


**2016 Trampoline
Competition
Handbook©**

Version History

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

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 – Original


Version 1.1 – Updated hyperlink page 8

Contents

Definition of Terms	5
Contact Information.....	6
Technical Committee	6
British Gymnastics Contact Details	6
National Competition Calendar	7
Eligibility	8
Membership.....	8
Code of Conduct	9
Regional Representation.....	9
Coach Qualifications	9
Safeguarding	10
Age Policy	10
Nationality.....	10
Competition Entries	12
Entry Process.....	12
Disability Competitions	12
Methods of Payment	12
Late Entries	12
Withdrawals and Substitutions.....	13
Terms & Conditions of Entry to All Competitions.....	13
General Regulations.....	14
Registration.....	14
Competition Attire	14
Order of Performance.....	15
Competition cards.....	15
Access to Warm Up Hall.....	16
Food & Drink	16
Babies and Young Children	16
Medical Provision.....	16
Inquiries	17
Medal Ceremonies.....	17
Tenure of Trophies.....	17

Video, Film and Photography.....	17
Health & Safety	18
Overnight Stays	18
Drug Free Sport	18
Spectators Ticket Information	19
Spring Event Series 1.....	20
Spring Event Series 2.....	22
Regional Team Finals/NDP Semi Final	24
British Championships	27
NDP Finals	31
Appendices.....	34
Appendix 1 - Home Counties, English Regions & Island Associations	34
Appendix 2- Coaching	35

Definition of Terms

- **BG** means British Gymnastics
- **Criminal Record Certificate** means DBS (previously CRB) Access NI Eligibility or PVG
- **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) or their designated representative, 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 such as BG or FIG
- **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.
- **NDP Compulsory Series** means the 2/3 events run within each Region under the national rules, which will ordinarily take place between October and February each year leading to the Regional Qualification Event in May 2016
- **BG Nomination Panel** made up from Head National Coach for Trampoline Disciplines, TRA, DMT and TUM, Senior Performance Manager & Chair of The National Trampoline & Tumbling Technical Committee.
- **Unattached** means gymnasts who are not members of a BG registered club but hold appropriate BG membership.
- **Officials*** are people recruited to assist with the delivery of the overall event i.e Floor Manager, Ceremonies Manager, Spectator Tickets Manager
-  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.

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	tumblinguk@gmail.com
National Competition Organiser (TRA, DMT)	Alex Deller	Trampolining.competitions@british-gymnastics.org
National Competition Organiser (TUM)	Debra Roberts	andovergymclub@aim.com
Disability Trampoline & Tumbling Representative	TBC	
Trampoline & Coach Education Representative	Biz Scales	e-scales@sky.com
Tumbling & Coach Education Representative	Alan Lavelle	agcpaddy@aim.com
Double Mini-Tramp Representative	Toby Eager	doubleminitramp@british-gymnastics.org
Co-opted TC member (WC Liaison)	John Beeton	johndbeeton@gmx.co.uk


British Gymnastics Contact Details

Events Department	0345 1297129 ext. 2396	events@british-gymnastics.org
Coach Education	0345 1297129 ext. 2392	coaching@british-gymnastics.org
Member Services	0345 1297129 ext. 2395	customerservice@british-gymnastics.org
Safeguarding & Compliance	0345 1297129 ext. 2347	ethics@british-gymnastics.org
Technical & Performance	0345 1297129 ext. 2397	worldclass@british-gymnastics.org

National Competition Calendar

Event Name & Date	Opening Date	Closing Date	Venue
 Spring Event Series 1 15-17 April	22 January	Noon 14 March	Ricoh Arena Coventry
 Spring Event Series 2 06-08 May	12 February	Noon 01 April	EIS Sheffield
 Regional Team Finals & NDP Qualification TBC	TBC	TBC	TBC
 British Championships 01-03 July	08 April	Noon 20 May	Echo Arena Liverpool
 NDP Final 08-10 July	15 April	Noon 06 June	Telford International Centre

Regional NDP Compulsory Series will be held by regions between October and February each year leading to the Regional NDP Compulsory Final which will take place in March.

Please complete the Sanction Form which can be found by following this link  then email it to the events department on events@british-gymnastics.org

Competition Structures

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

Appendix 3 - Trampoline Domestic Competition Structure 

Appendix 4 - Double Mini-Trampoline Domestic Competition Structure 

Appendix 5 - Tumbling Domestic Competition Structure 

Appendix 6 - Disabilities Domestic Competition Structure 




Eligibility

Membership

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

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.

