

LONDON TRAMPOLINING SYNCHRONISED & DMT COMPETITION

SUNDAY 7th NOVEMBER 2010, HARLINGTON SPORTS CENTRE

Welcome to the Harlington Sports Centre, home of Harlington Hawks. There has been an entry of 50 synchro pairs and 51 individuals for DMT from 6 clubs for this London competition. We are running one panel for synchro and one for DMT. Thanks are due to the following:

- Janet Bellis plus members, parents and friends of Harlington Hawks
- Staff and management of the Leisure Centre for their help in staging this event.
- All officials who have given up their time voluntarily once again.
- The competitors, without whom there would be no competition.

Please ensure that you take all litter with you or use the rubbish bins around the Centre – DO NOT LEAVE RUBBISH ON THE FLOOR. Ensure that you have all your property when you leave. There is always rubbish left on the floor after each competition despite ample bins and black sacks around the arena. This is unacceptable and therefore the final presentation of the day will not take place until chairs have been stacked, litter is cleared up and trampolines are folded. Please ensure that you have all your property when you leave. Any lost property at the end of the event will be retained by the Sports Centre for a period of one month.

FLOOR ACCESS:

It is not permitted for non British Gymnastics members to set foot on the competition floor due to insurance issues. The competition floor is the matted area around the trampolines, the matted area around the DMT, the DMT run and the officials' areas.

CLUBS COMPETING TODAY:

Coney Hall Cosmonauts	CHC	Queensmead	QU
Harlington Hawks	HH	Team Nova	TN
Kingston Trampoline Academy	KTA	Zenith	ZE

TROPHIES:

Trophies will be awarded to the top three pairs in each synchro group, the top three individuals in each DMT group and the top three teams in each DMT group (where applicable). There will also be trophies awarded to the pair with the highest synchro score over the first two rounds.

SYNCHRO:

Synchro has 4 execution judges. From the 4 marks, the highest and lowest are deleted, then the remaining 2 marks are added together to give the form score for that round (it is possible that the 'counting' scores will both be from the same trampoline). Judges 1 and 3 mark bed 1 (the one nearest the judges) and judges 2 & 4 mark bed 2. There are 3 synchro judges. From the 3 marks, the highest and lowest are deleted, then the middle score is doubled. The form score, synchro score and tariff (voluntary and final rounds only) are added together to give the total score for each round.

DMT:

DMT is judged by a standard panel. There are only two skills to be judged, then eight marks are added to make a score out of ten. If only one skill is performed, the maximum mark is seven. Passes are very quick so the judges don't have long to evaluate their scores. Recorders have to be quick too! Tariffing is different for DMT – single somersaults without twist are the same as trampolining but twists, twisting somersaults and double somersaults all attract bonus marks.

WARM UP & COMPETE:

SYNCHRO: There will be no warm up marshal – performers must form an orderly queue for their turn. There will be a timed warm up therefore no guarantee of any specific number of warm ups can be given. Club managers are responsible for their performers at the trampolines during this time (i.e. there will be no official at each bed). Spotting, assistance for performers getting on or off the trampoline or any other assistance is the responsibility of the club. Competitors will need to warm up both their set and voluntary routines during their allotted warm up time – there will be no separate warm up session for the voluntary.

SET & VOLUNTARY ROUTINES: After warm up, there will be a one touch warm up where the competitor will have to choose which routine to practise. The performers will then return to the marshalling area and be called to compete in programme order. They will all compete their set then all compete their voluntary in the same order. There will be no warm ups between routines so performers must be ready to compete (with spotters) as soon as required.

FINALS: The top eight after the first two rounds will proceed to the final (except Novices who do not have finals). Each performer will be given one warm up before competing the final in reverse order.

DMT: There will be no warm up marshal – performers must form an orderly queue for their turn. Club managers are responsible for their performers at the DMT during this time (i.e. there will be no official at the DMT). Spotting or any other assistance is the responsibility of the club. Competitors will have a timed session for general warm up plus a further two passes for the specific warm up. There will be a timed session for the final warm up plus a further two passes in the specific warm up before competing in reverse order.

