

BRITISH GYMNASTICS, LONDON REGION
TRAMPOLINE & DMT COMPETITION SCHEME
1st January 2010 – 31st December 2010

INTRODUCTION

The following pages detail competitions for 2010. 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.

Venues

Once again it has proven extremely difficult to get venues for 2010 so all events will take place at Harlington. Please talk to me if you would like to host a competition next season.

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 and Assessments E, F & G competitors. Grades below Assessment G are optional and we have chosen not to hold these. Instead, we will be offering a Recreational Novice section alongside the Grades. See relevant section for details

Licences

It is a requirement for ALL judges and coaches to have an LGF licence although there is no cost for 2010. It is no longer a requirement for competitors to have a licence. 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 under the direction of the BGSA. The Regional Schools competition is on 4th or 5th December 2010 – venue to be arranged. Anyone wanting details for this should contact Catherine Bates on catherine.bates@catleaps.co.uk

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.

11th January 2010

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, Assessments 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. £8.50 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.
5. **Please send ONE cheque to cover the entire entry (unless provisional entries have been agreed) and not individual cheques for each competitor.**

AFFILIATION:

1. Clubs and competitors must be affiliated to British Gymnastics and the London Gymnastics Federation. Competitive (regional D and above), Recreational (Assessment E and below) and Club/County/Regional/Zonal Judge memberships are due on 1st October. Full membership is due on 1st January. Club affiliations are due on 1st October.
2. 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 can be found at http://www.londongym.org.uk/downloads/documents/D3M2AK7JAD_2010_coach_licence_form.pdf
3. Checks are made on all affiliations.
4. 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.
5. Coaches found not to be affiliated or licensed will not be allowed on the competition floor.
6. 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 London Region competitions in 2010, use these tables to work out the age groups of your competitors:
2. London Recreational Novice:

Age group:	15+	U15	U13	U11	U9
Year of birth:	1995 or earlier	96, 97	98, 99	00, 01	02, 03, 04
3. London Synchro Advanced and London DMT Intermediate & Advanced:

Age group:	15+	U15
Year of birth:	1995 or earlier	1996, 97, 98, 99, 00, 01
4. London Synchro Novice & Intermediate and London DMT Novice:

Age group:	15+	U15
Year of birth:	1995 or earlier	1996, 97, 98, 99, 00, 01, 02, 03, 04
5. Assessment E, F & G.:

Age group:	15+	U15
Year of birth:	1995 or earlier	1996, 97, 98, 99, 00, 01, 02, 03, 04
6. Regional D:

Age group:	15+	U15
Year of birth:	1995 or earlier	1996, 97, 98, 99, 00, 01
7. London Closed & June Cup:

Age group:	Men's/Ladies
Year of birth:	2001 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 except for synchro pairs where one of the pair may be substituted with a member from 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. Coaches signing in competitors for DMT must have the relevant DMT Coach award.
3. 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.
4. 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.
5. 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.
6. 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 will 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.
4. Finals will be an accumulative score except where stated.

COMPETITION ATTIRE:

1. REGIONAL rulings for trampoline for 2010 are:

London Region Recreational Novice:

Females: Leotard with or without sleeves (must be skin tight)

Long tights may be worn either flesh colour or the same colour as the leotard (must be skin tight)

A full length one piece leotard may be worn (must be skin tight)

OR

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

In all cases above, white trampoline shoes and/or plain white foot covering must be worn

For reasons of safety:

Covering the face or head is not allowed

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, Assessment E, Assessment F, Assessment G:

Females: Leotard with or without sleeves (must be skin tight)

Long tights may be worn either flesh colour or the same colour as the leotard (must be skin tight)

A full length one piece leotard may be worn (must be skin tight)

For levels D and below gymnasts may wear small skin tight shorts in a colour and style matching the leotard

In all cases above, white trampoline shoes and/or plain white foot covering must be worn

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

For reasons of safety:

Covering the face or head 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, Assessment E, Assessment F & Assessment G above.

Males: Partners must wear matching clothing as per FIG A, FIG B, National C, Regional D, Assessment E, Assessment F & Assessment 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, Assessment E, Assessment F, Assessment 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 (must be skin tight)

Long tights may be worn (must be skin tight)

A full length one piece leotard may be worn (must be skin tight)

For Regional Novices & Regional Intermediate, gymnasts may wear small skin tight shorts in a colour and style matching the leotard

In all cases above, white DMT shoes and/or plain white foot covering must be worn

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

For reasons of safety:

Covering the face or head is not allowed

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

6. DMT Team Members - FIG A, FIG B, National C, Regional Advanced, Regional Intermediate, Regional Novices, – Male and Female:

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

For the London Region competitions ONLY, mixed teams (males/females) 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:

1. THE JUNE CUP: This event is being offered to enable those qualified for the British Championships to have an extra competition if desired. It is NOT the Regional Championships (this is held in November) and the event is offered to all levels of competitor. Those taking part do NOT have to be qualified for the British Championships but MUST meet the eligibility requirements below.