Competitions that are part of the British Gymnastics National Development Plan require Silver Membership. To view the NDP Competition Structure, [click here](#).

- **Gymnasts**
 - Trampoline:
Membership level must be must be Bronze, Silver, Gold, Joint Gold, or Life Members of BG in order to enter a BG Event. 
 - 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-Trampoline:
Membership level must be must be Bronze, Silver, Gold, Joint Gold, or Life Members of BG in order to enter a BG Event 


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.

For the NDP Levels 1-7, competitors must hold current BG membership at the time of Regional NDP Qualifying Events. Anyone discovered to have been without the correct membership for these competitions will be disqualified.

- **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 Criminal Records 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**

Judges' membership level must be – Bronze or Life Members of BG for Club/County/Regional or Zonal Judges, and Gold, Joint Gold or Life Members of BG for National and Brevet Judges before being allowed to officiate at a BG Event

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

BG does not require judges to complete a criminal record check to judge at BG competitions, as the role that judges fulfill at the event no longer falls within DBS or Access NI Eligibility*. However, some judges are actively involved in club gymnastics and may provide judging instruction to children in a training environment or carry out a supervisory role (or may complete a criminal record check by virtue of another role they undertake e.g. coach). As not all judges use their qualification in the same way, it is the club's responsibility to assess the role the judge is undertaking and determine whether the activities involved fall within the eligibility criteria for a criminal record check. BG no longer requires all judges to complete safeguarding training but clubs should ensure any judge who supervise or instructs children has completed appropriate training.

* Judges who are involved in Scottish competitions should refer to [Scottish Gymnastics](#) for further guidance as to whether a check is required

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

Code of Conduct

British Gymnastics National Technical Committee Code of Conduct 

Trampoline Judges Code of Conduct 

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

Regional Representation

Gymnasts may only represent the Region in which their club is situated

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 e.g. DMT.

Exceptional circumstances will be considered following written application to the TC.

For the British Championships, gymnasts forming a synchro pair may come from different clubs and regions.

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)

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 MUST be the same ones attending the event. It is unacceptable to enter a coach you know will not be attending.

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 some judges, see page 8, are required to hold a current BG specific DBS certificate, or Home Nation equivalent training at the time of the event, 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.

Year Born Eligibility for National Competitions 2016		
9 and 10 years born	2007 and 2006	
11 and 12 years born	2005 and 2004	
13 and 14 years born	2003 and 2002	
15 and 16 years born	2001 and 2000	
17 and 18 years born	1999 and 1998	
19 + years born		1997 and before
Senior born		1999 and before

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

Gymnasts must compete in their age group. At FIG 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 British Gymnastics 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 British Gymnastics Events.

British Championships

Only those in possession of a valid United Kingdom passport are eligible to be ranked in the official Competition results, where a British Championships title is being contested. This is effective for individual competitions. In team competitions or where gymnasts compete together as part of a group/partnership, all of the gymnasts must be in possession of a valid United Kingdom passport in order for that team/group/partnership 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), those who are not in possession of a valid United Kingdom passport may take part in Competitions where a British Championships title is being contested. Participation is also subject to approval from their own FIG Member Federation². 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(including a valid United Kingdom passport) are only eligible to receive a ranking in the official 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.

Gymnasts who are not in possession of a valid United Kingdom passport and 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.

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), non-British citizens may take part in other British Gymnastics' Competitions. Participation is also subject to approval from their own FIG Member Federation in accordance with FIG Statutes

Those gymnasts who are not in possession of a valid United Kingdom passport must have been registered with the club making the entry for one year prior to the date of the Competition in order to be eligible to take part. During this period the gymnast's sole or main residence must be within the United Kingdom.

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 non-British citizen will not lead to the displacement of a British citizen who would have otherwise qualified for the British Championships.

In exceptional circumstances, gymnasts who are not in possession of a valid United Kingdom passport and 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.

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.

Disability Competitions

The Disability 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.

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 2016, 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.

Methods of Payment

Payment can be made by Debit Card, Credit Card or BACS payment. BACS payment however may slow the entry process. Payments 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 for individuals (incl Partnerships & groups). For Team late entries the fee will be double (incl Club & Regions)

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.

