



## LONDON TRAMPOLINING SYNCHRONISED & DMT CHAMPIONSHIPS SUNDAY 16<sup>th</sup> OCTOBER 2016, at HARLINGTON SPORTS CENTRE

Welcome to the Harlington Sports Centre, home of Harlington Hawks. There has been an entry of 38 synchro pairs from 5 clubs and 15 individuals for DMT taking part in this London competition. We are running one panel for Synchro and one for DMT. Thanks are due to the following:

- Janet Bellis plus members, parents and friends of Harlington Hawks
- Staff and management of the Leisure Centre for their help in staging this event.
- All officials who have given up their time voluntarily once again.
- The competitors, without whom there would be no competition.

Please ensure that you take all litter with you or use the rubbish bins around the Centre – **DO NOT LEAVE RUBBISH ON THE FLOOR**. Ensure that you have all your property when you leave. There is always rubbish left on the floor after each competition despite ample bins and black sacks around the arena. This is unacceptable and therefore the final presentation of the day will not take place until chairs have been stacked, litter is cleared up and trampolines are folded. Please ensure that you have all your property when you leave. Any lost property at the end of the event will be retained by the Sports Centre for a period of one month.

### FLOOR ACCESS:

It is not permitted for non British Gymnastics members to set foot on the competition floor due to insurance issues. The competition floor is the matted area around the trampolines, the matted area around the DMT, the DMT run and the officials' areas.

### CLUBS COMPETING:

Must be British Gymnastics *registered* & London Gymnastics *affiliated*

Coney Hall Cosmonauts  
Harrow Trampoline Club

Twizzlers Trampoline Club

London Trampoline Academy  
Queensmead Trampoline Club

### TROPHIES:

Trophies will be awarded to the top three pairs in each synchro group and there will also be trophies awarded to the pair with the highest synchro score over the first two rounds. Top three individuals in each DMT group.

### SYNCHRO:

Synchro has 4 execution judges. From the 4 marks, the highest and lowest are deleted, then the remaining 2 marks are added together to give the form score for that round (it is possible that the 'counting' scores will both be from the same trampoline). Judges 1 and 3 mark bed 1 (the one nearest the judges) and judges 2 & 4 mark bed 2. For the first time in the region, we are using an electronic way of scoring synchronisation. There will be a manual back-up in case of problems. The form score, synchro score and tariff (voluntary and final rounds only) are added together to give the total score for each round.

### DMT:

DMT is judged by a standard panel. There are only two skills to be judged, then eight marks are added to make a score out of ten. If only one skill is performed, the maximum mark is seven. Passes are very quick so the judges don't have long to evaluate their scores. Recorders have to be quick too! Tariffing is different for DMT – single somersaults without twist are the same as trampolining but twists, twisting somersaults and double somersaults all attract bonus marks.

### WARM UP & COMPETE:

**SYNCHRO:** There will be no warm up marshal – performers must form an orderly queue for their turn. There will be a timed warm up therefore no guarantee of any specific number of warm ups can be given. Club managers are responsible for their performers at the trampolines during this time (i.e. there will be no official at each bed). Spotting, assistance for performers getting on or off the trampoline or any other assistance is the responsibility of the club. Competitors will need to warm up both their set and voluntary routines during their allotted warm up time – there will be no separate warm up session for the voluntary.

**SET & VOLUNTARY ROUTINES:** After warm up, there will be a one touch warm up where the competitor will have to choose which routine to practise. The performers will then return to the marshalling area and be called to compete in programme order. They will all compete their set then all compete their voluntary in the same order. There will be no warm ups between routines so performers must be ready to compete (with spotters) as soon as required.

**FINALS:** The top eight after the first two rounds will proceed to the final (except Novices who do not have finals). Each performer will be given one warm up before competing the final in reverse order.

**DMT:** There will be no warm up marshal – performers must form an orderly queue for their turn. Club managers are responsible for their performers at the DMT during this time (i.e. there will be no official at the DMT). Spotting or any other assistance is the responsibility of the club. Competitors will have a timed session for general warm up plus a further two passes for the specific warm up. There will be a timed session for the final warm up plus a further two passes in the specific warm up before competing in reverse order.

