

BRITISH GYMNASTICS, LONDON REGION
TRAMPOLINE & DMT COMPETITION SCHEME
1st January 2009 – 31st December 2009

INTRODUCTION

The following pages detail competitions for 2009. Please feel free to copy this information for anyone who needs it but please ensure that you copy the entire document and not just individual pages. The organisers accept no responsibility for entries being late or sent to the wrong place due to lack of information being passed on. The London Region will adopt any changes to the National Competition Structure as required so updates of this document may need to be circulated at a later date. Please also refer to the National Competition Structure update which can be found at:

http://www.bg-coaches.org/downloads/general-competition/Regional_Handbook_Supplement.pdf.

Venues

The organisers would like to thank all clubs/centres that have hosted events in 2008. It has proven extremely difficult to get venues for 2009 so all events will take place at Harlington. Please talk to me if you would like to host a competition next season. Occasionally it has been necessary to change a venue at short notice and we apologise for any inconvenience this may cause.

Photography

It is no longer necessary for people to register their intention to take photos and/or videos. However, please see the BG Photo Policy at the end of this document.

Jewellery and Body Piercing

British Gymnastics believes that jewellery and adornments worn in body piercing are inappropriate for safe practice in gymnastics and trampolining. A person with body adornments or jewellery must inform the coach and also remove the relevant items to reduce the risk of injury to the participant, the coach and others. Coaches must ensure that risks associated with jewels and raised adornments on leotards are minimised. The policy applies to all participants and coaches in training and in events at home and abroad. Failure to comply with the policy will prohibit the individual's participation on the grounds of reasonable safety and may render the individual's insurance invalid should an accident result directly from non-compliance with this policy.

National Grades

Each region is required to hold four events for Regional D, E, F & G competitors. Grades below Regional G are optional and we have chosen not to hold these. Instead, we will be offering a Recreational Novice section alongside the Regional D, E, F & G. See relevant section for details

Licences

It is a requirement for ALL performers, judges and coaches to have an LGF licence although there is no cost for 2009. This is a directive from the London Gymnastics Federation. More details are listed under AFFILIATION.

Results

Results of all London Region competitions, plus other information, are published on the London Trampolining website www.london-trampoline.co.uk

Schools

The School's competition is now under the direction of the BGSA. The Regional Schools competition is on Sunday 6th December 2009 – venue to be arranged. Anyone wanting details for this should contact Maurice Woolf on mauricewoolf@hotmail.com.

Further Help

If you have any problems interpreting any of the enclosed information or need any more information, please contact Linda Lawrie on 01932 780313 or lindajslawrie@sky.com.

Finally, I would like to wish you all success in the season ahead and look forward to seeing you at competitions.

Linda Lawrie
London Competition Secretary.

23rd November 2008

STANDARD COMPETITION INFORMATION

REGIONAL ENTRIES TO:

1. Linda Lawrie, The Lodge, 217 Charlton Road, Shepperton, Middlesex TW17 0SG. Tel: 01932 780313. NOTE: this does not apply to schools or national events (see individual events for details).
2. ALL ENTRIES MUST BE IN WRITING WITH THE CORRECT ENTRY FEE. CURRENT REGIONAL ENTRY FORMS MUST BE USED WITH NAMED OFFICIAL(S) AND ALL OTHER INFORMATION AS REQUIRED. TELEPHONE ENTRIES, LATE ENTRIES OR INCORRECT ENTRY FORMS WILL BE REJECTED.
3. There is a new entry form attached - please use it for London Regional D, E, F & G, Recreational Novice and the London Closed events.
4. To assist the organiser and save time putting names into the computer, can clubs please put competitors in age group and grade blocks on the entry form.
5. There are different entry forms for the Individual, Synchro and DMT competitions.

CLOSING DATES:

1. Every entry MUST be postmarked on or before the applicable closing date.
2. All clubs should obtain proof of posting, free from the Post Office, for all competition entries. No queries about the late/non-arrival of entries will be considered without proof of posting.
3. Please do not send entries by recorded delivery as this can involve the organiser in extra work and delay the competition organisation if items have to be collected from the Post Office.
4. Email entries do not comply with the rules for entering competitions. A club may email a list of entries, but the form and payment must be sent to the organiser by the closing date for the entry to be accepted.

ENTRY FEES:

1. £8.00 per individual - this includes all team entries.
2. Please make cheques payable to 'London Trampoline'.
3. No refunds after the closing date.
4. If a cheque is not honoured by a bank, no further competition entries will be accepted from that club until outstanding entry fees are paid.

