

**British Schools**

**B.S.G.A.**



**Gymnastic Association**

## **2017/2018 Regional Schools Trampolining Championships**

Sponsored by Milano ([www.milano-pro-sport.com](http://www.milano-pro-sport.com))

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Welcome to the Regional stage of this year's BSGA National Schools Trampolining Championships! The Championships is run across three separate events consisting of 5 Levels. ELITE - INTERMEDIATE - NOVICE - DISABILITY NOVICE - DISABILITY ELITE.

1. West Midlands Regional – 5<sup>th</sup> November, 2017 – Chase Leisure Centre, Cannock
2. Central Zonal – East Midlands
3. National Final – Northern Ireland.

Apologies for not having dates at this time. We have to wait for BG competition dates before we can confirm BSGA trampoline competition dates.

**D.E. Photo** – selling printed photos of all competitors which will be taken throughout the day.

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There are a lot of information for you to digest but the following are of particular importance:

**RULES** - Please take very careful note of the rules. It is the duty of the team manager to ensure their entry and all their performers are in compliance with the rules. A full copy of the rules is available on the internet at [www.bsga.org](http://www.bsga.org) (please check that you have the most up to date copy).

**LATE ENTRIES** – Please ensure entries are received on time. Late entries will not be accepted.

**PRESENTATIONS** – There will be two presentation ceremonies for all prize winners (top 3 individuals and top 2 teams). Presentation will be done after each group – please note there may be more than 1 flight per group. Zonal entry information will be given out on the day.

**SUBMISSION OF TARIFF SHEETS** – The NOMINATED COACH must sign in and submit tariff sheets for each of their competitors at the event. Please come prepared to submit these as competitors will not be allowed to warm up/compete unless the nominated coach has signed in and handed in tariff sheets at the relevant judging panel. You can download tariff sheets from [www.trampolining-online.co.uk](http://www.trampolining-online.co.uk)

**WARM UPS** – All competitors will receive a set period of time for their general warm up (as listed in the timetable). They may have as many warm up attempts in this period as the time/bed availability allows – warm up marshals are not required. Once the allotted time has expired, all beds will be cleared and the competition will begin. Once underway, competitors will be allowed a one-touch warm up (one attempt at either their compulsory or voluntary routine), before competing both routines with no further warm ups (under the direction of a competition marshal). There will be no finals at any round of the Championships.

**JUDGES AND OFFICIALS** - Officials are an essential ingredient to a successful competition and **THEY ARE A REQUIREMENT TO YOUR ENTRY!** If you are, or know anyone who is a qualified official (form/tariff judge) even if they are not directly associated with your entry, please put their details on your entry form.

You **MUST** submit 1 official per 3 performers **FOR THE ENTIRE DAY OR YOUR ENTRY WILL BE REFUSED!** If you have more than the minimum number of officials please put them all down. Please see the entry form for the requirements of submission of officials. Judges **MUST NOT** be replicated across schools!

**CERTIFICATES** - The start list is being used to produce the certificates which may be picked up by the team manager at the end of each group – these will be available from the check in desk. Please ensure that your competitor's names and school are displayed the way you wish them to appear on your certificates as they cannot be changed on the competition day.

**COMPETITION HALL ENTRANCE** – There will be a £2.00 spectator entry fee to this year's event (children aged 15 and below are free) which will be payable on the door at the check in desk – for which you will receive a hand stamp and a free souvenir programme. All hand stamps must be shown upon request at the check in desk when leaving or entering the competition hall. All coaches, judges, officials and competitors must visit the check in desk upon their arrival to receive a free hand stamp to allow them hall access.

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All further information that we need to disseminate to you will be put up on the internet at **www.bsga.org** (including the bounce order/officials list/timetable etc). Any queries about this information please let me know.

Feel free to contact me if you have any questions and I shall attempt to respond as quickly as possible. Email is usually the best medium.

Yours in Trampolineing.

**Deb Danks ©**

West Midlands Regional Competition Organiser

Address: 78, Wandsworth Road      Email: debdanksa8@gmail.com  
Kingstanding      Home Tel: 0121 325 0847  
Birmingham.      Mobile Tel: 07723 084437  
B44 9LY

**DO NOT SEND REGISTERED POST!!!!**

# **INSTRUCTIONS FOR TEAM MANAGERS**

**You must do 3 things for your schools entry to be valid:**

## **1) Enter your competitors**

Please post the entry to the competition organiser along with the appropriate entry fee (cheques should be made payable to “WM TRAMPOLINING”) The organisers contact details are on the attached entry form. You must include details of your nominated coach who will be present on the competition day, and who **MUST** be qualified to the level of your competitors.