## TIMETABLE

### SYNCHRO:

9.00 - 9.30am	Warm-up set & vol	Novices (15) Advanced (5)
9.30 - 9.40am	One touch	
9.40 - 10.30am	Compete set & vol	
10.30 - 10.40am	Final	Advanced only
10.40 - 11.10am	Warm-up set & vol	Elementary (10) Intermediate (8)
11.10 - 11.20am	One touch	
11.20 - 12.25pm	Compete	
12.25 - 12.40pm	Final	

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12.40 - 1.15pm                      Lunch for those Officiating all day

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### DMT:

1.15 - 1.25pm	General warm-up	All groups (6)
1.25 - 1.40pm	Specific warm-up and compete	
1.40 - 1.50pm	Warm-up final	
1.50 - 2.00pm	Specific warm-up and compete	
2.00 - 2.15pm	General warm-up	London DMT Closed (9)
2.15 - 2.35pm	Specific warm-up & Compete	
2.35 - 2.50pm	Warm-up final	
2.50 - 3.05pm	Specific warm-up and compete	

Presentations will take place as soon as possible after the end of each group. All those receiving awards MUST be in club kit. No one will be allowed on the podium unless correctly dressed. Please note that all timings are approximate and the organisers reserve the right to begin groups early if the event is running ahead of schedule. The organisers accept no responsibility for those missing their turn due to changes to the above.

## OFFICIALS

air	Harriet Curtis	Coney Hall Cosmonauts
Assistant Chair	Jemima Bradley	London Trampoline Academy
Execution Judge 1	Diane Moriarty	Queensmead
Execution Judge 2	Jan Harley	Harrow Trampoline Club
Execution Judge 3	Ellie Gent	Coney Hall Cosmonauts
Execution Judge 4	Imogene Munns / Jayne Shaw	Queensmead
Referee Judge 1	Graham Atkins	Coney Hall Cosmonauts
Referee Judge 2	Doug Smith	London Trampoline Academy
Chrono Machine Operator	Andrew Wood	Harlington Hawks
Chrono Back-up Judge	Chris Geary	Harlington Hawks
Computer	Sarah Scott	Coney Hall Cosmonauts
Order	Robert Hall	Harrow Trampoline Club
Marshal	Simone Pux	London Trampoline Academy
<b>Qualified Reserves</b>	Rathy Sivakanthan	Harrow Trampoline Club
	Oliver Pressman	Coney Hall Cosmonauts
	Antonia Savvides	Harrow Trampoline Club
<b>Qualified Reserves</b>	Tara Sharp / Janice Sparkes	Queensmead
	Sam Grover	Coney Hall Cosmonauts
<b>IT</b>		
air	John Wotherspoon	London DMT
Execution Judge 1	Ellie Gent	Coney Hall Cosmonauts
Execution Judge 2	Doug Smith	London DMT
Execution Judge 3	Karen Gent	Coney Hall Cosmonauts
Execution Judge 4	Chris Geary	Harlington Hawks
Execution Judge 5	Graham Atkins	Coney Hall Cosmonauts
Referee Judge 1	Harriet Curtis	
Referee Judge 2		
Computer	Kirsty Sweet	London DMT
Order	?	
Marshal	Ela Kemp	London DMT
<b>RESERVES</b>		

<b>organisation</b>		
Competition Organisers	Bal Dowrich	Independent
	Kirsty Sweet	London Trampoline Academy
Database	Karen Gent	Coney Hall Cosmonauts
Judges	Linda Lawrie	Harlington Hawks
Computer set up	Andrew Wood	Harlington Hawks
Director Manager	Janet Bellis	Harlington Hawks
Photographers	Organisers	

