



**London Region Trampoline
Championships Plus London Closed
29th-30th September 2018
Harlington Sports Centre**

PROVISIONAL TIMETABLE:

SATURDAY							
Flight	Start	Finish	Activity	GROUP(S)	PANEL		
1	08:45	09:00	Assemble				
1	09:00	09:05	March in	Novice U13 (16)		P1	
1	09:05	09:20	Warm up	Novice O15 (16)		P2	
1	09:20	09:30	One touch				
1	09:30	10:00	Compete				
2	09:45	10:00	Assemble				
2	10:00	10:05	March in	Advanced Ladies (16)		P1	
2	10:05	10:25	Warm up	Advanced Men (13)		P2	
2	10:25	10:35	One touch				
2	10:35	11:05	Compete				
3	10:50	11:05	Assemble				
3	11:05	11:10	March in	Novice U15 (15)		P1	
3	11:10	11:25	Warm up	Novice U9 (15)		P2	
3	11:25	11:35	One touch				
3	11:35	12:05	Compete				
4	11:50	12:05	Assemble				
4	12:05	12:10	March in	Novice U11 (15)		P1	
4	12:10	12:30	Warm up	Elementary Ladies O16 (15)		P2	
4	12:30	12:40	One touch				
4	12:40	13:10	Compete				
	13:10	13:40	OFFICIALS LUNCH				
5	12:55	13:10	Assemble				
5	13:10	13:15	March in	LONDON CLOSED MENS (5)		P1	
5	13:15	13:30	Warm up	LONDON CLOSED LADIES (7)		P2	
5	13:30	13:40	One touch				
5	13:40	14:10	Compete				
6	13:55	14:10	Assemble				
6	14:10	14:15	March in	Intermediate Girls U15 (15)		P1	
6	14:15	14:35	Warm up	Intermediate Ladies O15 (15)		P2	
6	14:35	14:45	One touch				
6	14:45	15:15	Compete				
7	15:00	15:15	Assemble	Elementary Boys U13 (13)		P1	
7	15:15	15:20	March in	Elementary Men O16 (4)			
7	15:20	15:40	Warm up				
7	15:40	15:50	One touch	Elementary Boys U16 (8)		P2	
7	15:50	16:20	Compete	Intermediate Boys U15 (9)			
8	16:05	16:20	Assemble				
8	16:20	16:25	March in	Elementary Girls U16 (17)		P1	
8	16:25	16:40	Warm up	Elementary Girls U13 (16)		P2	
8	16:40	16:50	One touch				
8	16:50	17:20	Compete				
17:30 OPEN MEETING WITH COMMITTEE							

SUNDAY					
Flight	Start	Finish	Activity	GROUP(S)	PANEL
1	08:45	08:55	Assemble		
1	08:55	09:05	March in	Novice U11 (8)	P1
1	09:05	09:15	Warm up	Novice U9 (8)	P2
1	09:15	09:20	One touch		
1	09:20	09:35	Compete		
2	09:25	09:35	Assemble		
2	09:35	09:45	March in	Novice U13 (8)	P1
2	09:45	09:55	Warm up	Novice U15 (8)	P2
2	09:55	10:00	One touch		
2	10:00	10:15	Compete		
3	10:05	10:15	Assemble		
3	10:15	10:25	March in	Elementary Girls U16 (8)	P1
3	10:25	10:35	Warm up	Elementary Girls U13 (8)	P2
3	10:35	10:40	One touch		
3	10:40	10:55	Compete		
4	10:45	10:55	Assemble		
4	10:55	11:05	March in	Elementary Boys U13 (8)	P1
4	11:05	11:15	Warm up	Elementary Boys U16 (8)	P2
4	11:15	11:20	One touch		
4	11:20	11:35	Compete		
5	11:25	11:35	Assemble		
5	11:35	11:45	March in	Intermediate Girls U15 (8)	P1
5	11:45	11:55	Warm up	Intermediate Boys U15 (8)	P2
5	11:55	12:00	One touch		
5	12:00	12:15	Compete		
6	12:05	12:15	Assemble		
6	12:15	12:25	March in	Advanced Ladies (8)	P1
6	12:25	12:40	Warm up	Advanced Men (8)	P2
6	12:40	12:45	One touch		
6	12:45	13:00	Compete		
	13:00	13:40	PRESENTATIONS AND OFFICIALS LUNCH		
7	13:30	13:40	Assemble		
7	13:40	13:50	March in	Elementary Ladies O16 (8)	P1
7	13:50	14:00	Warm up	Novice O15 (8)	P2
7	14:00	14:05	One touch		
7	14:05	14:20	Compete		
8	14:10	14:20	Assemble		
8	14:20	14:30	March in	Elementary Men O16 (4)	P1
8	14:30	14:40	Warm up	Intermediate Ladies O15 (8)	P2
8	14:40	14:45	One touch		
8	14:45	15:00	Compete		
9	14:50	15:00	Assemble		
9	15:00	15:10	March in	LONDON CLOSED MENS (5)	P1
9	15:10	15:25	Warm up	LONDON CLOSED LADIES (7)	P2
9	15:25	15:30	One touch		
9	15:30	15:45	Compete		
	15:45	16:05	PRESENTATIONS		

