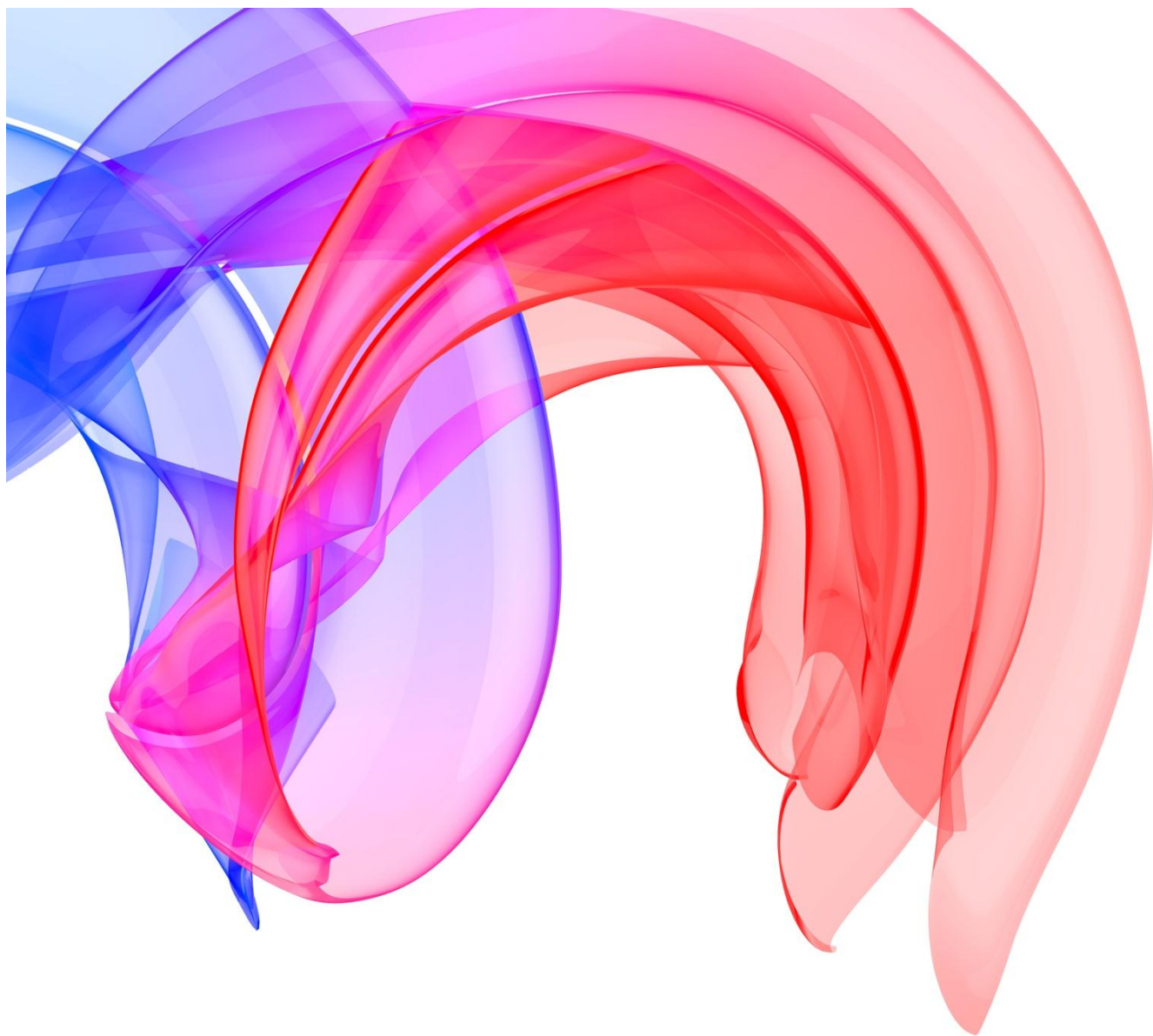




Trampoline Gymnastics National Competition Handbook 2014[©]

Version 1.0

Version History

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

Every effort will be made to communicate any changes at least 12 weeks before the event to which they relate.

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 – 07 October 2013

Original

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Definition of Terms

- **BG** means British Gymnastics
- **DBS** means Disclosure and Barring Service (previously CRB)
- **CPSU** means Child Protection in Sport Unit
- **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.
- **Organiser(s)** means the Trampoline Gymnastics National Competition Organiser (NCO) who is authorised by, or on behalf of, BG.
- **FIG** means Federation International de Gymnastique.
- **Code** means the Code of Points used for the competition, from which technical information and regulations are taken.
- **NDP** means National Development Plan
- **Championships** means any British Championship organised by or on behalf of BG.
- **Event** means any National competition and Championships organised by or on behalf of BG.
- **Supervising Coach(es)** are those coaches submitted in the on-line 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.
- **Region** means the 10 English Gymnastics Regions and the 3 Home Country Associations
- **Regional Qualifying Events** means the 3 events run within each Region under the national rules, which will ordinarily take place between January and March.
- **HNC** means the BG Head National Coach for Trampoline Disciplines, TRA, DMT and TUM
- **Unattached** means gymnasts who are not members of a BG registered club
-  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.

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

Contact Information

Technical Committee

Chairman	Sharon Wood	sharon.wood@british-gymnastics.org
National Judging Co-Ordinator (TRA, DMT)	Mike Phillipson	mikeptramp@aol.com
National Judging Co-Ordinator (TUM)	Mike Armstrong	tumbling@orangehome.co.uk
National Competition Organiser (TRA, DMT)	Andrew Wood	andrew.wood@british-gymnastics.org
National Competition Organiser (TUM)	Debra Roberts	andovergymclub@aim.com
Trampoline & Coach Education Representative	Biz Scales	e-scales@sky.com
Tumbling & Coach Education Representative	Alan Lavelle	agcpaddy@aim.com
Douuble Mini-Tramp Representative	Toby Eager	doubleminitramp@british-gymnastics.org
Co-opted TC member (WC Liaison)	John Beeton	johndbeeton@gmx.co.uk

British Gymnastics

Events Department	0845 1297129 ext. 2396	events@british-gymnastics.org
Coach Education	0845 1297129 ext. 2392	coaching@british-gymnastics.org
Member Services	0845 1297129 ext. 2395	membership@british-gymnastics.org
Safeguarding & Compliance	0845 1297129 ext. 2347	ethics@british-gymnastics.org

National Competition Calendar 2014

Event	Date	Opening Date	Closing Date	Venue
 Spring Event Series 1	15&16 Mar 2014	14 February	28 February, Noon	EIS, Sheffield
 Spring Event Series 2	26&27 April 2014	14 February	04 April, Noon	Bath University
 Spring Event Series 3	10&11 May 2014	14 February	18 April, Noon	Ricoh Arena, Coventry
 Spring Event Series 4	14&15 June 2014	14 February	23 May, Noon	Northumbria Uni, Newcastle
 NDP Grades Final	05&06 July 2014	14 February	20 June, Noon	International Centre, Telford
 British Championships	19 & 21 Sept 2014	27 June	08 August, Noon	Echo Arena, Liverpool

Noon = midday

The “Spring Event Series” titles have replaced the working title of “Zonal Qualifier” that was used as the new competition structure was being developed.

New Competition Structures

Please refer to the guidance booklets for information on the competition structures for Trampoline, Tumbling and Double Mini-Tramp for 2014:

Appendix 3 - Trampoline Domestic Competition Structure

Appendix 4 - Double Mini-Tramp Domestic Competition Structure

Appendix 5 - Tumbling Domestic Competition Structure

Eligibility

Membership

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

- **Gymnasts**

- Trampoline:
For NDP Levels 1 to 5 (inclusive) competitions at BG Events in 2014, membership must be Bronze, Silver, Gold, Joint Gold, or Life Members of BG in order to enter.
For all other competitions at BG Events, membership must be Silver, Gold, Joint Gold, or Life Members of BG in order to enter.
- Tumbling:
Membership level must be must be Silver, Gold, Joint Gold, or Life Members of BG in order to enter a BG Event.
- Double Mini-Tramp:
For NDP Levels 1 to 5 (inclusive) competitions at BG Events in 2014, membership must be Bronze, Silver, Gold, Joint Gold, or Life Members of BG in order to enter.
For all other competitions at BG Events, membership must be Silver, Gold, Joint Gold, or Life Members of BG in order to enter.

- **Supervising coaches**

Supervising coaches' membership level must be Gold, Joint Gold or Life Members of BG and coaches must be qualified to the level of the skills being performed before being allowed to participate in a BG Event.

Coaches must have attended a Sports Coach UK Safeguarding and Protecting Children Awareness course . 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 must also have a valid DBS (formerly CRB) certificate both at the time of entry and through to the end of the Event before being allowed to officiated at a BG Event .

- **Judges**

For judges qualified at National and above Level membership level must be Gold, Joint Gold or Life Members of BG before being allowed to officiate at a BG Event.

For judges qualified below National Level membership level must be Bronze, Silver, Gold, Joint Gold or Life Members of BG before being allowed to officiate at a BG Event.

Judges must also hold a current cycle of judging award (Cycle 13)

Judges must have attended a Sports Coach UK Safeguarding and Protecting Children Awareness course . This must be renewed every three years and be valid both at the time of entry and through to the end of the Event.

Judges must also have a valid DBS (formerly CRB) certificate both at the time of entry and through to the date of the Event, before being allowed to officiated at a BG Event .

For further information on membership levels please visit the British Gymnastics website .

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 he/she must contact the Events Department to enter the Event. 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.

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.

For the NDP Levels 3-6, competitors must hold current BG membership at the time of Regional Qualifying Events. Anyone discovered to have been without the membership for these competitions will be disqualified.

Regional Representation

Gymnasts may only represent the Region in which their club is situated (with the exception of NDP Level 8 Synchro).

Gymnasts may only represent one Region/Club at any one time in a discipline eg TRA. Gymnasts can represent another Region/Club in another discipline eg 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) and will represent their Region, not Club.

They must wear that Regional uniform, no club logos are allowed.

For the NDP Level 7 competitions, gymnasts forming a synchro pair must be from the same region, but may come from different clubs within that region.

For NDP Level 8 and Elite Grades competitions, gymnasts forming a synchro pair may come from different clubs and regions.

Coach Qualifications

When submitting entries for a BG event, clubs must ensure that the nominated Supervising Coach(es) is/are qualified to the level of the participant's performance. The practice of supervising participants working above the level of the coach's qualification is not allowed.

The caveat that permits coaches to practice one level above their coaching qualification in the coaching syllabus refers to a training environment only and is not permitted at BG Events. Its purpose is to enable coaches to practice within the post course guided learning environment following attendance at a course and in preparation for the examination, under the supervision of a BG mentor coach.

Supervising Coaches entered onto the event entry should be the same ones attending the event.

Supervising Coaches have a duty of care towards their performers and have responsibility to ensure that they 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 his/her routines in a competition situation.

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.

The qualifications required for each competition at BG Events is detailed in Appendix 2.

Safeguarding

All Coaches and Judges are required to hold a current BG specific DBS certificate, or Home Nation equivalent, and have current Safeguarding & Protecting Children Awareness training. Coaches and Judges 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 at the Event. If a Gymnast attends a competition without a Supervising Coach they will not be allowed to compete.

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.

To view the complete BG age policy please view the Health, Safety & Welfare Policy. 

Competition Age Group clarification (age will be in year of competition):

- | | |
|------------------------|-----------------|
| • 9 and 10 years born | 2005 and 2004 |
| • 11 and 12 years born | 2003 and 2002 |
| • 13 and 14 years born | 2001 and 2000 |
| • 15 and 16 years born | 1999 and 1998 |
| • 17 and 18 years born | 1997 and 1996 |
| • 19 + years born | 1995 and before |
| • Senior born | 1997 and before |

Gymnasts must compete in their age group. At Elite Level, gymnasts have the option at age 17, to compete in the 17-18 age group, or senior age group, subject to them being able to meet the minimum criteria for that age group.

In synchro, one gymnast may compete up an age group but both gymnasts will then enter the age group of the oldest gymnast.

Nationality

Participation in all BG 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 all BG Events.

- British Championships

Only British citizens¹, those with Indefinite Leave To Remain² in the United Kingdom or those with Right of Abode³ in the United Kingdom are eligible to be ranked in the official Competition results, where a British Championships title is being contested. This is effective for both individual competitions and competitions where gymnasts compete together as part of a team/group or partnership.

Those with Indefinite Leave to Remain or the Right of Abode within the United Kingdom must have had their usual place of residence within the United Kingdom for at least two years, prior to the date of the Event, in order to be eligible to be ranked in the official Competition results.

At the discretion of the British Gymnastics Technical Committee and with agreement from the British Gymnastics Head of Performance Sport (or their appointee), citizens of other countries may take part in Competitions where a British Championships title is being contested. Participation is also subject to approval from the FIG Member Federation of which they are a citizen⁴. 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 or Hors Concours.

