



2019 Trampoline & Tumbling Competition Handbook

Message from TC Chair:


Following the 2017 World Championships & World Age Group Championships and the 2018 European Championships, we have updated the NDP & Competition structures. These changes are necessary to support the long-term aims of these pathways and the full competition structures for 2019 are posted on the BG website.

For coaches and officials wishing to further understand both our long term aims and the reasons for these changes, we would encourage you to attend the Trampoline, Tumbling and DMT Symposium in January 2019.

Please read carefully the information on page 9 and the implications if clubs do not adhere to these regulations.

Version History

The Trampoline & Tumbling Technical Committee reserves the right to make amendments to this Handbook.

Notification of a change to the Handbook will be communicated through the [British Gymnastics website](#)  and an updated version will be made available to download at the time of change.

All versions will be listed on this page, with reference to amendments made;

Version 1.0 – Original

V1.1 – Page 29 – Correction of TUM NDP Level 5 Competition Categories

V1.2 Page 37 – Amendments to DMT Minimum Coaching Requirements
Page 34 – Rewording to Chris Fordham details

V1.3 Page 28 – NDP Finals date corrected

V1.4 Page 5 & 8 – Supervised Coach definition change

V1.5 Page 37 – DMT FIG Performance Men 15-16 coach requirement change
Page 28 – NDP Finals Venue changed to Ricoh Arena
Page 38 – Regional contact changes


V1.6 Disability categories amended – All events
Page 10 – Changes made to inquiry form conditions

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Definition of Terms

- **Assisting Coach(es)** are coaches who are permitted on the competition floor and/or warm up hall, but who work under the guidance and responsibility of the supervising coach. Assisting coach(es) must meet all of the relevant eligibility requirements.
- **BG** means British Gymnastics
- **BGF** means British Gymnastics Foundation
- **BG Nomination Panel** – Performance Team, Senior Performance Manager & Chair of The National Trampoline & Tumbling Technical Committee.
- **Championships** means any British Championship organised by or on behalf of BG.
- **CJP** – means Chair of Judging Panel
- **Code** means the Code of Points used for the competition, from which technical information and regulations are taken.
- **CPSU** means Child Protection in Sport Unit
- **Criminal Record Certificate** means DBS (previously CRB) Access NI Eligibility or PVG
- **Event** means any national competition and championships organised by or on behalf of BG.
- **FIG** means Federation Internationale de Gymnastique
- **GEL** means Gymnastics Enterprise Ltd
- **Medical Certificate** means a letter on headed paper signed by a Doctor or Physiotherapist confirming the gymnast is unfit to take part in the competition
- **Lead Coach** – The coach taking overall responsibility for all the gymnasts from their club/region. The Lead Coach must be present in the competition arena throughout the event to take responsibility for their coaches and gymnasts. The Lead Coach must possess sufficient qualification to cover all the skills that any of their gymnasts will be performing within the competition.
- **NDP** means National Development Plan
- **Officials** are people recruited to assist with the delivery of the overall event i.e Floor Manager, Ceremonies Manager, Spectator Tickets Manager
- **Organiser** means the Trampoline Gymnastics National Competition Organiser (NCO) or their designated representative, who is authorised by, or on behalf of BG
- **Regional NDP Compulsory Series** means the 2/3 events run within each Region under the national rules, which will ordinarily take place between October and February each year leading to the Regional NDP Compulsory Final in March.
- **Coach(es)** are those coaches submitted in the online entry process and who are responsible for the gymnast(s) for the entire event. This coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Any changes to the supervising coach(es) submitted on the online entry system must be notified to the Events Department prior to the event and in exceptional circumstances if changes are required during the event, these must be notified to the Organisers. Changes to supervising coaches will only be permitted where the replacement coach meets all of the relevant Eligibility requirements
- **TC** means the Trampoline Gymnastics Technical Committee of BG and/or any Technical Committees appointed from time to time acting with the appropriate delegated authority.
- **Unattached** means gymnasts who are not members of a BG registered club but hold appropriate BG membership.
-  means it is a hyperlink to official policy statements and other event related information.

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

Technical Committee

Chair	Sharon Wood	sharon.wood@british-gymnastics.org
National Competition Organiser	Mike Armstrong	trampolining.competitions@british-gymnastics.org
National Judging Co-Ordinator	Andrew Jones	Andrew.jones@british-gymnastics.org
Disability Representative	Dawn Lawson	
Trampoline & DMT Coach Education Representative	Vacant	
Tumbling Coach Education Representative	Alan Lavelle	
DMT Representative	Phil Dodson	
Co-opted TC member (WC Liaison)	John Beeton	

British Gymnastics Contact Details

Customer Support	0345 1297129 ext. 2395	customersupport@british-gymnastics.org
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National Competition Calendar

	Event & Date	Opening Date	Closing Date	Venue
	Spring Event Series 1 27 th – 28 th April	1 st February	Noon 15 th March	International Centre, Telford
	Spring Event Series 2 1 st – 2 nd June	8 th March	Noon 1 st May	EIS, Sheffield
	Regional Team Finals & NDP Semi-final 8 th – 9 th June	15 th March	Noon 26 th April	Arena, Birmingham
	NDP Final 13 th – 14 th July	19 th April	Noon 12 th June	Ricoh Arena, Coventry
	British Championships 28 th – 29 th September	5 th July	Noon 16 th August	Arena, Birmingham

Regional NDP Compulsory Series will be held by regions between October and February each year leading to the Regional NDP Compulsory Final which will take place in March.

The results from the Regional NDP Compulsory final regional competition in March should be sent to emma.burton@british-gymnastics.org

Regions should select their teams as per the directives stated in the competition structure. (add link)

Competition Structures

Please refer to the relevant booklets for information on the competition structures for Trampoline, Tumbling and Double Mini-Trampoline:

[Trampoline Domestic Competition Structure](#) 

[Double Mini-Trampoline Domestic Competition Structure](#) 

[Tumbling Domestic Competition Structure](#) 

[Disabilities Domestic Competition Structure](#) 

Eligibility

Membership

All persons attending BG events in an official capacity, whether as a gymnast, coach or judge are required to hold current BG membership in line with the level of competition entered and awards held.

Coaches, Judges and Gymnasts should carry current membership cards to all competitions and be prepared for these to be checked by the Organiser or their appointed officials.

- **Gymnasts**


Membership level must be Competitive Gymnast, Coach or Life Members of BG in order to enter a BG Event.

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 they must contact the Events Department and request entry into the Event. If granted such gymnasts will be given the classification as being Unattached. In such circumstances the gymnasts must nominate a Supervising Coach and must also meet all other membership requirements.

For all Grades competitions, gymnasts must hold current BG membership at the time of Regional Preliminaries. Anyone discovered to have been without the correct level of membership for these competitions will be disqualified.


- **Lead Coaches**

Lead coaches' membership level must be Coach or Life Members of BG and coaches must be qualified to the level of the skills being performed by all Gymnasts in the club/Region before being allowed to participate in a BG Event. Coaches must have current safeguarding and DBS certificates, please see Safeguarding section. The lead coach may authorise other coaches from their club/region to coach skills at a maximum of one level higher than that coaches' qualification but has responsibility for insuring that they are competent to do so. For further information on the changes introduced this year for Lead and Supervised coaches, please click here. 

- **Coaches**

Supervising coaches' must have Coach membership level or be Life Members of BG and coaches must be qualified to a minimum of level 2. Coaches must also have a current Safeguarding & DBS certificate. Please see Safeguarding section.

- **Supervised Coaches**

With the explicit authorisation of the lead coach, supervising coaches may coach skills at the maximum of 1 level higher than their current qualification before being allowed to participate in a BG Event, in this instance the supervising coaches must have completed the relevant course or module of the next coaching level covering those skills, although they may not yet be signed off as qualified. For further information on the changes introduced this year for Lead and Supervised coaches, please click here. 

- **Assisting Coaches**

Assisting coaches' must have Assistant Coach (if Level 1), Coach Membership level or be Life Members of BG before being allowed to participate in a BG Event. Coaches must also have a current safeguarding certificate. Please see Safeguarding section. Assisting Coaches cannot be responsible for the Gymnasts.

- **Chaperones**

Chaperones must have current BG membership and Safeguarding award and will only have access to the warm up hall when in attendance at an event.


