

BSGA Trampoline Competition Rules – 2025/26 (v1.1)

0. Changes for 2025/26

- 0.1 There have been several updates to the competition rules to accommodate the numerous updates which have occurred over time. The 'major' changes have been identified below, however there are many smaller clarifications which have been added so it is recommended that all coaches and teachers read these rules carefully before entering.
- 0.2 Section 1 – Time of Flight will be used at all rounds for Advanced and Elite categories.
- 0.3 Section 1 – Clarification on the introduction of new regions to the event.
- 0.4 Section 3 – Entry requirements changed at Advanced and Elite levels.
- 0.5 Section 3 – Entry requirements changed for all Disability levels.
- 0.5 Section 4 – Significant changes to qualification numbers at each event.
- 0.6 Section 4 – Gymnasts who score 0.00 will no longer be eligible to qualify to the next round.
- 0.7 Section 4 – Clarification of rules for gymnasts who are unable to attend through no fault of their own.
- 0.8 Section 4 – Confirmation of number of qualifiers from Guest regions.
- 0.9 Section 4 – Introduction of a 'Large Group Qualification' policy.
- 0.10 Section 5 – Median scoring to be used at National and Zonal events.
- 0.10 Section 7 – Awards to be provided for 'Large Group Qualification' categories.
- 0.11 Section 8 – Changes to Advanced and Intermediate routine requirements.
- 0.12 Section 11 – Introduction of a uniform penalty for spotters wearing jewellery at events.
- 0.13 Section 15 – Update on Zonal rotations and National Finals locations.

1. General

- 1.1 In the event of disputed interpretation of these rules the arbiter shall be the BSGA Trampoline Technical Director. Normal British Gymnastics Trampoline Competition Rules for performance and judging (the Code of Points) shall apply to the Schools Competitions unless modified hereunder.
- 1.2 The FIG Code of Points effective for 2025-28 shall apply, however an option to use 4 execution judges instead of 6 is allowed, or less in the case of insufficient officials. This includes the new, updated difficulty rules.
- 1.3 **Time of Flight will be used at all Rounds in the Advanced and Elite levels.**
- 1.4 The National rules which are in force on September 1st of any year shall be retained in force for the subsequent Regional, Zonal and National Schools Trampoline competitions. No region or zone is permitted to impose any rule to any event this is not within the current BSGA Trampoline Competition rules – this includes fines and rejection of entry forms for reasons other than those explicitly stated in the rules.
- 1.5 At Regional events, all gymnasts shall enter as individuals representing their school and shall compete for individual awards and placings, and must meet the eligibility criteria set out in Section 2.
- 1.6 Teams will be automatically entered at Regional events. Teams representing a school shall comprise three or four individuals from the same school who are competing at the same level and in the same age and gender category. Team members must be part of the school they are representing at the time of each event.
- 1.7 There shall be two preliminary rounds followed by a National Final:
 - 1.8.1 Regional round – to be held no later in the school year than the 2nd weekend of December
 - 1.8.2 Zonal round – to be held no later in the school year than the 3rd weekend of February
 - 1.8.3 National round – to be held during March each year, being conscious of other national trampoline events which are taking place across the country.
- 1.9 Each Zone comprises a number of regions as follows:
 - 1.9.1 Northern Zone – North, North West, Northern Ireland and Yorkshire
 - 1.9.2 Central Zone – East, East Midlands, Wales and West Midlands
 - 1.9.3 Southern Zone – London, South, South East, South West
- 1.9.4 **In the event that a new regional is established, the qualifiers from this region can be granted automatic qualification to the National Finals for the first years by the National Finals competition organiser. Agreement on the positioning of this region in the overall structure will be determined for the following years rules.**
- 1.9.5 For clarity, qualifiers can only participate in their allocated Zonal event.
- 1.10 Where a Region finds that the entry numbers for its Regional event are unmanageable, it may recourse to its own qualifying system within the region which is delivered under the BSGA Trampoline Competition rules. If such a need arises, these qualifying events shall be held before November.
- 1.11 Individual counties may, if they wish, organise their own 'County Schools Competitions' (which may be used as pre-selectors as per Rule 1.10). It is recommended that they are held prior to the Regional competitions, even if they are not to be used as pre-selectors.

2. Eligibility

- 2.1 Gymnasts must be bona fide full-time students in Schools, Sixth Form Colleges, Tertiary Colleges, Technical Colleges, Academies and specific Disability Schools, to encompass all educational bases under the age of 19. University students, or others in Higher Education, are not eligible.
- 2.2 Gymnasts who are educated at home with the approval of the Local Authority, and do not attend an educational institution, are also eligible to participate in the Schools competitions.
- 2.3 All gymnasts must be submitted by, or with the approval of, their school or of the LEA in the case of rule 2.2 above.
- 2.4 Confirmation of eligibility to enter the event is received at Regional level and can be in one of two forms:
 - * a digital entry form originating from the school or the LEA in the case of rule 2.2 above.
 - * a digital entry form originating from a parent, coach or club email account, along with a scanned copy of the consent form within the entry form signed by a suitable representative from the school or LEA.Entries that are not received via one of these two methods will not be accepted.
- 2.5 Competition organisers may contact schools directly at their discretion to verify entries if required. Any entry which is found to be fraudulent will see the entry rejected and/or previous results disqualified, with information passed to British Gymnastics for potential further action.
- 2.6 Confirmation of eligibility to enter this event is only needed at Regional round as this permission acknowledges that schools may progress to subsequent rounds of the competition. Subsequent rounds can therefore be entered with no further permission sought, except in the case of replacement team entries (see Rule 4.7 below).
- 2.7 In the Regional round, gymnasts may only compete in the geographical region within which their school is located. At the Zonal round, gymnasts may only compete in the geographical zone within which their school is located.
- 2.8 If a gymnast changes schools between rounds, they may continue to compete as an individual on behalf of their new school provided a new entry form is submitted from the new school confirming entry in to the event.

