



# **Trampoline Gymnastics Competition Handbook 2022**

## VERSION HISTORY

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The Trampoline Technical Committee reserves the right to make amendments to this Handbook. All versions will be listed on this page, with reference to amendments made.

### Version 3 – 22/01/2022

- ❖ P4 – Competition dates updated with GymNet entry deadlines

### Version 2 – 17/10/2021

- ❖ P17 – Club Cup 3 trampoline routine corrected to match BG Handbook

### Version 1 – 26/09/2021

- ❖ Original version

## Trampoline Technical Committee Members

Position	Name	Contact
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Club Representative	Daneel Simpson	N/A
Club Representative	Gary Halfteck	N/A
Club Representative	Acacia Jervis	N/A

### Introduction

Read this handbook in conjunction with the latest versions of these documents.

- ❖ London Gymnastics Generic Event Rules
- ❖ London Gymnastics Committee Procedures and Regulations
- ❖ British Gymnastics Trampoline Gymnastics Code of Points
- ❖ British Gymnastics Trampoline and Tumbling National Competition Handbook
- ❖ British Gymnastics Trampoline Club Cup Competition Structure
- ❖ British Gymnastics Trampoline Challenge Cup Competition Structure
- ❖ British Gymnastics Trampoline Spring Cups & National Age Groups Competition Structure
- ❖ British Gymnastics DMT Club Cup Competition Structure
- ❖ British Gymnastics DMT Challenge Cup Competition Structure
- ❖ British Gymnastics DMT Spring Cups & National Age Groups Competition Structure
- ❖ British Gymnastics Disability Trampoline Competition Structure
- ❖ British Gymnastics Disability DMT Competition Structure
- ❖ British Gymnastics NDP Range and Conditioning Judging Score Sheet
- ❖ British Gymnastics NDP Range and Conditioning TRA Handout Images

All documents are available on the British Gymnastics website. The region will adopt any national or regional changes as required. All British Gymnastics and London Gymnastics policies must be adopted and followed by clubs, this includes gymnasts, coaches, judges, parents and volunteers.

The London Gymnastics Generic Event Rules outlines our policy on photography, jewellery, body piercing and behaviour. Team managers are responsible for the behaviour of their gymnasts, coaches, judges, parents and volunteers at our events. London Gymnastics will accept no responsibility for loss or damage to property or persons at our events.

### Bank account

For BACs payments, use the reference of your club and the competition/penalty.

- ❖ Bank: HSBC
- ❖ Account name: LG Trampoline
- ❖ Sort code: 40 37 36
- ❖ Account Number: 02327341

## Competition Calendar

The following competitions will be held during 2021, 2022 and 2023:

2021 Events	Entry Opens	Entry Closes	Date	Venue
Bounce Back Competition	03/10/21	18/10/21 at 23:59	21/11/21	Redbridge Sports Centre Forest Road, Ilford, IG6 2HD

2022 Events	Entry Opens	Entry Closes	Date	Venue
Regional Club & Challenge Cup Qualifier 1	24/01/22	21/02/22 at 23:59	20/03/22	Redbridge Sports Centre Forest Road, Ilford, IG6 2HD
Regional Club & Challenge Cup Qualifier 2	21/03/22	11/04/22 at 23:59	08/05/22	Redbridge Sports Centre Forest Road, Ilford, IG6 2HD
Regional Club & Challenge Cup London Championship	09/05/22	23/05/22 at 23:59	12/06/22	Redbridge Sports Centre Forest Road, Ilford, IG6 2HD
London Open 2022	26/09/22	17/10/22 at 23:59	20/11/22	Redbridge Sports Centre Forest Road, Ilford, IG6 2HD

2023 Events	Entry Opens	Entry Closes	Date	Venue
Regional Club & Challenge Cup Qualifier 1	TBC	TBC	19/03/23	Redbridge Sports Centre Forest Road, Ilford, IG6 2HD
Regional Club & Challenge Cup Qualifier 2	TBC	TBC	07/05/23	Redbridge Sports Centre Forest Road, Ilford, IG6 2HD
Regional Club & Challenge Cup London Championship	TBC	TBC	11/06/23	Redbridge Sports Centre Forest Road, Ilford, IG6 2HD
London Open 2023	TBC	TBC	19/11/23	Redbridge Sports Centre Forest Road, Ilford, IG6 2HD

## Event Calendar

- ❖ No additional events are planned for 2021, 2022 and 2023
- ❖ 2023 dates are provisionally booked and may change if BG alter their national dates

## Competition Structure

- ❖ London Gymnastics uses the British Gymnastics Competition Structures
- ❖ March to June: Regional Club & Challenge Cup Series
  - Qualifier 1, Qualifier 2 and London Championships includes the following events at Club, Challenge and Spring Cup/National Age Group level: individual trampoline, disability trampoline, disability trampoline and disability DMT.
- ❖ November: London Open
  - The London Open includes the following events at Club Cup, Challenge Cup, Spring Cup/National Age Group level: synchronised trampoline, individual trampoline, disability trampoline, disability trampoline and disability DMT.

## How to enter a competition

### Affiliation

Clubs must be British Gymnastics registered and London Gymnastics affiliated.

### Gymnast Entry Fees

All entry fees are subject to change at any time.

❖ Qualifiers for trampoline	£20 per individual
❖ Qualifiers for DMT	£20 per individual
❖ Qualifiers for disability trampoline	£20 per individual
❖ Qualifiers for disability DMT	£20 per individual
❖ London Championships/Open for trampoline	£30 per individual
❖ London Championships/Open for DMT	£30 per individual
❖ London Championships/Open for disability trampoline	£30 per individual
❖ London Championships/Open for disability DMT	£30 per individual
❖ London Open for synchronised trampoline	£40 per pair

Gymnasts may enter more than one trampoline category per event, for an extra £10.

❖ Qualifier	1x Challenge level + 1x Spring level = £30
❖ London Championships/Open	1x Challenge level + 1x Spring level = £40

### Event Entry

Online entry through BG GymNet with credit or debit card payment.