Gymnasts holding dual citizenship are only eligible to receive a ranking in the official Competition 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.

Citizens of other countries who are not members of British Gymnastics may be invited by the British Gymnastics Technical Committee or Head of Performance Sport to take part in the British Championships. 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 or Hors Concours.

- Other British Gymnastics Events

At the discretion of the British Gymnastics Technical Committee and with agreement from the British Gymnastics Head of Performance Sport (or their appointee), citizens of other countries may take part in all other British Gymnastics' Competitions, where a British title is not being contested. Participation is also subject to approval from the FIG Member Federation of which they are a citizen⁴.

Citizens of other countries must have been registered with the British Gymnastics club making the entry for one year prior to the date of the Competition in order to be eligible to take part.

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 gymnast who is not eligible to win a British title will not lead to the displacement of an eligible gymnast who would have otherwise qualified for the British Championships.

In exceptional circumstances, citizens of other countries who are not members of British Gymnastics may be invited by the British Gymnastics Technical Committee or Head of Performance Sport to take part in British Gymnastics Events. The Technical Committee with approval from the Head of Performance Sport 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 their nationality declared within Gymnet online membership portal.

¹ As defined in the British Nationality Act 1981, which came into force on 1 January 1983

² <http://www.ukba.homeoffice.gov.uk/visas-immigration/settlement/> 

³ <http://www.ukba.homeoffice.gov.uk/britishcitizenship/right-of-abode/> 

⁴ In accordance with Statutes of the FIG 

Disability Trampoline Competitions

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

The Disability TC have agreed that, within each discipline, a gymnast competing as an individual or team member in mainstream competition, at or above the NDP Level 6, will be ineligible to enter Disability competitions

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.

From the 1st April 2014 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.

In 2014, Disability Gymnastics competition will have 2 competition categories (Category 1; Learning Disability & Category 2; Physical Disability). However, as competitor numbers grow, the introduction of the Classification Certificate system will allow British Gymnastics the flexibility to increase the number of competition categories whilst ensuring that competition remains fair.

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 received electronically at BG by the stipulated closing date and time.

Tumbling - entries to the Spring Event Series should be made by the Regions for NDP 1-7 and by individual clubs for Elite Level

Tumbling - entries to the NDP Finals should be made by the Regions

Tumbling - entries to the British Championships should be made by the individual clubs

Trampoline, DMT & Synchro - entries to the Spring Event Series should be made by the individual clubs

Trampoline & DMT - entries to the Regional Final should be made by the Regions

Trampoline, DMT & Synchro - entries to the NDP Finals should be made by the individual clubs

Trampoline, DMT & Synchro - entries to the British Championships should be made by the individual clubs

Methods of Payment

Payment can be made by cheque, Debit Card, Credit Card or BACs payment and 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.

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.

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.

Applications will normally only be considered up to 7 days after the closing date.

Late entry requests may be placed on a reserve list and clubs notified if their entry is accepted following a withdrawal.

If the draw has already been made, late entries will be placed in a group at the discretion of the Organiser.

There is no guarantee that the name of gymnasts entered late will be included in the spectator programme.

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 and Regional Team Finals, in exceptional circumstances, if a Region wishes to make a substitution (due to the withdrawal of a previous regional entry) of a gymnast, they can do so by making a written application to the BG Events Department. Substitutions will not incur a fee however there is no guarantee that the substituted name(s) will be included in the spectator programme.

Where it is necessary to substitute a coach, the club/Region 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 DBS certificate.

General Regulations

Competition Attire

- Gymnasts
 - Gymnasts must wear the attire as described in the 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 – must be skin coloured – refer to BG code of points

- Coaches
 - Coaches must wear a tracksuit or tracksuit bottoms with a collared polo shirt or club/regional t-shirt and appropriate gym/training shoes.
 - 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 jewellery (ear studs are permitted & wedding rings. Exceptions are as per BG Body Piercing and Adornments policy. 
 - Club kit must not have or resemble any GBR uniform, National Flag or emblem.

- Spotters

Spotters must wear the attire as described in the 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 collared 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 on religious or disability grounds. 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 main arena 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
- Double Mini-Tramp: Eurotramp Ultimate 6x6
- Tumbling: exact model tbc (10m run up, 25m track, 6m landing zone)

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-Tramp must be used.

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 a 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.

Wherever practical the Organiser(s) 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. Otherwise the provisional start list and running order will be circulated as soon as possible after the closing date for entries.

The Organiser reserves the right for the competition to run up to an hour ahead of the scheduled time and gymnasts should therefore be ready to warm up and compete accordingly.

Tariff Sheets/Difficulty Cards

It is the coach's responsibility to ensure that the Tariff Sheets/Difficulty cards are completed correctly.

- Trampoline and DMT

A trampoline Difficulty card template is available from the downloads section on the BG website .

Tariff sheets/Difficulty card must be submitted to the Panel Manager on arrival at the competition and prior to the start of warm up.

Tariff sheets/Difficulty Cards should be completed in FIG notation only.

For NDP Level 8 and Elite Levels the card should be marked with asterisks to indicate required elements in 1st 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.

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

Competitors may not compete without a valid tariff sheet.

An electronic facility for uploading tariff sheets is currently being developed and will be part of the online entry system. Further information on this new system will be issued in due course.

- Tumbling

Tariff sheets are required only at Elite Level.

Tariff sheets should be submitted to the Panel Manager on arrival at the competition and prior to the start of warm up.

Tariff sheets should be completed in FIG notation only.

Competitors may not compete without a valid tariff sheet.

An electronic facility for uploading tariff sheets is currently being developed and will be part of the online entry system. Further information on this new system will be issued in due course.

Access to Warm Up Hall

Access to the warm up hall will be limited to accredited gymnasts and coaches

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

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 the Organiser. 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.

Inquiries

A coach may only inquire about the Difficulty score, in accordance with the principles of the FIG Code of Points.

In addition in Trampoline, a coach may also Inquire if they believe the Time of Flight score to be inaccurate.

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

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

A verbal inquiry should be made after the publication of the score and at the very latest before the end of the exercise of the following gymnast; and for the last gymnast of a group, this limit is one minute after the score is shown".

The Supervising Coach for the Club/Region of the competing gymnasts makes the Inquiry with the Chair of the Judges Panel.

If a resolution cannot be made before the start time of the next competitors' exercise, the calculated mark will be listed as 'provisional' and will be considered at the end of the competition session and before any award ceremony.

The TC cannot accept any photographic analysis at an event unless an official video replay system is available and could be referred to by the Chair of the Judges Panel for the benefit of every competitor.

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.

Gymnasts will be required to wear competition attire for the medal presentations.

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 the BG offices at least one week prior to the competition.

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

Video, Film and Photography

Accredited photographers may be present at BG Events and will be made known to the audience. BG may publish images. By entering an event, there is an acceptance that the participant may be photographed and the photograph may be 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 Child Protection 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 and Safeguarding

The health & safety and safeguarding of all participants (gymnasts, coaches and officials) is the primary consideration. All BG policies and procedures will be rigorously applied.

In accordance with BG Regulations a Safeguarding Officer will be nominated for all BG Events. Their name and contact details will be displayed within the official programme and Work Plan for the each Event.

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.

To enable you to have adequate insurance cover when taking gymnasts to an event (home/abroad), BG is obliged to approve your arrangements. Please complete the relevant forms which can be found on the BG website. 

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 

Spectator Ticket Information

Spectator ticket information can be found on the specific Event page, within the event finder section of the BG website 

Provision of Officials

From 2014, with the exception of the Regional Qualifying Competitions and Regional Final, judges and other competition officials will be appointed by the National Judging Co-ordinators and National Competition Organisers respectively.

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

Clubs will no-longer need to nominate judges and officials as part of their online entry.

Spring Event Series - 1

Date: 15th and 16th March 2014

Venue: English Institute of Sport, Coleridge Road, Sheffield, South Yorkshire S9 5DA

Opening Date: 14th February 2014

Closing Date: Noon on Friday 28th February 2014

Disciplines: Individual Trampoline
Double Mini-Tramp
Tumbling
Disability Individual Trampoline

Entry Fee: £45.00 per gymnast for first discipline entered
£10.00 per gymnast for each additional discipline entered

Code: Trampoline: BG Trampoline Code of Points 
Trampoline Domestic Competition Structure
Double Mini-Tramp: BG Trampoline Code of Points 
Double Mini-Tramp Domestic Competition Structure
Tumbling: Tumbling National Development Plan 2013-2016 
Tumbling Domestic Competition Structure

Eligibility: For Trampoline (individual) and Double Mini-Tramp, gymnasts may only enter a maximum of three of the four Spring Event Series each year.

In Trampoline (individual) and Double Mini-Tramp, in order to be eligible to enter, gymnasts must have:

- Competed at National C, FIG B or FIG A in 2013 and be able to achieve the minimum criteria for that Level of competition or;
- Have qualified at a Regional Competition in 2013 to move up and can achieve the minimum criteria for that Level of competition or;
- Have qualified by achieving the minimum criteria for that Level of competition at the Regional Competitions in 2014, held prior to the closing date(s) of the Spring Event Series.

In Tumbling, the top 2 gymnasts per Level, per Age Group, per gender, per Region from the Regional Prelims will be eligible to enter NDP Level 1-7 competitions.

In Tumbling, for Elite Level, individual clubs may enter directly, with no limitation on numbers.

The coach and gymnast can select which level the gymnast starts the 2014 season, but should be mindful that they cannot change levels during that competitive year.

Competition Structure

Competitions will be offered for:

	Trampoline (Individual)	Double Mini-Tramp	Tumbling
NDP Level 1			9-10 yrs for Women & Men
			11-12 yrs for Women & Men
			13+ yrs for Women & Men
NDP Level 2			9-10 yrs for Women & Men
			11-12 yrs for Women & Men
			13+ yrs for Women & Men
NDP Level 3			9-10 yrs for Women & Men
			11-12 yrs for Women & Men
			13+ yrs for Women & Men
NDP Level 4			9-10 yrs for Women & Men
			11-12 yrs for Women & Men
			13+ yrs for Women & Men
NDP Level 5			10-12 yrs for Women & Men
			13-14 yrs for Women & Men
			15+ yrs for Women & Men
NDP Level 6			Under 13 yrs for Women & Men
			Over 13 yrs for Women & Men
NDP Level 7	9-10 yrs for Women & Men	9-10 yrs for Women & Men	Under 13 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	Over 13 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	
	17+ yrs for Women & Men	17+ yrs for Women & Men	
NDP Level 8	9-10 yrs for Women & Men	9-10 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	
	15-16 yrs for Women & Men	15-16 yrs for Women & Men	
	17-18 yrs for Women & Men	17-18 yrs for Women & Men	
	19+ yrs for Women & Men	19+ yrs for Women & Men	
Elite Level	10 yrs for Women & Men	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
	17-18 yrs for Women & Men	17-18 yrs for Women & Men	17-18 yrs for Women & Men
	Senior for Women and Men	Senior for Women and Men	17+ yrs for Women & Men
			Senior for Women & Men

Disability Individual Trampoline

Category 1/Nat "A" for Women & Men

Category 2/Nat "A" for Women & Men

Coach Qualifications

Please see Appendix 2 for the minimum level of coaching qualification required by Supervising Coaches.

Please follow the link to check equivalent levels of qualifications from previous cycles  .

Awards

Gold, Silver and Bronze medals will be awarded in each competition within each Level, Age Group and gender.

Tie breaks

Tie-break rules as per the FIG regulations (World Championships)

Spring Event Series - 2

Date: 26th and 27th April 2014

Venue: Bath University Sports Training Village, Claverton Down, Bath BA2 7AY

Opening Date: 14th February 2014

Closing Date: Noon on Friday 04th February 2014

Disciplines: Individual Trampoline
Double Mini-Tramp
Synchronised Trampoline
Disability Individual Trampoline

Entry Fee: £45.00 per gymnast for first discipline entered
£10.00 per gymnast for each additional discipline entered

Code: Trampoline: BG Trampoline Code of Points 
Trampoline Domestic Competition Structure
Double Mini-Tramp: BG Trampoline Code of Points 
Double Mini-Tramp Domestic Competition Structure
Tumbling: Tumbling National Development Plan 2013-2016 
Tumbling Domestic Competition Structure

Eligibility: For Trampoline (individual) and Double Mini-Tramp, gymnasts may only enter a maximum of three of the four Spring Event Series each year.

In Trampoline (individual and synchro) and Double Mini-Tramp, in order to be eligible to enter, gymnasts must have:

- Competed at National C, FIG B or FIG A in 2013 and be able to achieve the minimum criteria for that Level of competition or;
- Have qualified at a Regional Competition in 2013 to move up and can achieve the minimum criteria for that Level of competition or;
- Have qualified by achieving the minimum criteria for that Level of competition at the Regional Competitions in 2014, held prior to the closing date(s) of the Spring Event Series.

