



# British Schools Gymnastics Association

## Handbook 2023-24



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### MILANO CLUB ADVANTAGES



# IMPORTANT CHANGES

There have been several changes from last year's handbook so please check carefully.

We may also need to publish errata, so please check the website regularly.

- The Acro Rules have been completely re-written, modernising them and making them more accessible and shadow levels 1,2 and 3 of the National Development Plan.
- The Tumbling rules have been re-written to clarify anomalies and match other schemes more closely
- Age group rules remain the same as last year in Floor & Vault; Milano Team; Acrobatic and Tumbling. Any gymnast can move up ONE age group this year again to encourage more participation.
- The Trampoline rules have been updated with significant changes
- Indecent leotards will incur a 0.5 deduction from the gymnast's final score. All other Gymnast's attire deductions remain the same.
- Gymnasts may choose to wear suitable shorts or gymnastic leggings/longs.
- Regions that do not supply a judge for the national finals will be charged £100. If payment is not made prior to the competition the region will not be allowed to compete.
- U11s may compete on a 9m square floor. There will be no deduction if an U11 uses the full 12m square area, but also there will be no deduction if an U11 performs their routine in only a 9-meter square area.

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## BSGA Chairman's Report 2023-24

What a year it has been, whether it was the unfortunate changing of dates due to the coronation or a snowstorm trying to stop our national finals! Nothing has been able to prevent the BSGA team pulling together to deliver a range of fantastic events.

Reflecting on gymnasts I have seen compete at BSGA competitions in recent years - for many, representing their school and region at a BSGA national final is the pinnacle of their gymnastic career for others, it is a building block in their gymnastic career. Olympian and current World Floor champion, Giarnni Regini-Moran, Double Olympian Danusia Francis, Welsh Commonwealth Gymnast, Jea Maracha and reigning Scottish Champion Lottie Smith, to name a few, have all competed in the BSGA arena, performing with their school teammates, and representing their region. It is incredibly inspiring to think about what these gymnasts have achieved since competing in BSGA competitions.

Reviewing what we have achieved this year, I am once again overwhelmed by the incredible commitment of the many volunteers who work on behalf of BSGA. Our regional representatives around the United Kingdom continuously go beyond what could practically be expected of them to deliver fantastic competitions for our school membership. Thank you too all the BSGA executive and those working in the regions and home countries on our behalf, all giving up their time and expertise to enable BSGA to be the successful Association it is.

We have continued to see increased support for our competitions and increased recognition that this physical activity has much to offer in a 'rounded' education. This year several new schools have been able to engrave their name onto trophies for the first time. There was a record number of entries in the trampoline national finals with regions battling for the title in a fantastic atmosphere.

The overall standard across all disciplines improves year on year and some of our traditionally successful teams are increasingly being challenged by this up-and-coming generation of new school gymnasts. The BSGA accounts indicate we can operate our programme on a budget despite the cost-of-living crisis affecting everyone. I wish to acknowledge the financial support from our main sponsor, the Milano Pro-Sport team in Preston, and our hard working and committed competition organisers that all help to make this possible.

Whilst the association can boast so much success over the 2022/23 season there are still areas where I wish to focus my attention in the coming years to secure a sustainable and valued future for BSGA. The association must attract more schools and more young people into the organisation at both regional and national level, this is essential if we are to give more children the opportunity to benefit from BSGA gymnastics competitions. We need the involvement of many more schools, especially primary schools to feed up through the system. The regeneration of English Schools is no doubt helping to encourage more interest in the sport at the grass roots level. The building of a succession strategy that involves more young volunteer officials and judges in the finals of regional and national events will ensure an enduring legacy for the association. It is important to remember the association offers GymFest, which is a fun and more relaxed side to the association with ample potential to grow.

Once again, I would like to thank you for your continued support to British Schools Gymnastics Association and look forward to working with you all in the future.

Enjoy your sport.

Jamie Weller



## Calendar of Events 2023-24

Date	Region	Event	Venue
November 5	L	Regional Trampoline	Chessington Sports Centre
18	W	Regional Trampoline	Sports Wales National Centre
19	E	Regional Trampoline	Hitchin Boys School
26	S	Milano Regional	Beaconsfield High School
December 2	N	Trampoline regional	Whickham School
2	SW	Trampoline regional	Taunton Leisure Centre
3	SE	Milano Regional	Tormead School
3	NI	Trampoline regional	Newtownards Leisure Centre
3	NW	Trampoline regional	Robin Park Wigan
3	EM	Trampoline regional	Hinckley Leisure Centre
3	S	Trampoline regional	TBA
3	SE	Trampoline regional	Worthing LC
3	WM	Trampoline regional	Activ8 TC
3	Y	Trampoline regional	Bradford Girls Grammar School
15	W	Milano plus Floor & Vault Regional	Sports Wales National Centre
January 20	WM	Milano plus Floor & Vault Regional	Fenton Manor
21	S	Trampoline Zonal	Worthing LC
27	N	Milano plus Floor & Vault Regional	Newcastle RGS
27	North	Trampoline Zonal	Dewsbury Sports Centre (tbc)
28	S	Floor and Vault Regional	Beaconsfield High School
28	SE	Floor and Vault Regional	Aberdour
29	<b>National</b>	<b>Milano Team Finals CLOSING DATE for entries</b>	
February 3	EM	Milano plus Floor & Vault Regional	TBC
3	WM	Acro/Tum/Dis Regional	Haberdashers' Adams, Newport
4	N	Acro/Tum/Dis Regional	Northern Hope GC
5	W	Acrobatics regional	Sports Wales National Centre
5	NW	Milano plus Floor & Vault regional	St Bede's Blackburn
4	SE	Acro/Tum/Dis Regional	Tormead School
21	W	Tumble and Vault Regional	Sports Wales National Centre
25	NW	Acrobatic Regional	University of Cumbria, Lancaster
23	<b>National</b>	<b>Milano MUSIC DEADLINE</b> – email to <a href="mailto:music@bsga.org">music@bsga.org</a>	
29	W	Cardiff & Vale Tumble and Vault Regional	Sports Wales National Centre
March 8/9	<b>National</b>	<b>Milano Team Finals</b>	<b>Fenton Manor</b>
11	<b>National</b>	<b>School Gym National Finals CLOSING DATE for entries</b>	
16/17	<b>National</b>	<b>Trampoline Final</b>	<b>Telford (tbc)</b>
April 5	<b>National</b>	<b>School Gym MUSIC DEADLINE</b> – email to <a href="mailto:music@bsga.org">music@bsga.org</a>	
20/21	<b>National</b>	<b>School Gym National Finals</b>	<b>Fenton Manor (date tbc)</b>
June 8/9	<b>National</b>	<b>GymFest – “Reach for the Stars”</b>	<b>Fenton Manor</b>
20	<b>ESGA</b>	<b>Key Step National Final U9, U10, U11, U14</b>	<b>Fenton Manor</b>

Please check the BSGA website for the latest updates and confirmations

## Trophy Holders

Please ensure that all trophies are engraved and are returned clean and polished to the next annual competition. It is the responsibility of the teacher at the school and/or region who signed for the trophy to return it. In the event that the winning school/region does not intend to affiliate for the following year, the teacher should ensure the trophy is returned to the BSGA Trophy and Medal Secretary: Mrs Jo Drury. trophy@bsga.org

In the event that the winning school/region does not qualify to the next National competition, it is the responsibility of the trophy holder to ensure the trophy is delivered to the National Finals on the applicable date.

If a school/region does not return a trophy in time or it is damaged or not engraved, a £50 fine will be imposed on that school/region linked to the signatory. That school will also be responsible for all costs involved in getting that trophy to the new winning school/region shortly after the competition. If a trophy is lost or damaged a replacement must be paid for.

When signing for trophies at National events the signatory is agreeing to all of the above.