## **2) Affiliate your school with the BSGA**

The registration forms are attached to this document (or alternatively you can affiliate online at [www.bsga.org](http://www.bsga.org)). Affiliation can be done either as an individual OR as a school. Completed forms and payment should be sent to your regional BSGA officer — **DO NOT SEND THE AFFILIATION FORM TO THE COMPETITION ORGANISER!!!** The BSGA registration number needs to be added to your schools entry form.

## **3) Gain written permission from the headteacher / head of dept for the school**

This can be either a signature (which there is space for on the written entry form) OR an email to the organiser ([debdanksa8@gmail.com](mailto:debdanksa8@gmail.com))

If they decide to email, they should state who they are, what school they are from, and that they give permission for the children to compete on behalf of the school.

*This permission will allow competitors from that School to compete in all three rounds of the Championships should they qualify to progress (so permission does not need to be re-sought for each round).*

*The reason for requiring this signature is so that the School accepts responsibility for the trip and associated activities under it's normal extra-curricular excursion insurance policy*

*If for any reason the School wishes to withdraw their permission to compete at any round of the Championships, they must notify in writing to the competition organiser for that round, at which point the competitor(s) will be withdrawn and the team manager notified.*



## RULES/INFORMATION SHEET

### Competition Organiser

Mrs. Deb Danks. 78, Wandsworth Road, Kingstanding, Birmingham. B44 9LY.  
0121 325 0847 / debdanksa8@gmail.com

Sunday 5th November, 2017. Competition to start **approx.** 8.30am and finish **approx.** 6.00pm.  
Confirmed times and details to be sent once entries have been received and collated.

### Venue

Chase Leisure Centre, Stafford Road, Cannock. WS11 4AL.

### Closing Date

All completed entry forms and entry fees should be received by 13<sup>th</sup> **OCTOBER, 2017.**  
**YOU MUST HAVE AFFILIATED TO THE BSGA!!**

### Entry Fees

£12.00 per individual (every competitor has to enter as an individual) – No charge for team entries.

### Age Groups

These are based on the performer's age on 1<sup>st</sup> September 2017. Male and Female performers compete in separate groups and cannot be combined to make a team.

Level	Ages
Novice	U11, U13, U15, U19
Intermedite	U11, U14, U19
Elite	U11, U14, U19

### Mainstream Compulsory and Voluntary Routines

All age groups, both male and female, will compete a set routine for the compulsory round of the competition in their respective categories. Please see attached routine sheet.

### Disability Compulsory and Voluntary Routines

Competitors must have a Disability recognised by International disability sport organisations. Disability definitions are laid down by BG and follow the World Health Organisation and will be adhered to. Gymnasts will be required to send in a Disability Gymnastics Classification Certificate as proof of disability at the point of entry to the event.

Category 1 = Learning Disability {Novice or Elite}

Category 2 = Physical or Sensory Disability {Novie or Elite}

Age groups will be as stated above.

Competitors with a disability must choose to enter either the disability competition or the mainstream competition. They will not be allowed to enter both events.

## Tariff Limits

Tariff limits apply to each level – see attached routine sheet.  
Tariff sheets are required for Elite level competitors, Disability Novice and Elite.

## Teams

Teams consist of a minimum 3 performers and a maximum of 4 performers. Team members must be in the same age group, of the same gender.

## Insurance

Please note that the organiser, BSGA or the venue cannot be held responsible for loss of property or accidental injury to anyone participating in this event, howsoever caused. Accident insurance should be provided through the schools extra-curricular trip insurance, and Trampolining insurance should be provided through the school's membership to the BSGA and the nominated Coach's membership to British Gymnastics.

Your BSGA insurance certificate is available on the BSGA website.

## Equipment – IMPORTANT PLEASE READ

- Trampolines for all levels will have 6x6mm or 6x4mm or 4 x 4mm beds, or a selection of both.
- *It is the responsibility of every performer's coach and team manager to ensure the performer is able to use the equipment provided to a safe standard. Each individual MUST nominate and be accompanied by a coach qualified to the level of their competition performance.*

## Competition Attire

**Elite Girls:** As per BG requirements.

**Elite Boys:** As per BG requirements

**Intermediate and Novice Girls:** Long/short sleeve leotard (and may be worn for preference: small skin-tight shorts in a colour and style matching the leotard) OR official school uniform P.E. kit as below.

