



# **TeamGym Triples Licence**

Licensing Procedure

**British  
Gymnastics**

v.4.0

**Updates Log:**

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May 2019	Addition of Phase 3 sign-off for Quadruple saltos & clarification	Katie Richards, Richard Smith, Neil Burton	v.2.1
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## Introduction

The following document guides coaches and gymnasts through the Triples Licensing Procedure; designed to ensure safety, competence and good practice. This process outlines a path for both coach and gymnast to follow. Adherence to this procedure is vital to retaining the licence.

# TeamGym Triples Coaching Qualification

## Coach Prerequisites

To be eligible to access the Triples pathway you must meet the following prerequisites:

- TeamGym High Performance Coach (Level 5) Qualification
- Currently working with gymnasts in the 'Pre-Licence' Process (see section on Gymnast Triples Register)
- Currently working in or able to access a venue that is approved for Triples, and is therefore equipped with the following:
  - TeamGym equipment as per UEG Equipment Standards
  - 25m trampette run up
  - 6m height clearance
  - Soft landing solutions 3m x 7m (Loose Foam – should be 1.3m on top of base foam; Foam Pit with a net – 60cm depth; Inflatable Pit – must use soft top mats to reduce rebound)

## Training: Triples Module

If you meet the prerequisites you must attend the Triples Module, which is a two-day course led by two coaches appointed by the British Gymnastics Education Department. The course content will include:

- Explanation of the Triples Licence, Licensing Procedure, and Triples Register
- Theoretical discussion regarding increased demands, risk management and safety, trajectories, rotational energy and Lost Move Syndrome
- Skill preparation on all the following skills:
  - Triple Tuck 180°
  - Triple Pike 180°
  - Handspring Double Tuck 180°
  - Handspring Double Pike 180°
  - Tsukahara Double Tuck
  - Tsukahara Double Pike
  - Triple Tucked Back Salto (no twist)
  - Triple Piked Back Salto (no twist)
  - Multiple twisting multiple saltos (as per the UEG code of points)
- Spatial awareness
- Training safe
- Spotting of skills for competition

If you meet the prerequisites stated above and wish to access the Triples Module you should complete and submit the Triples Module Coach Application Form (please see Appendix 1). Application forms will be assessed for eligibility. If eligible, you will be notified once a course is set-up and full course payment will be requested.

## Training: Sign-off

At the end of the two-day Triples Module course there will be an on-course assessment. If successful, you will be signed-off as competent to coach the skill in a training environment. Sign-off involves a practical assessment of supporting and handling and a Professional Discussion where technical knowledge, and thorough understanding of safe progression and management are assessed (please see Appendix 2 for sign-off sheet). Upon sign-off you are required to sign and return the Contract for Development of Triple Saltos in TeamGym (please see Appendix 3).

You can defer your assessment to a later date, however this would require a further assessment fee.

## Phase 1 sign-off

Once signed-off as competent to coach the skill in a training environment, you may begin working towards Phase 1 sign-off. You should train with your gymnast(s) (who must be licensed on the Triples Register) in an approved venue with the observation of another HPC coach\* developing the gymnast's portfolio to produce the following:

- Evidence of the completion of 50 successful repetitions to 'competition level landing' (As per UEG Equipment Directives). 15 of these repetitions must be to full competition landing mats upon a firm surface.
  - Successful repetitions are defined as landings that come to land feet first. Hands and feet together is classed unsuccessful. Coach action at landing is accepted but not to make the skill happen.
  - The 50 successful repetitions should be within an 8-month (preparation) period.
  - The successful repetitions should include two occasions (distinguished by date) outside of the personal club training venue at either a Zonal squad or at an open club event.
- All 50 successful repetitions should be filmed (you must feature on the landing zone) and stored by you. It is advisable you keep the video evidence for a minimum of 2 years.
  - It is suggested video evidence is stored in folders with other relevant evidence e.g. *1.1 Prerequisites*, *1.2 Skill Development* and *1.3 Competition Landings* (featuring the 50 successful landings as described above)
- When completed you must apply for Phase 1 sign-off to [robyn.goddard@british-gymnastics.org](mailto:robyn.goddard@british-gymnastics.org) at British Gymnastics, and provide access to the evidence and your respective sign-off sheet. Technical experts approved by British Gymnastics will review the evidence submitted. They will assess the technique and quality of the skill to give final assessment and Phase 1 sign-off, using the criteria for 'successful repetitions' as provided above. If the Difficulty Value would not be given for this skill at competition it is not allowed as evidence for sign-off.