- **Judges**

Club, County and Regional Judges' must have Judge membership or be Life Members of BG while National and Brevet Judges are required to hold National/Brevet Judge membership of BG before being allowed to officiate at a BG Event.

From time to time British Gymnastics may invite international judges to officiate at BG events, as such they will not require BG membership.

Judges must also hold a judging award for the current cycle (Cycle 2017-2020)

BG does not require judges to complete a criminal record check to judge at BG competitions, as the role that judges fulfill at the event no longer falls within DBS or Access NI Eligibility*. However, some judges are actively involved in club gymnastics and may provide judging instruction to children in a training environment or carry out a supervisory role (or may complete a criminal record check by virtue of another role they undertake e.g. coach). As not all judges use their qualification in the same way, it is the club's responsibility to assess the role the judge is undertaking and determine whether the activities involved fall within the eligibility criteria for a criminal record check. BG no longer requires all judges to complete safeguarding training but clubs should ensure any judge who supervise or instructs children has completed appropriate training.

*Judges who hold Scottish Gymnastics membership should refer to [Scottish Gymnastics](#)  for further guidance as to whether a check is required.

For further information on membership levels please visit the [British Gymnastics website](#). 

Coach Qualifications

When submitting entries for a BG event, clubs/regions must ensure that where applicable, the nominated Lead Coach is qualified to the level of performance of all the participants from their club/region. Supervising Coaches must be a minimum of level 2. With the explicit authorisation of the Lead Coach, Supervising Coaches may coach skills at the maximum of 1 level higher than their current qualification. If coaching at one level higher than their current qualification, coaches must have completed the relevant course or module of the next coaching level covering those skills, although they may not yet be signed off as qualified.

All Coaches entered into the event entry MUST be the same ones attending the event. It is unacceptable to enter a coach you know will not be attending. The Lead Coach has the ultimate responsibility for all the participants from their club/region and that of the Supervising Coaches, Assistant Coaches, Chaperones & Choreographers.

Lead Coaches entered onto the event entry MUST be the same ones attending the event. It is unacceptable to enter a coach you know will not be attending. It is the clubs responsibility to ensure that only accredited coaches are on the Field of Play. Coaches who are used to push mats must be at least a level 2. Lead Coaches have a duty of care towards their performers and have responsibility to ensure that all of the coaches under their supervision are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically and psychologically, for performing their routines in a competition situation.

Additional Assisting Coaches (Level 1 and above) may be accredited, at the discretion of the Organiser, to be present in the competition arena to assist with the pastoral care of the gymnasts. Assisting coaches may not coach the gymnasts unless they fulfil the requirement of holding a recognised qualification suitable to the level of skills being performed.

Additional Chaperones may be accredited; at the discretion of the Organiser, to be present in the warm up arena to assist with the pastoral care of the gymnasts. Chaperones may not coach the gymnasts.

If it is found that a club is in breach of these policies BG reserves the right to reject an entry on the grounds of gymnast safety or, if discovered post performance, to disqualify the competitor and remove their score(s) from the official results.


Safeguarding

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

All Gymnasts must have an accredited coach present on the competition floor at all times. If a Gymnast attends a competition without a Supervising Coach they will not be allowed to compete.

The safeguarding courses recognised by British Gymnastics are:

Sports Coach UK (scUK) Safeguarding Awareness course.
Local Safeguarding Children;s Board (LSCB)
Football Association (FA) safeguarding training
Professional prior learning ie Social Worker, Teacher etc.

This must be renewed every three years and be valid both at the time of entry and through to the end of the Event.  Coaches are responsible for checking the expiry date of their safeguarding and ensuring they have sufficient time to renew their award prior to the closing date of the event.

For members who have previously completed a face to face course an online refresher update course is available.

Coaches must also have a valid **Disclosure and Barring Service**  disclosure both at the time of entry and through to the end of the Event before being allowed to officiate at a BG Event.

Nationality

Participation in all British Gymnastics Events is subject to the requirements of membership, club/regional registration and other conditions of entry.

In addition, the following regulations concerning Nationality are applicable to British Gymnastics Events.

British Championships

Only those in possession of a valid United Kingdom passport (and do not hold a FIG licence for another member federation) are eligible to be ranked in the official Competition results, where a British Championships title is being contested. This is effective for individual competitions. In team competitions or where gymnasts compete together as part of a group/partnership, all of the gymnasts must be in possession of a valid United Kingdom passport in order for that team/group/partnership to be ranked in the official Competition results.

At the discretion of the British Gymnastics Technical Committee and with agreement from the British Gymnastics Performance Director (or their appointee), those who are not in possession of a valid United Kingdom passport may take part in Competitions where a British Championships title is being contested. Participation is also subject to approval from their own FIG Member Federation in accordance with FIG statute. They will receive score(s) but will not receive a ranking in the official Competition results. In such circumstances gymnasts will be referred to as Guests.

Gymnasts holding dual citizenship (including a valid United Kingdom passport) are only eligible to receive a ranking in the official results (either as an individual or as part of a team/group/partnership) if they do not hold an FIG License registered by another FIG Member Federation or have not represented another FIG Member Federation.

Gymnasts who are not in possession of a valid United Kingdom passport and who are not members of British Gymnastics may be invited by the British Gymnastics Technical Committee or Performance Director to take part in the British Championships. They will receive score(s) but will not receive a ranking in the official Competition results.

Other British Gymnastics Events:

At the discretion of the British Gymnastics Technical Committee and with agreement from the British Gymnastics Performance Director (or their appointee), non-British citizens may take part in other British Gymnastics' Competitions. Participation is also subject to approval from their own FIG Member Federation in accordance with FIG Statutes

Those gymnasts who are not in possession of a valid United Kingdom passport must have been a member of British Gymnastics for at least one year prior to the date of the Competition in order to be eligible to take part. During this period the gymnast's sole or main residence must be within the United Kingdom.

They will receive score(s) and will receive a ranking in the official Competition results. This is effective for both individual competitions and competitions where gymnasts compete together as part of a team/group or partnership.

Where a Competition provides a qualification route to take part in a British Championships, the results of a non-British citizen will not lead to the displacement of a British citizen who would have otherwise qualified for the British Championships.

In exceptional circumstances, gymnasts who are not in possession of a valid United Kingdom passport and who are not members of British Gymnastics may be invited by the British Gymnastics Technical Committee or Performance Director to take part in British Gymnastics Events. The Technical Committee with approval from the Performance Director will have the discretion to determine whether their scores will contribute towards the official Competition results.

Disclosure

It is the responsibility of the person making the Competition entry to ensure that all of the gymnasts have declared their nationality within Gymnet online membership portal.

Policy for the Participation of Trans People in Gymnastics Competition

For information on Transgender, please refer to the British Gymnastics Transgender Policy which can be found here 

Competition Entries

Entry Process

Entry to all National BG Events are Online only. [Complete instructions](#)  for adding an entry via the GymNet online Entry Portal are available to download from the BG website.

All entries must be fully submitted electronically to BG by the stipulated closing date and time.

Prior to the event, an entry may only be amended by the person making the original entry.

Guests


If a gymnast wishes to compete as a guest (see Nationality section above for details of guest gymnasts) at a British Gymnastics event the club/coach should contact the events department in the first instance before the closing date. Guest gymnasts will be placed on a waiting list. Following the competition closing date a decision will be made between the Technical Committee, the Events Department and the Performance Department 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.

Disability Gymnastics

Disability Gymnastics is designed to provide competition and development for people whose disability or impairment restricts their mainstream competitive opportunities.

As part of the development of Disability Gymnastics, British Gymnastics has produced its own sport specific Disability Gymnastics Classification Certificate. The classification certificate is contained in a pack which also clearly defines the eligible impairments for Disability Gymnastics Competition.

All clubs and coaches must inform the British Gymnastics Events Team of any of any gymnasts which have medical conditions that require special consideration at BG events. This information should be shared with the BG Events Team at the point of competition entry and will enable the BG events team to make the necessary adjustments where possible to cater for the additional needs of each gymnast.

Gymnasts will be required to provide proof of Disability at least six weeks before the event. Please complete and return the Disability Gymnastics Classification Certificate by following the instructions in the [Disability Classification Pack](#). 