AFFILIATION:

1. Clubs and competitors must be affiliated to British Gymnastics and the London Gymnastics Federation. Club associate and competitive club associate membership is due on 1st October. Full membership is due on 1st January. Club affiliations are due on 1st October.
2. All competitors must have a London Gymnastics Federation licence which is free of charge. This must be applied for at least 21 days before the first competition that the competitor wishes to enter. A copy of the licence application form will be forwarded separately (when available) or visit the London Gymnastics Federation website.
3. All judges and coaches intending to be active at competitions must have a London Gymnastics Federation licence which is free of charge. This must be applied for at least 21 days before the first competition that they will be attending. A copy of the licence application form is included with this pack (or emailed separately).
4. Checks are made on all affiliations. Competitors found not to be correctly affiliated or licensed will not be allowed to compete.
5. Judges found not to be affiliated or licensed will not be allowed to judge. Failure by any club to provide suitably qualified, affiliated and licensed official(s) as required may mean their competitors have to withdraw.
6. Coaches found not to be affiliated or licensed will not be allowed on the competition floor.
7. Only members of British Gymnastics will be allowed on the competition floor.

TEAMS:

1. A team consists of a minimum of 3 females or 3 males and a maximum of 4 females or 4 males. At Recreational Novice level ONLY, teams can be mixed.
2. Every member of the team performs up to 1 compulsory and up to 1 voluntary routine.
3. Team members must be entering the same group of the same competition.
4. Please note the BG ruling regarding team members wearing uniform dress (Rule no. 6.5 in the BG handbook).
5. Team members must be nominated on the entry form. If team members are not nominated before the start of their group, the first four on the entry form will be deemed to be 'the team'.

AGE GROUPS:

1. As per year of birth. For competitions in 2009, use these tables to work out the age groups of your competitors:
2. London Recreational Novice and London DMT Novice:

Age group:	15+	U15	U13	U11	U9
Year of birth:	1994 or earlier	95, 96	97, 98	99, 00	01, 02, 03
3. London Synchro Advanced and London DMT Intermediate & Advanced:

Age group:	15+	U15
Year of birth:	1994 or earlier	1995, 96, 97, 98, 99, 00
4. London Synchro Novice & Intermediate:

Age group:	15+	U15
Year of birth:	1994 or earlier	1995, 96, 97, 98, 99, 00, 01, 02, 03
5. Regional E, F & G.:

Age group:	15+	U15
Year of birth:	1994 or earlier	1995, 96, 97, 98, 99, 00, 01, 02, 03
6. Regional D, National C, FIG B:

Age group:	15+	U15
Year of birth:	1994 or earlier	1995, 96, 97, 98, 99, 00
7. FIG A:

Age group:	Men's/Ladies
Year of birth:	1994 or earlier
8. London Closed:

Age group:	Men's/Ladies
Year of birth:	2000 or earlier
9. DMT Regional D, National C, FIG B:

Age group:	15+ (Seniors)	U15 (Juniors)
Year of birth:	1994 or earlier	1995, 96, 97, 98, 99, 00
10. DMT FIG A:

Age group:	Men's/Ladies
Year of birth:	1994 or earlier

SUBSTITUTIONS:

1. A substitution is only permitted if it is for the same age group, the same grade and from the same club as the original entry.
2. For synchro pairs, one of the pair may be substituted with a member of another club.

WARM-UP:

1. There will be 2 warm-ups and a controlled warm-up for the compulsory routine plus 2 warm-ups and a controlled warm-up for the voluntary routine.
2. At some events, competitors will be expected to warm up their set and voluntary routines in one session. If this is the case, 4 warm-ups will be allowed plus a controlled set warm-up and a controlled voluntary warm-up.
3. There will be one further warm-up for the final routine.
4. If time permits, more warm-ups may be allowed.

COACH/PERFORMER QUALIFICATION:

1. On arrival at the competition, a suitably qualified coach must sign in for each club to receive warm-up cards.
2. All competitors must be under the supervision of a suitably qualified coach who is a full member of British Gymnastics. Persons not designated as officials and non-BG members are not allowed on the competition floor. The competition floor is the matted area around the trampolines and the officials' area.
3. Competitors are only allowed to perform, in warm up or competition, those moves that lie within the syllabus of the Coach who has signed in as taking responsibility for that club and is in the competition arena with them. The competition arena is taken to mean the judging area, the competition area or the audience section in the same hall. Should a separate warm-up hall be provided, performers may only use the equipment under the supervision of a suitably qualified coach.
4. Failure to have an adequately qualified coach present may mean competitors have to withdraw, or change their voluntary routines and perform only those moves which lie within the qualification syllabus of the coach that is present.
5. Please note that none of a club's competitors will be allowed to warm up or compete unless an adequately qualified coach has signed in and is present in the competition arena.

TARIFF SHEETS:

1. Tariff sheets MUST be submitted for EVERY competitor where required. Details of those required to submit sheets will be included in the returned information for each event.
2. Anyone who does not submit a tariff sheet when required to do so may not be able to compete.
3. It is a requirement for a suitably qualified coach to sign tariff sheets.

ESTIMATED STARTING TIME:

1. It is planned for a 9.00am warm-up for all events, however, we reserve the right to alter times to reflect entries.

RULES:

1. As per BG rules with any stated changes.

TRAMPOLINES:

1. 6x6mm beds and/or 6x4mm beds will be available.

