British Veterans Championships 2012

Trampoline Gymnastics

Age Bonus

This will apply to both levels as follows: 0.1 per year above the base year of the age group i.e. 22=0.2, 72=1.2

For calculating the bonus, the date is set at the beginning of the year on 1st January as a standard day each year. So, for example, Over 30 will get zero when their 30th birthday is this year. Subsequent years they will get what the above rules say.

So, for bonus purposes, age will be taken as on 1st January preceding the day of the competition. There will be no negative bonus. The age bonus will be added to the total score.

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

Specific Requirements

Please refer to the British Gymnastics Veterans Code below for the specific requirements of each discipline for this competition.

Judging

The competitor's final score will be calculated by adding together the scores from both the Voluntary and Compulsory routines and the age bonus.

Teams

There will be one team event for this discipline:

- Gymnasts may only be in one team
- Teams are to consist of three or four gymnasts
- Teams can be Men's, Women's or Mixed
- Mixed teams must have at least one man and one woman
- Teams may be made up with gymnasts from the Recreational and/or Former levels
- Clubs may combine to form a team (please see entry instructions below)
- Teams **must** be declared and entered before the closing date
- No Guests may be in a team

The team score will be calculated by adding together the three highest individual total scores (including age bonus).

Entry Instructions

All entries are to be made via a BG registered club using the Online Entry System through 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 **Technical information & judges/Newsletters & Updates/Gymnastics for All.**

For mixed club team entries

Participants from other clubs will need to be temporarily attached to the club submitting the entry. In these cases, and for any other assistance required, please contact Stuart Sinclair on 0845 129 7129 ext 2521 or stuart.sinclair@british-gymnastics.org

Entry Fee

£20.00 per person and £30.00 per team. Please make cheques payable to British Gymnastics

Code of points

Trampoline

All routines are marked out of 10 for execution with "A" Score added on for final score

Final Score = B Panel score (execution from 10.00) + A Panel score + TARIFF Execution is marked out of 10.00

Tariff of moves	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**)
e.g. 1	Straight back Salto with Full Twist is Tariffed at Full salto 0.50 2x180° 0.20 TOTAL 0.70
e.g. 2	Back drop 1/2 turn to feet 1/4 to back 0.10 1/2 twist 0.10 1/4 to feet 0.10 TOTAL 0.30 NB Counts as two moves

Execution Faults

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

Each missing move deduct 1.00

N.B. All shapes should have a touch of Hands to Legs or Feet to count

Tariff Sheet Trampoline Gymnastics

Recreational Trampoline					
Please tear off and 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	

Former Trampoline					
Please tear off and hand in at registration.		Name:		No:	
Set routine		Tariff	Voluntary Routine		Tariff
1	Tuck back somersault	0.50	1		
2	Straddle Jump	0.00	2		
3	Tuck back to seat	0.50	3		
4	1/2 twist to feet	0.10	4		
5	1/2 twist jump	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	

Entry Form G

Men's and Women's Trampoline Gymnastics

Name for correspondence:				Title:	
Address:				Post code:	
Telephone number:					
Email address:					
Competitor name:			Membership No:		
Date of birth:		Place of birth:		Nationality:	
Email address:					

Gym club (if applicable):		Gym club email:	
At what level have you previously competed? Please include approx. date of last competition.			
Profile: (a short note about yourselves)			

Please circle as appropriate:

Age:	Level:	Trampoline Gymnastics:
19-29	Former	Men
30's	Recreational	Women
40's		
50's		
60+		

Please forward the completed entry form and correct entry fee to:
British Gymnastics Events Team
Ford Hall Lilleshall NSC
Nr Newport Shropshire TF10 9NB
Phone: 0845 129 7 129 Fax: 0845 124 9 089
Entry Fee: £20.00 per person
Please make cheques payable to: British Gymnastics

Entry Form H

Trampoline Team Competition

Please only complete one form for each team.

Name for correspondence:		Title:	
Address:	Post code:		
Telephone number:			
Email address:			
Team name: (please be imaginative)			

Gym club (if applicable):		Gym club email:	
Nominated Coach:			
Profile: (a short note about yourselves)			

Team Members

Name: DOB: / / Memb. No: Nationality:

Name: DOB: / / Memb. No: Nationality:

Name: DOB: / / Memb. No: Nationality:

Name: DOB: / / Memb. No: Nationality:

Please forward the completed entry form and correct entry fee for each team to:
British Gymnastics Events Team
Ford Hall Lilleshall NSC
Nr Newport Shropshire TF10 9NB
Phone: 0845 129 7 129 Fax: 0845 124 9 089
Entry Fee: £30.00 per team
Please make cheques payable to: British Gymnastics