Should you and your gymnast be assessed as competent, you are then approved to take the skill to competition on the respective piece of apparatus. If successful, you would become a Fully Licensed Phase 1 coach.

You can work towards sign-off for each apparatus (Trampette, Vault, Tumble) at the same time or on separate occasions.

\* An observing HPC coach does not have to be present in the gym, observations can be made via realtime video such as FaceTime.

## Phase 2 sign-off

Once you are fully qualified Phase 1 coach, you can start the training of Phase 2 skills on the appropriate apparatus, to progress towards Phase 2 sign-off. During this phase you must video all triple salto work during training, however the observation of another HPC is no longer required. The gymnast's portfolio must continue to be developed to include the following;

- Evidence of the completion of 50 successful repetitions to 'competition level landing' (As per UEG Equipment Directives). 15 repetitions must be to full competition landing mats upon a firm surface.
  - Successful repetitions are defined as landings that come to land feet first. Hands and feet together is classed unsuccessful. Coach action at landing is accepted but not to make the skill happen.
  - The 50 successful repetitions should be within an 8-month (preparation) period.
  - The successful repetitions should include two occasions (distinguished by date) outside of the personal club training venue at either a Zonal squad or at an open club event.
- All 50 successful repetitions should be filmed (featuring the qualified coach on the landing zone) and stored by the coach. It is advisable to keep the video evidence for a minimum of 2 years.
  - It is suggested video evidence is stored in folders with other relevant evidence e.g. *2.1 Skill Development* and *2.3 Competition Landings* (featuring the 50 successful landings as described above)
- When completed you must apply for Phase 2 sign-off to [robyn.goddard@british-gymnastics.org](mailto:robyn.goddard@british-gymnastics.org) at British Gymnastics, and provide access to the evidence and their respective sign-off sheet. Technical experts approved by British Gymnastics will review the evidence submitted. They will assess the technique and quality of the skill to give final assessment and Phase 1 sign-off, using the criteria for 'successful repetitions' as provided above. If the Difficulty Value would not be given for this skill at competition it is not allowed as evidence for sign-off.

Should you and your gymnast be assessed as competent you are then approved to take the skill to competition on the respective piece of apparatus. If successful, you would become a Fully Licensed Phase 2 coach.

You can work towards sign-off for each apparatus (Trampoline, Vault, Tumble) at the same time or on separate occasions.

## Phase 3 sign-off

Once you are a fully qualified Phase 2 coach in Trampette, you must complete the Phase 3 sign-off process **before** you start developing quadruple saltos (tucked/piked) with 180° twist on Trampette. The Phase 3 sign-off process involves the following:

1. You must either already hold an HPC DMT or TRA qualification or have attended the Quadruples module within two years of starting the Phase 3 sign-off.
2. You must submit evidence of your gymnast completing Phase 2 sign-off skills at competition.
3. You must complete a 45 minute Professional Discussion with a Technical Expert who holds a minimum of an IPC qualification in DMT/MAG/TRA/TUM (appointed by British Gymnastics), the British Gymnastics Programme Manager, and a representative from the TeamGym Technical Committee which will assess technical competence, safety considerations, planning and preparation, and skill development processes.