FINALS:

1. Finals will be held for groups as detailed in each event's specific information.
2. Finals are for the top eight in each group.
3. Where there are less than eight competitors in a group, all will compete in the final.

COMPETITION ATTIRE:

1. REGIONAL rulings for trampoline for 2009 are:

London Region Recreational Novice:

Females: Leotard with or without sleeves (minimum 2/3 arm length or sleeveless – nothing in between) and white trampoline shoes or plain white foot covering. Close fitting shorts may also be worn. Ladies only (over 15) will be allowed to wear competition trousers with their leotard - please note that full-length leggings will be classed as trousers.

OR

Shorts in a single colour and short sleeved T-shirt in a single colour.

Males: Sleeveless leotard and gym trousers/shorts in a single colour and white trampoline shoes or plain white foot covering.

OR

Sleeveless/short sleeved, single colour T-Shirt and single coloured gym trousers/shorts and white trampoline shoes or plain white foot covering.

For all other Regional and National events, males and females will have to abide by National rulings as below.

2. NATIONAL rulings for trampoline for 2009 are:

FIG A, FIG B, National C, Regional D, Regional E, Regional F, Regional G:

Females: Leotard with or without sleeves (minimum 2/3 arm length or sleeveless – nothing in between. Must be skin tight).
Optional long tights (must be skin tight)

OR

Full length one piece leotard – unitard (must be skin tight)

AND

White trampoline shoes or plain white foot covering of no more than ankle length.

For reasons of safety:

Covering the face or head is not allowed

Any other 'dress' which is not skin tight is not allowed

Males: Sleeveless leotard and single coloured gym trousers and trampoline shoes/foot covering in the same colour as the gym trousers or white as per competition rules. NOTE: Black or dark coloured trousers are not permitted.

3. Regional Synchronised & National Synchronised Competitions:

Females: Partners must wear matching clothing as per FIG A, FIG B, National C, Regional D, Regional E, Regional F & Regional G above.

Males: Partners must wear matching clothing as per FIG A, FIG B, National C, Regional D, Regional E, Regional F & Regional G above.

Regional Novice: Partners must wear matching clothing as per Novice Individual above.

For the Regional Synchro ONLY, mixed pairs (males/females) are allowed. In this instance, leotards should be as close to identical as possible.

4. Team Members - FIG A, FIG B, National C, Regional D, Regional E, Regional F, Regional G – Male and Female:

Team Members must wear matching clothing as above. NB: This includes sleeve length.

For the Recreational Novice ONLY, mixed teams (males/females) are allowed. In this instance, leotards or competition attire should be as close to identical as possible.

5. DMT

Females: Leotard with or without sleeves (minimum 2/3 arm length or sleeveless – nothing in between. Must be skin tight).
Optional long tights (must be skin tight)

OR

Full length one piece leotard – unitard (must be skin tight)

AND

White trampoline shoes or plain white foot covering of no more than ankle length.

For reasons of safety:

Covering the face or head is not allowed

Any other 'dress' which is not skin tight is not allowed

Males: Leotard and gym shorts. White socks and/or white DMT shoes.

6. DMT Team Members - FIG A, FIG B, National C, Regional D, Regional E, Regional F, Regional G – Male and Female:

Team Members must wear matching clothing as above. NB: This includes sleeve length.

For the London Region competition ONLY, mixed groups (males/females) are stated, therefore mixed teams are allowed. In this instance, leotards or competition attire should be as close to identical as possible (all females to wear the same, all males to wear the same).

OFFICIALS:

1. Please note that the Regional requirements for supplying officials differ from National requirements.
2. The London Region requires ANY club entering these competitions to provide officials for the duration of the event. The

MINIMUM required are:-

Clubs entering 2 - 3 competitors	1 named qualified official
Clubs entering 4 - 6 competitors	2 named qualified officials
Clubs entering 7 - 10 competitors	3 named officials (minimum of 2 qualified)
Clubs entering 11 - 15 competitors	4 named officials (minimum of 3 qualified, one of which must be county level or above)
Clubs entering 16 - 20 competitors	5 named officials (minimum of 3 qualified, one of which must be county level or above)
Clubs entering 21 - 25 competitors	6 named officials (minimum of 4 qualified, one of which must be regional level or above and one of which must be county level or above)
Clubs entering 26 - 30 competitors	7 named officials (minimum of 4 qualified, one of which must be regional level or above and one of which must be county level or above)
Clubs entering 31+ competitors	7 named officials, plus 1 per 10 (or part 10) competitors over 30 (minimum of 5 qualified, one of which must be regional level or above and one of which must be county level or above)

All judges qualified before the end of 2005 must have attended a revalidation course or they will not be accepted.

