

BRITISH SCHOOLS GYMNASTICS ASSOCIATION

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SCHOOLS TRAMPOLINE COMPETITIONS

RULES FOR 2016 - 2017

With thanks to Chris Edwards for considerable editorial work, the document below is the final set of rules for the next season of schools trampoline competitions. This is the document that will shortly be printed in the BSGA handbook.

The minutes of the meeting which determined the rules have already been circulated to the Regional Representatives, but it would be expedient, for the benefit of the people who have not seen these minutes, to summarise the significant decisions that have been made:

Attire (Rule 10): There is no longer a compulsory requirement for team members to wear matching attire. Teams are, of course, still free to wear similar attire if they so wish.

Equipment (Rule 5): Recognising that we are largely dependant upon competitive trampoline clubs to provide competition facilities, competition organisers/hosts may offer and use any type of trampoline bed that is currently, or has been, accepted for BG competitions. This places a duty upon organisers to make clear to entrants the type of beds (6x4, 4x4, etc.) that they will be faced with, and to make team managers aware that their competitors must be capable of using the equipment that is available.

Judging (Rule 1): Although BG will be enforcing the new FIG directives on trampoline judging from September, for the forthcoming season the judging of the schools competitions will remain as in the last four years. Specifically, Form Judges will continue to assess horizontal displacement ('Travel').

Novices who achieve a Finals placing (Rule 3.7): This has been simplified to rule that Novice competitors who achieve a **1st., 2nd., or 3rd.** individual placing at the National Finals **must** move up to the Intermediate Level (or to Elite if they so choose) in the following seasons of competition, *even if they are moving up an age group*. This places a task upon the organisers of the regional competitions to note any of their Novice competitors who won a placing at the previous year's Finals, and to ensure that such competitors are not accepted as Novices in the forthcoming Regional events.

We will apply this rule as from the 2017 National Finals; we will not make it retrospective to any earlier Finals.

Please note that this rule will be rigorously applied at the 2018 National Finals, and any competitor who has 'slipped through the net' will be barred from competing.

Age Groups (Rule 3.21): In view of the increasing entry numbers at Novice Level, the age groups for Novice have reverted to the earlier groupings: Under-11, Under-13, Under-15, and Under-19. Hopefully, this will reduce the numbers in each age group, and provide the entrants with a more enjoyable competition. With apologies to the organisers of Zonal and National competitions (some of whom voted for this change!) it is recognised that this revision could lead, potentially, to 88 more competitors in these later events.

Definitions of 'Novice' and 'Intermediate' (Rules 3.5 and 3.8).

Novices must **not** have competed at NDP1 or Regional Grade G.

Intermediates must **not** have competed at or above National Grade C, NDP 6 or in the Trampoline League.

Routines (Rule 8). Please study this group of rules to see what skills and tariff limits are acceptable at the various levels.

Disability Events (Rule 9). The fundamental change is that competitors may now devise their own routines for both the compulsory and voluntary rounds. Minimum and maximum requirements are detailed within this group of rules.

Ron Linton

BSGA National Schools Trampoline Competition Rules 2017-18

1. General

The rules are effective from 1st September immediately preceding the Regional competitions.

- 1.1 The interpretation of all rules and their intended meanings shall be decided by the Schools Development Working Group. Normal British Gymnastics Trampoline Competition Rules for performance and judging (the Code of Points) shall apply to the Schools Competitions unless modified hereunder.
- 1.2 For the year 2017-18, the Cycle 13 BG Code of Points effective for 2016-17 shall be used. i.e. Horizontal Displacement will *not* be used.
- 1.3 The National rules which are in force on September 1st. of any year shall be retained in force for the subsequent Regional, Zonal, and National Schools Trampoline Competitions.
- 1.4 At the Regional round of competition, all competitors shall enter as Individuals representing their school, and shall compete for Individual awards and placings. Teams representing a school shall comprise three or four Individuals from that school in the same age/gender group. Teams will be entered automatically.
- 1.5 There shall be two preliminary rounds: Regional (held in December) and Zonal (held in January), followed by a National Championship (held in March).
- 1.6 Each Zone comprises a number of regions, as follows:
 - Northern Zone: North, North West, Yorkshire and North Midlands, N. Ireland.
 - Central Zone: Eastern, East Midlands, West Midlands, Wales.
 - Southern Zone: South, South West, London, South East.
- 1.7 Where a Region finds that the entry numbers for its Regional Championships are unmanageable, it may recourse to its own qualifying system within the Region. If such a need arises, these qualifying events shall be held before **November**.
- 1.8 Individual Counties may, if they wish, organise their own 'County Schools Competitions' (which may be used as pre- selectors as per Rule 1.7). It is recommended that they be held prior to the Regional competitions, even if they are not to be used as pre-selectors.

