



The TC would like to update you on some recent amendments to the 2022 Technical Regulations:

1. We will advise the numbers of qualifiers to both the NAGF and the British Championships after the first Spring Cup. We are aware that some gymnasts may have retired from the sport, have skipped age groups due to the pandemic and we are unsure on the numbers that will be entering at this level and we want to ensure that we get the balance right.
2. We will be introducing a Mixed Synchro trampoline event at the NAGF. There will be two age groups, Junior (13-16yrs) and Senior (17+yrs) and each pair will compete one voluntary exercise. With the enjoyment that the mixed events at the Olympic Games gave us, we want to trial and promote this at these finals.
3. NPRG – The date for the NPRG is Sunday 17<sup>th</sup> October from 10.00-12.30pm. We will be hosting this virtually this year to minimise people's travel and continuing safety protocols. We appreciate some people may not yet be ready to be in crowds. In order for us to cover the topics, queries or clarifications that you may require, we would appreciate you sending us anything you and the clubs in your regions need answered or covered prior to the meeting. We will be inviting the Trampoline and Tumbling representative from each of the Regions and Home Nations and the invites will be sent in due course.

We are looking forward to our first competition in nearly 2 years in a few weeks and to be able to see you all again in person.

Finally, on behalf of the TC we would like to congratulate Bryony Page on winning the Olympic Bronze Medal in Tokyo to go with the Silver she won in Rio. A fantastic achievement and this event was watched by millions around the World. Congratulations also to Laura Gallagher for becoming an Olympian and to the extensive team behind the Trampoline programme lead by Head National Coach, Tracy Whitaker-Smith. A World Class Team!

Sharon Wood

Chair of the National Technical Committee for Trampoline, Tumbling & Double-Mini Trampoline