TIMETABLE

SYNCHRO:

9.00 – 9.40am	Warm-up set & vol	Novices (6), 15+ Intermediate (12)
9.40 – 10.40am	One touch & compete	
10.40 – 11.00am	Final	
11.00 – 11.40am	Warm-up set & vol	U15 Intermediate (17)
11.40 – 12.40pm	One touch & compete	
12.40 – 1.00pm	Final	
1.00 – 1.40pm		<i>OFFICIALS' LUNCH</i>
1.00 – 1.40pm	Warm-up set & vol	Advanced (13)
1.40 – 2.40pm	One touch & compete	
2.40 – 3.00pm	Final	

DMT:

9.00 – 9.20am	General warm-up	U15 Intermediate (10), 15+ Intermediate (8)
9.20 – 10.00am	Specific warm-up and compete	
10.00 – 10.20am	Warm-up final	
10.20 – 10.55am	Specific warm-up and compete	
11.00 – 11.20am	General warm-up	15+ Novices (9), Advanced (7)
11.20 – 12.00pm	Specific warm-up and compete	
12.00 – 12.20pm	Warm-up final	
12.20 – 12.55pm	Specific warm-up and compete	
12.55 – 1.20pm		<i>OFFICIALS' LUNCH</i>
1.00 – 1.20pm	General warm-up	U15 Novices (16)
1.20 – 2.00pm	Specific warm-up and compete	
2.00 – 2.15pm	Warm-up final	
2.15 – 2.35pm	Specific warm-up and compete	

Presentations will take place as soon as possible after the end of each group. All those receiving awards MUST be in club kit. No one will be allowed on the podium unless correctly dressed. Please note that all timings are approximate and the organisers reserve the right to begin groups early if the event is running ahead of schedule. The organisers accept no responsibility for those missing their turn due to changes to the above.

OFFICIALS:

	<u>Synchro</u>		<u>DMT</u>
Chair:	Marian Wood HH	Chair:	Viv Bramall KTA
Assistant Chair:	Harriet Curtis CHC	Assistant Chair:	Clare Grant KTA
Form Judge 1:	Tara Tarrant KTA	Form Judge 1:	Chris Geary HH
Form Judge 2:	Adeane Hardy TN	Form Judge 2:	Joanne Lumb KTA
Form Judge 3:	Judy Hazell/Stephanie Hallam QU	Form Judge 3:	Maggie Clifton TN
Form Judge 4:	Ayo Ayeni ZE	Form Judge 4:	Lauren Letch ZE
		Form Judge 5:	Celia Harding KTA
Tariff Judge 1:	John Wotherspoon TN	Tariff Judge 1:	Carole Charters ZE
Tariff Judge 2:	Sue Petitt HH	Tariff Judge 2:	Kate Preston KTA
Synchro Judge 1:	Nick Donovan KTA	Computer:	Liz Heaton KTA
Synchro Judge 2:	Graham Atkins CHC	Recorder:	Caroline Steyne TN
Synchro Judge 3:	Diane Moriarty QU	Marshal:	Mrs Mangtani KTA
Computer:	Helen Davies KTA		
Recorder:	Helen Hardy TN		
Marshal:	Ronke Olusanya CHC		

Qualified Reserves: NONE

Unqualified Reserves: Marie Bezzant ZE, Hannah Bothamley TN

Organiser: Linda Lawrie HH

Trophies: Mrs Chart, Marianne Bernard, Frances Swallow QU

Judges: Linda Lawrie HH

Computers: Andrew Wood HH

Floor Manager: Janet Bellis HH

DMT:

Under 15 Novice DMT

1	Tilly Sutherland-Smith	Zenith
2	Harriet Cronin	Kingston Academy TA
3	Naina Mangtani	Kingston Academy TB
4	Morgan Tarrant	Kingston Academy TB
5	Lucy Morris	Team Nova T
6	Caitlin Lumb	Kingston Academy TB
7	Chantelle Dreyer	Zenith
8	Astrid Sewell Risley	Team Nova T
9	Rebecca Frankland	Kingston Academy TB
10	Elizabeth Harraghy	Kingston Academy TA
11	Benji Saxby	Team Nova T
12	May Curtiss	Kingston Academy TA
13	Louise Fontava	Harlington Hawks
14	Jasmine Steyne	Team Nova T
15	Rebekah Lumb	Kingston Academy TA
16	Megan Hepjoscon	Harlington Hawks

Teams: Kingston Academy A & B
Team Nova

Over 15 Novice DMT

1	Chantelle Hart	Team Nova
2	Matthew Bramall	Kingston Academy T
3	Lianne Harding	Team Nova
4	Andy Scott	Kingston Academy T
5	Rebessa Hylton	Team Nova
6	Daniel Reed	Harlington Hawks
7	Melissa Day	Kingston Academy T
8	Laura Flaxmen	Team Nova
9	Chelsie Williamson	Team Nova