2. Eligibility

Competitors must be bona fide full-time students in Schools, Sixth-Form Colleges, Tertiary Colleges, Technical Colleges, academies, and specific disability schools, to encompass all educational bases under the age of 19. University students, or others in Higher Education, are not eligible.

- 2.1 Children who are educated at home with the approval of the Local Authority, and do not attend an educational institution, are also eligible to participate in the Schools competitions.
- 2.2 All competitors must be submitted by, or with the approval of, their school, or of the LEA in the case of rule 2.1 above.
- 2.3 Approval must be either in writing, or by email from an account originating at the school or LEA.
- 2.4 This approval is only needed at the Regional round, as this permission acknowledges that schools may progress to subsequent rounds of the competition. Subsequent rounds may be entered with no further permission being sought.
- 2.5 In the Regional round, competitors may compete only in the geographical Region within which their school is located.
- 2.6 **If a competitor changes school between rounds, they may continue to compete as an individual and/or a member of their original team with the approval of their new school.**

3. Competition Structure and Format

- 3.1 There shall be five levels of Schools Competition: Disability (Novice), Disability (Elite), Novice, Intermediate & Elite.
 - The Elite competition is called "The British Schools Elite Trampoline Championships"
 - The Intermediate competition is called "The British Schools Intermediate Trampoline Championships"
 - The Novice competition is called "The British Schools Novice Trampoline Championships"
 - The Disability (Novice) competition is called "The British Schools Disability Novice Trampoline Championships".
 - The Disability (Elite) competition is called "The British Schools Disability Elite Trampoline Championships".
- 3.2 Trophies of similar quality shall be offered to all levels of competition.
- 3.3 Each round of School Competition (Regional, Zonal, and National) shall offer all levels of competition for each age/ gender group.
- 3.4 The standard rules of the Schools Competitions, other than those specific to one Level, shall apply equally to all Levels of competition.
- 3.5 Entry to the **Novice Level** shall be restricted to pupils who have not at any time up to the date of their Regional Schools competition competed at or above either Regional Grade G or NDP 1. (Except as in Rule 3.13 below.)
- 3.6 Pupils who qualify to compete in the Zonal round of the Novice Level, and who then subsequently compete in a Regional NDP 1 or higher competition shall remain eligible to compete in the Novice Level throughout the current series (Zonal, National, Home International) of schools competitions.
- 3.7 Individual Novice competitors who finish in the top three places of the **National Finals** of a competition season will be required to enter future competition seasons as an Intermediate or Elite competitor. Should the competitor feel that they are not competent to compete at the higher level they may apply to the Schools Working Group for permission to remain at Novice level, stating reasons to support the application.
- 3.8 Entry to the **Intermediate Level** shall be restricted to pupils who have not at any time up to the date of their Regional Schools competition competed at or above National Grade C, NDP 6 or the Trampoline League. (Except as in rule 3.6.2 below.)
- 3.9 Pupils who qualify to compete in the Zonal round of the Intermediate Level, and who then subsequently compete in a Regional Grade "E" or "NDP 5" or higher competition shall remain eligible to compete in the Intermediate Level throughout the current series (Zonal, National, Home International) of schools competitions.
- 3.10 Entry to the **Elite Level** shall be open to any pupil who is eligible under the standard rules of the Schools Competitions. Pupils who have competed previously at or above either Regional Grade D, NDP 6 or the Trampoline League may only enter this Level, except as allowed by Rule 3.13.
- 3.11 Pupils who are eligible to compete in the Novice or Intermediate Level may be entered as Individuals and as part of a team in a higher Level of competition, but may not also compete in the lower Level in the same or subsequent rounds of Competition. Should a school wish to make up a team in the Intermediate or Elite Level, It may therefore include one or more novice or intermediate level competitors.
- 3.12 Should any pupil who is eligible for the Novice or Intermediate Level opt to compete in the next Level up, then he/she remains classified as being that standard for the remainder of the current season. Such pupils may not compete in the Novice Level in the same or subsequent rounds of competition.
- 3.13 Competitors that have retired from competitive trampoline gymnastics for a period of 24 months or more may apply to the committee to return to the competitions at a lower level than previously entered. Each person will be measured separately according to level and experience gained.
- 3.14 Competitors who have at any time competed at National Grade C, the Trampoline League, NDP 6 or higher may not downgrade to Novice level.
- 3.15 There shall be two separate events within each competition: a Team event, and an Individual event.
- 3.16 All competitors must, if possible, enter as members of a School Team. Where numbers are such that some competitors cannot be accommodated within a team, then these competitors may enter the Individual competitions only.
- 3.17 All members of a Team will also enter the Individual competition in the first (Regional) Round.
- 3.18 Teams shall comprise of a minimum of three or maximum of four competitors in the same age/gender group.
- 3.19 Competitors will be grouped by specified age and gender.
- 3.20 The age divide will be the ages of the competitors as at 1st September of the academic year in which the competitions take place.
- 3.21 The age groups for Novice (*not TPD*) are: Under 11 years, Under 13 years, Under 15 years and Under 19 years
- 3.22 The age groups for all other levels are: Under 11 years, Under 14 years and Under 19 years
- 3.23 The maximum age that a competitor may be is therefore, 19 years (birthday falling after September 1st).
- 3.24 Competitors may only compete within their own age band; specifically, a team can not include competitors who qualify to compete in a younger or older age group than that in which the team is entered.
- 3.25 Bounce order of competitors.
 - At Regional competitions, the order shall be at the discretion of the organisers, and published in advance if possible
 - At Zonal and National competitions, there shall be no change of order between the compulsory and voluntary routines.
 - At Zonal and National competitions, all competitors who are members of a team only, and who are not entered as individuals shall be programmed to compete before any competitors who are entered as individuals