In the case of a team/region wishing to make a substitution (due to the withdrawal of a previous regional entry), they can only do so up to one week before the event. Substitutions will not incur a fee however there is no guarantee that the substituted names will be included in the spectator programme.

The request for substitution must be made in writing to the Organiser after the entry has closed, detailing the withdrawal and intended substitute(s). Proof of qualification of the substitute must also be provided at the time of the request.

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 and Safeguarding certificates.

Terms & Conditions of Entry to All Competitions

In addition to BG General Rules & Regulations -

- All entrants agree to be treated by BG appointed medical staff only and be bound by the decision of BG medical staff in relation to their ability to compete in the competition.
- By submitting an inquiry you agree to pay a fee which will be added to the club/region basket
- You agree to the storing of competition scores. BG will redact your details from the published results unless there is a justifiable reason to reject an objection to publication
- You agree to abide by the BG Photography at Gymnastics events policy
- The person making the online entry on behalf of gymnast(s), a club or a region, undertakes to ensure that those who they are making an entry on behalf of are fully aware of and agree to abide by the contents of this handbook

General Regulations




Coaches' must make adequate provision for the "supervision" of their Gymnasts upon arrival at the Venue. Gymnasts will not be allowed to register or begin warm up without their Coach present.

Registration

Only register your Gymnast(s)/Club/Region when those competing in that section of the event have arrived at the event and intend to compete. Please inform the registration desk of any withdrawals as soon as possible.


During registration accreditation/passes will be issued. Abuse of accreditation/passes may result in disciplinary action taken by BG

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 beige - refer to BG code of points
 - The removal of leotards on the field of play is not allowed
- Coaches
 - Coaches must wear a tracksuit with full length tracksuit bottoms or full length tracksuit bottoms with a collared polo shirt or club/regional t-shirt and appropriate gym/training shoes.
 - The wearing of GBR or Home Country attire at BG Events is strictly forbidden
 - 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 ANY jewellery. If it is impossible to remove items of jewellery they should be taped. Exceptions are as per BG Body Piercing and Adornments policy. 
- 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 Field of Play 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-Trampoline: 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-Trampoline or Ultimate 6x6 DMT may 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.

Competition cards

It is the coach's responsibility to ensure that the Competition cards are completed correctly and submitted at registration

- Trampoline and DMT

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

Competition cards must be submitted to the Registration Desk on arrival at the competition and prior to the start of warm up.

Competition cards should be completed in FIG notation only. For NDP levels 1-7 TRA and DMT, competition cards may be written in clear English or FIG notation.

For NDP Level the card should be marked with asterisks to indicate required elements in WAGC/FIG A 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 appropriately qualified Supervising Coach in order to be valid.

Competitors may not compete without a valid tariff sheet.

- Tumbling

Competition cards are required only at FIG Level.

Competition cards must be submitted at Registration Desk on arrival at the competition and prior to the start of warm up.

Competition cards should be completed in FIG notation only.

Competitors may not compete without a valid tariff sheet.

Access to Warm Up Hall

Access to the warm up hall will be limited to the appropriate number of coaches as defined in the specific details section for each Event. On arrival, coaches will need to register and collect their accreditation from the Competition Steward. In the case of Events spanning more than one day, accreditation will be issued for each day.

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

Judges will not be allowed into the warm up hall, once the judges meeting has taken place.

Food & Drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies.

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

An inquiry is only applicable when BG score is being used to facilitate video feedback

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.

Inquiry forms will be published in each event workplan.

A verbal inquiry should be made after the publication of the score and at the very latest before the end of the routine 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' routine, 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. Medals will only be distributed at events, not by post. Attire for medal ceremonies is according to FIG rules for World Championships

Gymnasts receiving a zero score will not be eligible to receive a medal.

Tenure of Trophies

All perpetual trophies remain the property of BG.

Perpetual trophies are the responsibility of the winning individual. The individual is 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 to 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

BG accredited photographers may be present at BG events and in some cases, events will be videoed and/or live streamed by BG TV. These images may be used by BG and our subsidiary companies for the purposes of

promotion, education and development of the sport. They may also be shared with relevant third parties organisations for journalistic/promotional purposes.

Clubs must ensure that gymnasts/parents are informed of the photography arrangements for the relevant event. BG will also announce the photography/filming arrangements at the event. Any gymnast or parent who does not wish themselves or their child to be photographed/filmed at the event must advise the British Gymnastics Events Department or the Event organiser. Although it is not always practical to manage the content of live streamed footage, British Gymnastics will ensure any identifiable images of the participant are not 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 Safeguarding & Protecting Children 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

The health, safety and welfare of all participants (gymnasts, coaches and officials) is the primary consideration. All BG policies and procedures will be rigorously applied with regards to health, safety, welfare and Safeguarding & Protecting Children.