3. Competition Structure and Format

- 3.1 There shall be five levels of BSGA Trampoline Competition, referred to as follows:
 - * 'The British Schools Elite Trampoline Championships'
 - * 'The British Schools Advanced Trampoline Championships'
 - * 'The British Schools Intermediate Trampoline Championships'
 - * 'The British Schools Novice Trampoline Championships'
 - * 'The British Schools Disability Elite Trampoline Championships'
 - * 'The British Schools Disability Intermediate Trampoline Championships'
 - * 'The British Schools Disability Novice Trampoline Championships'
- 3.2 Each round (Regional, Zonal and National) shall offer all levels of competition for all ages and gender groups.
- 3.3 Trophies, medals and awards of similar quality and value should be offered to all levels of competition at each event.
- 3.4 These rules shall apply equally to all Levels of competition unless explicitly stated here.
- 3.5 Entry to the Novice or Intermediate level shall be restricted to gymnasts who have not at any time up to the date of their Regional Schools competition competed at or above British Gymnastics Regional 1, NDP 1 or Trampoline League 3 (except as in Rule 3.14 below).
- 3.6 Gymnasts who qualify to compete in the Zonal round at Novice or Intermediate level who then subsequently compete in a Regional 1, NDP 1, Trampoline League 3 or higher competition shall remain eligible to compete in the Novice Level throughout the current series of BSGA Schools competitions.
- 3.7 Individual Novice gymnasts who finish in the top three places of the BSGA Schools National Finals will be required to enter future competition seasons as an Intermediate, Advanced or Elite gymnast. Should the gymnast feel that they are not competent to compete at a higher level then they may apply to the BSGA Trampoline Technical Director for permission to remain at Novice level, stating reasons to support the application. This rule does not apply to Disability Novice gymnasts.
- 3.8 Entry to the Advanced Level shall be restricted to gymnasts who have not at any time up to the date of their Regional Schools competition competed at or above British Gymnastics Regional 3, NDP 6, Trampoline League 2 or any English Championships events (except as in Rule 3.14 below). Gymnasts who have only competed at lower grades are welcome to enter the Advanced level provided they can perform the routines safely.
- 3.9 Gymnasts who qualify to compete in the Zonal round at Advanced level who then subsequently compete in a Regional 3, NDP 6, Trampoline League 2, English Championships event or higher competition shall remain eligible to compete in the Advanced Level throughout the current series of BSGA Schools competitions.
- 3.10 Entry to the Elite Level shall be open to any gymnast who is eligible under the standard rules of the BSGA Schools competitions. Gymnasts who have competed previously at or above British Gymnastics Regional 3, NDP 6, Trampoline League 2 or English Championships events as of the date of their Regional Schools event must compete at Elite level (except as in Rule 3.14 below). Gymnasts who have only competed at lower grades are welcome to enter the Elite level provided they can perform the routines safely.
- 3.11 Entry to the Disability Intermediate or Disability Novice Levels shall be restricted to gymnasts who have not at any time up to the date of their Regional Schools competition competed at or above mainstream British Gymnastics Regional 3, NDP 6, Trampoline League events or English Championships events, or have competed at or above British Gymnastics Disability Regional 2, Trampoline League Disability Trampoline Level 2 or English Championships Disability Gold (except as in Rule 3.14 below). Gymnasts who have only competed at lower grades are welcome to enter at either level provided they can perform the routine safely.

