **1<sup>st</sup> July 2020** an invitation list will be published on the English Gymnastic website for the clubs to see who has qualified for the Championships. It will be the responsibility of the club to confirm Acceptance to Compete by the 1<sup>st</sup> closing date: **31<sup>st</sup> July 2020**. This is to give the competition organisers time to fill any spaces that have not been accepted. Anyone not confirming by this date will have their place given to the next highest score in the ranking list.

There will be a total of:

Gold Level TRI – 16 x Qualifiers Male and Female

Gold Level DIS TRI – 12 x Qualifiers Male & Female Cat 1 & 2

Gold Level TRS – 10 x Qualifying Pairs Male and Female, (9-10, 11-12 Male Female and Mixed)

Gold Level DIS TRS – 10 x Qualifying Pairs (mixed by any gender/classification/age group)

Gold Level DMT – 12 x Qualifiers Male and Female

Gold Level DIS DMT – 8 x Qualifiers Male & Female (mixed classification)

Gold Level TUM – 16 x Male and Female (all will qualify from Spring Event Series only)

Silver Level TRI – 16 x Qualifiers Male and Female

Silver Level DIS TRI – 12 x Qualifiers Male and Female U13 and 13+

Silver Level TRS – 10 x Qualifying Pairs Male and Female

Silver Level DIS TRS – 10 x Qualifying Pairs (mixed by any gender/classification/age group)

Silver Level DMT – 12 x Qualifiers Male and Female

Silver Level DIS DMT – 8 x Qualifiers Male & Female (mixed classification)

Silver Level TUM – (as per Page 18)

## 6. Entry Fees

### **Entry Fee for the English Qualification Series**

Entry into 1 individual discipline	£35
Entry into 2 individual disciplines	£45
Entry into 3 individual disciplines	£55

### **Entry Fee for the English Championships**

Entry into 1 individual discipline	£45
Entry into 2 individual disciplines	£55
Entry into 3 individual disciplines	£65

### **Method of Payment**

Payment can be made by **Debit/Credit Card only**. Payments made by BACS/Cheque will be rejected by BG. If this is likely to cause problems, please email the [English Event Enquiries](#) who will be able to help. Entry fees placed into the Club Shopping Basket, should be paid to BG within 48 hours of the entry being submitted. **Entry fees are non-refundable after the closing date.**

### **Late Entries**

Late entries will only be considered in exceptional circumstances.

In the unlikely event of a late entry being accepted, payment of twice the normal entry fee stated for the competition (up to a maximum late entry fine of £500, not including the original entry fee) will be required for Individuals. Late entries must be made via email to the [English Event Enquiries](#) and will then be referred to the Organiser for consideration. The Organiser will have absolute discretion whether to accept a late entry.

Applications will normally only be considered up to 7 days after the closing date.

### **Withdrawals and Substitutions**

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, minus a 3% Admin Charge. **Entry fees are non-refundable after the closing date.**

Where it is necessary to substitute a coach, the club must inform the [English Event Enquiries](#), so the coach can be checked for membership, awards and safeguarding, before they can be accredited for the event.

Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute(s) must inform the Organiser immediately on arrival at the venue and produce their coaching award certificate, current BG membership card and current BG specific DBS and Safeguarding certificates or they will be unable to access the competition floor.

## Provision of Officials

**Qualification Series:** The EGA will not be responsible for booking any rooms or pay any expenses towards judges travel or accommodation during the English Qualification Series. Clubs will be required to nominate judges for the English Qualifying Series when entering gymnasts online.

**English Championships:** England are now starting to create a list of judges that wish to judge at the English Championships. We would like clubs to encourage their judges to nominate themselves forward to be placed on the England Judge List. The EGTTC's National judging co-ordinators for Trampoline and Tumbling will then appoint Officials and Judges for the English Championships from those put forward. The EGTTC will provide all accommodation and meals at the event but **WILL NOT** provide travel expenses.

