**WM CHAMPIONSHIPS NEW COMPETITION STRUCTURE**

Following on from last year’s change to the West Midlands Championships structure there will be some minor changes after feedback given.

You are still only able to compete at one level – Novice, Intermediate or Elite.

Elite – is for anyone who has competed at NDP 6 or above at a BG Qualifying event, or the Trampoline League equivalent.

The age groups for elite will be as follows U11, U13, U15, U17 and 17+ both Male and Female categories for TRA and DMT.

Intermediate – is for anyone who has competed at NDP 3, NDP 4 or NDP 5 at a BG Qualifying event, or the Trampoline League equivalent.

The age groups for intermediate will be U11, U13, U15, U17 and 17+ both Male and Female categories for TRA and DMT, however, IF there are enough U9’s to consider creating an U9 male and an U9 female category we will look at doing this.

Novice - is for anyone who has competed at NDP 2 or below at a BG Qualifying event, or the Trampoline League equivalent.

The age groups for novice will be as follows U9, U11, U13, U15, U17 and 17+ both Male and Female categories for TRA and DMT.

For Synchro age groups U15 and O15

Elite – for anyone who has competed at NDP 6 or above at a BG Qualifying event, or the Trampoline League equivalent.

Age Group – for anyone who has competed at NDP 5 or below at a BG Qualifying event, or the Trampoline League equivalent.

For Disability

National A and Regional B both Category 1 and Category 2 Male and Female as per the current BG requirements for Trampoline Disability Competitions

For Veterans – if anyone wishes to enter we will use the same structure and routines as BG use for the British Veterans Competition.

**ROUTINES**

**U13, U15, U17 and 17+ Elite / O15 Elite synchro (VOL DD LIMIT – NONE)**

10 skills – with only 1 non-somersault element to include

* One element of 270⁰ rotation with an element of 450⁰ rotation from that element
* Either one element of 360⁰ rotation with 360⁰ twist OR

one element of 360⁰ rotation with 540⁰ twist OR

one element of 720⁰ rotation

**U11 Elite / U15 Elite synchro (VOL DD LIMIT – NONE)**

Back s/s (S)

Barani (S)

Straddle Jump

Back s/s (P)

Barani (P)

Tuck Jump

Barani (T)

Back s/s (T)

Pike Jump

Front s/s (P)

**Intermediate (Individual) (VOL DD – 5.6)**

Back s/s (S)

Straddle

Back s/s to seat (T)

½ twist to feet

½ twist

Pike jump

Back landing

½ twist to feet

Tuck jump

Front s/s (P)

**Novice (Individual) (VOL DD – 2.0)**

Back s/s (T)

Straddle

Seat landing

½ twist to seat landing

½ twist to feet

Pike jump

Back landing

½ twist to feet

Tuck jump

Front s/s (T)

**Age group synchro (VOL DD – 5.6)**

Back s/s (T)

Straddle

Back s/s to seat (T)

½ twist to feet

½ twist

Pike jump

Back landing

½ twist to feet

Tuck jump

Front s/s (P)

**DMT Elite**

Pass 1 – Mount or Spotter – Barani (S) / Dismount – Full **OR** Spotter – Back s/s (S) / Dismount - Rudi

Pass 2 – optional (no max DD)

**DMT Intermediate**

Pass 1 – Spotter – Back s/s (P) / Dismount – Barani (P)

Pass 2 – optional (max DD 1.6)

**DMT Novice**

Pass 1 – Spotter – Pike jump / Dismount – Front s/s (P)

Pass 2 – optional (max DD 1.1)