



TeamGym Triples License Licensing Procedure

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Introduction

The following document guides coaches and gymnasts through the Triples Licensing Procedure, designed to ensure safety, competence & good practice. There process outlines a path for both coach and gymnast to follow on this path. The prerequisites to begin this process are found below;

Prerequisites

Coach

- TG HPC (Level 5)
- Respected technical knowledge and track record of conscientious preparation and planning
- Highly competent and confident spotter of high risk skills
- Working with gymnasts who meet the criteria (see Gymnast Prerequisites)
- Working in or access to 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).

Gymnast

Gymnasts must be 14 years or older in the year of competition.

- Training a minimum of 10 hours per week
- Successfully performed one of the following skills in competition at a British Gymnastics event or during a British Gymnastics Zonal event to competition landing. The skill performed corresponds to the syllabus they are registered to develop.
 - 2.5 twisting double straight on trampette
 - Double straight 720 on track
 - Handspring straight 2.5 twist OR Straight Tsukahara 720
- Gymnasts must meet the following fitness standards:
 - Minimum of 12cm ankle flexion on knee to wall 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
 - Sit and Reach – 35cm
- Gymnasts must be assessed as having good posture by a physiotherapist or sport therapist

Next Steps

Coaches and gymnasts that meet the prerequisites stated above, and that wish to access the TeamGym Triples Register should complete and submit the relevant Application Form (Appendix 1 & 2) BG TeamGym Performance Manager, as follows:

Post: BG Performance Manager: TeamGym

British Gymnastics, Lilleshall national Sports Centre, Newport, TF10 9AT

E-mail: marie.johnson@british-gymnastics.org

Triples Training Process Map

Below is a step by step guide to the license for gymnasts and coaches, All phases are to be completed via the coaches Triple License (Appendix 4)

Steps	Phase	Coach	Gymnast
1	N/A	Collect Prerequisite data.	
2	N/A	Apply to Selection Panel for Triples Consideration (Appendix 2)	Apply to Selection Panel for Triples Consideration (Appendix 1)
3	N/A	Sign & Return the Triples Contract (Appendix 3)	
4	P1	Attend Triples Modules	Train Pre-Register Spatial
5	P1	Pass Triples Modules & have Training Signed Off	
6	P1	Train Phase 1 skills on approved apparatus.	
7	P1	Apply to Selection Panel for approval to compete P1 skill at competition (Triple License P1).	
8	P2	Apply for approval to teach Phase 2 skills.	
9	P2	Apply for approval to compete P2 skills at competition (Triple License P2).	

TeamGym Triples Modules

The TeamGym Triples Module is a two/three-day course that will be led by two coaches appointed by the TeamGym Selection Panel and the British Gymnastics Education Department. The course content will include:

- Explanation on the Triples License and Structure
- Theoretical discussion regarding increased demands, risk management and safety, trajectories, rotational energy and lost move syndrome
- Skill preparation on all module skills:
 - Trampoline: Triple Tuck 180, Triple Pike 180
 - Vault: Handspring Double Tuck 180, Handspring Double Pike 180, Tsukahara Double Tuck, Tsukahara Double Pike
 - Tumble: Triple Tucked Back Salto (no twist), Triple Piked Back Salto (no twist)
- Spatial awareness
- Training safe
- Spotting of skills for competition

Unfortunately, it is not currently possible to enroll for the Triples module using the British Gymnastics course enrollment system, and therefore the Applications Forms submitted will be used to identify demand for the course. Once a course date and venue is confirmed British Gymnastics will contact approved candidates to process their enrollment. The cost of the module is anticipated to be £180.00 with additional accommodation and travel costs being the responsibility of the candidates.

Post Course Sign off (Triple Trained)

At the conclusion of the Triples Module the candidate coaches have the opportunity to be assessed as competent to begin training triple saltos. If they wish they can defer to a later date, however, this would require a further assessment fee. Module sign off for the status of 'Triple Trained' involves practical assessment of supporting and handling, written assessment of technical knowledge and verbal questioning to assess safe progression and management.

Triple Contract & Training

Upon successful completion of the Triples module, Coaches are required to sign and return the enclosed contract (page 10) to British Gymnastics. Triple qualified coaches are then approved by British Gymnastics to coach triple saltos to soft and hard landings where they are working with gymnasts approved for triples and working within a triples approved venue.

Triples in Competition (Triple License Part 1)

In order to take triple saltos to competition the following process must be adhered to:

- Completion of 50 successful repetitions to competition Level landing (As per UEG Equipment Directives). It is required that 15 of the repetitions must be to full competition landing mats upon a firm surface. Successful attempts are defined as landings that come in to land feet first. Hands and feet together would be unsuccessful. Coach action at landing is accepted but not to make the skill happen. These successful repetitions should include two occasions (distinguished by date) outside of their clubs training hall at either Zonal squad or at an open club event.
- All 50 successful repetitions should be filmed (featuring the qualified coaches on the landing zone) and stored by the gymnast's coach. It is advisable to keep the video evidence for a minimum 2 years. It is

suggested that video evidence be stored in folders e.g. 1.0 (Gymnast's name); 1.1 Development (featuring preps); and 1.2 (featuring the 50 successful landing as described above).

- When completed the coach should apply to the TeamGym Selection Panel for the video evidence to be reviewed. Should the coach be assessed as competent they are then signed off to coach the approved skills to gymnasts on the triple register.