Evidence should be submitted to [robyn.goddard@british-gymnastics.org](mailto:robyn.goddard@british-gymnastics.org) together with the respective sign-off sheet. Technical Experts approved by British Gymnastics will review the evidence submitted. They will assess the technique and quality of the skill to give final assessment. If the Difficulty Value was not given for this skill at competition then it is not allowed as evidence for sign-off.

Should you and your gymnast be assessed as competent, you are then approved to develop the full skill to competition on the respective piece of apparatus. **If successful, you would become a Fully Licensed Phase 3 coach.**

## Registration Period

As per the Education Course Terms & Conditions, learners will have a 24 month registration period in which the course must be completed. All phases of the Triples modules must be completed within the 24 month registration period. Failure to do so would result in learners having to reattend the course. Should an extension to this timeframe be required due to an extenuating circumstance then learners must apply via the extenuating circumstance form available on the British Gymnastics website and as per the Education Course Terms & Conditions.

## Continual Evidence collection

It is advised that you gather sufficient video evidence for Triples Registered gymnasts in your care. British Gymnastics (with the recommendation of their representatives) can revoke your licence to teach triple saltos, or a facility's approval if they see evidence of any of the following:

- Standards not being met
- Procedures not being followed
- Evidence of poor practice

Please note, best practice standards may shift as required to safeguard gymnasts. British Gymnastics will publish contractual documentation on the website which details minimum requirement for triple salto training so that coaches can stay up to date.

## Appeals Procedure

Should you wish to appeal a decision made at any phase then please refer directly to the complaints and appeals policy on the British Gymnastics website.

# Gymnast Triples Register

As a gymnast, to be licensed to train triple saltos you must first be approved and added to the Triples Register for the specific apparatus you wish to develop skills on. To do so you must meet the following conditions, and your personal coach must submit your Application to the Triples Register (please see Appendix 4) along with the required Pre-Licence evidence for consideration.

## Conditions

You must be:

- 14 years or older in the year of competition
- Training a minimum of 10 hours per week

You should work with your personal coach to collect 'Pre-Licence' evidence, including:

- **Fitness standards**

Gymnasts must provide video evidence and record (on the application form) of the following:

- ≥12cm Ankle Flexion on knee to wall test
- 3.5 second 25m sprint test
- 50cm Sergeant Jump
- 35 x Dish Curls with crossed arms in 30 seconds
- 40 x Tucked V-sits in 30 seconds
- 50 x Dorsal Lifts in 30 seconds
- 2 minutes Dish hold
- 35cm Sit and Reach

- **Posture Assessment**

Gymnasts must be assessed as having good posture by an independent Physiotherapist, Sport, or Soft Tissue Therapist (see application form).

- **Spatial Awareness Demonstration (see Table 1)**

Gymnasts must provide video evidence of themselves competently demonstrating spatial awareness drills from each category (e.g. Vault Drop Down, Trampoline Bed) on the apparatus they are applying for. Ensure you clearly identify which spatial awareness drill you are completing at the start of each video. Assessors may request additional evidence if required. Your coach must be HPC qualified to supervise you in completing these drills.



