

British Schools Gymnastics – Elite Difficulty Sheet

Name :
School :

Age Group :	ELITE
Panel No :	

Compulsory Set	
	Routine
1	Back Somersault (Straight)
2	Jump (Straddled)
3	Back Somersault (T) to Seat Landing
4	Half Twist to Feet
5	Half Twist Jump
6	Jump (Tucked)
7	Barani (Tucked)
8	Half Twist Jump
9	Jump (Piked)
10	Front Somersault (Piked)

Voluntary			
	Routine	Shape	Tariff
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
Total			

Name of Coach Responsible for Competitor

Signature **Qualification** **BG No**

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British Schools Gymnastics – Elite Disability Difficulty Sheet

Name :
School :

Age Group :	ELITE DISABILITY
Panel No :	

Compulsory Set	
	Routine
1	Full Twist Jump
2	Jump (Straddled)
3	Jump to Seat Landing
4	Half Twist to Seat Landing
5	Half Twist to Feet
6	Jump (Piked)
7	Jump to Back Landing
8	Half Twist to Feet
9	Jump (Tucked)
10	Half Twist Jump

Voluntary			
	Routine	Shape	Tariff
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
Total			

Name of Coach Responsible for Competitor

Signature **Qualification** **BG No**

British Schools Gymnastics – Intermediate Difficulty Sheet

Name :
School :

Age Group :	INTERMEDIATE
Panel No :	

Compulsory Set	
	Routine
1	Full Twist Jump
2	Jump (Straddled)
3	Jump to Seat Landing
4	Half Twist to Seat Landing
5	Half Twist to Feet
6	Jump (Piked)
7	Jump to Back Landing
8	Half Twist to Feet
9	Jump (Tucked)
10	Front Somersault (Tucked)

Voluntary			
	Routine	Shape	Tariff
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
Total			

Name of Coach Responsible for Competitor.....

Signature Qualification BG No

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British Schools Gymnastics – Intermediate Difficulty Sheet

Name :
School :

Age Group :	INTERMEDIATE
Panel No :	

Compulsory Set	
	Routine
1	Back Somersault (Tucked)
2	Jump (Straddled)
3	Jump to Seat Landing
4	Half Twist to Seat Landing
5	Half Twist to Feet
6	Jump (Piked)
7	Jump to Back Landing
8	Half Twist to Feet
9	Jump (Tucked)
10	Full Twist Jump

Voluntary			
	Routine	Shape	Tariff
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
Total			

Name of Coach Responsible for Competitor.....

Signature Qualification BG No

British Schools Gymnastics – Novice Difficulty Sheet

Name :
School :

Age Group :	NOVICE
Panel No :	

Compulsory Set	
	Routine
1	Full Twist Jump
2	Jump (Straddled)
3	Jump to Seat Landing
4	Half Twist to Seat Landing
5	Half Twist to Feet
6	Jump (Piked)
7	Jump to Back Landing
8	Half Twist to Feet
9	Jump (Tucked)
10	Half Twist Jump

Voluntary			
	Routine	Shape	Tariff
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
Total			

Name of Coach Responsible for Competitor.....

Signature Qualification BG No

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British Schools Gymnastics – Novice Disability Difficulty Sheet

Name :
School :

Age Group :	NOVICE DISABILITY
Panel No :	

Compulsory Set	
	Routine
1	Half Twist Jump
2	Jump (Straddled)
3	Jump to Seat Landing
4	Half Twist to Seat Landing
5	Half Twist to Feet
6	Jump (Piked)
7	Jump to Seat Landing
8	Half Twist to Feet
9	Jump (Tucked)
10	Half Twist Jump

Voluntary			
	Routine	Shape	Tariff
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
Total			

Name of Coach Responsible for Competitor.....

Signature Qualification BG No



British Schools Gymnastics Association
South East Region

**British
Gymnastics**
More than a sport

2015-16 Regional Schools Trampoline Championships

Welcome to the Regional stage of this year's National Schools Trampoline Championships! The competition is in three stages:

- | | | |
|----|---|---|
| 1. | South East Regional Championships
(Sunday, 29 th November 2015) | Jumpers Rebound Centre
Mill Road Gillingham Kent
ME7 1HN |
| 2. | Southern Zonal Championships
(31 st January 2016) | Jumpers Rebound Centre
Mill Road Gillingham Kent
ME7 1HN |
| 3. | National Schools Finals | <i>To be confirmed</i> |

Updates and competition information can also be found on the SE Schools Trampolining Facebook group.