Shortly after the National Finals an email will be sent to all regions confirming the Trophy Holders

## Elected National Committee Members

### BSGA Executive Officers

President (Non-voting position)	Mr I Howard Todd	president@bsga.org
Chairman	Jamie Weller	chair@bsga.org
Vice-Chair	Vicki Sly	vice.chair@bsga.org
General Secretary, Safety & Ethics Officer	Annette Brown	secretary@bsga.org
Treasurer	Kathy Jefferies	treasurer@bsga.org

### BSGA General Committee

English Representative	Verity Boulger	england@bsga.org
Scottish Representative		scotland@bsga.org
Welsh Representative	Michelle Griffiths	wales@bsga.org
N. Ireland Representative	Katie Johnston	n.ireland@bsga.org
National Competition & GymFest Organiser	Vicki Sly	vicki@bsga.org
Floor & Vault and Milano Technical Director	Katrina Venner	artistic@bsga.org
Acrobatic Gymnastics	Scott Patterson	acro@bsga.org
Tumbling Technical Director	Stacy Crook	tumbling@bsga.org
Trampoline Technical Director	Andi Revell	trampoline@bsga.org
Website & Media Director	Chris Edwards	web@bsga.org
Medal & Trophy Officer	Jo Drury	trophy@bsga.org
Safeguarding and Welfare Officer	Christine O'Hagan	welfare@bsga.org

## Regional Committees

### East

Chair, Treasurer & Affiliations	Mr W Harris	email: chair.e@bsga.org
Vice-Chair	Hannah Johnson	
Secretary	Mr Roger Jeavons	
Acrobatic, Disabilities & Tumbling	Mrs Janine Musson	acro.e@bsga.org
National Entries Coordinator	Linda North	
Trampoline Organiser	Jenny Newman	trampoline.e@bsga.org
Floor and Vault, Milano	Carrie Barfoot	floorvault.e@bsga.org milano.e@bsga.org
Judges Coordinator	Julie Ewenson	judging.e@bsga.org
BG Liaison	Mrs J Belemore	

### East Midlands

Chair, Secretary & Affiliations	Carole Foote	chair.em@bsga.org
Treasurer	Julia Szokalska	treasurer.em@bsga.org
Floor & Vault Organiser	Trudi Smith	floorvault.em@bsga.org
Acrobatic, Disabilities & Tumbling	Emma Garner	acro.em@bsga.org
Trampoline	Kirsty Ringsell	trampoline.em@bsga.org

### London

Chair	Lindsey Sinclair	chair.lo@bsga.org
Secretary	Lauren Preece	secretary.lo@bsga.org
Treasurer	Maureen Hayes	email: treasurer.lo@bsga.org
Affiliation Secretary	Kirsty Tanner	email: affiliation.lo@bsga.org
Floor and Vault	Taylor Eden	floorvault.lo@bsga.org
Acrobatic, Disabilities & Tumbling	Nicola Yellop	acro.lo@bsga.org
Judges Coordinator	Julie Ewenson	judging.lo@bsga.org
Milano Team	Rebecca Crane	milano.lo@bsga.org
Trampoline	Karen Gent	trampoline.lo@bsga.org

### North

Chair & Secretary	Jane Hughes	email: chair.no@bsga.org
Vice-Chair	Vanessa Foster	email: vicechair.no@bsga.org
Treasurer, Affiliations, Milano, F&V	Enid Harrison	enid.harrison@british-gymnastics.org
Acrobatic, Disabilities & Tumbling	Lyn Hope	acro.no@bsga.org
Trampoline	Andi Revell	trampoline.no@bsga.org

### North West

Chair & Milano Team	TBC	
Secretary	Pauline Nightingale	secretary.nw@bsga.org
Treasurer	Dave Nightingale	treasurer.nw@bsga.org
Floor & Vault	Katie Asbridge	floorvault.nw@bsga.org
Acrobatic & Disabilities	Marie Gardner	acro.nw@bsga.org
Tumbling	Stacey Crook	tumbling.nw@bsga.org
Trampoline	Rachael Burrows	trampoline.nw@bsga.org
Judging Convener	Emma Shields	judging.nw@bsga.org

### Northern Ireland

Chair	Teresa McAllister	chair.ni@bsga.org
Vice Chair, Milano	Katie Johnston	chair.ni@bsga.org
Treasurer, Secretary, Floor & Vault	Mrs Mandy Nield	secretary.ni@bsga.org
Acrobatics, Disabilities & Tumbling	Katie Grundie	acro.ni@bsga.org
Trampoline	TBC	trampoline.ni@bsga.org

## Scotland Region Information

All Competitions are organised by the Scottish Gymnastics Office  
Sport Scotland Caledonia House,  
1 Redheughs Riggs, South Gyle, Edinburgh, EH12 9DQ  
Tel: 01312 71975

### South

Chair, Treasurer, Affiliations & Trampoline	Janet Payne	trampoline.s@bsga.org
Milano Team & Floor & Vault	Sarah Wright	milano.s@bsga.org
Acro and Tumbling	Anna Tapper	acro.s@bsga.org

### South East

Chair, Floor & Vault Organiser	Jamie Weller	chair.se@bsga.org
Treasurer	Jenna Lucas and Aurelia Mattioli	treasurer.se@bsga.org
Secretary, Acrobatics & Tumbling	Scott Patterson	secretary.se@bsga.org
Trampoline	Kat Freeland-Jones	trampoline.se@bsga.org
National Finals Convener	Jamie Weller	bsgachairman@gmail.com
Judging Convener	Aurelia Mattioli and Jo Cox	judging.se@bsga.org

### South West

Chair	Verity Boulger	chair.sw@bsga.org
Secretary, Milano, Floor & Vault	Katrina Venner	secretary.sw@bsga.org
Treasurer	Gemma Braunton	treasurer.sw@bsga.org
Affiliations Secretary	Sarah Kendrick	affiliation.sw@bsga.org
Acrobatic, Disabilities & Tumbling	Jane Bell	acro.sw@bsga.org
Trampoline	Sarah Trott	bsgaswtrampoline@btinternet.com

### Wales

Chair, Acro, Tumbling & Disability	Kathy Jefferies	chair.wa@bsga.org
Secretary, Treasurer, Milano, F& V	Annette Brown	secretary.wa@bsga.org
Trampoline	Maria Gaynor	trampoline.wa@bsga.org

### West Midlands

Chair	TBC	chair@wm.bsga.org
Milano, Floor & Vault	Carol Brown	floorvault.wm@bsga.org
Acrobatics, Disabilities, Tumbling	Emma Otero Salgada	acro.wm@bsga.org
Treasurer & Affiliation Secretary	Helen Poynter	treasurer.wm@bsga.org
Trampoline	Debbie Danks	trampoline.wm@bsga.org
Committee	Mary Small	MSmall@bsga.org

### Yorkshire

Chair, Secretary, Treasurer	Jo Ward	secretary.yk@bsga.org
Floor & Vault	Jo Ward	floorvault.yk@bsga.org
Milano Team	Liz Rogers	milano.yk@bsga.org
Acrobatic Gymnastics	Rebecca Denton	acro.yk@bsga.org
Disabilities Gymnastics	Zoe Styles	gpd.yk@bsga.org
Tumbling	Rebecca Denton	tumbling.yk@bsga.org
Trampoline	Kate Pellegrina	trampoline.yk@bsga.org



# RULES COMMON TO ALL BSGA COMPETITIONS

## Affiliation

All competitors participating in regional events that lead to National Finals (and the national finals themselves), must be affiliated to the British Schools Gymnastics Association (BSGA) as an individual or as a school. Affiliations are made online at [www.bsga.org](http://www.bsga.org) or through your Regional Secretary. Current fees are:

Middle & Secondary Schools £30.00; Lower & Primary Schools £20.00; Individual Pupils £8.00.

## Age Groups

For the Milano Team, Floor & Vault, Acro and Tumbling ages are taken from the gymnast's age on the 1st of September in the academic year of competition entry. In Trampolining entries are taken by school year.

## Qualification for National Finals

Qualification at National finals for the great majority of competitions is via England regions, home country, (Scotland, N. Ireland & Wales) and for trampolining, zone selection. In the National Disability Acrobatics Gymnastics competition schools may enter the final directly, although it is still advisable to have performed in your regional competition.

## Entry Fees for National Finals

All competition entry fees must be paid by the region on or before the closing date for team declarations.

### Competition

Milano Team Championships

School Gym - Floor & Vault

School Gym - Acrobatics & Tumbling

### Fee

£40.00 per School team per age group

£40.00 per School team per age group

£7.50 per entry per individual

## Safety and Welfare

- No person must use any apparatus without a suitably qualified teacher or coach present.
- Teachers and coaches are responsible for performers' safety at all times.
- There can be no replacement for an injured gymnast once a competition has started.
- Please ensure that within your region, schools, all officials, coaches, committee members and anyone working with the gymnasts have an up-to-date DBS. This will not only protect the gymnasts but also the individual and the organisation.

## British Schools Judges' Rules

- The judges' decision is final with no protest permitted.
- Judges on a panel should not confer or talk to each other during the gymnast's performance.
- During the competition there should be no communication between the judges and coaches or gymnasts, either by phone or face to face, except through the CJP (Chief of Judging Panel) or Head Judge.
- Marks on a panel should fall within the given tolerance of 0.5 for a panel of three or four judges, or 0.3 for a panel of two judges. The Head Judge / CJP of the panel will request a judge to amend a score if necessary to achieve the allowed tolerance. In trampolining there is a 1.0 tolerance given.
- The uniform for judges is as follows: Black, dark grey or dark navy suit – with jacket, white/Blue shirt or blouse, dark shoes (not sandals) and minimum jewellery.

## Photography and Video Recording

The BSGA allows non-intrusive photography and video at its events, subject to the following restrictions.

- Video lights and flash must not be used during performances or warmups (ok for presentations).
- You must not distract gymnasts, coaches, or officials, (turn off 'beeps' too!)
- Avoid obstructing the view of other people at the event.

### Photos and videos may be used for the following purposes:

- Schools or clubs using photos of their members to promote the activity or achievements.
- BSGA / Event organisers use for promoting the organisation or events.
- Personal use within the family and friends.
- Use for other legal purposes, including commercial, only with the express written consent of the subject *and* their parent or guardian.