Table 1. Spatial Awareness Drills

	Vault Drop Down	Trampoline Bed	Trampoline to Pit	Trampoline Stacked Mats
Trampoline	Tuck $\frac{3}{4}$ to back	Tuck / Pike On Cross	Complete In Tuck / Pike / Puck	Tuck / Pike Salto
	Pike $\frac{3}{4}$ to back	Tuck / Pike 180° On Cross	Vary Arm Positions	Tuck / Pike Salto Roll
	Tuck $\frac{3}{4}$ 180° to front	Tuck / Pike 540° On Cross		Tucked 1 & 3
	Pike $\frac{3}{4}$ 180° to front	$\frac{3}{4}$ straight front to back landing	Double 90° (Arms in)	Piked 1 & 3
	Tuck to Feet	$\frac{3}{4}$ straight front to back landing Ball Out	Double 90° (Arms Down)	Straight 1 & 3
	Pike to Feet	$\frac{3}{4}$ straight front to back landing Tuck / Pike	Double 180° (Arms In)	Double Tuck to Feet
	Tuck to Feet Roll	$\frac{3}{4}$ straight front to back landing Tuck / Pike 180°	Double 180° (Arms Down)	Double Pike to Feet
	Pike to Feet Roll	$\frac{3}{4}$ straight front to back landing Tuck / Pike 360°	Double 360° (Arms In)	Double Puck to Feet
	Tuck 180° to Feet	$\frac{3}{4}$ straight front to back landing Tuck / Pike 540°	Double 360° (Arms Down)	Double Straight to Feet
	Pike 180° to Feet	Standing 1 & 3 Tucked / Piked	Double 180° to Back (Arms In)	Double Tuck to Feet Forward roll
	Tuck 1 & $\frac{3}{4}$	Standing Double Tuck / Pike	Double 180° to Back (Arms Down)	Double Pike to Feet Forward roll
	Pike 1 & $\frac{3}{4}$	Double Tuck / Pike 180°	Double 540° (Arms In)	Double Puck to Feet Forward roll
		$\frac{3}{4}$ straight front to back landing 1 & 3 Tucked / Piked	Double 540° (Arms Down)	Double Tuck 180° to Back
		$\frac{3}{4}$ straight front to back landing Double Tuck / Pike 180°		Double Pike 180° to Back
	$\frac{3}{4}$ straight front to back landing Double Pike 180°			

**Table 1. Spatial Awareness Drills (cont.)**

	<b>Vault Drop Down</b>	<b>Trampoline Bed</b>	<b>Trampoline to Pit</b>	<b>Vault Stacked Mats</b>
<b>Vault</b>	Tuck ¾ to back	Focus on Arch Entry	Complete In Tuck / Pike / Puck	HS To Feet
	Pike ¾ to back	¾ straight front to back landing Tuck / Pike 180°	Arch In Tuck / Pike to Back	HS Tuck / Pike ¾
	Tuck ¾ 180° to front	Standing 1 & 3 Tucked / Piked	Arch in Tuck / Pike 180°	HS Tuck / Pike to Feet
	Pike ¾ 180° to front	¾ straight front to back landing 1 & 3 Tucked / Piked	Arch In Dish to Back	HS Puck to Feet
	Tuck to Feet	Standing Double Tuck / Pike	Arch In Tuck / Pike 360°	HS Straight to Feet
	Pike to Feet	Double Tuck / Pike 180°	Arch In Tuck / Pike 540°	HS Tuck to Feet Forward roll
	Tuck to Feet Roll	¾ straight front to back landing Double Tuck / Pike 180°		HS Pike to Feet Forward roll
	Pike to Feet Roll	Arch Entry Single Tuck to Back		HS Puck to Feet Forward roll
	Tuck 180° to Feet	Arch Entry Single Pike to Back		
	Pike 180° to Feet	Arch Entry Single Tuck 180° to Feet		
	Tuck 1 & ¾	Arch Entry Single Pike 180° to Feet		
	Pike 1 & ¾	Arch Entry Single 540° to Feet		
	<b>Vault Drop Down</b>	<b>Trampoline Bed</b>	<b>Trampoline to Pit</b>	<b>Tumble Stacked Mats</b>
<b>Tumble</b>	Tuck ¾ to Front	Lazy Back	Complete In Tuck / Pike / Puck	High Tuck
	Pike ¾ to Front	Lazy Back 180° to Back	High Salto with Kick	High Pike
	Tuck ¾ 180° to Back	Standing Tuck Back Pullover	High Salto with Kick to roll	High Tuck Roll Out
	Pike ¾ 180° to Back	Lazy Back to Back	Back to Back	High Pike Roll Out
	Tuck to Feet	Lazy Back Cody	1 Bounce Back to Back	Double Tuck
	Pike to Feet	Lazy Back Cody to Back	Double Back 180° to Back	Double Pike
	Tuck to Feet Roll	Back to Back to Back Pullover	Double Back to Back	Double Tuck Roll
	Pike to Feet Roll	Double Tuck	1 Bounce Double Back to Back	Double Pike Roll
	Double Tuck	Double Pike		
	Double Pike	Standing Double Tuck		
		Double Tuck to Back Pullover		

It is suggested that you store video evidence in folders with other relevant evidence e.g. 1.1 Fitness standards, 1.2 Postural Assessment.

