

BSGA Trampoline Competition Rules 2021-22 – Issue 1

0. Special Exceptions and Changes for 2021-22

- 0.1 Section 3 Exceptional COVID circumstances and eligibility:
We recognise that many potential entrants will have had little or no training for the past 18 months. In view of this, requests for entry at a lower level than the rules state will be received sympathetically where for example someone competed briefly at NDP1, missed a year's training and does not intend to compete at BG Regional level during 2022. Guidelines will be agreed by the committee to ensure consistency.
- 0.2 Rule 3.7 Progression
Winners from the novice 2020 Finals WILL be allowed to enter as novices for the 2021/22 season in recognition of the COVID disruption to training.
- 0.3 Rule 3.10 Clarified the conditions for entry into the Elite level events.
- 0.4 Section 4 Qualification
The committee may decide to increase the number of qualifiers where the exceptional circumstances of 2020-21 result in depleted entry lists or some regions being unable to run their event
- 0.5 Section 9 Explained the two disabilities categories
- 0.6 Section 10 Changed to align with new FIG rules on clothing

1. General

- 1.1 The interpretation of all rules and their intended meanings shall be decided by the BSGA Trampoline Working Group. 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 2021-22, the Cycle 14 BG Code of Points effective for 2017-18 shall apply. This includes Horizontal Displacement and 4 execution judges. However, Time of Flight will not be used.
- 1.3 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.
- 1.4 At the Regional round of competition, all competitors shall enter as Individuals representing their school, and shall compete for Individual awards and placings. Teams representing a school shall comprise three or four Individuals from that school in the same age/gender group. Teams will be entered automatically.
- 1.5 There shall be two preliminary rounds: Regional (held in December) and Zonal (held in January), followed by a National Final (held in March).
- 1.6 Each Zone comprises a number of regions, as follows:
 - Northern Zone: North, North West, Yorkshire, N. Ireland.
 - Central Zone: Eastern, East Midlands, West Midlands, Wales.
 - Southern Zone: South, South West, London, South East.
- 1.7 Where a Region finds that the entry numbers for its Regional Championships are unmanageable, it may recourse to its own qualifying system within the Region. If such a need arises, these qualifying events shall be held before November.
- 1.8 Individual Counties may, if they wish, organise their own 'County Schools Competitions' (which may be used as pre-selectors as per Rule 1.7). It is recommended that they be held prior to the Regional competitions, even if they are not to be used as pre-selectors.

2. Eligibility

Competitors 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.

- 2.1 Children 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.
- 2.2 All competitors must be submitted by, or with the approval of, their school, or of the LEA in the case of rule 2.1 above.
- 2.3 Approval must be either in writing, or by email from an account originating at the school or LEA.

- 2.4 This approval is only needed at the Regional round, as this permission acknowledges that schools may progress to subsequent rounds of the competition. Subsequent rounds may be entered with no further permission being sought.
- 2.5 In the Regional round, competitors may compete only in the geographical Region within which their school is located.
- 2.6 If a competitor changes school between rounds, they may continue to compete as an individual and/or a member of their original team with the approval of their new school.