- 3.12 Entry to the Disability Novice Level shall be restricted to gymnasts who have not at any time up to the date of their Regional Schools competition competed at or above mainstream British Gymnastics Regional 2, NDP 6, Trampoline League events or English Championships events, or have competed at or above British Gymnastics Disability Regional 2, Trampoline League Disability Trampoline Level 2 or English Championships Silver (except as in Rule 3.14 below). Gymnasts who have only competed at lower grades are welcome to enter at either level provided they can perform the routine safely.
- 3.13 Gymnasts may only enter one level at each round of the competition. In both the Zonal and National rounds, gymnasts may compete at a higher level as part of the team event but cannot compete at a lower level. For example, a gymnast who competed at Novice Level at the Regional round may compete as part of an Intermediate, Advanced or Elite team in the Zonal or National rounds, but a gymnast who competed at Elite Level at the Regional round may not compete as part of a Novice, Intermediate or Advanced team in the Zonal or National rounds.
- 3.14 Should any gymnast who is eligible to compete in the Novice, Intermediate or Advanced level be entered at a higher level then they remain classified as being at that level for the remainder of the current season. Such gymnasts may not return to compete in the lower level once they have moved up, unless a request is sent in writing to the BSGA Trampoline Technical Director and this is approved prior to the closing date of the relevant Regional round closing date.
- 3.15 Gymnasts that have retired from competitive trampoline gymnastics for a period of 24 months or more may apply to the BSGA Trampoline Technical Director to return to the competitions at a lower level than previously entered. Each request will be measured separately according to level and experience gained, and all requests must be approved prior to the closing date of the relevant Regional round closing date.
- 3.16 Gymnasts who have at any time competed at British Gymnastics Regional 3, NDP 6 or any level of Trampoline League or English Championships or higher cannot downgrade to Novice level.
- 3.17 There shall be two separate events within each competition – an Individual event and a Team event.
- 3.18 Teams shall comprise three or four gymnasts in the same level, age and gender group.
- 3.19 All gymnasts must, if possible, enter as members of a School Team. Where numbers are such that some gymnasts cannot be accommodated within a team, then these gymnasts may enter the Individual competitions only.
- 3.20 All members of a team will also enter the Individual competition at the Regional round.
- 3.21 Age groups:
- * Gymnasts will be grouped by specified age and gender, except in Disability Novice and Disability Intermediate where events will be mixed gender.
 - * Age bands are determined by the school year of each gymnasts
 - * The 2 age groups for Disability events are – Year 1-6 and Year 7-14
 - * The 3 age groups for Novice, Intermediate, Advanced and Elite levels are – Year 1-6, Year 7-9 and Year 10-14
 - * Gymnasts may only compete within their own age band. Teams cannot include gymnasts to qualify to compete in a younger or older age group than that in which the team is entered.
 - * Where a gymnast is repeating a school year, they will compete in the appropriate category for their age. For example, if a Novice gymnast repeats Year 6, they will compete in the Year 7-9 category. Team Managers should amend their entry forms accordingly to display the corrected Year Group on their entry form.
 - * Please note – Northern Ireland has a different school year numbering system which is one higher than the rest of the UK. Therefore please adjust entries accordingly as indicated on the Zonal and National entry forms. For example, a gymnast in Year 7 in Northern Ireland would enter the Year 1-6 category age group.
- 3.22 Competition order:
- * At the Regional round, the order shall be at the discretion of the competition organisers however this should be done arranged by random draw wherever possible.
 - * At all rounds of the event there shall be no change of orders between exercises.
 - * At Zonal and National levels, all gymnasts who are not entered as individuals shall be programmed to compete before any gymnasts who are entered as individuals.
- 3.23 It is the responsibility of the Coach and Team Manager to ensure that gymnasts are eligible for their required level. For clarity, if it is discovered after any event that gymnast has entered a level at which they were ineligible, they will be disqualified from the event and their qualification space to Zonal and/or National rounds will be awarded to the next appropriate gymnast.

4. Progression

- 4.1 In the Regional and Zonal rounds, the top five individuals and the top two teams with the highest scores in each category shall progress to compete in the next round, except in Disability categories where the top three individuals and the top one team shall progress.
- 4.2 In the event of a tie in the Individual event, then at all rounds of competition tie-break calculations shall be applied and any ties for qualifying places shall be separated as follows:
- * The gymnast with the highest sum of T-score of both exercises (where used)
 - * The gymnast with the highest sum of the H-scores of both exercises
 - * The gymnast with the highest D-score of the 2nd exercise
 - * The gymnast with the highest sum of all E-scores of both exercises
 - * If there is still a tie, the tie will not be broken.