NOTE:

It would be advisable for coaches to gather sufficient video evidence for triple registered gymnasts in their care. BG (with the recommendation of their representatives) can revoke a coaches' license to teach triples or facility approval if they see evidence of a) standards not being met, b) procedures not being followed, c) other evidence of poor practice. Please note that best practice standards may shift as required to best safeguard the gymnasts. BG will publish documentation on the website which details minimum requirement for triple salto training so that coaches can stay up to date.

Multiple Twisting Triples in Competition (Triple License Part 2)

In order to take triple saltos to competition the following process must be adhered to:

- Completion of 50 successful repetitions to competition Level landing (As per UEG Equipment Directives). It is required that 15 of the repetitions must be to full competition landing mats upon a firm surface. Successful attempts are defined as landings that come in to land feet first. Hands and feet together would be unsuccessful. Coach action at landing is accepted but not to make the skill happen. These 50 successful repetitions should be within an 8 month (preparation) period. These successful repetitions should include two occasions (distinguished by date) outside of their clubs training hall at either Zonal squad or at an open club event.
- All 50 successful repetitions should be filmed (featuring the qualified coaches on the landing zone) and stored by the gymnast's coach. It is advisable to keep the video evidence for a minimum 2 years. It is suggested that video evidence be stored in folders e.g. 1.0 (Gymnast's name); 1.1 Development (featuring preps); and 1.2 (featuring the 50 successful landing as described above).
- When completed the coach should apply to the TeamGym Selection Panel for the video evidence to be reviewed. Should the coach be assessed as competent they are then signed off to coach the approved skills to gymnasts on the triple register.

Appendix 1

GYMNAST APPLICATION FOR TRIPLE REGISTER

Name		BG Number	
Date of Birth		Principle Coach	

Standards **	Score / Outcome	Date Assessed
Minimum of 12cm ankle flexion on knee to wall 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.		
Sit and Reach to 35cm.		
	Signature of Triples Licensed Coach	
Competence with awareness drills and escape routes		
	Signature of Principle Coach	
Training 10 hour per week		
	Signature of Physiotherapist / Sport Therapist	
Good posture assessment by a body work professional		

* Video evidence of the prerequisite skills to be submitted with application.

** License Standards must be re-assessed annually.

	Trampoline *	Vault *	Tumble *
Pre-Requisite	Double Straight 900	Handspring 900 OR Tuskahara 720	Round off Flic Double Straight 720
(Triple Assessor)			
Signed:			
Dated:			

This form must be sent to the British Gymnastics Performance Manager, where after a representative of the BG Selection Panel for TeamGym will be appointed to verify the application, assess any outstanding pre-requisites and standards and make a recommendation to the Selection Panel.

Appendix 2
Application for Coach to be trained for the preparation of Triple Somersaults in TeamGym

Name		BG Number	
Club		TG Qualification	

I feel I meet the following criteria:

- TG HPC (Level 5)
- Respected technical knowledge and track record of conscientious preparation and planning
- Highly competent and confident spotter of high risk skills
- Working with gymnasts on the triples register.
- Working within or have access to a venue approved for triples

And formally request consideration for access to the triple somersault add on module for TeamGym.

Please also include references from two BG High Performance Coaches (one should be from a different Zone).

Referee 1	Referee 2

Signed: _____

Date: _____

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 2018) 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 they will be deemed able to work triple preparations under the following conditions:
 - All work to be performed in pairs of approved coaches**
 - All work to be done with gymnasts approved for working towards triples***
 - All work to be done within a venue that is approved for triples****
- 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) but only under controlled conditions in approved BG environments.
- **Anyone found to be working outside of this remit will be removed from the programme with immediate effect.**
- This contract is scheduled for renewal in November 2018.

* Should any re-requisite 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.

** Two coaches must always be present on the landing zone for each and every triple attempt to a non pit landing. One must be the triple licensed coach. The other can be another TeamGym HPC or a spotter approved by the TeamGym Selection Panel (this approval must be in writing from the TeamGym Selection Panel).

*** 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 sargeant 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 16 years of age or older. A register of approved gymnasts for triple saltos is held by the BG Office and approved by the TG 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 trampet 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.

Signed: _____

Date: _____

Appendix 4 – Coach Triple License

Post course sign off to coach syllabus for skill boxes TR1, VA1 & TU1		
Spotting & Handing <i>(Practical)</i> Date: _____ Assessor 1: _____ Assessor 2: _____	Technical Knowledge <i>(Theory paper)</i> Date: _____ Assessor 1: _____ Assessor 2: _____	Safe Progression & Management <i>(Questioning)</i> Date: _____ Assessor 1: _____ Assessor 2: _____
Skill Box TR1 - Trampette	Skill Box VA1 - Vault	Skill Box TU1- Tumble
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)
SIGN OFF FOR COMPETITION (LICENSE PT 1)		
Date: _____ Gymnast: _____ Assessor: _____	Date: _____ Gymnast: _____ Assessor: _____	Date: _____ Gymnast: _____ Assessor: _____
Apply to the TeamGym Selection Panel for approval before progressing to TR2/VA2/TU2		
Skill Box TR2 - Trampette	Skill Box TR2 - Vault	Skill Box TU2 - Tumble
Open access to UEG Code of Points (LICENSE PT 2)		
Date: _____ Gymnast: _____ Assessor: _____	Date: _____ Gymnast: _____ Assessor: _____	Date: _____ Gymnast: _____ Assessor: _____