There will be five levels of Schools competition - Disability Novice and Elite, Novice Level, Intermediate Level and Elite Level. ALL levels will go through to the Zonal and National competitions.

ALL competitors must be entered as individuals. Teams are automatically entered at no extra cost when there are more than 3 individuals entered from the same School, in the same age group and the same category.

D.E. Photo – selling printed photos of all the competitors/teams which will be taken throughout the day

RULES

Please note changes to this year's rules, so I have attached a copy of this season's rules to the entry form. It is the duty of the Team Manager to ensure their entry and all their performers are in compliance with the rules, a full copy of which can also be found at www.bsga.org

WARM UPS

All competitors will receive a set period of time for their general warm up (as listed in the timetable). They may have as many warm up attempts in this period as the time/bed availability allows. Once the allotted time has expired, all beds will be cleared and the competition will begin. Once underway, competitors will be allowed a one-touch warm up (one attempt at either their compulsory or voluntary routine), before competing both routines with no further warm ups (under the direction of a competition marshal). There will be no finals!

JUDGES AND OFFICIALS

Officials are an essential ingredient to a successful competition and **THEY ARE A REQUIREMENT TO YOUR ENTRY!** If you are, or know anyone who is a qualified Official (Execution/Difficulty Judge) even if they are not directly associated with your entry, please put their details on your entry form.

You MUST submit 1 Official per 3 performers **FOR THE ENTIRE DAY OR YOUR ENTRY WILL BE REFUSED!** If you have more than the minimum number of officials please put them all down. Please see the entry form for the requirements of submission of Officials. Judges **MUST NOT** be replicated across Schools!!

CERTIFICATES

The start list is being used to produce the certificates which may be picked up by the Team Manager at the check-in desk. Please ensure that your competitor's names and School are displayed the way you wish them to appear on your certificates as they cannot be changed on the competition day.

SUBMISSION OF DIFFICULTY SHEETS

The NOMINATED COACH must sign in and submit difficulty sheets for each of their competitors at the event. Please come prepared to submit these as competitors will not be allowed to warm up/compete unless the nominated Coach has signed in and handed in difficulty sheets at the check-in desk.

PRESENTATIONS

There will be presentation ceremonies for all prize winners (top 3 individuals and top 2 teams). Entry forms to the Zonal round will be sent by email to the Team Manager's of the prize winners.

All further information that I need to disseminate to you (including the bounce order/Officials list/timetable etc) will be sent to the email address of the Team Manager, therefore it is essential this email address is supplied correctly. Any queries about this information please let me know.

Feel free to contact me if you have any questions and I shall attempt to respond as quickly as possible.

With regards

Ian Rainbow

Head Coach 7Oaks Acorns TC

South East Regional Competition Organiser

Email: ian@7oaksacorns.org

Tel: 07740 300079

Entries

Shirley Christian

5 Chesterfield Drive

Sevenoaks TN13 2EG

Tel: 07905 907162

Email: 7oaksacorns@gmail.com

INSTRUCTIONS FOR TEAM MANAGERS

You must do 3 things for your schools entry to be valid:

1) Enter your competitors

Please post the entry to the competition organiser along with the appropriate entry fee (cheques should be made payable to “SE SCHOOLS TRAMPOLINING”). The organiser’s contact details are on the attached entry form. You must include details of your nominated Coach who will be present on the competition day, and who **MUST** be qualified to the level of your competitors.

2) Affiliate your school with the BSGA

The registration forms are attached to this document. Affiliation can be done either as an Individual OR as a School. Completed forms and payment needs to be sent to your regional BSGA officer — **DO NOT SEND THE AFFILIATION FORM TO THE COMPETITION ORGANISER!!!** The BSGA registration number needs to be added to your Schools entry form. Please visit www.bsqa-se.org for more information.

3) Gain written permission from the Headteacher / Head of Department for the School

This can be either a signature (which there is space for on the written entry form) OR an email to the organiser (7oaksacorns@gmail.com).

