DISABILITIES

NATIONAL COMPETITION

STRUCTURE 2019
The British Gymnastics (BG) National Trampoline Technical Committee (NTTC) is responsible and accountable to BG for the development and direction of all Trampoline (TRA), Double Mini-Trampoline (DMT) and Tumbling (TUM) in Great Britain.

A great deal of work has been undertaken over the last year and the Domestic Competition Structure for Disabilities Trampoline has undergone a complete and thorough overhaul. The NTTC is confident that once in place and given time to work that the new structure will satisfy the majority of needs for Clubs and Regions.

The plan has been structured for development and participation with 2 pathways of performance, Regional Disabilities Development Plan, and National Disabilities Pathway. It is important to study the entire structure to see how progress is made. There are no qualifying scores to pass from one pathway to another however, coaches should make realistic choices to provide the best opportunity for their gymnast and refer to the minimum standard guidelines provided in the discipline specific booklet.

Clubs should support their region and further progress their gymnasts along the performance paths available.

Please refer to the discipline specific appendix, 2018 for further information.

Notice of main changes to the Competition Structure 2019

- All gymnasts entering the NDP or FIG Pathway should refer to the membership section on the BG website for level of membership required (gymnast/gymnast membership/ BG NDP structure)
- Disabilities classification certificate is required for Regional Team Finals, NDP Finals and Spring Series events 6 weeks prior to the competition dates
- Qualification to Regional Team Finals and NDP Finals
- Qualification Scores
  - Changes to age groups Under 15/Over 15

Additional Amendments 2018:

FIG rules will apply to all disciplines at the British Championships. The ‘zero’ score will not apply at these Championships but will remain at the Spring Event Series. There will be no zero final and all scores will be accumulative.

Further details on ALL changes can be found in the Competition Handbook and the Domestic Competition Structure Appendix for this discipline.

Supporting Information

The DIS pathways provide competition experience to assist in the long-term development of all ages and abilities. The REG & NAT structure is not a linear pathway but one of self-select to reflect the gymnast’s development stage. Coaches should make realistic choices to provide the best opportunity for the development of the gymnasts that they coach and are advised to focus on the appropriate technical level. There are specific routines that will support the gymnasts’ development and performance outcome each year. Please read carefully through all the information provided in the competition handbook, including competition formats, compulsory routines, specific requirements, age groups, minimum difficulty and minimum standards.
CLASSIFICATION:

In order to be eligible for National Disabilities competitions, all competitors must have completed and submitted a Disabilities Gymnastics classification certificate. The disabilities gymnastics classification certificate lists all the eligible impairments.

Categories used:

Category 1 – learning disability

Category 2 – physical or sensory disability

Each category will compete separately – Men’s / Women’s
TRAMPOLINE DOMESTIC COMPETITION STRUCTURE

DISABILITIES TRAMPOLINE

NATIONAL DEVELOPMENT PLAN

2019
The NTTC encourage Club Level competition to support the National Development Plan and recommend the following Club Level Plan:

**Disabilities Club Levels 1-4**
Trampoline Individual
- CAT 1 Men/Women
- CAT 2 Men/Women

All gymnasts will be required to perform:
2 x Compulsory Routine

- 2 round cumulative score will determine the ranking
- Incomplete/incorrect routines will result in a zero 'DNF' score
- Time of Flight **will not** be included

