



Adult Gymnastics British Championships 2019

Trampoline Competition Structure

V2 Routine Requirements - Additional guidance included

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 **Find an event or result>Adult Gymnastics British Championships**.

Categories – Ability Levels

TRA Level 1 - Novice

For beginners, or those who are capable of performing a difficulty up to 1.5.

TRA Level 2 - Intermediate

For experienced competitors who are capable of performing a difficulty between 1.6 and 2.5.

TRA Level 3 - Pro

For experienced competitors who are capable of performing a difficulty above 2.6.

Categories - Age Bands

Each category shall be further subdivided into the following age bands:

18 and over

30 and over

45 and over

Competitors are required to enter the correct level according to their age and ability level.

Age Bonus

All competitors will be given a bonus of 0.1 per two years above the base year of the age group. 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.

Over 18

Age	18-21	22-23	24-25	26-27	28-29
Age bonus	0	0.1	0.2	0.3	0.4

Over 30

Age	30-31	32-33	34-35	36-37	38-39	40-41	42-43	44
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7

Over 45

Age	45	46-47	48-49	50-51	52-53	54-55	56-57	58-59	60-61	62-63	64-65	66-67
Age bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1

Age	68-69	70-71	73-73	74-75	76-77	78-79
Age bonus	1.2	1.3	1.4	1.5	1.6	1.7

Routine Requirements

Two routines of the competitor's own construction shall be performed. Difficulty shall be awarded in the second routine. The difficulty performed in each routine must not exceed the maximum difficulty value permitted for each category, as above.

- Both routines are optional and to be constructed by coach and competitor. Both routines should fit within the difficulty bands indicated - The minimum difficulty must be met and the maximum difficulty (for the Novice and Intermediate categories) should not be exceeded.
- If the minimum difficulty isn't met in either routine (for both the Intermediate & Pro categories), A penalty of 2.0 will be applied for not meeting the requirements.
- If the maximum difficulty is exceeded in the second routine, the difficulty applied to the competitors score will be capped at the maximum for the category.
- To ensure transparency and fairness of competition; If a gymnast exploits the level of competition and competes a routine drastically outside of the difficulty banding of the category in which they're competing, the competitor will be disqualified for being in the wrong category.
- A repeat skill that has difficulty value associated with it in the optional first routine will incur a 2.0 penalty (i.e. any twisting or rotating skill).
- A skill that has NO difficulty value associated with it can be repeated once in the optional first routine and will not receive a penalty. This will not be counted as an interruption to the routine (i.e. a competitor can perform two tuck jumps in the first routine).
- In line with the Code of Points; A skill may be repeated in the second routine without penalty. However, the difficulty value for a repeated element will not be awarded.

Teams

Team rules shall be per the British Gymnastics Code of Points 2017-2020, with the following variations and clarifications:

- A minimum of three gymnasts and maximum of six gymnasts per team
- The highest three individual execution scores + plus age bonus' = final team score
- Teams need to have two categories of ability level ie, Novice and Intermediate
- 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
- Teams may comprise of members of mixed gender
- Competitors may only represent one team each

Competitors in mixed age and ability levels are encouraged.

Apparatus Specification

The competition apparatus shall be per FIG and/or British Gymnastics specifications.

Competition and Technical Rules

Shall be per the [British Gymnastics Code of Points 2017-2020](#), except where varied in this document or associated event regulations.

For support or assistance with your entry please contact the Events department on 0345 129 7129 ext. 2396 or at events@british-gymnastics.org