

English Gymnastics



National Competition Handbook 2017

Version 3.0

TRI, TRS, DMT, TUM, DIS

www.english-gymnastics.org.uk

Important Statement from the EGA and British Gymnastics

“English Gymnastics and British Gymnastics acknowledge participation events across the country are a useful tool for clubs and regions to enjoy competition experience outside of the formal national governing body (EGA and BG) competition structure provided. In particular, both organisations wish to clarify the status of the National Trampoline League (as it was originally called) and the participation competitions they now organise under the banner of Trampoline and DMT League. Any results or scores obtained from these events will not be accepted for selection into EGA or BG squads/teams or act as qualification for the English or British Championships.”



Version History:

English Gymnastics reserves the right to make amendments to this handbook.

Notification of a change to the handbook will be communicated through the English Gymnastics website. All updated versions will be made available to download at the time of change.

All versions will be listed on this page, regarding amendments made;

Version 1.0

Version 2.0

- Addition of the website address of front cover
- Page 9: 1.4.1 alterations to 2nd paragraph
- Page 15: Removal of the disability table
- Page 16: Clarification on TRS rules
- Page 17: Tumbling English Championships 2017 and Structure for 2018
- Page 17: 3.2 rewrite of the section for English Regional Cup
- Page 17: Alteration to TRI team knockout routine requirements
- Page 18/19: Rewrite of DMT requirements and requirement table
- Page 19: Changes made to Synchronised requirement table
- Page 22: Correction to DMT silver qualification number from 16 to 12
- Page 23: Alteration to English Regional Cup entry costs
- Page 31: Definition of warm up time and rules
- Page 35: Full details of how tumbling will work at the English Championships 2017

Version 3.0

- Page 8: Change of Entry Opening/Closing for English Championships & English Regional Cup 2017
- Page 11: 2.2 Update of Nationality Criteria
- Page 17/18: Alteration of both TRI & DMT Knockout requirements
- Page 23: 4.3.3 Alteration to English Regional Cup Entry costs

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Dear All

Welcome and thank you for reading the 2017 English Championship Series Competition Handbook. I am pleased to introduce to you, the first full year of the 'English Championships Series' running alongside the 'English Regional Cup'. The competition is set to underpin the National Trampoline structure provided by British Gymnastics and is based on FIG rules. The competition is based on a two-level competition structure named Silver and Gold.

During this first full year the qualification process for the Silver and Gold will be made through the two qualifying competitions held in April and May 2017.

Qualification at Gold level of competition, will see 16 qualification places available through the English Qualification Series and British Gymnastics Spring Event Series. The 16 highest scoring gymnasts from each age groups and in each gender will gain qualification to take part in the English Championships. This will be explained to a greater detail throughout this handbook. Tumbling will only qualify Silver at the Bath Qualifying competition. Tumblers cannot qualify for Gold level at the English Championship Series.

You **cannot** qualify for British Championships through the English Championship Qualifying series.

Qualification at Silver level of competition will see 16 qualification places available in each age group and each gender. To qualify for the English Championships at silver you will be required to be ranked within the top 16 gymnasts with the highest scores exclusively acquiring at the English Qualification Series. This will be explained to greater detail throughout this handbook.

In all competition's, we will aim to include the following disciplines; Individual Trampoline, Double Mini Trampoline, Synchronised Trampoline, Disability Trampolining and Tumbling,

I would like to thank you for taking the time to read this handbook and look forward to see you at the competitions in 2017.

Yours in Sport

Stephen Wood

Chair of English Gymnastic Trampoline Technical Committee

Definition of Terms

EGA means English Gymnastics Association.

EGTTTC means the English Gymnastic Trampoline and Tumbling Technical Committee of EGA.

Organiser(s) means the EGTTTC Competition Organiser

FIG means Federation International de Gymnastique.

Code means the Code of Points used for the competition, from which technical information and regulations are taken such as EGA, BG or FIG.

Championships means any English Championships organised by the EGA.

Event means any National competition and Championships organised by the EGA.

Supervising Coach(es) are those coaches submitted in the online entry process and who are responsible for the gymnast(s) for the entire event. Any changes to the supervising coach(es) submitted on the BG Online Entry System must be notified to the EGA Admin Manager, prior to the event and in exceptional circumstances if changes are required during the event, these must be notified to the Organisers.

Unattached means gymnasts who are not members of a BG registered club but hold appropriate BG membership.

Where no specific point is addressed in the Regulations, the current FIG Rules apply. However, the Technical Committee and its appointed officials reserve the right to define any Regulation conflict as is deemed appropriate to ensure a fair and equitable competition.

Contact Information

English Gymnastics Trampoline & Tumbling Technical Committee:

England Chairman: Stephen Wood, Tel: 0161 792 5969
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Secretary: Hannah Lawton

England Accounts: Dexter Millen

England Judging Co-ordinator (TRA, DMT): Yasmin Stammers

England Judging Co-ordinator (TUM): John Murray

England Competition Organiser (TRA, DMT): Andrew Wood

England Competition Organiser (TUM): Paddy Lavelle

England Trampoline Squad Manager: Gary Short

England Double Mini-Tramp Squad Manager: Jason Richardson

English Gymnastics Contact Details:

Chairman: Martin Laws, Tel: 01634 855507
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1. Competition Details

1.1 Competition Event Calendar 2017

Date & Venue:	Events:	Entry Opening Date:	Entry Closing Date:	Other Information
8 th & 9 th April 2017	English Championships Qualification Series 1	30 th January 2017	5 th March 2017	Gold and Silver Levels all age groups TRI, TRS, DMT
29 th & 30 th April 2017 Nottingham University	British Gymnastics Spring Series 1	3 rd February 2017	17 th March 2017	See BG Handbook
13 th & 14 th May 2017 Bath University	English Championships Qualification Series 2	3 rd April 2017	14 th April 2017	Gold and Silver Levels all age groups TRI, TRS, DMT & TUM
3 rd & 4 th June 2017 EIS Sheffield	British Gymnastics Spring Series 2	10 th March 2017	2 nd May 2017	See BG Handbook
*14 th October & 15 th October 2017 EIS Sheffield	English Championships & English Regional Cup 2017	1 st August 2017	1 st September 2017	Gold and Silver all age groups TRI, TRS, DMT, DIS & TUM

*** Due to the unforeseen dates of the Loule World Cup it has been necessary to move the English Championships from the previous dates to the 14th and 15th of October 2017. Due to the strong working relationship with our partner British Gymnastics, it has been agreed that we will take over the weekend of the Club Team Championships which will be postponed until 2018. We thank British Gymnastics for the acquants to our request to use this weekend for our English Championships. Due to the change of dates this year's English Championships will no longer be a World selection event.**

1.2 Order of Performance

The order of performance will only be confirmed once all entries have been received. All start lists and timetables will be published on the English gymnastic website alongside the officials lists, it will also be emailed to all participating clubs at least one week before the first day of the competition.