- ❖ Entry fees are non-refundable after the entry have been submitted.
- ❖ Late entries will be accepted for double the entry fee.
- ❖ A club may not enter a competition without a minimum of one nominated judge.
  - The judge may be from your own club or another club.
- ❖ Level upgrades and downgrades are allowed up until 23:59 pm the Thursday prior to the competition day by emailing the Competition Organiser. Any level upgrades or downgrades after this deadline will incur a £10 fee. Team changes and withdrawals will not incur a fee.

### Gymnasts

- ❖ Must be members of British Gymnastics to the correct level of membership.
  - Club Cup levels require bronze membership
  - Challenge Cup levels require silver membership
  - Spring Cup levels require silver membership
- ❖ Must be a minimum of 7 years in the year of the event.
- ❖ Must have an accredited coach present at all times.
- ❖ Must have long hair tied back.
- ❖ Must not wear jewellery.
- ❖ Must not have chewing gum.
- ❖ Gymnasts ignoring London Gymnastics Rules and Regulations will be sanctioned and may be disqualified from the event.
- ❖ Late arrivals at the event will be accommodated, if at all possible, at the discretion of the Competition Organiser, but must include warm-up time.

## Coaches

- ❖ Must be members of British Gymnastics to the correct level of membership
  - Gold membership
  - Minimum of a level 2 qualification in trampoline and/or DMT
  - Nominated Coach on BG GymNet entry
- ❖ Have the discipline specific qualification to the level of skills being performed
- ❖ Have a current DBS and Safeguarding qualification at the time of entry and for the duration of the event.
- ❖ Wear club tracksuit or tracksuit bottoms and polo shirt.
- ❖ Long hair must be tied back
- ❖ Jewellery must not be worn.
- ❖ No chewing gum.
- ❖ Mobile phones or any other electronic devices, including tablets, may not be used in the competition floor for the duration of the event.
- ❖ Change of equivalent level coach accepted up to 1 hour before the event upon production of correct and current BG membership documents.
- ❖ Coaches ignoring the London Gymnastics Rules & Regulations will be sanctioned and may be disqualified from the event.

## Assisting Coaches

- ❖ Must be members of British Gymnastics to the correct level of membership
  - Silver membership
  - Minimum of a level 1 qualification in trampoline and/or DMT
  - Nominated Coach on BG GymNet entry
- ❖ Adhere to the same generic event rules as Coaches.

## Judges

- ❖ Must be members of British Gymnastics to the correct level of membership
  - Minimum of bronze membership
  - Trampoline: Require current cycle and trampoline qualification
  - DMT: Require current cycle and DMT qualification
  - Range & Conditioning: Require current cycle and any discipline qualification
- ❖ Must wear British Gymnastics regulation attire as per BG TRA, TUM, DMT Handbook
- ❖ Must be available for the duration of the event
- ❖ Judges can claim expenses as per London Gymnastics Volunteer Policy.
- ❖ Clubs will receive a penalty if a judge is not nominated, or for non-attendance.
- ❖ See 'Volunteers' section for further requirements.

## Judge-in-Training

- ❖ Must be members of British Gymnastics to the correct level of membership
  - Minimum of bronze membership
- ❖ Must wear British Gymnastics regulation attire as per BG TRA, TUM, DMT Handbook
- ❖ Must be available for the duration of the event
- ❖ Judges can claim expenses as per London Gymnastics Volunteer Policy.

- ❖ Clubs will receive a penalty if a judge-in-training is not nominated, or for non-attendance.
- ❖ See 'Volunteers' section for further requirements.

## Volunteer Quotas – Judges, Helpers & Judges-in-Training

### Club requirements

- ❖ All clubs entering must provide volunteer officials.
- ❖ Volunteer officials must be available for the duration of the event.

### Judge roles

- ❖ Qualified judge, current cycle, current BG membership

### Judge-in-training role

- ❖ Unqualified judge, received in-club training or training from London Gymnastics
- ❖ Able to judge execution or horizontal displacement on the Club Cup panel/competitions

### Helper roles

- ❖ Computer recorder
- ❖ Manual recorder
- ❖ Competition marshal
- ❖ Lunch official
- ❖ Spectator ticket sales
- ❖ The Zone leotard sales
- ❖ Qualified welfare officer, current DBS, BG membership, safeguarding and Time to Listen
- ❖ Other volunteer roles
  - Volunteers will be rotated across roles to quickly gain experience.
  - Volunteers will have multiple role responsibilities at one time.
  - Clubs must educate their volunteers in how to perform the volunteer roles.
  - Contact the Competition Organiser if you need guidance on any volunteer roles.

### Volunteer role sharing

All roles can be shared between a maximum of two people. Clubs should seek consent prior to the competition from the Judging Organiser.

### Volunteer Quotas

#### **A club may not enter a competition without a minimum of one nominated judge**

- The judge may be from your own club or another club

#### **If your club is entering a combination of Club, Challenge & Spring Cup levels:**

- Base your volunteer quota on entry numbers for Challenge Cups & Spring Cup ONLY
- Your club can enter an unlimited number of gymnasts into the Club Cup levels

#### **If your club is ONLY entering the Club Cup levels:**

- Base your volunteer quota on entry numbers in the quota table

Entries	Volunteers required
1-3	ONE judge + ONE helper + ONE judge-in-training
4-6	ONE judge (of which ONE must be COUNTY) + ONE helper + ONE judge-in-training
7-10	TWO judges (of which ONE must be COUNTY) + ONE helper + ONE judge-in-training
11-15	THREE judges (of which ONE must be COUNTY) + TWO helpers + ONE judge-in-training
16-20	THREE judges (of which ONE must be COUNTY) + THREE helpers + ONE judge-in-training
21-25	THREE judges (of which ONE must be REGIONAL), + THREE helpers + ONE judge-in-training
26-30	FOUR judges (of which ONE must be REGIONAL) + THREE helpers + ONE judge-in-training
31-40	FOUR judges (of which ONE must be COUNTY and ONE must be REGIONAL), plus THREE helpers + ONE judge-in-training
41-50+	FIVE qualified (of which ONE must be COUNTY and ONE must be REGIONAL,) plus THREE helpers + ONE judge-in-training