- 4.3 In the event of a tie in the Team event, then at all rounds of competition tie-break calculations shall be applied and any ties for qualifying places shall be separated as follows:
- * The team with the highest sum of the counting T-scores of both exercises (where used)
 - * The team with the highest sum of the counting H-scores of both exercises
 - * The team with the highest three D-scores of the 2nd exercise
 - * The team with the highest sum of the counting of all E-scores of both exercises
 - * If there is still a tie, the tie will not be broken.
- 4.4 Team members may only compete in the Individual competition in the Zonal and National rounds if they have placed in qualifying positions in the preceding round of Individual competition.
- 4.5 Where a school achieves a qualifying team, the school are permitted to enter any 3 or 4 eligible gymnasts to the following round, regardless of the number of gymnasts who competed in that team. For example, a team comprising of 3 gymnasts win their category at the Regional event. The school can then choose to enter either 3 or 4 gymnasts at the Zonal event, provided all gymnasts are eligible to take part in the event.
- 4.6 A school is permitted to change the gymnasts who comprise their team until the closing date of each event. Change requests after the closing date are at the Competition Organisers discretion only, and must provide sufficient time for relevant confirmations to be granted from the school (as per 4.7).
- 4.7 Where a member of a team, having been nominated on an entry form, is unable to participate in a competition, then the Team Manager may submit a named substitute gymnast up to any time before, but not later than, the start of the competition group in which the team is participating. The substitute gymnast must prove their eligibility for the event by either sending confirmation via email from a school email address or with a signed document in rule 2.4 above. The resultant team must comply with all existing rules regarding team membership and eligibility.
- 4.8 For clarification, it is possible for a school to compete at the National Finals with a team comprised of gymnasts who have never competed in either the Regional or Zonal events, provided the gymnasts competing at the National Finals are eligible to compete as per other rules in this handbook.
- 4.9 In the case of individual placings, no substitution may be made.
- 4.10 If a successful and eligible individual and/or team declines to take up a place in the Zonal or National event, or fails to submit their entry by the closing date, then the next highest ranking individual or team from the qualifying competition may be invited to take the place.
- 4.11 Gymnasts must attend their relevant event and score more than 0.00 in order to qualify to subsequent rounds.
- 4.12 Gymnasts who are, through no fault of their own, unable to attend an event where they would otherwise have qualified automatically may apply to the organiser of the subsequent round and may be permitted to participate as a guest at the subsequent round, however guests cannot qualify to further events.
- 4.13 Where a Guest Region is in operation, each region will be eligible for 3 individual gymnasts and 1 team per category to qualify to the National Finals, at the agreement of the National Finals competition organiser.
- 4.14 At Regional Round only – In the event of any category with more than 20 gymnasts and/or 6 teams there will 'Large Group Qualification' rules implemented.
- 4.14.1 Any group with more than 20 individual gymnasts will see 25% of the individual entries qualify to the Zonal Round, capped at 15 individual qualifiers.
- 4.14.2 Any group with more than 6 teams will see 33% of the individual entries qualify to the Zonal Round, capped at 5 team qualifiers.
- 4.14.3 The qualifying numbers will be rounded down. For example, if there are 43 individual entrants then there would be 10 individual qualifiers.
- 4.14.4 The qualifying numbers will be based on the number of gymnasts who post a score, including gymnasts who score 0.00.
- 4.14.5 For clarity, this policy will not apply for Zonal to National qualification, where the qualification numbers will revert back to 5 individual qualifiers and 2 team qualifiers regardless of group size.
- 4.14.6 Qualifying gymnasts will also be awarded a trophy, medal or certificate to evidence their qualifying position. This may be at a lower value than those who have placed in the automatic qualification spaces.
- 4.14.7 Guest regions will not be eligible for this policy.

5. Equipment

- 5.1 Competition organisers may offer any type of trampoline bed that is, or has been, customarily used for BG competitions. These are generally trampolines with 6x6mm, 6x4mm or 4x4mm webbing, but others of similar performance may be used.
- 5.2 Team Managers are responsible for preparing gymnasts to use the type of equipment likely available at the event. Where only unfamiliar equipment is available, Team Managers are strongly encouraged to work with other schools or local clubs to allow their gymnasts to familiarise themselves with the equipment standards. Gymnasts are also encouraged to attend any orientation sessions offered by competition organisers.
- 5.3 In the case of a Time of Flight malfunction, the competition organiser shall allow gymnasts to perform their exercise again and only the Time of Flight score shall be recorded. At the competition organisers discretion and if the facility is available to do so, a Time of Flight score may be calculated from video analysis.
- 5.4 A median scoring system shall be used at all National and Zonal Events.

6. Entry Fees

- 6.1 At Regional level, the entry fee for individuals will be set by the competition organisers according to their needs.
- 6.2 At Regional level, the entry fee for teams will be set by the competition organisers according to their needs. Competition organisers may choose not to apply an additional fee for Team entries if they wish, noting that at Regional Level all gymnasts must be entered as individuals.
- 6.3 At Zonal and National levels, each competition organiser is free to set entry fees for both Individual and Team events according to the 'break even' estimate of the event budget.
- 6.4 It is recommended that at all events entries are charged based on an entry price per person, regardless of whether they are part of a team or not.
- 6.5 All Regional and Zonal events must be either financially self-sufficient, or be underwritten by the Region which is hosting the event.
- 6.6 Budget for the National events will be agreed with BSGA.
- 6.7 Advisory only – Regions are advised to ring-fence any profits that are generated from their Regional events and to hold these profits in reserve to offset any shortage of income over expenditure when hosting the Zonal event. The rotation of Zonal events can be found in Rule 14.1 so regions have sufficient notice of their financial commitments.

7. Awards

- 7.1 All gymnasts at National Finals will receive certificate to record participation in the event. At Regional and Zonal rounds, the competition organiser may choose to present certificates at their discretion – this may be a digital certificate or other form of recognition.
- 7.2 At Regional and Zonal rounds, the top five individuals in each category will receive a trophy, plaque, medal or certificate as appropriate.
- 7.2.1 Where the Large Group Qualification policy is in place, gymnasts and teams who qualify under this policy will also receive a trophy, plaque, medal or certificate to evidence their qualification. This may be of a lower value than those who have achieved automatic qualification.
- 7.3 At Regional and Zonal rounds, gymnasts who are part of the first two teams in each category will receive a trophy, plaque, medal or certificate as appropriate.
- 7.4 At National level, the top three individuals in each category will receive a trophy, plaque or medal as appropriate.
- 7.5 At National level, gymnasts who are part of the top three teams within each category will receive a trophy, plaque or medal as appropriate. A trophy, plaque or certificate shall also be provided to the school itself.
- 7.6 At National level, all gymnasts will be given the opportunity to march out on to the field-of-play, whether as part of a march-on for their event or as part of the Presentation Ceremony.
- 7.7 Competition organisers may choose not to distribute awards to any gymnast who is not present during their Presentation Ceremony.
- 7.8 Replacements for any trophies damaged or lost after the Presentation Ceremony are at the competition organisers discretion. Any costs incurred to replace or damaged or lost trophies shall be at the expense of the gymnast and/or school. Any gymnasts and/or schools which have an outstanding balance to pay can see their entries rejected by competition organisers and any fees paid used towards the outstanding balance.