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 


Spectators Ticket Information

Spectator ticket information can be found on the specific Event page within the event finder section of the BG website. Tickets can be purchased through GYMSHOP, the official retail partner of British Gymnastics at www.british-gymnastics.org/shop

We recommend you buy tickets from GYMSHOP before the event. Purchasing tickets online through GYMSHOP before the event could save you up to 25% compared to the on-the-door price.

If you're booking tickets for any of our British Championship events, held at the Echo Arena in Liverpool, you can make sure you get the best price by using discount code BGMEMBER on any tickets you buy. Go to www.echoarena.com and enter the code in the promotion code box to claim your discount.

Provision of Officials

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

Clubs will no-longer need to nominate judges and officials as part of their online entry for the Spring Event Series, NDP Finals or British Championships. However, for the Regional Team Final/NDP Semi Final, regions **will** need to nominate 3 Judges for TRA, 2 Judges for TUM and 1 Judge for DMT. The National Judging Officers will then select the panels and advise the regions of their selections. A contribution of £335 from each region towards the costs for Judges for this event will be added to the On-line entry. Accommodation will be booked by BG Events Team and meals provided for all appointed Judges. Judges should ideally hold, as a minimum, the Regional Judge qualification however Club Judges may be considered.

Spring Event Series 1

Date: 15-17 April

Venue: Ricoh Coventry

Opening Date: 22 January

Closing Date: Noon 14 March


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

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

Tumbling - entries to the Spring Event Series should be made by individual clubs

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

Code:

Trampoline:	BG Trampoline Code of Points  Trampoline Domestic Competition Structure
Double Mini-Trampoline:	BG Trampoline Code of Points Double Mini-Trampoline Domestic Competition Structure
Tumbling:	FIG TRA Cde of Points 2013-2016  Tumbling Domestic Competition Structure

Eligibility:

The Gymnast should be able to safely perform the routines/passes/runs and meet the minimum criteria required for this level. The coach and gymnast can select which level the gymnast starts the 2016 season, but should be mindful that they cannot change levels during that competitive year.

Competition Structure

Competitions will be offered:

	TRA	DMT	TUM
NDP Level 8	9-10 yrs for Women & Men		
	11-12 yrs for Women & Men		
	13-14 yrs for Women & Men		
	15-16 yrs for Women & Men		
	17-18 yrs for Women & Men		
	19+ yrs for Women & Men		
FIG Level	9 -10 yrs for Women & Men	9 - 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	Senior for Women & Men
Disability	Cat 1/Nat A Women & Men		
	Cat 2/Nat A 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 [!\[\]\(74d4806277d7e73349d8e8c0897931e9_img.jpg\)](#).

Tie breaks

Tie-break rules as per the BG code of Points [!\[\]\(830769b31eeeaca920791081939ff8ba_img.jpg\)](#)

Tie-break rules TUM as per FIG Cop

Awards

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

Gymnasts receiving a zero score will not be awarded a medal.

Spring Event Series 2

Date: 06-08 May

Venue: EIS Sheffield

Opening Date: 12 February

Closing Date: Noon 01 April

Disciplines: Individual Trampoline

Double Mini-Trampoline

Tumbling

Disability Individual Trampoline

Entry Fee: £45.00 per gymnast for first discipline entered

£10.00 per gymnast for each additional discipline entered

Tumbling - entries to the Spring Event Series should be made by individual clubs

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

Code:

Trampoline:

BG Trampoline Code of Points 

Trampoline Domestic Competition Structure

Double Mini-Trampoline:

BG Trampoline Code of Points 

Double Mini-Trampoline Domestic Competition Structure

Tumbling:

Tumbling National Development Plan 2013-2016 

FIG TRA Code of Points 

Eligibility:

The Gymnast should be able to safely perform the routines/passes/runs and meet the minimum criteria required for this level. The coach and gymnast can select which level the gymnast starts the 2016 season, but should be mindful that they cannot change levels during that competitive year.