**Intermediate and Novice Boys:** Leotard and trampoline whites or official school uniform P.E. kit as below.

**Official School PE Kit:** Consisting of close fitting P.E. shorts and polo/T-shirt and white foot coverings. (Should religious constraints apply, skin tight leg coverings the same colour as the leotard or P.E. kit can be worn).

Matching attire for teams is not required.

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## QUALIFICATION FOR MIDLANDS ZONAL SCHOOLS COMPETITION

**Elite Championships:** Top 3 Individuals & top 2 Teams.

**Intermediate Championships:** Top 3 Individuals & top 2 Teams..

**Novice Championships:** Top 3 Individuals & top 2 Teams.

**Disability Novice Championships:** Top 3 Individuals & top 2 Teams. Both categories.

**Disability Elite Championships:-** Top 3 Individuals & top 2 Teams. Both categories.

Entry forms for Zonal Schools Competition will be given to qualifiers.

FOR ZONAL CLOSING DATE – REMEMBER TO ALLOW ENOUGH TIME FOR ENTRIES TO ARRIVE BEARING IN MIND THE POSTAL RUSH SURROUNDING THE FESTIVE PERIOD!!!

## **Letter to all Judges and Officials**

As many of the schools who enter the competition will not reach the requirement for supplying judges/officials, please may I request that you submit as many judges and officials as possible, even if your school is not required to submit one!

Quite simply, the competition CANNOT run without qualified judges and officials, so you ALL have a responsibility to help make the competition run!! Your help with this is greatly appreciated.

Once the judging panels and start list have been released to the team managers, please can you check **all** competition panels for your official's names and inform them of what they are doing.

**ALL** officials (including reserve officials) **MUST** check in to the check in desk upon arrival at the competition venue.

Below is some important information regarding the official role you will be performing on the day of the competition so please read it carefully:

### **Judges Uniform**

- **Men** - Navy Trousers, White shirt, Navy or BG Tie, Black shoes, Navy blazer or jacket
- **Ladies** - Navy Trousers or Skirt, White collared blouse, Black shoes without heels, Navy blazer or jacket
- **Recorders** - Uniform similar to above
- **Competition Marshals** - Suitable sports clothing (ie tracksuit and trainers)

**It is very important at this event that you all look the part so please make sure your officials are correctly dressed in the uniform for the occasion.**

### **Competition Marshals**

Please ensure that you are fully aware of how to do the job you have been asked to do. It is the school's responsibility to ensure that you know how to do this job - not the competition organiser.

### **ON THE SPOT TRAINING AT THE COMPETITION IS UNACCEPTABLE!**

You need to **report to the check in desk** before the first warm ups have started. Your role is very important as you keep the competition moving. Your job is to make sure the competitors are ready for warm ups and competition and that they have a minimum of 2 spotters at all times during bouncing - as the trampolines are sited together. Your role is also to keep the competition area clear (the coaches are the worst at getting in the way!!).

### **Recorders**

You need to **report to the check in desk** before the first warm ups have started.

### **Judges**

You need to **report to the check in desk** before the first warm ups have started and listen for announcements for trial judging. Please wear the correct uniform as detailed above and judge efficiently and fairly taking note of comments from the chair of judges who is there to help you.

### **Reserve Officials**

Need to be in the correct uniform and **report to the check in desk** before the first warm ups have started in time to see if you are required.

If there are any issues with the officiating at the competition please contact the competition organiser.





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(please continue on another sheet if required)

**IMPORTANT**

- The organisers accept no responsibility for any injury, damage or loss to persons or property howsoever caused arising from these championships.
- The team manager is responsible for ensuring that their competitors are capable of performing safely on the beds provided and also responsible for the behaviour of competitors during the competition.
- The team manager is also responsible for ensuring competition rules are adhered to.
- Each individual **MUST** nominate and be accompanied by a coach qualified to the level of their competition performance who **MUST** be available from the time of their first competitor.
- A full set of the rules is available at [www.trampolining-online.co.uk](http://www.trampolining-online.co.uk) or [www.bsga.org](http://www.bsga.org) and it is the team manager's responsibility to obtain a copy. All competition information will be EMAILED to the team manager. **PLEASE ENSURE AN ACCURATE HOME/PERSONAL EMAIL ADDRESS (NOT A SCHOOL ONE)!!!**

Team Manager's Name: .....