- ❖ In the event of insufficient Regional level judges, County level judges will be upgraded into the Chair of Judges role in the Club Cup levels.
- ❖ For Trampoline and DMT, judges from these disciplines must be nominated.
- ❖ Trampoline judges may be allocated to DMT if there are insufficient DMT judges
- ❖ For Range and Conditioning, judges from any gymnastics discipline can be nominated.
- ❖ London Gymnastics is happy to accept volunteers aged 14-17 providing they have a signed Young Person Volunteering Consent Form (appendix 1) from their parent or guardian and this is handed to the Judge Organiser on or before the day of the event.
- ❖ Completed volunteer nomination forms must be emailed to the Judging Organiser before the event closing date. Email the Judging Organiser for a copy of the form.
- ❖ Each role must have a full name – 'A N Other' is not acceptable resulting in your volunteer nomination form being invalid.

## Volunteers Nomination Exceptions

- ❖ New clubs to our discipline can:
  - Enter two events without supplying qualified volunteers but must supply the unqualified volunteers.
  - Have one year's grace from their first competition before having to supply a County level judge.
  - Have two years grace from their first competition before having to supply a Regional level judge.
- ❖ Volunteers also competing will be accepted. The club must ensure cover is in place, otherwise the official will not be permitted to compete, and the entry fee will not be refunded.
- ❖ The Competition Organiser and/or Chair of Panel reserves the right to disqualify any club that does not supply their nominated volunteer(s) on the day or arrives with officials incorrectly dressed. Clubs must replace any official who cannot stay for the duration of the event with a volunteer of equal or approved calibre. Failure to do so will result in a penalty payment.

## Volunteer Selection

- ❖ Clubs will be notified of selected officials with the competition information.
- ❖ It is the responsibility of the club manager to relay this information on to selected volunteers.
- ❖ Reserve volunteers are expected to be at the event, with appropriate dress, and report at check-in at the start of the event. Reserve judges will shadow the panel or fulfil another role if required.

## Volunteer Travel Expenses

- ❖ Travel expenses can be claimed using the claim form on the [London Gymnastics website](#).
- ❖ Travel expenses are paid in line with London Gymnastics Volunteer Expenses Policy.

### Risk Assessments for Volunteers and Coaches

- ❖ A risk assessment will need to be completed jointly by the club, individual and Competition Organiser for the following volunteers or coaches as per the London Gymnastics health and safety policy:
  - Young people aged 14-17, see appendix 2
  - Expectant or new mothers, see appendix 3

## Volunteer Development and Penalties

If your club can not meet the volunteer quota you have the following options:

1. Show evidence you've booked a judge onto a course at the required level
2. If no course is running in London/South East/South regions then a club can register a judge(s) for a mentoring session with the Judging Development officer at the required level to prepare the judge(s) for when a course is offered locally
3. A member of your club volunteers their time to set up the competition on a Saturday before between 5-10 pm (should be trained by your club in how to set up a trampoline).
4. Pay a fine of £100 for a missing judge.

### 1. At entry submission

For clubs choosing option 4 from above, at the point of entry submission a surcharge penalty of £100.00 can be applied to allow a club to provide one less official than required (club can choose the judge level). This penalty must be paid via GymNet with the entry submission. Clubs must email the Competition Organiser to activate the penalty in GymNet.

### 2. Late notification of volunteers

For clubs failing to notify the Judging Organiser of their volunteers by the closing date, including incomplete volunteer nomination forms, will incur a £100.00 penalty. This penalty must be paid and the volunteer nomination forms submitted within three days of notification of this penalty by the Judging Organiser or the entry will be invalid. This penalty must be paid directly into the LG Trampoline Technical Committee bank account.

### 3. Withdrawing a volunteer

After the event submission closing date, any withdrawn official that can not 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 (which ever is sooner). This penalty must be paid directly into the LG Trampoline Technical Committee bank account.

### 4. No-show on the event day

In the case of a volunteer or a 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 volunteer. This penalty must be paid on the event day at check-in, by credit or debit card.

### 5. Volunteer dress code violation

If a volunteer or coach is not appropriately attired (as per British Gymnastics and London Gymnastics policies) a penalty of £50.00 will be imposed. This penalty must be paid on the event day at check-in, by credit or debit card.

### Club sanctions for unpaid penalties

- ❖ No further entries will be accepted from a club until their penalty has been paid.
- ❖ If cleared funds for all penalty payments are not received within 14 day of notification, the club will be ineligible for all future events and LG Trampoline TC activity until cleared funds for all outstanding penalties are received.
- ❖ Any club refusing to pay any outstanding penalties will be reported to London Gymnastics and British Gymnastics as defaulting on payment.
- ❖ The LG Trampoline TC reserves the right to ask for proof of transfer of funds therefore we suggest clubs retain confirmation from their bank.

## Competition Day

### Spectator Tickets

All spectator ticket prices are subject to change at any time.

- ❖ £6 per adult
- ❖ £3.60 per child, ages 5-17
- ❖ £0 per child, ages 4 and under
- ❖ Payment is by debit or credit card only. No cash payments will be accepted.
- ❖ Spectators must remain in the spectator areas and not approach the judges.

### Accreditation Desk Check-in

On arrival to a competition:

- ❖ Team managers must sign in and submit their club check-in sheet
- ❖ All coaches and assistant coaches on the BG GymNet entry must sign in
  - Gymnasts cannot warm up or compete until the team manager has signed in and an adequately qualified coach is present on the field of play.
- ❖ All judges and volunteer must sign in

### Field of Play

This is the sports arena and matted area around the trampolines and/or DMT.

- ❖ Only the gymnasts, judges and coaches submitted on the BG GymNet entry and volunteers submitted to the technical committee are allowed on the field of play.
  - Failure of a club to have an adequately qualified coach present on the field of play during the competition will result in gymnasts 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.