Competition Structure

Competitions will be offered for:

	TRA	DMT	TUM
NDP Level 8	9-10 yrs for Women & Men		
	11-12 yrs for Women & Men		
	13-14 yrs for Women & Men		
	15-16 yrs for Women & Men		
	17-18 yrs for Women & Men		
	19+ yrs for Women & Men		
FIG Level	9 - 10 yrs for Women & Men	9 - 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	Senior for Women & Men
Disability	Cat 1/Nat A Women & Men		
	Cat 2/Nat A 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 [!\[\]\(83f22ed94ec5517769dd76d702c6bfd8_img.jpg\)](#)

Tie breaks

Tie-break rules as per the BG code of Points [!\[\]\(642aa997563f9a325b310230bb5078b7_img.jpg\)](#)

Awards

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

Gymnasts receiving a zero score will not be awarded a medal.

Regional Team Finals/NDP Semi Final

Date: TBC

Venue: TBC

Opening Date: TBC

Closing Date: TBC

Disciplines: Individual Trampoline

Double Mini-Tramp

Tumbling

Entry Fee: £45.00 per gymnast for first discipline entered

£10.00 per gymnast for each additional discipline entered

All entries to the Regional Final should be made by the Regions

Code:

Trampoline:

BG Trampoline Code of Points 


Trampoline Domestic Competition Structure

Double Mini-Trampoline:

BG Trampoline Code of Points 

Double Mini-Trampoline Domestic Competition Structure

Tumbling:


FIG TRA Code of Points 

Tumbling Domestic Competition Structure

Eligibility:


Trampoline NDP Level 1-7:

The top 2 gymnasts, per level, per age group, per gender from the Regional NDP Compulsory Final, will qualify for the Regional Team Finals/NDP Semi Final.

These qualifiers will be calculated from the best, cumulative two-round total score (achieved at the same event) providing all minimum standards have been achieved. 

Double Mini-Trampoline NDP Level 1-7:

The top 2 gymnasts, per level, per age group, per gender from the Regional NDP Compulsory Final, will qualify for the Regional Team Finals/NDP Semi Final.

These qualifiers will be calculated from the best, cumulative two-round total score (achieved at the same event) providing all minimum standards have been achieved 

Tumbling:

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 providing the minimum standards have been achieved.

Competition Structure

Competitions will be offered for:

	Trampoline	Double Mini-Trampoline	Tumbling
NDP Level 1	9-10 yrs for Women & Men	9-10 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+ yrs for Women & Men	13+ yrs for Women & Men	13+ yrs for Women & Men
NDP Level 2	9-10 yrs for Women & Men	9-10 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+ yrs for Women & Men	13+ yrs for Women & Men	13+ yrs for Women & Men
NDP Level 3	9-10 yrs for Women & Men	9-10 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+ yrs for Women & Men	13+ yrs for Women & Men	13+ yrs for Women & Men
NDP Level 4	9-10 yrs for Women & Men	9-10 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+ yrs for Women & Men	13+ yrs for Women & Men	13+ yrs for Women & Men
NDP Level 5	9-10 yrs for Women & Men	9-10 yrs for Women & Men	10-12 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+ yrs for Women & Men
	15+ yrs for Women & Men	15+ yrs for Women & Men	
NDP Level 6	9-12 yrs for Women & Men	9-12 yrs for Women & Men	Under 13 yrs for Women & Men
	13-14 yrs for Women & Men	13-14 yrs for Women & Men	Over 13 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 7	11-14 yrs for Women & Men	11-14 yrs for Women & Men	Under 13 yrs for Women & Men
	15-16 yrs for Women & Men	15-16 yrs for Women & Men	Over 13 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
- Tumbling

Points will be awarded within each discipline at each level, at each age group and in each gender as follows maximum of 2 per region:

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 

Tie breaks

Tie-break rules as per the BG code of Points 

Zero score as per BG Code of Points 

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 7 (combined points for men and women) to find the highest scoring region.

Awards

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

Gymnasts receiving a zero score will not be awarded a medal.

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.

British Championships

Date: 01 – 03 July

Venue: Echo Arena Liverpool

Opening Date: 08 April

Closing Date: Noon 20 May

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

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

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

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:	FIG TRA Code of Points 
		Tumbling Domestic Competition Structure 
Trampoline (individual) FIG Levels:		
<p>The top 16 ranked gymnasts, per age group, per gender from the Spring Event Series 2016 will qualify for the British Championships.</p> <p><u>Age Groups</u> - These qualifiers will be calculated from the best cumulative three-round total score providing all minimum standards have been achieved (at the same qualifying event) </p> <p><u>Senior</u> - These qualifiers will be calculated from the best, cumulative two-round total score Providing all minimum standards have been achieved (at the same qualifying event) </p>		

Any gymnast who has represented Great Britain in either the World Championships or World Age Groups competition and European Championships (Junior and Senior) in 2015/6 is eligible to enter the British Championships 2016. Unless agreed otherwise by the BG Nomination Panel gymnasts must have competed in at least one Spring Event Series event.