Although there are 44 different eligible classifications (Profile groups) in the Classification Pack, this does not mean that there are 44 different competition categories for Disability Gymnastics competition.

The Disability competition classification categories available can be found within the information pages for each competition which has integrated disability.

Methods of Payment

Payment can be made by Debit Card, Credit Card or BACS payment. BACS payment however may slow the entry process. Payments should be received by 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 and only up to 7 days after the closing date.

In the unlikely event of a late entry being accepted, payment of three times the normal entry fee stated for the competition will be required for individuals (including partnerships and groups). For team late entries the fee will be double (including clubs and regions). However, the late entry payments will be capped at £1000 (i.e the additional payment over and above the normal entry fee per gymnast / partnership / group / team will be capped at £1000).

Late entries must be made in writing to the BG Events department and will then be referred to the Organiser for consideration. The Organiser and BG Events department will have absolute discretion whether to accept a late entry.

Late entry requests may be placed on a reserve list and clubs notified if their entry is accepted following a withdrawal, up to 1 week prior to the event.

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. Entry fees are non-refundable after the closing date.

For NDP Finals, Regional Team Finals/NDP Semi-final, if a Region wishes to make a substitution (due to the withdrawal of a previous regional entry) of a Pair/Group, they can only do so up to one week before the event, in writing to the BG event department after the entry is closed. Proof of qualification of the substitute must also be provided if applicable, at the time of the request. Substitutions will not incur a fee however there is no guarantee that the substituted names will be included in the spectator programme.

Where it is necessary to substitute a coach the club must inform the BG Events Department, 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 must inform the Organiser immediately on arrival at the venue and produce their coaching award certificate, current BG membership card and a current BG specific Criminal Records Check certificate.

Where there are specific rules and/or processes please refer to the specific event page.

Non-Participation Fee

By entering a gymnast (individual/partnership/group) or a team (team events) into an event, the enterer accepts that, should any gymnast or team fail to register to compete by the end of registration for a competition, the appropriate fee for non-participation will be added to the club basket or in the case of regional entries, basket of the person making that entry.

Fees will be charged as follows:

£25 – Individual / Pair

£50 – Trio / Group / Team

Should a gymnast be withdrawn, for whatever reason, the club or coach must inform the Competition Organiser and Events Department in writing via email up to the close of registration for the relevant session. Email addresses are listed in the Contact Information on page 6 of this Competition Handbook. Withdrawals will only be accepted via email.

Failure to inform the Events Team and Competition Organiser as laid out above will result in the non-participation fee being charged.

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.

Registration

Only register your Gymnast(s)/Club/Region when those competing in that section of the event have arrived at the event and intend to compete. Please inform the registration desk of any withdrawals as soon as possible.

During registration accreditation/passes will be issued. Abuse of accreditation/passes may result in disciplinary action taken by BG.

Specific registration processes where appropriate can be found in the event work plan.

Order of Performance

The order of competing for individual events and team events shall be decided according to the competition arrangements made by the Organiser or such officials as may be authorised by the Technical Committee. For the purpose of maintaining the smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the TC reserve the right to alter the grouping of gymnasts and/or running order of performances as may be deemed necessary by the Organiser or authorised officials, up to the start of warm up.

Wherever practical the Organiser shall produce and circulate to all participating clubs a provisional start list and running order for an event at least 2 weeks before the day thereof.

Music (where applicable)


All music for competition routines must be uploaded onto the GymNet portal at the latest one week before the competition date (see event page for specific time and date).

Instructions for submitting music electronically may be found within the [Online Entry Guide](#) 


Late Music Submission (where applicable)

Late submission of music will attract a fee of £20.00 per gymnast/partnership/group/team. This fee will be added to your club basket. Music not uploaded by the deadline cannot be guaranteed to be uploaded on the day.

Music Licensing (where applicable)

All music used in competition routines must conform to the relevant licensing requirements. Details may be found at the following link. 

Certain tracks belonging to Disney, Andrew Lloyd Webber and Cirque du Soleil can be used but this should be checked on the PPL website to confirm the track is included within their repertoire.

To check tracks go to  scroll to the bottom of the page and click on 'PPL Repertoire Search' enter the artists name and title. Any music listed as part of the search can be used.

If the track is not included within the listed tracks the club must apply directly to Disney, Andrew Lloyd Webber or Cirque du Soleil to use the track and pay the relevant licensing fees.

Access to Warm up Hall

Access to the warm up hall will be limited to the appropriate number of Coaches and Chaperones (where applicable) as defined in the specific details section for each Event. On arrival, coaches will need to register and collect their accreditation from

registration. In the case of events spanning more than one day, accreditation will be issued for each day. At larger national events the FIG/UEG recognised accreditation system will apply.

Abuse of accreditation may result in disciplinary action being taken by BG.

Judges will not be allowed into the warm up hall, once the judges meeting has taken place.

Food and Drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies.

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.

Medical Provision

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

At all BG 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 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 Organiser, based upon the recommendation of the BG appointed medical officer as to the gymnast's health and medical status and their ability to compete at the Event is absolute and final.

Medal Ceremonies

Except in exceptional circumstances, gymnasts who win a medal at a BG Event 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 World Championships and UEG rules.

Tenure of Trophies

All perpetual trophies remain the property of BG.

Perpetual trophies are the responsibility of the winning club or region. The club or region are 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.
- Returning it to the competition organiser at least one week prior to the competition.
- Returning it to the BG offices at least one week prior to the competition.

Failure to do this or loss of a trophy will incur a cost to the individual / club.

Privacy

British Gymnastics Privacy Notice 

At many events, British Gymnastics may produce event merchandise (eg event tshirts). 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 Performance staff and the Technical Committee in order to discuss if modifications to rules and processes are appropriate arising from this disability.



The scores, results and “Judgecam” videos from British Gymnastics events, where BG Score is present will be made available in the BG Score App and also published on the BG website in the specific event page.

Video, Film and Photography

If you agree for your club to enter you into a BG competition, we will use your personal information to confirm you have been entered into the correct category and to enable you to participate in the event. All BG competitions are large events where filming and photography by BG accredited photographers and the media will be taking place. In some cases, the events will be videoed and/or live streamed by BG TV. Images taken at our events may be used by BG, BGF and GEL for the purposes of promotion, education and development of the sport. They may also be shared with relevant third parties organisations for journalistic/promotional purposes. The results of BG competitions are published and videos of routines performed by participating gymnastics are made available for viewing by BG members.

Any gymnast or parent who does not wish themselves or their child to be photographed/filmed at the event must advise the British Gymnastics Events Department or the Event Organiser. Although it is not always practical to manage the content of live streamed footage, we 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. Clubs may publish some photos but this may only be done in accordance with [BG Safeguarding & Protecting Children Policy](#). 

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 BG appointed Welfare Officer at the event.

Health & Safety

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

Overnight Stays

Government legislation requires that when a club takes a gymnast(s) under the age of 18 years on a journey involving an overnight stay, the club must ensure that there is a 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 Country equivalent.

For **Overnight Trips** the appropriate form needs to be completed in full and sent to British Gymnastics **at least** four weeks prior to travel so we can get your trip approved and endorsed by our insurers. Failure to inform British Gymnastics of **any** overnight stays may invalidate your insurance.

Please note that the BG Membership Insurance does not cover Travel or Emergency Medical Expenses, we therefore recommend that where necessary you take out additional Travel Insurance.


Drug Free Sport

The testing programme may affect any elite gymnast performing at a national standard.

Please follow the link to read the [BG policy](#) 

Terms & Conditions of Entry to All Competitions

In addition to BG General Rules & Regulations -

- All entrants agree to be treated by BG appointed medical staff only and be bound by the decision of BG medical staff in relation to their ability to compete in the competition.
- By submitting an inquiry you agree to pay a fee which will be added to the club/region basket.
- You agree to the storing of competition scores. BG will redact your details from the published results unless there is a justifiable reason to reject an objection to publication. 
- You agree to abide by the BG Photography at Gymnastics events policy.
- The person making the online entry on behalf of gymnast(s), a club or a region, undertakes to ensure that those who they are making an entry on behalf of are fully aware of and agree to abide by the contents of this handbook.