Judges for the English Qualification Series should ideally hold the County Judge qualification as a minimum. Judges for the English Championships will be required to hold the National 2 Judge qualification as a minimum. For each of these events, however, Judges of a lower qualification may be considered for development purposes and should email the [English Event Enquiries](#) in the first instance.

Officials required for events.

Number of Competitor Entries	Number of Officials Required
1-2	1 suitably qualified judge
3-6	2 suitably qualified judges
7-9	3 judges (minimum of 2 qualified judge)
10+	4 judges (minimum of 3 qualified judge)

If clubs cannot supply the required number of Judges, the club will be required to pay a fine of £150 per Judge missing, with a maximum charge of £600 for any one club at any one competition. This is so the organisers can try and supply an independent Judge to make up for the missing Judge/Official.

The English Judge Co-ordinator may be inclined to accept officials such as Marshals, Floor Security, door Officials in place of a Judge. This will be done on a first come, first served basis and once all places are full, the charges above would apply.

### Withdrawal/Change of Officials:

Please note that any withdrawals of a Judge up to two days before the competition will result in a £150 fine per Judge withdrawn UNLESS another Judge of equal or better quality replaces them. If a Judge is withdrawn in the two days before or on the day of the competition, the fine will increase to £300 per Judge, UNLESS a suitable replacement is found to replace the missing Judge. Please note, illness on the day DOES NOT permit clubs to withdraw Judges without replacing them with another. All fines must be paid in full before the start of the competition or the club will be refused access to the field of play, until the fine is paid in full - NO EXCEPTIONS.

## **Volunteers**

Volunteers are vital to help with the smooth running of the competitions. We always welcome volunteers who will be willing to help setup and break down the competition floor at the start and the end of the event. The EGA welcome all Young Leaders and would be happy to find jobs for all who wish to volunteer to help make our competitions run smoothly. Please email the [English Event Enquiries](#) who will be happy to find you a job.

## **7. General Regulations**

Coaches must make adequate provision for the supervision of their gymnasts upon arrival at the Venue. Gymnasts will not be allowed to register or begin warm up without their Coach present. All gymnasts must have an accredited coach present at the event. If a gymnast attends a competition without a Supervising Coach, they will not be allowed to compete.

### **Registration**

Only register your gymnast(s)/club when those competing in that section of the event have arrived at the competition venue and intend to compete. Please inform the Registration Desk of any withdrawals as soon as possible.

During registration, accreditation/passes will be issued. Accreditation/passes are non-transferable and any infringement of this may result in disciplinary action being taken by the EGA.

### **Competition Cards**

It is the coach's responsibility to ensure that the Competition Cards are completed correctly and submitted at registration.

### **TRI, TRS, DMT, DIS and TUM**

Template competition cards are available to download from the [EGA Website](#).

Competition cards must be submitted to the Registration Desk on arrival at the competition and prior to the start of warm up. If no Registration desk is present, please hand them straight to the Difficulty Judge on the appropriate Panel before the competition/flight starts.

Competition cards shall be completed in FIG notation only.

Competition Cards should be marked with asterisks to indicate required elements in EGA/WAG/FIG routines. This must be done prior to the card being submitted. Likewise, all elements that require a difficulty mark, should be identified before the card can be accepted.

All cards must be signed by the appropriately qualified Supervising Coach in order to be valid. Competitors may not compete without a valid Competition Card.

## Tumbling

Competition cards are required at all Levels.

Competition cards must be submitted at Registration Desk on arrival at the competition and prior to the start of warm-up.

Competition cards shall be completed in FIG notation only.

Competitors may not compete without a valid Competition Card.

## Terms & Conditions of Entry to All Competitions

In addition to the EGA General Rules & Regulations:

All gymnasts that agree to be treated by the EGA appointed medical staff will be bound by the decision of the EGA medical staff in relation to their suitability to compete in the competition.