Teams: Kingston Academy
Team Nova

Under 15 Intermediate DMT

1	Lucy Ramsdale	Kingston Academy TB
2	Courtney St Lewis Davies	Kingston Academy TA
3	Amy Roberts	Zenith
4	Zoe Preston	Kingston Academy TA
5	Caitlin Tarrant	Kingston Academy TB
6	Tegan Thewlis	Zenith
7	Jessica Dennehy	Kingston Academy TB
8	Olivia Clifton	Team Nova
9	Katie O'Connor	Kingston Academy TA
10	Georgia Grant	Kingston Academy TA

Teams: Kingston Academy A & B

Over 15 Intermediate DMT

1	Maddy Parker	Kingston Academy T
2	Stef Sharp	Team Nova
3	Anishia Mangtani	Kingston Academy T
4	Nicola Britton	Kingston Academy T
5	Frankie Osborn	Zenith
6	Joe Edgar	Kingston Academy T
7	Emma Wallace	Kingston Academy

Team: Kingston Academy

Advanced DMT

1	Rebecca de Garston-Webb	Kingston Academy T
2	Edward Woods	Zenith T
3	Ross Harding	Kingston Academy T
4	Jake Parsons	Zenith T
5	Beth Anne Lumb	Kingston Academy T
6	Caleb Bezzant	Zenith T
7	Sophie Clift	Kingston Academy T

Teams: Kingston Academy
Zenith

PASS CONSTRUCTION:

Novice - This is an introductory grade although gymnasts may perform single somersaults in each pass. Gymnasts with four passes containing linked single somersaults should progress to Intermediate. Maximum difficulty capped at 1.3

Intermediate - As per National C: Each **skill** must be a somersault and a **Barani or Rudi Mount or Spotter** must be included in the preliminary round. Maximum difficulty capped at 2.4 (Competitors may compete higher difficulties including up to single twisting Double Somersaults but will not be credited with more than 2.4 difficulty).

Advanced - As per FIG B: Each **round** must contain a **pass** with at least one double somersault. No tariff limit.

Finals for the top eight in all groups. Scores will be accumulative for Novice groups and zeroed for Intermediate & Advanced groups except where there are eight or less on the start list and finals will then be accumulative.

SYNCHRO:

Novice Synchro

1	Nolitha Olusanya & Issie Atack	Coney Hall Cosmonauts
2	Lily Stevens & Faye Sweetman	Coney Hall Cosmonauts
3	Maddie Atack & Evie Matthews	Coney Hall Cosmonauts
4	Morgan Tarrant & Caitlin Lumb	Kingston Academy
5	Brian Edwards & Karen Gent	Coney Hall Cosmonauts
6	Abi Sweetman & Hayley Hawkins	Coney Hall Cosmonauts

Under 15 Intermediate Synchro

1	Harriet Cronin & May Curtis	Kingston Academy
2	Nicole Webber & Matthew Angelides	Harlington Hawks
3	Isaac Butler & Ralph Habgood	Coney Hall Cosmonauts
4	Melissa Vickery & Emma Collier	Queensmead
5	Daniella Saunders & Emily Humphreys	Zenith
6	Tille Sutherland-Smith & Amy Roberts	Zenith
7	Luke Bernard & Rachel Watts	Queensmead
8	Naina Mangtani & Rebekah Lumb	Kingston Academy
9	Natalie Gent & Nuala O'Donovan	Coney Hall Cosmonauts
10	Megan Hepjoscon & Anastasia Godbolt	Harlington Hawks
11	Amanda Tropp & Stephanie Cole	Queensmead
12	Jasmine Steyne & ANO	Team Nova
13	Zoe Preston & Georgia Grant	Kingston Academy
14	Elizabeth Harraghy & Rebecca Frankland	Kingston Academy
15	Angel Murray & Lucy Morris	Team Nova
16	Louise Fontava & Bailey McLaughlin	Harlington Hawks
17	Charlotte Brooker & Daisy Trevorrow	Queensmead