3. **All nominated officials must be members of British Gymnastics.**
4. Nominated officials should not also be competing as it is not possible to schedule the timetable to accommodate these people. Any competitors who would like to officiate whilst they are not competing should be nominated as extra officials and they will be used if possible. Alternatively, they may replace one of their club's chosen judges for half a day (with the approval of the Judging Secretary).
5. A synchronised pair counts as 2 competitors.
6. New clubs without suitably qualified officials will be allowed to enter 2 events without supplying qualified officials as long as they have submitted at least one name to the courses' organiser for a judge course. After 2 events they will be allowed to continue to enter events without providing qualified officials if the region has been unable to offer their nominee a place on a course. New clubs must, however, supply the correct number of unqualified people to match their entry as above.
7. For other clubs struggling to provide officials, a surcharge of **£20.00** can be paid to allow them to provide **one** less official than required. This surcharge would be payable with the entry or, in the case of an official not showing on the day without a replacement of equal and approved calibre being offered, the surcharge would be **£30.00**. No further entries would be accepted from that club until the surcharge has been paid. The committee reserves the right to disqualify any club that does not supply their nominated official(s) on the day.
8. Unqualified officials can be expected to be used as competition marshals, warm-up marshals, or manual recorders but please note that all officials may be used in any capacity and must appear correctly dressed. If an unqualified official is selected, it is the team manager's responsibility to ensure that the person is competent of performing the required duty.
9. Any club failing to arrive at the required time with their official(s), or with official(s) incorrectly dressed, can be withdrawn.
10. **Competitors listed after an empty 'official's name' box on the entry form will not be accepted. If the penalty is being paid, write 'penalty paid' in the space for an official's name.**
11. Clubs are notified of chosen officials with their competition information. It is the responsibility of the club manager to relay this information to their chosen officials.
12. Reserve officials are expected to be at the competition, in the appropriate uniform, and report for duty at the required time. If the reserves are not required at the start of the event, they must be available to be called upon at any time during the competition day.
13. **It is no longer acceptable for clubs to write 'A N Other' for an official. Please supply a name for each official that your club is required to nominate so that they can be used in an appropriate capacity.**
14. All judges, recorders and computer operators should wear BG uniform as below:
Men: Navy blazer and/or jumper, navy trousers (not track suit/jogging bottoms), white shirt (not T-shirt, polo shirt), BG tie (or dark, single colour tie), black shoes suitable for a gymnasium floor.
Ladies: Navy blazer and/or jumper, navy skirt or trousers (not track suit/jogging bottoms), white blouse (not T-shirt, polo shirt), black shoes suitable for a gymnasium floor.
If it is cold in the centre and you need to wear a coat or warm jacket, please try to ensure it is a dark colour.
Marshals, warm-up marshals and spotters should wear track suit or similar and trainers.
Reserves should bring BG uniform and track suit with them as they may be used in any capacity.
12. **The requirement for officials for DMT and Synchro differs from above. Please see the relevant entry forms for details. Judges offered for DMT should be qualified in that discipline.**
13. To assist those who wish to gain experience at judging, clubs may request for any qualified judge to sit alongside a panel as a shadow judge (subject to availability of space). The shadow judge would be required to judge all routines and complete the judge attendance record. The London Region would recognise this as a valid competition for those wishing to progress to the next judging qualification. A shadow judge's marks would be used in the case of a judge being absent from the panel.
14. Anyone who has attended a Swescore computer course can be nominated on the entry form as a computer operator and will be accepted as a qualified official (equivalent to Club Judge). Please note however that there will be a maximum of three computer operators required at a competition therefore clubs should not offer more than two people for these posts. The organisers reserve the right to ask clubs to offer a qualified judge instead of a computer operator if required.

REGIONAL COMPETITIONS

LONDON SYNCHRO:

Saturday 6th June 2009 at Harlington Sports Centre, Pinkwell Lane, Harlington, Middx UB3 1PB. Tel: 020-8569 3211. Entries must reach Linda Lawrie with the latest postmark of **Monday 11th May 2009**. **This event will run alongside the London DMT but please submit entries on two different entry forms. The planned starting time for this event is 1pm.**

Sunday 1st November 2009 at Harlington Sports Centre, Pinkwell Lane, Harlington, Middx UB3 1PB. Tel: 020-8569 3211. Entries must reach Linda Lawrie with the latest postmark of **Monday 5th October 2009**. These two events will run simultaneously. **This event will run alongside the London DMT but please submit entries on two different entry forms.**

ELIGIBILITY & GROUPS:

Recreational Novice – only those who cannot somersault may enter this section.

Intermediate - anyone competing at Regional D, E, F or G.

Advanced - anyone competing at National C, FIG B or FIG A.

Anyone not competing on the National circuit must enter the Novice or Intermediate group. Performers may partner someone in a higher age group but the age is determined by the oldest of the pair. Any performer may jump at a higher level but no one may jump at a lower level than their classification. For the Advanced section only, one of the pair may come from another region.

TARIFF LIMITS:

Recreational Novice – No difficulty will be awarded. NO skills of more than 90° somersault rotation. Any Novices disregarding this, even in warm-up, will be disqualified.

Intermediate – 5.0

Advanced – no limit.

Limits may be exceeded but only the maximum will be given.