Gymnasts entering the synchro competitions must have been entered in an individual trampoline competition at the same level.

The coach and gymnast can select which level the gymnast starts the 2014 season, but should be mindful that they cannot change levels during that competitive year.

Competition Structure

Competitions will be offered for:

	Trampoline (Individual and Synchronised)	Double Mini-Tramp
NDP Level 7	9-10 yrs for Women & Men	9-10 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
	15-16 yrs for Women & Men	15-16 yrs for Women & Men
	17+ yrs for Women & Men	17+ yrs for Women & Men
NDP Level 8	9-10 yrs for Women & Men	9-10 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
	15-16 yrs for Women & Men	15-16 yrs for Women & Men
	17-18 yrs for Women & Men	17-18 yrs for Women & Men
	19+ yrs for Women & Men	19+ yrs for Women & Men
Elite Level	10 yrs for Women & Men	10 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
	15-16 yrs for Women & Men	15-16 yrs for Women & Men
	17-18 yrs for Women & Men	17-18 yrs for Women & Men
	Senior for Women and Men	Senior for Women and Men

Disability Individual Trampoline

Category 1/Nat "A" for Women & Men

Category 2/Nat "A" for Women & Men

Coach Qualifications

Please see Appendix 2 for the minimum level of coaching qualification required by Supervising Coaches.

Please follow the link to check equivalent levels of qualifications from previous cycles 

Awards

Gold, Silver and Bronze medals will be awarded in each competition within each Level, Age Group and gender.

Tie breaks

Tie-break rules as per the FIG regulations (World Championships)

Spring Event Series - 3

Date: 10th and 11th May 2014

Venue: Ricoh Arena, Phoenix Way, Coventry CV6 6GE

Opening Date: 14th February 2014

Closing Date: Noon on Friday 18th April 2014

Disciplines: Individual Trampoline
Double Mini-Tramp
Tumbling
Disability Individual Trampoline

Entry Fee: £45.00 per gymnast for first discipline entered
£10.00 per gymnast for each additional discipline entered

Code: Trampoline: BG Trampoline Code of Points 
Trampoline Domestic Competition Structure
Double Mini-Tramp: BG Trampoline Code of Points 
Double Mini-Tramp Domestic Competition Structure
Tumbling: Tumbling National Development Plan 2013-2016 
Tumbling Domestic Competition Structure

Eligibility: For Trampoline (individual) and Double Mini-Tramp, gymnasts may only enter a maximum of three of the four Spring Event Series each year.

In Trampoline (individual) and Double Mini-Tramp, in order to be eligible to enter, gymnasts must have:

- Competed at National C, FIG B or FIG A in 2013 and be able to achieve the minimum criteria for that Level of competition or;
- Have qualified at a Regional Competition in 2013 to move up and can achieve the minimum criteria for that Level of competition or;
- Have qualified by achieving the minimum criteria for that Level of competition at the Regional Competitions in 2014, held prior to the closing date(s) of the Spring Event Series.

In Tumbling, the top 2 gymnasts per Level, per Age Group, per gender, per Region from the Regional Prelims will be eligible to enter NDP Level 1-7 competitions.

In Tumbling, for Elite Level, individual clubs may enter directly, with no limitation on numbers.

The coach and gymnast can select which level the gymnast starts the 2014 season, but should be mindful that they cannot change levels during that competitive year.

Competition Structure

Competitions will be offered for:

	Trampoline (Individual)	Double Mini-Tramp	Tumbling
NDP Level 1			9-10 yrs for Women & Men
			11-12 yrs for Women & Men
			13+ yrs for Women & Men
NDP Level 2			9-10 yrs for Women & Men
			11-12 yrs for Women & Men
			13+ yrs for Women & Men
NDP Level 3			9-10 yrs for Women & Men
			11-12 yrs for Women & Men
			13+ yrs for Women & Men
NDP Level 4			9-10 yrs for Women & Men
			11-12 yrs for Women & Men
			13+ yrs for Women & Men
NDP Level 5			10-12 yrs for Women & Men
			13-14 yrs for Women & Men
			15+ yrs for Women & Men
NDP Level 6			Under 13 yrs for Women & Men
			Over 13 yrs for Women & Men
NDP Level 7	9-10 yrs for Women & Men	9-10 yrs for Women & Men	Under 13 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	Over 13 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	
	17+ yrs for Women & Men	17+ yrs for Women & Men	
NDP Level 8	9-10 yrs for Women & Men	9-10 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	
	15-16 yrs for Women & Men	15-16 yrs for Women & Men	
	17-18 yrs for Women & Men	17-18 yrs for Women & Men	
	19+ yrs for Women & Men	19+ yrs for Women & Men	
Elite Level	10 yrs for Women & Men	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
	17-18 yrs for Women & Men	17-18 yrs for Women & Men	17-18 yrs for Women & Men
	Senior for Women and Men	Senior for Women and Men	17+ yrs for Women & Men
			Senior for Women & Men

Disability Individual Trampoline

Category 1/Nat "A" for Women & Men

Category 2/Nat "A" for Women & Men

Coach Qualifications

Please see Appendix 2 for the minimum level of coaching qualification required by Supervising Coaches.

Please follow the link to check equivalent levels of qualifications from previous cycles  .

Awards

Gold, Silver and Bronze medals will be awarded in each competition within each Level, Age Group and gender.

Tie breaks

Tie-break rules as per the FIG regulations (World Championships)

Spring Event Series - 4

Date: 14th and 15th June 2014

Venue: Northumbria University, Ellison Road, Newcastle-Upon-Tyne NE1 8ST

Opening Date: 14th February 2014

Closing Date: Noon on Friday 23th May 2014

Disciplines: Individual Trampoline
Double Mini-Tramp
Synchronised Trampoline
Disability Individual Trampoline

Entry Fee: £45.00 per gymnast for first discipline entered
£10.00 per gymnast for each additional discipline entered

Code:

Trampoline:	BG Trampoline Code of Points  Trampoline Domestic Competition Structure
Double Mini-Tramp:	BG Trampoline Code of Points  Double Mini-Tramp Domestic Competition Structure
Tumbling:	Tumbling National Development Plan 2013-2016  Tumbling Domestic Competition Structure

Eligibility: For Trampoline (individual) and Double Mini-Tramp, gymnasts may only enter a maximum of three of the four Spring Event Series each year.

In Trampoline (individual and synchro) and Double Mini-Tramp, in order to be eligible to enter, gymnasts must have:

- Competed at National C, FIG B or FIG A in 2013 and be able to achieve the minimum criteria for that Level of competition or;
- Have qualified at a Regional Competition in 2013 to move up and can achieve the minimum criteria for that Level of competition or;
- Have qualified by achieving the minimum criteria for that Level of competition at the Regional Competitions in 2014, held prior to the closing date(s) of the Spring Event Series.

Gymnasts entering the synchro competitions must have been entered in an individual trampoline competition at the same level.

The coach and gymnast can select which level the gymnast starts the 2014 season, but should be mindful that they cannot change levels during that competitive year.

Competition Structure

Competitions will be offered for:

	Trampoline (Individual and Synchronised)	Double Mini-Tramp
NDP Level 7	9-10 yrs for Women & Men	9-10 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
	15-16 yrs for Women & Men	15-16 yrs for Women & Men
	17+ yrs for Women & Men	17+ yrs for Women & Men
NDP Level 8	9-10 yrs for Women & Men	9-10 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
	15-16 yrs for Women & Men	15-16 yrs for Women & Men
	17-18 yrs for Women & Men	17-18 yrs for Women & Men
	19+ yrs for Women & Men	19+ yrs for Women & Men
Elite Level	10 yrs for Women & Men	10 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
	15-16 yrs for Women & Men	15-16 yrs for Women & Men
	17-18 yrs for Women & Men	17-18 yrs for Women & Men
	Senior for Women and Men	Senior for Women and Men

Disability Individual Trampoline

Category 1/Nat "A" for Women & Men

Category 2/Nat "A" for Women & Men

Coach Qualifications

Please see Appendix 2 for the minimum level of coaching qualification required by Supervising Coaches.

Please follow the link to check equivalent levels of qualifications from previous cycles .

Awards

Gold, Silver and Bronze medals will be awarded in each competition within each Level, Age Group and gender.

Tie breaks

Tie-break rules as per the FIG regulations (World Championships)

NDP Finals

Date: 05th and 06th July 2014

Venue: Telford International Centre, St Quentin Gate, Telford Town Centre, TF3 4JH

Opening Date: 14th February 2014

Closing Date: Noon on Friday 20th June 2014

Disciplines: Individual Trampoline
Double Mini-Tramp
Synchronised Trampoline
Tumbling

Entry Fee: £45.00 per gymnast for first discipline entered
£10.00 per gymnast for each additional discipline entered

Code:

Trampoline:	BG Trampoline Code of Points  Trampoline Domestic Competition Structure
Double Mini-Tramp:	BG Trampoline Code of Points  Double Mini-Tramp Domestic Competition Structure
Tumbling:	Tumbling National Development Plan 2013-2016  Tumbling Domestic Competition Structure

Eligibility:

Trampoline (individual):	NDP Level 7: The top 24* ranked gymnasts, per age group, per gender from the Spring Event Series Events 1 to 4 will qualify for the NDP Final. These qualifiers will be calculated from the best two, two-round total scores from the qualifying events (Execution, Time of Flight and Tariff) and will be added together to determine the top ranked gymnasts in each age group, per gender, providing all minimum criteria have been achieved. NDP Level 8: The top 24* ranked gymnasts, per age group, per gender from the Spring Event Series Events 1 to 4 will qualify for the NDP Final. These qualifiers will be calculated from the best two, three-round total scores from the qualifying events (Execution, Time of Flight and Tariff) and will be added together to determine the top ranked gymnasts in each age group, per gender, providing all minimum criteria have been achieved.
Synchro:	NDP Level 7 & 8: The top 12 pairs*, per Level, per age group, per gender from the Spring Event Series events 2 and 4 will qualify for the NDP Final. These qualifiers will be calculated from the two, two-round total scores from the qualifying events (Execution, synchronised and

Tariff) and will be added together to determine the top ranked gymnasts in each age group, per gender, providing all minimum criteria have been achieved.

Double Mini-Tramp:	NDP Level 7 & 8: The top 16 ranked gymnasts, per Level, per age group, per gender from the Spring Event Series events 1 to 4 will qualify for the NDP Final. These qualifiers will be calculated from the best two, two-round total scores from the qualifying events (Execution and DD) and will be added together to determine the top ranked gymnasts in each age group, per gender, providing all minimum criteria have been achieved.
Tumbling:	NDP Level 1 - 7: The top 8 ranked gymnasts, per Level, per age group, per gender from the Spring Event Series events 1 & 3 will qualify for the NDP Final. These qualifiers will be calculated from the best, cumulative scores from all three runs (at the same event) to determine the top ranked gymnasts in each age group, per gender.

* This will be for 2014. Numbers will be reviewed annually, but are expected to return to those originally published in 2015.

Competition Structure

Competitions will be offered for:

	Trampoline (Individual and Synchronised)	Double Mini-Tramp	Tumbling
NDP Level 1			9-10 yrs for Women & Men
			11-12 yrs for Women & Men
			13+ yrs for Women & Men
NDP Level 2			9-10 yrs for Women & Men
			11-12 yrs for Women & Men
			13+ yrs for Women & Men
NDP Level 3			9-10 yrs for Women & Men
			11-12 yrs for Women & Men
			13+ yrs for Women & Men
NDP Level 4			9-10 yrs for Women & Men
			11-12 yrs for Women & Men
			13+ yrs for Women & Men
NDP Level 5			10-12 yrs for Women & Men
			13-14 yrs for Women & Men
			15+ yrs for Women & Men
NDP Level 6			Under 13 yrs for Women & Men
			Over 13 yrs for Women & Men
NDP Level 7	9-10 yrs for Women & Men	9-10 yrs for Women & Men	Under 13 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	Over 13 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	
	17+ yrs for Women & Men	17+ yrs for Women & Men	
NDP Level 8	9-10 yrs for Women & Men	9-10 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	
	15-16 yrs for Women & Men	15-16 yrs for Women & Men	
	17-18 yrs for Women & Men	17-18 yrs for Women & Men	
	19+ yrs for Women & Men	19+ yrs for Women & Men	

Coach Qualifications

Please see Appendix 2 for the minimum level of coaching qualification required by Supervising Coaches.

Please follow the link to check equivalent levels of qualifications from previous cycles .

Awards

Gold, Silver and Bronze medals will be awarded in each competition within each Level, Age Group and gender.