Where possible the Silver level events will be held on the 1st day of competition (Saturday) to include: TRI, TRS, DMT and TUM (where applicable). Day 2 (Sunday) will where possible be the Gold level competition in all disciplines including: TRI, TRS, DMT and TUM (If applicable).

The competition organisers reserve the right adjust the days of the events if circumstances require.

Tumbling (TUM) will only take part in one qualification event during the qualification series 13th & 14th May 2017

The English Championships will consist of TRI, TRS, DMT, TUM and DIS and will take place on the Saturday 14th October 2017. The order of competition will be all Silver events prelims and finals taking place in the morning session with gold prelims and finals taking place in the afternoon.

The English Regional Cup will take place on Sunday 15th October and will consist of a Team knockout on Trampoline and DMT as well as Synchronised Trampoline. This will be the Regional Team event previously known as the English Championships.

For the purpose of maintaining a smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the ETC reserve the right to alter the grouping of gymnasts and/or running order of gymnast as may be deemed necessary by the Organiser

The competition organisers reserve the right to run 1 hour ahead of time, and to make changes/alterations to the groupings and panels to enable the competition to run on time and smoothly.

1.3 Publication of Results

Results will be collated and verified before publication. Results and standings will be sent out as soon as possible in the week after the competition. The results and tables will be placed on the English Gymnastic website (www.englishgymnastics.org.uk).

1.4 Event Discipline Details

The English Championship Series will include the following disciplines:

TRI	Trampoline Individual
TRS	Trampoline Synchronised
DMT	Double Mini Trampoline
DIS	Disability Trampoline
TUM	Tumbling (Bath only)

1.4.1 Individual Trampoline (TRI), Double Mini Trampoline (DMT) and Disability Trampoline (DIS)

All TRI, DMT and DIS English Qualification Series will consist of two rounds/passes followed by a final round consisting of the top 8 ranked gymnasts from the first two rounds. Ranking will be based on the highest scores after the preliminary (2) rounds. All Finals will be ZERO finals. (All scores will be reset to Zero for the finals). Gymnasts must complete both preliminary round routines to be eligible to qualify for the English Championships.

1.4.2 Synchronised Trampoline (TRS)

All TRS English Qualification events will consist of two rounds only. There will be no finals at the English Qualifiers or the English Championships. Ranking will be based on highest score over the two competitions. Scores will only count if the gymnasts complete both routines.

1.4.3 Tumbling (TUM)

The Tumbling English Qualification events will take place in Bath University only and consist of two preliminary passes. The top 8 ranked gymnasts from the first two rounds will be required to perform a further two finals passes. Qualification will be based on the ranking after the preliminary rounds. Finals for tumbling will be zero finals. Gymnasts qualifying for Gold will be selected from those who have qualified for the British Championships 2017. Only Tumbling gymnasts at silver levels can qualify at the English Championship Series.

1.4.4 Disability Trampoline (DIS)

DIS gymnasts who qualify to the British Championships will get automatic selection to the English Championships.

1.5 Scoring and Qualification to the English Championships

There are 16 places available in each age group per sex (male and female) for qualification ranking. Ranking will be determined based on the criteria stated below in the following order:

Criteria 1: Gymnasts must meet the requirements on nationality set out elsewhere in this document.

Criteria 2: To be eligible to compete at the English Championships, a gymnast must have competed at one (or both) of the English Gymnastics Trampoline Series and be ranked in the top 16 as the criteria below.

Criteria 3: Gymnasts who qualify for the British Championships at the Spring Event Series (SES) are eligible to be ranked for qualification at the English Championships (up to 16 places) provided criteria 1 and 2 are met.

Criteria 4: Gymnasts who take part in the English Gymnastics Trampoline Series are eligible to be ranked for qualification for the English Championships provided criteria 1 is met.

Qualification

Gymnasts who meet the criteria above will be ranked and will receive a place at the English Championships if ranked within the top 16 places in each age group.

Gymnasts will not be permitted to change levels between the two qualification competitions.

Scores

Scores taken from the English Qualification Series a gold and silver levels will be taken from the preliminary rounds only and are based on the WAG and Voluntary scores. Silver level will exclusively qualify through the EQS, no scores from the SES will be used to attain the ranking in the silver level.

Scores from FIG level only at the British Gymnastics Spring Event Series will be taken from the WAG and Voluntary routines added together and ranked alongside those scored at the English Qualification Series. Scores from SES will only count towards the Gold level places.

All scores from each of the qualification competitions will be taken and placed into a ranking the top 16 within the ranking will qualify for the English Championships.

1.6 English Championships

The English Championships will only consist of an Individual Championships on Saturday 14th October 2017. To qualify for the Individual championships, see sections 1.4 – 1.5.

1.7 English Regional Cup

The English Regional Cup will run on Sunday 15th October 2017. It is the responsibility of the Regions to select their Regional Champions to compete against the other Regions. This competition will be based on a Team Knockout style event for both Trampoline and Double Mini Trampoline. There will also be a Team Synchronised competition.

2. Eligibility

2.1 Membership

All persons attending English Gymnastics events in an official capacity, whether as a gymnast, coach, judge or officials are required to hold current BG membership in line with the level of competition entered and awards held.

2.2 Nationality

Gymnasts are eligible for consideration provided they:

- are a British Citizen holding a British passport (or can demonstrate that they are in the process of obtaining British citizenship and/or passport) and have lived in England for a period exceeding 48 months during their life; and
- are not a member of a gymnastics squad of any other Commonwealth country; and
- have not previously represented another Commonwealth country unless the consents required by article 25(3) of the Commonwealth Games Federation criteria have been obtained; and
- their mother, father or at least one grandparent were born in England.

If a gymnast does not meet any of the above criteria but wishes to be considered for selection, the gymnast may petition the Approval Panel in writing. The Approval Panel's decision in this regard shall be final.

The Approval Panel shall be consisted of the EGA Chairman and the EGA Vice-Chairman of England Gymnastics, together with the individual Chairperson, in England, of the specific gymnastics discipline within which the gymnast is seeking to compete.'

2.3 Gymnasts

All gymnasts must hold current BG membership at the time of English Qualifying Events and Championships. Anyone discovered to have been without the correct membership for these competitions will be disqualified.