### Examples of unacceptable use are:

- Publishing or sharing images likely to cause embarrassment to the gymnasts, their family, friends, or school.
- Publishing or sharing images without the express consent of any identifiable individuals in the photo.
- Anyone suspected of/or found to be breaking these terms will be asked to stop and will be told to leave the event if they refuse. In more serious cases, offenders may be banned from future events and face possible criminal prosecution.

## Coaches / Teachers Attire

All coaches/teachers must wear a tracksuit or tracksuit bottoms, suitable shorts, with a polo shirt or club/school/regional T-shirt and appropriate gym/training shoes. Long hair must be braided or tied back so as not to obscure vision. No jewellery to be worn if in direct support of a gymnast.

## Gymnasts Attire

Note that specific rules apply to trampolining and tumbling – see later sections.

- Teams must be uniformly dressed. Gymnasts can wear leotards or polo shirts/T-shirts/vests with or without shorts or gymnastic leggings/longs. If shorts or leggings/longs are worn, they must be plain and free from diamantes and names, a small manufacturer's logo is the only acceptable visible marking on the shorts, found on the lower left leg of the shorts, not on the waist band. Mixed teams must have the same colour scheme and complimenting designs.
- Gymnastics slippers or socks may be worn.
- Leotards: the neckline of the front and back must be proper, that is no further than half of the sternum and no further than the lower line of the shoulder blades. Leotards may be with or without sleeves; shoulder strap width must be a minimum of 2cm. The leg cut of the leotard, if not under shorts or leggings cannot extend above the hip bone and cannot exceed the horizontal line around the leg, delineated by no more than 2cm below the base of the buttocks.
- Body bandages (and sports bras) must be skin coloured.
- Jewellery must NOT be worn.
- Hair must be neat and tidy. If a ponytail or plait can pass in front of the face, then it is required to be in a bun. Fringes must be kept out of the eyes through clips or products; this applies to all gymnasts.
- Sponsors: a sponsor's logo may appear on a leotard or polo shirt if it is in a discreet location and does not distract from the gymnast.

### Deductions Common to Milano and Floor & Vault

Team not uniformly dressed	1.0 from final team score
Visible underwear	0.3 from final score
Non skin coloured bandages/supports	0.3 from final score
'Indecent' leotards	0.5 from final score
Gymnast wearing jewellery	0.3 from final score
Shorts/Leggings in breach of rules	0.3 from final score
Hair in breach of rules	0.3 from final score
Failure to present	0.3 from apparatus score



## Music

Schools **must** email their music to [music@bsga.org](mailto:music@bsga.org) at least **2 weeks prior** to any national finals so it can be pre-loaded onto the music system. If music is not emailed by the deadline gymnasts will perform without music. Please send your music with a delivery receipt. Send separate emails for each team. You can use [wetransfer.com](http://wetransfer.com)

Every individual gymnast, pair and group will be given a **unique 3-digit competition number** (003, 021 etc.) It is **essential** that this number is used as the identifier for each entrant's music. The music filename **must have** the competition number at the start of the filename, followed by the gymnast's name and school. All gymnasts' numbers are provided on the entry form which will be on the web site or obtainable from your regional organiser.

Rename the music file before you attach it to an email. So, file named 'mymusic.mp3' becomes '147-JillSmith-Haberdashers.mp3' for example.

If you have any questions about sending music, then email [music@bsga.org](mailto:music@bsga.org) for help.

If you are unsure about the numbers for your gymnasts, (especially in the Floor & Vault or Milano Team mixed teams, where **boys MUST go first**) then please check with the competition organiser before sending music incorrectly numbered. If there are six gymnasts in a Floor and Vault team the gymnast not competing on Floor will be the 6<sup>th</sup> gymnast on the entry form.

**Please remember you must also bring all competitors' music to the competition as a backup.**

These may be as:

- One CD per gymnast, it must be at the beginning of a CD, labelled with Number, Gymnast Name and School.
- USB stick with files in .wma, .mp3 or .mp4 format
- Mobile phone with USB or audio jack socket
- Where a recording has been spliced together it *must* be recorded as a single track.

**It is vital that the coach backup recording is with the coach in the performance arena at the time of the competition.**

You must register with the music desk on arrival at the competition, so we know who has the backup.

In the event of a technical failure any further performance will be at the discretion of the competition manager who may consult with the head judge.



### Permitted Music at Competitions

All music used in competition routines must conform to the relevant licensing requirements. Certain tracks belonging to Disney, Andrew Lloyd Webber and Cirque du Soleil can be used but this should be checked on the PPL website to confirm the track is included within their repertoire. To check tracks, click [HERE](https://repsearch.ppluk.com/ars/faces/pages/audioSearch.jspx) (<https://repsearch.ppluk.com/ars/faces/pages/audioSearch.jspx>)

scroll to the bottom of the page and click on 'PPL Repertoire Search' enter the artists name and title. Any music listed as part of the search can be used. If the track is not included within the listed tracks the school must apply directly to Disney, Andrew Lloyd Webber, or Cirque du Soleil to use the track and pay the relevant licensing fees.

Only in the Acrobatic Gymnastics competition may routines be performed to music with words, but the music track must respect the FIG code of Ethics.

## RECOGNISED FLOOR AGILITIES

Flexibility
Japana, leg separation 90° or more (S)
Splits - front or side (S)
Backward walkover
Forward walkover
Elephant lift to handstand
Pike fold sitting or standing (S)
Valdez
Tinsica
Free walkover
Bridge – Any entry and exit allowed, but the static bridge must be held for at least 3 seconds. (S)
From Handstand Healy Turn

Balance
Shoulder stand - arms optional. (S)
V sit with or without hand support (S)
I legged balance (thigh parallel to floor) (S)
Frog balance. (S)
Y Balance or arabesque (S)
Handstand (hold for 2 secs) (S)
Headstand - legs optional (Must not roll out) (S)
Back support, turn to front support (or vice versa)

Strength
Press up
Backward roll through handstand (held 2 Secs)
From front support, jump legs in and jump up.
Russian Lever Straddled or piked (S)
Straddle ½ lever, lift to stand with 2 feet together
Show handstand lower to straddle ½ lever
Headstand-push to handstand with straight legs.
Fall to prone, push to front support with one leg raised
Backward roll to front support

Strength Cont.
Straddle or pike ½ lever (S)
Planche tucked or straight (S)
Other
Forward roll
Backward roll
Backward roll to straddle stand
Forward roll to straddle stand
Circle roll (teddy bear roll)
Single leg circle
Double leg circle
Fly spring
Handspring to two feet
Handspring to one foot
Cartwheel or dive cartwheel
One handed cartwheel, either arm
Two cartwheels linked, (same cartwheels)
Free cartwheel
Round off
Back flic step out
Standing Back flic
Round off, flic (counts as 2 moves)
Back somersault, shape optional
Front somersault, shape optional
Side somersault, shape optional
Move from dish to arch (log roll)
Side support turn to side support other arm
Handstand 180° or 360° pirouette
Handstand forward roll with bent or straight arms
180° OR 360° jump turn (not both in single routine)
Stag Jump



## INDIVIDUAL FLOOR COMPETITION REQUIREMENTS (School Gym and Milano)

### Floor Routine (Individual) - (Maximum 16.0 marks)

A routine up to 60 seconds from first movement to last, performed on a 12-metre square un-sprung matted floor. U11s ONLY may choose to perform their routine on a 9-meter square floor and receive no deduction. There will be no deductions or bonuses if an U11 used the full 12-metre square floor.

Content 6 x skills @ 0.50 = 3.00

Composition = 3.00

Maximum D Score = 6.00

Maximum E (execution) Score = 10.00 – total deductions for poor execution

Final Score = D Score (up to 6.00) + E score (up to 10.00) = maximum of 16.00

### Content (D - Value up to 3.0)

- Six different and distinct moves from the published tables of approved moves must be included – two of which must be either a strength or flexibility or balance taken from the recognised table of moves. The two moves must be from different categories, therefore if two flexibility elements were competed with no strength or balance element, then you would only be rewarded with one of the categories and a deduction would be taken. If one or both strength, flexibility and/or balance moves are missing, a 0.5 deduction will be applied for each move omitted. If a gymnast performs only five moves and only has one flexibility, strength, or balance element then the content score will be 2.00. (-0.5 for missing move, -0.5 for missing required element)
- A jump half turn OR full turn OR stag jump may be included as one of the six counting moves.
- Leaps, jumps (except half & full turn & stag jumps), spins and turns are not considered as moves but should be included to link the sequence together, these should not prevent the routine from flowing.
- Additional moves from the approved table can be included and moves can be repeated. However, no extra marks will be gained, and marks may be lost for poor execution.
- Dive rolls are not recommended but if included will be considered as linkages not one of the counting moves.
- Entry and exit to all static elements (marked with 'S' in the recognized moves table Page 10) are optional to allow for artistry and composition. However, all balances and static moves MUST be held for 3 seconds apart from a handstand which is held for 2 seconds.
- Exiting the element is at the gymnast's discretion – the only limitation is a gymnast must NOT roll out of a headstand. If seen it will be deducted and treated as a fall and the move will not count.

