



Adult Gymnastics British Championships 2018

Trampoline Gymnastics Code of Points

**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](http://www.british-gymnastics.org) under **Find an event or result>Adult Gymnastics British Championships**.

## Ability levels

### Novice

For people new to this fantastic sport, or for those who have never competed above **COUNTY** level.

### Pro

For people who have previously competed at **REGIONAL** level or above and enjoy showing off the skills they can perform, or for anyone who is able to fulfil the requirements at this 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.*

### Novice and Pro Over 18

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

### Novice and Pro Over 30

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

### Novice and Pro Over 40

Age	40-41	42-43	44-45	46-47	48-49
Age bonus	0	0.1	0.2	0.3	0.4

### Novice and Pro Over 50

Age	50-51	52-53	54-55	56-57	58-59	60-61	62-63	64-65	66-67	68-69	70-71	73-73	74-75	76-77
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.2	1.4	1.6

## Scoring

Voluntary routine + Compulsory routine + age bonus = total score

## Voluntary Routine

10 skills to be picked from the Tariff Overview table below with the following restrictions:

Novice: Maximum difficulty value for the routine of 2.0

Pro: No maximum difficulty value

## Teams

- A minimum of three gymnasts and maximum of six gymnasts per team
- The highest three individual execution scores for each routine + plus age bonus' = final team score
- 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 must consist of at least 1 novice and 1 pro gymnast
- Teams can consist of mixed genders
- Mixed abilities and ages are encouraged
- Competitors can only represent one team

## Apparatus specification

The competition apparatus will be as per FIG.

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

## Trampoline

Routines are marked out of 10 for execution plus the tariff (difficulty) and age bonus to calculate the total score

### Tariff overview

<b>Skill</b>	<b>Shape</b>	<b>Difficulty Value</b>
Tuck Jump		0.0
Pike Jump		0.0
Straddle Jump		0.0
Half Twist Jump		0.1
Full Twist Jump		0.2
Seat Landing		0.0
Back Landing		0.1
Front Landing		0.1
¾ back or front	Any	0.3
Back or front somersault	Tucked	0.5
Back or front somersault	Piked/Straight	0.6
Barani	Any	0.6
Cody	Tucked	0.6
Cody	Piked/Straight	0.7
Barani ball out	Any	0.7
Full		0.7
Rudolf		0.8
1¾ front somersault	Tucked	0.8
1¾ front somersault	Piked/Straight	0.9
Double full		0.9
Rudi ball out		0.9
Double back	Tucked	1.0
Double back	Piked/Straight	1.2
Half out	Tucked	1.1
Half out	Piked/Straight	1.3
Half in Half out	Tucked	1.2
Half in Half out	Piked/Straight	1.4
Rudi out	Tucked	1.3
Rudi out	Piked/Straight	1.5
Full in Half out	Tucked	1.3
Full in Half out	Piked/Straight	1.5

## Difficulty card (To be completed and submitted at registration)

<b>Trampoline Novice</b>					
<b>Please hand in at Registration</b>		<b>Name:</b>			<b>No:</b>
<b>Set routine</b>		<b>Tariff</b>	<b>Voluntary Routine</b>		<b>Tariff</b>
<b>1</b>	Full Twist Jump	<b>0.20</b>	<b>1</b>		
<b>2</b>	Straddle Jump	<b>0.00</b>	<b>2</b>		
<b>3</b>	Seat Landing	<b>0.00</b>	<b>3</b>		
<b>4</b>	1/2 Twist to Seat Landing	<b>0.10</b>	<b>4</b>		
<b>5</b>	1/2 Twist to Feet	<b>0.10</b>	<b>5</b>		
<b>6</b>	Pike Jump	<b>0.00</b>	<b>6</b>		
<b>7</b>	Back Landing	<b>0.10</b>	<b>7</b>		
<b>8</b>	1/2 Twist to Feet	<b>0.20</b>	<b>8</b>		
<b>9</b>	Tuck Jump	<b>0.00</b>	<b>9</b>		
<b>10</b>	1/2 Twist Jump	<b>0.10</b>	<b>10</b>		
		<b>0.80</b>	<b>Maximum of 2.00 difficulty value</b>		<b>Total:</b>
<b>Trampoline Pro</b>					
<b>Please hand in at Registration</b>		<b>Name:</b>			<b>No:</b>
<b>Set routine</b>		<b>Tariff</b>	<b>Voluntary Routine</b>		<b>Tariff</b>
<b>1</b>	Straight or Pike Back Somersault	<b>0.60</b>	<b>1</b>		
<b>2</b>	Straddle Jump	<b>0.00</b>	<b>2</b>		
<b>3</b>	Tuck Back Somersault	<b>0.50</b>	<b>3</b>		
<b>4</b>	Seat Landing	<b>0.00</b>	<b>4</b>		
<b>5</b>	1/2 Twist to Feet	<b>0.10</b>	<b>5</b>		
<b>6</b>	Pike Jump	<b>0.00</b>	<b>6</b>		
<b>7</b>	Back Landing	<b>0.10</b>	<b>7</b>		
<b>8</b>	1/2 Twist to Feet	<b>0.20</b>	<b>8</b>		
<b>9</b>	Tuck Jump	<b>0.00</b>	<b>9</b>		
<b>10</b>	Tuck Front Somersault	<b>0.50</b>	<b>10</b>		
		<b>2.00</b>	<b>No maximum difficulty value</b>		<b>Total:</b>