4. Progression

- 4.1 In the Regional and Zonal Rounds, the two teams with the highest scores and the three individuals with the highest scores shall be eligible to compete in the next (Zonal or National) event.
- 4.2 In the event of ties, then at all rounds of competition tie-break calculations shall be applied, and any ties for qualifying places, both Individual and Team, shall be separated as follows:
- The gymnast with the higher final score in the 2nd routine.
 - The total of the middle 3 execution judges scores in the 2nd routine
 - The total of the 5 execution judges in the 2nd routine
 - The total of the 4 highest execution judges scores from the 2nd routine
 - The total of the 3 highest execution judges scores from the 2nd routine and so on until the tie is broken.
- 4.3 Team members may only compete in the Individual Competition in the Zonal and National events if they have placed in the top three positions in the preceding round of Individual Competition.
- 4.4 Where a team qualifies to compete in a subsequent (Zonal or National) round of competition, at least two members of the qualifying team must be presented as team members in the subsequent round.
- 4.5 The school may change and substitute the remaining two members of the team between the events
- 4.6 Where a member of a team, having been nominated on an entry form, is unable to participate in a competition, then the Team Manager may submit a named substitute competitor up to any time before, but not later than, the start of the competition group in which the team is participating. The resultant team must comply with all existing rules regarding team membership and eligibility.
- 4.7 In the case of individual placings, no substitution may be made.
- 4.8 If a successful and eligible Individual and/or Team declines to take up a place in a Zonal or National event, or fails to submit their entry in time, then the next highest ranking Individual or Team from the qualifying competition may be invited to take the place.

5. Equipment

- 5.1 Competition organisers may offer any type of trampoline bed that is, or has been customarily used for BG competitions. This includes 6x6mm, 6x4mm, 4x4mm and others of similar performance.
- 5.2 Competition organisers must state on the entry forms the equipment they expect to provide for each event.
- 5.3 Where practical, a choice of trampolines should be provided on each panel.
- 5.4 Competitors shall be required to stipulate on their entry forms which type of bed they normally train on.
- 5.5 Team Managers are responsible for ensuring their competitors use only the type of bed with which they are familiar.