Saturday 5th June 2010 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 10th May 2010**. **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 10am but may change depending on numbers.

2. REGIONAL CHAMPIONSHIPS: Sunday 7th November 2010 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 October 2010**. **This event will run alongside the London DMT but please submit entries on two different entry forms.**

BOTH EVENTS:

ELIGIBILITY & GROUPS:

Recreational Novice – only those who cannot somersault may enter this section. **Anyone who has entered Assessment G (or is entering Assessment G the following day at the June Cup) is ineligible for this group.**

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

Advanced - anyone competing at National C, FIG B or FIG A. **Anyone who has competed in the Men's/Ladies groups at the June Cup or London Closed must enter at this level. For the June Cup, anyone entering the Men's/ladies section the following day must enter at this level. Anyone who was competing at National C before the June Cup but has since been relegated to Regional D must still enter the November synchro at Advanced if they entered at this level in the June synchro.**

Anyone not competing on the National circuit should 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.

Anyone who has entered the June synchro competition cannot compete at a lower level in the November synchro.

The organisers reserve the right to merge any groups with less than 5 entrants in any section. Groups would only be merged with the age group directly above or below their age group.

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: £17.00 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.

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 'Set Routines' for details)	See above
Intermediate	U15, 15+	Any combination of Regional D, Assessments E, F & G	Synchro Intermediate (see 'Set Routines' for details)	5.0
Advanced	U15, 15+	Any combination of National C, FIG B & FIG A	Regional D set. (see 'Set Routines' for details)	No limit

LONDON DMT:

1. THE JUNE CUP: This event is being offered to enable those qualified for the British Championships to have an extra competition if desired. It is NOT the Regional Championships (this is held in November) and the event is offered to all levels of National competitor. Those taking part do NOT have to be qualified for the British Championships but MUST meet the eligibility requirements below.

Saturday 5th June 2010 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 10th May 2010**. **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 10am but may change depending on numbers.

2. REGIONAL CHAMPIONSHIPS: Sunday 7th November 2010 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 October 2010**. **This event will run alongside the London Synchro but please submit entries on two different entry forms.**

BOTH EVENTS:

GROUPS & AGES:

Novice – open to those who have not competed at National C DMT or above during 2010. Anyone who can fulfil the criteria for the Intermediate group must compete in that group regardless of their status. Anyone entering the Novice group who demonstrates the skill criteria for the Intermediate group will be disqualified.

Intermediate – This is the minimum entry level for those who have ended the 2010 Gala season at National C. Anyone who can fulfil the criteria for the Advanced group must compete in that group regardless of their status. Anyone entering the Intermediate group who demonstrates the skill criteria for the Advanced group will be disqualified.

Advanced – This is the minimum entry level for those who have ended the 2010 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. **Anyone who has entered the June DMT competition cannot compete at a lower level in the November DMT.**

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. Scores will be accumulative for Novices and zeroed for Intermediate and Advanced groups for the finals. **In the event of there being eight or less competitors on the start list, finals will be accumulative.**

The organisers reserve the right to merge any groups with less than 5 entrants in the any section. Groups would only be merged with the age group directly above or below their age 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 must enter the Intermediate section. 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.

ENTRY FEE: £8.50 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.

JUNE CUP: This event is being offered alongside the June Grades to enable those qualified for the British Championships to have an extra competition if desired. It is NOT the Regional Championships (this is held in October). Those taking part do NOT have to be qualified for the British Championships but MUST meet the eligibility requirements below.

Sunday 6th June 2010 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 10th May 2010**. Clubs 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 2010 plus any Regional D competitor who is eligible to compete at National C. 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 2010 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: £8.50 per individual - this includes all team entries.

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 the 1st routine in accordance with their current National age group status (National C, FIG B or FIG A). Any Regional D performers qualified for National C who are entering this event must perform the 1st routine as per National C Those using the FIG A routine for their set are expected to perform a routine with approximately the same tariff that they did at their most recent National Gala event this year but will not be awarded tariff for two skills Ladies and Men will compete separately. 1st routine must be declared before competing. Finals for the top eight in each group. Scores will be zeroed for the finals.

LONDON CLOSED (Regional Championships):

Sunday 10th October 2010 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 13th September 2010**. Clubs 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 2010 plus any Regional D competitor who is eligible to compete at National C. 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 2010 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: £8.50 per individual - this includes all team entries.

TEAMS: The team event will take place over the first two rounds of competition ONLY.

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 the 1st routine in accordance with their current National age group status (National C, FIG B or FIG A). Any Regional D performers qualified for National C who are entering this event must perform the 1st routine as per National C 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. 1st routine must be declared before competing. Finals for the top eight in each group. Scores will be zeroed for the finals. **In the event of there being eight or less competitors on the start list, finals will be accumulative.**

NATIONAL EVENTS WITHIN THE LONDON REGION

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

Sunday 10th January 2010 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 December 2009**.

