

British Schools Trampolining – Routines 2022-23

8. Routines for Novice, Intermediate and Elite

8.1 Each competitor will perform one compulsory routine and one voluntary routine. There will be no finals.

Note that the BG Teachers' award in Trampolining does not include a Back Somersault to Seat, Ballout, Cody or a Barani. See Rule 11.1 below.

8.2 In the Voluntary routine at **Elite** Level:

- there is no maximum difficulty mark

8.3 In the Voluntary routine at **Intermediate** Level:

- no skill that exceeds a tariff of 0.6 is allowed.
- if any skill exceeds a tariff of 0.6 the routine will be stopped and scored up to the move before.
- no skill having more than 360 degrees of somersault rotation is allowed (e.g., no cody or ballout!)
- should a competitor perform a skill with more than 360 degrees of rotation, then the routine shall be terminated after the skill immediately prior to the offending move and scored up to this point.
- no more than 7 skills having 270 or more degrees of somersault rotation are allowed
- should a competitor perform more than 7 skills with 270 degrees or more of somersault rotation, then the routine shall be terminated after the skill immediately prior to the 8th such skill and scored up to this point.

8.4 In the Voluntary routine at **Novice** Level:

- no skill that exceeds a tariff of 0.6 is allowed.
- if any skill exceeds a tariff of 0.6 the routine will be stopped, and a zero score will be awarded.
- no skill having more than 360 degrees of somersault rotation is allowed
- no more than one skill having 270 or more degrees of somersault rotation is allowed
- should a competitor perform more than one skill with 270 or more degrees of somersault rotation, then the routine shall be terminated after the skill immediately prior to the second such skill and scored up to this point.

8.5 In the event of any transgression of rule 8.4 either during the competition or during the warm-up period, the Chair of the panel and or the competition organiser may challenge the competitor/s eligibility to participate in the Novice level of competition and may at their discretion either transfer the competitor to the corresponding Intermediate group (in the Regional round only) or disqualify the competitor from the competition in any round.

8.6 Compulsory routines – Novice, Intermediate and Elite for all rounds

<p style="text-align: center;">NOVICE</p> <p>FULL TWIST JUMP TO STRADDLE SEAT LANDING ½ TWIST TO SEAT ½ TWIST TO FEET JUMP TO PIKE BACK LANDING ½ TWIST TO FEET JUMP TO TUCK ½ TWIST JUMP</p>	<p style="text-align: center;">INTERMEDIATE A</p> <p>FULL TWIST JUMP TO STRADDLE SEAT LANDING ½ TWIST TO SEAT ½ TWIST TO FEET JUMP TO PIKE BACK LANDING ½ TWIST TO FEET JUMP TO TUCK FRONT SOMERSAULT (T)</p>	or	<p style="text-align: center;">INTERMEDIATE B</p> <p>BACK SOMERSAULT (T) JUMP TO STRADDLE SEAT LANDING ½ TWIST TO SEAT ½ TWIST TO FEET JUMP TO PIKE BACK LANDING ½ TWIST TO FEET JUMP TO TUCK FULL TWIST</p>
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ELITE
THE ELITE COMPULSORY ROUTINE SHALL COMPRISE 10 DIFFERENT MOVES INCLUDING AT LEAST FOUR MOVES HAVING A MINIMUM OF 360 DEGREES OF SOMERSAULT ROTATION

8.7 Missed compulsory elements will incur a chair's penalty of 2.0 per missing element.

9. Routines and specific rules for Disability Trampoline

9.1 Each disability level has 2 categories according to the nature of the child's permanent disability:

- Category 1 : Learning disabilities
- Category 2: Physical or sensory disabilities

Please see the British Gymnastics website for guidance on qualifying conditions

9.2 For the Disability Novice and Elite events:

- Competitors shall construct their own ten bounce routines from the recognised skills in the BG Proficiency Scheme.
- All routines shall include a minimum of five different skills.
- For the compulsory routine, the team manager must submit a competition card that complies with the rules to the difficulty judge before the competitor will be allowed to compete.
- Even if the competitor fails to perform a routine according to the difficulty card, the routine will still be marked without a penalty for the deviation
- Should a competitor perform a prohibited or ineligible skill, then the routine shall be marked and scored up to and including the last acceptable skill.
- Should a competitor exceed the maximum tariff, then the routine shall be marked and scored up to and including the move before the tariff was exceeded.
- Duplicate skills in voluntary routines do not count towards tariff

9.3 For the Disability Novice events only:

- The compulsory routine for the Novice group shall include a minimum of five different skills, with a maximum difficulty value of 0.8 for the complete routine. Duplicate moves will count towards this limit.
- If a completed compulsory routine has fewer than 5 different skills then the Chair shall apply a penalty of 0.1 for each missing skill.
- The voluntary routine for the Novice group shall have a maximum total difficulty of 1.2.

9.4 For the Disability Elite events only:

- The compulsory routine for the Elite group shall have a minimum total difficulty of 1.2
- If the minimum tariff requirement is not met, a Chair's penalty of 1.0 shall be applied.
- The voluntary routine for the Elite group shall be as rule 8.2