



British Vets 2015

Trampoline Gymnastics Code of Points

British
Gymnastics
More than a sport

Entry Instructions

All entries are to be made via a BG registered club using the Online Entry System on the GymNet Portal. Only Club Secretaries and coaches who have been granted the correct entry permissions will be able to submit an entry. An Online Entry Guide can be found on the British Gymnastics website: www.british-gymnastics.org under **Fans/British Championships/Vets**.

Ability levels

Novice

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

Pro

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

Age Bonus

All competitors will be given a bonus of 0.1 per two years above the base year of the age group. For example, a 34 year-old competitor will be awarded an age bonus of 0.2 and a 49 year-old competitor will be awarded an age bonus of 0.4.

A competitors' age will be calculated as the age reached in the year of the competition. The age bonus will be added to the total score.

Please note: 18, 19 & 20 year olds will not receive any age bonus.

Scoring

Voluntary routine + Compulsory routine + age bonus = total score

Voluntary Routine

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

Novice: Maximum of 2.00 difficulty value

Pro: No maximum difficulty value

Teams

- A minimum of three gymnasts per team (no maximum)
- The highest three individual execution scores + plus age bonus' = final team score
- All gymnasts within the team must be members of the same club
- Non-British citizens competing as Guests can form part of a team but the team will not be eligible to rank in the official competition results
- Team members must all be the same gender
- Mixed abilities and ages are encouraged
- Competitors can only represent one team

For support or assistance with your entry please contact Lyn Fowler on 0345 129 7129 ext. 2521 or lyn.fowler@british-gymnastics.org

Trampoline

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

Tariff overview

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

Tariff Sheet

Trampoline Novice

Please hand in at Registration		Name:			No:	
Set routine		Tariff	Voluntary Routine		Tariff	
1	Full Twist Jump	0.20	1			
2	Straddle Jump	0.00	2			
3	Seat Landing	0.00	3			
4	1/2 Twist to Seat Landing	0.10	4			
5	1/2 Twist to Feet	0.10	5			
6	Pike Jump	0.00	6			
7	Back Landing	0.10	7			
8	1/2 Twist to Feet	0.20	8			
9	Tuck Jump	0.00	9			
10	1/2 Twist Jump	0.10	10			
		0.80		Maximum of 2.00 difficulty value	Total:	

Trampoline Pro

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