

LYG Trampolining 2023

Entry Information & Rules



Event Overview

Date: Sunday 26 February 2023

Venue: Chessington Sports Centre, KT9 2JS

Contact: info@londonyouthgames.org

Entry Information

Squad Entry Deadline: 27/01/2023

Squad Nomination Size: Each borough is permitted to have 3 competitors per competition class, per gender + 2 listed reserves. This provides each borough with a maximum of 26 competitors.

Squad on the Day: Each borough is permitted to have 3 competitors per competition class, per gender. This provides each borough with a maximum of 24 competitors.

Competitions: Aspire Girls, Aspire Boys, Higher Girls, Higher Boys, Para Category 1 Girls, Para Category 1 Boys, Para Category 2 Girls, Para Category 2 Boys (competing separately)

Eligibility Criteria:

- **Aspire Tier:**
 - Competitors must not compete/previously competed at British Gymnastics Challenge Cup level, NDP level, or higher
 - Must hold a minimum of [British Gymnastics Bronze membership \(£20\)](#) for insurance purposes.
- **Higher Tier:**
 - Competitors should compete/or previously competed in British Gymnastics Challenge Cup level, NDP level or Spring Cup or equivalent levels.
 - Must hold a minimum of [British Gymnastics Silver membership \(£42\)](#) for insurance purposes.
- **Para Category:**
 - The competition is open to young people who fall under one or more of the disability profiles outlined in the Disability Gymnastics Classification form: <https://www.british-gymnastics.org/technical-information/discipline-updates/disabilities/9317-disability-classification-pack-1/file>

LYG Trampoline 2023

Entry Information & Rules



Age Categories

Age Category	Oldest DOB	Youngest DOB
U17	01/09/2005	26/02/2016

Alternates: Each borough is permitted TWO reserves for the entire squad. Due to checks prior to the competition, details for this reserve must be listed during squad submission. Additional/late entries will not be accepted.

Full Rules & Regulations

TRA 1 The London Youth Games Trampoline Competition will be run in accordance with [British Gymnastics](#) rules.

TRA 1.1 Should any rules listed below contradict those outlined by British Gymnastics, these rules will supersede those.

TRA 1.2 It will be at the sole discretion of the Competition Director as to the application of these rules, and any subsequent decision made as a result will be final.

TRA 2 Age Category

TRA 2.1 The following age groups and respective minimum/maximum date of births will apply to the London Youth Games Trampoline Competition;

Age Category	Oldest DOB	Youngest DOB
U17	01/09/2005	26/02/2016

TRA 2.1. Competitors are not permitted to enter this competition if they are ineligible. No exceptions will be made.

TRA 2.2 It is the responsibility of competitors/parents/team managers/local authority staff to ensure all competitors details are entered correctly at the time of submission, and that they are eligible to compete for their borough under the [London Youth Games Games Rules](#), and in accordance with the age groups and membership criteria outlined for the competition.

TRA 2.2.1 In the instance a competitor is found to be ineligible, they will be disqualified from the competition entirely, and the borough will receive a points penalty as per the Games Rules.

TRA 3 Squad Size Boroughs are permitted to enter a maximum of 3 competitors per competition tier and gender i.e. 3 competitors in Aspire Girls, 3 competitors in Aspire Boys, 3 competitors in Higher Girls, 3 competitors in Higher Boys, 3 competitors in Para Category 1 Girls, 3 competitors in Para Category 1 Boys, 3 competitors in Para Category 2 Girls and 3 competitors in Para Category 2 Boys.

TRA 3.1 Boroughs are permitted to bring all 3 competitors entered in each competition tier and gender to the event on the day.



LYG Trampolining 2023

Entry Information & Rules

TRA 3.2 If boroughs have more than 6 Para competitors, please contact London Youth Games to see if they can be accommodated.

TRA 4 Para Category

TRA 4.1.1 Competitors participating in the Para Category will compete the assigned aspire tier routines outlined below in TRA 5.1.1 & TRA 5.1.2

TRA 4.1.3 The Para Category will be non-scoring.

TRA 4.1.4 Verbal or visual assistance by a coach is permitted during the competition routine and will not result in any penalty points.

TRA 4.1.5 Some participants may present with a medical condition that in some cases may be linked to disability and will either need to seek medical advice through their GP prior to participation or should not participate in trampolining. This includes, but is not limited to;

- Detaching Retina
- Confirmed Atlanto Axial Instability (common in those with Down's Syndrome)
- Rodded back
- Brittle bones
- Dwarfism

Please refer to the [British Gymnastics - Health, Safety & Welfare Guidance](#) if you have any concerns around participation in this event.

TRA 4.1.6 Competitors will be split in to two categories based disability profiles identified in the [Gymnastics Classification form](#)

- Category 1: Learning disability profiles 39-42a
- Category 2: Physical and sensory profiles 1-38 and 42b

TRA 4.1.6.1 LYG reserve the right to combine Para categories due to low numbers however medals will be awarded separately as per the competition classes outlined.