By entering the competition, you are agreeing to abide by the [BG Photography at Gymnastics Events Policy](#) that the EGA have adopted.

The person making the online entry on behalf of gymnast(s) or a club, undertakes to ensure that those who they are submitting an entry on behalf of are fully aware of and agree to abide by the contents of this Handbook.

## Code of Conduct

English Gymnastics will follow the [British Gymnastics National Technical Committees Code of Conduct](#).

Trampoline Judges [Code of Conduct](#).

EGA, acting through the Board or its Committees, reserves the right to refuse any entry and disqualify an Official, Judge or gymnast at any time, if they do not comply with EGA or BG Regulations.

## Enquiries

By submitting an enquiry, you agree to pay a fee of £50, which must be paid on the day by cash or cheque.

- The Supervising Coach for the club of the competing gymnasts should make the enquiry with the Chair of the Judges Panel.
- A coach may enquire about the Difficulty score, in accordance with the principles of the FIG [Code of Points](#).
- In addition, in Trampoline, a coach may also enquire if they believe the Time of Flight score to be inaccurate.
- Enquiries can be made only for the club's own gymnasts.
- No enquiries can be made about Execution scores, or other penalties.

- Enquiry forms will be published in each event Work Plan.

A verbal Enquiry should be made after the publication of the score and at the very latest before the end of the flight. A fee will only be due if the Enquiry is about something other than a missing Time of Flight or a questioning of DD.

If a resolution cannot be made before the start time of the next competitors' routine, the calculated mark will be listed as 'provisional' and will be considered at the end of the flight and before any award ceremony.

The Judge Panel/Judge Competition Co-ordinator cannot accept any photographic analysis at an event unless an official video replay system is available and could be referred to by the Chair of the Judges Panel for the benefit of every competitor.

### **Safeguarding**

All Coaches are required to hold a current BG specific DBS certificate or Home Country equivalent at the time of the event and have current Safeguarding & Protecting Children Awareness training. Coaches who do not fulfil this requirement will not be accredited or allowed to participate at EGA events.

### **Overnight Provision for Competitors**

Government legislation requires that when a club takes competitor(s) under the age of 18 years on a journey involving an overnight stay, the club must ensure that there is at least one designated trained person responsible for child protection on the trip. To adhere to the CPSU Child Protection Standards, this person must not be related to or in a relationship with the coach attending the trip.

The training for the designated person should be BG recognised Safeguarding and Protecting Children Awareness training or Home Nation equivalent.

### **Competition Attire**

#### **Gymnasts**

- Gymnasts must wear the clothing as described in the [Trampoline FIG Code of Points](#)
- Long hair should be braided or tied back so as not to obscure vision.
- Advertising on clothing must adhere to [FIG Rules](#).
- The wearing of GBR or Home Country attire at EGA events is strictly forbidden - unless on International duty for your Home Country.
- Strapping – (refer to [FIG Code of Points](#)).
- The removal of leotards on the field of play **is not allowed**.

## Coaches

- Coaches must wear a tracksuit with full length tracksuit bottoms or full-length tracksuit bottoms with a collared polo shirt or club t-shirt and appropriate gym/training shoes.
- The wearing of GBR or Home Country attire at EGA events is strictly forbidden - unless on International duty for your Home Country.
- Long hair should be braided or tied back so as not to obscure vision.
- Coaches will not be allowed on the competition floor if wearing ANY jewellery. Exceptions are as per the [BG Body Piercing and Adornments policy](#). If it is impossible to remove items of jewellery they should be taped - watches should be removed.

## Spotters

- Spotters must wear clothing as described in the Trampoline [FIG Code of Points](#). Non-compliance may result in removal of the coach/spotter and consequently, for Health and Safety reasons, their gymnast from the competition.

## Judges Uniform

- Judges must wear clothing as described in the Trampoline [FIG Code of Points](#).
- Recorders, computer operators and other officials who may be working alongside the Judges should dress similarly.