### OPEN AGE

<table>
<thead>
<tr>
<th>CAT 1 Men's/Ladies</th>
<th>CAT 2 Men's/Ladies</th>
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</thead>
<tbody>
<tr>
<td><strong>Compulsory</strong></td>
<td></td>
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<table>
<thead>
<tr>
<th>DIS CLUB LEVEL 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Star Jump</td>
</tr>
<tr>
<td>2 Seat Landing or Hands and Knees Landing</td>
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<tr>
<td>3 To Feet</td>
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<tr>
<td>4 Tuck Jump</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>DIS CLUB LEVEL 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ½ Twist Jump</td>
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<tr>
<td>2 Straddle Jump</td>
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<tr>
<td>3 Seat Landing</td>
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<tr>
<td>4 To Feet</td>
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<tr>
<td>5 Tuck Jump</td>
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<tr>
<td>6 Full Twist Jump</td>
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</tbody>
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<table>
<thead>
<tr>
<th>DIS CLUB LEVEL 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Full Twist Jump</td>
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<tr>
<td>2 Straddle Jump</td>
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<tr>
<td>3 Seat Landing</td>
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<tr>
<td>4 ½ Twist to feet</td>
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<tr>
<td>5 ½ Twist Jump</td>
</tr>
<tr>
<td>6 Tuck Jump</td>
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<tr>
<td>7 Front or Back Landing</td>
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<tr>
<td>8 To Feet</td>
</tr>
</tbody>
</table>

### DIS CLUB LEVEL 4

<table>
<thead>
<tr>
<th>CAT 1 Men's/Ladies</th>
<th>CAT 2 Men's/Ladies</th>
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</thead>
<tbody>
<tr>
<td><strong>Compulsory</strong></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>DIS CLUB LEVEL 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Front Landing</td>
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<tr>
<td>2 To Feet</td>
</tr>
<tr>
<td>3 Straddle Jump</td>
</tr>
<tr>
<td>4 Seat Landing</td>
</tr>
<tr>
<td>5 ½ twist to Feet</td>
</tr>
<tr>
<td>6 Tuck Jump</td>
</tr>
<tr>
<td>7 ½ Twist Jump</td>
</tr>
<tr>
<td>8 Pike Jump</td>
</tr>
<tr>
<td>9 Back Landing</td>
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<tr>
<td>10 To Feet</td>
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</tbody>
</table>
A series of qualification events leading to the NDP Regional Team Qualifier.

**Trampoline Individual**
- CAT 1 Men/Women Under 15/Over 15
- CAT 2 Men/Women Under 15/Over 15

**Disabilities NDP Level 1**
All gymnasts will be required to perform:
2 x Compulsory Routine

**Disabilities NDP Levels 2-3**
All gymnasts will be required to perform:
1 x Compulsory Routine
1 x Voluntary Routine

- 2 round cumulative score will determine the ranking
- Incomplete/incorrect routines will result in a zero 'DNF' score
- Time of Flight will not be included as qualification is based on the execution score only
- A nominated panel (Member of Regional TC, Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performace (during training, warm-up or competition) that is deemed to be unsafe at any time
- Competition Cards are required

Regions may run Disabilities Club levels as deemed appropriate, however gymnasts competing in this category are not eligible for the Regional Team Final or NDP Final. It is the responsibility of the Clubs to ensure that this rule is understood by gymnasts and/or their parents/guardians.

The NDP Regional Series events may be used as ‘Test’ events, enabling gymnasts to try one or more levels (at different competitions) in order to ascertain the appropriate level for them to try and qualify for the NDP Regional Team Qualifier.

**Qualification to the NDP Regional Team Qualifier**
All gymnasts who achieve a minimum standard, 2 round score of 42.0 are eligible to qualify to the NDP Regional Team Qualifier (at the appropriate level the minimum score was achieved).

**TRA DIS NDP Regional Team Qualifier**
A final event held in the region leading to the NDP Regional Team Final.

**Trampoline Individual**
- CAT 1 Men/Women Under 15/Over 15
- CAT 2 Men/Women Under 15/Over 15

**Disabilities NDP Level 1**
All gymnasts will be required to perform:
2 x Compulsory Routine

**Disabilities NDP Levels 2-3**
All gymnasts will be required to perform:
1 x Compulsory Routine
1 x Voluntary Routine

- 2 round cumulative score will determine the ranking
- Incomplete/incorrect routines will result in a zero ‘DNF’ score
- Time of Flight **will not** be included as qualification is based on the execution score only
- Competition Cards are required