8. Exercises for Novice, Intermediate, Advanced and Elite

- 8.1 Each gymnast will perform one compulsory exercise and one voluntary exercise, both of 10 skills each. There will be no final exercise.
- 8.2 At all levels, the gymnasts coach must hold sufficient qualifications for all skills being performed in all exercises. Note that the British Gymnastics Trampoline Teachers Award (Part 2) does not include Barani, Back Somersault to Seat, $\frac{3}{4}$ Front Somersault (S), $\frac{3}{4}$ Back Somersault, Ballout or Cody.
- 8.3 Elite Level:
 - 8.3.1 The compulsory exercise shall be comprised of 10 different skills, at least 5 of which must have a minimum of 360° of somersault rotation. Failure to meet this requirement will result in a penalty of 2.0 being applied by the Chair.
 - 8.3.2 The voluntary exercise will have no maximum difficulty, although coaches are reminded that they must hold valid qualifications for all skills being performed by the gymnast.
 - 8.3.3 Competition organisers may at their discretion require all Elite level gymnasts to submit a competition card prior to the competition beginning to assist the difficulty judges, however there will be no penalty for gymnasts who do not perform the exercise as written on the competition cards.
- 8.4 Advanced Level:
 - 8.4.1 The compulsory exercise shall be comprised of 10 different skills, at least 2 of which must have a minimum of 360° of somersault rotation. Failure to meet this requirement will result in a penalty of 2.0 being applied by the Chair.
 - 8.4.2 The voluntary exercise will have a series of restrictions:
 - * No skill shall exceed a difficulty value of 0.6
 - * No skill shall have more than 360° of somersault rotation (ie. no cody or ballout are allowed).
 - * No more than 6 skills shall have more than 270° of somersault rotationShould any of these restrictions be broken, the exercise shall be terminated from the skill immediately prior to the restricted skill and the exercise shall be evaluated up to this point. No further penalty shall be taken by the Chair.

- 8.4.3 The voluntary exercise will have a difficulty limit of 4.0. If this limit is exceeded, the maximum difficulty awarded shall be 4.0 however no further penalty shall be taken.
- 8.4.4 Competition organisers may at their discretion require all Advanced level gymnasts to submit a competition card prior to the competition beginning to assist the difficulty judges, however there will be no penalty for gymnasts who do not perform the exercise as written on the competition cards.
- 8.5 Intermediate Level:
- 8.5.1 Gymnasts will have a choice of one of two compulsory exercises as below:
- | <u>Option A</u> | <u>Option B</u> |
|-------------------------|-------------------------|
| Full Twist Jump | Back Somersault (T) |
| Straddle Jump | Straddle Jump |
| Seat Landing | Seat Landing |
| ½ Twist To Seat Landing | ½ Twist To Seat Landing |
| ½ Twist To Feet | ½ Twist To Feet |
| Pike Jump | Pike Jump |
| Back Landing | Back Landing |
| ½ Twist To Feet | ½ Twist To Feet |
| Tuck Jump | Tuck Jump |
| Front Somersault (T) | Full Twist Jump |
- 8.4.2 The voluntary exercise will have a series of restrictions:
- * No skill shall exceed a difficulty value of 0.6
 - * No skill shall have more than 360° of somersault rotation (ie. no cody or ballout are allowed).
 - * No more than 3 skills shall have more than 270° of somersault rotation
- Should any of these restrictions be broken, the exercise shall be terminated from the skill immediately prior to the restricted skill and the exercise shall be evaluated up to this point. No further penalty shall be taken by the Chair.
- 8.4.3 The voluntary exercise will have a difficulty limit of 2.5. If this limit is exceeded, the maximum difficulty awarded shall be 2.5 however no further penalty shall be taken.
- 8.5 Novice Level:
- 8.5.1 Gymnasts will have a choice of one of two compulsory exercises as below:
- | <u>Option A</u> | <u>Option B</u> |
|-------------------------|-------------------------|
| Full Twist Jump | Front Landing |
| Straddle Jump | To Feet |
| Seat Landing | Straddle Jump |
| ½ Twist To Seat Landing | ½ Twist Jump |
| ½ Twist To Feet | Seat Landing |
| Pike Jump | ½ Twist To Seat Landing |
| Back Landing | ½ Twist To Feet |
| ½ Twist To Feet | Tuck Jump |
| Tuck Jump | Pike Jump |
| ½ Twist Jump | Full Twist Jump |
- 8.5.2 The voluntary exercise will have a series of restrictions:
- * No skill shall exceed a difficulty value of 0.6
 - * No skill shall have more than 360° of somersault rotation (ie. no cody or ballout are allowed).
 - * No more than 1 skill shall have more than 270° of somersault rotation
- Should any of these restrictions be broken, the exercise shall be terminated from the skill immediately prior to the restricted skill and the exercise shall be evaluated up to this point. No further penalty shall be taken by the Chair.
- 8.5.3 The voluntary exercise will have a difficulty limit of 1.6. If this limit is exceeded, the maximum difficulty awarded shall be 1.6 however no further penalty shall be taken.
- 8.6 In the event of any transgression of rules 8.2-8.4 either during the competition or during the warm-up period, the Chair and/or competition organiser may challenge the gymnasts eligibility to participate in the Novice or Intermediate Levels of the event and may, at their discretion, either transfer the gymnast to the corresponding Intermediate or Elite group (in the Regional round only) or disqualify the gymnast from the event.