Trampoline and Tumbling Technical Information

Eligibility

Code of Conduct

[British Gymnastics National Technical Committee Code of Conduct](#)

[Trampoline Judges Code of Conduct](#)

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

Regional Representation

Gymnasts may only represent the Region in which their club is situated.

Gymnasts may only represent one Region/Club at any one time in a discipline eg TRA. Gymnasts can represent a different Region/Club in another discipline e.g. DMT.

Exceptional circumstances will be considered following written application to the TC.

Where Regional entries are made to a National Event, gymnasts and coaches must be selected according to the National rules **(no Regional variations are permitted)**

Where regional entries provide a pathway to national events coaches must be qualified according to the rules laid out in pages 8 & 9 of the National Competition Handbook.

Age Policy

Gymnasts' ages for the purpose of entry to all age dependent categories will be taken as the age reached in the year of the competition.

The minimum age for entry to National BG Events is 9 in the year of competition.

Year Born Eligibility for National Competitions 2019	
9 and 10 years born	2010 and 2009
11 and 12 years born	2008 and 2007
13 and 14 years born	2006 and 2005
15 and 16 years born	2004 and 2003
17 and 18 years born	2002 and 2001
17 and 19 years born	2002 to 2000
17 to 21 years born	2002 to 1998
19 + years born	2000 and before
Senior born	2002 and before

*See age group relevant to each discipline in 2019 competition structures.

To view the complete BG age policy please view the [Health, Safety & Welfare Policy](#).

Gymnasts must compete in their age group. At FIG Level, gymnasts have the option at age 17, to compete in the 17-21 age group, or senior age group, subject to them being able to meet the minimum criteria for that age group.

Competition Attire

- Gymnasts
 - Gymnasts must wear the attire as described in the [BG Trampoline BG Code of Points](#)
 - Advertising on attire must adhere to FIG rules

- The wearing of GBR or Home Country attire at BG Events is strictly forbidden.
 - Strapping – no big contrast with skin colour - refer to BG 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/regional t-shirt and appropriate gym/training shoes.
 - The wearing of GBR or Home Nation attire at BG Events is strictly forbidden
 - 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. If it is impossible to remove items of jewellery they should be taped. Exceptions are as per [BG Body Piercing and Adornments policy](#).
 - Spotters
 - Spotters must wear the attire as described in the BG Trampoline [BG 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
 - Male: Navy blazer or suit, navy trousers, white shirt, BG, FIG or plain navy tie, black shoes
 - Female: Navy blazer or jacket, navy skirt or full length trousers, white blouse, black shoes (without heels)
 - 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 BG Event. All requests must be on the official [BG Clothing Modification Request Form](#) and submitted with the competition entry, to allow sufficient time for full consideration of the application and any possible health and safety implications.

For competitors, coaches and judges, chewing gum is not allowed 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 the BG Score App is in operation.

Competition Apparatus

For BG Events, the following competition apparatus will be used:

- Trampoline: Eurotramp Ultimate 4x4 - Supplied by Gymaid
- Double Mini-Trampoline: Eurotramp Ultimate 6x6 – Supplied by Gymaid
- Tumbling: Skakoun Original (10m run up, 25m track, 6m landing zone) – Supplied by Gymnova

For Club and Regional Qualifying Events, alternative equipment for Trampoline may be used.

For Club and Regional Qualifying Events, the current half inch Double Mini-Trampoline or Ultimate 6x6 DMT may be used.

Competition cards

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

- Trampoline and DMT

A trampoline competition card template is available from the downloads section on the [BG website](#).

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

Competition cards should be completed in FIG notation only, competition cards may be written in clear English or FIG notation.

For NDP Level the card should be marked with asterisks to indicate required elements in WAGC/FIG 'A' 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.

Difficulty Cards will be required as follows for each discipline at each event:

✓ indicates a difficulty card will be required

TRA	Spring Event Series	Regional Team Final	NDP Final	British Championships
NDP 1		x	x	
NDP 2		x	x	
NDP 3		x	x	
NDP 4		x	x	
NDP 5		x	✓ (Not 9-10 yrs)	
NDP 6		x	✓	
FIG Development	✓		✓	
FIG Performance	✓			✓

DMT	Spring Event Series	Regional Team Final	NDP Final	British Championships
NDP 1		x	x	
NDP 2		x	x	
NDP 3		x	x	
NDP 4		✓	✓	
NDP 5		✓	✓	
NDP 6		✓	✓	
FIG Development		✓	✓	
FIG Performance	✓			✓

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 FIG Development and FIG Performance Level.

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

Competition cards should be completed in FIG notation only.

Competitors may not compete without a valid competition card.

All cards must be signed by the appropriately qualified Supervising Coach in order to be valid.

Difficulty cards are required for all Gymnasts in disability group for all National British Gymnastics events (SES, RTF, NDP Finals & British Championships).

Inquiries

An inquiry is only applicable when BG score is being used to facilitate video feedback

A coach may only inquire about the D score (and ToF, Machine HD or Machine Synchro for TRA).

Inquiries can be made only for the Club/Region's own Gymnasts.

No inquiries can be made about Execution scores, or other penalties.

Inquiry forms will be published in each event workplan.

A coach should register a verbal intention to inquire by approaching the CJP and/or Superior Jury within 2 minutes of the relevant score's publication.

Thereafter, official NTTC inquiry forms must be completed and returned to the Superior Jury within 5 minutes of the initial verbal inquiry. Forms can be obtained from the CJP, Panel Manager or Superior Jury.

The Supervising Coach for the Club/Region of the competing gymnasts places the appeal form with the Superior Jury.

- First inquiry: £25
- Second inquiry: £50
- Third and subsequent inquiries: £75


The placement of an inquiry form becomes a contract to pay the appropriate fee if the inquiry is not upheld.

This fee will not be collected in cash at the event, but added to the basket of the club/coach concerned.

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 competition session and before any award ceremony.

To decide an inquiry, the Superior Jury will review the official video replay system **only**. No other video or photographic evidence can be considered. In the cases of uncertainty, benefit of the doubt will be awarded to the gymnast.

Provision of Officials

The Events Team in accordance with the Expenditure Guidelines for Technical Committees, Judges & Officials will book the accommodation for judges and officials appointed by the National Judging Co-ordinators and National Competition Organisers centrally .

Clubs will no-longer be required to nominate judges and officials as part of their online entry for any of the National Competitions. Judges will be selected by the Judging Convenor and we will endeavour to confirm selection 4 weeks prior to each event.

NB: Recruitment for the Regional Team Finals & NDP Qualifiers, will be as detailed above. We will endeavour to select judges from across all regions. A contribution of £335 from each region towards the costs for Judges for this event will be added to the On-line entry.

To follow is a breakdown of the minimum level of Judge required for each event:

Competition	Trampoline	Tumbling	Double Mini Tramp
Spring Series	Regional	Regional	Level 1
Regional Team Finals & NDP Qualifier	County	Regional	Level 1
NDP Finals	Regional	Regional	Level 1
British Championships	National & FIG Brevet	National & FIG Brevet	National & FIG Brevet

Spring Event Series 1

Date: 27th – 28th April
Venue: International Centre, Telford

Opening date: 1st February

Closing date: Noon 15th March





Disciplines:

- Individual Trampoline
- Double Mini-Trampoline
- Tumbling
- Disability Individual Trampoline

Entry fee:

- £45.00 per gymnast for first discipline entered
- £10.00 per gymnast for each additional discipline entered
- Trampoline, Tumbling & DMT - entries to the Spring Event Series should be made by the individual clubs

Code:

- Trampoline:
 - **BG Trampoline Code of Points** 
 - Trampoline Domestic Competition Structure (including disabilities structure)
- Double Mini-Trampoline:
 - **BG Double Mini-Trampoline Code of Points** 
 - Double Mini-Trampoline Domestic Competition Structure
- Tumbling:
 - Tumbling Domestic Competition Structure
 - **BG Tumbling Code of Points** 
 - FIG TRA Code of Points 2017-2020 

Eligibility:


- The Gymnast should be able to safely perform the routines/passes/runs and meet the minimum criteria required for this level. The coach and gymnast can select which level the gymnast starts the 2019 season, but should be mindful that they cannot change levels during that competitive year.
- If in the opinion of the NTTC a gymnast has been entered into a category that they consider unsafe, then the gymnast maybe withdrawn from that and future competitions at that level.
- Coaches have a duty of care towards their performers and have a responsibility to ensure that they are both qualified and competent to teach at the appropriate level, as well as ensuring that the gymnast is adequately prepared physically and psychologically, for performing their routines in a competition situation.