### Equipment specifications

Where possible, the following trampoline equipment will be used.

- ❖ 6 mm, 6x4 mm and 4x4 mm trampoline beds
- ❖ 6 mm and 13 mm DMT beds

### Gymnast attire

As per BG TRA TUM DMT Handbook.

## Warm up

General warm-up

- ❖ Timed warm up.
- ❖ Gymnasts must form an orderly queue.
- ❖ Trampoline, Disability and Synchronised: Gymnasts must warm up both routines.
- ❖ DMT: Gymnasts must warm up all four passes.

One-touch warm up

- ❖ A one-touch warm up will be allowed before competition.
- ❖ Trampoline, Disability and Synchronised: Gymnasts can choose either of their routines.
- ❖ DMT: Gymnasts can choose one of their four passes.

Warm up for finals

- ❖ Gymnasts will get one further warm up before competing.
- ❖ For groups split over multiple flights, gymnasts from the last flight will be offered one warm up, all others will be offered two.

## Competition

After warming up, gymnasts must return to the gymnast seating area.

- ❖ Gymnasts must sit in programme order.
- ❖ All gymnasts will compete in programme order.
- ❖ Gymnasts must be ready to compete (with spotters) as soon as required.
- ❖ Gymnasts will compete range and condition then compete on the apparatus.
- ❖ All timings are approximate.
- ❖ The Competition Organiser can run up to one hour ahead of programme time.
- ❖ The Competition Organiser accepts no responsibility for gymnasts who miss their turn due to changes to timings or for the competition running early or late.

## Presentations

Presentations will be held after each flight.

## Inquiries

Inquiries are only permitted in accordance with FIG regulations. Inquiries can only be made in respect of scores relating to difficulty, time of flight or errors in the calculations of a gymnast's score. No inquiry can be brought in respect of any execution, horizontal displacement, synchronisation or penalties.

- ❖ Coaches should approach the chair of judges in a polite way.
- ❖ Coaches must not approach the judges.
- ❖ Any inquiries must be submitted by the end of the flight and relate to a coach's own gymnast(s).
- ❖ Where there is no superior jury, the Chair of Judges will decide about the inquiry and there will be no further right to appeal.
- ❖ Once results are signed off by the Chair of Judges, no further inquiries can be considered.

## Results

- ❖ Live screen results act as a guide and should not be treated as definitive results.
- ❖ Definitive results are the signed hard copies on display.
- ❖ Competition results are posted on the London Gymnastics website.

## Photography

- ❖ By entering a London Gymnastics event, there is an acceptance that the participant may be photographed and published by London Gymnastics.
- ❖ Photos and videos may only be taken and used in accordance with the British Gymnastics Child Protection Policy.
- ❖ Photos may not be used, distributed or copied for commercial purposes.
- ❖ Flash may not be used at any time during the event.
- ❖ The Event Organiser may at any time in his or her absolute discretion, direct that photos shall not be taken.

## Feedback and Complaints

- ❖ Any feedback should be emailed to the Chair.
- ❖ All complaints should be made inline with the London Gymnastics Complaints and Disciplinary Policy

## Additional Information

### Competition cards

- ❖ Must be submitted for Challenge Cup and Spring Cup levels.
- ❖ Must be completed in full in either English or FIG notation.
- ❖ Where the card should be marked with asterisk to indicate required elements, this must be done by the competitor or coach before the competition card is submitted.
- ❖ Gymnasts who do not submit a competition card when required will not be able to compete.
- ❖ Competition cards must be signed by an appropriately qualified coach.
- ❖ Competition cards cannot be signed by a gymnast (even if they are a qualified coach) or by a Level 1 coach.
- ❖ See appendix 4 for a copy of the competition card for trampoline and synchronised.
- ❖ See appendix 5 for a copy of the competition card for DMT.

### Teams

Not all events have a team element. Check the competition structure at the point of entry. Some events may have different team rules to those listed below.

- ❖ Minimum of three gymnasts and a maximum of four gymnasts.
- ❖ Teams can be mixed gender unless otherwise stated.
- ❖ Team members must be entering the same age group and same grade of competition.
- ❖ Team members must wear uniform dress, see the British Gymnastics Code of Points.
- ❖ 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

Generally, there are no finals at London Gymnastics events. Check the competition structure at the point of entry. Some events may have different final rules to those listed below.

- ❖ Finals are for the top eight gymnasts in a group after the qualifying round.
- ❖ Where there are less than eight gymnasts in a group all gymnasts will compete in the final and the score will be accumulative of all routines/passes.
- ❖ Where there are more than eight gymnasts in a group, the final will be from zero.

- ❖ Finals are run at the discretion of the Competition Organiser and may be cancelled due to time constraints.
- ❖ Any qualified person who chooses not to take part in a final will not be eligible to receive an award.

### Trophies and medals

- ❖ See the competition structures for the medals, trophies, rosettes and certificates.
- ❖ Gymnasts receiving awards must be in competition attire.

### Age Groups

As per year of birth. Use this table to work out age category for 2022 season.

<b>Club Cup, Challenge Cup &amp; Spring Cup</b>												
Minimum 7 years in the year of the event												
Age Group	7	8	9	10	11	12	13	14	15	16	17	18+
Year of Birth	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004

## TRAMPOLINE PATHWAY 2022

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### Introduction

Our trampoline competition programme is designed to be achievable, but progressive, to help both gymnasts and coaches focus on the development of core skills. Our pathway includes all levels of abilities:

- Stage 1: BG Club Cup trampoline levels
- Stage 2: BG Challenge Cup trampoline levels
- Stage 3: BG Spring Cup trampoline levels

### Club Cup Trampoline Levels

At Club Cup trampoline levels, gymnasts receive a sticker for their trampoline score and another for their range and conditioning score that is equivalent to a bronze, silver or gold standard. There will be rankings and medals for the top 3 trampoline scores.