OFFICIALS:

OFFICIALS SATURDAY

	Panel 1		Panel 2	
Chair	Sade Ottley	SKY	Chris Geary	HH
Difficulty 1	John Wotherspoon	LTA	Phil O'Reilly	QUE
Difficulty 2	Ellie Gent	CHC	Kelly Booth	HAR
Execution 1	Hermoine Steele	PNX	Cerys Williams	CHC
Execution 2	Ilze Ojere	HAR	Jane Evans	HEA
Execution 3	Katie Drewett	KTA	Tina Wilson	BTA
Execution 4	Aiko Guerra	SOB	Elisee Nunn	ACE
HD 1	Rosh Mulvany	BTA	Olivia Harrison / Aurelia Prat	QUE
HD 2	Pascal Auberson	SOB	Tia Tipton	PNX
TOF	Leslie Morales / Lascelle Sandy	INS	Daneel Simpson	HEA
Computer	Jude Caamano / Luan Pope	HAR	Sophie Borley-Holden / Emily Winter	INS
Recorder	Daniella Benson / Jude Figueira	BTA	Alex Reeves	SKY
Marshall	Megan King-Martin	HEA	Becky Hylton	LTA
Officials Lunches	Sarah Flynn	HAR	Deborah Kester	HAR
Qualified Reserves	Imogen Munns	QUE		

SUNDAY

	Panel 1		Panel 2	
Chair	Antony Ottley	SKY	John Wotherspoon	LTA
Difficulty 1	Stephanie Hallam	QUE	Lynette Ottley	SKY
Difficulty 2	Kim Nash	ACE	Ellie Gent	CHC
Execution 1	Richard Hurford	LTA	Christine Geary	HH
Execution 2	Shernette McKenzie	SOB	Jan Harley	HAR
Execution 3	Diane Moriarty	QUE	Darren George	BTA
Execution 4	Sarah Collins	HAR	Louise Ellis	KTA
HD 1	Jo Tuffnel	HAR	Sophia Hall	HAR
HD 2	Cerys Williams	CHC	Delilah Lloyd / Caroline Jones	INS
TOF	Paul Howard	INS	Delta Npuna	PNX
Computer	Ella Kemp	LTA	Victoria Lynch	HEA
Recorder	Mrs Greenshields/Mrs Bird	QUE	Mrs Phillips/Mrs Czaplewska	QUE
Marshall	Annalise Cummings / Kamille Cummings	INS	Lisa Durr or Iain Patrick	PNX
Officials Lunches	Mrs McCarthy/Mrs Gillis	QUE	Nicola Hall	HAR
Qualified Reserves	Simon Hamlin	QUE		

Organisation (Both Days)

Competition	Harriet Curtis	for LTA
Database	Karen Gent	CHC
Judges	Karen Gent	CHC
Computers	Andrew Wood / Karen Gent	IND / CHC
TOF Manager	Andrew Wood	IND
Floor Manager	Andrew Wood	IND
Trophies	Organisers	
Welfare Officer	Chris Geary	LTA

TIMETABLE

WARM UP:

There will be no warm up marshals – 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. Performers may use either trampoline. 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 compulsory and voluntary routines during their allotted warm up time – there will be no separate warm up session for the voluntary.

COMPULSORY & VOLUNTARY ROUTINES: After warm up, there will be a one touch warm up where the competitor will have to choose which routine to practice. The performers will then return to the marshalling area and be called to compete in programmed 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:

These are on Sunday. After warm up, there will be a one touch warm up. The performers will then return to the marshalling area and be called to compete in programmed order. Performers must be ready to compete (with spotters) as soon as required.

Where there are **8 or less** gymnasts in a group the final will be accumulative of all three routines but with more **than 8** gymnasts in a group, the final will be from zero.

All timings are approximate. The competition organisers reserve the right to start groups early if the event is running ahead of time but will not run more than one hour ahead of programme time. The competition organisers accept no responsibility for competitors who miss their turn due to changes to the above nor for the competition running early or late. Presentations at the end of each flight approximately.

SPECIAL INFORMATION:

There will be an ultimate trampoline and a 4x4 trampoline on each panel

We are pleased to announce that DE Photo has been appointed as the Official Photographers for our event. This event, by its very nature, is in the public arena and may result in the recording and publication of your image. If you do not wish your photo to be taken please let a member of the DE Photo team know. All DE Photo staff have been DBS checked and the company operates very strict privacy and data protection policies and are fully compliant with the General Data Protection Regulation (GDPR). Full copies of DE Photo's GDPR documentation can be found at dephoto.biz/GDPR

Fine Designs are delighted to be attending the London Regional Trampoline Championships 2018 selling our range of commemorative event garments.