AGE GROUPS: U15, 15+ in all sections. The oldest of the pair determines the age group in which they compete. Boys and girls compete in the same group therefore mixed pairs are allowed. Age groups determined by year of birth - see Age Group Table under General Information. The organisers reserve the right to merge any groups with less than 6 pairs.

ENTRY FEE: £16.00 per pair. Where the two partners come from different clubs, one club only must ensure that the pair is entered and the complete fee paid. Where full payment is not received, the entry will not be accepted.

ROUTINES: See table below for routines. See Set Routines for detailed routines. No finals for Novices. Finals for the top eight in the Intermediate and Advanced groups.

TROPHIES: Trophies will be awarded to the top three pairs in each group. Trophies will be awarded to the pair with the highest synchronisation marks over the first two rounds on each panel. Those receiving awards must be in club kit.

<u>GROUP</u>	<u>AGE GROUPS</u>	<u>ELIGIBLE PAIRS</u>	<u>SETS ALLOWED</u>	<u>TARIFF LIMIT</u>
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

LONDON DMT:

Saturday 6th June 2009 at Harlington Sports Centre, Pinkwell Lane, Harlington, Middx UB3 1PB. Tel: 020-8569 3211. Entries must reach Linda Lawrie with the latest postmark of **Monday 11th May 2009**. **This event will run alongside the London Synchro but please submit entries on two different entry forms. The planned starting time for this event is 1pm.**

Sunday 1st November 2009 at Harlington Sports Centre, Pinkwell Lane, Harlington, Middx UB3 1PB. Tel: 020-8569 3211. Entries must reach Linda Lawrie with the latest postmark of **Monday 5th October 2009**. These two events will run simultaneously. **This event will run alongside the London Synchro but please submit entries on two different entry forms.**

GROUPS & AGES:

Novice – open to those who have not competed at National C DMT or above during 2009.

Intermediate – Open to those who have ended the 2009 Gala season at National C.

Advanced – Open to those who have ended the 2009 Gala season at FIG A or FIG B.

Anyone may compete at a higher level than indicated above but may not compete at a lower level.

U15 & 15+ in each group. Males and females will compete together unless numbers are high enough to split them.

Finals for the top eight in each group.

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 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.

ENTRY FEE: £8.00 per individual.

TROPHIES: Trophies will be awarded to the top three individuals and the top three teams (where applicable) in each group. Those receiving awards must be in club kit.

LONDON CLOSED:

Sunday 11th October 2009 at Harlington Sports Centre, Pinkwell Lane, Harlington, Middx UB3 1PB. Tel: 020-8569 3211. Entries must reach Linda Lawrie with the latest postmark date of **Monday 14th September 2009**. Those entering the London Grades for the same day should add the entries for this event to the same entry form.

ELIGIBILITY: Open to those who have already competed at FIG A, FIG B or National C during 2009 only. These Grades will compete together. Those qualified to compete at National C but entering the Regional D on the same day are not eligible. Those who have been demoted from National C in 2009 and competing in Regional D on the same day are not eligible.

TARIFF LIMIT: No tariff limit

AGE GROUPS: Men's and Ladies only. Competitors must be a minimum of nine years of age in the year of competition.

ENTRY FEE: £8.00 per individual - this includes all team entries.

TEAMS: Two thirds of the total number of teams in each group will compete in the team finals. There will be a minimum of three and a maximum of five teams in each final. Three team members per team ONLY will compete in the team finals and each team member will perform one voluntary routine – the team manager must select these team members. Where applicable, the fourth team member would also receive a team award. Scores will be zeroed for the finals. The team finals will take place before the individual finals.

TROPHIES: Trophies or medals will be awarded to the top three individuals and the top three teams (where applicable) in each group. Those receiving awards must be in club kit.

ROUTINES: Competitors must perform their current National age group set. Those using the FIG A routine for their set are expected to perform a routine with approximately the same tariff that they did at National Finals or at their most recent National Gala event this year but will not be awarded tariff for two skills Ladies and Men will compete separately. Set routine must be declared before competing. Finals for the top eight in each group. Scores will be zeroed for the finals.

NATIONAL EVENTS WITHIN THE LONDON REGION

National Grades Regional D, E, F & G, plus Recreational Novice:

Sunday 11th January 2009 at Harlington Sports Centre, Pinkwell Lane, Harlington, Middx UB3 1PB. Tel: 020-8569 3211. Entries must reach Linda Lawrie with the latest postmark date of **Monday 15th December 2008**.

National Grades Regional D, E, F & G, plus Recreational Novice:

Sunday 29th March 2009 at Harlington Sports Centre, Pinkwell Lane, Harlington, Middx UB3 1PB. Tel: 020-8569 3211. Entries must reach Linda Lawrie with the latest postmark date of **Monday 2nd March 2009**.

National Grades Regional D, E, F & G, plus Recreational Novice:

Sunday 7th June 2009 at Harlington Sports Centre, Pinkwell Lane, Harlington, Middx UB3 1PB. Tel: 020-8569 3211. Entries must reach Linda Lawrie with the latest postmark date of **Monday 11th May 2009**.

