

# **BSGA Trampoline Competition Rules – 2023/24 (v1.2)**

## **0. Changes for 2023/24**

- 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 given a phased introduction in Elite and Intermediate levels over the next 3 years.
- 0.3 Section 2 – Entry system clarification in line with agreements with British Gymnastics.
- 0.4 Section 3 – Combining of Disability Novice and Disability Intermediate in to a mixed gender event.
- 0.5 Section 3 – Clarification of entry levels for Elite event.
- 0.6 Section 3 – Introduction of entry levels for Disability Elite event.
- 0.7 Section 4 – Return to two teams qualifying at each round (one team qualifying in Disability categories).
- 0.8 Section 4 – Clarification of Tie-Break system to bring in line with British Gymnastics policy.
- 0.9 Section 5 – Removal of requirement to pre-publicise the equipment to be used at competitions.
- 0.10 Section 7 – Removal of requirement to provide a school award for teams at Regional and Zonal level.
- 0.11 Section 8 – Amendment of Elite requirements
- 0.12 Section 8 – Introduction of a second choice routine in the Novice level.
- 0.13 Section 9 – Introduction of a Disability Intermediate category.
- 0.14 Section 9 – Amendments to Disability category requirements at all levels.
- 0.15 Section 10 – Clarification on attire requirements.
- 0.16 Section 11 – Clarification on coach requirements to enter each event.
- 0.17 Section 11 – Introduction of a sign-in system.
- 0.18 Section 11 – Update on officials requirements for each event.
- 0.19 Section 14 – Update to Northern Zonal rotations.

## **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 For the year 2023-24, the Cycle 15 BG Code of Points effective for 2022-24 shall apply. This includes Horizontal Displacement, 4 execution judges **plus difficulty in the second exercise**.
- 1.3 **For the 2023/24 season and beyond, Time of Flight will be used in the National Round for Intermediate and Elite levels.**
- 1.4 **For the 2024/25 season and beyond, Time of Flight will be used in the Zonal Round for Intermediate and Elite levels. Zonal Competition organisers may choose to include Time of Flight in the 2023/24 season at Intermediate and Elite levels where appropriate equipment is available.**
- 1.5 **For the 2025/26 season and beyond, Time of Flight will be used in the Regional Round for Intermediate and Elite levels. Regional Competition organisers may choose to include Time of Flight in the 2023/24 and/or 2024/25 season at Intermediate and Elite levels where appropriate equipment is available.**
- 1.6 The National rules which are in force on September 1<sup>st</sup> 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.
- 1.7 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.**
- 1.8 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.**
- 1.9 There shall be two preliminary rounds followed by a National Final:
  - 1.9.1 Regional round – to be held no later in the school year than the 2<sup>nd</sup> weekend of December
  - 1.9.2 Zonal round – to be held no later in the school year than the 3<sup>rd</sup> weekend of February
  - 1.9.3 National round – to be held during March each year, being conscious of other national trampoline events which are taking place across the country.
- 1.10 Each Zone comprises a number of regions as follows:
  - \* Northern Zone – North, North West, Northern Ireland and Yorkshire
  - \* Central Zone – East, East Midlands, Wales and West Midlands
  - \* Southern Zone – London, South, South East and South West**For clarity, qualifiers can only participate in their allocated Zonal event.**
- 1.11 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.

- 1.12 Individual counties may, if they wish, organise their own 'County Schools Competitions' (which may be used as pre-selectors as per Rule 1.11). 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 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 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 or NDP 1 (except as in Rule 3.14 below).
- 3.6 Gymnasts who qualify to compete in the Zonal round at Novice level who then subsequently compete in a Regional 1, NDP 1 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 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 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 3 or NDP 6, or any level of either the Trampoline League events or English Championships events (except as in Rule 3.14 below). Gymnasts who have only competed at lower grades are welcome to enter the Intermediate level provided they can perform the routines safely.
- 3.9 Gymnasts who qualify to compete in the Zonal round at Intermediate level who then subsequently compete in a Regional 3, NDP 6, Trampoline League event, English Championships event or higher competition shall remain eligible to compete in the Intermediate 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 or any level of either the Trampoline League events 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 or Trampoline League Disability Trampoline Level 2 (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 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 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 an Intermediate or Novice team in the Zonal or National rounds.
- 3.13 Should any gymnast who is eligible to compete in the Novice or Intermediate 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.
- 3.14 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.
- 3.15 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.
- 3.16 There shall be two separate events within each competition – an Individual event and a Team event.
- 3.17 Teams shall comprise three or four gymnasts in the same level, age and gender group.
- 3.18 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.
- 3.19 All members of a team will also enter the Individual competition at the Regional round.
- 3.20 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 4 age groups for Novice are – Year 1-6, Year 7-8, Year 9-10 and Year 11-14
  - \* The 3 age groups for Intermediate and Elite 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 7-8 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.
- 3.21 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.
- 3.22 **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 only 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 team qualifies to compete in the Zonal or National round of the competition, at least two gymnasts of the qualifying team must be present as team members in the subsequent round. Where a 4th gymnast was entered but was unable to compete on the day and was not substituted, they do count as a member of the team for the purposes of this rule.
- 4.6 Any school may change and substitute the remaining two members of the team between the events.
- 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 In the case of individual placings, no substitution may be made.
- 4.9 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.
- 4.10 Competition organisers may, at their discretion, permit the qualification of entrants who are, through no fault of their own, unable to attend the event where they would otherwise have qualified automatically.