We print while you wait, each print only takes a few seconds and means you can design your own t-shirt or hoodie. Choose from the front logo, the sheet of competitors names, and lots of additional sleeve options, including flags, medals and slogans.

Prices start from £15 for a t-shirt and £32 for a hoodie and we have lots of styles and colours in stock.

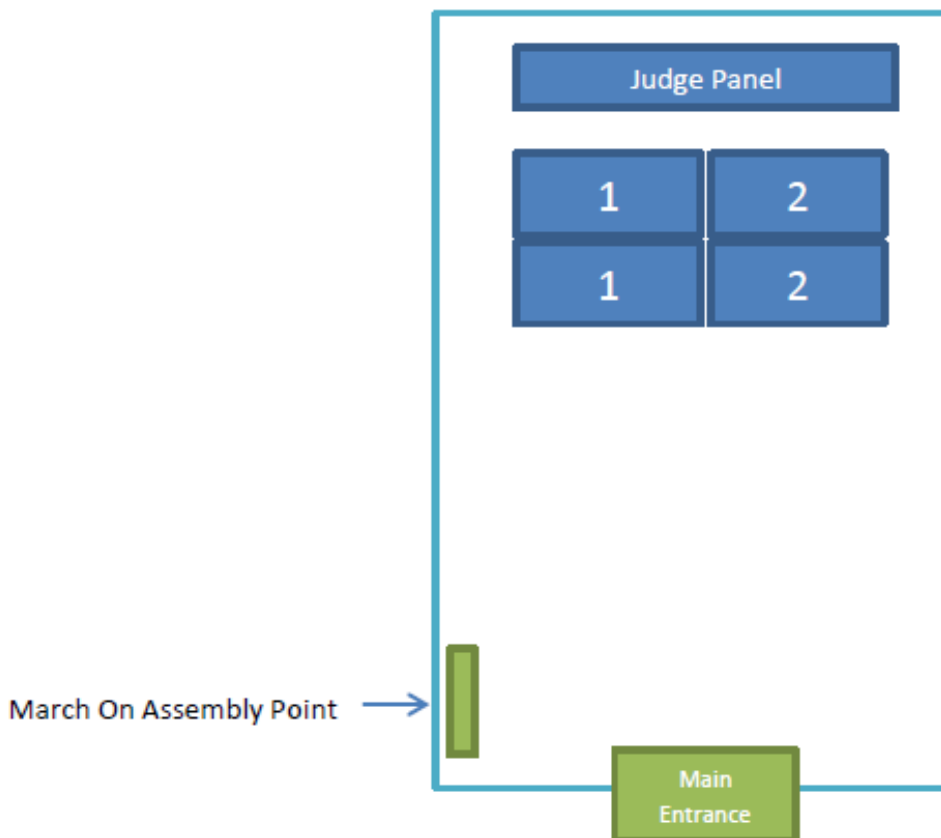
We also have The Zone in attendance at this event, with a wide selection of exciting new leotards that you can both order and purchase on the day!

Please ensure that you take all litter with you or use the rubbish bins around the Centre – PLEASE DO NOT LEAVE RUBBISH ON THE FLOOR. Ensure that you have all your property when you leave.

MARCH ON:

There will be a march on for each group on both Saturday and Sunday. The organising team will announce each flight to assemble for their march on.

Please note: it is the Team Manager's responsibility to ensure their gymnast/s are in the correct place at the correct time for their march on. The assembly point for the march ons will be located within the corridor next to the sports hall. The entrance point is the fire exit doors located to the left of the sports hall (as you walk in from the main entrance). This is usually where the refreshment stall is located (this will be sign posted).



THANKS:

Thanks are due to the following:

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

CLUBS COMPETING:

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

Ace of Clubs
Bromley Trampoline Academy
Coney Hall Cosmonauts
Harlington Hawks
Harrow Trampoline Club
Heathrow Gymnastics Club
Inspire Trampoline Academy
Kingston Trampoline Academy
Phoenix Flyers
Queensmead Trampoline Club
Skywalkers Trampoline Club
Sobell Trampoline Club

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 and the officials' areas.

RESULTS:

Results will be displayed on the wall after each group has finished, 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 London Gymnastics website.

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. 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 cannot, 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

MEDALS & PRESENTATION:

Medals will be awarded to the top three individuals during the slots indicated on the Sunday.

All those receiving awards MUST be in club kit. No one will be allowed on the podium unless correctly dressed.

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 PIERCINGS:

<https://www.british-gymnastics.org/documents/regions-and-home-countries/england/7828-bg-body-piercing-adornments-policy/file>

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.