If they decide to email, they should state who they are, what School they are from, and that they give permission for the children to compete on behalf of the School.

This permission will allow competitors from that School to compete in all three rounds of the Championships should they qualify to progress (so permission does not need to be re-sought for each round).

If for any reason the School wishes to withdraw their permission to compete at any round of the Championships, they must notify in writing to the competition organiser for that round, at which point the competitor(s) will be withdrawn and the Team Manager notified.



British Schools Gymnastics Association
South East Region



RULES/INFORMATION SHEET

Competition Organiser

Ian Rainbow
7Oaks Acorns TC
Email: ian@7oaksacorns.org
Tel: 07740 300079

Competition Date & Times

Sunday 29th November 2015. The competition will start at 09.00am and will finish approx. 5.00pm. Organisers reserve the right to run one hour ahead of time.

Venue

Jumpers Rebound Centre
Mill Road Gillingham Kent
ME7 1HN

Closing Date

All completed entry forms and entry fees should be received by **MONDAY 3RD NOVEMBER 2015!**
YOU MUST HAVE AFFILIATED TO THE BSGA!!

Entry Fees

£10.00 per individual Please make cheques payable to **“SE SCHOOLS TRAMPOLINING”**
Shirley Christian
5 Chesterfield Drive
Sevenoaks TN13 2EG
7oaksacorns@gmail.com

Age Groups

These are based on the performer's age on 1st September 2015. Male and female performers compete in separate groups and cannot be combined to make a team.

Age Group	School Year
Under 11	6 & below
Under 14	7, 8 & 9
Under 19	10,11,12,13 & 14

Teams

Teams consist of a minimum 3 performers and a maximum of 4 performers. Team members must be same in the same age group, of the same gender, the same category and must wear matching competition attire.

Disability

All competitors must have a Disability recognised by international Disability sport organisations. Disabilities definitions are laid down by BG, follow the World Heath Organisation and will be adhered to.

Compulsory and Voluntary Routines

All age groups, both male and female, will compete a set routine for the compulsory round of the competition in their respective categories. In the Disability, Intermediate and Elite groups, there is a choice of two compulsory routines. All categories will compete a voluntary routine of their choice up to their respective difficulty limits.

Compulsory Routines			
Novice Group (Not competed at or above Regional Grade F or NDP 2 or qualified to BSGA National Finals in previous years)	Novice Disability Group (Not competed at National Level)	Intermediate Group (Not competed at or above Regional Grade E or NDP 5)	Intermediate Group (Not competed at or above Regional Grade E or NDP 5)
Full Twist Jump	½ Twist Jump	Full Twist Jump	Back SS (Tucked)
Straddle Jump	Straddle Jump	Straddle Jump	Straddle Jump
Seat Landing	Seat Landing	Seat Landing	Seat Landing
½ Twist to Seat Landing	½ Twist to Seat Landing	½ Twist to Seat Landing	½ Twist to Seat Landing
½ Twist to Feet	½ Twist to Feet	½ Twist to Feet	½ Twist to Feet
Pike Jump	Pike Jump	Pike Jump	Pike Jump
Back Landing	Seat Landing	Back Landing	Back Landing
½ Twist to Feet	½ Twist to Feet	½ Twist to Feet	½ Twist to Feet
Tuck Jump	Tuck Jump	Tuck Jump	Tuck Jump
½ Twist Jump	½ Twist Jump	Front SS (T)	Full Twist Jump
Maximum Diff 1.5	Maximum Diff 1.5	Maximum Diff 4.5	Maximum Diff 4.5
Compulsory Routines			
	Elite Disability Group (Have competed at National Level)	Elite Group (Have competed at or above Regional Grade E or NDP 5)	
	Full Twist Jump	Back SS (S)	
	Straddle Jump	Straddle Jump	
	Seat Landing	Back SS (T) to Seat	
	½ Twist to Seat Landing	½ Twist to Feet	
	½ Twist to Feet	½ Twist Jump	
	Pike Jump	Tuck Jump	
	Back Landing	Barani (T)	
	½ Twist to Feet	½ Twist Jump	
	Tuck Jump	Pike Jump	
	½ Twist Jump	Front SS (P)	
	Maximum Diff 8.0	Maximum Diff 8.0	

Equipment – IMPORTANT PLEASE READ

****Trampolines for the Novice and Intermediate Groups will be either 6mmx6mm or 6mmx4mm beds. Trampolines for the Elite will be either 4mmx4mm or 6mmx4mm****

It is the responsibility of every performer's Coach and Team Manager to ensure the performer is able to use the equipment provided to a safe standard. Each individual MUST nominate and be accompanied by a Coach qualified to the level of their competition performance.