9. Exercises and Specific Rules for Disability Trampoline Events

- 9.1 Each disability level has two categories according to the nature of the gymnasts permanent disability:
- * Category 1 – Learning Disabilities
 - * Category 2 – Physical or Sensory Disabilities
- Please see the British Gymnastics website on guidance on qualifying conditions.
- 9.2 Each gymnast will perform one compulsory exercise and one voluntary exercise, both of 10 skills each. There will be no final exercise.
- 9.3 Time of Flight shall not be included in Disability Events at any round.

- 9.4 At all levels, the gymnasts coach must hold sufficient qualifications for all skills being performed in all exercises. Note that the British Gymnastics Trampoline Teachers Award (Part 2) does not include Barani, Back Somersault to Seat, $\frac{3}{4}$ Front Somersault (S), $\frac{3}{4}$ Back Somersault, Ballout or Cody.
- 9.5 Disability Elite level:
- 9.5.1 The compulsory exercise shall be comprised of 10 different skills which includes:
- * At least four skills with a minimum of 360° of somersault rotation
 - * A penalty of 2.0 shall be applied by the Chair if these requirements are not met on completed compulsory exercises.
 - * Note – difficulty values will not be added to the compulsory routine score.
- 9.5.2 The voluntary exercise will have no maximum difficulty, although coaches are reminded that they must hold valid qualifications for all skills being performed by the gymnast.
- 9.5.3 Competition organisers may at their discretion require all Disability Elite level gymnasts to submit a competition card prior to the competition beginning to assist the difficulty judges, however there will be no penalty for gymnasts who do not perform the exercise as written on the competition cards.
- 9.6 Disability Intermediate Level:
- 9.6.1 The compulsory exercise shall be comprised of 10 different skills which includes:
- * A minimum total difficulty of 0.8, of which all skills must have a maximum of 0.6 difficulty. Gymnasts who perform a skill with more than 0.6 difficulty exercise will have their exercise terminated at the skill immediately prior to the skill during which the difficulty was exceeded. Exercises will then be scored accordingly with no additional penalties applied.
 - * Note – difficulty values will not be added to the compulsory routine score.
- 9.6.2 The voluntary exercise will have a series of restrictions:
- * No skill shall exceed a difficulty value of 0.6
 - * No skill shall have more than 360° of somersault rotation (ie. no cody or ballout are allowed).
 - * No more than 3 skills shall have more than 270° of somersault rotation.
- Should any of these restrictions be broken, the exercise shall be terminated from the skill immediately prior to the restricted skill and the exercise shall be evaluated up to this point. No further penalty shall be taken by the Chair.
- 9.6.3 The voluntary exercise will have a difficulty limit of 2.5. If this limit is exceeded, the maximum difficulty awarded shall be 2.5 however no further penalty shall be taken.
- 9.6.4 Note that the Disability Intermediate event will be a mixed gender event.
- 9.7 Disability Novice Level:
- 9.7.1 The compulsory exercise shall be comprised on 10 skills which includes:
- * A minimum of 5 different skills from the British Gymnastics Trampoline Proficiency Scheme. Should an exercise not include 5 different skills, a penalty of 0.1 shall be applied by the Chair of each missing skill.
 - * No skill shall have more than 270° of somersault rotation
 - * A maximum total difficulty of 1.2. Gymnasts who exceed 1.2 during their exercise will have their exercise terminated at the skill immediately prior to the skill during which the difficulty was exceeded. Exercises will then be scored accordingly with no additional penalties applied.
 - * Note – difficulty values will not be added to the compulsory routine score.
- 9.7.2 The voluntary exercise shall have a difficulty limit of 1.2 and may not contain any skill with more than 270° of somersault rotation. Difficulty will not be awarded for repeated skills. If this limit is exceeded, the maximum difficulty awarded shall be 1.2 however no further penalty shall be taken.
- 9.7.3 Note that the Disability Novice event will be a mixed gender event.