TRA 5 Competition Tiers Competitors must compete a compulsory exercise and a voluntary exercise as per the competition tier routine requirements outlined below;

TRA 5.1 Aspire Tier & Para Category:

TRA 5.1.1 Competitors competing in the Aspire Tier & Para Category must compete the below compulsory exercise for which they will receive scores in execution, horizontal displacement and time of flight:

1. Straddle jump
2. Seat landing
3. To feet
4. Tuck jump
5. Half twist jump
6. Pike jump



LYG Trampolining 2023

Entry Information & Rules

7. Seat landing
8. Half twist to feet
9. Tuck jump
10. Full twist

TRA 5.1.2 Aspire & Para Category athletes must compete one of the below voluntary exercise routines for which they 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. Pike jump	8. Half twist to feet
9. Tuck jump	9. Back landing	9. Back landing	9. Tuck jump
10. Full twist	10. To feet	10. Half twist to feet	10. Front s/s (T)
0.40 difficulty score	0.50 difficulty score	0.80 difficulty score	1.20 difficulty score

TRA 5.1.3 The competition will use the [BG/FIG 2022-24 Code of Points](#)

5.2 Higher Tier

TRA 5.2.1 Competitors completing in the Higher Tier must compete the below compulsory exercise for which they will receive scores in execution, horizontal displacement and time of flight:

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)

TRA 5.2.2 Athletes will receive scores in execution, horizontal displacement, time of flight and difficulty. There are no prescribed voluntary routines for Higher athletes however they must meet the following criteria:

- Minimum degree of difficulty: 1.6.
 - If a competitor fails to meet the minimum degree of difficulty then they will receive a 2.0 penalty per complete (10 element) exercise.
- Degree of difficulty per element is capped at 1.1

LYG Trampolining 2023

Entry Information & Rules



TRA 6 Clothing & Equipment

TRA 6.1 Clothing Attire The event will adopt the [British Gymnastics Clothing Attire At Events Policy](#).

6.1.1 Boys compulsory dress is as follows:

- Sleeveless or short sleeved leotard*
- Gymnastics shorts or gym trousers in a single colour*
**This does not need to match other athletes in your team*
- Socks or gymnastics shoes
- Long hair should be tied back

6.1.2 Girls compulsory dress is as follows:

- 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](#).

TRA 6.2 Equipment 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.

TRA 7 Memberships Each competitor and coach must hold a valid British Gymnastics Membership to compete in this competition.

TRA 7.1 Membership numbers will be collected at squad nomination and validated by British Gymnastics prior to the competition.

TRA 7.1.1 It is the responsibility of competitors/parents/team managers/local authority staff to ensure all competitor and coach details are entered on time and correctly at submission. It will be at the discretion of LYG to withdraw competitors if valid memberships are not provided.



LYG Trampolining 2023

Entry Information & Rules

TRA 7.2 Each team must be accompanied throughout the competition by at least one lead coach who must hold a minimum of [British Gymnastics Gold Membership](#) and must be qualified to the level of skills being performed by their competitors.

TRA 7.2.1 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.

TRA 8 Officials Each team must provide one British Gymnastics qualified judge. Judges may be used in any capacity and must be available all day. Trampoline judge courses are provided by British Gymnastics and can be found: <https://www.british-gymnastics.org/courses/search/judging>

TRA 8.1 It is not permissible for one judge to officiate for more than one borough.

TRA 8.2 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.

TRA 8.3 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.

TRA 9 Scoring Overall borough results will be across both genders. The Para Category will be non-scoring (refer to TRA 4.1.3). All other competition tiers are eligible to contribute to a boroughs overall score for the event, but only the top 2 highest scores (across both compulsory & voluntary routines) will be combined out of each competition tier and gender to give an overall borough total.

TRA 9.1 The scores of a boroughs top 2 competitors in each competition tier and gender are combined to create a score e.g $20.714 + 30.826 + 28.221 + 28.959 = 108.73$. The highest scores will be ranked first, and the lowest scores ranked last.

TRA 9.1.1 In the instance a borough does not have two competitors in a competition tier, the score of the competitor will be added to the equivalent of the score of the lowest-placed in that competition. Examples below:

- The Aspire men has 30 competitors take part on the day, with the lowest score being 29.58 for the compulsory routine & 6.65 for the voluntary, totalling 36.23.
- A borough only has one competitor taking part in Aspire men.
- This competitor scores 33.80 and 24.25 giving them a total of 58.05.
- The borough score for that competition tier would be calculated as follows: $58.05 + 36.23 = 94.28$
- If this borough had no competitors competing in one of the competition classes they are still eligible for the overall borough score, however would receive a 0 score for that competition.

TRA 9.2 The total score of each competition tier as outlined above will be added together to give an overall borough score (Aspire Men + Aspire Women + Higher Men + Higher Women). The borough with the highest score accumulated across each competition tier and gender will be deemed the winner.



LYG Trampolining 2023

Entry Information & Rules

TRA 9.2.2 In the instance that two or more borough teams eligible for a podium finish accumulate a score that is equal the next highest placing score across the four competitions will be used to determine the higher placed team, and this will continue until a clear 1st, 2nd & 3rd place team can be found. All other equal scores will be ranked as such for the purposes of the Jubilee Trophy.

TRA 9.3 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.

TRA 10 Medals & Trophies Medals and trophies will be awarded as follows;

TRA 10.1 Individuals who place 1st, 2nd or 3rd in each respective competition tier, per gender, will be awarded medals.

TRA 10.2 Overall Borough Teams who receive the top final respective positions will be awarded medals (refer to TRA 9.1 for more details on scoring).