### Composition (D - Value up to 3.0)

The routine should include creative choreography that interprets the chosen music (where music is used) and is appropriate for the gymnast. The routine should aim to include each of the categories listed below. The values given are the **maximum deductions** for each area:

Use of floor	0.3
Changes in levels (very low, low, middle, high, very high – from high leaps or tumbles)	0.3
Variety of skills (forwards, backwards, sideways, rolls, static, moving)	0.3
Engaging the judges and audience	0.1
Ability to play a role or character throughout	0.1
A routine that flows not a set of disconnected elements	<b>0.3</b>
Creativity, variety, and complexity of movements	0.5
Correct selection of movements for the music (could the routine be performed to any music?)	0.5
Synchronisation with the music throughout the routine	0.3
Difficulty appropriate to age (U11 flic/handspring, U14 and O14 aerial or three move tumble). EG If an U11 gymnast's most difficult skill is a forward roll they would lose the full <b>0.3</b> , but a round off with flight would only lose 0.1. <b>Difficulty should not be at the expense of good execution.</b>	0.3

### Execution (E - Value up to 10.0)

- Marks for execution will take into consideration all parts of the routine.
- Any balances or static moves must be held for 3 seconds except for a handstand which must be held for 2 seconds. Failure to hold a balance for the required time will incur a 0.5 deduction as a loss of element if six other moves are not present.
- Judges will be looking for;
  - Straight legs and pointed toes
  - Good extension and posture
  - Good height in flight elements
  - Accurate body shapes
  - Light, controlled landings
- Note – All ‘dance’ (any movements that are NOT included in the list of allowed ‘skills’) any errors in these moves will be deducted through composition and deductions taken at the end of the routine. Therefore, any EXTRA ‘skills’ will incur the following execution penalties

<b>Execution penalties for any skills listed in the table</b>	
Incorrect body shape / poor body alignment	0.1 or 0.3
Bent arms	0.1 or 0.3
Bent legs	0.1 or 0.3
Leg separation	0.1 or 0.3
Lack of split	0.1 or 0.3
Feet not pointed	0.1
Insufficient height of jumps / aerials	0.1 or 0.3
Insufficient flight in flight elements	0.1 or 0.3
Insufficient tuck/pike/stretch	0.1 or 0.3
Failure to extend from a somersault	0.1 or 0.3
Incomplete turns	0.1 (within 30°), >30° skill does not count
Deviation from a straight line	0.1
Hops/steps on feet or hands	0.1 each time, max 0.8 for any one skill
Arm swings to maintain balance	0.1
Posture fault on landing	0.1 or 0.3
Loss of balance	slight = 0.1, medium = 0.3, large = 0.5
Adjustment/loss of control when entering a balance (e.g. frog / arabesque)	0.1 or 0.3
Fall (actually falling over – most at this level considered loss of balance as happening slowly)	1.0
Static skills not held for 3 seconds (or 2 seconds Handstand)	The skill will not count towards the content
No links	(3.0 in composition)
<b>Execution penalties taken throughout the routine including during ‘dance’</b>	
Adjustments (any small step etc. that is not choreographed)	0.1 each time
Step outside of the floor area	0.1
Pauses	0.1 each time
Coaching / prompting	0.5 each time
<b>Execution penalties taken at the end of the routine</b>	
Poor posture throughout the routine	Up to 0.3
Poor amplitude/virtuosity/expressiveness throughout the routine	Up to 0.3
Poor extension of feet throughout the routine	Up to 0.3
Overtime (longer than 60s)	0.1
Failure to present	0.3 from apparatus score

## VAULT COMPETITION REQUIREMENTS (School Gym and Milano)

### List of Approved Vaults for use in Regional and National Finals

**Junior Under 11 Box minimum of 1 or 1.25 metres high (or as close as equipment permits)**

Direction of Box	Description of Vault	Tariff (Value)
widthways	Squat on. Immediate straight or star jump off	4.0
widthways	Squat on. Jump off with half turn	4.0
lengthways	Squat on (Cat spring), Leap frog off	5.0
widthways	Squat (through) or straddle	6.0
lengthways	Squat (through) or straddle	6.0
widthways	Handspring	6.0
lengthways	Handspring	6.0

**Senior Over 11 Box 1 metre or 1.25 metres high or as close as equipment permits (Choice)**

lengthways	Squat on (Cat spring), Leap frog off	5.0
widthways or lengthways	Squat (through) or straddle	6.0
widthways or lengthways	Handspring	6.0
widthways or lengthways	Yamashita	6.0

Final Score = D Score (Vault Tariff) + E Score (up to 10.00) = maximum of 16.00

- Power boards will be available at the National Final
- Gymnasts must use apparatus provided
- Gymnast will perform 2 vaults each (the same or different) from the appropriate list. Only their highest mark will count
- Any vault performed that is not listed will be deemed void.



## EXECUTION PENALTIES FOR VAULT

First Flight		2nd Flight	
Bent legs	up to 0.50	Bent legs	up to 0.50
Legs separated	up to 0.30	Legs separated	up to 0.30
Insufficient stretch	up to 0.50	Insufficient height	up to 0.80
Poor technique e.g. <i>hips bent</i>	up to 0.50	Poor technique/ body shape/body position e.g. <i>back arched</i>	up to 0.50
No Layout	up to 0.50	Insufficient stretch into landing	up to 0.50
Two knees on top	1.00	Insufficient dynamics	up to 0.50
One knee + 1 foot on top	0.50	Insufficient distance	up to 0.50
One knee + 1 leg hanging down	1.00		
Lack of arm swing from springboard	Up to 0.3		

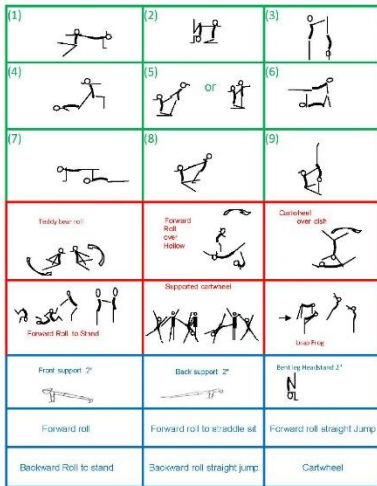
Repulsion Phase		Landing	
Touch with one hand only	1.00	Arm or body movements to maintain balance	up to 0.30
Poor technique e.g. <i>poor body shape, arched back, hips bent, too long on apparatus</i>	up to 1.00	Deviation from straight line	up to 0.30
Stop on top of box	0.50	Deep squat on landing	up to 0.50
Bent arms	up to 0.50	Steps	0.10 each to a maximum of 0.70
Bent legs	up to 0.50	Fall	1.00
Legs separated	up to 0.50	Full Support from coach during vault	2.00
Legs round side of vault	0.5	Support from coach on landing	1.00

Void Vault
Touching the apparatus without vaulting
Performing a vault not on the list





## Acrobatics Pairs



### Making up the sequence

(Total value 16.0 marks for each pair of gymnasts)

♦ **Content:** Include 2 balances from green, 2 tempo moves from red and 3 individual moves from blue as shown in the chart above (Worth 3.5 marks)

♦ **Composition:** Put together sequence with choreography to show:

- \* good use of floor with changes in direction and levels (0.5)
- \* variety of linking ideas, (leaps, spins, dance) (0.5)
- \* artistry & presentation including use of music (0.5)
- \* synchronisation (1.0)

(Worth up to 2.5 marks)

♦ **Execution** faults deducted (Worth up to 10.0 marks)

♦ Can be performed with or without instrumental music. (no words) and to last no longer than 1min 30 secs.

♦ Each pairs balance is held for 3 seconds and any individual balance for 2 seconds

Download this document from <https://www.bsga.org/countries/england/>

## Competition Details

**Age Groups:** Under 9, Under 10, Under 11 & Under 14 (1st September in current academic year - Only one competition per gymnast)

**Date:** Thursday 20th June 2024

**Venue:** Fenton Manor SC Stoke-on-Trent

**Team Numbers and Make Up:** 4 Pupils per team from same school.. All male, all female or any mixed gender combination.

**Scoring** Any 3 from a team perform on floor & vault & all 4, (2 pairs) complete acro routines. All scores count to provide overall team score

**Entry Regulations:** For school teams only. All participating teams must also be affiliated to BSGA - Affiliate online at ([www.bsga.org](http://www.bsga.org)). Participants must never have taken part in any:

- ♦ (1) BG regional, national and compulsory grades programme
- ♦ (2) Alternative grades programme created within BG regions
- ♦ (3) BG talent development programme
- ♦ (4) English Championships
- ♦ (5) British Schools (BSGA) national final
- ♦ (6) Gold medal winning team, (any age group), in this competition in previous years

♦ Up to 15 teams in each age group. Priority will be given to schools qualifying through a regional/county competition, providing the county sports partnership (CSP) name is entered in the week that their window opens). - **Monday April 15th 2024**. Individual school entries will be allocated on a 'first come first served' basis when their window opens on **Monday 22nd April 2024** with the aim of obtaining a geographical spread across the 43 CSP's. Any additional applications will be placed on a reserve list and used to make up the final quota, if spaces remain.