10. Additional Opportunities Outside Of National Structure

- 10.1 Competition organisers may choose to offer a Beginner level category at their Regional Round to provide development opportunities to gymnasts. This will be sanctioned by BSGA but will sit outside of the main national structure and will not progress to either the Zonal or National Rounds.
- 10.2 The Beginner level will be comprised of a routine of 5 skills and will be scored out of 5.0 accordingly. There will be no Time of Flight awarded at this level.
- 10.2 Beginner Level:
- 10.2.1 Gymnasts perform a predetermined exercise as below:
- Straddle Jump
 - Seat Landing
 - To Feet
 - Tuck Jump
 - $\frac{1}{2}$ Twist Jump
- 10.2.3 The second exercise will have a series of restrictions:
- * No skill shall have more than 180° of somersault rotation
 - * No skill shall have more than 360° of twist
- Should any of these restrictions be broken, the exercise shall be terminated from the skill immediately prior to the restricted skill and the exercise shall be evaluated up to this point. No further penalty shall be taken by the Chair.
- 10.2.4 The second exercise will have no difficulty awarded.

- 10.3 Competition organisers can choose the age groups they wish to use for the Beginner level event, and can choose to use a mixed or split gender event.
- 10.4 Competition organisers can choose to run a Team Event at Beginner level.
- 10.5 No other events will be sanctioned within the BSGA structure at this time, including synchro or DMT.

11. Attire

- 11.1 Dress must either conform to the requirements for British Gymnastics Individual Competitions as set out in the British Gymnastics Code of Points that is currently in force for schools competitions and summarised below, or as relaxed explicitly in the rules below:
- 11.2 Close fitting shorts are permitted at all levels in accordance with the British Gymnastics rules, however these must not prominently display any sort of brand logo. For clarification, a small logo on the leg is acceptable (as would be found on a leotard) but 5cm thick branded waistbands are not acceptable.
- 11.3 Gymnasts in Elite levels must wear competition attire which meets the current British Gymnastics 'Competition Attire at Events for Gymnasts' policy. In summary, this is likely to be a leotard as standard at a British Gymnastics competition, with or without close fitting shorts as appropriate, however it recommended coaches and teachers entering gymnasts at Elite level review this policy before submitting their entries.
- 11.4 Gymnasts in Novice and Intermediate levels may wear their schools official PE kit for indoor activities provided this is suitable for Trampoline.
- 11.5 Acceptable school PE kit shall include only T-shirts, singlet PE vests, polo/netball shirts, leotards, close-fitting PE shorts and white foot coverings. Hoodies, skirts and 'skorts' are not permitted.
- 11.6 T-shirts/vests must be tucked in to shorts and inhibited from flapping free during the execution of the exercise.
- 11.7 Foot covering must be plain white.
- 11.8 All jewellery must be removed, including all wristbands, bracelets and piercings. Where these cannot be safely removed, these must be securely taped in line with the British Gymnastics Body Adornments policy.
- 11.9 The Chair and/or competition organiser has the right to prohibit participation in attire that is clearly unsuitable for trampoline, even though it may be the school's official PE kit (for example, hockey skirts, skorts, jogging bottoms, etc). Boys shorts in particular may not be revealing.
- 11.10 Should any attire infringements occur, competition organisers should provide gymnasts with a reasonable opportunity to rectify this situation before disqualifying the gymnast.
- 11.11 Underwear must not be visible at any time. Should underwear be visible during an exercise, the Chair shall apply a penalty of 0.2 per exercise.
- 11.12 Bandage or support pieces must not create a major contrast to the gymnasts skin colour, however competition organisers are reminded to make sensible decisions behind this rule in cases where support pieces are not available in every colour.
- 11.13 Competition organisers are at liberty to determine their own standards of 'tidiness' but should establish the ruling before the start of the competition.
- 11.14 In the Award Ceremony at Zonal and National Levels, gymnasts must present in competition attire.
- 11.15 [Spotters must remove or tape all jewellery and watches prior to spotting. Gymnasts who compete with spotters who are wearing jewellery or watches will incur a 0.2 uniform penalty per routine.](#)

12. Coaches, Judges and Officials

- 12.1 Every gymnast must be accompanied by a suitably qualified Trampoline coach or PE Teacher who holds a recognised British Gymnastics qualification. Qualifications gained through a third party (such as IGA, UKG or Trampoline Central) are not valid to enter this event and Teachers/Coaches with these qualifications may not be on the Field of Play.
- 12.2 Each coach / teacher must be qualified to coach the skills that the gymnast intends to perform, and will take full responsibility for the gymnasts performance on the trampoline. Such a coach does not need to be a member of staff from the gymnasts school.
- 12.3 Competition organisers can request proof of qualification and must be provided in such circumstances or entries shall not be accepted.
- 12.4 Gymnasts must not be allowed to use any equipment until their named coach has arrived at the event venue. Coaches / teachers will be required to sign in at the beginning of each event before their gymnasts are permitted to use the equipment.
- 12.5 The coach named on the entry forms for each round of competition is expected to be the coach attending each event. Should the named coach be unable to attend at the last minute, then an alternative suitably qualified substitute may be asked to offer their services and must sign in accordingly. If no substitute can be secured, then the gymnast must not be allowed to compete.
- 12.6 In all rounds of the event, judges and officials must be offered to the competition organisers at the time of entry. Failure to do so will result in the entry being rejected or reduced. Judges and officials are based on the cumulative number of entries submitted by the coach listed on the entry forms or the British Gymnastics club which that coach represents, which ever provides the greatest number of officials to the event. The requirements are set out as follows:
 - * If entering 3 or more gymnasts – 1 suitably qualified judge must be provided
 - * If entering 6 or more gymnasts – 1 suitably qualified judge and 1 official must be provided
 - * If entering 9 or more gymnasts – 2 suitably qualified judges and 1 official must be provided

- * If entering 12 or more gymnasts – 2 suitably qualified judges and 2 officials must be provided
- * If entering 15 or more gymnasts – 3 suitably qualified judges and 2 officials must be provided
- * If entering 18 or more gymnasts – 3 suitably qualified judges and 3 officials must be provided
- * Etc

12.6.1 For clarification:

* Coach A enters 1 gymnast in to the event from School A, 1 gymnast from School B and 1 gymnast from School C. Therefore, Coach A is entering a total of 3 gymnasts must provide 1 suitably qualified judge.

