



TRAMPOLINE COMPETITION HANDBOOK



The GNI Trampoline Technical Committee and GFA reserve the right to make amendments to this JumpStart Handbook. Notification of a change to the handbook will be communicated via email to each club. All versions will be listed on this page, with reference to amendments made;



Dear Club/Coach,

Welcome to Jumpstart a competition aimed at low level and recreational trampolining. I believe that this event is the perfect stepping stone into regional competition and a great opportunity for recreational gymnasts to put their hard work to the test. If you have any questions about this handbook or need any other info please contact Denise Beagon on 07734267755 or email to dd_deniseb@yahoo.co.uk.

Good luck to you and your Gymnasts at this event.

Simon Flannery

Chair Person NI Trampoline Technical Committee.

CONTACT DETAILS

Chair TTC - Simon Flannery flannerysimon@hotmail.com

Event Organiser - Holly Mason holly.mason@british-gymnastics.org

Event Host/Competition Organiser - Denise Beagon dd_deniseb@yahoo.co.uk

Judging / Chair for event - Karen Glover glover537@btinternet.com



Eligibility

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

MEMBERSHIP LEVEL: Gymnasts may be Bronze members to compete at any NI based event.

SUPERVISING COACHES - Each club must be signed in by a supervising coach who must be in the hall at all times during the event. This coach must be qualified to the level of the skills being performed before the gymnast is allowed to participate. All coaches attending JumpStart event must be Access NI approved and have attended a Safeguarding Course.

JUDGES - British Gymnastics does not require judges to complete an Access NI check to judge at BG competitions, as the role that judges fulfill at the event no longer falls within Access NI Eligibility. However, some judges are actively involved in club gymnastics and may provide judging instruction to children in a training environment or carry out a supervisory role (or may complete a criminal record check by virtue of another role they undertake e.g. coach). As not all judges use their qualification in the same way, it is the club's responsibility to assess the role the judge is undertaking and determine whether the activities involved fall within the eligibility criteria for a criminal record check. BG no longer requires all judges to complete safeguarding training but clubs should ensure any judge who supervise or instructs children has completed appropriate training.

Clubs must try and provide a minimum amount of judges and volunteers for the day. If you do not have any qualified judges to represent your club then a judge will be appointed on your behalf but you must then fulfill the maximum quota for Marshalls or Recorders for the whole day.

1 to 15 gymnasts requires x1 judge x3 recorder, marshall or volunteer.

20 plus gymnasts x2 judges x4 or more recorders, marshalls or volunteers.



Age Policy - Gymnasts' ages for the purpose of entry to all age dependent categories will be taken as the age reached in the year of competition. The minimum age for entry is 6 years old, but must turn 7 years old in the competition year. ☒

7 and 8 years born 2010 and 2009

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 plus born 2002 and before.

Entry Process - Entry to all GNI events will be through online entry system in BG Gymnet, where payment will only be accepted using debit/credit card. Cheques and bank transfers will no longer be accepted .
Entry Fee Individual £5 Synchro £ 10 per pair.

Methods of Payment - Payment will be made using debit/credit card through the online entry system in BG Gymnet. ENTRY FEES ARE NON-REFUNDABLE AFTER THE CLOSING DATE.

Late Entries - Late entries cannot be accepted.

Withdrawals and Substitutions - Amendments to an entry will NOT be accepted on the day of the event. Amendments/ substitutions will be accepted for 48 hrs after the programme for the event has been published.



General Regulations

Registration - The Supervising Coach must register and sign the club in with an appointed official at the beginning of the Event. A club who have not signed in will not be allowed to compete. Any gymnasts performing skills above the level of the Supervising Coach will be asked to remove those skills or be removed from the competition.

Competition Attire

Novice: Plain White T-shirt, plain shorts in a dark colour navy or black is preferable and white foot covering.

Level 1 – 6 : Male gymnasts: Sleeveless leotard or short sleeved singlet. Gym trousers in a single colour, except black or any other deep dark colour. Gym shorts may be worn. Trampoline shoes and/or white foot covering.

Level 1-6 : Female gymnasts: Leotard or unitard with or without sleeves. Shorts may be worn but must be the same colour as leotard but it is preferable to wear leotard only. White socks / foot covering / trampoline shoes.