6. Entry Fees

- 6.1 At Regional level, the entry fee for Individuals may be set by the competition organisers according to their needs.
- 6.2 At Regional level, there shall be no additional fee for Team entries. (Noting that at Regional Level all competitors must be entered as Individuals).
- 6.3 At Zonal and National levels the competition organisers are free to set entry fees for both the Individual events and for Team events according to the "break even" estimate of the competition's budget.
- 6.4 All Regional and Zonal competitions must either be financially self-sufficient, or be underwritten by the Region which is hosting the competitions.
- 6.5 **Advisory only.** Regions are advised to ring-fence any profits that they may make from their Regional rounds of the annual competitions, and to hold those profits in reserve to offset any shortage of income over expenditure when hosting a Zonal competition. The rotation of Zonal competitions is given below, so that Regions have fair notice of their financial commitments.

7. Awards

From Regional Championship level onward, the following awards should be made:

- 7.1 ALL competitors, team or individuals, to receive a certificate recording achievement.
- 7.2 First three individuals in each age group - boys and girls separately - to receive a trophy, plaque, or commemorative medal as appropriate.
- 7.3 First two Teams in each age group - boys and girls separately - to receive a trophy, plaque or commemorative medal as appropriate for each team member plus a trophy or plaque for the school itself recording the achievement. PLEASE NOTE - the above are considered to be the minimum awards to be given - where possible, more should be made.
- 7.4 At the national finals, perpetual trophies will be awarded to the winning team's school in each group.
- 7.5 The perpetual trophies shall be held by the school for one year, and then returned to the organisers of the national Finals.
- 7.6 All permanent trophies must be returned by the holders to the organiser of the appropriate Zonal Competition, on or before the date of that competition.
- 7.7 The organisers of the Zonal Competitions shall undertake to produce the trophies so collected to the organiser of the National Finals, on or before the date of the National Finals.
- 7.8 At the National Finals there shall be a march-on of all competitors for the presentation ceremony.

8. Routines for Novice, Intermediate and Elite

- 8.1 Each competitor will perform one compulsory routine and one voluntary routine. There will be no finals.
Note that the BG Teachers' award in Trampoline does not include a Back Somersault to Seat, or a Barani. See Rule 11.1 below.
- 8.2 In the Voluntary routine at **Elite** Level:
- a maximum difficulty mark of 8.0 will be awarded
 - routines with a difficulty value of more than 8.0 will have only 8.0 accredited to the score.
- 8.3 In the Voluntary routine at **Intermediate** Level:
- a maximum difficulty mark of 4.5 will be awarded.
 - no skill which exceeds a tariff of 0.6 is allowed.
 - if any skill exceeds a tariff of 0.6 the routine will be stopped and a zero score will be awarded.
 - no skill having more than 360 degrees of somersault rotation is allowed
 - no more than 7 skills of 360 degrees of somersault are allowed
 - should a competitor perform more than 7 skills with 360 degrees of somersault, then the routine shall be terminated after the skill immediately prior to the 8th such skill and scored up to this point.
- 8.4 In the Voluntary routine at **Novice** Level:
- a maximum difficulty mark of 1.5 will be awarded.
 - no skill which exceeds a tariff of 0.6 is allowed.
 - if any skill exceeds a tariff of 0.6 the routine will be stopped and a zero score will be awarded.
 - skills with a rotation greater than 360 degrees are not allowed
 - no more than three skills of 360 degrees of somersault are allowed
 - should a competitor perform more than three skills with 360 degrees of somersault, then the routine shall be terminated after the skill immediately prior to the fourth such skill and scored up to this point.
- 8.5 In the event of any transgression of rule 8.4 either during the competition or during the warm-up period, the Chair of the panel and or the competition organiser may challenge the competitor/s eligibility to participate in the Novice level of competition, and may at their discretion either transfer the competitor to the corresponding Intermediate group (in the Regional round only) or disqualify the competitor from the competition in any round.