* Coach A enters 2 gymnasts from School A, Coach B enters 2 gymnasts from School B and Coach C enters 2 gymnasts from School C. All three coaches are members of Club A, therefore their total entry is 6 gymnasts meaning they are required to provide 1 suitably qualified judge and 1 official across their 3 school entries.

12.7 A 'suitably qualified judge' is one that holds a valid British Gymnastics Trampoline Club Judge qualification or higher. At their discretion, competition organisers may accept 'Novice' judge qualifications which have been delivered regionally. Judges qualifications must be listed in the entry form.

12.8 Judges and officials submitted on the entry forms must be available for the whole day and must not be taking part in the event as gymnasts. Judges and officials from are able to 'share' roles, however where multiple flights are in operation for a category during an event, the same judging panel must evaluate all gymnasts in that category.

12.9 Competition organisers should, wherever possible, encourage older gymnasts and others who may be interested to shadow the judging panel and officials roles over the course of the day.

12.10 If a selected judge or official does not arrive on the event day, the coach responsible for the entry on which the judge or official was nominated must find a suitably qualified replacement. If this is not possible, the competition organiser is authorised to reduce the number of gymnasts taking part in the event or disqualify those who have already performed. This can be from any of the schools associated with the school, coach or club identified on the entry form.

12.11 Competition organisers have the discretion to assist schools to meet entry requirements. This could include amending entry requirements where sufficient judges and officials have been supplied for the overall event.

12.12 At Zonal and National events, competition organisers shall endeavour to ensure a fair representation of all regions across the judging panels.

13. Administration

13.1 Results of Regional events must be forwarded to the organiser of the appropriate Zonal event within 1 week of the Regional event taking place. Results of the Zonal events must be forwarded to the organiser of the National event within 1 week of the Zonal event taking place.

13.2 Results from all events must be forwarded to the BSGA Website manager within 1 week for publication on the BSGA website. Regions are free to post the results on their own websites as well if they wish.

13.3 Organisers of Zonal and National events may refuse to accept any entry whose eligibility cannot be verified against the official results from the previous round.

13.4 Entry forms for all events require the inclusion of the schools BSGA affiliation number.

13.5 All appeals relating to any event must be submitted politely to the Chair of Panel in the first instance. The Chair of Panel may then discuss the appeal with the competition organiser where appropriate. The competition organiser will have the final decision on all matters relating to their event. Complaints regarding the event itself can be directed to the BSGA Trampoline Technical Director.

13.5 Regions are reminded that these events are BSGA events and are run by, or on behalf of, the BSGA and operate under the conditions of BSGA third party liability insurance. BG Regional Technical Committees help and cooperation in running the BSGA events is greatly appreciated, but the rules laid out in this document must be adhered to in full. The final say regarding event organisation lies with the BSGA appointed representative for each region and not the BG Regional Technical committee.

14. Dates of Competitions

14.1 There shall be two preliminary rounds followed by a National Final:

14.1.1 Regional round – to be held no later in the school year than the 2nd weekend of December

14.1.2 Zonal round – to be held no later in the school year than the 3rd weekend of February

14.1.3 National round – to be held during March each year, being conscious of other national trampoline events and/or BSGA events which are taking place across the country.

14.4 Dates shall be reviewed each year to avoid clashes with other national British Gymnastics, English Gymnastics and/or Trampoline League events.

14.5 Specific dates shall be determined by the relevant competition organisers.

15. Rotation of Zonal and National Events

15.1 Responsibility for staging the Zonal events will rotate between the Regions comprising each Zone. The current rotation calendar is as follows:

Year	Northern Zone	Central Zone	Southern Zone
2025/26	North West	TBC	South West
2026/27	Northern Ireland	TBC	Northern Ireland

2027/28	Yorkshire	TBC	South East
2028/29	North	TBC	South

Note – the Central Zonal event for 2025/26 will be determined by the BSGA Trampoline Technical Director and then a new rotation system implemented for the following year.

- 15.2 Where one region is unable to fulfil their Zonal hosting requirements, they are able to swap with another region in their zone provided this is agreed by the BSGA Trampoline Technical Director.
- 15.3 Responsibility for staging the National event is with the BSGA Trampoline Technical Director, who may appoint a team to deliver this event on behalf of BSGA. The National Finals will be delivered in Derby for the 2025/26, 2026/27 and 2027/28 seasons.

This version of the BSGA Trampoline Competition Rules was agreed on 27th May 2025 and is effective from 1st September 2025.