Competition Structure:

- Competitions will be offered:

	TRA	DMT	TUM
FIG Development Level	9-10 yrs for Women & Men		
	11-12 yrs for Women & Men		
	13-14 yrs for Women & Men		
	15-16 yrs for Women & Men		
	17+ yrs for Women & Men		
FIG Performance Level	9 -10 yrs for Women & Men	9 - 10 yrs for Women & Men	9- 10 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
	13-14 yrs for Women & Men	13-14 yrs for Women & Men	13-14 yrs for Women & Men
	15-16 yrs for Women & Men	15-16 yrs for Women & Men	15-16 yrs for Women & men
	17-21 yrs for Women & Men	17-21 yrs for Women & Men	17-21 yrs for Women & Men
	Senior for Women and Men	Senior for Women and Men	Senior for Women & Men
Disability	Disabilities Performance Cat 1 Women & Men U15 Cat 1 Women & Men 15+		
	Disabilities performance Cat 2 Women & Men U15 Cat 2 Women & Men 15+		

Coach Qualification and Passes:

- Please see Appendix 2 for the minimum level of coaching qualification required by Lead Coaches.
- Please follow the link to check equivalent levels of qualifications from [previous cycles](#) .

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Number of Gymnasts	Coaches
TRA & TUM	
1-4	3
5-8	4
9+	5
DMT	3
Disabilities	3

Additional accreditations may be granted by TC on request.

Tie Breaks:

- Tie-break rules TRA, DMT & TUM as per the [BG code of Points](#) .

Awards:

- Gold, Silver and Bronze medals will be awarded in each competition within each Level, Age Group and gender.
- Gymnasts receiving a zero score will not be awarded a medal.

Spring Event Series 2

Date: 1st – 2nd June

Venue: EIS, Sheffield

Opening date: 8th March

Closing date: Noon 1st May


Disciplines:

- Individual Trampoline
- Double Mini-Trampoline
- Tumbling
- Disability Individual Trampoline

Entry Fee:

- £45.00 per gymnast for first discipline entered
- £10.00 per gymnast for each additional discipline entered
- Trampoline, Tumbling & DMT - entries to the Spring Event Series should be made by the individual clubs

Code:

- Trampoline:
 - [BG Trampoline Code of Points](#) 
 - Trampoline Domestic Competition Structure (including disabilities structure)
- Double Mini-Trampoline:
 - [BG Double Mini-Trampoline Code of Points](#) 
 - Double Mini-Trampoline Domestic Competition Structure
- Tumbling:
 - Tumbling Domestic Competition Structure
 - [BG Tumbling Code of Points](#) 
 - [FIG TRA Code of Points 2017-2020](#) 

Eligibility:

- The Gymnast should be able to safely perform the routines/passes/runs and meet the minimum criteria required for this level. The coach and gymnast can select which level the gymnast starts the 2019 season, but should be mindful that they cannot change levels during that competitive year.
- If in the opinion of the NTTC a gymnast has been entered into a category that they consider unsafe, then the gymnast maybe withdrawn from that and future competitions at that level.
- Coaches have a duty of care towards their performers and have a responsibility to ensure that they are both qualified and competent to teach at the appropriate level, as well as ensuring that the gymnast is adequately prepared physically and psychologically, for performing their routines in a competition situation.

Competition Structure:

- Competitions will be offered:

	TRA	DMT	TUM
FIG Development Level	9-10 yrs for Women & Men		
	11-12 yrs for Women & Men		
	13-14 yrs for Women & Men		
	15-16 yrs for Women & Men		
	17+ yrs for Women & Men		
FIG Performance Level	9 - 10 yrs for Women & Men	9 - 10 yrs for Women & Men	9-10 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
	13-14 yrs for Women & Men	13-14 yrs for Women & Men	13-14 yrs for Women & Men
	15-16 yrs for Women & Men	15-16 yrs for Women & Men	15-16 yrs for Women & men
	17-21 yrs for Women & Men	17-21 yrs for Women & Men	17-21 yrs for Women & Men
	Senior for Women and Men	Senior for Women and Men	Senior for Women & Men
Disability Performance	Cat 1 Women & Men U15 Cat 1 Women & Men 15+ Cat 2 Women & Men U15 Cat 2 Women & Men 15+		

Coach Qualification and Passes:

- Please see Appendix 2 for the minimum level of coaching qualification required by Lead Coaches.
- Please follow the link to check equivalent levels of qualifications from previous cycles [🔗](#)

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Number of Gymnasts	Coaches
TRA & TUM	
1-4	3
5-8	4
9+	5
DMT	3
Disabilities	3

Additional accreditations may be granted by TC on request.

Tie Breaks:

- Tie-break rules TRA, DMT & TUM as per the [BG Code of Points](#) [🔗](#)

Awards:

- Gold, Silver and Bronze medals will be awarded in each competition within each Level, Age Group and gender.
- Gymnasts receiving a zero score will not be awarded a medal.

Regional Team Finals/NDP Semi-Final

Date:	8 th – 9 th June
Venue:	Arena, Birmingham
Opening date:	15 th March
Closing date:	Noon 26 th April

Disciplines:

- Individual Trampoline
- Double Mini-Trampoline
- Tumbling
- Disabilities Trampoline

Membership requirements:

- Gymnasts are required to have Competitive Gymnast Membership

Entry Fee:

- £45.00 per gymnast for first discipline entered
- £10.00 per gymnast for each additional discipline entered
- All entries to the Regional Final should be made by the Regions

Competition & Qualification Process:

- For extra information regarding this competition please read Appendix 3 on page 37

Code:

- Trampoline:
 - [BG Trampoline Code of Points](#)
 - Trampoline Domestic Competition Structure (including disabilities structure)
- Double Mini-Trampoline:
 - [BG Double Mini-Trampoline Code of Points](#)
 - Double Mini-Trampoline Domestic Competition Structure
- Tumbling:
 - Tumbling Domestic Competition Structure
 - [BG Tumbling Code of Points](#)
 - [FIG TRA Code of Points 2017-2020](#)


Eligibility:

- **Trampoline NDP Level 1-6 :**
- The top 2 gymnasts, per level, per (eligible) age group, per gender from the Regional NDP Compulsory Final, will qualify for the Regional Team Finals/ NDP Qualification
- These qualifiers will be calculated from the best, cumulative two-round total score providing all minimum standards have been achieved.

Disabilities TRA Regional Disabilities NDP levels- 1,2 & 3:

- The top 2 gymnasts, per level, per age group, per gender from the Regional NDP Compulsory Final, will qualify for the Regional Team Finals/NDP Qualification
- These qualifiers will be calculated from the best, cumulative two-round total score providing all minimum standards have been achieved.

Double Mini-Trampoline NDP Level 1-6 and FIG Development:

- The top 2 gymnasts, per level, per age group, per gender from the Regional NDP Compulsory Final, will qualify for the Regional Team Finals/NDP Qualification
- These qualifiers will be calculated from the best, cumulative two-round total score providing all minimum standards have been achieved 

Tumbling Level 1-5:

In Tumbling, the top 2 gymnasts per Level, per Age Group, per gender, per Region from the Regional NDP Compulsory Final, will qualify for the Regional Team Finals/NDP Qualification providing the minimum standards have been achieved.

Tumbling FIG Development Level:

The TOP 1 gymnast per Level, per Age Group, per gender, per Region from the Regional NDP Compulsory Final, will qualify for the Regional Team Finals/NDP Qualification providing the minimum standards have been achieved.