All disciplines must have the following membership level must be Silver, Gold, Joint Gold or Life Members of BG in order to enter EGA Events.

In normal circumstances, gymnasts should also be a member of a BG registered club. In exceptional cases, where a gymnast does not belong to a BG registered club, he/she must contact the EGA Admin Manager via email (see page 7 for email address) to enter the event. Such gymnasts will be given the classification of 'Unattached'. In such circumstances, the gymnasts must nominate an appropriately qualified 'Supervising Coach' and must also meet all other membership requirements.

2.4 Supervising Coaches

Supervising coaches' membership level must be Gold, Joint Gold or Life Members of BG and coaches must be qualified to the level of the skills being performed before being allowed to participate in an EGA Event. Coaches must have attended a Sports Coach UK Safeguarding and Protecting Children Awareness course. This must be renewed every three years and be valid both at the time of entry and through to the end of the Event. Coaches must also have a valid Disclosure and Barring Service (DBS) Certificate both at the time of entry and through to the end of the Event, before being allowed to officiated at an EGA Event.

2.5 Coach Qualifications

When submitting entries for an EGA event, clubs/Regions must ensure that the nominated supervising coach(es) is/are qualified to the level of the gymnast's performance. The practice of supervising gymnasts working above the level of the coach's qualification is not allowed.

Supervising Coaches entered onto the event entry should be the same ones attending the event, unless there are extenuating reasons why they cannot attend. If there is a requirement to change a coach, you must ensure that the replacement is of the same or higher level of qualification than the one being substituted. This change must be made in writing to the EGA Admin Manager in the first instance (see page 7 for email details). It is unacceptable to enter a coach you know will not be attending.

2.6 Regional Representation

Gymnasts living and training in England for at least one year continuously and immediately prior to the competition date, but affiliated to another country, may compete for their Region in the Regional Team section of the English Championships. They may not compete for any Individual Title and they are not eligible to compete at the English Championship Series qualifiers.

Gymnasts may only represent the Region in which their club is situated.

Gymnasts may only represent one Region in any competition season, but may represent more than one club if it is within the same Region, at any one time, in all disciplines. Exceptional circumstances will be considered following written application to the EGTC.

For the English Championships and qualifying events, gymnasts forming a synchronised pair may come from different clubs, but must attend the same Region and both must be English.

Where Regional entries are made at the English Championships, any gymnasts and coaches can be selected but all coaches must have the appropriate coaching qualification, DBS and safeguarding qualifications for the gymnast that they are supervising.

2.7 Age Policy

Gymnasts' ages, for entry to all age dependent categories, will be taken as the age reached in the year of the competition. The minimum age for entry to English Gymnastics events is 9 in the year of competition.

Year Born Eligibility for competitions 2017	
9 and 10 years	Born 2008 and 2007
11 and 12 years	Born 2006 and 2005
13 and 14 years	Born 2004 and 2003
15 and 16 years	Born 2002 and 2001
17 and 18 years	Born 2000 and 1999
19+ Years	Born 1998 and before
Senior	Born 2000 and before

Gymnasts must compete in their age group. At an English Gymnastics event, gymnasts have the option at age 17 to compete in the 17-18 age group or senior age group, subject to them being able to meet the minimum Criteria for that age group.

In synchronised, one gymnast may compete up one age group, but both gymnasts will then enter the age group of the oldest gymnast.

2.8 Disability Trampoline Eligibility

Qualification to the English Championships in 2017 can only be done by qualifying to the British Championships through the BG Spring Series events.

3. English Championships Series and Finals

3.1 Age groups per discipline and Routine Criteria

Individual Trampoline:

Series Events: All silver qualification gymnasts will compete on a Saturday completing prelims and Finals. Gold level will compete on a Sunday with all prelims and finals.

Championships: The individual competition will be held on the Saturday and be run with prelims followed by finals for silver levels in the morning session and gold level prelims and finals in the afternoon session.

The TRI competition will consist of a WAG routine and Voluntary with the top 8 progressing to the 'Zero' final.

Silver Level Trampoline Individual						
Age Groups						
Male	9 – 10	11 – 12	13 – 14	15 – 16	17 – 18	19+
Female	9 – 10	11 – 12	13 – 14	15 – 16	17 – 18	19+
Routine Requirements						
WAG	*ENG 9 – 12	11 – 12	13 – 14	13 – 14	13 – 14	13 – 14

*See England routine 9 – 12 criteria – There is no minimum DD at any level for Silver

Gold Level Trampoline Individual						
Age Groups						
Male	9 – 10	11 – 12	13 – 14	15 – 16	17 – 18	Senior
Female	9 – 10	11 – 12	13 – 14	15 – 16	17 – 18	Senior
Routine Requirements						
WAG	11 – 12	11 – 12	13 – 14	15 – 16	17 – 18	*FIG

* See details below for minimum standards for Senior competition

Disability Trampoline:

Disability Trampolining will be added this year to our English Championships Finals only. This year the only way to qualify for the English Championships is to do it through the British Gymnastics Spring Series Events. All those who compete at Level 2 in the disabilities competition and qualify for the British Championships will be given automatic entry to the English Championships.

The routines will match those of the British Gymnastic criteria level 2 with the gymnasts being required to perform the compulsory routine and a voluntary routine. The top 6 gymnasts will compete a final routine with the final being a zero final.

Double Mini Trampoline:

Qualification Series: DMT will consist of 2 preliminary passes leading to the final for the top 6 gymnasts, the Final will be zeroed and consist of a final 2 passes which must be different to the preliminary rounds.

Championships: DMT will consist of 2 preliminary passes leading to the final for the top 6 gymnasts, the Final will be zeroed and consist of a final 2 passes which must be different to the preliminary rounds

Silver Level Double Mini Trampoline Individual						
Age Groups						
Male		9 – 12	13 – 16	17+		
Female		9 – 12	13 – 16	17+		
Required minimum DD per pass						
Min DD		1.1	1.3	1.5		

*Passes not making minimum DD will have 1 mark deducted from DD

Gold Level Double Mini Trampoline Individual						
Age Groups						
Male		9 – 12	13 – 14	15 – 16	Senior	
Female		9 – 12	13 – 14	15 – 16	Senior	
Required minimum DD per pass						
Min DD		1.3	1.6	2.0	2.4	

*Passes not making minimum DD will have 1 mark deducted from DD

Synchronised Trampoline:

Qualification Series: The TRS will consist of a WAG routine and Voluntary only no final.

Championships: The TRS will consist of a WAG routine and Voluntary only no final.