- ❖ It is the coach's discretion to which level a gymnast competes
- ❖ Club Cup levels are held at all LG events
- ❖ Club Cup Qualifiers are open entry
- ❖ Gymnasts must qualify at a Club Cup Qualifier to attend the Regional Club & Challenge Cup London Championship
- ❖ The London Open is an open entry event
- ❖ Gymnasts can skip the Club Cup levels and begin at Challenge Cup level

## TRAMPOLINE PATHWAY 2022

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### Stage 1: British Gymnastics Club Cup Trampoline Levels

Routines, Code of Points and Range and Conditioning as per BG Handbook(s)

- Only E score will be awarded (if enough judges D, H & T scores will be added)
- Qualification to London Championships 28.00 E score

#### Qualifying Competitions

- ❖ Gymnasts will compete in a traditional competition of mixed clubs
- ❖ Gymnasts will be banded by mixed gender age groups
- ❖ Gymnasts will compete Range and Conditioning and then Trampoline
- ❖ Certificates will be awarded immediately after competition
- ❖ Distinction rosettes will be awarded immediately after competition
- ❖ The top 3 gymnasts per group will receive a medal
  - Trampoline score = Ranking
- ❖ Medal presentations will happen at a scheduled time
- ❖ Clubs can take photos at the photo board after competition

#### London Championships

- ❖ Gymnasts will compete in a traditional competition of mixed clubs
- ❖ Gymnasts will be banded by mixed gender age groups
- ❖ Gymnasts will compete Range and Conditioning and then Trampoline
- ❖ Distinction rosettes will be awarded immediately after competition
- ❖ The top 3 gymnasts per age group will receive a medal
  - Trampoline score only = Ranking
- ❖ The top 3 teams per age group will receive a medal
  - Trampoline score only = Ranking
- ❖ Presentations will happen at a scheduled time
- ❖ Clubs can take photos at the photo board after competition

#### Distinction Rosette for Range and Conditioning

- A rosette will be awarded for a score equal to or greater than 94% (9.40)

Club Cup - Level 1				
Mixed Gender Age Groups: 7-8 yrs / 9-10 yrs / 11-12 yrs / 13-14 yrs / 15+ yrs				
Compulsory x2		Range & Conditioning Routine		
1	Front Landing	1	Forward Roll to Dish Shape (SL) - (hold for 2 seconds)	
2	To Feet	2	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)	
3	Straddle Jump	3	Back Support – (hold for 2 seconds)	
4	Seat Landing	4	Straddle Fold – (hold for 2 seconds)	
5	To Feet	5	Pike Fold – (hold for 2 seconds)	
6	½ Twist Jump	6	Left Splits, Right Splits	
7	Tuck Jump	7	Back Arch – (hold for 2 seconds)	
8	Pike Jump	8	Press up to Front Support – (hold for 2 seconds)	
9	Back Landing	9	Burpee to Stand & Vertical Jump	
10	To Feet	10	Standing Shoulder Flexibility – (hold for 2 seconds)	
Trampoline E Score for Certificate		Bronze A score equal to or less than 26.30	Silver A score of 26.40 to 27.90	Gold A score to or greater than 28.00
Range and Conditioning Score for Certificate		Bronze A score equal to or less than 8.20	Silver A score of 8.30 to 9.00	Gold A score equal to or greater than 9.10

Club Cup – Level 2				
Mixed Gender Age Groups: 7-8 yrs / 9-10 yrs / 11-12 yrs / 13-14 yrs / 15+ yrs				
Compulsory x2		Range & Conditioning Routine		
1	½ Twist To Front Landing	1	Forward Roll to Dish Shape (SL) - (hold for 2 seconds)	
2	To Feet	2	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)	
3	Straddle Jump	3	Back Support – (hold for 2 seconds)	
4	Seat Landing	4	Straddle Fold – (hold for 2 seconds)	
5	½ Twist To Seat Landing	5	Pike Fold – (hold for 2 seconds)	
6	½ Twist To Feet	6	Left Splits, Right Splits	
7	Tuck Jump	7	Back Arch – (hold for 2 seconds)	
8	Pike Jump	8	Press up to Front Support – (hold for 2 seconds)	
9	Back Landing	9	Burpee to Stand & Vertical Jump	
10	½ Twist To Feet	10	Standing Shoulder Flexibility – (hold for 2 seconds)	
Trampoline E Score for Certificate		Bronze A score equal to or less than 26.30	Silver A score of 26.40 to 27.90	Gold A score to or greater than 28.00
Range and Conditioning Score for Certificate		Bronze A score equal to or less than 8.20	Silver A score of 8.30 to 9.00	Gold A score equal to or greater than 9.10

Club Cup – Level 3					
Mixed Gender Age Groups: 7-8 yrs / 9-10 yrs / 11-12 yrs / 13-14 yrs / 15+ yrs					
Compulsory x2			Range & Conditioning Routine		
1	Full Twist Jump		1	Forward Roll to Dish Shape (SL) - (hold for 2 seconds)	
2	Straddle Jump		2	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)	
3	Seat Landing		3	Back Support – (hold for 2 seconds)	
4	½ Twist To Seat		4	Straddle Fold – (hold for 2 seconds)	
5	½ Twist To Feet		5	Pike Fold – (hold for 2 seconds)	
6	Pike Jump		6	Left Splits, Right Splits	
7	Back Landing		7	Back Arch – (hold for 2 seconds)	
8	½ Twist To Feet		8	Press up to Front Support – (hold for 2 seconds)	
9	Tuck Jump		9	Burpee to Stand & Vertical Jump	
10	Front s/s T		10	Standing Shoulder Flexibility – (hold for 2 seconds)	
Trampoline E Score for Certificate		Bronze A score equal to or less than 26.30		Silver A score of 26.40 to 27.90	Gold A score to or greater than 28.00
Range and Conditioning Score for Certificate		Bronze A score equal to or less than 8.20		Silver A score of 8.30 to 9.00	Gold A score equal to or greater than 9.10

