

# BSGA Trampoline Competition Rules 2022-23 Version 1

## 0. Changes for 2022-23

- 0.1 Section 4 - Exceptional COVID circumstances and eligibility:  
Given the slow recovery in participation numbers since COVID, we are continuing the enhanced number of qualifiers that were introduced in 2021-22.
- 0.2 Section 3 - Accommodated the new BG Regional Levels in addition to NDP.
- 0.3 Section 1 - Time of Flight may be used in the Final for Intermediate and Elite
- 0.4 Section 10 - Changed to align with new BG rules on clothing
- 0.5 Clarification of BSGA vs BG Regional TC relationship and responsibilities

## 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 2022-23, the Cycle 15 BG Code of Points effective for 2022-24 shall apply. This includes Horizontal Displacement and 4 execution judges. However, Time of Flight will be used at Zonals and National Finals for Intermediate and Elite levels, subject to equipment availability. Regional organisers may also choose to use Time of Flight for Intermediate and Elite grades.
- 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. No region is permitted to impose any rule to an event that is not within the current BSGA TRA Competition rules, this includes fines and rejection of entry forms for reasons other than explicitly stated in these rules.
- 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 and must remain at that school for all subsequent rounds. Teams will be entered automatically at regional events.
- 1.5 There shall be two preliminary rounds: Regional (held from 2<sup>nd</sup> weekend of November to the 2<sup>nd</sup> weekend of December) and Zonal (held from 2<sup>nd</sup> weekend of January to 2<sup>nd</sup> weekend of February), followed by a National Final (held on 3<sup>rd</sup> weekend of March). Closing dates for entries should be no more than 4 weeks before the event.
- 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 Regional 1 or 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 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.
- 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 Regional 4 or 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 Regional 4, League 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 Regional 4 / 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 be entered at a higher level, then he/she remains classified as being that level for the remainder of the current season. [Such pupils may not return to compete in lower Level once they have moved up, unless a request is sent in writing to the BSGA TRA Competitions working party prior to the REGIONAL ROUND closing date, and the request is granted.](#)
- 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 Regional 4 / NDP 6 or higher cannot 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 **three** teams with the highest scores and the **five** 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 qualifying 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. **Where a 4<sup>th</sup> member 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.**

4.5 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.
- 5.6 [Where only unfamiliar equipment is available, teams are strongly encouraged to get some experience on the type of equipment being used, and to attend any orientation sessions offered by the organisers.](#)

## 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, the organiser shall decide whether to apply a fee for Team entries. \(Noting that at Regional Level all competitors must be entered as Individuals\).](#)
- 6.3 At Zonal and National levels, each competition organising committee is 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><b>NOVICE</b></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><b>INTERMEDIATE A</b></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><b>INTERMEDIATE B</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><b>ELITE</b></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 Trampolining

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](#)
- 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](#)

## 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.
- 10.2 Close fitting shorts are permitted at all levels in accordance with the British Gymnastics rules
- 10.3 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.
- 10.4 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.
- 10.5 Shirts/vests must be tucked into trousers/shorts, and inhibited from flapping free during the execution of the routine.
- 10.6 Foot covering must be plain white (no coloured trim).
- 10.7 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.
- 10.8 Matching attire for all members of a Team is not required.
- 10.9 Bandages or support pieces must not create big contrast with the skin colour.
- 10.10 Underwear must not be visible.
- 10.11 Competition organisers are at liberty to determine their own standards of 'tidiness', but should establish the ruling before the start of the competition
- 10.12 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. Proof of qualification may be requested and must be provided in such circumstances.
- 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 asked 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.*

*It is also expected that clubs with a large number of gymnasts from different schools should consider the aggregate of their entries when assessing the number of officials to provide.*

*For Zonal rounds, it is the responsibility of each Regional Competition Organiser to provide a panel of named officials who will be available to perform their roles for the duration of the event.*

*For the National Final, each Zone is required to nominate at least 16 officials, and are encouraged to invite independent judges in addition to their directly affiliated officials.*

- 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 must be included on the entry forms – BG qualified level or BSGA course.*
- 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. *At National Finals, the judges and officials will be selected by the National Finals organising team.*
- 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 All results should be forwarded to the BSGA website manager for publication.
- 12.3 Organisers of the Zonal and National events may refuse to accept any entry whose eligibility cannot be verified against the official results.
- 12.4 Entry forms for all rounds of the Championships shall require the inclusion of the BSGA Affiliation Number.
- 12.5 Regions are reminded that these are BSGA events and run by, or on behalf of, the BSGA, and operate under the conditions of BSGA 3<sup>rd</sup> Party liability insurance.  
BG Regional Technical Committees' help and cooperation in running of BSGA events is greatly appreciated but the rules as 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, not the BG Regional Technical Committee.

## 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 on the 3<sup>rd</sup> weekend in March where possible according to the BG and BSGA calendars 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 of suitable venues. [The rotation calendar for 2023 to 2026 Zonals is given below:](#)

Jan 2023	
Southern Zone	London
Central Zone	East Midlands
Northern Zone	Northern Ireland

Jan 2024	
Southern Zone	South-East
Central Zone	West Midlands
Northern Zone	North

Jan 2025	
Southern Zone	South
Central Zone	Wales
Northern Zone	Yorkshire

Jan 2026	
Southern Zone	South-West
Central Zone	East
Northern Zone	North-West



This issue of the Rules was agreed on 15<sup>th</sup> August 2022 and is in effect from 1<sup>st</sup> Oct 2022.