Competition Structure:

Competitions will be offered for:

	Trampoline	Double Mini-Trampoline	Tumbling
NDP Level 1	9-10 yrs for Women & Men	9-10 yrs for Women & Men	9-10 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
	13+ yrs for Women & Men	13+ yrs for Women & Men	
NDP Level 2	9-10 yrs for Women & Men	9-10 yrs for Women & Men	9-10 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
	13+ yrs for Women & Men	13+ yrs for Women & Men	13-14 yrs for Women & Men
NDP Level 3	9-10 yrs for Women & Men	9-10 yrs for Women & Men	11-12 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	13-14 yrs for Women & Men
	13+ yrs for Women & Men	13+ yrs for Women & Men	15+ yrs for Women & Men
NDP Level 4	9-10 yrs for Women & Men	9-10 yrs for Women & Men	
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	U13 yrs for Women & Men
	13+ yrs for Women & Men	13+ yrs for Women & Men	13+ yrs for Women & Men
NDP Level 5	9-10 yrs for Women & Men	9-12 yrs for Women & Men	
	11-12 yrs for Women & Men		U13 yrs for Women & Men
	13-14 yrs for Women & Men	13-14 yrs for Women & Men	13+ yrs for Women & Men
	15+ yrs for Women & Men	15+ yrs for Women & Men	
NDP Level 6	11-14 yrs for Women & Men		
		11-14 yrs for Women & Men	
	15-16 yrs for Women & Men	15-16 yrs for Women & Men	
	17+ yrs for Women & Men	17+ yrs for Women & Men	
FIG Development		11-14 yrs for Women & Men	9-10 for Women & Men
		15-16 yrs for Women & Men	11-12 yrs for Women & Men
		17+ yrs for Women & Men	13-14 yrs for Women & Men
			15+ for Women and Men
NDP Dis Level 1	Category 1 for Women & Men U15 Category 1 for Women & Men 15+ Category 2 for Women & Men U15 Category 2 for Women & Men 15+		
NDP Dis Level 2	Category 1 for Women & Men U15 Category 1 for Women & Men 15+ Category 2 for Women & Men U15 Category 2 for Women & Men 15+		
NDP Dis Level 3	Category 1 for Women & Men U15 Category 1 for Women & Men 15+ Category 2 for Women & Men U15 Category 2 for Women & Men 15+		

There will also be a team competition for:

- Trampoline
- Double Mini-Tramp
- Tumbling
- Disabilities

Points will be awarded within each discipline at each level, at each age group and in each gender as follows maximum of 2 per region:

8 points awarded to 1st place

7 points awarded to 2nd place

6 points awarded to 3rd place

5 points awarded to 4th place

4 points awarded to 5th place


3 points awarded to 6th place

2 points awarded to 7th place

1 point awarded to 8th place

The points for all results will be added and regions ranked according to the total in each discipline to give the respective team results.

Coach Qualification and Passes:



- Please see Appendix 2 for the minimum level of coaching qualification required by Lead Coaches.
- Please follow the link to check equivalent levels of qualifications from previous cycles 
- Include access areas for Team Manager and Chaperones.

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Maximum team official accreditations (excluding judges):

Number of Gymnasts	Coaches	Team Manager	Chaperones
TRA & TUM	8	1	2
DMT	6		

Tie Breaks:

- Tie-break rules TRA, DMT & TUM as per the **BG Code of Points** 
- Zero score as per **BG Code of Points** 
- In the team competition if a tie remains within any competition after the tie breaking rules have been applied, the tied gymnasts will receive the same number of points towards the team competition and the next rank(s) will be skipped.
- In the team competition if there is a tie in the total number of points, the tie will be broken by counting back from the oldest age category at Level 6 TRA and Level 7 DMT/TUM (combined points for men and women) to find the highest scoring region.

Awards:

- Individual Gold, Silver and Bronze medals will be awarded in each competition within each age group and for each gender.
- Gymnasts receiving a zero score will not be awarded a medal.
- A trophy will be awarded to the winning region within each discipline in the team competition.
- Participation Certificates for all gymnasts

NDP Finals

Date: 13th – 14th July
Venue: Ricoh Arena, Coventry

Opening date: 19th April
Closing date: Noon 12th June

Disciplines:

- Individual Trampoline
- Double Mini-Trampoline
- Tumbling
- Disabilities

Membership requirements:

- Gymnasts are required to have Competitive Gymnast Membership

Entry Fee:

- £45.00 per gymnast for first discipline entered
- £10.00 per gymnast for each additional discipline entered
- Trampoline, Tumbling & DMT - **entries to the NDP Finals must be made by the individual clubs**
- Late entries for gymnasts who are ranked in top 8 for each discipline will only be allowed one week after closing date. After this date, the reserves will be invited.

Competition & Qualification Process:

- For extra information regarding this competition please read Appendix 3 on page 37

Code:

- Trampoline:
 - [BG Trampoline Code of Points](#)
 - Trampoline Domestic Competition Structure (including disabilities structure)
- Double Mini-Trampoline:
 - [BG Double Mini-Trampoline Code of Points](#)
 - Double Mini-Trampoline Domestic Competition Structure
- Tumbling:
 - [BG Tumbling Code of Points](#)
 - [FIG TRA Code of Points 2017-2020](#)
 - Tumbling Domestic Competition Structure

Eligibility:

- Trampoline NDP Level 1-6:
 - The top 8 ranked gymnasts, per level, per age group, per gender from the Regional Team Finals/NDP Qualification will qualify for the NDP Final
 - These qualifiers will be calculated from the best, cumulative two-round total score.

Disabilities TRA Regional Disabilities level 1-3:

- The top 8 gymnasts, per level, per gender from the Regional Team Finals/NDP Qualification
- These qualifiers will be calculated from the best, cumulative two-round total score.

Trampoline FIG Development Level :

- The top 8 ranked gymnasts per level, per age group, per gender will qualify for the NDP final. These qualifiers will be calculated from the best, cumulative total score providing the minimum difficulty is completed.

Double Mini-Trampoline NDP Level 1-6 and FIG Development:

- The top 8 ranked gymnasts, per level, per age group per gender from the Regional Team Final/NDP Qualification will qualify for the NDP Final
- These qualifiers will be calculated from the best, cumulative two-round total score

Tumbling NDP Level 1-5 and FIG Development:


- The top 8 ranked gymnasts, per level, per age group, per gender from the Regional Team Finals/NDP Qualification will qualify for the NDP Final.
- These qualifiers will be calculated from the best, cumulative scores from all three runs.

Competition Structure:

- Competitions will be offered for:

	Trampoline (Individual)	Double Mini-Tramp	Tumbling
NDP Level 1	9-10 yrs for Women & Men	9-10 yrs for Women & Men	9-10 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
	13+ yrs for Women & Men	13+ yrs for Women & Men	
NDP Level 2	9-10 yrs for Women & Men	9-10 yrs for Women & Men	9-10 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
	13+ yrs for Women & Men	13+ yrs for Women & Men	13-14 yrs for Women & Men
NDP Level 3	9-10 yrs for Women & Men	9-10 yrs for Women & Men	11-12 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	13-14 yrs for Women & Men
	13+ yrs for Women & Men	13+ yrs for Women & Men	15+yrs for Women & Men
NDP Level 4	9-10 yrs for Women & Men	9-10 yrs for Women & Men	
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	U13 yrs for Women & Men
	13+ yrs for Women & Men	13+ yrs for Women & Men	13+ for Women & Men
NDP Level 5	9-10 yrs for Women & Men		U13 yrs for Women & Men
	11-12 yrs for Women & Men	9-12yrs for Women Men	13+ yrs for Women & Men
	13-14 yrs for Women & Men	13-14yrs for Women & Men	
	15+yrs for Women & Men	15+yrs for Women & Men	
NDP Level 6	11-14 yrs for Women & Men		
	15-16 yrs for Women & Men	11-14 yrs for Women & Men	
	17+yrs for Women & Men	15-16 yrs for Women & Men	
		17+yrs for Women & Men	
FIG Development	9-10yrs for Women & Men	11-14 yrs for Women & Men	9-10 yrs for Women & Men
	11-12yrs for Women & Men	15-16 yrs for Women & Men	11-12 yrs for Women & Men
	13-14yrs for Women & Men	17+ yrs for Women & Men	13-14yrs for Women & Men
	15-16yrs for Women & Men		15+yrs for Women & Men
	17+yrs for Women & Men		
NDP Dis Level 1	Category 1 for Women & Men U15 Category 1 for Women & Men 15+ Category 2 for Women & Men U15 Category 2 for Women & Men 15+		
NDP Dis Level 2	Category 1 for Women & Men U15 Category 1 for Women & Men 15+ Category 2 for Women & Men U15 Category 2 for Women & Men 15+		
NDP Dis Level 3	Category 1 for Women & Men U15 Category 1 for Women & Men 15+ Category 2 for Women & Men U15 Category 2 for Women & Men 15+		

Coach Qualifications and passes

- Please see Appendix 2 for the minimum level of coaching qualification required by Lead Coaches.
- Please follow the link to check equivalent levels of qualifications from previous cycles 
- Coach Accreditation per club
- TRA & TUM 1-4 gymnasts = 2 coaches, 5-8 gymnasts = 3 coaches 9+ gymnats =4 coaches
- DMT = 2 coaches .