A nominated panel (Member of TC, Chair of Panel & 1 x appropriately qualified coach), reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

*Regions may run Disabilities Club levels as deemed appropriate, however gymnasts competing in this category are not eligible for the Regional Team Final or NDP Final. It is the responsibility of the **Clubs** to ensure that this rule is understood by gymnasts and/or their parents/guardians.*

**Qualification to the Regional Team Final / NDP Semi Final**
The top 2 ranked gymnasts, per level, per gender will qualify to the Regional Team Final, **providing the minimum execution score has been achieved at the Regional Team Qualifier**. In the event of a tie position for 2nd place please see tie break rules in the BG Code of Points.

**TRA DIS NDP Regional Team Final / NDP Semi Final**

A team final event which also provides individual qualification to the NDP Final.

**Trampoline Individual**
- CAT 1 Men/Women Under 15/Over 15
- CAT 2 Men/Women Under 15/Over 15

**Disabilities NDP Level 1**
All gymnasts will be required to perform:
2 x Compulsory Routine

**Disabilities NDP Levels 2-3**
All gymnasts will be required to perform:
1 x Compulsory Routine
1 x Voluntary Routine

- 2 round cumulative score will determine the ranking
- Incomplete/incorrect routines will result in a zero ‘DNF’ score
- Time of Flight **will not** be included
- Competition Cards are required

A nominated panel (Member of TC, Chair of Panel & 1 x appropriately qualified coach), reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

**Qualification to the NDP Final**
The top 8 ranked gymnasts, per level, per gender will qualify to the NDP Final. In the event of a tie position for 8th place please see tie break rules in the BG Code of Points. Zero ‘DNF’ score routines **will not** be eligible to rank for the NDP Final.
TRA DIS NDP National Final (NDP Finals)

Trampoline Individual
- CAT 1 Men/Women Under 15/Over 15
- CAT 2 Men/Women Under 15/Over 15

Disabilities NDP Level 1
All gymnasts will be required to perform:
2 x Compulsory Routine

Disabilities NDP Levels 2-3
All gymnasts will be required to perform:
1 x Compulsory Routine
1 x Voluntary Routine

- 2 round cumulative score will determine the ranking
- Incomplete/incorrect routines will result in a zero ‘DNF’ score
- Time of Flight will not be included
- Competition Cards are required

A nominated panel (Member of TC, Chair of Panel & 1 x appropriately qualified coach), reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

TRA NDP DIS Technical Requirements
NDP Level 1-3

<table>
<thead>
<tr>
<th>Under 15/Over 15</th>
<th>DISABILITIES NDP LEVEL 1 Compulsory</th>
<th>DISABILITIES NDP LEVEL 2 Compulsory</th>
<th>DISABILITIES NDP LEVEL 3 Compulsory</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cat 1 Men’s/Ladies</td>
<td>1 ¼ Twist to Front</td>
<td>1 Full Twist Jump</td>
<td>1 BSS (T)</td>
</tr>
<tr>
<td>Cat 2 Men’s/Ladies</td>
<td>2 To Feet</td>
<td>2 Straddle Jump</td>
<td>2 Straddle Jump</td>
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<tr>
<td></td>
<td>3 Straddle Jump</td>
<td>3 Seat Landing</td>
<td>3 Seat Landing</td>
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<td></td>
<td>4 Seat Landing</td>
<td>4 ½ Twist to Seat Landing</td>
<td>4 ½ Twist to Seat Landing</td>
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<tr>
<td></td>
<td>5 ½ Twist to Seat Landing</td>
<td>5 ½ Twist to Feet</td>
<td>5 ½ Twist to feet</td>
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<tr>
<td></td>
<td>6 ½ Twist to Feet</td>
<td>6 Pike Jump</td>
<td>6 Pike Jump</td>
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<tr>
<td></td>
<td>7 ½ Twist Jump</td>
<td>7 Back Landing</td>
<td>7 Back Landing</td>
</tr>
<tr>
<td></td>
<td>8 Pike Jump</td>
<td>8 ½ Twist to Feet</td>
<td>8 ½ Twist to Feet</td>
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<td></td>
<td>9 Back Landing</td>
<td>9 Tuck Jump</td>
<td>9 Tuck Jump</td>
</tr>
<tr>
<td></td>
<td>10 ½ Twist to Feet</td>
<td>10 FSS (T)</td>
<td>10 FSS (P)</td>
</tr>
</tbody>
</table>