Requests can be made to adopt reasonable clothing modifications at any EGA event on religious or disability grounds. All requests must be submitted using the EGA Clothing Modification Form (attached) to the discipline specific Judge Co-ordinator, via email to the [English Event Enquiries](#), as soon as an entry is registered to allow enough time for full consideration of the application and any possible health and safety implications.

The chewing of gum is not allowed anywhere on the competition floor, at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.

Apart from as required for the running of the competition, gymnasts, coaches, Judges and Officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication in the Field of Play during the event. Such mobile devices may only be used for monitoring scores and results, where a Scoring App is in operation.

## Competition Apparatus

For EGA events, the following competition apparatus will be used:

- Trampoline: Eurotramp Ultimate 4x4
- Time of Flight Machines and Horizontal Displacement machines, where applicable
- Double Mini-Trampoline: Eurotramp Ultimate 6x6
- Tumbling: GymNova Russian Tumble Track seen at all BG Events in 2017, (10m run up, 25m track, 6m landing zone)

## Access to Warm Up Hall

The EGA will make every effort to provide a warm up hall where space is available. The EGA will aim to provide a floor area to complete a body warm up. Where space permits, the EGA will look to have warm up equipment to help prepare athletes' warm up off the competition floor.

Access to the warm up hall will be limited to the appropriate number of coaches as defined in the specific details section for each event. On arrival, coaches will need to register and collect their accreditation from the accreditation desk. In the case of events spanning more than one day, accreditation may be issued for each day.

Judges will not be allowed into the warm up hall once the Judges' Meeting has taken place.

## Food & Drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies. This does not extend to personal drinks in sealable bottles, which will be allowed within the competition area.

## Babies and Young Children

In the interests of safety, for the smooth running and professional presentation of the events, babies and young children are not permitted to enter the warm up hall or field of play, even if they are being supervised by an adult.

## Medal Ceremonies

Except in exceptional circumstances, gymnasts who win a medal at EGA events are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony in order to collect their award in person. Medals will only be distributed at events, not by post. Attire for medal ceremonies is according to [FIG Rules](#) for World Championships.

## Tenure of Trophies

All perpetual trophies (where applicable) remain the property of the EGA.

Perpetual trophies are the responsibility of the winning gymnast. The gymnast is responsible for the

inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the Organiser prior to the competition the following year by either: -

- Making arrangements for it to be delivered to the competition venue on the day of the event
- Returning it to the competition organiser at least one week prior to the event

Failure to return or loss of a perpetual trophy will incur a cost to the club.

### Privacy

Please refer to the [British Gymnastics Privacy Notice](#).

At many events, English Gymnastics may produce event merchandise (eg event t-shirts). These may include the names and/or clubs of the gymnasts taking part.

Where competing gymnasts have a disability, it may be necessary to share the details of this disability with the Organising Committee in order to discuss if modifications to Rules and processes are appropriate arising from this disability.

The scores and results from English Gymnastics events, will be published on the EGA Website in the specific event page.

### Video, Film and Photography

EGA accredited photographers may be present at EGA events and in some cases, events could be videoed and/or live streamed by other organisations. These images may be used by the EGA/BG and our subsidiary companies for the purposes of promotion, education and development of the sport. They may also be shared with relevant third-party organisations for journalistic/promotional purposes.

Clubs must ensure that gymnasts/parents are informed of the photography arrangements for the relevant event. EGA will also announce the photography/filming arrangements at the event. Any gymnast or parent who does not wish themselves or their child to be photographed/filmed, at the event must email the [English Event Enquiries](#). Although it is not always practical to manage the content of live steamed footage, English/British Gymnastics will ensure any identifiable images of the participant are not published.

Any person wishing to use video, film or take photographs must abide by the [BG Photography at Gymnastics Events policy](#). Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use, or publication in printed or electronic form, such as on websites.

Flash may not be used **at any time** while gymnasts are warming up or competing.