**NO CHANGES TO THE ABOVE WITHOUT THE PRIOR CONSENT OF THE JUDGING COORDINATOR**

**OCCASIONALLY IT MAY BE NECESSARY TO ASK OFFICIALS TO CHANGE JOB AND/OR PANEL ON THE DAY.**

**SHOULD THIS OCCUR, THE JUDGING CO-ORDINATOR ASKS FOR YOUR COOPERATION IN THIS MATTER**

## SYNCHRO:

<b>Start No.</b>	<b>Club Name</b>	<b>Competition Name</b>	<b>Gymnast</b>	<b>Synchro Partner</b>
1	London Trampoline Academy	Synchro Novice	Lieke Buurman	Noor Buurma
2	Harrow Trampoline Club	Synchro Novice	Jenin Meghjee-Caine	Jordan Cork
3	Queensmead Trampoline Club	Synchro Novice	Maya Roberts	Lucas Roberts
4	Harrow Trampoline Club	Synchro Novice	Millie Devine-Tournier	Lucie Murphy
5	Queensmead Trampoline Club	Synchro Novice	Lauren Mccarthy	Renee Renner-Thompson
6	Coney Hall Cosmonauts	Synchro Novice	Amy Mewis	Libby Cheeseman
7	Coney Hall Cosmonauts	Synchro Novice	Lucy Hoffer	Ella Hawkins
8	Queensmead Trampoline Club	Synchro Novice	Alexis Moriarty-Wright	Tia Newman
9	Coney Hall Cosmonauts	Synchro Novice	Natasha Folan	Dominic Poulton
10	Coney Hall Cosmonauts	Synchro Novice	Erin Keable	Summer Mae O'Connell
11	Coney Hall Cosmonauts	Synchro Novice	Olivia Hopson	Jenni Hopson
12	Queensmead Trampoline Club	Synchro Novice	Jessica Osborn	Lily Sparkes
13	London Trampoline Academy	Synchro Novice	Zoe Kemp	Anna Grenie
14	Harrow Trampoline Club	Synchro Novice	Jade Bartlett	Anya Savvidou
15	Harrow Trampoline Club	Synchro Novice	Madison Vogel	Remy Lekieff
1	Queensmead Trampoline Club	Synchro Elementary	Isabelle Munns	Imogene Munns
2	Coney Hall Cosmonauts	Synchro Elementary	Joshua Leach	Samantha Leach
3	London Trampoline Academy	Synchro Elementary	Safia Smith	Anna Dyball
4	Harrow Trampoline Club	Synchro Elementary	Evan Yiallourou	Paige Harper
5	London Trampoline Academy	Synchro Elementary	Jessica Kennedy	Mia Dillon
6	Coney Hall Cosmonauts	Synchro Elementary	Brian Edwards	Karen Gent
7	London Trampoline Academy	Synchro Elementary	Erica Kemp	Maximilien Grenier
8	Coney Hall Cosmonauts	Synchro Elementary	Ellie Harris	Grace Scott
9	Harrow Trampoline Club	Synchro Elementary	Gemma Caplan	Orli Ash
10	Coney Hall Cosmonauts	Synchro Elementary	Charlotte Fuller	Annie Scott
1	Harrow Trampoline Club	Synchro Intermediate	Kelly Booth	Sarah Collins
2	Coney Hall Cosmonauts	Synchro Intermediate	Tara Lee	Sam Grover
3	Coney Hall Cosmonauts	Synchro Intermediate	Jamila Fadhlaoui	Emily Arnold
4	Twizzlers	Synchro Intermediate	Freya Camille	Tianee Camille
5	Queensmead Trampoline Club	Synchro Intermediate	Danielle Shaw	Ally Sharp
6	Harrow Trampoline Club	Synchro Intermediate	Sophia Hall	Leo Yiallourou
7	Coney Hall Cosmonauts	Synchro Intermediate	Cerys Williams	Charlotte Folan
8	Harrow Trampoline Club	Synchro Intermediate	Sandhya Sivakanthan	Samantha Hall
1	London Trampoline Academy	Synchro Advanced	Joanna Furmston	Monica Dowlir
2	London Trampoline Academy	Synchro Advanced	Danielle Hurford	Fleur Sweet
3	London Trampoline Academy	Synchro Advanced	Rebecca Hylton	Francesca Sweet
4	Coney Hall Cosmonauts	Synchro Advanced	Oliver Presman	Isabelle Atack
5	London Trampoline Academy	Synchro Advanced	Kai Juttla	Otis Mcauliffe