Tie breaks

Tie-break rules as per the FIG regulations (World Championships)

Regional Finals

Date:	TBC (provisional date 7/8 June 2014)		
Venue:	TBC (provisional venue Westpoint Arena, Exeter)		
Opening Date:	14 th February 2014		
Closing Date:	Noon on 26 th April 2014		
Disciplines:	Indiviudal Trampoline		
	Double Mini-Tramp		
Entry Fee:	£30.00 per gymnast for first discipline entered		
	£5.00 per gymnast for each additional discipline entered		
Code:	Trampoline:	BG Trampoline Code of Points 	
		Trampoline Domestic Competition Structure	
	Double Mini-Tramp:	BG Trampoline Code of Points 	
		Double Mini-Tramp Domestic Competition Structure	
Eligibility:	Trampoline (individual):	NDP Level 3-6: The top 1 gymnast, per Level, per age group, per gender from the 3 Regional Qualifying Events, will qualify for the Regional Finals. These qualifers will be calculated from the best two, two-round total scores from the Regional Qualifying Events (Execution and Tariff (at levels 5 & 6) and will be added together to determine the top ranked gymnasts in each age group, per gender, providing all minimum criteria have been achieved.	
	Double Mini-Tramp:	NDP Level 3-6: The top 1 gymnast, per Level, per age group, per gender from the 3 Regional Qualifying Events, will qualify for the Regional Finals. These qualifers will be calculated from the two, two-round total scores from the qualifying events (Execution, synchronised and Tariff) and will be added together to determine the top ranked gymnasts in each age group, per gender, providing all minimum criteria have been achieved.	

Competition Structure

Competitions will be offered for:

	Trampoline (Individual only)	Double Mini-Tramp
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
	13-14 yrs for Women & Men	13-14 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
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
	13-14 yrs for Women & Men	13-14 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
NDP Level 5	9-10 yrs for Women & Men	9-10 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
	15-16 yrs for Women & Men	15-16 yrs for Women & Men
	17+ yrs for Women & Men	17+ yrs for Women & Men
NDP Level 6	9-10 yrs for Women & Men	9-10 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
	15-16 yrs for Women & Men	15-16 yrs for Women & Men
	17+ yrs for Women & Men	17+ yrs for Women & Men

There will also be a team competition for:

- Trampoline
- Double Mini-Tramp

Points will be awarded within each discipline at each level, at each age group and in each gender as follows:

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 Qualifications

Please see Appendix 2 for the minimum level of coaching qualification required by Supervising Coaches.

Please follow the link to check equivalent levels of qualifications from previous cycles  .

Awards

Gold, Silver and Bronze medals will be awarded in each competition within each age group and for each gender.

A trophy will be awarded to the winning region within each discipline in the team competition.

Gymnasts in the first, second and third placed teams will receive certificates.

Tie breaks

Tie-break rules as per the FIG regulations (World Championships)

In the team competition if a tie remains within any competition after the tie breaking rules have been applied, the tie 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 (combined points for men and women) to find the highest scoring region.

Note

For 2014, Tumbling is not anticipated to be part of the Regional Finals. This will be reviewed during the course of the year based upon the number of entries in other disciplines in the Events and will be reviewed for 2015.

British Championships

Date: 19th to 21st September 2014

Venue: Echo Arena, Kings Dock, Liverpool Water Front, Liverpool L3 4FP

Opening Date: 27th June 2014

Closing Date: Noon on Friday 08th August 2014

Disciplines: Individual Trampoline
Double Mini-Tramp
Synchronised Trampoline
Tumbling

Disability Individual Trampoline

Entry Fee: £60.00 per gymnast for first discipline entered
£10.00 per gymnast for each additional discipline entered

Code: Trampoline: BG Trampoline Code of Points 
Trampoline Domestic Competition Structure 
Double Mini-Tramp: BG Trampoline Code of Points 
Double Mini-Tramp Domestic Competition Structure 
Tumbling: Tumbling National Development Plan 2013-2016 
Tumbling Domestic Competition Structure 

Eligibility: Trampoline (individual): Elite Levels: The top 16* gymnasts, per age group, per gender from the Spring Event series 1 to 4 will qualify for the British Championships.
These qualifiers will be calculated from the best two, three-round total scores from the qualifying events (Execution, Time of Flight and Tariff) and will be added together to determine the top ranked gymnasts in each age group, per gender, providing all minimum criteria have been achieved.
Any gymnasts who has been selected to represent Great Britain in either the World Championships or World Age Groups competition and European Championships (Junior and Senior) is eligible to enter the British Championships.
The BG Head National Coach may utilise Wild Cards to offer automatic entry to the British Championships.

Synchro: Elite Levels: The top 12* pairs, per age group, per gender from the Spring Event Series 2 and 4 will qualify for the British Championships.
These qualifiers will be calculated from the two, two-round total scores from the qualifying events (Execution, synchronised and Tariff) and will be added together to determine the top ranked

gymnasts in each age group, per gender, providing all minimum criteria have been achieved.

Any gymnasts who has been selected to represent Great Britain in either the World Championships or World Age Groups competition and European Championships (Junior and Senior) is eligible to enter the British Championships. Unless agreed otherwise by the BG Head National Coach, gymnasts must have competed in at least one Spring Event Series event.

The BG Head National Coach may utilise Wild Cards to automatic entry to the British Championships

Double Mini-Tramp:	Elite Levels: The top 16 gymnasts, per age group (10yrs, 11-12, 13-14) and top 12 places 15-16, 17-18 and senior, per gender from the Spring Event Series 1 to 4 will qualify for the British Championships. These qualifers will be calculated from the best two, two-round total scores from the qualifying events and will be added together to determine the top ranked gymnasts in each age group, per gender, providing all minimum criteria have been achieved. Any gymnasts who has been selected to represent Great Britain in either the World Championships or World Age Groups competition and European Championships (Junior and Senior) is eligible to enter the British Championships. The BG Head National Coach may utilise Wild Cards to offer automatic entry to the British Championships.
Tumbling:	Elite Levels: The top 16 gymnasts, per age group, per gender from the Spring Event Series 1 & 3 will qualify for the British Championships. These qualifers will be calculated from the best, cumulative scores from all three 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 NDP 2013-2016 document . Any gymnasts who has been selected to represent Great Britain in either the World Championships or World Age Groups competition and European Championships (Junior and Senior) is eligible to enter the British Championships. The BG Head National Coach may utilise Wild Cards to offer automatic entry to the British Championships.
Disability Trampoline	A maximum of the top 8 ranked Disability gymnasts in each Category will be invited by the Technical Committee to compete at the British Championships.

*For 2014 only

Competition Structure

Competitions will be offered for:

	Trampoline (Individual and Synchronised)	Double Mini-Tramp	Tumbling
Elite Level	10 yrs for Women & Men	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
	17-18 yrs for Women & Men	17-18 yrs for Women & Men	17-18 yrs for Women & Men
	Senior for Women and Men	Senior for Women and Men	17+ yrs for Women & Men
			Senior for Women & Men

Disability Individual Trampoline

Category 1/Nat "A" for Women & Men

Category 2/Nat "A" for Women & Men

Coach Qualifications

Please see Appendix 2 for the minimum level of coaching qualification required by Supervising Coaches.

Please follow the link to check equivalent levels of qualifications from previous cycles .

Awards

Gold, Silver and Bronze medals will be awarded in each competition within each Level, Age Group and gender.

Additionally, 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.

All competing gymnasts will receive a Participation Certificate.

Tie breaks

Tie-break rules as per the FIG regulations (World Championships)

Appendix 1 - Home Countries, English Regions & Island Associations

Home Countries

Northern Ireland

Website Address

www.northernirelandgymnastics.org

Scotland

www.scottishgymnastics.org

Wales

www.welshgymnastics.org

English Regions

East

www.eastgymnastics.org.uk

East Midlands

www.emgymnastics.org.uk

London

www.londongym.org.uk

North

www.northgymnastics.org.uk

North West

www.nwga.co.uk

South

www.southgymnastics.org.uk

South East

www.segymnastics.org.uk

South West

www.southwestgym.org.uk

West Midlands

www.wmgymnastics.org.uk

Yorkshire

www.yorkshire.gymnasticsengland.org

Island Associations

Isle of Man Gymnastics

www.iomgymnastics.org

Appendix 2 – Coaching Qualification Requirements

TRAMPOLINE (INDIVIDUAL)

Level	Competition	Minimum Coaching Requirement
NDP 7	Individual 9-10 Girls	Level 2
	Individual 11-12 Girls	Level 2 + L3M2
	Individual 13-14 Girls	Level 2+ L3M2
	Individual 15-16 Girls	Level 2 + L3M4
	Individual 17-18 Girls	Level 2 +L3M4
	19+ Women	Level 2 + L3M4
	Individual 9-10 Boys	Level 2
	Individual 11-12 Boys	Level 2 + L3M2
	Individual 13-14 Boys	Level 2 +L3M4
	Individual 15-16 Boys	Level 2 +L3M4
	Individual 17-18 Boys	Level 2 + L3M4
	19+ Men	Level 2 +L3M4
NDP 8	Individual 9-10 Girls	Level 2 +L3M1
	Individual 11-12 Girls	Level 2 +L3M3
	Individual 13-14 Girls	Level 2 + L3M 4
	Individual 15-16 Girls	Level 2 + L3M4
	Individual 17-18 Girls	Level 2 + L3M4
	Individual 19+Women	Level 2 + L3M4
	Individual 9-10 Boys	Level 2 +L3M1
	Individual 11-12 Boys	Level 2 + L3M3
	Individual 13-14 Boys	Level 2 + L3M4
	Individual 15-16 Boys	Level 2 + L3M4
	Individual 17-18 Boys	HPC
	Individual 19+Men	HPC
Elite	Individual 9-10 Girls	Level 2 + L3M3
	Individual 11-12 Girls	Level 2 + L3M4
	Individual 13-14 Girls	Level 2 + L3M4
	Individual 15-16 Girls	HPC (Set skill requirement)
	Individual 17-18 Ladies	Level 2 + L3M4
	Individual Senior Ladies	HPC
	Individual 9-10 Boys	Level 2 + L3M3
	Individual 11-12 Boys	Level 2 + L3M4
	Individual 13 -14 Boys	Level 2 + L3M4
	Individual 15-16 Boys	HPC
	Individual 17-18 Men	HPC
	Individual Senior Men	HPC

Level 1 minimum is Level 2

The minimum coaching qualifications for levels 2, 3, 4 & 5 is Level 2

The minimum for Level 6 is Level 2 + L3M1

TRAMPOLINE (SYNCHRO)

Level	Competition	Minimum Coaching Requirement
NDP 7	Synchro 9-10 Girls	Level 2
	Synchro 11-12 Girls	Level 2
	Synchro 13-14 Girls	Level 2 + L3M1
	Synchro 15-16 Girls	Level 3 + L3M2
	Synchro 17-18 Ladies	Level 2 + L3M3
	Synchro 19+ Ladies	Level 2 + L3M3
	Synchro 9-10 Boys	Level 2
	Synchro 11-12 Boys	Level 2
	Synchro 13-14 Boys	Level 2 + L3M2
	Synchro 15-16 Boys	Level 2 + L3M4
	Synchro 17-18 Men	Level 2 + L3M4
	Synchro 19+ men	Level 2 + L3M4
	Synchro 9-10 Girls	Level 2
NDP 8	Synchro 11-12 Girls	Level 2 + L3M1
	Synchro 13-14 Girls	Level 2 + L3M3
	Synchro 15-16 Girls	Level 2 + L3M4
	Synchro 17-18 Ladies	Level 2 + L3M4
	Synchro 19+ Ladies	Level 2 + L3M4
	Synchro 9-10 Boys	Level 2 + L3M1
	Synchro 11-12 Boys	Level 2 + L3M1
	Synchro 13-14 Boys	Level 2 + L3M4
	Synchro 15-16 Boys	Level 3 + L3M4
	Synchro 17-18 Men	HPC
	Synchro 19+ men	HPC
	Synchro 9-10 Girls	Level 2 + L3M1
	Synchro 11-12 Girls	Level 2 + L3M3
Elite Levels	Synchro 13-14 Girls	Level 2 + L3M4
	Synchro 15-16 Girls	Level 2 + L3M4
	Synchro 17-18 Ladies	Level 2 + L3M4
	Synchro Senior ladies	HPC
	Synchro 9-10 Boys	Level 2 + L3M1
	Synchro 11-12 Boys	Level 2 + L3M3
	Synchro 13-14 Boys	Level 2 + L3M4
	Synchro 15-16 Boys	HPC
	Synchro 17-18 men	HPC
	Synchro Senior Men	HPC