**Music: (if used)** - instrumental only, no Disney, Andrew Lloyd Webber or any derivative. **Music must be emailed**, (with number of gymnast first, then name and finally school. (Participant numbers for successful schools, together with email address and closing date for music will be posted on BSGA website in mid May). **A back-up copy of music MUST be brought on competition day.** (USB stick or mobile phone preferred please)

**Entry Fee £35.00 per team** Payable by invoice, emailed to school when notified of a successful entry.

**Dress:** Boys - leotard and shorts or vest and shorts Girls - leotards. Dress to be uniform. No jewellery permitted

## Guidelines for Acrobatics Routine

(Boxes below align with routine drawings)

(1) Position of Bases arms off the floor. Top shows strong front support position	(2) Base sitting on knees with both ankles together. Top in bent leg headstand in tucked position and toes pointed. Base provides minimal support, arms of base straight.	(3) Top in balanced handstand with the base provides minimal support. A straight handstand is required from the top showing extension & good body tension.
(4) Base legs should be straight. The Top should be in chair position supported by the Base in the lower back.	(5) Feet of B placed above knees of A. Arms of the base bent or straight when top is in balance. Base is kneeling with seat resting on heels.	(6) The top forms an extended flat bodyline, with the hands and shoulders over the knees of the base. Both base and top should have straight arms
(7) The arms of the base should be straight. The support on hands can face either direction but should show an extended bodyline.	(8) Arms of the base and top when in balance straight. Base should be sat in straddle, legs straight toes pointed.	(9) Top shows strong front support position. Base supports below the knee, arms straight.
Gymnasts back to back at the start, each completes a full circle. Finishing where they started	A is in arch; head, arms, shoulders and ankles are clear from the floor. B forward rolls over	A in dish, head, arms, shoulders and ankles are clear from the floor. B: Cartwheels over the waist with one arm either side.
Roll of A should be smooth. Hands of B assist stand. Additional steps not permitted	Cartwheel supported throughout.	The legs of the base must be straight throughout. There must be a flight phase from the top after contact with base.

### How to enter your team (s):

Please forward ALL of the following information in an email to [president@bsga.org](mailto:president@bsga.org)

Name of County Partnership (CSP) or School  
Age Group (s) entered:  
Name of Partnership official or teacher/coach:  
Email address of Partnership Official or teacher/coach:  
Mobile contact number for Partnership Official or teacher/coach  
BSGA Affiliation Number for 2023-2024 (Schools Only)  
Name of County Sports Partnership (CSP) You can find your local CSP name at [www.cspnetwork.org/your-csp](http://www.cspnetwork.org/your-csp)

**Window for entries from county partnerships will OPEN on Monday 15 April 09:00hrs and for individual schools Monday 22 April 09:00hrs and CLOSE Friday 10 May 24:00 - CHECK BEFORE ENTRY THAT THE COMPETITION DATE IS FREE FOR THE SCHOOL TO ATTEND.**  
and please remember, ~ 'First come first served'



English Schools Gymnastics Association



## NOVICE COMPETITION FOR SCHOOLS

2023-24  
[academic year]

## FLOOR, VAULT & ACROBATIC PAIRS

Personal information will be handled in accordance with BSGA Privacy Notice: [www.bsga.org/privacy-policy/](http://www.bsga.org/privacy-policy/)

## Floor Sequence

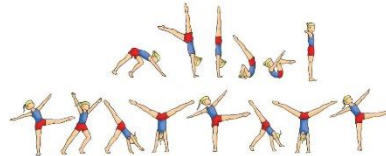
Key Step 3 Moves - 1, 2 and 3 below are compulsory



Round-off (1) (2) Backward roll straddle (3) Side-scale



(4) Choose either a full OR 1/2 jump turn



(5) Choose either a handstand roll OR two cartwheels



Choose ONE from bridge, OR splits (any), OR half-lever (6)

**Making up the sequence:** (Total value up to 16.0 marks)  
Include only the 6 moves from above. Numbers 1,2 and 3 green are compulsory then choose one from 4, (red), one from 5 (blue) and one from 6 (purple) (Worth 3.0 marks)

♦ Put sequence together with choreography to show:  
\*use of the floor space, (0.5)  
\*changes in direction and levels (0.5)  
\*variety of linking ideas, (leaps, spins, dance) (0.5)  
\*musical interpretation and/or rhythm/temp (0.5)  
\*variety and originality (0.5)  
\*artistry and presentation throughout (0.5)  
(to include not finishing with the music) (Worth up to 3.0 marks)

♦ Execution faults deducted (Worth up to 10.0 marks)

♦ Can be performed with or without instrumental music. (no words) and to last no longer than 1 minute

## Vault

Choose one of the following:



1) Squat on, tucked or straight jump off box - (cross ways) (Worth 4 marks)



2) Squat through or straddle box - (long ways or cross ways) (Worth 6 marks)

♦ Execution faults deducted (Worth up to 10.0 marks)  
Total value up to 14 or 16 marks for each gymnast

♦ You have two attempts (the same or different vaults). The highest score counts

♦ The British Schools Gymnastics Association (BSGA) handbook provides additional judging information and the 2nd Edition of the Key Step resource pack provides advice and support on teaching the required skills

**Apparatus:** Floor 12m x 12m. Vault long or cross box with springboard - height adjustable to suit individual gymnasts

**Awards:** Trophy to winning team in each age group plus medals. For 1, 2 and 3 positions. If a tie highest combined acro score counts. If still a tie highest team vault score counts. Certificates for all participants

♦ For any further information or support please contact: [president@bsga.org](mailto:president@bsga.org)

English Schools Gymnastics Association



# MILANO TEAM COMPETITION RULES

School Team Competition - Floor, Vault & Group Sequence

National Final to be held at Fenton Manor Sports Complex on March 8th & 9th 2024

Entries Deadline – 29th January 2024      Music Deadline – 23rd February 2024

## Age Groups:

Junior: Over 8 and Under 11 (Years 3-6)

Gymnasts under 9 may compete with permission from their Headteacher

Secondary: Under 13 (Y7-8); Under 16 (Y9-11); Under 19 (Y12-14).

A gymnast may compete in one age group higher.

For example, an U13 gymnast may compete in U16, or an U16 may compete in U19 with NO restriction on the number of gymnasts to move up.

If a region has no U19 representation at their regional, they could put up the U16 team that came second to compete as U19's.

- Regional organisers are responsible for verifying the correct ages of all team members before competing in the National finals.
- Regions in breach of these rules will be disqualified.



## Team Numbers

Regions/home countries can enter 2 x male, 2 x female and 2 x mixed teams in each age group at the national finals. (24 teams in total).

The 2 teams from each age group must be from different schools (regardless of placing at the regional competition) creating a regional team for the national finals.

If only 1 school enters the regional competition, then the region can send a second team from the same school. However, this regional team will not be eligible for the regional trophy, but both teams will still rank in the overall placing. i.e., a boys' team from the same school could rank 1st and 3rd but could not be a contender for the overall regional trophy.

If there is a tie for the overall regional trophy, then the highest group score will count.

Each team must consist of 3 or 4 gymnasts from the same school. A mixed team must include a minimum of 1 boy and 1 girl.

Where 4 gymnasts make up a team, only 3 can perform on Floor and Vault - (it may be the same 3) but 3 or 4 can compete in the group routine. In the mixed section at least 1 boy and 1 girl must compete in all three sections.

## Dress

Refer to "Rules common to all BSGA competitions".

## Music

Refer to Rules Common to all BSGA competitions.

Only girls may use music to accompany their individual routine. All teams may use music in the group sequence. There is no penalty if music is not used.

## Medal Positions

The school teams finishing in 1st, 2nd and 3rd positions in each age group competition will receive medals.

The school team finishing 1st in each competition in each age group will receive a BSGA Team trophy. (This will be retained by the school for one year).

The regional team with the highest combined score from the 2 different schools in each section will receive the Team Regional trophy (This will be retained by the school for one year).

Medals will only be provided to team participants. (Schools can purchase a medal for a reserve).

## Scoring

The three scores on floor and vault added to the group sequence score will count towards the overall result. In the event of a tie the highest group score will count. If still a tie, the highest vault total will count.

Individual gymnasts can score a maximum of 16 on Floor and 16 on Vault. The Group Exercise has a maximum score of 30.00.

*For Individual Floor routine and Vault requirements see the preceding sections.*

### Group Sequence (Total 30.0 marks)

- The sequence will have 3 or 4 gymnasts.  
(Mixed teams must include at least one male and one female)
- A routine up to 1 minute 20 seconds from first movement to last, performed on a 12metre square un- sprung matted floor.

Content	5 x skills @ 1.00	= 5.00
	2 balances @ 2.0	= 4.00
Composition	6 x categories @ 1.00	= 6.00
Synchronisation		= 5.00
<hr/>		
	Maximum D Score	= 20.00
Plus E (execution) Score	Of (10.00 – total deductions for execution)	

Final Score = D Score (up to 20.00) + E score (up to 10.00) = maximum of 30.00

### Content – (D value up to 9.0 marks)

**Five** different and distinct moves from the published table of approved moves (Value 5.0 with a 1.0 penalty applied for each move omitted by one or more members of a team).

A jump half turn OR full turn may be included as one of the five counting moves.