8.6 Compulsory routines – Novice, Intermediate and Elite for all rounds

NOVICE	INTERMEDIATE A	or	INTERMEDIATE B	ELITE
FULL TWIST	FULL TWIST		BSS (T)	BSS (S)
JUMP TO STRADDLE	JUMP TO STRADDLE		JUMP TO STRADDLE	JUMP TO STRADDLE
SEAT LANDING	SEAT LANDING		SEAT LANDING	BSS TO SEAT (T)
½ TWIST TO SEAT	½ TWIST TO SEAT		½ TWIST TO SEAT	½ TWIST TO FEET
½ TWIST TO FEET	½ TWIST TO FEET		½ TWIST TO FEET	½ TWIST
JUMP TO PIKE	JUMP TO PIKE		JUMP TO PIKE	JUMP TO TUCK
BACK LANDING	BACK LANDING		BACK LANDING	BARANI (T)
½ TWIST TO FEET	½ TWIST TO FEET		½ TWIST TO FEET	½ TWIST JUMP
JUMP TO TUCK	JUMP TO TUCK		JUMP TO TUCK	JUMP TO PIKE
½ TWIST JUMP	FSS (T)		FULL TWIST	FSS (P)

9 Routines for Disability (Novice) and Disability (Elite)

Competitors in the disability levels shall construct their own ten bounce routines from the recognised skills in the BG Proficiency Scheme. All routines shall include a minimum of five different skills.

- The compulsory routine for the Novice group shall include a minimum of five different skills, with a maximum total difficulty value of 0.8 for the complete routine.
- The compulsory routine for the Elite group shall have a minimum total difficulty mark of 1.2, and a maximum total difficulty mark of 4.5.
- For the compulsory routine, the team manager must submit a competition card that complies with the above rules to the difficulty judge before the competitor will be allowed to compete.
- If the competitor fails to perform the compulsory routine according to the difficulty card, then the routine will be stopped after the last correct skill, and will be marked and scored up to and including that skill.
- The voluntary routine for the Novice group shall have a maximum total difficulty mark of 1.2.
- The voluntary routine for the Elite group shall have a maximum total difficulty mark of 4.5. No skill may exceed a difficulty value of more than 0.6.
- Scoring. In both the Novice and Elite levels, should a competitor perform a prohibited or ineligible skill, then the routine shall be marked and scored up to and including the last acceptable skill.
- If a completed voluntary routine has fewer than 5 different skills then the Difficulty Judge shall calculate the total difficulty score of the routine as presented, but shall then deduct 0.1 for each 'missing' skill from the total.

10 Attire

- 10.1 Dress must either conform to the requirements for British Gymnastics Individual Competitions (as set out in the British Gymnastics Code of Points which is currently in force for the schools competitions), or as in rules 10.2 to 10.10 below. For clarification regarding the wearing of correct attire, the Elite group shall be considered to be equivalent to NDP 6.
- 10.2 Competitors in the Elite Level may not wear shorts, except as permitted by Rule 10.9 below.
- 10.3 Competitors in the Novice and Intermediate Levels of competition at all rounds may wear their school's official uniform P.E. kit for indoor activities, provided that it is safely suitable for trampolining.
- 10.4 Acceptable school P.E. kit shall include only T-shirts, singlet PE vests, leotards, Polo/Netball shirts, close-fitting P.E. shorts, white foot covering.
- 10.5 Shirts/vests must be tucked into trousers/shorts, and inhibited from flapping free during the execution of the routine.
- 10.6 Foot covering must be plain white (no coloured trim).
- 10.7 The chair of the judging panel has the right to prohibit participation in dress which is clearly unsuitable for the sport of trampoline gymnastics, even though it may be the school's official kit. (e.g. hockey skirts, Jogging bottoms. Boys shorts in particular may not be revealing). Should this situation arise, however, the competition organisers are expected to give the affected competitors reasonable opportunity to acquire suitable clothing in time to participate.
- 10.8 Matching attire for all members of a Team is not required.
- 10.9 Where proven to be required by religious constraints, girls of any age may wear tidy leg coverings with a leotard at any round of the competition.
- Leg coverings must be skin tight.
 - Leg coverings must either be skin-coloured, or of the same colour as the leotard, or of a plain colour matching the leotard. (Rule 9.4 should be applied only in the interests of modesty, and not to satisfy whims of fashion. Competition organisers are at liberty to determine their own standards of 'tidiness', but should establish the ruling before the start of the competition)
- 10.10 In the Awards Ceremony at Zonal and National Levels, competitors must present themselves in competition attire.