Level 1 minimum is Level 2

The minimum coaching qualifications for levels 2, 3, 4 & 5 is Level 2

The minimum for Level 6 is Level 2 + L3M1

TUMBLING

Level	Competition	Minimum Coaching Requirement
NDP Level 1	9-10 yrs for Women & Men	Tum UKCC Level 2
	11-12 yrs for Women & Men	Tum UKCC Level 2
	13+ yrs for Women & Men	Tum UKCC Level 2
NDP Level 2	9-10 yrs for Women & Men	Tum UKCC Level 2
	11-12 yrs for Women & Men	Tum UKCC Level 2
	13+ yrs for Women & Men	Tum UKCC Level 2
NDP Level 3	9-10 yrs for Women & Men	Tum UKCC Level 2
	11-12 yrs for Women & Men	Tum UKCC Level 2
	13+ yrs for Women & Men	Tum UKCC Level 2
NDP Level 4	9-10 yrs for Women & Men	Tum UKCC Level 2
	11-12 yrs for Women & Men	Tum UKCC Level 2
	13+ yrs for Women & Men	Tum UKCC Level 2
NDP Level 5	10-12 yrs for Women & Men	Tum L3 module 1
	13-14 yrs for Women & Men	Tum L3 module 1
	15+ yrs for Women & Men	Tum L3 module 1
NDP Level 6	Under 13 yrs for Women & Men	Tum L3 module 1
	Over 13 yrs for Women & Men	Tum L3 module 1
NDP Level 7	Under 13 yrs for Women & Men	Tum L3 module 2
	Over 13 yrs for Women & Men	Tum L3 module 2
Elite Grades	9-10 yrs for Women & Men	Tum UKCC Level 2
	11-12 yrs for Women & Men	Tum UKCC Level 2
	13-14 yrs for Women & Men	Tum UKCC Level 2
	15-16 yrs for Women & men	Tum UKCC Level 2
	17-18 yrs for Women & Men	Tum UKCC Level 2
	17+ yrs for Women & Men	Tum UKCC Level 2
	Senior for Women & Men	Tum UKCC Level 2

DOUBLE MINI-TRAMP

Level	Competition	Minimum Coaching Requirement
NDP 7	Individual 9-10 Girls	Level 2
	Individual 11-12 Girls	Level 2 + L3M2
	Individual 13-14 Girls	Level 2+ L3M2
	Individual 15-16 Girls	Level 2 + L3M4
	Individual 17-18 Girls	Level 2 +L3M4
	19+ Women	Level 2 + L3M4
	Individual 9-10 Boys	Level 2
	Individual 11-12 Boys	Level 2 + L3M2
	Individual 13-14 Boys	Level 2 +L3M4
	Individual 15-16 Boys	Level 2 +L3M4
	Individual 17-18 Boys	Level 2 + L3M4
	19+ Men	Level 2 +L3M4
	Individual 9-10 Girls	Level 2 +L3M1
	Individual 11-12 Girls	Level 2 +L3M3
NDP 8	Individual 13-14 Girls	Level 2 + L3M4
	Individual 15-16 Girls	Level 2 + L3M4
	Individual 17-18 Girls	Level 2 + L3M4
	Individual 19+Women	Level 2 + L3M4
	Individual 9-10 Boys	Level 2 +L3M1
	Individual 11-12 Boys	Level 2 + L3M3
	Individual 13-14 Boys	Level 2 + L3M4
	Individual 15-16 Boys	Level 2 + L3M4
	Individual 17-18 Boys	HPC
	Individual 19+Men	HPC
	Individual 9-10 Girls	Level 2 + L3M3
	Individual 11-12 Girls	Level 2 + L3M4
	Individual 13-14 Girls	Level 2 + L3M4
	Individual 15-16 Girls	HPC (Set skill requirement)
Elite	Individual 17-18 Ladies	Level 2 + L3M4
	Individual Senior Ladies	HPC
	Individual 9-10 Boys	Level 2 + L3M3
	Individual 11-12 Boys	Level 2 + L3M4
	Individual 13 -14 Boys	Level 2 + L3M4
	Individual 15-16 Boys	HPC
	Individual 17-18 Men	HPC
	Individual Senior Men	HPC

Level 1 minimum is Level 2

The minimum coaching qualifications for levels 2, 3, 4 & 5 is Level 2

The minimum for Level 6 is Level 2 + L3M1

For further information on coaching levels or if coaches have queries about their own level , please contact the British Gymnastics Coach Education Department

Appendix 3 – Trampoline Domestic Competition Structure

National Development Plan (NDP) – Level 1 & 2

- Individual Competition
- Club, County and Regional competition events
- Age groups: 9-10yrs, 11-12yrs, 13+yrs (younger/older age groups may be introduced at the discretion of Club/County/Region)

Competition Format

1st Routine - Compulsory Routine

2nd Routine - Compulsory Routine (no tariff awarded)

See recommended score to progress a level

Note:

A bonus of 0.2 per judge will be awarded if the required 6 pre routine jumps are performed
Arm Set on the 7th bounce and will be marked as the 1st element of the routine

National Development Plan (NDP) – Level 3 – 6

- Individual Competition
- Regional qualifying event/s leading to the NDP Regionals Final
- Age groups: 7-8yrs, 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs & 17+yrs (7-8yrs will not be eligible for the Regionals Final)

Competition Format

Level 3 & 4:

1st Routine – Compulsory routine

2nd Routine – Repeat same level compulsory routine (no tariff awarded)

See recommended score matrix to progress a level

Note:

A bonus of 0.2 per judge will be awarded if the required 6 pre routine jumps are performed
Arm Set on the 7th bounce and will be marked as the 1st element of the routine

Level 5:

1st Routine – Compulsory routine

2nd Routine – Repeat the same level compulsory routine OR Level 6 compulsory routine (tariff will be awarded for 2nd routine)

See recommended score matrix to progress a level

Level 6:

1st Routine – Compulsory routine

2nd Routine – Voluntary routine (tariff will be awarded for 2nd routine)

See minimum standards matrix to qualify to NDP 7/8/Elite

Note: The maximum tariff for NDP 6 is equivalent to the minimum tariff listed for NDP 7 (relevant to each age group).

Qualification to Regional Final

- From designated qualifying events the 1st placed gymnasts in each level, per age group, per gender will qualify to the Regionals Final

- See scores matrix for qualification standard

Regional Final – Competition Format

- The competition format for the Regional Final is the same as listed above for each level.

National Development Plan (NDP) – Level 7 (Individual)

- 4 x Spring Event Series events leading to the NDP National Final (gymnasts may enter a maximum of 3 events)
- Minimum standards of execution (compulsory & voluntary routines) and tariff (voluntary routine) must be achieved at least once and all in the same qualifying event to secure a ranking to qualify to the NDP National Final (see scores matrix)
- From those gymnasts achieving the required minimum standards a maximum of 24 places in each age group, per gender, will qualify to the NDP 7 National Finals
- Age groups: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs & 17+yrs

Qualifying Events – Competition Format (Individual)

1st Routine – Compulsory Routine

2nd Routine – Voluntary Routine

Qualification to the NDP Level 7 National Final (Individual)

The best 2 x 2 Round total scores from the qualifying events (execution, time of flight & tariff) will be added together to determine the top ranked gymnasts in each age group, per gender, to qualify to the NDP 7 National Final **providing all minimum standards have been achieved** (see scores matrix).

NDP Level 7 National Final – Competition Format (Individual)

1st Routine – Compulsory Routine

2nd Routine – Voluntary Routine

- 2 Round qualification process to proceed to the Final (top 8 gymnasts per age group, per gender)

Final – Voluntary Routine

- 3 Round accumulative score will determine the overall ranking (1 x compulsory routine 1 x voluntary routine & 1 x final voluntary routine)

National Development Plan (NDP) – Level 7 (Synchronised)

- Gymnasts making up the synchronised pair must be from the same region
- Both gymnasts must compete in the NDP Level 7 Individual before entry in to synchronised is permitted
- 2 x Spring Event Series events leading to the NDP Level 7 National Synchronised Final
- Minimum standards of execution (compulsory & voluntary routines) and tariff (voluntary routine) must be achieved at least once and all in the same qualifying event to secure a ranking to qualify to the NDP Level 7 National Final (see scores matrix)
- From those gymnasts achieving the required minimum standards a maximum of 12 places in each age group, per gender, will qualify to the NDP 7 National Finals
- Age groups: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs & 17+yrs

Qualifying Events – Competition Format (Synchronised)

1st Routine – Compulsory Routine

2nd Routine – Voluntary Routine

(2 Round accumulative score will determine the ranking)

Qualification to the NDP Level 7 National Final (Synchronised)

2 x 2 Round total scores from the qualifying events (execution, synchronised & tariff) will be added together to determine the top ranked gymnasts in each age group, per gender, to qualify to the NDP 7 National Final **providing all minimum standards have been achieved** (see scores matrix).

NDP Level 7 National Final – Competition Format (Synchronised)

1st Routine – Compulsory Routine

2nd Routine – Voluntary Routine

- 2 Round (2R) qualification process to proceed to the Final (top 8 pairs per age group, per gender)

Final – Voluntary Routine

- 3 Round accumulative score will determine the overall ranking (1 x compulsory routine 1 x voluntary routine & 1 x final voluntary routine)

National Development Plan (NDP) – Level 8 (Individual)

- 4 x qualifying events leading to the NDP National Final (gymnasts may enter a maximum of 3 events)
- Minimum standards of execution (compulsory, FIG WAGC/FIG A & voluntary routines) and tariff (FIG A & voluntary routine) must be achieved at least once and all in the same qualifying event to secure a ranking to qualify to the NDP Level 8 National Final (see scores matrix)
- From those gymnasts achieving the required minimum standards a maximum of 24 places in each age group, per gender, will qualify to the NDP 8 National Finals
- Age groups: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs & 19+yrs

Qualifying Events – Competition Format (Individual)

1st Routine – Compulsory Routine (all age groups)

2nd Routine – FIG WAGC Routine (9-18yrs) / FIG A Routine (19+yrs)

3rd Routine – Voluntary Routine

Qualification to the NDP Level 8 National Final (Individual)

The best 2 x 3 Round total scores from the qualifying events (execution, time of flight & tariff) will be added together to determine the top ranked gymnasts in each age group, per gender to qualify to the NDP 8 National Final **providing all minimum standards have been achieved** (see scores matrix).

NDP Level 8 National Final – Competition Format (Individual)

1st Routine – FIG WAGC Routine (9-18yrs) / FIG A (19+yrs)

2nd Routine – Voluntary Routine

- 2 Round qualification process to proceed to the Zero Final (top 8 gymnasts per age group, per gender)

Final – Voluntary Routine

Note: If there are less than 8 gymnasts in a final the scores will be accumulated as a 3 round score (1 x FIG WAGC/FIG A, 1 x voluntary & 1 x final voluntary)

National Development Plan (NDP) – Level 8 (Synchronised)

- Both gymnasts must compete in the NDP Level 8 Individual before entry in to synchronised is permitted
- 2 x qualifying events leading to the NDP Level 8 National Synchronised Final
- Minimum standards of execution (FIG WAGC / FIG A & voluntary routine) and tariff (FIG A & voluntary routine) must be achieved at least once and all in the same qualifying event to secure a ranking to qualify to the NDP Level 8 National Final (see scores matrix)
- From those gymnasts achieving the required minimum standards a maximum of 12 places in each age group, per gender will qualify to the NDP 8 National Finals
- Age groups: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs & 19+yrs

Qualifying Events – Competition Format (Synchronised)

1st Routine – FIG WAGC Routine (9-18yrs) / FIG A Routine (19+yrs)

2nd Routine – Voluntary Routine

Qualification to the NDP Level 8 National Final (Synchronised)

2 x 2 Round total scores from the qualifying events (execution, synchronised & tariff) will be added together to determine the top ranked gymnasts in each age group, per gender, to qualify to the NDP Level 8 National Final **providing all minimum standards have been achieved** (see scores matrix)

NDP Level 8 National Final – Competition Format (Synchronised)

1st Routine – FIG WAGC Routine (9-18yrs) / FIG A Routine (19+yrs)

2nd Routine – Voluntary Routine

- 2 Round qualification process to proceed to the Zero Final* (top 8 pairs per age group, per gender)

Final – Voluntary Routine

*If there are less than 8 gymnasts in a final the scores will be accumulated as a 3 round score (1 x FIG WAGC/FIG A, 1 x voluntary & 1 x final voluntary)

Elite Pathway (EP) – FIG Senior & Age Groups (Individual)

- 4 x qualifying events leading to the British Championships (gymnasts may enter a maximum of 3 events)
- Minimum standards of execution (compulsory, FIG WAGC / FIG A, & voluntary routines) and tariff (FIG A & voluntary routine) must be achieved at least once and all in the same qualifying events to secure a ranking to qualify to the British Championships (see scores matrix)
- From those gymnasts achieving the required minimum standards a maximum of 16 places in each age group, per gender, will qualify to the British Championships after the HNC has allocated automatic places for GBR gymnasts
- Age groups: 10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs & Senior

Age Group Qualifying Events – Competition Format (Individual)

1st Routine – Compulsory Routine

2nd Routine – FIG WAGC Routine

3rd Routine – Voluntary Routine (3 Round accumulative score will determine the ranking)

Qualification to the British Championships (Individual)

The best 2 x 3 Round total scores from the qualifying events (execution, time of flight & tariff) will be added together to determine the top ranked gymnasts in each age group, per gender, to qualify to the British Championships **providing all minimum standards have been achieved** (see scores matrix).