Voluntary Routines
- Difficulty Range 0.9 – 1.2
- Difficulty Range 1.3 – 1.9
- Difficulty Range 2.0 – 3.0

Minimum Standard to qualify to NDP Regional Team Qualifier
2 round score of 42.0 Execution & Horizontal Displacement (no difficulty)
TRAMPOLINE DOMESTIC COMPETITION STRUCTURE

DISABILITIES TRAMPOLINE

PERFORMANCE PLAN

2019
**TRA DIS Spring Event Series**

**DIS Performance Level**

**Under 15/Over 15**

Trampoline Individual

- CAT 1 Men/Women
- CAT 2 Men/Women

All gymnasts at Disabilities Performance Level will be required to perform:
1 x Compulsory Routine
1 x Voluntary Routine

Trampoline Individual:

- 2 round cumulative score will determine the ranking
- Incomplete/incorrect routines will result in a zero ‘DNF’ score
- Time of Flight **will not** be included
- Gymnasts receiving a zero score will not be awarded a medal
- Competition Cards are required

A nominated panel (Member of NTTC, Chair of Panel & 1 x appropriately qualified coach), reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

**Qualification to British Championships**

The top 12 ranked individual gymnasts, per gender from the Spring Event Series Events will qualify for the British Championships. These qualifiers will be calculated from the best, cumulative total score (achieved at the same qualifying event) **providing all minimum standards have been achieved**. Any additional allocated places may be considered by the NTTC along with the Performance Team.

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**TRA DIS British Championships**

**DIS Performance Level**

**Under 15/Over 15**

Trampoline Individual

- CAT 1 Men/Women
- CAT 2 Men/Women

All gymnasts at Disabilities Performance Level will be required to perform:
1 x Compulsory Routine
1 x Voluntary Routine
1 x Voluntary Routine (Top 8 Final)

- Time of Flight **will not** be included
- FIG rules will apply with the exception of a zero final. All results (ranking) will be based on a cumulative score
- Competition Cards are required

A nominated panel, (Member of NTTC, Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time
### TRA Disabilities Performance Technical Requirements

<table>
<thead>
<tr>
<th>Under 15 / Over 15 CAT 1 Men/Women CAT 2 Men/Women</th>
<th>1&lt;sup&gt;st&lt;/sup&gt; Routine - Compulsory</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 BSS (T)</td>
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<tr>
<td></td>
<td>2 Straddle Jump</td>
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<td></td>
<td>3 Barani (T)</td>
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<td>4 Tuck Jump</td>
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<td></td>
<td>5 BSS (T) to Seat Landing</td>
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<td></td>
<td>6 ½ Twist to feet</td>
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<tr>
<td></td>
<td>7 ½ Twist jump</td>
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<td></td>
<td>8 Pike Jump</td>
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<td></td>
<td>9 ½ Twist to Front Landing</td>
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<td>10 To Feet</td>
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</tbody>
</table>

**Voluntary Routine**

**Minimum Difficulty 3.1**

<table>
<thead>
<tr>
<th>Minimum Standard to qualify British Championships</th>
<th>Minimum 2 Round Score (E &amp; HD)</th>
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<tbody>
<tr>
<td></td>
<td>44.00</td>
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