3. Competition Structure and Format

- 3.1 There shall be five levels of Schools 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 Novice Trampoline Championships”
 - “The British Schools Disability Elite Trampoline Championships”
- 3.2 Trophies of similar quality shall be offered to all levels of competition.
- 3.3 Each round (Regional, Zonal, and National) shall offer all levels of competition for each age/ gender group.
- 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 pupils who have not at any time up to the date of their Regional Schools competition competed at or above British Gymnastics NDP 1. (Except as in Rule 3.13 below.)
- 3.6 Pupils who qualify to compete in the Zonal round of the Novice Level, and who then subsequently compete in a Regional NDP 1 or higher competition shall remain eligible to compete in the Novice Level throughout the current series (Zonal, National) of schools competitions.
- 3.7 Individual Novice competitors who finish in the top three places of the National Finals of a competition season will be required to enter future competition seasons as an Intermediate or Elite competitor. Should the competitor feel that they are not competent to compete at the higher level they may apply to the Schools Working Group for permission to remain at Novice level, stating reasons to support the application. This rule does not apply to Disability Novice competitors. **RULE 3.7 is suspended for winners in the 2020 final.**
- 3.8 Entry to the Intermediate Level shall be restricted to pupils who have not at any time up to the date of their Regional Schools competition competed at or above British Gymnastics NDP 6 or the Trampoline League. (Except as in rule 3.13 below.)
- 3.9 Pupils who qualify to compete in the Zonal round of the Intermediate Level, and who then subsequently compete in a British Gymnastics NDP 6 or higher competition shall remain eligible to compete in the Intermediate Level throughout the current series (Zonal, National) of schools competitions.
- 3.10 Entry to the Elite Level shall be open to any pupil who is eligible under the standard rules of the Schools Competitions. Pupils who have competed previously at or above British Gymnastics NDP 6 or the Trampoline League must enter this Level, except as allowed by Rule 3.13. Pupils who have only competed at lower grades are welcome to enter the Elite level provided they can perform the routines safely.
- 3.11 Pupils who are eligible to compete in the Novice or Intermediate Level may be entered as Individuals and as part of a team in a higher Level of competition, but may not also compete in the lower Level in the same or subsequent rounds of Competition. Should a school wish to make up a team in the Intermediate or Elite Level, It may therefore include one or more novice or intermediate level competitors.
- 3.12 Should any pupil who is eligible for the Novice or Intermediate Level opt to compete in the next Level up, then he/she remains classified as being that standard for the remainder of the current season. Such pupils may not compete in the Novice Level in the same or subsequent rounds of competition.
- 3.13 Competitors that have retired from competitive trampoline gymnastics for a period of 24 months or more may apply to the committee to return to the competitions at a lower level than previously entered. Each person will be measured separately according to level and experience gained.
- 3.14 Competitors who have at any time competed in the Trampoline League, British Gymnastics NDP 6 or higher may not downgrade to Novice level.
- 3.15 There shall be two separate events within each competition: a Team event, and an Individual event.
- 3.16 All competitors must, if possible, enter as members of a School Team. Where numbers are such that some competitors cannot be accommodated within a team, then these competitors may enter the Individual competitions only.

3.17 All members of a Team will also enter the Individual competition in the first (Regional) Round.

3.18 Teams shall comprise three or four competitors in the same age/gender group.

3.19 Age Groups

- Competitors will be grouped by specified age and gender.
- Age bands are determined by the school year group of each competitor.
- The 2 age groups for TPD are: Year 1-6 and Year 7-14
- The 4 age groups for Novice (not TPD) are: Year 1-6, Year 7-8, Year 9-10, and Year 11-14
- The 3 age groups for all other levels are: Year 1-6, Year 7-9 and Year 10-14
- Competitors may only compete within their own age band; specifically, a team can not include competitors who qualify to compete in a younger or older age group than that in which the team is entered.
- Northern Ireland has different school year numbers, one higher than the rest of the UK. Entries must be adjusted accordingly as indicated on the Zonal and Finals entry form. For example, someone in Year 7 in NI enters in the Year 1-6 (Primary School) age group.

3.20 Bounce order of competitors.

- At Regional competitions, the order shall be at the discretion of the organisers, and published in advance if possible
- At Zonal and National competitions, there shall be no change of order between the compulsory and voluntary routines.
- At Zonal and National competitions, all competitors who are not entered as individuals shall be programmed to compete before any competitors who are entered as individuals

4. Progression

4.1 In the Regional and Zonal Rounds, the two teams with the highest scores and the three individuals with the highest scores shall be eligible to compete in the next (Zonal or National) event.

4.2 In the event of ties, then at all rounds of competition tie-break calculations shall be applied, and any ties for qualifying places, both Individual and Team, shall be separated as follows:

- The gymnast with the higher final score in the 2nd routine.
- The gymnast with the higher execution score in the 2nd routine
- The gymnast with the higher HD score in the 2nd routine
- The total of all 4 execution judges' scores in the 2nd routine
- The total of the 3 highest execution judges' scores from the 2nd routine
- The total of the 2 highest execution judges' scores from the 2nd routine
- The highest execution judge's score from the 2nd routine

4.3 Team members may only compete in the Individual Competition in the Zonal and National events if they have placed in the top three positions in the preceding round of Individual Competition.

4.4 Where a team qualifies to compete in a subsequent (Zonal or National) round of competition, at least two members of the qualifying team must be presented as team members in the subsequent round.

4.5 The school may change and substitute the remaining two members of the team between the events

4.6 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 competitor up to any time before, but not later than, the start of the competition group in which the team is participating. The resultant team must comply with all existing rules regarding team membership and eligibility.

4.7 In the case of individual placings, no substitution may be made.

4.8 If a successful and eligible Individual and/or Team declines to take up a place in a Zonal or National event, or fails to submit their entry in time, then the next highest ranking Individual or Team from the qualifying competition may be invited to take the place.