To create pairings clubs may pair gymnasts from two different age groups with the pairing required to bounce at the oldest age group. Gymnasts may only move up one age group in the pairing, gymnasts may NOT move down an age group for pairing.

Gymnasts may also move up a level if they competed at Silver in TRI and they want to partner someone who has performed at TRI gold. The gymnast will only be allowed to move up from Silver to Gold NOT down.

Silver Level Synchronised Trampoline						
Age Groups						
Male		9 – 12	13 – 16	Senior		
Female		9 – 12	13 – 16	Senior		
Routine Requirements						
WAG		*ENG 9 – 12	11 – 12	13 – 14		

*See England routine 9 – 12 criteria – There is no minimum DD at any level for Silver

Gold Level Synchronised Trampoline						
Age Groups						
Male		9 – 12	13 – 14	15 – 16	Senior	
Female		9 – 12	13 – 14	15 – 16	Senior	
Routine Requirements						
WAG		11 – 12	13 – 14	15 – 16	*FIG	

* See details below for minimum standards for Senior competition

Tumbling:

Silver level tumbling will not be part of the 2017 season, we are aiming to hold the English Silver Tumbling Championships at qualifier 2 in 2018, details will be released with the 2018 handbook.

Gold level tumbling will be introduced to this year's English Championships 2017. The competition will be used as a warmup for the World Championships, as such all FIG rules will apply to the gold level tumbling competition. For full details please see appendix 4.

Gold Tumbling						
Age Groups						
Male	9 – 10	11 – 12	13 – 14	15 – 16	17 – 21	Senior
Female	9 – 10	11 – 12	13 – 14	15 – 16	17 – 21	Senior

3.2 English Regional Cup

The details of the English Regional Cup will be based on three aspects of competition all combining to create an overall score. These disciplines will be Trampoline Team Knockout, Double Mini Team Knockout and Synchronised Trampolining. Each area will build points towards an overall team score. The highest team score will win the prestige of being the 'Best Region in England'.

Selection for this event will be solely down to the individual Regions to select their Regional Champions to go up against the best of the rest. Regions will be required to put forward 5 judges and 5 officials to help with the smooth running of the competition.

Trampoline Team Knockout:

****Additional:** In the event that all 10 regions enter the Regional Cup the Team Knockout will host a wooden spring event for the two teams that come bottom of each group will use their remaining team members to avoid being awarded the 'Wooded Spring' (Please note that it may not be possible to giving out a wooden spring but an award will be given for last place).

In the event that there are 9 Regions entered there will be a knockout with the lowest scoring Region of the 1st knockout round.

This part of the competition will consist of 3 age groups with 2 gymnasts to be selected for each age group and each gender. In the 1st round which will be the group stage each Region will select 6 members from their team of 12. The Region must choose 2 gymnasts from each age group and there must be a minimum of 3 males and 3 females in the 6-person team. The 6 team members will all be required to provide a 10-skill voluntary routine and attempt to score the highest possible team total of all voluntary score added together. This will determine what position they will be placed in the group table. If all 10 Regions attend the top 4 in each group will go through to the knockout

round and the two bottom Regions will be knocked out. (See appendix 1 for a visual representation of the stages). The 8 remaining Regions then go forward to take part in the quarter finals. If there is an odd number of Regions attending the team with the highest score out of all the Regions will be given a bye through the quarter final stage.

The Quarter finals consist of the remaining regions from group A being placed against the Regions of group B. (See table in Appendix 1). The Regions will now have to put forward the remaining 6 gymnasts that were not used in the Group stage to do a 10-skill voluntary routine as previous and very simply the highest total team score goes through to the Semi Finals with the other team eliminated from the knockout.

Semi Finals as before the Regions will select their team from their gymnasts, 2 from each age group and they must be a minimum of 3 Males and 3 Females in the team. They will do one 10-skill voluntary routine and as previously the highest scoring team goes through to the final.

In the final's the region can select any of their team which must include 2 gymnasts from each age group and must contain at least 3 males and 3 females. Highest total score wins.

Trampoline Team Knockout			
Two of each age groups will make up a full team			
Male	9 – 12	13 – 15	16+
Female	9 – 12	13 – 15	16+

* There is no minimum DD

DMT Team Knockout

****Additional: As per Trampoline Knockout when there are 10 Regions attending the bottom two will compete against each other for the 'Wooden Spring'. As per Trampoline knockout for 9 Regions entered.**

The Double Mini Team Knockout CANNOT be entered by anyone who is entering the Trampoline Team Knockout.

The Double Mini Knockout will follow the same process as the Trampoline Knockout, with the difference being on numbers within the team. In the DMT competition will consist of 1 gymnast from each age group and each gender, this means 1 male and 1 female in each age group giving a team of 6 gymnasts. The group stage competition will consist of 3 gymnasts that must contain at least 1 female and 1 male gymnast. Throughout each stage the gymnasts will be require to perform their best two pass that will get the team the win. In the semi-finals the coach will be require to use the 3 gymnasts not used in the group stage and again the ratios should be a minimum of 1male and 1 female. Once past the semi-finals the coach is free to choose any of their team but the selection must include 1 female and 1 male gymnast.

This is a stand and deliver competition set to test not only the gymnasts but the coaches as well. Tactics and who to use when and what they should compete make this in to a complete competition for all.

Gymnasts CANNOT repeat an element in their two passes during the round but can repeat passes in future round as they move through the competition. Coaches must use one gymnast from each age group in each round and in each round, must use a minimum of one male and one female in their team.

Double Mini Tramp Team Knockout						
Two from each age group which must include 1 from each gender which will make up a full team						
Male		9 – 12	13 – 15	16+		
Female		9 – 12	13 – 15	16+		
Minimum DD per pass Requirements						
Min DD		1.6	2.0	2.4		

*Passes not making minimum DD will have 1 mark deducted from DD

Synchronised Trampoline

This will be a straight forward synchronised trampoline competition consisting of one WAG routine and one Voluntary routine. There will be no final. The groups will consist of one male pairing, one female pairing and one mixed pairing. Pairings **must not** be made up of anyone taking part in the following disciplines: Any other synchronised pairings and the DMT knockout.