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

Sunday 21st March 2010 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 22nd February 2010**.

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

Sunday 6th June 2010 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 10th May 2010**.

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

Sunday 10th October 2010 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 13th September 2010**.

Additional information for the above competitions

GROUPS: Recreational Novice: This competition will be open to anyone who has not competed at Assessment 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, Assessments 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.

RETURNING TO COMPETITION:

These rules apply only to competitors who have not competed for at least a full competition season, i.e. did not compete at all in the previous year.

Anyone who did not compete in 2009 and last competed at **Grade 3 or above** must apply to tramp.return@british-gymnastics.org prior to the competition closing date in order to confirm their starting Level. If anyone competes without this confirmation their placing and any qualification(s) **will be void**. All applications should contain the performers BG number and date of birth and as much information as possible to help achieve the correct placement e.g. last competition, grade, National finals/championships position, international results etc.

Anyone who last competed at **Grade 4 or below** should contact their Regional Competitions Secretary prior to the competition closing date in order to confirm their starting Level, Assessment E, F or G. If anyone competes without this confirmation their placing and any qualification(s) **will be void**. Please supply the Scores Coordinator your BG number and date of birth prior to the competition or your qualification will not be registered.

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.

Qualification Scores for 2010

	Under 15	Over 15
Assessment G to Assessment F	45.0	45.0
Assessment G to Assessment E (Leapfrog)	48.5	48.5
Assessment F to Assessment E	47.5	47.5
Assessment F to Regional D (Leapfrog)	50.5	50.5
Assessment E to Regional D	49.5	49.5
Regional D to National C	49.0 PLUS EITHER top 20% OR 51.0	49.0 PLUS EITHER top 20% OR 51.0

SET ROUTINES 1st January – 30th December 2010

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

Assessment 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

Assessment 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

Assessment 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 an element 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
Please asterisk this one element or combination
The voluntary routine is subject to a 6.5 difficulty limit

The maximum amount of somersault rotation in any element permitted at Assessments up to and including Assessment E is 450°

National C:

10 different elements with at least nine somersaults of at least 270° somersault rotation to include:

1. 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
2. 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

Please asterisk the combination which fulfils item 1 and the element that fulfils Item 2

The voluntary routine is subject to an 8.4 difficulty limit

FIG B:

The routine consists of 10 different elements, only one element allowed with less than 270° somersault rotation. 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

Please asterisk the combination which fulfils item 1 and the elements that fulfils Items 2 and 3

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 but if either of the two asterisked moves from the compulsory are repeated in the second (voluntary) routine, they will not be awarded difficulty in that routine.

Arm Set

Assessment G through Assessment E requires 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.

This is for the Set Routine ONLY. It does not apply to Regional Novices, Regional Synchro or Regional DMT.

CLUB ENTRY DETAILS

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

Competition – Trampoline (Individual)	Entries	@ £8.50	£
Competition – Trampoline (Synchro pairs)	Entries	@ £17.00	£
Competition - DMT	Entries	@ £8.50	£
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.

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 Assessment 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)
J6	Name of <u>qualified</u> official (minimum Regional Judge)			BG Number	LGF licence number		Judge Level	Preferred job / 2 nd choice
21								
22								
23								
24								
25								
J7	Name of official (can be unqualified)			BG Number	LGF licence number		Judge Level	Preferred job / 2 nd choice
26								
27								
28								
29								
30								
J8	Name of <u>qualified</u> official			BG Number	LGF licence 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	LGF licence 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 2010

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	Coach LGF Licence No		Coach BG Number	

	First Name	Surname	BG Number	Date of Birth	M/F	Age Group	Team	Grade (Nov, Int, Adv)
1								
2								
J1	Name of qualified official		BG Number	LGF licence number	Judge Level		Preferred job / 2 nd choice	
3								
4								
5								
J2	Name of official (can be unqualified)		BG Number	LGF licence 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	LGF licence number	Judge Level		Preferred job / 2 nd choice	
10								
11								
12								
13								
14								
J4	Name of official (can be unqualified)		BG Number	LGF licence 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	LGF licence 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)
21								
22								
23								
24								
25								
26								
27								
28								
29								
30								
J6	Name of official (can be unqualified)		BG Number	LGF licence 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	LGF licence 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 (if different)
11								
12								
J5	Name of official (can be unqualified)			BG Number	LGF licence number	Judge Level	Preferred job / 2 nd choice	
13								
14								
15								
16								
J6	Name of <u>qualified</u> official (minimum Regional Judge)			BG Number	LGF licence number	Judge Level	Preferred job / 2 nd choice	
17								
18								
19								
20								
J7	Name of official (can be unqualified)			BG Number	LGF licence 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.