Leaps, jumps (except half & full turn jumps & stag jump), spins and turns are not considered as moves but should be included as linkages to link the sequence together.

Additional moves from the approved table can be included and moves can be repeated. However, no extra marks will be gained, and marks may be lost for poor execution.

Dive rolls are not recommended but if included will be considered as linkages not one of the counting moves.

Two balances – (free choice). Value 4.0, with a 2.0 penalty applied for a missing incomplete or incorrectly constructed balance. Each balance must be performed as a three or four, and control and stability must be shown in a static hold of 3 seconds.

If the balance is not held or static for 3 seconds, the value of the balance will be lost.

All gymnasts must be physically supported or supporting in the balance. (If you take a gymnast away the balance will no longer work. E.g. A gymnast performing a Y-stand or Arabesque and touching (non-supported hold) another gymnast in a balance will not count and the balance will be void.

Gymnasts must not start or finish the routine in a balance.

There must be physical contact between the gymnasts in each balance and at least two of the gymnasts must have contact with the floor (the Bases). Any gymnast not in contact with the floor (a Top) must have direct contact with a Base. The concept of 3 or 4 high 'stacking' requires a level of technical, safety equipment and flooring, and training time that is not available to most schools and so have been deemed unsuitable on safety grounds for Schools competitions. No matter how competent their gymnasts are, teachers must observe this principle. Examples of suitable balances are provided below but free choice is permitted.

### Synchronisation – (D value up to 5.0 marks)

The whole team must perform the same 5 moves in order, in unison, in cannon or both, with links and dance. The team can work together or in a variety of sub-groups during the sequence. There must be no audible or visible communication, (Penalty 1.0 mark) but hands are permitted to touch.

### Composition – (D value up to 6.0 marks)

The routine should aim to include choreography that demonstrates each of the categories listed below. The values given are the **maximum deductions** for each area:

- Use of floor and variety of patterns **1.0**
- Changes in levels (very low, low, middle, high, very high – from high elements) **0.5**
- Variety of skills/balances (forwards, backwards, sideways, rolls, static, moving) **1.0**
- A routine that flows not a set of disconnected elements, engages judges and audience **1.0**
- Creativity, variety and complexity of linking movements **1.0**
- Correct selection of movements for the music (routine be performed to any music?) **1.0**
- Synchronisation with the music throughout the routine. **0.5**

### Execution (E Value Up to 10.0 marks)

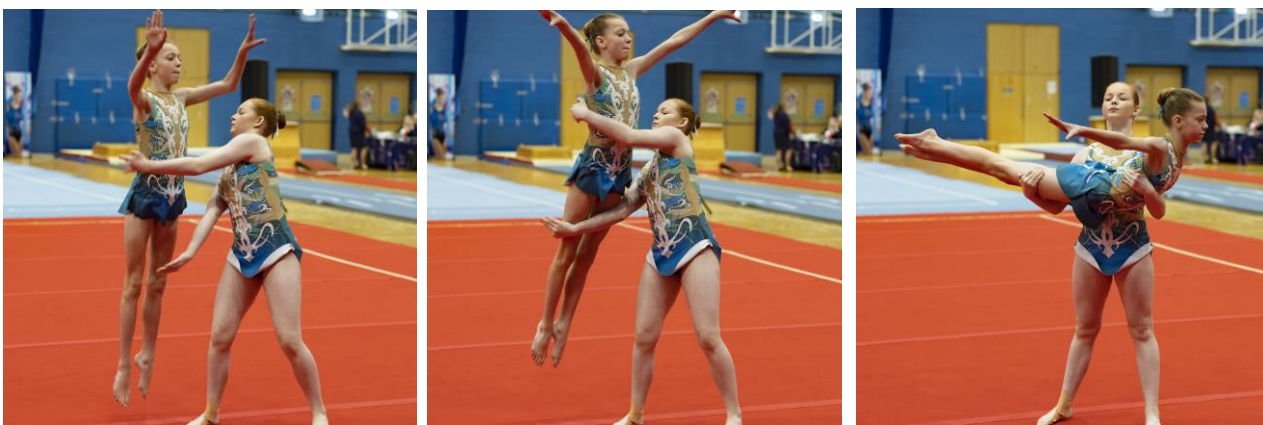
As for the individual routine

See the separate pages that provide execution penalties for BSGA floor, vault and group routines.

**Examples of Trio Balances**



**Examples of Fours Balances**



# FLOOR AND VAULT COMPETITION RULES

## School Team Competition on Floor & Vault

National Final to be held at Fenton Manor Sports Complex on 4<sup>th</sup> May & 5<sup>th</sup> May 2024

Entries deadline 25<sup>th</sup> March 2024 Music Deadline 19<sup>th</sup> April 2024

### Age Groups:

Under 11 (Years 3 to 6) Under 14 (Years 7,8 & 9) Under 19 (Years 7 to13)

A gymnast may compete in one age group higher e.g., An U14 gymnast may compete in U19 or a whole team could move up if there is no regional U19 entry.

Regional Organisers are responsible for verifying the correct ages of all team members before competing in the National finals. Regions in breach of these rules will be disqualified.

### Team Numbers

Regions/home countries can enter a male, a female, and a mixed team in each age group at the national finals (9 teams in total).

Each team must consist of 4, 5 or 6 gymnasts from the same school. A mixed team must include a minimum of 2 boys and 2 girls.

Where 6 gymnasts make up a team, only 5 can perform on each apparatus, but **each of the 6 gymnasts must perform at least once.**

### Dress

Refer to "Rules common to all BSGA competitions".

### Music

Refer to "Rules common to all BSGA competitions".

Only girls may use music in their individual routine. There is no penalty if music is not used.

### Medal Positions

The teams finishing in 1st, 2nd and 3rd positions in each age group competition will receive medals

The team finishing 1st in each competition in each age group will receive a BSGA Team trophy.

This is retained by the school for one year and returned prior to the National Final the following year, suitably engraved.

Medals will be provided to participants only. Schools may purchase a medal for a team reserve.



### Scoring

The highest four scores on each apparatus added together count towards the overall result. (In a mixed team this must include the scores of 2 boys and 2 girls on each piece).

In the event of a tie the best 5 marks in each section will be added together

Individual gymnasts can score a maximum of 16 on Floor and 16 on Vault.

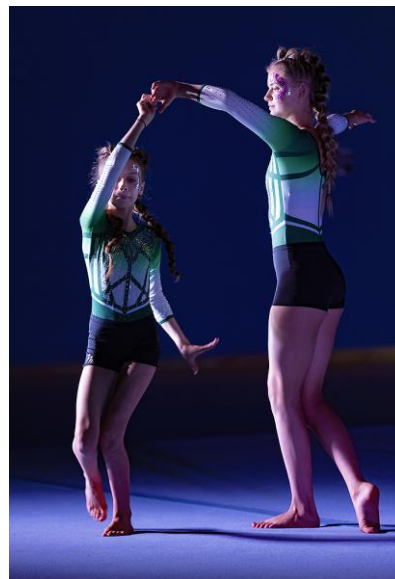
**For Individual Floor routine and Vault requirements see the preceding F & V sections.**



## GymFest 2024 – Reach for the Stars

National Festival to be held at Fenton Manor Sports Complex  
on 8<sup>th</sup> & 9<sup>th</sup> June 2024

Everyone is invited to take part in this annual BSGA festival of gymnastics whether you enter as a Club or a School, come and display your skills in costume and colour. From recreational gymnastics to the elite; from the very young to the not so young; all are welcome to celebrate the end of the academic year in style. All aspects of gymnastics are welcome, whether it be acrobatics; artistic; team gym; rhythmic; aerobics; tumbling, cheer leading or dance.



There are no age restrictions. There are no rules. (Apart from following the music restrictions.)

Performance will be on a 12 metre sprung floor under theatre style lighting, and you can choose your own lighting effects on the day!

The theme this year is 'Reach for the Stars', so put your space suits on, give us an out of this world performance or just make like S-Club 7! Above all, join in for some real fun entertainment.



GymFest is an opportunity to perform in a relaxed and enjoyable atmosphere without the pressure of competition, to meet old friends and make new ones and everyone leaves with a medal and a big smile!

For further information contact Vicki: [vicki@bsga.org](mailto:vicki@bsga.org) or phone 07808 687357



# Gymfest 2024 "Reach for the Stars"



Fenton Manor  
8th-9th June 2024

contact  
[vicki@bsga.org](mailto:vicki@bsga.org)  
07808 687357

Open to schools and  
British Gymnastics Clubs

# ACROBATIC GYMNASTICS & TUMBLING GYMNASTICS COMPETITION RULES

National Final to be held at Fenton Manor Sports Complex on 4<sup>th</sup> May & 5<sup>th</sup> May 2024

*Entries deadline 25<sup>th</sup> March 2024      Music Deadline 19<sup>th</sup> April 2024*

Please note all tumbling will take place on Saturday 4<sup>th</sup> May 2024

## Judging Guidelines and Rules

The following guidelines have been produced for the BSGA Acrobatic Gymnastics & Tumbling Gymnastics Championships. They are based around the BG Award Scheme for Acrobatic Gymnastics & Tumbling Gymnastics in Pair work and a simplified set of elements for Tumbling. The competition is aimed specifically at developing the sport in schools and with school gymnastics in mind, as such there are some differences which judges should take into account. There are nine Pair events, three Group events and six Tumbling events. Male gymnasts involved in tumbling must wear leotard and shorts or school PE kit, shorts with shirt tucked in.