## TRAMPOLINE PATHWAY 2022

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### Stage 2: British Gymnastics Challenge Cup Trampoline Levels

Routines, Code of Points and Range and Conditioning as per BG Handbook(s)

#### Qualifying Competitions

- ❖ Gymnasts will compete in a traditional competition of mixed clubs
- ❖ Gymnasts will be banded by gender and age groups
- ❖ Gymnasts will compete Range and Conditioning and then Trampoline
- ❖ Distinction rosettes will be awarded immediately after competition
- ❖ The top 3 gymnasts per age group will receive a medal
  - Trampoline score only
- ❖ Clubs can take photos at the photo board after competition

#### London Championships

- ❖ Gymnasts will compete in a traditional competition of mixed clubs
- ❖ Gymnasts will be banded by gender and age groups
- ❖ Gymnasts will compete Range and Conditioning and then Trampoline
- ❖ Distinction rosettes will be awarded immediately after competition
- ❖ The top 3 gymnasts per age group will receive a medal
  - Trampoline score only = Ranking
- ❖ The top 3 teams per age group will receive a medal
  - Trampoline score only = Ranking
- ❖ Presentations will happen at a scheduled time
- ❖ Clubs can take photos at the photo board after competition

#### Distinction Rosette for Range and Conditioning

- A rosette will be awarded for a score equal to or greater than 94% (9.40)

## TRAMPOLINE PATHWAY 2022

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### Stage 3: British Gymnastics Spring Cup Trampoline Level

Routines, Code of Points and Range and Conditioning as per BG Handbook(s)

#### Qualifying Competitions

- ❖ Gymnasts will compete in a traditional competition of mixed clubs
- ❖ Gymnasts will be banded by gender
- ❖ Gymnasts will compete Range and Conditioning and then Trampoline
- ❖ Distinction rosettes will be awarded immediately after competition
- ❖ The top 3 gymnasts per age group will receive a medal
  - Trampoline score only
- ❖ Clubs can take photos at the photo board after competition

#### London Championships

- ❖ Gymnasts will compete in a traditional competition of mixed clubs
- ❖ Gymnasts will be banded by gender
- ❖ Gymnasts will compete Range and Conditioning and then Trampoline
- ❖ Distinction rosettes will be awarded immediately after competition
- ❖ The top 3 gymnasts per age group will receive a medal
  - Trampoline score only = Ranking
- ❖ The top 3 teams per age group will receive a medal
  - Trampoline score only = Ranking
- ❖ Presentations will happen at a scheduled time
- ❖ Clubs can take photos at the photo board after competition

#### Distinction Rosette for Range and Conditioning

- A rosette will be awarded for a score equal to or greater than 94% (9.40)

## DMT PATHWAY 2022

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### Introduction

Our DMT competition programme is designed to be achievable, but progressive, to help both gymnasts and coaches focus on the development of core skills. Our pathway includes all levels of abilities:

- Stage 1: BG Club Cup DMT levels
- Stage 2: BG Challenge Cup DMT levels
- Stage 3: BG Spring Cup DMT levels

### Club Cup DMT Levels

At Club Cup DMT levels, gymnasts receive a sticker for their DMT score and another for their range and conditioning score that is equivalent to a bronze, silver or gold standard. There will be rankings and medals for the top 3 DMT scores.

- ❖ It is the coach's discretion to which level a gymnast competes
- ❖ Club Cup levels are held at all LG events
- ❖ Club Cup Qualifiers are open entry
- ❖ Gymnasts must qualify at a Club Cup Qualifier to attend the London Championships
- ❖ The London Open is an open entry event
- ❖ Gymnasts can skip the Club Cup levels and begin at Challenge Cup level

### Stage 1: London Gymnastics GfA DMT Levels

Routines, Code of Points and Range and Conditioning as per BG Handbook(s)

- E & D scores will be awarded
- Club Cup Level 1 - Qualification to London Championships 74.20 total score
- Club Cup Level 2 – Qualification to London Championships 75.30 total score

#### Qualifying Competitions

- ❖ Gymnasts will compete in a traditional competition of mixed clubs
- ❖ Gymnasts will be banded by mixed gender age groups
- ❖ Gymnasts will compete Range and Conditioning and then DMT
- ❖ Certificates will be awarded immediately after competition
- ❖ Distinction rosettes will be awarded immediately after competition
- ❖ The top 3 gymnasts per group will receive a medal
  - DMT score = Ranking
- ❖ Medal presentations will happen at a scheduled time
- ❖ Clubs can take photos at the photo board after competition

#### London Championships

- ❖ Gymnasts will compete in a traditional competition of mixed clubs
- ❖ Gymnasts will be banded by mixed gender age groups
- ❖ Gymnasts will compete Range and Conditioning and then DMT
- ❖ Distinction rosettes will be awarded immediately after competition
- ❖ The top 3 gymnasts per age group will receive a medal
  - Trampoline score only = Ranking
- ❖ The top 3 teams per age group will receive a medal
  - Trampoline score only = Ranking
- ❖ Presentations will happen at a scheduled time
- ❖ Clubs can take photos at the photo board after competition

#### Distinction Rosette for Range and Conditioning

- A rosette will be awarded for a score equal to or greater than 94% (9.40)

Club Cup – Level 1										
Age Groups: 7-8 yrs / 9-10 yrs / 11-12 yrs / 13+										
Compulsory Round 1					Compulsory Round 2					
Pass	Mount	Spotter	Dismount	DD		Pass	Mount	Spotter	Dismount	DD
1	-	Tuck Jump	Straddle Jump	0.0		1	Tuck Jump	-	Pike Jump	0.0
2	-	Straddle Jump	½ Twist Jump	0.2		2	-	1/1 Twist Jump	Tuck Jump	0.4
Combined round DD				0.2		Combined round DD				0.4
DMT Total Score for Certificate		Bronze A score equal to or less than 72.70				Silver A score of 72.80 to 74.10			Gold A score to or greater than 74.20	
Range and Conditioning Score for Certificate		Bronze A score equal to or less than 8.20			Silver A score of 8.30 to 9.00			Gold A score equal to or greater than 9.10		
Qualification Total Score for London Championships								74.20		