National Grades Regional D, E, F & G, plus Recreational Novice:

Sunday 11th October 2009 at Harlington Sports Centre, Pinkwell Lane, Harlington, Middx UB3 1PB. Tel: 020-8569 3211. Entries must reach Linda Lawrie with the latest postmark date of **Monday 14th September 2009**.

Additional information for the above competitions

GROUPS: Recreational Novice: This competition will be open to anyone who has not competed at Regional G. Any voluntary is allowed but may only include one somersault of no more than 360° rotation. Groups will be mixed gender. No difficulty will be awarded. No finals.

The organisers reserve the right to merge any groups with less than 7 entrants in the Novice section. Groups would only be merged with an age group directly above or below their age group.

Regional D, E, F & G: As per National rules. Separate groups for boys and girls although the organisers reserve the right to combine boys and girls in the same age and category groups if numbers dictate (excluding Regional D which must have separate groups). Finals for the top eight in each group. For eligibility please refer to the National Competition Structure update which can be found at http://www.bg-coaches.org/downloads/general-competition/Regional_Handbook_Supplement.pdf

TARIFF LIMITS: See Set Routines.

TROPHIES: Trophies or medals will be awarded to the top three individuals and the top three teams (where applicable) in each group. Those receiving awards must be in club kit.

SET ROUTINES 1st January – 30th December 2009

Recreational Novice & Synchro Recreational Novice:

U9:
 Straddle
 Seat drop
 To feet
 Tuck
 ½ twist
 Pike
 Seat drop
 ½ twist to feet
 Tuck
 Full twist (0.4)

Recreational Novice & Synchro Recreational Novice:

U11 – 15+:
 Front drop
 To feet
 Straddle
 ½ twist
 Seat drop
 ½ twist to seat
 ½ twist to feet
 Tuck
 Pike
 Full twist (0.7)

Synchro Intermediate:

<u>All age groups</u>	OR
Full twist	Back S/S (T)
Straddle	Straddle
Seat drop	Seat drop
½ twist to seat	½ twist to seat
½ twist to feet	½ twist to feet
Pike	Pike
Back drop	Back drop
½ twist to feet	½ twist to feet
Tuck	Tuck
Front S/S (T) (1.2)	Full twist (1.2)

Performers are encouraged to use an arm set but no penalty for those not complying. For the individual competition, the voluntary routine may include a maximum of one somersault of 360° rotation. No difficulty will be awarded. For the synchro competition, see relevant section.

Performers are encouraged to use an arm set but no penalty for those not complying. Difficulty limit of 5.0

Regional G:

<i>Arm set</i>	OR	<i>Arm set</i>
Back S/S (T)		½ twist to front
Straddle		To feet
½ twist to seat		Straddle
½ twist to feet		Full twist
½ twist		Pike
Pike		Back drop
Full twist		½ twist to feet
Tuck		Tuck
¾ front S/S (SL)		½ twist
To feet (1.4)		Front S/S (T) (1.4)

The voluntary routine may include:
 1. A maximum of two body landings
 2. A maximum of three elements between 270° & 450° of somersault rotation
 No difficulty will be awarded

Regional F:

<i>Arm set</i>	OR	<i>Arm set</i>
Back S/S (T)		Barani (T)
Seat drop		½ twist
½ twist to feet		Straddle
Tuck		Back S/S (T)
Barani (T)		Full twist
Straddle		Tuck
Front drop		Back drop
To feet		½ twist to feet
Tuck		Pike
Front S/S (T) (1.9)		Back S/S (P) (2.3)

The voluntary routine may include:
 1. A maximum of five elements between 270° & 450° of somersault rotation
 Difficulty will be added

Regional E:

<i>Arm set</i>	OR	<i>Arm set</i>
Back S/S (S)		Barani (P)
Straddle		Straddle
Full twist		Back S/S (T)
Tuck		Barani (T)
Back S/S (T)		½ twist
Back S/S to seat (T)		Tuck
½ twist to feet		1½ twists
½ twist		Pike
Pike		¾ front S/S (S)
Barani (SL) (2.6)		To feet (2.5)

The voluntary routine may include:
 1. A maximum of seven somersaults between 270° & 450° of somersault rotation
 Difficulty will be added

Regional D:

10 different elements with:
 ● At least seven somersaults of at least 270° somersault rotation to include one of the following three elements:
 ○ One move of at least 270° of somersault rotation landing on front or back, followed by a move of at least 450° somersault rotation OR
 ○ A back somersault with 360° somersault rotation and a full twist OR
 ○ A front somersault with 360° somersault rotation and 1½ twists
 The voluntary routine is subject to a 6.5 difficulty limit

National C:

10 different elements with:
 ● At least nine somersaults of at least 270° somersault rotation to include:
 ● At least one somersault of at least 270° of somersault rotation landing on front or back, followed by a move of at least 450° somersault rotation
 ● AND one of the following:
 ○ A back somersault with 360° somersault rotation and a full twist OR
 ○ A front somersault with 360° somersault rotation and 1½ twists OR
 ○ A double somersault
 The voluntary routine is subject to an 8.4 difficulty limit

FIG B:

The routine consists of 10 different elements, only one skill allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

1. One element to front or back, followed by a move of at least 450° somersault rotation AND
2. One double front or back somersault with or without twist AND
3. One element with a minimum of 540° of twist

No restrictions on the voluntary routine

FIG A:

1. The routine consists of 10 different elements, each having a minimum of 270° somersault rotation.
2. Two elements, marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution score to give the total score for the first routine.
3. None of these two elements may be repeated in the voluntary routine.