If you have concerns about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to the EGA appointed Welfare Officer at the event or any of the EGA Team.

### **Medical Provision**

Anyone requiring First Aid assistance should speak to the Organiser. It is recommended that all coaches have a First Aid kit with them for minor injuries.

At all EGA events, an official medical team will be appointed and will be available to treat gymnasts who sustain an injury at the event. The medical team are not able to treat pre-existing or chronic injuries. Any injury occurring or injury requiring treatment during the official training or competition, must be reported to the medical team, to ensure a record can be kept of treatment given and by whom.

The decision of the Competition Organiser based upon the recommendation of the EGA appointed medical officer as to the gymnast's health and medical status and their ability to compete at the event is absolute and final.

### **Health & Safety**

The health, safety and welfare of all participants (gymnasts, coaches and officials), is the primary consideration. All EGA/BG policies and procedures will be rigorously applied with regards to health, safety, welfare and Safeguarding & Protecting Children.

### **Drug Free Sport**

The EGA follows all BG policies and procedures relating to Drugs in sport. The BG Guidelines on Anti-Doping are available [here](#).

### **Spectators Ticket Information**

This will be confirmed on the [EGA Website](#) and in the Working Plan created for the specific venue.

### **Complaints Procedure**

Complaints about any aspect of the English Championships or any of the Qualification events must be raised in writing by either the Head Coach or Club Secretary. Please email your complaints to the [English Event Enquiries](#). Your complaint will be responded to within 14 days of receipt. No complaints will be entertained if sent by a parent or gymnast.

### **Warm Up Timings Defined**

The warm up will be defined by time allotted in the timetable. If your gymnast was late to the warm up, they will not be afforded extra time. It is up to the coach and performer to be on time and ready to warm up and compete.

### Appendix 1 Time of Flight Protocols

(Time of Flight Measurement Device = TMD)

#### ToF Score (T-Score) Protocol

The T score will be determined by the measurement retrieved via the TMD. In the event of this NOT being achieved the following back up protocols will be adopted:

##### **ToF Back-up Protocol – 1 –**

In the first instance, the T score will be determined using the TMD's recommended T-Score retrieval software-VTimer.

##### **ToF Back-up Protocol – 2 –**

In the event of the routine being missed on both the TMD and the capturing software, the competitor will be authorised another attempt(s). The authorisation will be granted based on 'faulty equipment'. In this scenario, the original E and D scores will remain the same. The attempt(s) will be judged only by the ToF Judge and the routine being verified by the D Judges. Should this happen, the following regulations will be applied:

The Chair of Judges will negotiate only with the gymnast's coach for the most opportune moment for him/her to have their second attempt(s), (this must be completed within the time scale permitted as outlined in the event Timetable).

The second attempt/s will be judged only by the ToF Judge. The original E and D score will remain operative.

The gymnast must compete with the exact same routine as the one in which their T-score was missed.

In the event the gymnast fails to complete their routine after an agreed amount of attempts, the T-score will be calculated based on previous scores.

##### **ToF Back-up Protocol – 3 – (Previous Scores)**

In the event of the gymnast failing to complete their attempts, the T-score will be based on the T-score from the last (or previous) qualification event(s). However, the routine would have needed to be the same. Should this not be possible, this protocol will not be used and Number 4 will become operative.

##### **ToF Back-Up Protocol – 4 – (Final Resort – Calculations)**

In the event of the gymnast not competing previously or performing a different routine, the T-score will be calculated in conjunction with the T-score's ranking averages of the respected tier group.

## Appendix 2 Tie Break Rules

The tie break rules can be found [here](#), Pages 101-103 (art. 4.4).

### **Art. 4.4 Tie-breaking rules**

These tie-breaking rules define how to determine which gymnast or team should prevail in case of equality of points.

#### **Art. 4.4.1 Individual Trampoline**

In case of a tie in points at any place in the first Round of Qualification, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the E-scores of both routines prevails.