4.9 Organisers of Regional and Zonal events 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 automatically qualified for the next round.

5. Equipment

- 5.1 Competition organisers may offer any type of trampoline bed that is, or has been customarily used for BG competitions. This includes 6x6mm, 6x4mm, 4x4mm and others of similar performance.
- 5.2 Competition organisers must state on the entry forms the equipment they expect to provide for each event.
- 5.3 Where practical, a choice of trampolines should be provided on each panel.
- 5.4 Competitors shall be required to stipulate on their entry forms which type of bed they normally train on.
- 5.5 Team Managers are responsible for ensuring their competitors use only the type of bed with which they are familiar.

6. Entry Fees

- 6.1 At Regional level, the entry fee for Individuals may be set by the competition organisers according to their needs.
- 6.2 At Regional level, there shall be no additional fee for Team entries. (Noting that at Regional Level all competitors must be entered as Individuals).
- 6.3 At Zonal and National levels, the competition organisers are free to set entry fees for both the Individual events and for Team events according to the "break even" estimate of the competition's budget.
- 6.4 All Regional and Zonal competitions must either be financially self-sufficient, or be underwritten by the Region which is hosting the competitions.
- 6.5 Advisory only. Regions are advised to ring-fence any profits that they may make from their Regional rounds of the annual competitions, and to hold those profits in reserve to offset any shortage of income over expenditure when hosting a Zonal competition. The rotation of Zonal competitions is given below, so that Regions have fair notice of their financial commitments.

7. Awards

From Regional Championship level onward, the following awards should be made:

- 7.1 ALL competitors, team or individuals, to receive a certificate recording achievement.
- 7.2 First three individuals in each age group - boys and girls separately - to receive a trophy, plaque, or commemorative medal as appropriate.
- 7.3 First two Teams in each age group - boys and girls separately - to receive a trophy, plaque or commemorative medal as appropriate for each team member plus a trophy or plaque for the school itself recording the achievement. PLEASE NOTE - the above are considered to be the minimum awards to be given - where possible, more should be made.
- 7.4 At the national finals, rule 7.3 will be extended to include the 3rd place team.
- 7.5 At the National Finals there shall be a march-on of all competitors for the presentation ceremony.
- 7.6 Replacements for trophies damaged or lost after the presentation are at the discretion of the organiser and at the expense of the competitor.

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 Trampoline 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>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>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>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>
<p>ELITE</p> <p>THE ELITE COMPULSORY ROUTINE SHALL COMPRISE 10 DIFFERENT MOVES INCLUDING AT LEAST FOUR MOVES HAVING A MINIMUM OF 360 DEGREES OF SOMERSAULT ROTATION</p>			

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 total 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, and a maximum total difficulty of 4.5.
- 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 have a maximum total difficulty of 4.5. No skill may exceed a difficulty value of more than 0.6.

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 the schools' competitions and summarised below), or as relaxed explicitly in rules 10.2 to 10.11.

Male gymnasts

Sleeveless or short sleeves leotard

Gym shorts

Gym trousers

For reasons of safety, covering the face or the head is not allowed

White trampoline shoes and/or foot covering or of the same colour as the gym trousers.

Female gymnasts

Leotard or unitard with or without sleeves (must be skin tight)

Long tights may be worn (must be skin tight)

Gym shorts may be worn (must be skin tight)

Any other "dress" which is not skin tight is not allowed

For reasons of safety, covering the face or the head is not allowed

Trampoline shoes and/or white foot covering

10.2 Competitors in the Novice and Intermediate Levels of competition may wear their school's official uniform P.E. kit for indoor activities, provided that it is safely suitable for trampolining.

10.3 Acceptable school P.E. kit shall include only T-shirts, singlet PE vests, leotards, Polo/Netball shirts, close-fitting P.E. shorts, white foot covering. 'Skorts' are NOT permitted.

10.4 Shirts/vests must be tucked into trousers/shorts, and inhibited from flapping free during the execution of the

routine.

- 10.5 Foot covering must be plain white (no coloured trim).
- 10.6 The chair of the judging panel has the right to prohibit participation in dress that is clearly unsuitable for trampoline gymnastics, even though it may be the school's official kit. (e.g., hockey skirts, skorts, Jogging bottoms. Boys' shorts in particular may not be revealing). Should this situation arise, however, the competition organisers are expected to give the affected competitors reasonable opportunity to acquire suitable clothing in time to participate.
- 10.7 Matching attire for all members of a Team is not required.
- 10.8 Bandages or support pieces must not create big contrast with the skin colour.
- 10.9 Underwear must not be visible.
- 10.10 Competition organisers are at liberty to determine their own standards of 'tidiness', but should establish the ruling before the start of the competition
- 10.11 In the Awards Ceremony at Zonal and National Levels, competitors must present in competition attire.