Senior Qualifying Events – Competition Format (Individual)

1st Routine – FIG A Routine

2nd Routine – Voluntary Routine

Final Routine – Top 8 gymnasts (3 Round accumulative score will determine the event ranking)

Qualification to the British Championships (Individual)

The best 2 x 2 Round total scores (1st & 2nd Routine) from the qualifying events (execution, time of flight & tariff) will be added together to determine the top ranked gymnasts per gender to qualify to the British Championships **providing all minimum standards have been achieved** (see scores matrix).

British Championships – Competition Format (Individual)

1st Routine – WAGC Routine (Age Groups) / FIG A Routine (Senior)

2nd Routine – Voluntary Routine

- 2 Round qualification process to proceed to the Zero Final* (top 8 gymnasts per age group, per gender)

Final – Voluntary Routine

*If there are less than 8 gymnasts in a final the scores will be accumulated as a 3 round score (1 x FIG WAGC/FIG A, 1 x voluntary & 1 x final voluntary).

Elite Pathway (EP) – FIG Senior & Age Groups (Synchronised)

- Both gymnasts must compete in the Elite Pathway Individual event before entry in to synchronised is permitted
- 2 x qualifying events leading to the British Championships Synchronised Final
- Minimum standards of execution (FIG WAGC / FIG A & voluntary routines) and tariff (FIG A & voluntary routine) must be achieved at least once and all in the same qualifying event to secure a ranking to qualify to the British Championships (see scores matrix)
- From those gymnasts achieving the required minimum standards a maximum of 12 places in each age group, per gender, will qualify to the British Championships
- Age groups: 10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs & Senior

Qualifying Events – Competition Format (Synchronised)

1st Routine – FIG WAGC (Age Groups) / FIG A Routine (Senior)

2nd Routine – Voluntary Routine

Qualification to the British Championships (Synchronised)

2 x 2 Round total scores from the qualifying events (execution, synchronised & tariff) will be added together to determine the top ranked gymnasts in each age group, per gender to qualify to the British Championships **providing all minimum standards have been achieved** (see scores matrix).

British Championships – Competition Format (Synchronised)

1st Routine – FIG WAGC Routine (Age Groups) / FIG A Routine (Senior)

2nd Routine – Voluntary Routine

- 2 Round qualification process to proceed to the Zero Final* (top 8 pairs per age group, per gender)

Final – Voluntary Routine

*If there are less than 8 gymnasts in a final the scores will be accumulated as a 3 round score (1 x FIG WAGC/FIG A, 1 x voluntary & 1 x final voluntary).

Minimum Execution Scores (Individual Trampoline)

BRITISH CHAMPIONSHIPS & NDP FINALS			
MINIMUM EXECUTION SCORES (Individual)			
Compulsory Routines, WAGC Routines & FIG A Routines			
AGE BANDING	Elite Pathway	NDP Level 8	NDP Level 7
9-10 yrs (Male & Female)	24.0	23.5	23.0
11-12 yrs (Male & Female)	24.0	23.5	23.0
13-14 yrs (Male & Female)	24.5	24.0	23.5
15-16 yrs (Male & Female)	24.5	24.0	23.5
17-18 yrs (Male & Female)	24.5	24.0	23.5
19+ (Male & Female)		24.0	23.5
SENIOR (Male & Female)	25.5		

BRITISH CHAMPIONSHIPS & NDP FINALS			
MINIMUM EXECUTION SCORES (Individual)			
Voluntary Routine			
AGE BANDING	Elite Pathway	NDP Level 8	NDP Level 7
9-10 yrs (Male & Female)	22.5	22.5	22.5
11-12 yrs (Male & Female)	22.5	22.5	22.5
13-14 yrs (Male & Female)	22.5	22.5	22.5
15-16 yrs (Male & Female)	22.5	22.5	22.5
17-18 yrs (Male & Female)	22.5	22.5	22.5
19+ (Male & Female)		22.5	22.5
SENIOR (Male & Female)	22.5		

REGIONALS FINAL				
MINIMUM EXECUTION SCORES				
Compulsory Routine & 2nd Routine				
AGE BANDING	NDP Level 6	NDP Level 5	NDP Level 4	NDP Level 3
9-10 yrs (Male & Female)	22.5	22.5	22.5	22.5
11-12 yrs (Male & Female)	22.5	22.5	22.5	22.5
13-14 yrs (Male & Female)	22.5	22.5	22.5	22.5
15+ yrs (Male & Female)	22.5	22.5	22.5	22.5

QUALIFY FROM NDP 6 TO NDP 7 / 8 OR ELITE			
MINIMUM EXECUTION SCORES			
Compulsory & Voluntary Routine			
AGE BANDING	NDP Level 6	Voluntary	Note
9-10 yrs (Male & Female)	22.5	22.5	The voluntary routine must meet the minimum Degree of Difficulty (tariff) required to compete at NDP Level 7 per relevant age group. (This is the maximum tariff allowed at NDP Level 6).
11-12 yrs (Male & Female)	22.5	22.5	
13-14 yrs (Male & Female)	23.0	22.5	
15-16 yrs (Male & Female)	23.0	22.5	
17+ yrs (Male & Female)	23.0	22.5	

RECOMMENDED EXECUTION SCORES BEFORE PROGRESSION					
Compulsory Routines					
AGE BANDING	NDP Level 5	NDP Level 4	NDP Level 3	NDP Level 2	NDP Level 1
9-10 yrs (Male & Female)	22.5	22.5	22.5	22.5	22.5
11-12 yrs (Male & Female)	22.5	22.5	22.5	22.5	22.5
13-14 yrs (Male & Female)	22.5	22.5	22.5	22.5	22.5
15+ yrs (Male & Female)	22.5	22.5	22.5	22.5	22.5

Minimum Degree of Difficulty (Individual Trampoline)

MINIMUM DEGREE OF DIFFICULTY			
INDIVIDUAL			
AGE BANDING	Elite Pathway	NDP Level 8	NDP Level 7
9-10yrs girls	6.5*	5.5	4.5
11-12yrs girls	7.5	6.5	5.5
13-14yrs girls	8.3	7.3	6.3
15-16yrs girls	9.0	8.0	7.0
17-18yrs girls	9.5	8.5	7.5
19+ girls		1.9/9.5	7.5
SENIOR British Championship FEMALE	2.1/12.0		
9-10yrs boys	6.5*	5.5	4.5
11-12yrs boys	7.5	6.5	5.5
13-14yrs boys	9.5	8.0	7.0
15-16 boys	11.0	9.5	8.0
17-18yrs boys	11.5	10.0	8.5
19+ boys		2.1/11.0	8.5
SENIOR British Championship MALE	2.3/14.0		

The Elite Pathway is statistically based on the results of the World Age Groups (2009 - 11) representing the average Degree of Difficulty minus a fixed amount.

Adjustments have been made to ensure the Minimum Degree of Difficulty remains progressive across all age bandings.

* To compete in the Elite Pathway, gymnasts must be a minimum of 10 years of age (in the year of competition).

Minimum Execution Scores (Synchro Trampoline)

BRITISH CHAMPIONSHIPS & NDP FINALS			
MINIMUM EXECUTION SCORES (Synchronised)			
Compulsory Routines, WAGC Routines & FIG A Routines			
AGE BANDING	Elite Pathway	NDP Level 8	NDP Level 7
9-10 yrs (Male & Female)	16.0	15.6	15.3
11-12 yrs (Male & Female)	16.0	15.6	15.3
13-14 yrs (Male & Female)	16.3	16.0	15.6
15-16 yrs (Male & Female)	16.3	16.0	15.6
17-18 yrs (Male & Female)	16.3	16.0	15.6
19+ (Male & Female)		16.0	15.6
SENIOR (Male & Female)	17.0		

BRITISH CHAMPIONSHIPS & NDP FINALS			
MINIMUM EXECUTION SCORES (Synchronised)			
Voluntary Routine			
AGE BANDING	Elite Pathway	NDP Level 8	NDP Level 7
9-10 yrs (Male & Female)	15.0	15.0	15.0
11-12 yrs (Male & Female)	15.0	15.0	15.0
13-14 yrs (Male & Female)	15.0	15.0	15.0
15-16 yrs (Male & Female)	15.0	15.0	15.0
17-18 yrs (Male & Female)	15.0	15.0	15.0
19+ (Male & Female)			
SENIOR (Male & Female)	15.0	15.0	15.0

Minimum Degree of Difficulty (Synchro Trampoline)

MINIMUM DEGREE OF DIFFICULTY			
SYNCHRONISED			
AGE BANDING	Elite Pathway	NDP Level 8	NDP Level 7
9-10yrs girls	5.5*	4.5	3.5
11-12yrs girls	6.5	5.5	4.5
13-14yrs girls	7.3	6.3	5.3
15-16yrs girls	8.0	7.0	6.0
17-18yrs girls	8.5	7.5	6.5
19+ girls		1.7/8.5	6.5
SENIOR British Championship FEMALE	2.1/11.0		
9-10yrs boys	5.5*	4.5	3.5
11-12yrs boys	6.5	5.5	4.5
13-14yrs boys	8.5	7.0	6.0
15-16 boys	10.0	8.5	7.0
17-18yrs boys	10.5	9.0	7.5
19+ boys		1.9/10.0	7.5
SENIOR British Championship MALE	2.3/13.0		

* To compete in the Elite Pathway, gymnasts must be a minimum of 10 years of age (in the year of competition).

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Trampoline Routines

Club Development Plan (CDP) – Club

Club Development Grades Compulsory 1		Club Development Grades Compulsory 2	
1	6 x Jumps - Arm Set	1	6 x Jumps - Arm Set
2	Front Landing	2	½ Twist to Front Landing
3	To Feet	3	To Feet
4	Straddle Jump	4	Straddle Jump
5	Seat Landing	5	Seat Landing
6	To Feet	6	½ Twist to Seat Landing
7	½ Twist Jump	7	½ Twist to Feet
8	Pike Jump	8	Pike Jump
9	Back Landing	9	Back Landing
10	To Feet	10	½ Twist to Feet

National Development Plan (NDP) – Club

NDP LEVEL 1 All Age Groups Compulsory		NDP LEVEL 2 All Age Groups Compulsory	
1	6 x Jumps - Arm Set	1	6 x Jumps - Arm Set
2	Full Twist	2	Back s/s (T)
3	Straddle Jump	3	Straddle Jump
4	½ Twist to Seat Landing	4	½ Twist to Seat Landing
5	½ Twist to Feet	5	½ Twist to Feet
6	Pike Jump	6	Pike Jump
7	Back Landing	7	Back Landing
8	½ Twist to Feet	8	½ Twist to Feet
9	Tuck Jump	9	Tuck Jump
10	Front s/s (T)	10	Front s/s (P)

National Development Plan (NDP) – Regional

NDP LEVEL 3 All Age Groups Compulsory		NDP LEVEL 4 All Age Groups Compulsory		NDP LEVEL 5 All Age Groups Compulsory		NDP LEVEL 6 9-10yrs / 11-12yrs / 13-14yrs Compulsory		NDP LEVEL 6 15-16yrs / 17+yrs Compulsory	
1	6 x Jumps - Arm Set	1	6 x Jumps - Arm Set	1	Back s/s (S)	1	Back s/s (S)	1	Back s/s (S)
2	Back s/s (T)	2	Back s/s (P)	2	Straddle Jump	2	Barani (S)	2	Barani (S)
3	Straddle Jump	3	Straddle Jump	3	Back s/s (P)	3	Straddle Jump	3	Straddle Jump
4	Barani (T)	4	Barani (P)	4	Barani (P)	4	Back s/s (P)	4	Back s/s (P)
5	Tuck Jump	5	½ Twist Jump	5	½ Twist Jump	5	Barani (P)	5	Barani (P)
6	Back s/s (T) to Seat Landing	6	Tuck Jump	6	Tuck Jump	6	Tuck Jump	6	Tuck Jump
7	½ Twist to Feet	7	Barani (T)	7	Barani (T)	7	Barani (T)	7	Barani (T)
8	Pike Jump	8	Back s/s (T)	8	Back s/s (T)	8	Back s/s (T)	8	Back s/s (T)
9	½ Twist to Front Landing	9	Pike Jump	9	Pike jump	9	Pike Jump	9	3/4 Front s/s (S)
10	To Feet	10	Front s/s (P)	10	Front s/s (P)	10	Front s/s (P)	10	Ballout Barani (T)