Over 15 Intermediate Synchro

1	Olivia Clifton & Lianne Harding	Team Nova
2	Joe Edgar & Matthew Bramall	Kingston Academy
3	Andy Scott & Becci de Garston Webb	Kingston Academy
4	Chelsie Williamson & Chantelle Hart	Team Nova
5	Melissa Day & Shuala Varney	Kingston Academy
6	Chantelle Dreyer & Natalie Torrance	Zenith
7	Paul Godbolt & William Godbolt	Harlington Hawks
8	Jade Banger & Charlotte Hazell	Queensmead
9	Joey Hon & Mark Burtenshaw	Coney Hall Cosmonauts
10	Agneesa Restelica & Astrid Sewell Risley	Team Nova
11	Sue Cox & Alice Chart	Queensmead
12	Rebecca Hylton & Hannah Bothamley	Team Nova

Advanced Synchro

1	Jake Parsons & Caleb Bezzant	Zenith
2	Alice Brown & ANO	Team Nova
3	Sophie Clift & Ross Harding	Kingston Academy
4	Frankie Osborn & Tegan Thewlis	Zenith
5	Beth Ann Lumb & Charlotte Harris	Kingston Academy
6	Dan James & ANO	Team Nova
7	Georgia Heaton & Anishia Mangtani	Kingston Academy
8	Emma Britton & Sam Preston	Kingston Academy
9	Nicola Britton & Emma Wallace	Kingston Academy
10	Claire Bristow & Nicola Bristow	Harlington Hawks
11	Rebecca Hallam & Chloe Swallow	Queensmead
12	Lucy Ramsdale & Caitlin Tarrant	Kingston Academy
13	Laura Flaxman & Cat Roberts	Team Nova

ROUTINES: See table below for routines. No finals for Novices. Finals for the top eight in the Intermediate and Advanced groups. Scores will be accumulative for the finals.

GROUP	AGE GROUPS	ELIGIBLE PAIRS	SETS ALLOWED	TARIFF LIMIT
Novice	U15, 15+	Recreational Novice U9s only may use U9 set, therefore set must be declared before competing	Synchro Recreational Novice.	See above
Intermediate	U15, 15+	Any combination of Regional D, E, F & G	Synchro Intermediate	5.0
Advanced	U15, 15+	Any combination of National C, FIG B & FIG A Set must be declared before competing	Regional D set.	No limit

RESULTS:

Results will be displayed on the wall after each group has finished and on audience monitors throughout the day, therefore please do not crowd around the recorders. Please do not remove results from the wall. Results will be published on the London Website and emailed to team managers. The London website can be found at www.london-trampoline.co.uk

WELFARE OFFICER

The Welfare Officer for the London region is Lorna Goddard who can be contacted on 01689 812583.

DATES FOR 2011:

All competitions will be at Harlington

Sunday 16th January, Regional D, E, F & G & Novice

Sunday 6th March, Regional D, E, F & G & Novice

Saturday 14th March, London Summer Cup Synchro & DMT

Sunday 15th May, Regional D, E, F & G & Novice & Summer Cup (M/L)

Sunday 16th October, Regional D, E, F & G, Novice & Closed (M/L)

Sunday 6th November, London Synchro & DMT

PHOTOGRAPHY

It is no longer necessary for people to register their intention to take photos and/or videos. Please note that flashlight photography is not permitted whilst the competition is going on (this includes warm-ups). However, please see the BG Photo Policy below. There may be an official London Region photographer taking photos at the event. Some of these photos may appear on the London website. If a photo of you appears on the website and you are unhappy with this, please notify the webmaster and it will be removed.

BRITISH GYMNASTICS PHOTOGRAPHY POLICY:

British Gymnastics Conditions for Audience Photography at Gymnastic Events

Short Form:

In order to protect the welfare of children at the event, photography at this event is permitted only on conditions set by British Gymnastics

This is a summary of those conditions. A copy of the full text can be obtained from the Competition Organiser or from the British Gymnastics website www.british-gymnastics.org . If you do not agree to these conditions you may not bring any photo equipment into the venue or take any photos.

1. 'Photos' includes any form of video or still image including those taken with mobile phones.
2. The Competition Organiser (or a person acting on his or her authority) may require anyone at the event:
 - a. Not to take photos – either generally or in particular circumstances.
 - b. To provide their full name and address and evidence of this
 - c. To let the Competition Organiser view any images recorded and to delete any images.
 - d. To surrender media or equipment on which the images have been recorded if they cannot be viewed (e.g. photos on traditional film), or if they can not be deleted.
3. Photos may only be taken and used in accordance with the British Gymnastics Child Protection Policy.
4. Photos may not be used, distributed or copied for commercial purposes.
5. Flash may not be used at any time while gymnasts are warming up or competing.