ROUTINES:

For 2018, all tier groups will compile their own set routines. The required elements have been designed so that all set routines from 2016 can be used if desired. All competitors will be required to submit a tariff sheet before competing. Tariff sheets must be fully completed in English or FIG notation with compulsory skills asterisked.

Regional Novice

U9:

1st Routine Compulsory Elements:

10 elements, at least eight of which must be different with:

1. One element landing on seat, front or back
2. One element with a minimum of 180° of twist

Compulsory elements cannot be combined into one skill

Compulsory elements must be asterisked on the difficulty card

U11 – 15+:

1st Routine Compulsory Elements:

10 different elements with:

1. One element landing on front or back
2. One element with a minimum of 360° of twist

Compulsory elements cannot be combined into one skill

Compulsory elements must be asterisked on the difficulty card

All Age Groups:

2nd Routine:

The voluntary routine may include a maximum of one somersault of either 270° OR 360° somersault rotation. Difficulty will be awarded. Tariff cap of 1.2. If an element of more than 360° of somersault rotation is used, the routine will terminate at that point. If the maximum number of somersaults is exceeded, the routine will be terminated at that point.

Performers are encouraged to use an arm set but no penalty for those not complying.

Regional Elementary:

All age groups

1st Routine Compulsory Elements:

10 different elements with:

1. Arm set prior to 1st element
2. One element landing on front or back
3. One front or back somersault with 360° somersault rotation
4. One element with a minimum of 360° twist

Compulsory elements cannot be combined into one skill

Compulsory elements must be asterisked on the difficulty card

2nd Routine:

The voluntary routine may include a maximum of three elements between 270° & 360° of somersault rotation. No elements of more than 360° of somersault rotation allowed. If an element of more than 360° of somersault rotation is used, the routine will terminate at that point. If the maximum number of somersaults is exceeded, the routine will be terminated at that point.

Regional Intermediate:

All age groups

1st Routine Compulsory Elements:

10 different elements with:

1. Arm set prior to 1st element
 2. One element landing on seat, front or back
 3. Three somersaults between 270° and 450° somersault rotation
- Compulsory elements cannot be combined into one skill
Compulsory elements must be asterisked on the difficulty card

2nd Routine:

The voluntary routine may include a maximum of seven elements between 270° & 450° of somersault rotation. No elements of more than 450° of somersault rotation allowed. If an element of more than 450° of somersault rotation is used, the routine will terminate at that point. If the maximum number of somersaults is exceeded, the routine will be terminated at that point.

Regional Advanced:

All age groups

10 different elements with:

- At least seven somersaults of at least 270° somersault rotation to include one of the following three elements:
 - One move of at least 270° of somersault rotation landing on front or back, followed by an element of at least 450° somersault rotation OR
 - A back somersault with 360° somersault rotation and a full twist OR
 - A front somersault with 360° somersault rotation and 1½ twists

Please asterisk this one element or combination

Voluntary routine tariff limit 8.5

London Closed

Competitors must perform the 1st routine as below. 1st routine must be declared before competing. 'Time of flight' marks will only be awarded if we have the required equipment available. Ladies and Men will compete separately. Finals for the top eight in each group. Scores will be zeroed for the finals. In the event of there being eight or less competitors on the start list, finals will be accumulative.

1st Routine:

1. 10 different elements with at least seven somersaults of at least 270° somersault rotation.
2. Two elements, marked with an asterisk on the competition card, will have difficulty ratings. The difficulty will be added to the execution score to give the total score for the 1st routine.
3. None of these two elements may be repeated in the voluntary routine

Voluntary Routine

No restrictions but if either of the two asterisked skills from the 1st routine are repeated in the voluntary routine; they will not be awarded difficulty in that routine.

Final Routine:

No restrictions

Arm Set

Regional Elementary and Regional Intermediate require an arm set. An arm set is defined as: 'Any action that causes the arms to be above the shoulders at maximum depression prior to the start of the routine'

The Chair of the panel will be responsible for determining whether the arm set was performed. Failure to perform the arm set will result in a deduction of 0.1 from each execution judge.

This is for the Set Routine ONLY. It does not apply to Regional Novices or Regional DMT.

PHOTOGRAPHY



DE Photo have been appointed
OFFICIAL PHOTOGRAPHERS
for this event



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PRICELIST



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Front logo & 2 sleeve prints	£19
Front logo, sleeves & names	£24

TECHNICAL T-SHIRTS

£21
£25
£30



HOODIES

Front logo only	£32
Front logo & 2 sleeve prints	£40
Front logo, sleeves & names	£45

ZIPIES & JACKETS

£34
£42
£47

Please ensure you select the correct size garment and correct prints prior to printing as mistakes can not be refunded once your bespoke garment has been printed.



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