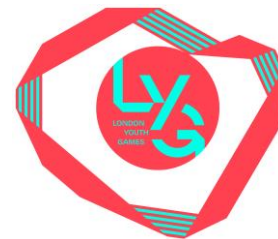


# TRAMPOLINING

## Girls



### Document Version: 4

<b>Closing Date:</b>	Wednesday 13 <sup>th</sup> April 2022	<b>i</b> This date is when the Team Manager needs to enter a team on the LYG app for inclusion in the competition.
<b>Competition Information Date:</b>	Friday 15 <sup>th</sup> April 2022	<b>i</b> This date is when London Youth Games will send Team Managers the Competition Day Information.
<b>Confirm Squad Date:</b>	Wednesday 27 <sup>th</sup> April 2022	<b>i</b> This date is when the squad details need to be entered on the entry management system Playwaze.

## COMPETITION DATES AND INFORMATION

<b>Date:</b>	Sunday 15 <sup>th</sup> May 2022
<b>Venue:</b>	Chessington Sports Centre, KT9 2JS
<b>Registration:</b>	08:30 – 09:30
<b>Competition:</b>	10:00 – 17:30 (Approx.)

## TEAM INFORMATION

<b>Competition Type:</b>	Secondary Open
<b>Any licence, minimum grade or standard required?</b>	All competitors and coaches must have the appropriate level of British Gymnastics membership to compete in this competition.  Aspire athletes - <a href="#">Bronze membership (£19)</a> Higher athletes - <a href="#">Silver membership (£43)</a> Lead Coach (Level 2+) - <a href="#">Gold membership (£78)</a> Assistant Coach (Level 1) – <a href="#">Silver membership (£43)</a>

British Gymnastics membership numbers will be checked for all athletes, coaches and officials. Should anyone be found to not have British Gymnastics membership they will be excluded from the competition.

# TRAMPOLINING

## Girls



### Aspire Level

- This is a grassroots event
- Athletes must not compete/previously competed at British Gymnastics Challenge Cup level, **NDP level** or higher
- Athletes require British Gymnastics Bronze membership (£19)

### Higher Level

- Athletes should **compete/or previously competed** in British Gymnastics Challenge Cup, **NDP level** or Spring Cup or equivalent levels.
- Athletes require British Gymnastics Silver membership (£43)

---

## SQUAD NOMINATIONS

**i** This is the squad you originally nominate

**Minimum: 1 Aspire or 1 Higher**

**Maximum: 3 Aspire and 3 Higher**

**(1 minimum - 6 maximum, per gender)**

**Alternates\*: 1 Aspire and 1 Higher**

\*Non-travelling non-competing reserve. This athlete will only be required to attend and compete if one of the named competing athletes has to withdraw from the event.

## TEAM ON THE DAY

**i** This is the team you bring to the competition

**Minimum: 1 Aspire or 1 Higher**

**Maximum: 3 Aspire and 3 Higher**

**(1 minimum - 6 maximum, per gender)**

# TRAMPOLINING

## Girls



### AGE GROUPS

Event	Oldest DOB	Youngest DOB	Likely School Year
Gymnastics Trampoline (Girls)	01/09/2004	15/05/2015	Year 12 & U

### COMPETITION INFORMATION

**Competition Format:** Each athlete competes a compulsory exercise and a voluntary exercise. Competition class routine requirements are found below in Sport Specific Rules below

**Final Positions:**

Individual Positions:

- Compulsory exercise score + voluntary exercise score

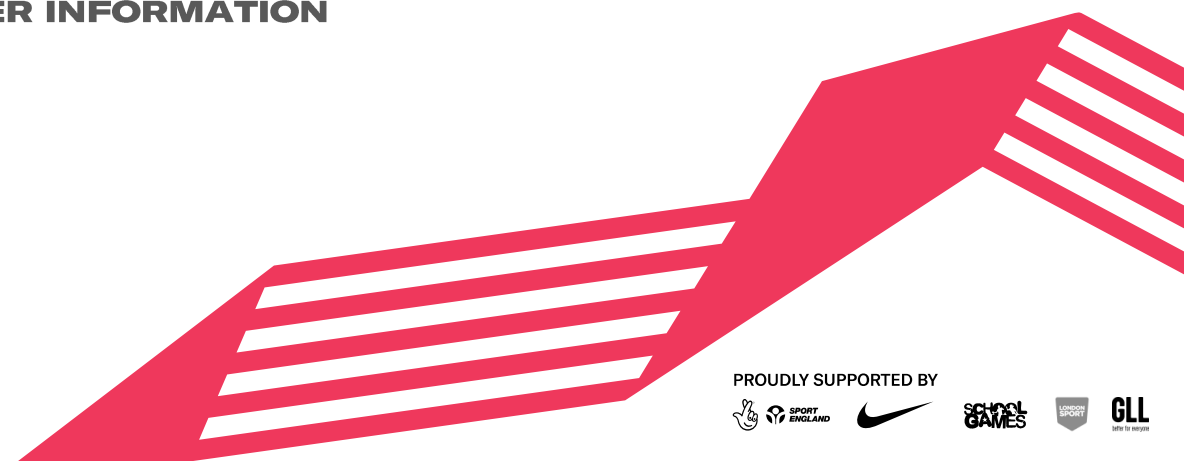
Overall Team Positions:

- The top 2 highest scores of each competition class will be combined to determine the overall borough total. This will be calculated as follows:
  - 3 athletes = highest 2 compulsory exercise scores + 2 voluntary exercise scores
  - 2 athletes = 2 compulsory exercise scores + 2 voluntary exercise scores
  - 1 athlete = 1 compulsory exercise score + 1 voluntary exercise score + the scores of the final position for compulsory and voluntary exercise
- The total score of each competition class will be added together to give an overall borough score (Aspire Men + Aspire Women + Higher Men + Higher Women). **NB: Only one borough score will be awarded for this competition.**

**Medals:**

- Individual = GOLD: winner, SILVER: runners-up, BRONZE: 3<sup>rd</sup> place.
- Overall Borough Team medals awarded = GOLD: winner, SILVER: runners-up, BRONZE: 3<sup>rd</sup> place.
- Medals will not be awarded for gender or competition class teams.

### TEAM MANAGER INFORMATION



# TRAMPOLINING

## Girls



Kit & Equipment: The event will adopt the [British Gymnastics Clothing Attire At Events Policy](#). Please read this document in full. As a general guide, the following uniform is recommended.

- Compulsory dress:
  - Leotard or unitard may be worn with or without sleeves (must be skin tight).
    - **This does not need to match other athletes in your team**
  - Socks or gymnastics shoes
  - Long hair should be tied back
- Optional dress:
  - Long tights, leggings or gymnastics shorts may be worn
  - Suitable head covering (gymnasts may wear alternative competition attire in accordance with their particular faith, belief or religion (including head coverings) with the proviso that the Lead Coach or Coach has assessed the risk associated with this and has taken any suitable mitigating action(s), where applicable, to ensure the highest standards of safety are upheld. The element of risk should be explained to the gymnast and parent/guardian and every attempt to control the risk should be adopted. Further safety information can be found in the [British Gymnastics Health & Safety Guidance: Safe Coaching](#).

Team Manager  
Notes

- Officials: Each team must provide ONE British Gymnastics qualified judge. Judges may be used in any capacity and must be available all day. It is not permissible for one judge to officiate for more than one borough. [Trampoline judge courses](#) are provided by British Gymnastics.
- If a borough does not nominate a suitably qualified judge at the time of online entry, they will be invoiced by London Gymnastics £100 to cover the costs of a replacement judge. In the event of a borough arriving at the competition without their nominated judge or a suitably qualified replacement, the organisers reserve the right to withdraw the borough from the competition.
- Trampoline beds will be Eurotramp 4x4mm and/or Rebound Product string beds. It is the Team Managers responsibility to ensure your athletes are familiar with this equipment.
- Incorrect information provided during nomination can disqualify the team.

