

British Vets 2013

Trampoline Gymnastics

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. Full instructions can be found on the British Gymnastics website; www.british-gymnastics.org under **Fans/British Championships/Vets**.

Please note: Competitors forming a team from separate clubs will all need to be temporarily attached to the club submitting the entry. In these cases, and for any other assistance required, please contact Lyn Fowler on 0845 129 7129 ext. 2521 or lyn.fowler@british-gymnastics.org

Entry Fee

£30.00 per person. Please make cheques payable to **British Gymnastics**.

Age Bonus

All competitors will be given a bonus of 0.1 per five years above the base year of the age group i.e. for the Under 40s category if the competitor is 35=0.3, or for the Over 40s category if the competitor is 62=0.4. This applies to both levels of competition (Novice and Pro).

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

A competitors' age will be calculated using their age as of January 1st in the year of competition. The age bonus will be added to the total score.

Judging

The competitors' final score = Voluntary routine + Compulsory routine + age bonus

Code of Points

Trampoline

All routines are marked out of 10 for execution (E score) with the tariff (difficulty) added, plus age bonus = final score

<p>Tariff of moves</p> <p>e.g. 1</p> <p>e.g. 2</p>	<p>0.10 each quarter rotation + 0.10 for full Salto 0.10 additional Pike 0.20 additional Straight 0.10 each additional 180° Twist (No shape bonus when twisting)</p> <p>Straight Back Salto with Full Twist:</p> <table> <tr> <td>Full salto</td> <td>0.50</td> </tr> <tr> <td>2x180°</td> <td>0.20</td> </tr> <tr> <td>TOTAL</td> <td><u>0.70</u></td> </tr> </table> <p>Back Drop 1/2 Turn to Feet:</p> <table> <tr> <td>1/4 rotation to back</td> <td>0.10</td> </tr> <tr> <td>1/2 twist</td> <td>0.10</td> </tr> <tr> <td>1/4 rotation to feet</td> <td>0.10</td> </tr> <tr> <td>TOTAL</td> <td><u>0.30</u></td> </tr> </table> <p><i>Please note: This skill counts as two moves</i></p>	Full salto	0.50	2x180°	0.20	TOTAL	<u>0.70</u>	1/4 rotation to back	0.10	1/2 twist	0.10	1/4 rotation to feet	0.10	TOTAL	<u>0.30</u>
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TOTAL	<u>0.30</u>														

Execution Faults (Deducted from 10)

- 0.10 E.g. Slight loss of form/bent legs poor posture in any particular move
- 0.30 E.g. Bent legs/arms/not pointing toes, incorrect technique/"bendy" back
- 0.50 E.g. Dangerous move, extreme bending of legs/arms/back, very bad technique
- 1.00 Fall/incomplete move
- 1.00 Each missing move

Please note: All shapes should have a touch of hands to legs or feet to count

Tariff Sheet

Trampoline Novice

Trampoline Novice					
Please hand in at Registration		Name:			No:
Set routine		Tariff	Voluntary Routine		Tariff
1	Full Twist	0.20	1		
2	Straddle Jump	0.00	2		
3	Seat Drop	0.00	3		
4	1/2 twist to seat drop	0.10	4		
5	1/2 twist to feet	0.10	5		
6	Pike Jump	0.00	6		
7	Back Drop	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 tariff. Max Pike Saltos.

Trampoline Pro

Trampoline Pro					
Please hand in at Registration		Name:			No:
Set routine		Tariff	Voluntary Routine		Tariff
1	Straight back somersault	0.60	1		
2	Straddle Jump	0.00	2		
3	Tuck back	0.50	3		
4	Seat drop	0.00	4		
5	1/2 twist to feet	0.10	5		
6	Pike Jump	0.00	6		
7	Back Drop	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 tariff