Competition Attire

Dress must either conform to the requirements for British Gymnastics Individual Competitions (as set out in the British Gymnastics Code of Points in force at the time of the competition) or as below. For clarification regarding the wearing of correct attire, the Elite group shall be considered to be equivalent to NDP 5, however please note girls in the Elite groups are not permitted to wear shorts.

Competitors in the Novice Level of competition at all rounds may wear their School's official uniform PE kit for indoor activities, providing it is safely suitable for trampolining.

Teams - Must wear matching dress, either School P.E. uniform or leotards/whites. For safety reasons, pupils unsuitably dressed will be unable to compete.

Please note that the organiser, BSGA or the venue cannot be held responsible for loss of property or accidental injury (whilst not on the trampolines) to anyone participating in this event, howsoever caused. Accident insurance should be provided through the School's

extra-curricular trip insurance and Trampolining insurance should be provided through the School's membership to the BSGA and the nominated Coach's membership to British Gymnastics.

QUALIFICATION FOR SOUTHERN ZONAL SCHOOLS COMPETITION

All Groups: Top 3 Individuals & top 2 Teams

Venue

Jumpers Rebound Centre
Mill Road Gillingham Kent
ME7 1HN

Date **31st January 2016**

Closing Date for Entries To be confirmed.

REMEMBER TO ALLOW ENOUGH TIME FOR ENTRIES TO ARRIVE BEARING IN MIND THE POSTAL RUSH SURROUNDING THE FESTIVE PERIOD!!!

Letter to all Judges and Officials

As many of the Schools who enter the competition will not reach the requirement for supplying Judges/Officials, please may I request that you submit as many Judges and Officials as possible, even if your School is not required to submit one. Quite simply, the competition CANNOT run without qualified Judges and Officials, so you ALL have a responsibility to help make the competition run. Your help with this is greatly appreciated.

Once the judging panels and start list have been released to the Team Managers, please can you check **all** competition panels for your Officials' names and inform them of what they are doing.

ALL Officials (including reserve Officials) **MUST** check in to the check in desk upon arrival at the competition venue.

Below is some important information regarding the official role you will be performing on the day of the competition so please read it carefully:

Judges/Recorders Uniform

- **Men** - Navy Trousers, White shirt, Navy or BG Tie, Black shoes, Navy blazer or jacket
- **Ladies** - Navy Trousers or Skirt, White collared blouse, Black shoes without heels, Navy blazer or jacket
- **Competition Marshals** - Suitable sports clothing (ie tracksuit and trainers)

It is very important at this event that you all look the part so please make sure your officials are correctly dressed in the uniform for the occasion

Competition Marshals

Please ensure that you are fully aware of how to do the job you have been asked to do. It is the School's responsibility to ensure that you know how to do this job - not the competition organiser.

ON THE SPOT TRAINING AT THE COMPETITION IS UNACCEPTABLE!

You need to **report to the check-in desk** before the first warm ups have started. Your role is very important as you keep the competition moving. Your job is to make sure the competitors are ready for warm ups and competition and that they have a minimum of 2 spotters at all times during bouncing - as the trampolines are sited together. Your role is also to keep the competition area clear.

Judges, Recorders and Reserve Officials

You need to **report to the check-in desk** before the first warm ups have started and listen for announcements for when you are required. Please wear the correct uniform as detailed above and judge efficiently and fairly taking note of comments from the Chair of Judges who is there to help you. Reserve Officials need to arrive in the correct attire, should they be required to take on a role.