The BG Nomination Panel may utilise allocated places to offer automatic entry to the British Championships to gymnasts who have proof of FIG Level performance expectations and reflects the long-term direction and aims of the TRA Performance Programme.

Trampoline (synchronised) FIG Levels:

Synchro pairs can only be formed from 2 gymnasts that have qualified in the individual event.

Double Mini-Trampoline FIG Levels:

The top 16 ranked gymnasts per age group, per gender from the Spring Event Series 2016 will qualify for the British Championships

These qualifiers will be calculated from the best cumulative two-round total score providing all minimum standards have been achieved (at the same qualifying event) 


Any gymnasts who has represented Great Britain in either the World Championships or World Age Groups competition and European Championships (Junior and Senior) in 2015/6 is eligible to enter the British Championships 2016. Unless agreed otherwise by the BG Nomination Panel gymnasts must have competed in at least one Spring Event Series event.

The BG Nomination Panel may utilise allocated places to offer automatic entry to the British Championships to gymnasts who have proof of FIG Level performance expectations and reflects the long-term direction and aims of the DMT Performance Programme.

Tumbling FIG Levels:

The top 16 ranked gymnasts per age group, per gender from the Spring Event Series 2016 will qualify for the British Championships

These qualifiers will be calculated from the best, cumulative scores from both 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 Competition Structure .

Any gymnasts who has represented Great Britain in either the World Championships or World Age Groups

competition and European Championships (Junior and Senior) in 2015/6 is eligible to enter the British Championships 2016. Unless agreed otherwise by the BG Nomination Panel gymnasts must have competed in at least one Spring Event Series event.

The BG Nomination Panel may utilise allocated places to offer automatic entry to the British Championships to gymnasts who have proof of FIG Level performance expectations and reflects the long-term direction and aims of the TUM Performance Programme.

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.

Competition Structure

Competitions will be offered for:


	Trampoline (Individual and Synchronised)	Double Mini-Tramp	Tumbling
FIG Level	9-10 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	Senior for Women & Men
Disability	Cat 1 Nat A for Women & Men		
	Cat 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 .

Tie breaks

Tie-break rules as per the BG Code of Points .

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.

NDP Finals

Date: 08-10 July

Venue: Telford International Centre

Opening Date: 15 April

Closing Date: Noon 06 June

Disciplines: Individual Trampoline

Double Mini-Trampoline

Tumbling

Entry Fee: £45.00 per gymnast for first discipline entered

£10.00 per gymnast for each additional discipline entered

Tumbling - entries to the NDP Finals should be made by the Individual Clubs

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

Code:

Trampoline:

BG Trampoline Code of Points 

Trampoline Domestic Competition Structure

Double Mini-Trampoline:

BG Trampoline Code of Points 

Double Mini-Tramp Domestic Competition Structure


Tumbling:


FIG TRA Code of Points 

Tumbling Domestic Competition Structure


Eligibility:

Trampoline NDP Level 1 – 7:

The top 8 ranked gymnasts, per level, per age group, per gender from the Regional Team Finals/NDP Semi-Final will qualify for the NDP Final providing all minimum standards have been achieved. 


These qualifiers will be calculated from the best, cumulative two-round total score providing all minimum standards have been achieved. 


Trampoline NDP Level 8

The top 8 ranked gymnasts per level, per age group, per gender will qualify for the NDP final. These qualifiers will be calculated from the best, cumulative three-round total score providing all minimum standards have been achieved (at the same qualifying event). 

The BG Nomination Panel may utilise allocated places to offer automatic entry to the NDP Finals to gymnasts who have proof of NDP Level 8 performance expectations and reflects the long-term direction and aims of the TRA Development Plan.