Upon completion of this evidence folder, your personal coach should submit your Application to the Triples Register form and evidence to [ellie.round@british-gymnastics.org](mailto:ellie.round@british-gymnastics.org). The application and evidence will be assessed by British Gymnastics Technical Experts for eligibility.

If approved, you must first sign and return the Contract for Development of Triple Saltos in TeamGym (please see Appendix 3). Once returned you may start training Phase 1 skills with your personal coach **only** if they have had the Triples Module Training sign-off.

## **Annual Renewal**

On 1st November every year, gymnasts must renew their licence if they wish to remain on the register. Personal coaches should collect new Fitness Standards video evidence and provide access via [ellie.round@british-gymnastics.org](mailto:ellie.round@british-gymnastics.org) who will pass the evidence onto British Gymnastics Technical Experts for assessment.

**If approved for renewal, you must sign and return the Contract for Development of Triple Saltos in TeamGym (please see Appendix 3). Once returned you may continue training skills with your personal coach ONLY if they have had the relevant sign-off (Training, Phase 1 or Phase 2).**

## **Appeals Procedure**

Should you wish to appeal a decision made at any phase then please refer directly to the complaints and appeals policy on the British Gymnastics website.

APPENDIX 1

# Triples Module Coach Application



<b>Name:</b>	<b>British Gymnastics Membership No.:</b>
<b>Club:</b>	<b>Email address:</b>

I formally request consideration for access to the TeamGym Triples Module. I believe I meet the following criteria:

- TeamGym High Performance Coach (Level 5) Qualification
- Currently working with gymnasts in the Pre-Licence stage (please see Gymnast Triples Register section)
- Currently working in or able to access a venue that is approved for Triples

Please include references from two British Gymnastics High Performance Coaches:

**Referee 1**

**Referee 2**

<b>Name:</b>
<b>Club:</b>
<b>Contact email address:</b>
<b>Contact telephone number:</b>
<p><b>I confirm the above-mentioned coach is/has;</b></p> <ul style="list-style-type: none"> <li>• A highly competent spotter <input type="checkbox"/></li> <li>• A conscientious planner <input type="checkbox"/></li> <li>• Safe competition track record <input type="checkbox"/></li> </ul>
<p><b>Signed:</b> _____</p> <p><b>Date:</b> _____</p>

<b>Name:</b>
<b>Club:</b>
<b>Contact email address:</b>
<b>Contact telephone number:</b>
<p><b>I confirm the above-mentioned coach is/has;</b></p> <ul style="list-style-type: none"> <li>• A highly competent spotter <input type="checkbox"/></li> <li>• A conscientious planner <input type="checkbox"/></li> <li>• Safe competition track record <input type="checkbox"/></li> </ul>
<p><b>Signed:</b> _____</p> <p><b>Date:</b> _____</p>

Please submit this form to [robyn.goddard@british-gymnastics.org](mailto:robyn.goddard@british-gymnastics.org) for eligibility for the Triples Module to be checked.