Synchronised Trampolining						
1 pairing per age group per gender per Region						
Male		9 – 12	13 – 16	Senior		
Female		9 – 12	13 – 16	Senior		
Mixed		9 – 12	13 – 16	Senior		
Routine Requirements						
		11 – 12	15 – 16	FIG		

* There is no minimum DD

3.3 Definition of Routine Criteria

English Disability Routine Requirements Open Age *(Same criteria as the British Championships)*

1. BSS (T)
2. Straddle Jump
3. Barani (T)
4. Tuck Jump
5. BSS (T) to Seat Landing
6. ½ Twist to Feet
7. ½ Twist Jump
8. Pike Jump
9. ½ Twist to Front Landing
10. To Feet

Minimum DD for the voluntary routine is 3.0

English Silver Routine Requirements 9-12 Years old *(This routine is used in the Individual Silver and Team Silver competition)*

The routine consists of 10 different elements, only 5 elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements

1 Element landing on the front of the body

1 Element landing on the back of the body

WAG 9 – 10, 11 – 12 Age Group

The routine consists of 10 different elements, only two (2) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements

One element landing on the front of the body

One element landing on the back of the body

WAG 13 – 14 Age Group

The routine consists of 10 different elements, only one (1) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements

Full (Back Somersaults with 1/1 twist)

One element landing on the front of the body

One element landing on the back of the body

WAG 15 – 16 Age Group

The routine consists of 10 different elements, only one (1) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements

Full (Back Somersaults with 1/1 twist)

Rudi or Rudi Ball Out (Front Somersault or 1 ¼ Front Somersault from back with 1 ½ twists)

One element either landing on the back or the front of the body

WAG 17 – 18 Age Group

The routine consists of 10 different elements, only one (1) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements

One element either landing on the back or the front of the body

One element from the front or back in combination with requirement above

One double front or back somersault with or without twist

One element with a minimum of 540° of twist and minimum of 360° somersault rotation

Senior/19+

The routine consists of 10 different elements, each with a minimum of 270° somersault rotation. Four elements, marked with an asterisk (*) on the competition card, will have differently ratings. The difficulty will be added to the execution score to give the total score for the first routine. None of the four elements may be repeated in the voluntary routine.

Maximum of 1 body landing allowed

Gold	
FIG Routine DD Minimum Requirements	
Gender	Routine 1 Minimum DD
Male	3.3
Female	3.0
Minimum Voluntary DD	
Male	11.5
Female	10.5

3.4 Difficulty requirements

Please note that throughout all the age group in both Silver and Gold levels there are no minimum difficulty targets in individual, team knockout and synchronised trampolining. This is except for the senior/19+ age group, both these age groups have minimum DD's as stated in the table above. These minimums will remain the same in individual and team knock out competitions, the synchronised competition for all age groups has no minimum DD. The penalty for failing to meet the minimum DD requirements will be a 1 whole mark off, which will be deducted from the DD scores.

4. Entry Process

4.1 English Qualification Series, English Championships and English Regional Cup

Entry to the All the English Championship Events may be made online only. Entry to all the events can be entered on the dates stated on page 8 section 1.1.

All entries must be via the BG Online Entry System, by the stipulated closing date and time. Complete instructions for adding an entry via the BG Online Entry portal are available to download from the EGA website.

4.2 Process of Application to (English Championships Only)

All those gymnasts that qualified with the highest 16 score through either British Gymnastics Spring Event Series or English Qualification Series, will be sent invitation from the English Committee to compete at the English Championships. It will be the responsibility of the club to respond by the closing date: 31st July 2017. This is to give the competition organisers time to fill any spaces that have not been accepted. Anyone not confirming by this date will have their place given to the next highest score in the ranking list. (All gymnasts must meet the Nationality and Eligibility Criteria).

There will be a total of:

Gold Level TRI – 16 Qualifiers Male and Female

Gold Level DMT – 12 Qualifiers Male and Female

Gold Level TUM – 16 (All will qualify from Spring Event Series only)

Gold Level DIS – All will be invited from British Championships

Silver Level TRI – 16 Qualifiers Male and Female all qualified through English Championship Series

Silver Level DMT – 12 Qualifiers Male and Female all qualified through English Championship Series

Silver Level TUM – To be introduced in 2018

Entry to the Regional Team event will be made by the Region. Regions will be allowed to pick any teams they deem fit to represent their region. They will be required to place their entries by the closing date located in 1.1 page 8 of this document.

4.3 Entry Fees

4.3.1 Entry Fee for the English Championship Qualification Series

Entry into 1 individual discipline	£30
Entry into 2 individual disciplines	£40
Entry into 3 individual disciplines	£50

4.3.2 Entry Fee for the **English Championship Finals**

Entry into 1 individual discipline	£40
Entry into 2 individual disciplines	£50
Entry into 3 individual disciplines	£60

4.3.3 Entry Fee for the **English Regional Cup Competition**

Entry per Team Member (Knockout Trampoline)	£30 - £360/Team
Entry per Team Member (Knockout DMT)	£30 - £180/Team
Entry per complete Trampoline Synchro Pair	£30

4.4 Methods of Payment

Payment can be made by Debit/Credit Card **only**. Payments should be made via the BG Online Entry System within 48 hours of the entry being submitted.

Entry fees are non-refundable after the closing date.

4.5 Late Entries

Late entries will only be considered in exceptional circumstances.

In the unlikely event of a late entry being accepted, payment of twice the normal entry fee stated for the competition (up to a maximum late entry fee of £500, not including the original entry fee) will be required for Individuals. For team, late entries, the fee will be double to a maximum amount of £500, not including entry fee (including Club & Regions). Late entries must be made in writing to the EGA Admin Manager, via email (see page 5 for email address) and will then be referred to the Organiser for consideration. The Organiser will have absolute discretion whether to accept a late entry.

Applications will normally only be considered up to 7 days after the closing date.

Late entry requests may be placed on a Reserve List and clubs notified if their entry is accepted following a withdrawal. If the Draw has already been made, late entries will be placed in a group at the discretion of the Organiser. There is no guarantee that the name of gymnasts entered late will be included in the Spectator Programme.

4.6 Withdrawals and Substitutions

Amendments to an entry before the closing date will not incur a penalty and in the case of withdrawals, the entry fee will be refunded. Entry fees are non-refundable after the closing date.

In the case of a Team/Region wishing to make a substitution (due to the withdrawal of a previous Regional entry), they can only do so up to one week before the event. Substitutions will not incur a fee; however, there is no guarantee that the substituted names will be included in the Spectator Programme.

The request for substitution must be made in writing to the EGA Admin Manager, via email (see page 5 for email address) after the entry has closed, detailing the withdrawal and intended substitute(s). Proof of qualification of the substitute(s) must also be provided at the time of the request.

Where it is necessary to substitute a coach, the club/region must inform the EGA Admin Manager, (see page 5 for email address) so the coach can be checked for membership, awards and safeguarding, before they can be accredited for the event.

Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute(s) must inform the Organiser immediately on arrival at the venue and produce their coaching award certificate, current BG membership card and a current BG specific DBS and Safeguarding certificates or they will be unable to access the competition floor.

4.7 Provision of Officials

The EGA will not be responsible for booking any rooms or pay any expenses towards judges travel or accommodation during the Qualification series. Clubs will therefore be required to nominate judges for the English Qualifying Series when entering gymnasts online.

Clubs will not be required to nominate judges and officials as part of their online entry for the English Championships. The EGTTC's National judging co-ordinators for Trampoline and Tumbling will appoint officials and judges for the English Championships. The EGTTC will provide all accommodation and meals at the event but will not provide travel expenses. Judges should ideally hold, as a minimum, the Regional Judge qualification; however, County judges may be considered.

Officials required for Qualifying events.

Number of Competitor Entries	Number of Officials Required
2-3	1 suitably qualified judge
4-6	2 suitably qualified judge
7-10	3 judges (minimum of 2 qualified judge)
11+	4 judges (minimum of 3 qualified judge)

4.7.1 Volunteers

Volunteers are vital to help with the smooth running of the competitions. We always welcome volunteers who will be willing to help setup and break down the competition floor at the start and the end of the competition. The EGA welcome all young leaders and would be happy to find jobs for all who wish to volunteer to help make our competitions run smoothly. Please contact our Trampoline or Tumbling judge coordinators and they will be happy to find you a job.

4.7.2 Judges

Judges' membership level must be – Bronze or Life Members of BG for Club/County/Regional or Gold, Joint Gold or Life Members of BG for National 1 & 2 and Brevet Judges before being allowed to officiate at an EGA Event. Judges must also hold a current cycle of judging award (Cycle 13).

For further information on membership levels, please visit the British Gymnastics website at www.british-gymnastics.org.

5. General Regulations

Coaches must make adequate provision for the “supervision” of their Gymnasts upon arrival at the Venue. Gymnasts will not be allowed to register or begin warm up without their Coach present. All Gymnasts must have an accredited coach present at the event. If a Gymnast attends a competition without a Supervising Coach, they will not be allowed to compete.

5.1 Registration

Only register your Gymnast(s)/Club/Region when those competing in that section of the event have arrived at the event and intend to compete. Please inform the Registration Desk of any withdrawals as soon as possible.

During registration, accreditation/passes will be issued. The passing of accreditation/passes to others may result in disciplinary action taken by the EGA.

5.2 Competition Cards

It is the coach's responsibility to ensure that the Competition cards are completed correctly and submitted at registration.

5.2.1 Trampoline, Synchronised Trampoline, DMT, Disability Trampoline and Tumbling (Includes Knockouts)

A 'Trampoline and DMT Difficulty Card' template is available to download from the EGA website.

Competition cards must be submitted to the Registration Desk on arrival at the competition and prior to the start of warm up. If no Registration desk is present, please hand them straight to the difficulty judge on the appropriate panel before the competition/flight starts.

Competition cards should be completed in FIG notation only.

Cards should be marked with asterisks to indicate required elements in EGA/WAGC/FIG routines. This must be done prior to the card being submitted. Likewise, all elements that require a difficulty mark should be identified before the card can be accepted.

All cards must be signed by the appropriately qualified Supervising Coach in order to be valid. Competitors may not compete without a valid tariff sheet.

5.2.2 Tumbling

Competition cards are required only at all Levels.

Competition cards must be submitted at Registration Desk on arrival at the competition and prior to the start of warm up.

Competition cards should be completed in FIG notation only.

Competitors may not compete without a valid tariff sheet.

5.3 Terms & Conditions of Entry to All Competitions

In addition to the EGA General Rules & Regulations:

All gymnasts that agree to be treated by the EGA appointed medical staff will be bound by the decision of the EGA medical staff in relation to their suitability to compete in the competition.

By entering the competition, you are agreeing to abide by the BG Photography at Gymnastics Events Policy that the EGA have adopted. A copy of this Policy can be found on the EGA Website.

The person making the online entry on behalf of gymnast(s), a club or a Region, undertakes to ensure that those who they are submitting an entry on behalf of are fully aware of and agree to abide by the contents of this Handbook.

5.4 Code of Conduct

English Gymnastics will follow the British Gymnastics National Technical Committee Code of Conduct.

Trampoline Judges Code of Conduct.

EGA, acting through the Board or its Committees, reserves the right to refuse any entry and disqualify an official, Judge, gymnast or Team at any time, if they do not comply with EGA or BG Regulations.

5.5 Enquiries

By submitting an enquiry, you agree to pay a fee of £50 which must be paid on the day by cash or cheque.

A coach may enquire about the Difficulty score, in accordance with the principles of the FIG Code of Points.

In addition, in Trampoline, a coach may also enquire if they believe the Time of Flight score to be inaccurate.

Enquiries can be made only for the Club/Region's own Gymnasts.

No enquiries can be made about Execution scores, or other penalties.

Enquiry forms will be published in each event work plan.

A verbal enquiry should be made after the publication of the score and at the very latest before the end of the routine of the following gymnast; and for the last gymnast of a group, this limit is one minute after the score is shown. A fee will only be due if the enquiry is about something other than a missing Time of Flight or a questioning of DD.

The Supervising Coach for the Club/Region of the competing gymnasts makes the enquiry with the Chair of the Judges Panel.

If a resolution cannot be made before the start time of the next competitors' routine, the calculated mark will be listed as 'provisional' and will be considered at the end of the competition session and before any award ceremony.

The Judge panel/judge competition coordinator cannot accept any photographic analysis at an event unless an official video replay system is available and could be referred to by the Chair of the Judges Panel for the benefit of every competitor.

5.6 Safeguarding

All Coaches and some judges (see page 12), are required to hold a current BG specific DBS certificate or Home Country equivalent training at the time of the event, and have current Safeguarding & Protecting Children Awareness training. Coaches and Judges who do not fulfil this requirement will not be accredited or allowed to participate at EGA events.

5.7 Overnight Provision for Competitors

Government legislation requires that when a club takes a competitor(s) under the age of 18 years on a journey involving an overnight stay the club must ensure that there is at least one designated trained person responsible for child protection on the trip. To adhere to the CPSU child protection standards this person must not be related to or in a relationship with the coach attending the trip.

The training for the designated person should be BG recognised Safeguarding and Protecting Children Awareness training or Home Nation equivalent.

5.8 Competition Attire

Gymnasts

Gymnasts must wear the clothing as described in the Trampoline FIG Code of Points.