National Development Plan (NDP) – Regional & Spring Event Series

NDP LEVEL 7 9-10yrs Compulsory Individual & Synchronised		NDP LEVEL 7 11-12yrs Compulsory Individual & Synchronised		NDP LEVEL 7 13-14yrs / 15-16yrs / 17+yrs Compulsory Individual & Synchronised	
1	Back s/s (S)	1	¾ Back s/s (SL)	1	¾ Front s/s (S)
2	Barani (S)	2	To feet * (*Cody (T) bonus 0.3)	2	Ballout Barani (T)
3	Straddle Jump	3	Straddle Jump	3	Straddle Jump
4	Back s/s (P)	4	Back s/s (P)	4	Barani (T)
5	Barani (P)	5	Barani (P)	5	Back s/s (T)
6	Tuck Jump	6	Tuck Jump	6	Barani (P)
7	Barani (T)	7	Barani (T)	7	Back s/s (P)
8	Back s/s (T)	8	Back s/s (T)	8	Barani (S)
9	Pike Jump	9	¾ Front s/s (S)	9	Back s/s (S)
10	Front s/s (P)	10	Ballout Barani (T)	10	Full Twisting Back s/s (S)

National Development Plan (NDP) – Regional & Spring Event Series

NDP LEVEL 8 9-10yrs Compulsory Individual		NDP LEVEL 8 11-12yrs Compulsory Individual		NDP LEVEL 8 13-14yrs Compulsory Individual		NDP LEVEL 8 15-16yrs Compulsory Individual		NDP LEVEL 8 17-18yrs & 19yrs + Compulsory Individual	
1	Back s/s (S)	1	¾ Front s/s (S)	1	½ Twist to ¾ Front s/s (S)	1	½ Twist to ¾ Front s/s (S)	1	Half Out (P)
2	Barani (S)	2	Ballout Barani (T)	2	Ballout Barani (T)	2	Ballout Barani (T)	2	Back s/s (P)
3	Straddle Jump	3	Straddle Jump	3	Back s/s (T)	3	Back s/s (T)	3	Barani (P)
4	Back s/s (P)	4	Barani (T)	4	Barani (T)	4	Barani (T)	4	Full Twisting Back s/s (S)
5	Barani (P)	5	Back s/s (T)	5	Back s/s (P)	5	Full Twisting Back s/s (S)	5	Barani (S)
6	Tuck Jump	6	Barani (P)	6	Rudi (S)	6	Back s/s (P)	6	Back s/s (S)
7	Barani (T)	7	Back s/s (P)	7	Straddle Jump	7	Rudi (S)	7	Barani (T)
8	Back s/s (T)	8	Barani (S)	8	Back s/s (S)	8	Back s/s (S)	8	Back s/s (T)
9	Pike Jump	9	Back s/s (S)	9	Barani (S)	9	Barani (S)	9	Half Out (T)
10	Front s/s (P)	10	Full Twisting Back s/s (S)	10	Full Twisting Back s/s (S)	10	Double Back s/s (T)	10	Double Back s/s (P)

9-10 Years FIG WAGC Development Individual & Synchronised		11-12 Years FIG WAGC Individual & Synchronised	13-14 Years FIG WAGC Individual & Synchronised	15-16 Years FIG WAGC Individual & Synchronised	17-18 Years FIG WAGC Individual & Synchronised	Senior FIG A Individual & Synchronised
1	¾ Back s/s (SL)	The routine consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. One element landing on the front of the body 2. One element landing on the back of the body	The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. Full (back somersault with 1/1 twist) 2. One element landing on the front of the body 3. One element landing on the back of the body.	The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. Full (back somersault with 1/1 twist) 2. Rudi or Rudi Ballout (front somersault or 1 ¼ from back, with 1½ twist) 3. One element either landing on the back or front of the body	The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. One element to front or back 2. One element from front or back - in combination with requirement No. 1 3. One double front or back somersault with or without twist 4. One element with a minimum of 540° of twist and minimum of 360° somersault rotation	The routine consists of 10 different elements, each with a minimum of 270° somersault rotation. Two elements, marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution score to give the total score for the first routine. None of these two elements may be repeated in the voluntary. Voluntary: No restrictions but if either of the two asterisked moves from the compulsory are repeated in the second (voluntary) routine they will not be awarded difficulty in that routine
2	To feet * (*Cody (T) bonus 0.3)					
3	Straddle Jump					
4	Back s/s (P)					
5	Barani (P)					
6	Tuck Jump					
7	Barani (T)					
8	Back s/s (T)					
9	¾ Front s/s (S)					
10	Ballout Barani (T)					

There is a maximum of 2 body landings allowed in the voluntary routine (all ages groups)

Elite Pathway (EP) - National

ELITE 9-10yrs Compulsory		ELITE 11-12yrs Compulsory		ELITE 13-14yrs Compulsory		ELITE 15-16yrs Compulsory		ELITE 17-18yrs & 19yrs + Compulsory	
1	Back s/s (S)	1	¾ Front s/s (S)	1	½ Twist to ¾ Front s/s (S)	1	½ Twist to ¾ Front s/s (S)	1	Half Out (P)
2	Barani (S)	2	Ballout Barani (T)	2	Ballout Barani (T)	2	Ballout Barani (T)	2	Back s/s (P)
3	Straddle Jump	3	Straddle Jump	3	Back s/s (T)	3	Back s/s (T)	3	Barani (P)
4	Back s/s (P)	4	Barani (T)	4	Barani (T)	4	Barani (T)	4	Full Twisting Back s/s (S)
5	Barani (P)	5	Back s/s (T)	5	Back s/s (P)	5	Full Twisting Back s/s	5	Barani (S)
6	Tuck Jump	6	Barani (P)	6	Rudi (S)	6	Back s/s (P)	6	Back s/s (S)
7	Barani (T)	7	Back s/s (P)	7	Straddle Jump	7	Rudi (S)	7	Barani (T)
8	Back s/s (T)	8	Barani (S)	8	Back s/s (S)	8	Back s/s (S)	8	Back s/s (T)
9	Pike Jump	9	Back s/s (S)	9	Barani (S)	9	Barani (S)	9	Half Out (T)
10	Front s/s (P)	10	Full Twisting Back s/s (S)	10	Full Twisting Back s/s (S)	10	½ in ½ Out (T)	10	Double Back s/s (S)

9-10 Years FIG WAGC Development Individual & Synchronised		11-12 Years FIG WAGC Individual & Synchronised	13-14 Years FIG WAGC Individual & Synchronised	15-16 Years FIG WAGC Individual & Synchronised	17-18 Years FIG WAGC Individual & Synchronised	Senior FIG A Individual & Synchronised
1	¾ Back s/s (SL)	The routine consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. One element landing on the front of the body 2. One element landing on the back of the body	The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. Full (back somersault with 1/1 twist) 2. One element landing on the front of the body 3. One element landing on the back of the body	The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. Full (back somersault with 1/1 twist) 2. Rudi or Rudi Ballout (front somersault or 1 ¼ from back, with 1½ twist) 3. One element either landing on the back or front of the body	The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. One element to front or back 2. One element from front or back - in combination with requirement No. 1 3. One double front or back somersault with or without twist 4. One element with a minimum of 540° of twist and minimum of 360° somersault rotation	The routine consists of 10 different elements, each with a minimum of 270° somersault rotation. Two elements, marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution score to give the total score for the first routine. None of these two elements may be repeated in the voluntary. Voluntary: No restrictions but if either of the two asterisked moves from the compulsory are repeated in the second (voluntary) routine they will not be awarded difficulty in that routine
2	To feet * (*Cody (T) bonus 0.3)					
3	Straddle Jump					
4	Back s/s (P)					
5	Barani (P)					
6	Tuck Jump					
7	Barani (T)					
8	Back s/s (T)					
9	¾ Front s/s (S)					
10	Ballout Barani (T)					

There is a maximum of 1 body landing allowed in the voluntary routine (all ages groups)

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Appendix 4 – Double Mini-Tramp Domestic Competition Structure

National Development Plan (NDP) – Club Compulsory Grades

- Individual Competition
- Club, County and Regional competition events
- Younger age groups and suggested age groups can be changed to suit the individual clubs and/or regions
- Age Groups: 9-10 yrs, 11-12 yrs, 13+ yrs

NDP Grade 1				NDP Grade 1			
Compulsory Round 1				Compulsory Round 2			
	Mount	Spotter	Dismount		Mount	Spotter	Dismount
1	-	tuck jump	full twist jump	1	-	full twist jump	pike jump
2	-	pike jump	½ twist jump	2	-	tuck jump	front ss (T)

NDP Grade 2				NDP Grade 2			
Compulsory Round 1				Compulsory Round 2			
	Mount	Spotter	Dismount		Mount	Spotter	Dismount
1	-	tuck jump	barani (T)	1	-	back ss (T)	tuck jump
2	-	pike jump	front ss (P)	2	-	tuck jump	barani (SL)*

*SL (Straight legs)

Competition Format

- Both compulsory round 1 and 2 to be competed with no tariff awarded. *Scores to be made up of execution and landing deductions.*

National Development Plan (NDP) – Regional Compulsory Grades

- Individual Competition
- Qualifying event/s leading to the NDP Regional Final
- Age groups: 7-8yrs, 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs & 17+yrs (7-8yrs will not be eligible for the Regional Final)

NDP Grade 3				NDP Grade 3			
Compulsory Round 1				Compulsory Round 2			
	Mount	Spotter	Dismount		Mount	Spotter	Dismount
1	-	½ twist jump	back ss (T)	1	-	back ss (T)	front ss (T)
2	-	barani (T)	½ twist jump	2	-	full twist jump	barani (T)

NDP Grade 4				NDP Grade 4			
Compulsory Round 1				Compulsory Round 2			
	Mount	Spotter	Dismount		Mount	Spotter	Dismount
1	barani (T)	barani (T)	back ss (T)	1	barani (T)	barani (T)	½ twist jump
2	-	back ss (P)	front ss (P)	2	-	back ss (T)	barani (P)

NDP Grade 5				NDP Grade 5			
Compulsory Round 1				Compulsory Round 2			
	Mount	Spotter	Dismount		Mount	Spotter	Dismount
1	barani (T)	-	back ss (T)	1	barani (P)	barani (P)	back ss (P)
2	-	back ss (T)	barani (S)	2	-	barani (T)	back ss (S)

NDP Grade 6				NDP Grade 6			
Compulsory Round 1				Compulsory Round 2			
	Mount	Spotter	Dismount		Mount	Spotter	Dismount
1	-	back ss (S)	barani (P)	1	barani (S)	barani (S)	back ss (S)
2	barani (S)	barani (S)	back ss (T)	2	-	back ss (P)	barani (S)

Where skills are indicated in red, gymnasts can choose to use a mount or a spotter skill but must still ensure that the same skill is not used in the same place in another pass. All 4 passes must remain different.

Competition Format

Grade 3 to 5:

- Both compulsory round 1 and 2 to be competed with no tariff awarded OR compulsory round 1 from current grade and compulsory round 1 from next grade for a 0.6 bonus

Grade 6:

- Both compulsory round 1 and 2 to be competed with no tariff awarded OR compulsory round 1 from grade 6 and compulsory round 1 from NDP 7 for a 0.6 bonus.

Qualification to Regional Final

- From designated qualifying event/s (a minimum of 2 months before the Regional Final) the first placed gymnasts (male & female) in each group per grade will qualify to the Regional Final
- Gymnasts must complete 2 skills in both passes and score (27.5) per pass to secure this place
- The top ranked gymnast in each age group per grade will qualify to the NDP Regional Final

Competition Format (Regional Final)

- As above Competition Format
- DMT Passes at Regional Final can be made up by the gymnast/coach but must equal at least the DD of compulsory pass requirements from qualification events.

To progress to NDP 7

- If a gymnast is competent and wishes to progress to the NDP 7 level the coach must indicate this on the entry form. To qualify the gymnast must perform the NDP 6 compulsory pass 1 & 2 and NDP 7 compulsory pass 1 & 2 (relevant to the gymnasts age group) and achieve the minimum score (27.5 execution) to progress to national level.