## DMT:

<b>Start No</b>	<b>Competition</b>	<b>Gymnast</b>
1	London Region DMT Novice U15	Erica Kemp
2	London Region DMT Novice U15	Maximilien Grenie
3	London Region DMT Novice U15	Anna Grenie
1	London Region DMT Intermediate U15	Jessica Kennedy
2	London Region DMT Intermediate O15	Megan Rogers
3	London Region DMT Intermediate O15	Rebekah Galpin
1	London Region DMT - London Closed Ladies	Roisin Mulvany
2	London Region DMT - London Closed Ladies	Mia Sgambati
3	London Region DMT - London Closed Ladies	Danielle Hurford
4	London Region DMT - London Closed Ladies	Fleur Sweet
5	London Region DMT - London Closed Ladies	Natalya Helvadjian
6	London Region DMT - London Closed Ladies	Francesca Sweet
1	London Region DMT - London Closed Men	Kai Juttla
2	London Region DMT - London Closed Men	Otis Mcauliffe
3	London Region DMT - London Closed Men	Matthew Douglas

## RESULTS:

Results will be displayed on the wall after each group has finished and on audience monitors throughout the day, therefore please do not crowd around the recorders. Please do not remove results from the wall. Results will be emailed to team managers and will be available on GymNET.

## WELFARE OFFICER

The Welfare Officer for the London region is Christine Cason who can be contacted on 07504 420629.

## COACHING/PERFORMER QUALIFICATION

Competitors are only allowed to perform competitively those moves that lie within the syllabus of those who are on the competition floor with them. Failure to have a coach adequately qualified with you may mean you have to withdraw, or you have to perform only those moves which lie within your coach's qualification syllabus.

## JEWELLERY AND BODY PIERCING:

[http://www.britishgymnastics.org/site/index.php?option=com\\_docman&task=cat\\_view&gid=374&Itemid=113](http://www.britishgymnastics.org/site/index.php?option=com_docman&task=cat_view&gid=374&Itemid=113)

4 Please see the above link for the latest British Gymnastics policy on this.

The policy applies to all participants and coaches in training and in events at home and abroad. Failure to comply with the policy will prohibit the individual's participation on the grounds of reasonable safety and may render the individual's insurance invalid should an accident result directly from non-compliance with this policy.

Please note that the chewing of gum is not allowed at any phase of the competition for competitors, coaches and officials.

## ELECTRONIC DEVICES

Spectators and gymnasts using any electronic devices including mobile phones should have the volume turned down or wear earphones. Any games being played on these devices should not cause a distraction during the competition.

## PHOTOGRAPHY

It is no longer necessary for people to register their intention to take photos and/or videos. Please note that flashlight photography is not permitted whilst the competition is going on (this includes warm-ups). However, please see the BG Photo Policy below.

### BRITISH GYMNASTICS PHOTOGRAPHY POLICY

#### **British Gymnastics Conditions for Audience Photography at Gymnastic Events Short Form:**

In order to protect the welfare of children at the event, photography at this event is permitted only on conditions set by British Gymnastics

This is a summary of those conditions. A copy of the full text can be obtained from the Competition Organiser or from the British Gymnastics website [www.british-gymnastics.org](http://www.british-gymnastics.org) . If you do not agree to these conditions you may not bring any photo equipment into the venue or take any photos.

1. 'Photos' includes any form of video or still image including those taken with mobile phones.
2. The Competition Organiser (or a person acting on his or her authority) may require anyone at the event:
  - a. Not to take photos – either generally or in particular circumstances.
  - b. To provide their full name and address and evidence of this
  - c. To let the Competition Organiser view any images recorded and to delete any images.
  - d. To surrender media or equipment on which the images have been recorded if they cannot be viewed (e.g. photos on traditional film), or if they can not be deleted.
3. Photos may only be taken and used in accordance with the British Gymnastics Child Protection Policy.
4. Photos may not be used, distributed or copied for commercial purposes.
5. Flash may not be used at any time while gymnasts are warming up or competing.