Advertising on clothing must adhere to FIG Rules.

The wearing of GBR or Home Country attire at EGA events is strictly forbidden.

Strapping – (refer to FIG Code of Points).

The removal of leotards on the field of play is not allowed.

Coaches

Coaches must wear a tracksuit with full length tracksuit bottoms or full length tracksuit bottoms with a collared polo shirt or club/Regional t-shirt and appropriate gym/training shoes.

The wearing of GBR or Home Country attire at EGA events is strictly forbidden.

Long hair should be braided or tied back so as not to obscure vision.

Coaches will not be allowed on the competition floor if wearing ANY jewellery. Exceptions are as per BG Body Piercing and Adornments policy. If it is impossible to remove items of jewellery they should be taped

Spotters

Spotters must wear clothing as described in the Trampoline FIG Code of Points. Non-compliance may result in removal of the coach/spotter and consequently, for Health and Safety reasons, their gymnast from the competition.

Judges Uniform

Male: Navy blazer or suit, navy trousers, white shirt, tie, black shoes.

Female: Navy blazer or jacket, navy skirt or full length trousers, white collared blouse, black shoes (without heels) and scarf.

Recorders, computer operators and other officials who may be working alongside the judges should dress similarly.

Requests can be made to adopt reasonable clothing modifications at any EGA event on religious or disability grounds. All requests must be on the official **'EGA Clothing Modification Request Form'** and submitted to the EGA Admin Manager, (see page 7 for email address) as soon as an entry is registered to allow sufficient time for full consideration of the application and any possible health and safety implications.

For competitors, coaches and judges, chewing gum is not allowed anywhere on the competition floor at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.

Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication in the Field of Play during the event. Such mobile devices may only be used for monitoring scores and results, where a Scoring App is in operation.

5.9 Competition Apparatus

For EGA events, the following competition apparatus will be used:

Trampoline: Eurotramp Ultimate 4x4

Double Mini-Trampoline: Eurotramp Ultimate 6x6

Tumbling: GymNova Russian Tumble Track seen at all BG Events in 2016, (10m run up, 25m track, 6m landing zone)

5.10 Access to Warm Up Hall

The EGA will make every effort to provide a warm up hall where space is available. The EGA will aim to provide a floor area to complete a body warm up. Where space permits, the EGA will look to have warm up equipment to help prepare athletes' warm up off the competition floor.

Access to the warm up hall will be limited to the appropriate number of coaches as defined in the specific details section for each event. On arrival, coaches will need to register and collect their accreditation from the Competition Steward. In the case of events spanning more than one day, accreditation may be issued for each day.

Judges will not be allowed into the warm up hall, once the judges meeting has taken place.

5.11 Food & Drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies. This does not extend to personal drinks in sealable bottles which will be allowed within the competition area.

5.12 Babies and Young Children

In the interests of safety, for the smooth running and professional presentation of the events, babies and young children are not permitted to enter the warm up hall or field of play, even if they are being supervised by an adult.

5.13 Medal Ceremonies

Except in exceptional circumstances, gymnasts who win a medal at EGA events are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony in order to collect their award in person. Medals will only be distributed at events, not by post. Attire for medal ceremonies is according to FIG Rules for World Championships.

5.14 Tenure of Trophies

All perpetual trophies remain the property of the EGA.

Perpetual trophies are the responsibility of the winning Gymnast. The Gymnast is responsible for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the Organiser prior to the competition the following year by either: -

Making arrangements for it to be delivered to the competition venue on the day

Returning it to the competition organiser at least one week prior to the competition

Failure to do this or loss of trophy will incur a cost to the individual club or Region.

5.15 Video, Film and Photography

EGA accredited photographers may be present at EGA events and in some cases events could be videoed and/or live streamed by BG TV or other such organisations. These images may be used by the EGA/BG and our subsidiary companies for the purposes of:

Promotion, education and development of the sport. They may also be shared with relevant third party organisations for journalistic/promotional purposes.

Clubs must ensure that gymnasts/parents are informed of the photography arrangements for the relevant event. EGA will also announce the photography/filming arrangements at the event. Any gymnast or parent who does not wish themselves or their child to be photographed/filmed, at the event must advise the EGA Admin Manager (see page 5 for email details). Although it is not always practical to manage the content of live steamed footage, English/British Gymnastics will ensure any identifiable images of the participant are not published.

Any person wishing to use video, film or take photographs must abide by the BG Photography at Gymnastics Events policy. Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use, or publication in printed or electronic form, such as on websites.

Flash may not be used at any time while gymnasts are warming up or competing.

If you have concerns about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to the EGA appointed Welfare Officer at the event or any of the EGA Team.

5.16 Medical Provision

Anyone requiring First Aid assistance should speak to the Organiser. It is recommended that all coaches have a First Aid kit with them for minor injuries.

At all EGA events, an official medical team will be appointed and will be available to treat gymnasts who sustain an injury at the event. The medical team are not able to treat pre-existing or chronic injuries. Any injury occurring or injury requiring treatment during the official training or competition, must be reported to the medical team, to ensure a record can be kept of treatment given and by whom.

The decision of the Organiser, based upon the recommendation of the EGA appointed medical officer as to the gymnast's health and medical status and their ability to compete at the event is absolute and final.

5.17.1 Health & Safety

The health, safety and welfare of all participants (gymnasts, coaches and officials), is the primary consideration. All EGA/BG policies and procedures will be rigorously applied with regards to health, safety, welfare and Safeguarding & Protecting Children.

5.17.2 Drug Free Sport

English Gymnastics follows all BG policies and procedures relating to Drugs in sport. The BG Guidelines on Anti-Doping can be downloaded from the EGA Website.

5.18 Spectators Ticket Information

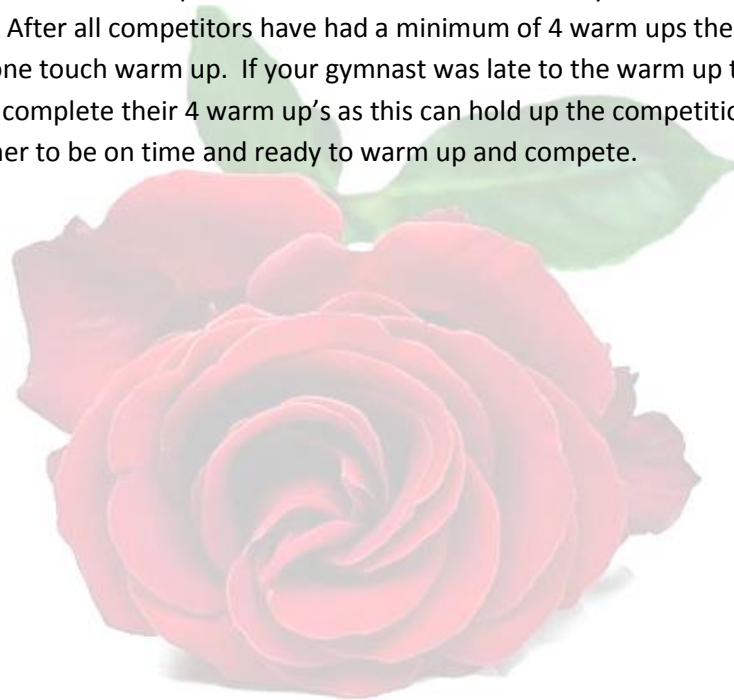
This will be confirmed in the working plan created for the specific venue.