If there is still a tie, the tie will not be broken.

#### **Art. 4.4.2 Synchronised Trampoline**

In case of a tie in points at any place in the Qualifying Round, the ranking will be determined by the following criteria:

1. The pair with the higher sum of the E-scores of both routines prevails
2. The pair with the higher sum of the S-scores of both routines prevails
3. The pair with the higher sum of the H scores of both routines prevails

If there is still a tie, the tie will not be broken.

#### **Art. 4.4.4 Tumbling**

In case of a tie in points at any place in the Qualifying Round, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the E-scores of both passes prevails
2. The gymnast with the higher E-score of the 2nd pass prevails

If there is still a tie, the tie will not be broken.

#### **Art. 4.4.6 Double Mini-Trampoline**

In case of a tie in points at any place in the Qualifying Round, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the E-scores of both passes prevails
2. The gymnast with the higher E-score of the second pass prevails

If there is still a tie, the tie will not be broken.

#### **Art. 4.4.8 Finals in all disciplines (IND / SYN / TUM / DMT)**

##### Final TRA Individual:

In case of a tie, at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher E-score prevails
2. The gymnast with the higher H-score prevails
3. The gymnast with the higher T-score prevails

If there is still a tie, the tie will not be broken

### **Synchronised Trampoline - Finals**

In case of a tie in points at any place, the ranking will be determined by the following criteria:

1. The pair with the higher E-score prevails
2. The pair with the higher S-score prevails
3. The pair with the higher H-score prevails

If there is still a tie, the tie will not be broken.

### **Double Mini-Trampoline - Final**

In case of a tie in points at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the E-scores of both passes prevails
2. The gymnast with the higher E-score of the second pass prevails

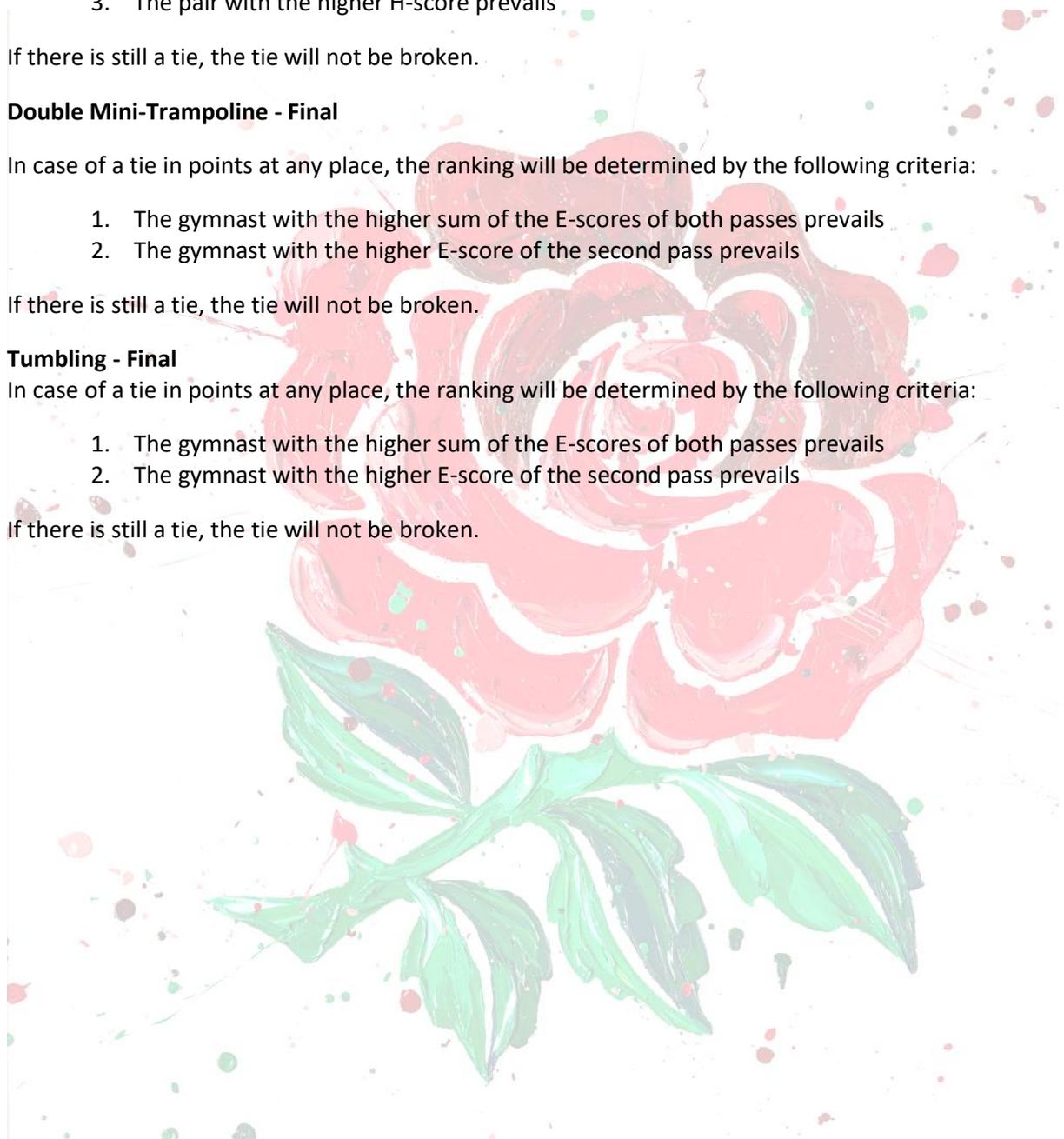
If there is still a tie, the tie will not be broken.