No restrictions on the voluntary routine.

Qualification Scores for 2009

	Under 15	Over 15
Regional G to Regional F	45.0	45.0
Regional F to Regional E	47.5	47.5
Regional E to Regional D	49.5	49.5

Regional D to National C:

+1 point will be awarded for finishing in the top 20% of a group.

A total of +2 points are required in order to progress to National C

Arm Set

Regional G through Regional E require an arm set. An arm set is defines as:

‘Any action that causes the arms to be above the shoulders at maximum depression prior to the start of the routine’

The Chair of the panel will be responsible for determining whether the arm set was performed. Failure to perform the arm set will result in a deduction of 0.1 from each execution judge.

CLUB ENTRY DETAILS

Please print this page and send with the appropriate entry detail pages for Individual, Synchro or DMT

Competition – Trampoline (Individual)	Entries	@ £8	£
Competition – Trampoline (Synchro pairs)	Entries	@ £16	£
Competition - DMT	Entries	@ £8	£
Penalty payment (where applicable)			£
Total Due			£

Full payment must be submitted with this entry otherwise the entries may be rejected.

Please make cheques payable to 'London Trampolining'.

In order that the competitors listed on the entry form be eligible to compete in this event, the following requirements must be met.

Each Competitor MUST :

- i) Be at least an associate member of **British Gymnastics** and have paid the current year's appropriate membership fee.
- ii) Be eligible to compete at the relevant grade.
- iii) Have obtained an LGF competitor's licence.

The club MUST :-

- i) Be registered with **British Gymnastics**.
- ii) Have included **full** payment in respect of the entries.
- iii) Have provided the required number of **suitably qualified** and **experienced** officials.
- iv) Have obtained LGF official licences for all coaches and judges.

Please note: If you do not fill in the "official's" space the competition organiser has the right to refuse entries listed below that space. If any of the officials (or reserve officials) nominated do not turn up for the competition, the club must provide suitably qualified substitutes. Failure to do so will result in the club being fined £30 before their performers will be allowed to take part.

The team manager is responsible for the behaviour of his/her club members.
No responsibility will be accepted for loss or damage to property or persons.

British Gymnastics Photographers may be present at British Gymnastics events and British Gymnastics may publish images. By entering for the event, there is acceptance that the child/participant may be photographed. The Club / Coach are advised that they should inform the entrant, parent or guardian.

"When submitting entries for a British Gymnastics event the onus is on the club and coaches to ensure that the coaches attending to the participants are qualified to the level of the participants' performance". I can confirm that the above criteria have been adhered to.

Competition details will be emailed to clubs where possible.

Name

Signature

Position
in club

Date

Note:- This declaration must be signed for the entries to be accepted.

	First Name	Surname	BG Number	Date of Birth	M/F	Age Group	Team	Grade (Nov, G, F, E, D)		LGF licence number
J6	Name of qualified official (minimum Regional Judge)			BG Number	Judge Level		Preferred job / 2 nd choice			
21										
22										
23										
24										
25										
J7	Name of official (can be unqualified)			BG Number	Judge Level		Preferred job / 2 nd choice			
26										
27										
28										
29										
30										
J8	Name of qualified official			BG Number	Judge Level		Preferred job / 2 nd choice			
31										
32										
33										
34										
35										
36										
37										
38										
39										
40										
J9	Name of official (can be unqualified)			BG Number	Judge Level		Preferred job / 2 nd choice			
41										
42										
43										
44										
45										
46										
47										

Any additional entries should be written on a separate sheet with nominated officials as required (one per every 10, or part 10, competitors over 50, alternately qualified and unqualified)

British Gymnastics London Region DMT Competition Entry Form 2009

Competition		Grade		Venue		Date		
Club Name				Contact			Tel (home)	
Address							Tel (work)	
Postcode		E-mail				Mobile		
		Club BG No				Club Colours		
Name of Coach responsible for competitors at the event						Grade	BG Number of Coach	