Club Cup – Level 2									
Age Groups: 9-10 yrs / 11-12 yrs / 13-14 yrs / 15+ yrs									
Compulsory Round 1					Compulsory Round 2				
Pass	Mount	Spotter	Dismount	DD	Pass	Mount	Spotter	Dismount	DD
1	Tuck Jump	-	1/1 Twist Jump	0.4	1	-	Tuck Jump	Front S/S (P)	0.6
2	Pike Jump	-	½ Twist Jump	0.2	2	-	Pike Jump	Front S/S (T)	0.5
Combined round DD				0.6	Combined round DD				1.1
DMT Total Score for Certificate		Bronze A score equal to or less than 73.80			Silver A score of 73.90 to 75.20			Gold A score to or greater than 75.30	
Range and Conditioning Score for Certificate		Bronze A score equal to or less than 8.20			Silver A score of 8.30 to 9.00			Gold A score equal to or greater than 9.10	
Qualification Total Score for London Championships							75.30		

Club Cup Range & Conditioning Routine	
1	Forward Roll to Dish Shape (SL) - (hold for 2 seconds)
2	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
3	Back Support – (hold for 2 seconds)
4	Straddle Fold – (hold for 2 seconds)
5	Pike Fold – (hold for 2 seconds)
6	Left Splits, Right Splits
7	Back Arch – (hold for 2 seconds)
8	Press up to Front Support – (hold for 2 seconds)
9	Burpee to Stand & Vertical Jump
10	Standing Shoulder Flexibility – (hold for 2 seconds)

## DMT PATHWAY 2022

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### Stage 2: British Gymnastics Challenge Cup DMT Levels

Passes, Code of Points and Range and Conditioning as per BG Handbook(s)

#### Qualifying Competitions

- ❖ Gymnasts will compete in a traditional competition of mixed clubs
- ❖ Gymnasts will be banded by gender and age groups
- ❖ Gymnasts will compete Range and Conditioning and then DMT
- ❖ Distinction rosettes will be awarded immediately after competition
- ❖ The top 3 gymnasts per age group will receive a medal
  - DMT score only
- ❖ Clubs can take photos at the photo board after competition

#### London Championships

- ❖ Gymnasts will compete in a traditional competition of mixed clubs
- ❖ Gymnasts will be banded by gender and age groups
- ❖ Gymnasts will compete Range and Conditioning and then DMT
- ❖ Distinction rosettes will be awarded immediately after competition
- ❖ The top 3 gymnasts per age group will receive a medal
  - DMT score only = Ranking
- ❖ The top 3 teams per age group will receive a medal
  - DMT score only = Ranking
- ❖ Presentations will happen at a scheduled time
- ❖ Clubs can take photos at the photo board after competition

#### Distinction Rosette for Range and Conditioning

A rosette will be awarded for a score equal to or greater than 94% (9.40)

## DMT PATHWAY 2022

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### Stage 3: British Gymnastics Spring Cup DMT Level

Passes, Code of Points and Range and Conditioning as per BG Handbook(s)

#### Qualifying Competitions

- ❖ Gymnasts will compete in a traditional competition of mixed clubs
- ❖ Gymnasts will be banded by gender
- ❖ Gymnasts will compete Range and Conditioning and then DMT
- ❖ Distinction rosettes will be awarded immediately after competition
- ❖ The top 3 gymnasts per age group will receive a medal
  - DMT score only
- ❖ Clubs can take photos at the photo board after competition

#### London Championships

- ❖ Gymnasts will compete in a traditional competition of mixed clubs
- ❖ Gymnasts will be banded by gender
- ❖ Gymnasts will compete Range and Conditioning and then DMT
- ❖ Distinction rosettes will be awarded immediately after competition
- ❖ The top 3 gymnasts per age group will receive a medal
  - DMT score only = Ranking
- ❖ The top 3 teams per age group will receive a medal
  - DMT score only = Ranking
- ❖ Presentations will happen at a scheduled time
- ❖ Clubs can take photos at the photo board after competition

#### Distinction Rosette for Range and Conditioning

- A rosette will be awarded for a score equal to or greater than 94% (9.40)

## RANGE AND CONDITIONING GUIDANCE

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To help coaches prepare their gymnasts below is a list of resources.

### Club & Challenge Cup Range and Conditioning Routine Video

<https://bit.ly/3slJLjK>

### Club & Challenge Cup Range and Conditioning Picture Guide

<https://bit.ly/2kBgVxq>

### Club & Challenge Cup Range and Conditioning Judging Score Sheet

<https://bit.ly/2UgUOhu>

### Club & Challenge Range and Conditioning Coaching Guide

<https://bit.ly/2mhN2CG>

### FIG & Spring Cup Range and Conditioning Video

<https://bit.ly/2nti2jJ>

### FIG & Spring Cup Range and Conditioning Judging Score Sheet

<https://bit.ly/3fXa36Y>

## YOUNG VOLUNTEER FORM

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### Introduction

There is no minimum age for volunteers. If a volunteer is under 16 years of age, parental consent is required. Please complete this form and hand it to the Competition Organiser on or before the day of competition.

I ..... (name of parent/guardian)

give permission for ..... (name of volunteer)

to act as an official at the London Gymnastics competition on ..... (date).

Signature: ..... (of parent/guardian)

Club name: .....