## APPENDIX 2

# Coach Triple & Quadruple Licence Sign-off Sheet



Triples Module Training Sign-off		
<b>Spotting &amp; Handing</b> <i>(Practical assessment)</i>  Date: _____  Assessor 1: _____  Assessor 2: _____	<b>Technical Knowledge</b> <i>(Professional Discussion)</i>  Date: _____  Assessor 1: _____  Assessor 2: _____	<b>Safe Progression &amp; Management</b> <i>(Professional Discussion)</i>  Date: _____  Assessor 1: _____  Assessor 2: _____
Phase 1 License Sign-off (must show 1 x skill per box)		
Skill Box TR1 – Trampette	Skill Box VA1 – Vault	Skill Box TU1 – Tumble
<ul style="list-style-type: none"> <li>• Triple Tuck 180°</li> <li>• Triple Pike 180°</li> </ul>	<ul style="list-style-type: none"> <li>• Handspring Double Tuck 180°</li> <li>• Handspring Double Pike 180°</li> <li>• Tsukahara Double Tuck</li> <li>• Tsukahara Double Pike</li> </ul>	<ul style="list-style-type: none"> <li>• Triple Tucked Back Salto (no twist)</li> <li>• Triple Piked Back Salto (no twist)</li> </ul>
Date: _____	Date: _____	Date: _____
Gymnast: _____	Gymnast: _____	Gymnast: _____
Assessor: _____	Assessor: _____	Assessor: _____
Phase 2 Licence Sign-off (must show 1 x skill per box of higher Difficulty Value than Phase 1 skills)		
Skill Box TR2 – Trampette	Skill Box TR2 – Vault	Skill Box TU2 – Tumble
Open access to UEG Code of Points		
Skill: _____	Skill: _____	Skill: _____
Date: _____	Date: _____	Date: _____
Gymnast: _____	Gymnast: _____	Gymnast: _____
Assessor: _____	Assessor: _____	Assessor: _____

At each stage of sign-off please photograph and send as evidence to [robyn.goddard@british-gymnastics.org](mailto:robyn.goddard@british-gymnastics.org)

# Coach Triple & Quadruple Licence Sign-off Sheet (cont.)

Phase 3 Licence Sign-off – Quadruple saltos with 180° twist on Trampoline		
HPC DMT or TRA qualification or attended the Quadruples module	Evidence submitted of Phase 2 skills at competition	Professional Discussion with TEs & SMEs
Qualification held: _____  Date attained: _____  <p style="text-align: center;"><b>OR</b></p> Date Quadruples module attended: _____  Tutor: _____	Skill: _____  Date: _____  Gymnast: _____  Assessor: _____	Date: _____  Assessor: _____

**At each stage of sign-off please photograph and send as evidence to [robyn.goddard@british-gymnastics.org](mailto:robyn.goddard@british-gymnastics.org)**

## APPENDIX 3

# Contract for Development of Triple Saltos in TeamGym for approved TeamGym Coaches & Gymnasts



I (name) \_\_\_\_\_ understand that:

- The moratorium on triple saltos remains in effect, with only agreed and registered coaches and gymnasts covered by insurance.
- The Triples Programme has been approved by British Gymnastics (until November 2020) with the understanding that it will be rigorously monitored and reviewed at each phase.
- Coaches involved in the development of gymnasts towards triples have a moral responsibility to monitor the fitness of the gymnasts and report any deviations from the prerequisites to the Selection Panel\*
- A video recording of each stage of preparation must be kept as an evidence trail for inspection by the TG Selection Panel or their representatives.
- Upon a coach's successful completion of training and training sign-off they will be deemed able to work towards Phase 1 sign-off, on triple preparations under the following conditions:
  - Coaches must work with observation of another qualified HPC coach\*\*
  - All work to be done with gymnasts approved to the Triples Register\*\*\*
  - All work to be done within a venue that is approved for triples\*\*\*\*
  - Permission to be sought before taking skills to competition\*\*\*\*\*
- Upon approval for a gymnast to be on the triples register, the gymnast is registered to work the apparatus they have achieved the prerequisites for (i.e. trampette / vault / tumble)
- Anyone found to be working outside of this remit will be removed from the programme with immediate effect
- Coaches must maintain appropriate paperwork and evidence on gymnast and coach licences
- This contract is scheduled for renewal in November 2020.

\* Should any prerequisite fall below the required standard, it must be declared to the TG Selection Panel. A representative of the selection panel will then discuss and agree an action plan for bringing the required standard back into the acceptable range. Sanctions may be placed on skill progression as appropriate.