	First Name	Surname	BG Number	Date of Birth	M/F	Age Group	Team	Grade (Nov, Int, Adv)		LGF licence number
1										
2										
J1	Name of qualified official			BG Number	Judge Level		Preferred job / 2 nd choice			
3										
4										
5										
J2	Name of official (can be unqualified)			BG Number	Judge Level		Preferred job / 2 nd choice			
6										
7										
8										
9										
J3	Name of official (must be qualified if 2 nd official is unqualified)			BG Number	Judge Level		Preferred job / 2 nd choice			
10										
11										
12										
13										
14										
J4	Name of official (can be unqualified)			BG Number	Judge Level		Preferred job / 2 nd choice			
15										
16										
17										
18										
19										
20										
J5	Name of official (must be qualified if 4 th official is unqualified)			BG Number	Judge Level		Preferred job / 2 nd choice			

	First Name	Surname	BG Number	Date of Birth	M/F	Age Group	Team	Grade (Nov, Int, Adv)		LGF licence number
21										
22										
23										
24										
25										
26										
27										
28										
29										
30										
J6	Name of official (can be unqualified)			BG Number		Judge Level		Preferred job / 2 nd choice		
31										
32										
33										
34										
35										
36										
37										
38										
39										
40										
J7	Name of official (can be unqualified)			BG Number		Judge Level		Preferred job / 2 nd choice		
41										
42										
43										
44										
45										
46										
47										
48										
49										

Any additional entries should be written on a separate sheet with nominated officials as required (one per every 10, or part 10, competitors over 50, alternately qualified and unqualified)

	First Name	Surname	BG Number	Date of Birth	M/F	Age Group	Grade (Nov, Int, Adv)		Club	LGF licence number
11										
12										
J5	Name of official (can be unqualified)			BG Number	Judge Level		Preferred job / 2 nd choice			
13										
14										
15										
16										
J6	Name of <u>qualified</u> official (minimum Regional Judge)			BG Number	Judge Level		Preferred job / 2 nd choice			
17										
18										
19										
20										
J7	Name of official (can be unqualified)			BG Number	Judge Level		Preferred job / 2 nd choice			
21										
22										
23										

Any additional entries should be written on a separate sheet with nominated officials as required (one per every 4, or part 4, pairs over 24, alternate qualified & unqualified)

Appendix 1

British Gymnastics Conditions for Photography at Gymnastic Events by persons other than BG accredited media and commercial photographers (Full form)

In the interests of protecting the welfare of children participating in gymnastics, photography (of any kind using any form of equipment) at any Gymnastic competition, display or other event run by British Gymnastics or by organisations registered with or affiliated to British Gymnastics is permitted only on the following conditions. The child protection concerns which give rise to a need for regulation on this subject are discussed within the British Gymnastics Child Protection Policy.

It is a condition of entry to the venue at which the event is being held that you agree to these conditions. If you are unwilling or unable to agree and comply with these conditions you should not bring any form of camera into the venue at which the event is being held or make any use of any photographic equipment while in any part of the venue.

1. **Photography includes any form of recording a visual image** – still or moving regardless of the type of equipment used and includes the use of video, mobile phones, web-cams or digital imaging. Photo and image mean any form of visual image however recorded.
2. **The Competition Organiser may at any time in his or her absolute discretion, direct that photos shall not be taken** – either generally or by any particular person, at any particular time, of any particular kind, from or of any particular part of the venue, of any particular subject or using any particular equipment.
3. The Competition Organiser may require any person taking photos, or who he believes has been taking photos, to provide their full name and address and to provide evidence of their identity and address.
4. The Competition Organiser may at any time either during or after the event
 - a. require any person to allow and enable the Competition Organiser to view any images recorded; and
 - b. direct that any image which has been recorded shall be permanently deleted.
5. Where images cannot be viewed or deleted (due to being recorded on traditional film or for other reasons including a refusal to permit the images to be viewed or deleted) the Competition Organiser may require that the media or equipment on which the images have been recorded shall be given to the Competition Organiser. Media or Equipment taken by the Competition Organiser in these circumstances may be retained by the Competition Organiser after the event for a period of up to one week to allow the images to be examined and deleted. The cost of collection of the equipment from the Competition Organiser is the responsibility of the person from whom the equipment or media was taken.
6. **Images shall only be taken and used in accordance with the British Gymnastics policies on the “Use of Photographs or Recorded Images”, “Use of Video, Film or Photography at Events” and “Use of Video as an aid to Coaching”** contained in paragraphs 3.4 to 3.6 of the British Gymnastics’ Child Protection Policy as revised in May 2008.
7. **Images recorded shall be used only for personal purposes** and shall not be used, distributed or copied for any commercial purposes other than inclusion, with the permission of the gymnast, on websites or literature of BG registered clubs
8. **Flash or any other form of supplementary lighting shall not be used at any time while gymnasts are warming up or competing.** Photographers are responsible for ensuring that any automatic flash is disabled each time their equipment is turned on. If a flash facility cannot be disabled the equipment must not be used.
9. Where the Competition Organiser believes that a person taking or assisting in the taking of photos is in breach of these conditions he or she may require that person to leave the venue.
10. References in these conditions to the Competition Organiser are to the person appointed to perform this role by the organisation arranging the event and include any person acting under his or her authority. If no one has been expressly identified as such, references to the Competition Organiser are to the person at the venue controlling or coordinating the running of the event on the day.