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Number of Gymnasts	Coaches
TRA & TUM	
1-4	2
5-8	3
9+	4
DMT	2

Additional accreditations may be granted by TC on request.

Tie Breaks:

- Tie-break rules TRA, DMT & TUM as per the **BG Code of Points** 

Awards:

- Gold, Silver and Bronze medals will be awarded in each competition within each level, age group and gender.
- Participation Certificates for all competing gymnasts

British Championships

Date: 28th – 29th September

Venue: Arena, Birmingham

Opening date: 5th July

Closing date: Noon 16th August

Disciplines:

- Individual Trampoline
- Synchronised Trampoline
- Double Mini-Tramp
- Tumbling
- Disability Individual Trampoline

Entry Fee:

- £60.00 per gymnast for first discipline entered
- £10.00 per gymnast for each additional discipline entered
- Trampoline, Tumbling & DMT - entries to the British Championships should be made by the individual clubs

Nationality:

Gymnasts of foreign nationality or who hold an FIG license for another member federation, must ensure that their nationality is declared on their membership record in order for them to be identified as guests.

Code:

Trampoline:

- [BG Trampoline Code of Points](#)
- Trampoline Domestic Competition Structure (including disabilities structure)

Double Mini-Trampoline:

- [BG Double Mini- Trampoline Code of Points](#)
- Double Mini-Trampoline Domestic Competition Structure

Tumbling:

- [BG Tumbling Code of Points](#)
- [Tumbling Domestic Competition Structure](#)
- [FIG TRA Code of Points 2017-2020](#)

Competition format:


Trampoline (individual) FIG Levels:

- The top 16 ranked gymnasts, per age group, per gender from the Spring Event Series 2019 will qualify for the British Championships.
- Age Groups - These qualifiers will be ranked according to the best cumulative two routine score for 9-10yrs, 15-16yrs, 17-21yrs and three routine total score for 11-12yrs & 13-14yrs providing all minimum standards have been achieved (at the same qualifying event)
- Senior - These qualifiers will be ranked according to the best, cumulative two-round total score providing all minimum standards have been achieved (at the same qualifying event)
- Any gymnast who has represented Great Britain in the 2018 World Championships, World Age Group Competition or is a current member of the national squad, who does not achieve the performance standard to qualify to the British Championships will need to apply in writing to the Technical Committee to be considered and approved to compete.
- The NTTC in agreement with the Performance Team may utilise unallocated places to offer automatic entry to the British Championships which reflect the long-term direction and aims of the TRA Performance Programme.


Trampoline (synchro) FIG Levels:

- Synchro pairs can only be formed from 2 gymnasts that have qualified in the individual event.
- Please see competition structure for full details

Double Mini-Trampoline FIG Levels:

- The top 16 ranked gymnasts per age group, per gender from the Spring Event Series 2019 will qualify for the British Championships
- These qualifiers will be ranked according to the best cumulative two-round total score for 11-12yrs and 13-14yrs and best two pass score for 9-10yrs, 15-16yrs, 17-21yrs and Senior, providing all minimum standards have been achieved (at the same qualifying event) 
- Any gymnast who has represented Great Britain in the 2018 World Championships, World Age Group Competition or is a current member of the National Squad, who does not achieve the performance standard to qualify to the British Championships will need to apply in writing to the Technical Committee to be considered and approved to compete.
- The NTTC in agreement with the Performance Team may utilise unallocated places to offer automatic entry to the British Championships which reflect the long-term direction and aims of the DMT Performance Programme.

Tumbling FIG Levels:

- The top 16 ranked gymnasts per age group, per gender from the Spring Event Series 2019 will qualify for the British Championships
- These qualifiers will be ranked according to the best, cumulative scores from both runs (at the same event) to determine the top ranked gymnasts in each age group, per gender.
- Qualification will be subject to meeting the minimum scores defined in the **Tumbling Competition Structure** .
- Any gymnast who has represented Great Britain in the 2018 World Championships, World Age Group Competition or is a current member of the National Squad who does not achieve the performance standard to qualify to the British Championships will need to apply in writing to the Technical Committee to be considered and approved to compete.
- The NTTC in agreement with the Performance Team may utilise unallocated places to offer automatic entry to the British Championships which reflect the long-term direction and aims of the TUM Performance Programme.

Disability Trampoline:

- 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.

Competition Structure:

- Competitions will be offered for:

	Trampoline (Individual)	Double Mini-Tramp	Tumbling
FIG Performance Level	9-10 yrs for Women & Men	9-10 yrs for Women & Men	9-10 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
	13-14 yrs for Women & Men	13-14 yrs for Women & Men	13-14 yrs for Women & Men
	15-16 yrs for Women & Men	15-16 yrs for Women & Men	15-16 yrs for Women & men
	17-21 yrs for Women & Men	17-21 yrs for Women & Men	17-21 yrs for Women & Men
	Senior for Women and Men	Senior for Women and Men	Senior for Women & Men
	11-12yrs Women & Men Synchro		
	13-16yrs Women & Men Synchro		
Disability Performance	Cat 1 Women & Men U15		
	Cat 1 Women & Men 15+		
	Cat 2 Women & Men U15		
	Cat 2 Women & Men 15+		

Coach Qualification and Passes:

- Please see Appendix 2 for the minimum level of coaching qualification required by Lead Coaches.
- Please follow the link to check equivalent levels of qualifications from previous cycles [🔗](#).

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Coach Accreditations (per club):

Number of Gymnasts	Coaches
TRA & TUM	
1-4	3
5-8	4
9+	6
DMT	3
Disabilities	2

Additional accreditations may be granted by TC on request.

Tie Breaks:

- Tie-break rules TRA, DMT & TUM as per the [BG code of Points](#) [🔗](#).

Awards:

- Gold, Silver and Bronze medals will be awarded in each competition within each level, age group and gender.
- Additionally, glass trophies will be awarded to the winners and their coaches in the Senior sections only.
- British Champions will be declared in each competition within each age group and for each gender.
- Participation Certificates for all competing gymnasts

PAUL LUXON TROPHIES

Paul Luxon Trophy – 9-14yrs (A glass trophy will also be awarded)

The Paul Luxon trophy is awarded to the gymnast with the highest total execution score and horizontal displacement score added together in the preliminary (qualification) competitions. This trophy is calculated across all Trampoline competition categories for gymnasts under 15 years of age, irrespective of gender.

Paul Luxon Trophy – 15+yrs (A glass trophy will also be awarded)

The Paul Luxon trophy is awarded to the gymnast with the highest total execution score and horizontal displacement score added together in the preliminary (qualification) competitions. This trophy is calculated across all Trampoline competition categories for gymnasts over 15 years of age, irrespective of gender.

In the event of a tie, the tied gymnasts will share the trophy for an equal duration through - out the year

Guests are not eligible to be considered for these trophies.

CHRIS FORDHAM (A glass trophy will also be awarded)

The Chris Fordham trophy is awarded to the gymnast with the highest total execution score in the preliminary (qualification) competitions. This trophy is calculated across all DMT competition categories, irrespective of gender.

In the event of a tie, the tied gymnasts will share the trophy for an equal duration through - out the year.

Guests are not eligible to be considered for these trophies.