Home Address: .....

..... Home Tel No: ..... Home E-mail: .....

Nominated Coaches Name: .....

Head Teacher/Supervising Teacher's Signature of Approval: .....

*Entries will not be accepted without the above signature (an email to [debdanksa8@gmail.com](mailto:debdanksa8@gmail.com) with permission will suffice)*

**Judges**

Name	Qualification of Judge	Preferred Job

**Other Officials**

Name	Preferred Job <i>Recorder / Competition Marshall</i>	2 <sup>nd</sup> Choice <i>Recorder / Competition Marshall</i>

**Payment**

Number	Entry Fee	Total
Individuals =	X £12.00 each	£
Teams =	FREE	£

Total Paid £ \_\_\_\_\_

Cheques payable to:- WM TRAMPOLINING

Send To:- Deb Danks  
78, Wandsworth Road, Kingstanding.



## School's message to appear in Programme

### WM Regional Schools Trampolining Championships 2017

You can have messages wishing your competitors the best of luck for the competition added to the souvenir programme, which would make it that little bit more special!

School Name:
Team Manager Name:
Team Manager Address:
Telephone:
Email:

Please add your message in the boxes below – one word per box

					£10 min
					£13
					£16
					£19
					£22
					£25

#### EXAMPLE

GOOD	LUCK	IN	THE	COMPETITION.	£10 min
YOU	ARE	ALL	STARS!	FROM	£13
ALL	YOUR	FAMILY	AND	FRIENDS	£16
AT	ABC	SCHOOL			£19
					£22
					£25

This message would cost £16.00

PLEASE SEND TO:

Deb Danks. 78, Wandsworth Road, Kingstanding, Birmingham. B44 9LY.

MAKE CHEQUES PAYABLE TO: "WM TRAMPOLINING"

**\* CLOSING DATE: 13<sup>TH</sup> OCTOBER, 2017 \***

## Compulsory routines.

### NOVICE

1. FULL TWIST
2. JUMP TO STRADDLE
3. SEAT LANDING
4. ½ TWIST TO SEAT LANDING
5. ½ TWIST TO FEET
6. JUMP TO PIKE
7. BACK LANDING
8. ½ TWIST TO FEET
9. JUMP TO TUCK
10. ½ TWIST JUMP

TARIFF LIMIT **1.5**

### DISABILITY NOVICE.

Construct own 10 bounce routine.

Minimum of five different skills.

Routine maximum tariff 0.8

Voluntary routine max tariff 1.2

Please see attached rules for further details.

### INTERMEDIATE "A"

1. FULL TWIST
2. JUMP TO STRADDLE
3. SEAT LANDING
4. ½ TO SEAT LANDING
5. ½ TO FEET
6. JUMP TO PIKE
7. BACK LANDING
8. ½ TWIST TO FEET
9. JUMP TO TUCK
10. FSS (T)

TARIFF LIMIT **4.50**

### INTERMEDIATE "B"

- 1 BSS (T)
- 2 JUMP TO STRADDLE
- 3 SEAT LANDING
- 4 ½ TO SEAT LANDING
- 5 ½ TO FEET
- 6 JUMP TO PIKE
- 7 BACK LANDING
- 8 ½ TWIST TO FEET
- 9 JUMP TO TUCK
- 10 FULL TWIST

TARIFF LIMIT **4.50**

### ELITE

1. BSS (S)
2. JUMP TO STRADDLE
3. BSS TO SEAT (T)
4. ½ TWIST TO FEET
5. ½ TWIST
6. JUMP TO TUCK
7. BARANI (T)
8. ½ TWIST JUMP
9. JUMP TO PIKE
10. FSS (P)

TARIFF LIMIT **8.00**

### DISABILITY ELITE

Construct 10 bounce routine

Minimum of five different skills.

Routine maximum tariff 1.2

Voluntary routine max tariff 4.5  
No skill to exceed 0.6

See attached rules for further details.

Please note that the BG Teachers award in trampolining does not include a Back Somersault to Seat nor a Barani. See rule 10.1