## Regional Team Competitions

In addition to the individual discipline events, there is a Regional Team competition for each Age Group. All positions count towards the final score of the team (both tumbling scores will count). If a region is not represented in a floor discipline, then their score will be 13. If they are not represented in the tumbling section their score will be 26 for each missing tumbler. For first place a team will score 1, 2 for second and so on. The team with the lowest score will be the winner.

## Questions and Queries

These rules will apply from 1 September 2023. Any questions or queries must be submitted in writing to the BSGA Acrobatic Gymnastics Technical Director (ATD) via the Regional Chair. Answers will then be clarified and distributed to the BSGA acrobatic community via the Regional Chairs.

As a general principle, if a rule is not written in the BSGA handbook or communicated in an update, then in the competition environment the benefit of the doubt will be given to the gymnasts.

## BSGA Acrobatic Gymnastic Event Participation

- Partnerships can compete at the same level in the same partnership in consecutive years.
- Competitors may compete in any number of events within the regulations although the competition should not be unnecessarily disrupted to accommodate a performer who has entered more than one section. This may mean that warm-up in one or more events are missed.
- All competitors must be in full-time education.
- Pairs and groups must be from the same school.
- Schools must be affiliated through their Region to the BSGA before entering their regional round.

## Competition Structure

- The competition structure consists of a qualification competition held in each of the 13 Regions / Home Nations. This leads to a National Finals competition for the first partnership at each level in each of the Regions / Home Nations who meet all eligibility criteria.
- If a qualifying partnership must withdraw due to injury or illness, then the partnership must be replaced by the next highest scoring partnership in the Regional / Home Nation qualifier who meet all eligibility criteria. NOTE: It is not possible to replace one of the partners within the original qualifying partnership unless there was no second position ranking and approved by the ATD.

## BSGA Acrobatic Gymnastics Ages and Levels

- Under 11 – Grade 1 – Men's Pairs, Women's Pairs, Mixed Pairs
- Under 14 – Grade 2 – Men's Pairs, Women's Pairs, Mixed Pairs
- Under 19 – Grade 3 – Men's Pairs, Women's Pairs, Mixed Pairs

One gymnast per partnership is allowed to compete in ONE age group higher but are not permitted to compete in an age group lower. e.g., One U11 can compete in an U14 partnership but NOT in an U19 partnership and one U14 can compete in an U19 partnership but NOT in an U11 partnership.



## Ranking

- The score used in determining the rankings of competitors is determined by adding together:
- The average mark for Execution ('E Score'), which is then multiplied by two. This has a maximum score of 20.0
- The average mark for Artistry ('A score'), which has a maximum score of 10.0
- Penalties are taken from the Total Score by the Chair of the Judging Panel (CJP) and the Difficulty Judge (DJ) in accordance with the British Gymnastics National Development Plan. These can be found in the Judging section of this document. E score + A score = Total Score – Penalties = Final Score
- If four technical and four artistry judges are used, the average is determined by eliminating the highest score and the lowest score and taking the average of the middle two scores. If only three technical and three artistry judges are used, the average is determined by taking the average of all three scores.
- For all competitions, the execution and artistry of performances are each evaluated from 0 –10.0 to an accuracy of 0.001.

## Tie Breaks

- Only one representative in each discipline and age group from each region can proceed to National Finals therefore in qualifications tie break rules are:
  1. The highest E-score.
  2. In the exceptional event that a tie still remains the onus is that of the region to select and nominate their representatives to attend national finals.
- In finals in the case of a tie, for all events including the Team Competition, ties will not be broken.

## Age Restrictions

- The competitive age of a gymnast is defined as their age on 1 September of the current academic year. Gymnasts under the age of 9 may compete with written permission from their Headteacher.
- In the interest of gymnastic development, one pair member may compete in one age category higher. e.g., An U11 can compete in U14 but not U19.
- No competitor may compete in more than one age group in the same discipline, e.g., U11 WP and U14 WP.

## Length of Exercise

- All exercises have a maximum duration of 2 minutes and there is no minimum duration.
- Any music over the stipulated time will receive an overtime penalty, applied in 1 second increments.
- The first note of the music, not the beep where used, is considered as the beginning of the exercise. Starting before the music results in a penalty.
- The timing of the exercise continues until the last movement of the gymnasts and the end of an exercise must be a static position and not an element of difficulty. Finishing after the music results in a penalty.
- Special Requirements are given to elements performed after the music has ended.

## Musical Accompaniment:

- All exercises may be performed to music with words. Lyrics must not contain offensive, indecent, or religious content.
- All music must be emailed to music@bsga.org as per the General Competition Rules.

## Judging Deductions

- The emphasis of this competition is on perfecting technical performance.
- A tolerance of 0.5 for Prelims and Finals is employed. Where the appropriate tolerance is not achieved, the CJP consults with the ATD to bring the scores in tolerance.
- A penalty of 1.0 is applied:
  - For each missing pair element, a Special Requirement penalty is applied (DJ).
  - For each missing individual element, a Special Requirement penalty is applied (DJ).
  - A fall (EJ).
- A penalty of 0.5 is applied:
  - When poor sportsmanship in the field of play is exhibited (CJP).
  - For music Infringements (CJP).
  - Each time a gymnast lands 2 feet outside the boundary (CJP).
  - When forbidden or immodest attire is worn (CJP).
  - For markings on the floor or the presence of a coach (CJP).
  - For serious technical faults (EJ).
  - For landing performed without support (EJ).
- A penalty of 0.3 is applied:
  - For starting before or ending before/after the music (CJP).
  - For each second missing of a 3 second static element (DJ).
  - For each second missing of a 2 second individual element (DJ).
  - For significant technical faults (EJ).
  - For stylistic variation used in elements. This deduction is additional to a technical deduction.

- A penalty of 0.1 is applied:
  - For each second over 2 minutes (CJP).
  - Each time a gymnast steps over the boundary line (CJP).
  - Each time the attire is adjusted, or an accessory is lost (CJP).
  - For small technical faults (EJ).
- In addition, the DJ can deduct:
  - Any element started and not completed = No Special Requirement credit given.
  - Any static Pair/Group element held less than 1 second = 0.9 time faults and no Special Requirement credit given.
  - Any static Individual element held less than 1 second = 0.6 time faults and no Special Requirement credit given.

NOTE: 1.0 is the maximum deduction for the performance of a single element.

### Artistry Judging Deductions

- All exercises are judged for Artistic merit, in accordance with the current British Gymnastics National Development Programme (see below table for artistry judging criteria).
- The minimum Artistry score is 5.00 and the maximum Artistry score is 10.00.
- Descriptions of the Artistry criteria:
  - Partnership (Maximum 2.0) - Partnership selection that creates a logical relationship between individuals in pair or groups that is characterised and visible connection.
  - Expression (Maximum 2.0) - Making the audience understand your thoughts or feelings, character, attitude. Gymnasts convey a particular emotion.
  - Performance (Maximum 2.0) - The act, process or art of performing by using amplitude, space, pathway, levels and synchronisation.
  - Creativity (Maximum 2.0) - Display imagination, originality, inventiveness, inspiration, Variation in: composition, entries / exits, elements.
  - Musicality (Maximum 2.0) - Gymnasts express the music throughout the performance:
    - Match movement to the rhythm, melody and mood of the music being played
    - Synchronise with music beats
    - Vary the magnitude or speed / tempo of movements with music
    - Use expressive movements that are influenced by melody, variations in rhythm and mood or combinations of these.

## Composition of Exercises

### General Rules

- Elements may not be performed with stylistic variation from the elements pictured in the Tables of Difficulty.
- When a lever is stated in the element descriptions it may be performed in either a straddle or pike lever position.
- Kneeling may be performed to either high knees or to kneeling sitting on ankles.
- In sitting the Base's legs may be together or in straddle unless stated otherwise in the element descriptions.
- Cartwheels as an individual can finish either sideways or with a 1/4 turn.

### Forbidden Elements

- Performance of a forbidden element will result in a 1.0 penalty.
- It is forbidden at all levels for:
  - Men to perform catch in wrap.
  - Girls to balance partners on their head.
  - Any stand on shoulders of the Base in splits without their hands on the floor.
  - Groups to stand on the Bases' hips or chest with the Base in bridge where there are only 2 points of support.
  - Any support at the hips or glutei with the Base in exaggerated curvature of the spine.
  - Un-supported dynamic landings unless specifically stated otherwise in the Tables of Difficulty.

