



Adult Gymnastics British Championships 2020

Trampoline Competition Structure

British
Gymnastics
More than a sport

Entry Instructions

All entries are to be made via a BG registered club using the Online Entry System on the GymNET portal. Only club secretaries and coaches who have been granted the correct entry permissions will be able to submit an entry. An online entry guide can be found on the British Gymnastics website; www.british-gymnastics.org under **Find an event or result>Adult Gymnastics British Championships**.

Categories – Ability Levels

Introductory

For beginners who are capable of performing a routine of difficulty between **0.5 and 1.1**.

Novice

For competitors who are capable of performing a routine of difficulty between **1.2 and 2.0**.

Intermediate

For experienced competitors who are capable of performing a routine of difficulty between **2.1 and 3.8**.

Pro

For experienced competitors who are capable of performing a routine of difficulty between **3.9 and 6.2**.

Open

For experienced competitors who are capable of performing a routine of difficulty **6.3 or above**.

Categories - Age Bands

Each category shall be further subdivided into the following age bands:

18 and over

30 and over

45 and over

Competitors are required to enter the correct level according to their age and ability level.

Age Bonus

All competitors will be given a bonus of 0.1 per two years above the base year of the age group. A competitors' age will be calculated as the age reached in the year of the competition. The age bonus will be added to the total score.

Please note: 18, 19 & 20 year olds will not receive any age bonus.

Over 18

| Age | 18-21 | 22-23 | 24-25 | 26-27 | 28-29 |
|-----------|-------|-------|-------|-------|-------|
| Age bonus | 0 | 0.1 | 0.2 | 0.3 | 0.4 |

Over 30

| | | | | | |
|-----------|-------|-------|-------|-------|-------|
| Age | 30-31 | 32-33 | 34-35 | 36-37 | 38-39 |
| Age bonus | 0 | 0.1 | 0.2 | 0.3 | 0.4 |

Over 45

| | | | | | | | | | | | | | | |
|-----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Age | 40-41 | 42-43 | 44-45 | 46-47 | 48-49 | 50-51 | 52-53 | 54-55 | 56-57 | 58-59 | 60-61 | 62-63 | 64-65 | 66-67 |
| Age bonus | 0 | 0.1 | 0.2 | 0.3 | 0.4 | 0.5 | 0.6 | 0.7 | 0.8 | 0.9 | 1.0 | 1.1 | 1.2 | 1.3 |

| | | | | | | |
|-----------|-------|-------|-------|-------|-------|-------|
| Age | 68-69 | 70-71 | 73-73 | 74-75 | 76-77 | 78-79 |
| Age bonus | 1.4 | 1.5 | 1.6 | 1.7 | 1.8 | 1.9 |

Routine Requirements

Each competitor must complete two routines:

- Compulsory routine
- Voluntary routine

To ensure transparency and fairness of competition; if a gymnast exploits the level of competition and competes a routine considerably outside of the difficulty banding of the category in which they're competing, the competitor will be disqualified.

If the minimum difficulty isn't met in the voluntary routine (excluding Introductory), a penalty of 2.0 will be applied for not meeting the requirements

If the maximum difficulty is exceeded in the voluntary routine, the difficulty applied to the competitors score will be capped at the maximum for the category.

Introductory

Competitors must choose a **compulsory routine** from the options below:

| Option 1 | Option 2 |
|-----------------|-----------------|
| ½ twist jump | Full twist jump |
| Straddle jump | Straddle jump |
| Seat landing | Seat landing |
| To feet | ½ twist to feet |
| ½ twist jump | Pike jump |
| Pike jump | Seat landing |
| ½ twist to seat | To feet |
| ½ twist to feet | Tuck jump |
| Tuck jump | Front landing |
| Full twist jump | To feet |

The **voluntary routine** must consist of 10 skills (skills may be repeated once) totalling a difficulty value between 0.5 and 1.1. Any repeated skills will not be awarded for difficulty.

Novice

Competitors must choose a **compulsory routine** from the options below:

| Option 1 | Option 2 |
|-----------------|------------------|
| Full twist jump | Back s/s (T) |
| Straddle jump | Straddle jump |
| Seat landing | Seat landing |
| ½ twist to seat | ½ twist to seat |
| ½ twist to feet | ½ twist to feet |
| Pike jump | Tuck jump |
| Back landing | ½ twist to front |
| ½ twist to feet | To feet |
| Tuck jump | Pike jump |
| Front s/s (T) | Full twist jump |

The **voluntary routine** must consist of 10 skills totalling a difficulty value between 1.2 and 2.0.

Intermediate

Competitors must choose a **compulsory routine** from the options below:

| Option 1 | Option 2 |
|-----------------|--------------------------|
| Back s/s (S) | Back s/s (P) |
| Straddle jump | Straddle jump |
| Barani (T) | Back s/s (T) |
| Tuck jump | Pike jump |
| ½ twist jump | ½ twist jump |
| Pike jump | Tuck jump |
| Back landing | ½ twist to front landing |
| ½ twist to feet | To feet |
| Tuck jump | Tuck jump |
| Front s/s (T) | Barani (P) |

The **voluntary routine** must consist of 10 skills totalling a difficulty value between 2.1 and 3.8.

Pro

Competitors must construct their own **compulsory routine** to meet the following requirements:

10 different elements with at least 7 somersaults of at least 270° somersault rotation to include at least one of the following requirements/elements:

- An element of 270° somersault rotation, landing on front or back, followed by an element of 450° somersault rotation
- Full
- Rudi

The **voluntary routine** must consist of 10 skills totalling a difficulty value of between 3.9 to 6.2.

Open

Competitors must construct their own **compulsory routine** to meet the following requirements:

- The routine must consist of 10 different elements, each with a minimum of 270° somersault rotation.
- Two elements marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution, time of flight and horizontal displacement scores to give a total routine score.

Neither of these two elements marked with an asterisk in the first routine may be repeated in the second routine otherwise the difficulty will not be counted in the second routine.

The **compulsory routine** must consist of 10 skills totalling a difficulty value of at least **6.3**.

Teams

Team rules shall be per the British Gymnastics Code of Points 2017-2020, with the following variations and clarifications:

- A minimum of three gymnasts and maximum of four gymnasts per team
- All gymnasts within the team must be members of the same club
- Non-British citizens competing as guests can form part of a team but the team will not be eligible to rank in the official competition results
- Teams may comprise of members of mixed gender
- Competitors may only represent one team each

Competitors in mixed age and ability levels are encouraged.

Apparatus Specification

The competition apparatus shall be per FIG and/or British Gymnastics specifications.

Competition and Technical Rules

Shall be per the [British Gymnastics Code of Points 2017-2020](#), except where varied in this document or associated event regulations.

All competitors shall be judged on Time of Flight (ToF) and Horizontal Displacement (HD) in accordance with the FIG code.

For support or assistance with your entry please contact the Events department on 0345 129 7129 ext. 2396 or at events@british-gymnastics.org