\*\* A Triples Training signed-off coach must work with the observation of another qualified HPC until completion and Phase 1 sign-off to show competence and due diligence. Observation of an HPC does not have to be in person, technology providing realtime video such as FaceTime is acceptable. Once completed a Fully Licensed Phase 1 coach must video all triple work for evidence but does not require additional observation.

\*\*\* Prerequisites are: Training more than 10 hours per week; Competence with awareness drills and escape routes; Minimum of 12cm ankle flexion on knee to wall test; Good posture assessment by a body work professional (i.e. physiotherapist or sports therapist); 35cm on Sit & reach test; 3.5 seconds on 25m sprint test; 50cm on sergeant jump test; 35 dish curls (crossed arm) in 30 seconds; 40 Tucked V-sits in 30 seconds; 50 Dorsal lifts in 30 seconds; Dish hold for 2 minutes. In addition, the gymnasts would have been selected based up being able to execute 2.5 twisting double straight on trampette, being 14 years of age or older. A register of approved gymnasts for triple saltos is held by the British Gymnastics Education & Performance departments and approved by the TeamGym Selection Panel.

\*\*\*\* Venues should be approved for TeamGym triples (on trampette and vault). Such venues would need: TG equipment as per UEG Equipment Standards; Soft landing solutions for training should be 3m x 7m. The depth will depend upon the materials and densities. Depth for loose foam should be 1.3m on top of base foam. 60cm depth with foam pit with a net. Inflatable pits must use soft top mats to reduce rebound. Soft landing solutions can also be made with competition landing zone with another 50cm of progressively softer foam; 25m trampette run up; 6m clear height. Where the landing zones are not ideal but workable, a condition applied where two HPC coaches (approved for triple training) must secure the landing of all triple saltos to hard landing.

\*\*\*\*\* Once fully licensed, a coach may compete skills within their licence without seeking permission providing there is evidence of careful progression and safety.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Please print, scan/photograph and send your completed contract to [robyn.goddard@british-gymnastics.org](mailto:robyn.goddard@british-gymnastics.org)

**APPENDIX 4**

**Gymnast Application to Triples Register**



<b>Name:</b>	<b>British Gymnastics Membership No.:</b>	
<b>Date of Birth:</b>	<b>Principle Coach:</b>	
<b>Standards *</b>	<b>Score / Outcome</b>	<b>Date Assessed</b>
≥12cm Ankle Flexion on knee to wall test		
3.5 second 25m sprint test		
50cm Sergeant Jump		
35 x Dish Curls with crossed arm in 30 seconds		
40 x Tucked V-sits in 30 seconds		
50 x Dorsal Lifts in 30 seconds		
2 minutes Dish hold		
35cm Sit and Reach		
Training 10 hour per week	Signature of Principle Coach: _____	
Good posture assessment by a qualified Professional	Signature of Physiotherapist / Sport Therapist: _____	

\* Video evidence of the standards being met should be included and are required to be assessed annually.

**For Technical Expert Assessor only:**

<b>Name :</b>	<b>Date of Assessment:</b>		
Assessor to evaluate the evidence provided for the below aspects; indicate Competent or Not Competent, and provide an overall assessment outcome. If deemed Not Competent the assessor should provide specific rationale.			
	<b>Trampoline **</b>	<b>Vault **</b>	<b>Tumble **</b>
<b>Spatial Awareness Drills Assessment outcome</b> (please circle):	Competent / Not Competent	Competent / Not Competent	Competent / Not Competent
<b>Overall assessment outcome</b> (please circle):	Competent / Not Competent	Competent / Not Competent	Competent / Not Competent
<b>Assessor signature:</b>			

\*\* Video evidence of a selection of Spatial Awareness drills should be provided.

**This form must be sent to [ellie.round@british-gymnastics.org](mailto:ellie.round@british-gymnastics.org) who will pass this and the relevant evidence to the nominated Technical Experts for consideration.**