### **Tumbling - Final**

In case of a tie in points at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the E-scores of both passes prevails
2. The gymnast with the higher E-score of the second pass prevails

If there is still a tie, the tie will not be broken.



Appendix 3 – English Gymnastics &  
English Regional Websites

**English Gymnastics:**

England: [www.englishgymnastics.org.uk](http://www.englishgymnastics.org.uk)

**English Regions:**

East: [www.british-gymnastics.org/east](http://www.british-gymnastics.org/east)

East Midlands: [www.emgymnastics.org.uk](http://www.emgymnastics.org.uk)

London: [www.london-gymnastics.co.uk](http://www.london-gymnastics.co.uk)

North: [www.northgymnastics.org.uk](http://www.northgymnastics.org.uk)

North West: [www.nwga.org.uk](http://www.nwga.org.uk)

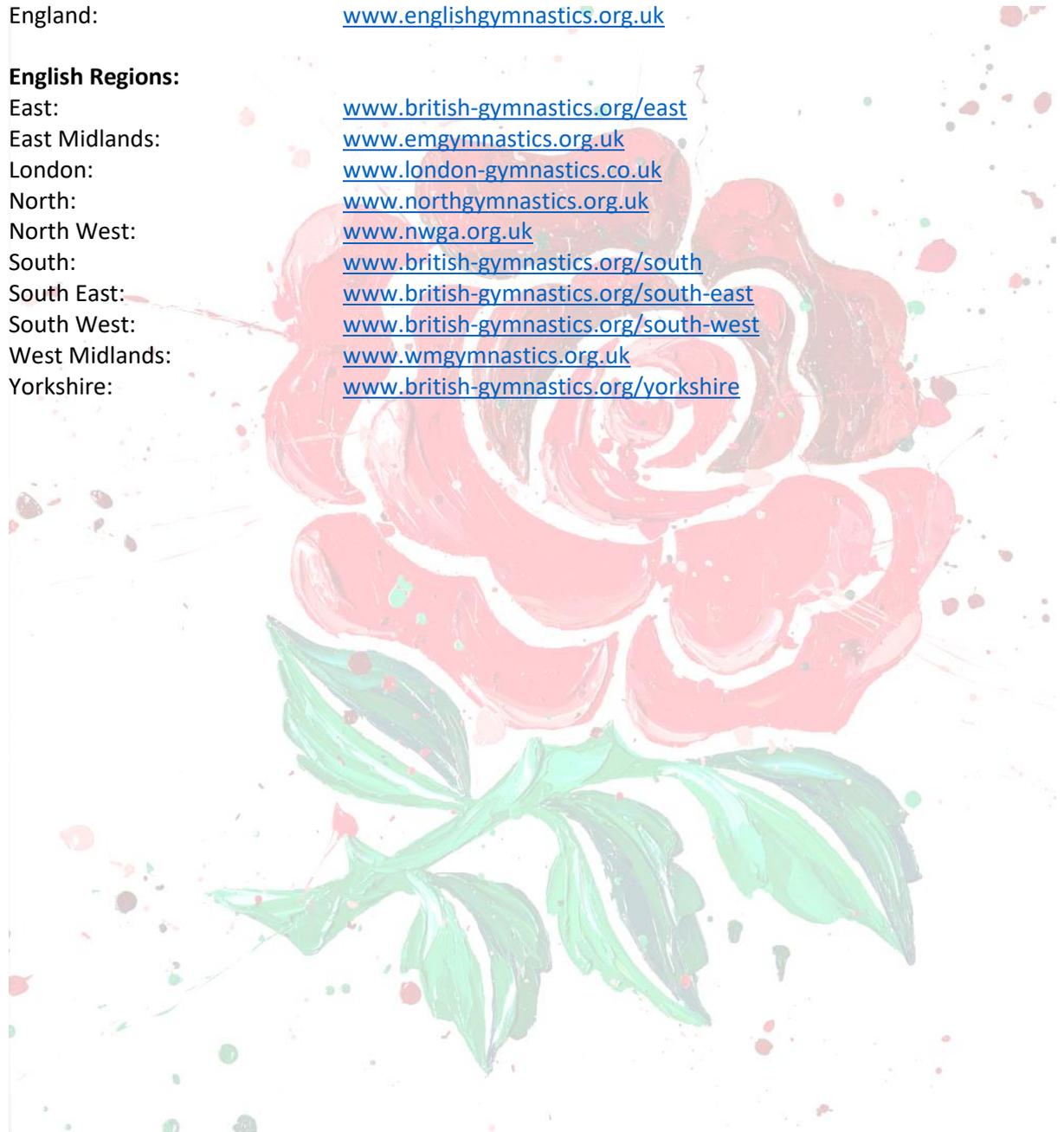
South: [www.british-gymnastics.org/south](http://www.british-gymnastics.org/south)

South East: [www.british-gymnastics.org/south-east](http://www.british-gymnastics.org/south-east)

South West: [www.british-gymnastics.org/south-west](http://www.british-gymnastics.org/south-west)

West Midlands: [www.wmgymnastics.org.uk](http://www.wmgymnastics.org.uk)

Yorkshire: [www.british-gymnastics.org/yorkshire](http://www.british-gymnastics.org/yorkshire)



# ENGLAND VOLUNTEERS



If you think you would like to help with the organising or running of the competition, please contact us. We are looking for volunteers both adult and children. Those of you completing your Duke of Edinburgh Award Scheme, or those of you who feel a need to volunteer your time to a sport that is so close to the hearts of us all. Come along and help make the days of Qualification and Championships competitions smoother. If you are interested, please contact our Administration Manager (Email: [jan.charlton@englishgymnastics.org.uk](mailto:jan.charlton@englishgymnastics.org.uk))

**Jobs include:**

- March on Managers
- Warm Up Managers
- Medal Ceremony (Children Only)
- Door Staff (Adults only)
- Ticket Sellers (Adults Only)
- Check in Staff
- Welfare Officer
- Judge Refresher

**Thank you in advanced for any help you can provide**