The event starts at 09.00am sharp, so all Officials need to be at the venue and at their positions before this time. If there are any issues with the officiating at the competition please contact the competition organiser at: ian@7oaksacorns.org



British Schools Gymnastics Association
South East Region



PLEASE COMPLETE USING BLOCK CAPITALS

Affiliation Fee: Secondary £18:00 Primary £12:00 Individual £6:00

Name of School: _____

Competitor Name (Individual Affiliation ONLY) _____

Correspondence Address: _____

Postcode: _____

Contact: Mr/Mrs/Miss/Other _____

Contact e-mail address: _____

Contact Telephone Number: _____

- Please affiliate my Senior / Middle School @ £18
- Please affiliate my Junior / Primary School @ £12
- Please affiliate me as an individual @ £6

National competition books will **not** be issued unless indicated below.

All competitions criteria will be available on our website and sent out with entry forms via e-mail when available.

- please send me a rule book
- please send me a handbook

Please make cheques made payable to '**B.S.G.A. South East Region**' and send them to:

Mr Mark Gill. 36 The Moor Road, Sevenoaks, Kent, TN14 5EB.

Alternatively a bank transfer can be made to Sort Code: 77-95-06 Account: 81631560.
Please quote affiliation school or name as the reference.

To avoid spelling errors, please e-mailed this form to mark.segym@btinternet.com

Affiliation numbers will be issued once payment has been cleared.



British Schools Gymnastics Association
South East Region



South East Regional Schools Trampoline Championships 2015

THIS FORM SHOULD REACH THE COMPETITION ORGANISER BY 3RD NOVEMBER 2015

ENTRY FORM

Competition Venue:	Jumpers Rebound Centre Mill Road Gillingham Kent ME7 1HN	Competition Date:	29 th November 2015
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Please complete fully and clearly in **BLOCK CAPITALS**.

School Name: BSGA Affiliation No:

Address:

..... Tel No: E-mail:

All schools/individuals **MUST** be BSGA registered before 3rd November 2015
Entries received without a BSGA Affiliation No. will not be accepted.

No.	Surname	First Name	M / F	Age Group	Category (Nv/In/EI/Dis)	Team	D.O.B.
1							
2							
1 JUDGE required (see below for Judges / Officials details)							
3							
4							
5							
1 JUDGE and 1 OFFICIAL required							
6							
7							
8							
2 JUDGES and 1 OFFICIAL required							
9							
10							
11							
2 JUDGES and 2 OFFICIALS required							
12							
13							
14							
3 JUDGES and 2 OFFICIALS required							
15							
16							
17							
3 JUDGES and 3 OFFICIALS required							
18							
19							
20							
4 JUDGES and 3 OFFICIALS required							
21							
22							
23							
4 JUDGES and 4 OFFICIALS required							
24							

IMPORTANT

- The organisers accept no responsibility for any injury, damage or loss to persons or property howsoever caused arising from these championships.
- The Team Manager is responsible for ensuring that their competitors are capable of performing safely on the beds provided and also responsible for the behaviour of competitors during the competition.
- The Team Manager is also responsible for ensuring competition rules are adhered to.
- Each individual **MUST** nominate and be accompanied by a Coach qualified to the level of their competition performance who **MUST** be available from the time of their first competitor.
- A full set of the rules is available at www.bsga.org and it is the Team Manager's responsibility to obtain a copy. All competition information will be EMAILED to the Team Manager. **PLEASE ENSURE AN ACCURATE EMAIL ADDRESS!!!**

Team Manager's Name:.....

Address:

..... Tel No: E-mail:

Nominated Coaches Name:

Head Teacher/Supervising Teacher's Signature of Approval:

Entries will not be accepted without the above signature (or an email to 7oaksacorns@gmail.com with permission)

Judges		
Name	Qualification of Judge	Preferred Job

Other Officials		
Name	Preferred Job <i>Recorder / Competition Marshall</i>	2 nd Choice <i>Recorder / Competition Marshall</i>

Payment		
Number	Entry Fee	Total
Individuals =	x £10.00 each	£
Teams =	FREE	£

Full payment must be submitted with this entry form otherwise the entries will be rejected.

Please make cheques payable to **“SE SCHOOLS TRAMPOLINING”** and ensure they are posted to:
Shirley Christian 5 Chesterfield Drive Sevenoaks TN13 2EG
 . Obtaining proof of postage is strongly advised.

DO NOT SEND RECORDED/SPECIAL DELIVERY AS THESE WILL NOT BE PICKED UP!!