National Development Plan (NDP) – National Grades

NDP Grade 7

- Individual Competition
- 4 x Qualifying events leading to the NDP National Final (gymnasts may enter a maximum of 3 events)
- *Minimum standards of execution and guide DD (optional passes) must be achieved in the qualifying events to secure a ranking to qualify to the NDP National Final*
- If 2 skills are not executed in any pass then the score for that pass will be given a zero score
- From those gymnasts achieving the required minimum standards, a maximum of 16 places in each Age Group (male & female) will qualify to the NDP National Finals
- Age groups: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs & 17+yrs

9-10yrs				11-12yrs			
Compulsory Round 1				Compulsory Round 1			
	Mount	Spotter	Dismount		Mount	Spotter	Dismount
1	-	back ss (S)	barani (T)	1	barani (S)	-	back ss (S)
2	barani (T)	-	back ss (S)	2	-	back ss (S)	barani (S)
Optional Round 2				Optional Round 2			
Gymnasts will perform 2 final passes of their choice which must at least equal the DD of the compulsory passes but cannot be a repeat of the compulsory round passes.				Gymnasts will perform 2 final passes of their choice which must at least equal the DD of the compulsory passes but cannot be a repeat of the compulsory round passes.			
Guide DD	Expected execution inc landing deduction		Min expected total score	Guide DD	Expected execution inc landing deduction		Min expected total score
1.3	27.2		114.0	1.5	27.2		114.8

13-14yrs				15-16yrs / 17yrs+			
Compulsory Round 1				Compulsory Round 1			
	Mount	Spotter	Dismount		Mount	Spotter	Dismount
1	barani (S)	-	full	1	barani (S)	-	Full
2	-	back ss (S)	rudi	2	-	back ss (S)	Half out (t)
Optional Round 2				Optional Round 2			
Gymnasts will perform 2 final passes of their choice which must at least equal the DD of the compulsory passes but cannot be a repeat of the compulsory round passes.				Gymnasts will perform 2 final passes of their choice which must at least equal the DD of the compulsory passes but cannot be a repeat of the compulsory round passes.			
Guide DD	Expected execution inc landing deductions		Min expected total score	Guide DD	Expected execution inc landing deductions		Min expected total score
1.8	27.2		116	2.2	27.2		117.6

Competition Format – Qualification events

- *1 x compulsory round 1 and 1 x optional round 2 will make up the 2 round (2R) qualification process.*
- The best 2 x 2R scores (execution & DD) will be added together to determine the top ranked gymnasts in each group to qualify to the NDP National Final providing the relevant minimum standard has been met

Competition Format – NDP Grade 7 National Final

- 1 x compulsory round and 1 x optional round will make up the 2 round (2R) qualification process to proceed to the final top 8
- *2 x final passes (both of which can be repeated from the first two rounds)*
- *Accumulative score will determine the ranking (1 x compulsory round 1 x optional round & 2 x final optional passes)*

NDP Grade 8

- Individual Competition
- 4 x Qualifying events leading to the NDP National Final (gymnasts may enter a maximum of 3 events)
- Minimum standards of execution and Guide DD (all passes) must be achieved in the national qualifying galas to secure a ranking to qualify to the NDP National Final
- If 2 skills are not executed in any pass then the score for that pass will be given a zero score
- From those gymnasts achieving the required minimum standards a maximum of 16 places in each Age Group (male & female) will qualify to the NDP National Finals
- Age groups: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs & 17-18yrs & 19+yrs

9-10yrs				11-12yrs			
Compulsory Round 1				Compulsory Round 1			
	Mount	Spotter	Dismount		Mount	Spotter	Dismount
1	barani (S)	-	back ss (S)	1	barani (S)	-	Full
2	-	back ss (S)	barani (S)	2	-	back ss (S)	Rudi
Optional Round 2				Optional Round 2			
Gymnasts will perform 2 final passes of their choice which must at least equal the DD of the compulsory passes but cannot be a repeat of the compulsory round passes.				Gymnasts will perform 2 final passes of their choice which must at least equal the DD of the compulsory passes but cannot be a repeat of the compulsory round passes.			
Guide DD	Expected execution inc landing deductions		Min. expected total score	Guide DD	Expected execution inc landing deductions		Min. expected total score
1.5	27.2		114.8	1.8	27.2		116

13-14yrs				15-16yrs			
Compulsory Round 1				Compulsory Round 1			
	Mount	Spotter	Dismount		Mount	Spotter	Dismount
1	barani (S)	-	double back (T)	1	Barani		double back (T)
2	-	Full	rudi	2	-	back ss (S)	half out (T)
Optional Round 2				Optional Round 2			
Gymnasts will perform 2 final passes of their choice which must at least equal the DD of the compulsory passes but cannot be a repeat of the compulsory round passes.				Gymnasts will perform 2 final passes of their choice which must at least equal the DD of the compulsory passes but cannot be a repeat of the compulsory round passes.			
Guide DD	Expected execution inc landing deductions		Min. expected total score	Guide DD	Expected execution inc landing deductions		Min. expected total score
2.4	27.2		118.4	2.8	27.2		120

17-18yrs				19+yrs			
Compulsory Round 1				Compulsory Round 1			
	Mount	Spotter	Dismount		Mount	Spotter	Dismount
1	barani	-	double back (T)	1	Rudi		double back (T)
2	-	back ss (S)	half out (P)	2	-	Full	half out (T)
Optional Round 2				Optional Round 2			
Gymnasts will perform 2 final passes of their choice which must at least equal the DD of the compulsory passes but cannot be a repeat of the compulsory round passes.				Gymnasts will perform 2 final passes of their choice which must at least equal the DD of the compulsory passes but cannot be a repeat of the compulsory round passes.			
Guide DD	Expected execution inc landing deductions		Min. expected total score	Guide DD	Expected execution inc landing deductions		Min. expected total score
3.0	27.2		120.8	3.2	27.2		121.6

Where skills are indicated in red, gymnasts can choose to use a mount or a spotter skill but must still ensure that the same skill is not used in the same place in another pass. All 4 passes must remain different.

Competition Format - Qualification events

- 1 x compulsory round 1 and 1 x optional round will make up the 2 round (2R) qualification process.
- The best 2 x 2R scores will be added together to determine the top ranked gymnasts in each group to qualify to the NDP National Final providing the relevant minimum standard has been met.

Competition Format - NDP 8 National Final (FIG rules, unless otherwise stated)

- 1 x compulsory round and 1 x voluntary round will make up the 2 round (2R) qualification process to proceed to the final top 8*
- *2 x final passes (both of which can be repeated from the first two rounds)*
- * If there are less than 8 gymnasts in a final the scores will be accumulated as a 3 round score (2 qualifying rounds plus 1 x final optional round of 2 passes)

Elite Pathway - FIG Senior & Age Groups

- Individual Competition
- 4 x Qualifying galas leading to the British Championships (gymnasts may enter a maximum of 3 events)
- Minimum standards of execution and guide DD must be achieved (all passes) in the national qualifying galas to secure a ranking to qualify to the NDP National Final
- *There are no compulsory passes at this level. It is up to the Coach and Gymnast to create appropriate passes to meet the minimum expected total scores using the guide DD and knowledge of average landing deductions received for that gymnast historically. A useful tool has been designed for coaches to plan appropriate passes and will be available in due course.*
- If 2 skills are not executed in any pass then the score for that pass will be given a zero score
- From those gymnasts achieving the minimum standards a maximum of 16 places in the 10yrs, 11-12yrs & 13-14yrs age groups and a maximum of 12 places in the 15-16yrs, 17-18yrs age groups and Senior (male & female) will qualify to the British Championships after the HNC has allocated automatic places for GBR gymnasts
- Age groups: 10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs & Senior

FIG and WAG				
CAT	Male		Female	
Age	AVE DD GUIDE	Minimum expected total	AVE DD GUIDE	Minimum expected total
9 to 10	1.5	114.8	1.2	113.6
11 to 12	2.0	116.8	1.7	115.6
13 to 14	3.2	121.6	2.7	119.6
15 to 16	4.0	124.8	3.5	122.8
17 to 18	5.0	128.8	4.0	124.8
Senior	6.0	132.8	4.8	128.0

Age Group Competition Format - Qualification events

- 2 rounds, each round containing two passes, all four passes must be different.
- The best 2 x 2R scores will be added together to determine the top ranked gymnasts in each group to qualify to the British Championships providing the relevant minimum standard has been met

Age Group Competition Format – British Championships (FIG rules, unless otherwise stated)

- 2 round (2R) qualification process. Each round to be made up of 2 passes, all four passes must be different to proceed to the final top 8*
- *2 x final passes (both of which can be repeated from the first two rounds)*

* If there are less than 8 gymnasts in a final the scores will be accumulated as a 3 round score (2 qualifying rounds plus 1 x final optional round of 2 passes)

Senior Competition Format - Qualification events

- 2 rounds, each round containing two passes, all four passes must be different.
- The best 2 x 2R scores will be added together to determine the top ranked gymnasts in each group to qualify to the British Championships providing the relevant minimum standard has been met

Senior Competition Format - British Championships (FIG rules, unless otherwise stated)

- 2 round (2R) qualification process. Each round to be made up of 2 passes, all four passes must be different to proceed to the final top 8*
- *2 x final passes (both of which can be repeated from the first two rounds)*

* If there are less than 8 gymnasts in a final the scores will be accumulated as a 3 round score (2 qualifying rounds plus 1 x final optional round of 2 passes)

Appendix 5 – Tumbling Domestic Competition Structure

Reasons for Restructuring Competitions

- To develop and evolve the TRA disciplines moving forward
- To move towards parity across the disciplines of Trampoline, Tumbling and Double-Mini Trampoline
- To raise the level of performance across all competition pathways

Objectives

- To have two clear pathways of competition, Elite pathway and NDP pathway, in line with the introduction of the new domestic competition structure for trampoline
- Gymnasts must select their competition pathway at the beginning of the season and may not transfer pathways during the season
- Elite competitions will consist of Senior Men, Senior Ladies and Age Groups (9-10, 11-12, 13-14, 15-16, 17-18, male and female)
- Senior Elite competitions will follow FIG criteria with the British Bonus System
- Age Group Elite competitions will follow World Age Group bands with the British Bonus System

TUM NDP Levels

As per Cycle 7 2013-2017; there will be some minor amendments to the routines year on year

- Club Levels 1-3
 - 1 & 2: Age Groups 7-8, 9-10, 11-12, 13+
 - 3: Age Groups 8-10, 11-12, 13+
 - To compete in the region only
- National Levels 1-4
 - Age Groups 9-10, 11-12, 13+
- National Level 5
 - Age Groups 10-12, 13-14, 15+
- National Levels 6 & 7
 - Age Groups U13, O13
- National Levels 1-7
 - To progress to NDP Finals gymnasts will compete in Regional Prelims through to two NDP Semi-Finals (Spring Event Series)
 - The top two gymnasts per level / age group / gender will progress from the Regional Prelims to the NDP Semi-Finals (Spring Event Series)
 - The top eight gymnasts per level / age group / gender will progress from NDP Semi-Finals (Spring Event Series) to NDP Finals
 - Ranking at the Regional Prelims and the NDP Semi-Finals (Spring Event Series) is determined by the cumulative scores from all 3 runs
 - Gymnasts may attend one or both semi-finals to obtain best counting score

TUM Elite

(As per FIG CoP 2013-2017 and using the British Bonus System; there will be some minor amendments to the routines year on year following the World Championships / WAGC events)

- Age Groups
 - Senior
 - 17+
 - 17-18
 - 15-16
 - 13-14
 - 11-12
 - 9-10
- Two direct entry Elite British qualifier events (Spring Event Series)
- Gymnasts progress to the British Championships dependent on attaining the minimum qualifying score at the qualifier events
- Minimum qualifying score per age group / gender set by the TUM Technical Committee and based on the cumulative score from the two qualifying runs
- Gymnasts may attend one or both Spring Event Series event to obtain the best counting score
- Automatic entry to the British Championships for any gymnast who has been selected to represent Great Britain in either the World Championships, World Age Group Competition and European Championships (Senior & Junior), however unless agreed otherwise by the HNC, gymnasts should have competed in at least one of the Spring Event Series events.
- TUM Head National Coach may utilise wild cards to confer automatic entry to the British Championships

Other Events

The British Tournament will not run in November 2013.

The Tumbling League will still run in its present format. Please contact Ian Woods, City of Leeds Gym Club, for further details.

Competition Structure

NDP NATIONAL FINALS

BRITISH CHAMPIONSHIPS



Top 8 per Level/Age Band /Sex



Qualifying Score

NDP NATIONAL SEMI-FINALS

BRITISH ELITE QUALIFIERS



Top 2 per Level/Age Group/Gender per Region

NDP REGIONAL PRELIMS

ELITE Pathway

NDP Pathway

Start of Season

CLUB LEVELS 1-3 in REGION

Appendix 6 – Advanced Notice Of Proposed Rules For 2015

NDP level 7 compulsory routines for 15/16 and 17+ years:

- $\frac{3}{4}$ Bss (s) with $\frac{1}{2}$ twist (1/2 twist to crash dive)
- correctly
- Straddle Jump
- Back ss (t)
- Barani (t)
- Back ss (p)
- Rudi (s)
- Back ss (s)
- Barani (s)
- Full twisting back ss (s)

NDP level 8 15/16 years:

- The last skill will change from Double Back ss (t) to 1/2 in 1/2 out (t)

NDP level 8 17/18 years and 19+:

- The last skill will change from Double back ss (p) to Double back ss (s)

Minimum difficulties and execution scores will be revised.