



County Trampoline Competition

We are pleased to invite you to our competition at Welland Park Academy, Market Harborough, which will be held on **Sunday 25th November 2018**. The competition will start at 10am and will run to approx 4pm.

Grades

Disability (TPD), Novice 1 & 2, Intermediate 1 & 2, and Elite.

Eligibility

Anyone who has competed NDP must enter Intermediate or above. Anyone who has competed League or above NDP 5 must enter Elite.

TPD is a category for people with Disabilities (TPD). These would be regarded as disability that prevents a gymnast from accessing the club level mainstream routines. TPD entrants can alternatively choose to enter the mainstream routines.

Venue

The Hall has adequate ceiling height. Car parking can be busy, but there is an overflow car park located around the back of the school (follow the road around).

Rules

All entrants must hold a minimum "gymnast" BG membership which can be attained from <https://register.british-gymnastics.org/gymnet/register/registerstart> you will need to link with your club or Market Harborough Trampoline Academy if this is your only competition.

Standard British Gymnastics trampoline rules apply apart from:

- i) if a routine is not completed it *will* be marked on the completed elements.
- ii) all routines will be 10 bounces so the arm set will not be marked as a skill.
- iii) All levels will perform 2 rounds.

Age and gender groups

Age groups are :

TPD	U13, 13+
Novice 1 & 2	U9, U11, U13 and 13+
Intermediate 1	U11, U13, 13+
Intermediate 2	U13, U15, 15+
Elite	U15, 15+

Age groups may be combined where there are too few entries for meaningful competition.

Classes will be mixed gender up to Novice 2.

Classes will be split gender for Intermediate 1, 2 and Elite.



Equipment

Panel 1 4x4mm / **Panel 2** 4x4mm

Dress

The Chair of the Judges' Panel has the right to prohibit participation in dress which is clearly unsuitable for trampolining, even though it may be a training kit. Please ensure the following code of dress.

All competitors must be in club uniform where possible, Inter+ gymnasts **must** be in Competition leotard. Dress must conform to the requirements that **only** T-shirts, singlet PE vests, leotards, Polo/Netball shirts close-fitting P.E. shorts, sports trousers and white foot covering may be worn. Shirts/vests must be tucked into trousers/shorts, and inhibited from flapping free during the execution of the routine. Foot covering **must** be plain white (no coloured trim).

Judging

The judges will mark the 'form' (accuracy) of both routines. There may either be a panel of 5 execution judges, who each show an individual 'form' mark. To determine the score for a routine the highest and lowest judge's marks are discarded and the remaining 3 marks are added together. This is the same for both the Set and the Vol routines. The alternative will be 4 execution judges (middle two count) + a judge who measures horizontal displacement i.e. movement around the trampoline. The difficulty score is added for inter 1 vol, and inter 2/elite set and vol on completion of the routines to give the final score. From this you can see that 'form' is very important in order to score well. The chair of judges will deduct any additional points if required. For synchronised we will operate 1 synch score, 1 difficulty score, plus 4 execution judges (middle two count).

The top 3 individuals in each competition group will receive a medal. The tie breaker rule (TRA Individual) will be i) highest E score in round 1 ii) highest E score in round 2 iii) Higher HD score. (TRA Synchronised) i) The pair with the higher sum of the E-scores of both routines prevails ii) The pair with the higher sum of the S-scores of both routines prevails. If there is still a tie, the tie will not be broken.

Responsibility:

The club coach/team manager is responsible for ensuring that their competitors are BG affiliated, capable of performing safely on the beds provided, and also responsible for the behaviour of competitors. Please note that the organiser cannot be held responsible for loss of property or accidental injury to anyone participating in this event, howsoever caused.



Entry:

If you **have** current BG membership, then fill out the excel entry form inc. BG membership numbers. Cost: £10-00 each.

Closing Date

Sunday 11th November 2018

Entries to:

grundyonline@hotmail.com

Payment

By bank transfer (preferred) to:

Bank: National Westminster Bank Plc.

Account name: Market Harborough Trampoline Academy

Sort Code: **54-21-50**

Account No: **30311152**

Please put your club name in the Payee reference.

Or by cheque payable to " **MHTA** ":

46 Denmead Avenue,

Wigston,

Leicester.

LE18 1DL.

Full venue address:

Welland Park Academy

Welland Park Rd

Market Harborough

LE16 9DW



County Competition

TPD – Both routines	Novice 1 - Both Routines	Novice 2 - Both Routines
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A voluntary 5 contact routine. All moves in the 1-15 star award will be accepted except the quarter turn. Moves and shapes cannot be repeated within a routine.

A 10 bounce routine of your choice, starting and finishing standing up! Moves may be repeated. No straight bounces in the routine. No move > 0.2 difficulty.

1. Front Landing
2. To Feet
3. Straddle Jump
4. Seat Landing
5. To Feet
6. ½ Twist
7. Tuck Jump
8. Pike Jump
9. Back Landing
10. To Feet

Intermediate 1 - Set Routine (dd 1.3)	Voluntary
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1. Full Twist Jump
2. Straddle Jump
3. ½ Twist to Seat
4. ½ Twist to Feet
5. ½ Twist
6. Pike Jump
7. Back Landing
8. ½ Twist to Feet
9. Tuck Jump
10. Front SS (T)

The voluntary routine may include a maximum of two body landings and a maximum of three somersault.

No move > 360° rotation.

Tariff will be awarded but must be at least 1.3 to qualify

Intermediate 2- Set Routine	Voluntary
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Ten different elements.
Maximum of 2 body landings.
Minimum of 3 somersaults of between 270° and 360° rotation.
No move > 360° rotation.
Tariff will be added.

The voluntary routine may include a maximum of seven somersaults of between 270° and 360° rotation.

No move > 360° rotation.

Tariff will be added.

Elite – Set Routine	Voluntary
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Ten different elements with at least seven somersaults of at least 270° somersault rotation to include one of the following three elements:

1. One move of at least 270° of somersault rotation, landing on front or back, followed by a move of at least 450° somersault rotation.
2. A back somersault with 360° somersault rotation and a full twist.
3. A front somersault with 360° somersault rotation and 1½ twists

The voluntary routine is unlimited tariff cap