No jewellery / piercings - underwear must not be seen.

Coaches - Tracksuit or full length tracksuit bottoms with a polo shirt or t shirt and appropriate gym/training shoes. 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. If it is impossible to remove items of jewellery they should be taped.

Judges and Officials - Please wear club tracksuit or other appropriate clothing - no high heels for ladies. As the event is in December we will allow Christmassy dress. For competitors & coaches chewing gum is not allowed at any phase of the competition.

Mascots - In the interest of delivering a fun and friendly competition we encourage bringing mascots and any other funny props to brighten the event.



Zero Scores and Routine Scoring- In any routines that prescribe an 'Arm Set' as their first skill, will receive a zero score if the arm set is not performed at all. In the first routine if 10 skills are not performed or completed a zero score will be given . The second routine will be treated as a voluntary routine and any incompletions or interruptions will be scored as per BG code of points.

Unsafe Skills - Coaches use their own discretion and knowledge of the gymnast's abilities when choosing what level the gymnast will compete at. However, if a gymnast is performing a skill that is deemed to be unsafe they may be asked to withdraw from the competition. This decision will be made by: Chair of the Panel, the Trampoline Technical Committee chair/member & highest qualified coach in the hall.

Synchronised Trampoline - can be of mixed gender but same age level. The same Zero Score rules apply to this event. **Christmas fancy dress or any type of fun dressing up may be worn for this event on;ly.**
Coaches must consider the safety factor of any outfits worn.



**JumpStart Trampoline
Competition
Saturday 9th Dec
Grove Well Being Centre
10am to 4pm**



Age Groups / Policy – for the purpose of entry please choose the age that the gymnast will reach this year ending and including 31st Dec 2017.

Age 7/8 Age 9/10 Age 11/12 Age 13/14 Age 15+

Boys and girls will compete separately.

The competition will follow the British Gymnastics Competition Code of Points available on www.british-gymnastics.org.

Entries must be in by Monday 20th November.

Time-table and start list will be released 2 weeks before the competition date.

Each gymnast will repeat their set routine twice.

Synchronised Routines

Synchronised pairs can be mixed gender and any age combination. Christmas or any other fancy dress is encouraged for this event - go crazy with tinsel.

Intermediate X 2 Level 5 routines with a half twist on the end instead of a FSS

Advanced X 2 Level 6 routines.

Any enquires to : Denise Beagon dd_deniseb@yahoo.co.uk tel; 07734265577

Routines

	Novice		Level 1		Level 2
1.	Seat landing	1.	Straddle	1.	Pike jump
2.	To feet	2.	Seat landing	2.	Half twist
3.	Straddle	3.	To feet	3.	Straddle
4.	Tuck jump	4.	Tuck jump	4.	Tuck jump
5.	Half twist	5.	Half twist	5.	Seat landing
6.	Half twist	6.	Pike jump	6.	To feet
7.	X	7.	Seat landing	7.	Half twist
8.	X	8.	Half twist to feet	8.	Straddle
9.	X	9.	X	9.	Half twist
10.	X	10.	X	10.	Half twist
	Level 3		Level 4		Level 5
1.	Arm set	1.	Arm set	1.	Arm set
2.	Front landing	2.	Half twist to front landing	2.	Full twist
3.	To feet	3.	To feet	3.	Straddle
4.	Straddle	4.	Straddle	4.	Half twist to seat landing
5.	Seat landing	5.	Seat landing	5.	Half twist to feet
6.	To feet	6.	Half twist to seat landing (swivel-hips)	6.	Pike
7.	Half twist	7.	Half twist to feet	7.	Back landing
8.	Pike	8.	Pike	8.	Half twist to feet
9.	Seat landing	9.	Back landing	9.	Tuck
10.	To Feet	10.	Half twist to feet	10.	Front Somersault (T)

	Level 6
1.	Back somersault (T)
2.	Straddle
3.	Back somersault to seat (T)
4.	Half twist to feet
5.	Half twist
6.	Pike
7.	Back landing
8.	Half twist to feet
9.	Tuck
10.	Barani (T)