## 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.**

## 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 All Regional and Zonal events must be either financially self-sufficient, or be underwritten by the Region which is hosting the event.
- 6.5 **Budget for the National events will be agreed with BSGA.**
- 6.6 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 all levels will receive certificate to record participation in each event.
- 7.2 At Regional and Zonal rounds, the top **five** individuals in each category will receive a trophy, plaque, medal or certificate as appropriate.
- 7.3 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, there shall be a march-on for all gymnasts for 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 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 Intermediate Level:

8.4.1 Gymnasts will have a choice of one of two compulsory exercises as below:

Option A

Full Twist Jump  
Straddle Jump  
Seat Landing  
 $\frac{1}{2}$  Twist To Seat Landing  
 $\frac{1}{2}$  Twist To Feet  
Pike Jump  
Back Landing  
 $\frac{1}{2}$  Twist To Feet  
Tuck Jump  
Front Somersault (T)

Option B

Back Somersault (T)  
Straddle Jump  
Seat Landing  
 $\frac{1}{2}$  Twist To Seat Landing  
 $\frac{1}{2}$  Twist To Feet  
Pike Jump  
Back Landing  
 $\frac{1}{2}$  Twist To Feet  
Tuck Jump  
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 7 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 4.2. If this limit is exceeded, the maximum difficulty awarded shall be 4.2 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:

Option A

Full Twist Jump  
Straddle Jump  
Seat Landing  
 $\frac{1}{2}$  Twist To Seat Landing  
 $\frac{1}{2}$  Twist To Feet  
Pike Jump  
Back Landing  
 $\frac{1}{2}$  Twist To Feet  
Tuck Jump  
 $\frac{1}{2}$  Twist Jump

Option B

Front Landing  
To Feet  
Straddle Jump  
 $\frac{1}{2}$  Twist Jump  
Seat Landing  
 $\frac{1}{2}$  Twist To Seat Landing  
 $\frac{1}{2}$  Twist To Feet  
Tuck Jump  
Pike 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 1.3. If this limit is exceeded, the maximum difficulty awarded shall be 1.3 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 gymnast's 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 gymnast's 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 two skills with a minimum of 360° of somersault rotation

\* A minimum total difficulty of 1.5.

\* 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 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 2.0. If this limit is exceeded, the maximum difficulty awarded shall be 2.0 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 of 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 0.8, including the values for repeated skills. Gymnasts who exceed 0.8 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 0.8 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 0.8 however no further penalty shall be taken.

9.7.3 Note that the Disability Novice event will be a mixed gender event.

## 10. Attire

10.1 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:

10.2 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.

- 10.3 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.
- 10.4 Gymnasts in Novice and Intermediate levels may wear their schools official PE kit for indoor activities provided this is suitable for Trampoline.
- 10.5 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.
- 10.6 T-shirts/vests must be tucked in to shorts and inhibited from flapping free during the execution of the exercise.
- 10.7 Foot covering must be plain white.
- 10.8 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.
- 10.9 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.
- 10.10 Should any attire infringements occur, competition organisers should provide gymnasts with a reasonable opportunity to rectify this situation before disqualifying the gymnast.
- 10.11 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.
- 10.12 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.
- 10.13 Competition organisers are at liberty to determine their own standards of 'tidiness' but should establish the ruling before the start of the competition.
- 10.14 In the Award Ceremony at Zonal and National Levels, gymnasts must present in competition attire.

## 11. Coaches, Judges and Officials

- 11.1 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.
- 11.2 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.
- 11.3 Competition organisers can request proof of qualification and must be provided in such circumstances or entries shall not be accepted.
- 11.4 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.
- 11.5 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.
- 11.6 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
- 11.6.1 For clarification:
- \* Coach A enters 1 gymnasts 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.
- 11.7 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.

- 11.8 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.
- 11.9 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.
- 11.10 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.
- 11.11 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.
- 11.12 At Zonal and National events, competition organisers shall endeavour to ensure a fair representation of all regions across the judging panels.

## 12. Administration

- 12.1 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.
- 12.2 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.**
- 12.3 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.
- 12.4 Entry forms for all events require the inclusion of the schools BSGA affiliation number.
- 12.5 **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.**
- 12.5 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.

## 13. Dates of Competitions

- 13.1 There shall be two preliminary rounds followed by a National Final:
  - 13.1.1 Regional round – to be held no later in the school year than the 2<sup>nd</sup> weekend of December
  - 13.1.2 Zonal round – to be held no later in the school year than the 3<sup>rd</sup> weekend of February
  - 13.1.3 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.
- 13.4 Dates shall be reviewed each year to avoid clashes with other national British Gymnastics, English Gymnastics and/or Trampoline League events.
- 13.5 Specific dates shall be determined by the relevant competition organisers.

## 14. Rotation of Zonal and National Events

- 14.1 Responsibility for staging the Zonal events will rotate between the Regions comprising each Zone. The current rotation calendar is as follows:
  - \* January 2024 – **Yorkshire**, West Midlands, South East
  - \* January 2025 – **North**, Wales, South
  - \* January 2026 – North West, East, South West
  - \* January 2027 – Northern Ireland, East Midlands, London
- 14.2 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.
- 14.3 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 event can be held in any region and offers to host the event each year are greatly appreciated.

**This version of the BSGA Trampoline Competition Rules was agreed on 26<sup>th</sup> July 2023 and is effective from 1<sup>st</sup> September 2023.**