11. Judges and Officials

- 11.1 Every competitor must be accompanied by a suitably-qualified Trampoline coach or P.E. Teacher who is qualified to coach the skills that the competitor intends to perform, and who will take full responsibility for the competitor's performance on the trampoline. Such a coach does not need to be a member of staff from the competitor's school.
- 11.2 The coach must be named on the entry forms for each round of competition. Should the nominated coach fail to attend, a suitably-qualified substitute may be requested to offer his/her services. If no substitute can be secured, then the competitor must not be allowed to compete.
- 11.3 In all rounds of competition, judges and officials must be offered to the organisers at the time of entry. Failure to do so may result in the entry being rejected or reduced. It is recommended that schools submit qualified officials in the following ratios to the number of entries, but competition organisers are free to alter these to meet the particular needs of their event:
 - If entering 3 or more performers 1 x judge must be submitted.
 - If entering 6 or more performers 1 x judge and 1 x other official must be submitted.
 - If entering 9 or more performers 2 x judges and 1x other official must be submitted.
 - If entering 12 or more performers 2 x judges and 2 x other officials must be submitted.
 - If entering 15 or more performers 3 x judges and 2 x other officials must be submitted.
 - If entering 18 or more performers 3 x judges and 3 x other officials must be submitted.

For the purposes of these ratios, no official may represent more than one school at the same time.

- 11.4 The competition organiser is authorised, at his or her discretion, to reject, or reduce the number of competitors on any entry which fails to comply with the organiser's requirements in this respect.
- 11.5 Judging qualifications should be included on the entry forms.
- 11.6 In all rounds of competition, the event organiser should endeavour to compile panels of officials from those individuals who have been nominated by their school. They may draw in as appropriate other volunteer judges/officials whose experience and qualification will benefit the event.
- 11.7 Panels that include Elite Level competitors should where practical be staffed by the highest-qualified judges available, taking into account the need for Chair and Difficulty judges for other panels.
- 11.8 At Zonal And National competitions, organisers shall endeavour to ensure a fair representation of all regions across the judging panels
- 11.9 The use of competitors as judges should be avoided where possible

12. Administration

- 12.1 Results of the Regional competition must be forwarded to the organiser of the appropriate Zonal round within one week of the Regional event. Results of the Zonal competitions must be forwarded to the organiser of the National Championships within one week of the Zonal events.
- 12.2 Organisers of the Zonal and National events may refuse to accept any entry whose eligibility cannot be verified against the official results.
- 12.3 Entry forms for all rounds of the Championships shall require the inclusion of the BSGA Affiliation Number.

13. Dates of Competitions

- 13.1 In order to accommodate National competitions, the Regional Schools Competitions may be held on any of the last two weekends in November or the first two weekends in December. This will allow a local choice, according to the calendar, of a date between November 16th and December 14th.
- 13.2 The Zonal round should be held on, or as close as possible to the third weekend in January.
- 13.3 The National Finals shall be held in March where possible according to the BG calendar of competitions.
- 13.4 The above dates shall be reviewed each year to avoid clashes with other national BG or League events. Specific dates for events shall be determined by the event organising committees in co-operation with the calendar of National and Regional BG or League competitions.

14. Rotation of Zonals and Finals

- 14.1 Responsibility for staging the Zonal events will rotate between the Regions comprising each Zone. The National Finals shall be open to voluntary offers. The rotation calendar for 2019 to 2022 is given below:

2022	
Southern Zone	South West
Central Zone	East Midlands
Northern Zone	North West
National Finals	Northern Zone (YO)

2023	
Southern Zone	London
Central Zone	West Midlands
Northern Zone	Northern Ireland
National Finals	Central Zone (EM)

2024	
Southern Zone	South
Central Zone	Wales
Northern Zone	Yorkshire
National Finals	Southern Zone (LO)

2025	
Southern Zone	South East
Central Zone	Eastern
Northern Zone	North
National Finals	Northern Zone (NW)



**This issue of the Rules was agreed on 8th September 2021 and is in effect from 1st Oct 2021.
Please check with your Regional Representative before submitting entries to the competitions.**