---

## SPORT SPECIFIC RULES

Aspire:

1. Each team must be accompanied throughout the competition by at least ONE coach who must hold a minimum of British Gymnastics Gold membership and must be qualified to the level of skills being performed by their athletes. A team will not be allowed to warm up or compete unless an adequately

# TRAMPOLINING

## Girls



qualified coach has signed in and is present in the competition arena.

- Teams arriving after the competition starts will be deducted two points unless previous notification has been given to the Competition Director. The decisions of the Competition Director are final.

### Code of Points

- The competition will use the [BG/FIG 2022-24 Code of Points](#)

### Compulsory exercise

- Aspire athletes must compete the below novice level routine
- Athletes will receive scores in execution, horizontal displacement and time of flight

LG Novice	
1.	Straddle jump
2.	Seat landing
3.	To feet
4.	Tuck jump
5.	Half twist jump
6.	Pike jump
7.	Seat landing
8.	Half twist to feet
9.	Tuck jump
10.	Full twist

### Voluntary exercise

- Aspire athletes must compete one of the below prescribed routines
- Athletes will receive scores in execution, horizontal displacement, time of flight and difficulty

LG Novice	BG Club 1	BG Club 2	BG Club 3
1. Straddle jump	1. Front landing	1. Half twist to front landing	1. Full twist jump
2. Seat landing	2. To feet	2. To feet	2. Straddle jump
3. To feet	3. Straddle jump	3. Straddle jump	3. Seat landing
4. Tuck jump	4. Seat landing	4. Seat landing	4. Half twist to seat landing
5. Half twist jump	5. To feet	5. Half twist to seat landing	5. Half twist to feet
6. Pike jump	6. Half twist jump	6. Half twist to feet	6. Pike jump
7. Seat landing	7. Tuck jump	7. Tuck jump	7. Back landing
8. Half twist to feet	8. Pike jump		8. Half twist to feet
9. Tuck jump	9. Back landing		

# TRAMPOLINING

## Girls



10. Full twist 0.40 difficulty score	10. To feet 0.50 difficulty score	8. Pike jump 9. Back landing 10. Half twist to feet 0.80 difficulty score	9. Tuck jump 10. Front s/s (T) 1.20 difficulty score
---	--------------------------------------	--	--

### Higher:

1. Each team must be accompanied throughout the competition by at least ONE coach who must hold a minimum of British Gymnastics Gold membership and must be qualified to the level of skills being performed by their athletes. A team will not be allowed to warm up or compete unless an adequately qualified coach has signed in and is present in the competition arena.
2. Teams arriving after the competition starts will be deducted two points unless previous notification has been given to the Competition Director. The decisions of the Competition Director are final.

### Code of Points

- The competition will use the [BG/FIG 2022-24 Code of Points](#)

### Compulsory exercise

- Athletes must compete the below routine
- Athletes will receive scores in execution, horizontal displacement and time of flight

BG Challenge Cup Level 1	
1.	Back s/s (T)
2.	Straddle jump
3.	Seat landing
4.	Half twist to feet
5.	Half twist jump
6.	Pike jump
7.	Back landing
8.	Half twist to feet
9.	Tuck jump
10.	Front s/s (P)

### Voluntary exercise

- Athletes will receive scores in execution, horizontal displacement, time of flight and difficulty
- There are no prescribed voluntary routines for Higher athletes

# TRAMPOLINING

## Girls



- Higher athletes must compete a voluntary exercise that complies with the following requirements
  - Minimum degree of difficulty: 1.6
  - Degree of difficulty per element is capped at 1.1
  - Failure to meet minimum degree of difficulty:
    - 2.0 penalty per complete (10 element) exercise