5.19 Complaints Procedure

Complaints about any aspect of the English Championships or any of the qualification events must be raised in writing by either the head coach or club secretary. Please email your complaints to the secretary of Trampoline English Gymnastics technical committee at jan.charlton@englishgymnastics.org.uk Your complaint will be responded to within 14 days of receipt. No complaints will be entertained if sent by a parent or gymnast.

5.20 Warm Up Timings Defined

There will be a minimum of 4 warm-ups or the maximum time allotted by the timetable of whichever comes first. After all competitors have had a minimum of 4 warm ups the superior judge has the right to call a one touch warm up. If your gymnast was late to the warm up they will not be afforded extra time to complete their 4 warm up's as this can hold up the competition. It is up to the coach and performer to be on time and ready to warm up and compete.



Appendix 1, Team Knockout Stages explanation

Group Stages	
Group A	Group B
North West	East Midlands
South West	London
South East	Yorkshire
South	East
North	West Midlands

Quarter Finals	
Group A	Group B
1. North West	1. East Midlands
2. South West	2. London
3. South East	3. Yorkshire
4. South	4. East
Knocked Out: North	Knocked Out: West Midlands

Quarter/Semi Final and Final				
Quarter Final	Semi Final	Finals	Semi Finals	Quarter Final
<u>NW v's East</u>				<u>SW v's Yorkshire</u>
	<u>NW v's SE</u>	<u>NW v's SW</u>	<u>SW v's South</u>	
<u>SE v's London</u>				<u>EM v's South</u>

Appendix 2 Time of Flight Protocols

(Time of flight measure Device = TMD)

ToF Score (T-Score) Protocol

The T score will be determined by the measurement retrieved via the TMD. In the event of this NOT being achieved the following back up protocols will be adopted

ToF Back-up Protocol – 1 –

In the first instance, the T score will be determined using the TMD's recommended T-Score retrieval software-VTimer.

ToF Back-up Protocol – 2 –

In the event of the routine being missed on both the TMD and the capturing software, the computer will be authorised another attempt/s. The authorisation will be granted based on 'faulty equipment'. In this scenario, the original E and D scores will remain the same. The attempt/s will be judged only by the ToF judge and the routine being verified by the D judges. Should this happen, the following regulations will be applied:

The Chair of judges will negotiate only with the gymnast's coach for the most opportune moment for him/her to have their second attempt/s, (this must be completed within the time scale permitted as outlined in the event timetable).

The 2nd attempt/s will be judged only by the ToF judge. The original E and D score will remain operative.

The gymnast must compete with the exact same routine as the one in which their T-score was missed.

In the event the gymnast fails to complete their routine after an agreed amount of attempts the T-score will be calculated based on previous scores.

ToF Back-up Protocol – 3 – (Previous Scores)

In the event of the gymnast failing to complete their attempts the T-score will be based on the T=score from the last (or previous) qualification event(s). However, the routine would have needed to be the same. Should this not be possible, this protocol will not be used and Number 4 will become operative.

ToF Back-Up Protocol – 4 – (Final Resort – Calculations)

In the event of the gymnast not competing previously or performing a different routine, the T-score will be calculated in conjunction with the T-score's ranking averages of the respected tier group.

Appendix 3 – English Gymnastics &
English Regional Websites

English Gymnastics:

England: www.englishgymnastics.org.uk

English Regions:

East: www.eastgymnastics.org.uk

East Midlands: www.emgymnastics.org.uk

London: www.londongym.org.uk

North: www.northgymnastics.org.uk

North West: www.nwga.co.uk

South: www.southgymnastics.org.uk

South East: www.segymnastics.org.uk

South West: www.southwestgym.org.uk

West Midlands: www.wmgymnastics.org.uk

Yorkshire: www.yorkshire.gymnasticsengland.org



Appendix 4 – Tumbling English Championship
Competition Details 2017

Tumbling at English Championships 2017.

Object: to create a competition that is different from the British Championships, with its own unique identity, and adds value to the British program.

We will adopt the format of the WAG and World championships, to help prepare the GB teams. It will be the only domestic competition that offers the gymnasts and coaches the opportunity to duplicate the competition pattern gymnasts will experience at the world events.

Entry: Limited to the top 16 gymnasts of each gender ranked from the qualifying day of the British championships in each age group. 9-10, 11-12, 13-14, 15-16, 17-21, Senior.

Content: 9-10 Age gymnasts will perform 2 voluntary passes – Bonus as per the British Championships. Medals will be awarded for the top 3 based on the combined total score of the two runs. There will be no Final run.

11-12, 13-14, 15-16, 17-21 Age gymnasts will perform 2 voluntary passes as per WAG rules, the top 8 progress to the final, In the finals, gymnasts start from zero and perform one voluntary pass, as per the WAG championships.

Senior competition, all gymnasts perform a straight and a twisting pass as per F.I.G. rules, the top 8 progress to the finals, in the finals gymnasts start from zero, and perform TWO voluntary passes as per F.I.G. World Championships.

Saturday

11-12, 13-14. All gymnasts perform 2 vol passes in the first half of the day, the top 8 progress to the finals held in the afternoon. Finals, starting from zero all gymnasts perform one voluntary pass to determine the final ranking.

Senior All gymnasts perform straight and twisting pass, the top 8 progress to the finals to be held on the Sunday.

Sunday

9-10. All gymnasts perform 2 voluntary passes, the combined score determines the final ranking.

15-16, 17-21 All gymnasts perform 2 voluntary passes in the first half of the day, the top 8 progress to the finals held in the afternoon. Finals, starting from zero all gymnasts perform one voluntary pass to determine the final ranking.

Seniors. All gymnasts starting from zero perform two voluntary passes to determine the final ranking.