11 Judges and Officials

11.1 Accompanying Officials

Every competitor must be accompanied by a suitably-qualified Trampoline coach or P.E. Teacher who is qualified to coach the skills that the competitor intends to perform, and who will take full responsibility for the competitor's performance on the trampoline. Such a coach does not need to be a member of staff from the competitor's school.

The coach must be named on the entry forms for each round of competition. Should the nominated coach fail to attend, a suitably-qualified substitute may be requested to offer his/her services. If no substitute can be secured, then the competitor must not be allowed to compete.

- 11.2 In all rounds of competition, judges and officials must be offered to the organisers at the time of entry. Failure to do so may result in the entry being rejected or reduced. It is recommended that schools submit qualified officials in the following ratios to the number of entries:

- If entering 3 or more performers 1 x judge must be submitted.
- If entering 6 or more performers 1 x judge and 1 x other official (recorder/marshal) must be submitted.
- If entering 9 or more performers 2 x judges and 1x other official (recorder/marshal) must be submitted.
- If entering 12 or more performers 2 x judges and 2 x other officials (recorder/marshal) must be submitted.
- If entering 15 or more performers 3 x judges and 2 x other officials (recorder/marshal) must be submitted.
- If entering 18 or more performers 3 x judges and 3 x other officials (recorder/marshal) must be submitted.

For the purposes of these ratios, no official may represent more than one school at the same time.

- 11.3 The competition organiser is authorised, at his or her discretion, to reject, or reduce the number of competitors on, any entry which fails to comply with the organisers requirements in this respect.
- 11.4 Judging qualifications should be included on the entry forms.
- 11.5 In all rounds of competition the event organiser should endeavour to compile panels of officials from those individuals who have been nominated by their school. They may draw in as appropriate other volunteer judges/officials whose experience and qualification will benefit the event.
- 11.6 Panels that include Elite Level competitors should where practical be staffed by the highest-qualified judges available, taking into account the need for Chair and Difficulty judges for other panels.
- 11.7 At Zonal And National competitions, organisers shall endeavour to ensure a fair representation of all regions across the judging panels

12 Administration

- 12.1 Results of the Regional competition must be forwarded to the organiser of the appropriate Zonal round within one week of the Regional event. Results of the Zonal competitions must be forwarded to the organiser of the National Championships within one week of the Zonal events.
- 12.2 Organisers of the Zonal and National events may refuse to accept any entry whose eligibility cannot be verified against the official results.
- 12.3 Entry forms for all rounds of the Championships shall require the inclusion of the BSGA Affiliation Number.

13. Dates of Competitions

- 13.1 In order to accommodate National competitions, the Regional Schools Competitions **may be held on any of the last two weekends in November or the first two weekends in December.** This will allow a local choice, according to the calendar, of a date between November 16th and December 14th.
- 13.2 The Zonal round should be held on, **or as close as possible to** the third weekend in January.
- 13.3 The National Finals shall be held in March where possible according to the BG calendar of competitions.
- 13.4 The above dates shall be reviewed each year to avoid clashes with other national BG or League events. Specific dates for events shall be determined by the event organising committees in co-operation with the calendar of National and Regional BG or League competitions.

14. Rotation of Zonals and Finals

- 14.1 Responsibility for staging the Zonal events will rotate between the Regions comprising each Zone. The National Finals shall be open to voluntary offers. The rotation calendar for 2018 to 2019 is given below:

Year 2018: Southern Zone - London

Central Zone - East Midlands

Northern Zone - Yorkshire

National Finals - Northern Ireland

Year 2019: Southern Zone - South

Central Zone - Eastern

Northern Zone - Northern Ireland

National Finals - West Midlands



This issue of the Rules agreed on **20th July 2017** and effective from this date. Changes to the BG competition structure may necessitate changes to the schools trampoline rules. Please check with your Regional Representative before submitting entries to the competitions.