Double Mini-Trampoline NDP Level 1 – 7:

The top 8 ranked gymnasts, per level, per age group per gender from the Regional Team Final/NDP Semi Final will qualify for the NDP Final providing all minimum standards have been achieved 

These qualifiers will be calculated from the best, cumulative two-round total score (achieved at the same qualifying event) providing all minimum standards have been achieved 

Tumbling NDP Level 1 – 7:

The top 8 ranked gymnasts, per level, per age group, per gender from the Regional Team Finals/NDP Semi final 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.

Competition Structure

Competitions will be offered for

	Trampoline (Individual)	Double Mini-Tramp	Tumbling
NDP Level 1	9-10 yrs for Women & Men	9-10 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+ yrs for Women & Men	13+ yrs for Women & Men	13+ yrs for Women & Men
NDP Level 2	9-10 yrs for Women & Men	9-10 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+ yrs for Women & Men	13+ yrs for Women & Men	13+ yrs for Women & Men
NDP Level 3	9-10 yrs for Women & Men	9-10 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+ yrs for Women & Men	13+ yrs for Women & Men	13+ yrs for Women & Men
NDP Level 4	9-10 yrs for Women & Men	9-10 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+ yrs for Women & Men	13+ yrs for Women & Men	13+ yrs for Women & Men
NDP Level 5	9-10 yrs for Women & Men	9-10 yrs for Women & Men	10-12 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+ yrs for Women & Men
	15+ yrs for Women & Men	15+ yrs for Women & Men	
NDP Level 6	9-12 yrs for Women & Men	9-12 yrs for Women & Men	Under 13 yrs for Women & Men
	13-14 yrs for Women & Men	13-14 yrs for Women & Men	Over 13 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 7	11-14 yrs for Women & Men	11-14 yrs for Women & Men	Under 13 yrs for Women & Men
	15-16 yrs for Women & Men	15-16 yrs for Women & Men	Over 13 yrs for Women & Men
	17+ yrs for Women & Men	17+ yrs for Women & Men	
NDP Level 8	9-10yrs for Women & Men	9-10yrs for Women & Men	
	11-12yrs for Women & Men	11-12yrs for Women & Men	
	13-14yrs for Women & Men	13-14yrs for Women & Men	
	15-16yrs for Women & Men	15-16yrs for Women & Men	
	17-18yrs for Women & Men	17-18yrs 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 [!\[\]\(666e09182d4cd268646ea700ea60dcdf_img.jpg\)](#).

Tie breaks

Tie-break rules as per the BG Code of Points [!\[\]\(d66ff64371a51729ac8c1cdaa685ba6f_img.jpg\)](#)

Awards

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

Gymnasts receiving a zero score will not be awarded a medal.

Appendices

Appendix 1 – Home Counties, 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.london-gymnastics.co.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

TRAMPOLINE (INDIVIDUAL)

Level	Competition	Minimum Coaching Requirement
NDP 7	Individual 11-14 Women & Men	Level 2 + L3M2
	Individual 15-16 Women & Men	Level 2 + L3M2
	Individual 17+ Women & Men	Level 2 + L3M2
NDP 8	Individual 9-10 Women & Men	Level 2 + L3M2
	Individual 11-12 Women & Men	Level 2 + L3M3
	Individual 13-14 Women	Level 2 + L3M3
	Individual 13-14 Men	Level 2 + L3M4
	Individual 15-16 Women & Men	Level 2 + L3M4
	Individual 17-18 Women	Level 2 + L3M4
	Individual 19+Women	HPC
	Individual 17-18 Boys	HPC
	Individual 19+Men	HPC
FIG Grades	Individual and Synchro	
	9-10 Women & Men	Level 2 + L3M3
	11-12 Women & Men	Level 2 + L3M4
	13-14 Women	Level 2 + L3M4
	13-14 Men	HPC
	Women & Men	HPC
	17-18 Women	HPC
	17-18 Men	HPC
	Senior Women & 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

Coaches who are used to push mats must be at least a level 2.

TUMBLING

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

DOUBLE MINI-TRAMPOLINE

Level	Competition	Minimum Coaching Requirement
NDP 7	Individual 11-14 Women & Men	Level 2 + L3M2
	Individual 15-16 Women & Men	Level 2 + L3M4
	Individual 17+ Women & Men	Level 2 + L3M4
FIG Grades	Individual 9-10 Women & Men	Club
	Individual 11-12 Women & Men	Senior
	Individual 13-14 Women & Men	Senior
	Individual 15-16 Women & Men	HPC
	Individual 17-18 Women	HPC
	Individual 17-18 Men	HPC
	Individual Senior Women & 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