<b>Event Name &amp; Date</b>	<b>Closing Date</b>	<b>Venue</b>
<b>London NDP Regional Series 1</b> Saturday 12 <sup>th</sup> November 2016	23:00hrs Monday 24 <sup>th</sup> October 2016	Kingston Trampoline Academy Arena, Kingston College Kingston upon Thames, KT1 2AQ 020 8941 7083
<b>London NDP Regional Series 2</b> Saturday 14 <sup>th</sup> January 2017	23:00hrs Monday 19 <sup>th</sup> December 2016	Kingston Trampoline Academy Arena, Kingston College, Kingston-upon-Thames, KT1 2AQ 020 8941 7083
<b>London Region Trampoline 1</b> Monday 22 <sup>nd</sup> January 2017	23:00hrs Tuesday 3 <sup>rd</sup> January 2017	Harlington Hawks Harlington Sports Centre Pinkwell Lane, Hayes. UB3 1PB 020 8569 3211
<b>London Region DMT 1</b> Thursday 26 <sup>th</sup> January 2017	23:00hrs Monday 9 <sup>th</sup> January 2017	London DMT Reynolds Sports Centre, Gunnersbury Lane, W3 8EY 07950 267655
<b>London NDP Regional Series 3</b> Saturday 25 <sup>th</sup> February 2017	23:00hrs Monday 6 <sup>th</sup> February 2017	Kingston Trampoline Academy Arena, Kingston College, Kingston-upon-Thames, KT1 2AQ 020 8941 7083
<b>London Region DMT 2</b> Thursday 16 <sup>th</sup> March 2017	23:00hrs Monday 27 <sup>th</sup> February 2017	London DMT Reynolds Sports Centre, Gunnersbury Lane, W3 8EY 07950 267655
<b>London NDP Regional Team</b> Saturday 25 <sup>th</sup> March 2017	23:00hrs Monday 6 <sup>th</sup> March 2017	Kingston Trampoline Academy Arena, Kingston College, Kingston Upon Thames, KT1 2AQ 020 8941 7083
<b>London Region Trampoline 2</b> Monday 2 <sup>nd</sup> April 2017	23:00hrs Monday 13 <sup>th</sup> March 2017	Harlington Hawks Harlington Sports Centre Pinkwell Lane, Hayes. UB3 1PB 020 8569 3211
<b>London Region DMT 3</b> Thursday 25 <sup>th</sup> May 2017	23:00hrs Monday 8 <sup>th</sup> May 2017	London DMT Reynolds Sports Centre, Gunnersbury Lane, W3 8EY 07950 267655

**GP Team Finals**

Monday 16<sup>th</sup> June to  
Monday 18<sup>th</sup> June 2017  
*Please note that the region has to  
submit the entry for this therefore  
clubs must ensure that all monies  
are paid to the region by the  
closing date*

23:00hrs Monday  
1<sup>st</sup> May 2017

Barclaycard Arena  
Birmingham

**London Region Trampoline 3**

Monday 2<sup>nd</sup> July 2017

23:00hrs Monday  
12<sup>th</sup> June 2017

Harlington Hawks  
Harlington Sports Centre  
Pinkwell Lane, Hayes. UB3 1PB  
020 8569 3211

**London Region Trampoline 4**

Monday 1<sup>st</sup> October 2017

23:00hrs Monday  
11<sup>th</sup> September 2017

Harlington Hawks  
Harlington Sports Centre  
Pinkwell Lane, Hayes. UB3 1PB  
020 8569 3211

**London Regional DMT****Championships & Closed**

Monday 14<sup>th</sup> October 2017

23:00hrs Monday  
25<sup>th</sup> September 2017

London DMT  
Reynolds Sports Centre,  
Gunnersbury Lane, W3 8EY  
07950 267655

**London Region Trampoline Championships plus London Closed 2017**

Monday 11<sup>th</sup> November &  
Monday 12<sup>th</sup> November 2017

23:00hrs Monday  
16<sup>th</sup> October 2017

Harlington Hawks  
Harlington Sports Centre  
Pinkwell Lane, Hayes. UB3 1PB  
020 8569 3211