## YOUNG PERSON INFORMATION CHECKLIST

<b>Name of Young Person:</b>		
<b>Work Task Undertaken:</b>		
<b>Questions to consider:</b>	<b>Yes/No</b>	<b>Comments / Control Measures</b>
<b>The task – does it involve:</b>		
Use of dangerous equipment/machinery?		
Manual Handling activities?		
Repetitive movements?		
Use of electrical equipment?		
Driving of vehicles?		
Use of hazardous / flammable substances?		
Risk of items falling from height?		
Working at height?		
Maintenance of equipment?		
Work with display screen equipment / visual display unit?		
Imposed work rates?		
Work where structural collapse is possible?		
<b>Environmental factors – does the work involve:</b>		
Work in hot conditions?		
Work in cold conditions?		
Work in the open air?		
Work in noisy conditions?		
<b>Use of personal protective equipment – does the task require the YP to wear PPE:</b>		
Occasionally?		
All the time?		
<b>Individual capability - does the task require:</b>		
Unusual capability?		
Special training (e.g. safety passport, manual handling etc.)?		
<b>Violence / Aggression:</b>		
Is there a risk of the young person being exposed to violence or aggressive situations (e.g. security work, single staffing in a petrol station, etc.)?		
<b>Other factors:</b>		
Are there any other factors that may put the young person at risk?		
Are there any other hazards that the young person may be exposed to?		

## YOUNG PERSON INFORMATION CHECKLIST

[illegible]

Completed by:		Date:	
Review Date:			

## NEW AND EXPECTANT MOTHERS CHECKLIST

Name of NEM				
Assessment Conducted by	Name of Supervisor / Manager		Signature	
Date of Assessment				
Is this the first NEM assessment for this pregnancy?	<b>Y / N (if No, give details)</b>			
Has the NEM named above taken part in this assessment	<b>Y / N</b>		Signature of NEM	
<b>Movement and Posture</b>	<b>Yes</b>	<b>No</b>	<b>n/a</b>	<b>Comments / Control Measures</b>
Do work activities involve awkward twisting or stretching	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Does the NEM have to stand for long periods without a break?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Does the NEM have to sit for long periods without a break of posture?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there sufficient space within the workplace without restriction (i.e. access to behind the desk)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
If yes, will these cause more restricted movement as the pregnancy develops?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Manual Handling Activities</b>	<b>Yes</b>	<b>No</b>	<b>n/a</b>	<b>Comments / Control Measures</b>
Do work activities involve twisting, stooping or stretching to lift objects?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do work activities involve lifting, pushing or pulling of heavy loads?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do work activities involve repetitive lifting (even of light objects)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do work activities involve lifting objects that are difficult or cumbersome to grasp or awkward to hold?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Personal Protective Equipment (PPE) and uniforms</b>	<b>Yes</b>	<b>No</b>	<b>n/a</b>	<b>Comments / Control Measures</b>
Are adequate / suitable sizes of PPE / uniforms available (i.e. aprons)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Hazardous Substances / Cross Contamination</b>	<b>Yes</b>	<b>No</b>	<b>n/a</b>	<b>Comments / Control Measures</b>
Are there any infection risks in the work activities undertaken by the NEM (e.g. cleaning up of spilled body fluids, disposing of contaminated waste, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

## NEW AND EXPECTANT MOTHERS CHECKLIST

Are there risks of infection through working with raw meats?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are hazardous substances used at work known to be of risk to the unborn foetus or women of child bearing age?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
If yes to above, are pregnant workers kept away from the work area / process that could increase exposure?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Working Time</b>	<b>Yes</b>	<b>No</b>	<b>n/a</b>	<b>Comments / Control Measures</b>
Is the NEM expected to work long hours or overtime?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Does the NEM have some flexibility or choice over her working hours?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do work activities involve very early starts or late finishes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Does the work involve night work between the hours of, for example, 11pm to 7am?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Work-related stress</b>	<b>Yes</b>	<b>No</b>	<b>n/a</b>	<b>Comments / Control Measures</b>
Are there activities which are known to be particularly stressful, for example dealing with irate customers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are colleagues and supervisors supportive toward the pregnant worker?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the NEM aware of what to do if she feels she is being bullied, harassed or victimised?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Has the individual risk assessment taken into account any concerns the woman has about her own pregnancy (i.e. medical condition)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Extremes of cold or heat</b>	<b>Yes</b>	<b>No</b>	<b>n/a</b>	<b>Comments / Control Measures</b>
Do work activities involve exposure to temperatures that are uncomfortably cold (below 16°C) or hot (above 27°C)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
If protective clothing is provided against the cold is it suitable for the pregnant worker?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the worker exposed to cold draughts even when the average temperature is acceptable?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are there arrangements for sufficient breaks and access to hot/cold drinks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

## NEW AND EXPECTANT MOTHERS CHECKLIST

Working at heights	Yes	No	n/a	Comments / Control Measures
Do work activities involve a significant amount of climbing up and down steps or ladders?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do work activities involve carrying items up or down stairs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
If a mobile platform is used to access levels, is there enough room for a NEM to use it safely?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Violence / Aggression	Yes	No	n/a	Comments / Control Measures
Is the job one which is perceived to have a high risk of violence (for example security work, single staffing in a petrol station)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there always support at hand to help any staff who may be threatened or abused by customers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are managers and supervisors aware of the extra risks posed by violence to NEM?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Welfare issues	Yes	No	n/a	Comments / Control Measures
Is there somewhere quiet for NEM to rest or lie down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are NEM provided easy access to toilets and allowed sufficient breaks, where needed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a clean, private area to express breast milk?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there somewhere safe for them to store expressed milk?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Action Required	Responsible Person	Target Date	Date Completed	Signature

# Trampoline Gymnastics - Competition Card

Name:	Level:	Age Group:
Club:	Flight:	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 \_\_\_\_\_

Qualification \_\_\_\_\_

Signature \_\_\_\_\_

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

# Double Mini Trampoline - Competition Card

Name:	Level:	Flight:
Club:	Age Group:	Panel:

PASS	Mount		Spotter		Dismount		Total
1							
2							
3							
4							

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

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

Qualification \_\_\_\_\_

Signature \_\_\_\_\_

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

# Double Mini Trampoline - Competition Card

Name:	Level:	Flight:
Club:	Age Group:	Panel:

	Mount		Spotter		Dismount		Total
1							
2							
3							
4							

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

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

Qualification \_\_\_\_\_

Signature \_\_\_\_\_

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