Appendices

Appendix 1 - Home Nations, English Regions & Island Associations

Home Countries

England
Scotland
Wales
Northern Ireland

Website Address

www.british-gymnastics.org/england
www.scottishgymnastics.org
www.welshgymnastics.org
www.british-gymnastics.org/northern-ireland

English Regions

North
North West
Yorkshire
West Midlands
East Midlands
East
London
South East
South
South West

www.british-gymnastics.org/north
www.nwga.co.uk
www.british-gymnastics.org/yorkshire
www.british-gymnastics.org/west-midlands
www.british-gymnastics.org/east-midlands
www.british-gymnastics.org/east
www.british-gymnastics.org/london
www.british-gymnastics.org/south-east
www.british-gymnastics.org/south
www.british-gymnastics.org/south-west

Island Associations

Isle of Man Gymnastics

www.iomgymnastics.org

Appendix 2- Coaching

TRAMPOLINE (INDIVIDUAL)

Level	Competition	Minimum Coaching Requirement
FIG Development Level	Individual 9-10 Women & Men	Level 2 + L3M2
	Individual 11-12 Women & Men	Level 2 + L3M3
	Individual 13-14 Women	Level 2 + L3M3
	Individual 13-14 Men	Level 2 + L3M4
	Individual 15-16 Women & Men	Level 2 + L3M4
	Individual 17-18 Women	Level 2 + L3M4
	Individual 19+Women	PC
	Individual 17-18 Boys	PC
	Individual 19+Men	PC
FIG Performance Level	Individual and Synchro	
	9-10 Women & Men	Level 2 + L3M3
	11-12 Women & Men	Level 2 + L3M4
	13-14 Women	Level 2 + L3M4
	13-14 Men	PC (or L3M4)**
	15-16 Women & Men	PC
	*17-21 Women	PC
	*17-21 Men	PC
	Senior Women	PC
	Senior Men	HPC

The minimum coaching qualification for NDP Level 1 minimum is Level 2

The minimum coaching qualification for NDP Levels 2, 3, 4 & 5 is Level 2

The minimum coaching qualification for NDP Level 6 is Level 2 + L3M1

Coaches who are used to push mats must be qualified to at least a level 2.

**If you don't hold a full PC Coaching Award but hold Level 3 Module 4 for this competition please contact the Events office at time of submitting your entry so an override can be placed.

For Synchro, the minimum coaching qualification required will be based on the requirement for the oldest gymnast as stated in the table above.

For Disabilities TRA – the minimum coaching qualification required is Level 2.

*Coaches do not need a Disability Add On Module to enter Trampoline Gymnasts into a disability competition.

TUMBLING

Level	Competition	Minimum Coaching Requirement
NDP Level 1	9-10 yrs Women & Men	Tum UKCC Level 2
	11-12 yrs Women & Men	Tum UKCC Level 2
NDP Level 2	9-10 yrs Women & Men	Tum UKCC Level 2
	11-12 yrs Women & Men	Tum UKCC Level 2
	13+ yrs Women & Men	Tum UKCC Level 2
NDP Level 3	11-12 yrs Women & Men	Tum UKCC Level 2
	13-14 yrs Women & Men	Tum UKCC Level 2
	15+ yrs Women & Men	Tum UKCC Level 2
NDP Level 4	U13 yrs Women & Men	Tum L3 module 1
	13+ yrs Women & Men	Tum L3 module 1
NDP Level 5	U13 yrs Women & Men	Tum L3 module 1
	13+ yrs Women & Men	Tum L3 module 1
FIG Development	9-10 yrs Women & Men	Tum UKCC Level 2
	11-12 yrs Women & Men	Tum UKCC Level 2
	13-14 yrs Women & Men	Tum L3 module 1
	15+ yrs Women & Men	Tum L3 module 1
FIG Performance	9-10 yrs Women & Men	Tum UKCC Level 2
	11-12 yrs Women & Men	Tum UKCC Level 2
	13-14 yrs Women & Men	Tum L3 Module 1
	15-16 yrs Women & men	Tum L3 Module 1
	17-21 yrs Women & Men	Tum L3 Module 1
	Senior Women & Men	Tum L3 Module 1

DOUBLE MINI-TRAMPOLINE

Level	Competition	Minimum Coaching Requirement
FIG Development	Individual 11-14 Women & Men	Senior
	Individual 15-16 Women & Men	Senior
	Individual 17+ Women & Men	Senior
FIG Performance	Individual 9-10 Women & Men	Senior
	Individual 11-12 Women & Men	Senior
	Individual 13-14 Women & Men	Senior
	Individual 15-16 Men	Senior
	Individual 15-16 Women	Senior
	Individual 17-21 Men	HPC
	Individual 17-21 Women	Senior
	Individual Senior Women & Men	HPC

The minimum coaching qualification for NDP Level 1 is Club Coach

The minimum coaching qualification for NDP Levels 2, 3, 4 & 5 is Club Coach

The minimum coaching qualification for NDP Level 6 is Senior Club Coach

Appendix 3- Regional Team & NDP Finals Information

Regions are required to submit the results from their March Regional NDP Compulsory Final which should take place before 31st March 2019 to the Events Department at British Gymnastics.

Each region is required to enter the following gymnasts into the competition, before the entry deadline (4th May – midday) and via the on-line entry system

- Trampoline - Top 2 gymnasts Levels 1-6
- Tumbling - Top 2 gymnasts 1-5 and Top 1 FIG Development (Men & Women)
- DMT - Top 2 gymnasts All levels (Men & Women)
- Trampoline Disability Top 2 gymnasts (Men & Women)

Each region will be allocated the following accreditations:

- o 1 x Team Manager - Please confirm the name by email to Emma Burton (emma.burton@british-gymnastics.org) by 19th April 2019
- o 2 x Chaperones - Please confirm the name by email to Emma Burton (emma.burton@british-gymnastics.org) by 19th April 2019
- o 8 x Trampoline Coaches - 4 x Warm-up / 4 x Field of Play – enter via the on-line entry system, ensuring they are assigned to the correct competition category
- o 8 x Tumbling Coaches - 4 x Warm-up / 4 x Field of Play – enter via the on-line entry system, ensuring they are assigned to the correct competition category
- o 6 x DMT Coaches - 3 x Warm-up / 3 x Field of Play – enter via the on-line entry system, ensuring they are assigned to the correct competition category

NB: The Team and Chaperone will be authorised to access the warm-up hall and will not be able to access the field of play. If you have gymnasts in the Disability competition who require a chaperone on the Field of Play, please contact us and confirm the name(s) of the gymnasts and we will issue accreditation accordingly.

After the entry deadline has passed, if regions need to make a change to a gymnast, coach or officials, this must be submitted in writing to British Gymnastics, Events Department. Changes will only be accepted by the nominated Regional Organiser (listed below). Changes will not be accepted from any other people:

Region	Trampoline & DMT	Tumbling
North	Katie Dunn	Denis Robinson
North West	Wendy Chadwick	
Yorkshire	Helen Wilkinson	Zoe Styles
West Midlands	Andrew Cumming	Lauren Hayward
East Midlands	Clive Morgan	
East	Patrick Dodson	Janine Musson
London	Harriet Curtis	Paul Welch
South East	Martin Laws	
South	Elaine Rushby	Felicity Candler
South West	Claire Hayden	Mark Pocock
Wales	Jo Coombs	Maria Gaynor
Scotland	Ashleigh Runciman	
Northern Ireland	Simon Flannery	

- Judges – Any Judges within your region who have not already submitted their availability for the competition, please contact Emma Burton ASAP (emma.burton@british-gymnastics.org)
- Regional Fee – Please confirm to Emma Burton (emma.burton@british-gymnastics.org) the details of who will be responsible for paying the Regional Fee of £335 by 26th April. Upon receipt of this information the fee will be added to the individuals basket and notified to make payment.

NDP Finals – Entry Confirmation:

- 2 Days after the Regional Team Finals confirmation of who has qualified for the NDP Finals will be sent to the following people by British Gymnastics:
 - All Regional Organisers
 - All competing Clubs
 - All Gymnasts
- The 1st reserves will be included within the qualifier list and we ask that all Regional Organiser / Clubs / Gymnasts decide in advance if the opportunity arises, if they would like to enter the competition.
- Clubs are required to enter qualified gymnasts by the closing date, via the on-line entry system. (12th June midday)
- If all positions aren't filled at 09:00hrs 2 days after the closing date (14th June 09:00hrs) the 1st reserves will be contacted to invite them to enter the competition.
- The 1st reserves will be given a deadline of 3 days (17th June 09:00hrs) to accept the invitation, if they decline no further reserves will be invited and the competition start list and schedule will be formalised and published.

A regional handbook which will be circulated to the following people ahead of competition:

- Regional Organiser
- Team Manager
- Chaperone