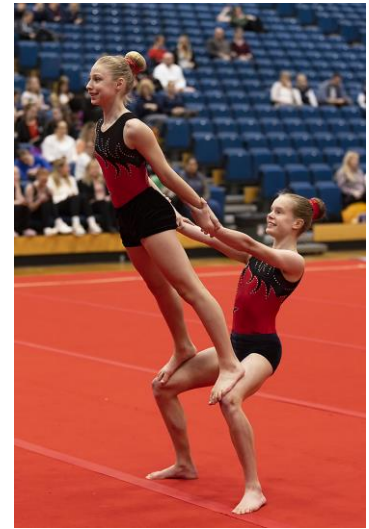
### Special Requirements

- Each missing Special Requirement results in a 1.0 penalty.
- Four elements must be performed from different rows in the Tables of Difficulty. Repeated elements can't be used for Special Requirements.
- All balance elements must be held for a minimum of 3 seconds (3") unless otherwise stated in the Tables of Difficulty.
- All partners must perform 3 individual elements (one from each row) for Special requirements.
- Partners must perform the same individuals simultaneously or in a "waterfall"/cannon.
- Individual elements can be linked between different rows as long as there is clear movement between them, e.g., Forward roll to straddle sit and holding straddle sit for 2 seconds (2") would count as one individual element unless there was movement between the straddle sit after the forward roll and the straddle sit hold.
- Individual elements with a static hold ('Stand') must be unsupported by partners to be considered for difficulty value. These elements must be held for 2 seconds (2").

### Difficulty

- Difficulty will not be taken into consideration in the overall score of the routine.

- The BSGA acrobatic gymnastics programme aligns with the British Gymnastics National Development plan in seeking to find the competitive balance between allowing the opportunity to perform difficult elements, where ability allows, without compromising exercise execution and quality.



## Groups

- Six competitors per group.
- Any combination of boys and girls is acceptable – but a boy must be the base if supporting a girl.
- Age regulations apply as per the guidelines in the Competition Structure, however, a maximum of 3 members of the group can compete up one age category, e.g. Three U11 can compete in the U14 group but NOT in the U19 group.
- Penalties are taken from the Total Score by the Chair of the Judging Panel (CJP) and the Difficulty Judge (DJ) in accordance with the British Gymnastics National Development Plan. These can be found in the Judging section of this document.

$$E \text{ score} + A \text{ score} = \text{Total Score} - \text{Penalties} = \text{Final Score}$$

All six competitors will perform the same three individual elements from the relevant Tables of Elements. These must be performed in synch or in “waterfall”/canon. There should be no contact between gymnasts during the performance of these elements. Individual elements, however, can be linked between different rows as long as there is a clear movement between elements, e.g. forward roll to straddle sit to pike fold is acceptable.

Forward roll to straddle sit, to 2” straddle hold cannot be claimed as two agilities unless there is movement between the forward roll to straddle sit and the 2” straddle sit. Each group will perform three pair elements from the relevant Tables of Difficulty, i.e. the same element at the same time. Each pair must be in contact with their partners throughout the element phase (entry, element, and exit) but have no contact with other pairs.

In addition, they will also perform ONE GROUP BALANCE, involving all members of the team and in which the members are in contact. The structure of the group balance should be such that all members are playing a part in the maintenance of the final balance. To this end all members of the team should be in support of or supporting another member of the team. It is considered insufficient merely to make contact while still being on the floor and pyramids where partners are merely in contact rather than in support will be penalised.

The Balance must show strength, flexibility, balance, and all members should play an active role in its construction. A 0.5 deduction will be taken if any of the three is missing or the balance doesn’t actively involve all partners. The structure of this balance is left to the discretion of the teacher. The Group balance does not have to be made of elements from the Tables of Difficulty.

Schools who won the Group National title in the prior year will be automatically selected and the region may then enter an additional group in that age range.



UNDER 11 PAIRS

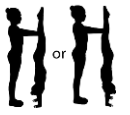

























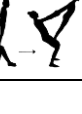
























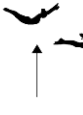










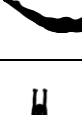


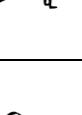
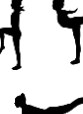
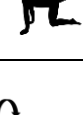










	1	2	3	4
A	i)  ii)	i)  or  ii)	i)  or  ii)	i)  ii)  or
B	i)  or  ii)	i)  or  ii)	i)  or  ii)	i)  or  ii)  or
C	i)  ii)	i)  ii)	i)  ii)	i)  ii)  iii)  or
D	i)  ii)	i)  ii)	i)  ii)	i)  ii)  iii)  or
E	i)  ii)	i)  ii)	i)  or  ii)  or	i)  ii) GIRLS ONLY  iii) GIRLS ONLY  or
Flex	i)  ii)	iii)  iv)	v)  vi)	vii)  viii)
Stand	i)  ii)	iii)  iv)	v)  vi)	ii)  iii)
Agility	i)  ii)	iii)  iv)	v)  or  vi)	iii)  or  iv)



**UNDER 11 PAIRS - DESCRIPTIONS**

	1	2	3	4
<b>A</b>	(i) Top supported at the waist in a headstand with bent legs. (ii) Top supported at the waist in a headstand with straight legs.	(i) Top in a handstand with the Base supporting the legs. The Top may face inwards or outwards. (ii) Top in a piked handstand. Base supporting ankles of Top on straight arms.	(i) Top in a handstand supported at waist. The Top may face inwards or outwards. (ii) Top in a handstand supported at waist on thighs of the Base.	(i) Base supports the heel of the straight leg of the Top in the stag handstand. (ii) Top in a shoulder handstand on straight arms of the Base. Top holds knees/legs of the Base. Base may have their feet on or off the floor.
<b>B</b>	(i) Top in counterbalance on floor. The grip in the counterbalance is optional but all arms should be straight. The Top may face inwards or outwards. (ii) Top in an off-balance position supported on the middle/lower back by the feet of the Base.	(i) Top stands supported at waist on thighs of the Base. The Top may face inwards or outwards.	(i) Top in counterbalance on thighs of the Base. The grip in the counterbalance is optional but all arms should be straight. The Top may face inwards or outwards.	(i) Top in counterbalance on thighs of the Base. The grip in the counterbalance is optional but all arms should be straight. The Top may face inwards or outwards. (ii) Top stands on one foot on thigh of the Base. The grip is optional, but all arms should be straight. The Top may face inwards or outwards.
<b>C</b>	(i) Top in front support, supported at the ankles by the Base on straight arms. (ii) Top in front support with feet/ankles on bent knees of the Base.	(i) Top in front support with hands on lower legs/ankles of the Base. Base supports the lower legs/ankles of the Top on straight arms.	(i) Top in front support with hands on bent knees of the Base. Base supports the lower legs/ankles of the Top on straight arms. (ii) Top in lever with hands on bent knees of the Base. Base supports the lower legs/ankles of the Top on straight arms.	(i) Top in a supported front angel on feet of the Base. The grip is optional, but all arms should be straight. (ii) Top in a supported back angel on feet of the Base. The grip is optional, but all arms should be straight. Top can have both legs together straight or one bent knee in back angel. (iii) Top in crocodile on the knee and hand of the Base or on both knees with one leg supported by the Base on straight arms.
<b>D</b>	(i) Base and Top start back to back in straddle sit, each completes a full circle roll finishing back where they started.	(i) Base in an arch hold, arm position optional. Top reaches both hands over the waist of the Base and completes a forward roll to stand.	(i) Base in dish hold, arm position optional. Top cartwheels over the waist of the Base, with one hand on either side.	(i) Base supports the waist of the Top throughout the cartwheel.
<b>E</b>	(i) Top performs a straight jump supported by the Base. The grip is optional.	(i) Top forward rolls to a straight jump supported by the Base. The grip is optional.	(i) Top performs a straight jump supported at the waist by the Base. The Base may release and re-catch the Top but is not required to do so.	(i) Top leapfrogs over the Base. Base may face either direction. (ii) Base supports the Top on the arms/shoulders for ¼ straight back jump to wrap. The Base may release and re-catch the Top but is not required to do so. (iii) Base supports the Top on the arms/shoulders for ¼ straight front jump to wrap. The Base may release and re-catch the Top but is not required to do so.
<b>Flex</b>	(i) Back straight, toes pointed, arms free in straddle or pike sit. (ii) Standing with legs together, piked at the hips with legs straight, back flat and parallel to the floor, arms free.	(iii) Legs in straddle with back of knees pressed to the floor, toes pointed, back and head in a straight line, with chest at an angle of 45o with the floor. (iv) Legs in straddle with back of knees pressed to the floor, toes pointed, back and head in a straight line, with chest on the floor.	(v) Legs together and straight, back of knees pressed to the floor, toes pointed, back should remain as flat as possible. (vi) Legs in a wide lunge, arm free.	(vii) Shoulders pushed past the hands which are shoulder width apart and straight. Legs straight, feet flat on floor and legs together. (viii) In sitting the arms should be joined behind the back and stretched as far as possible away from the back. Legs should be straight and lifted high off the floor, toes pointed.
<b>Stand</b>	(i) Shoulders over hands, straight line from head to toe. Toes tucked under. (ii) Lying on lower back arms straight by ears. Feet, legs, shoulders and arms lifted equally off the floor.	(iii) Fingers facing either away from or towards toes, hips lifted to give a straight body position from head to toe. (iv) Lying on front arms straight by ears. Feet, legs, shoulders and arms lifted equally off the floor.	(v) In straddle or pike sit, hands on floor at or in front of the knees, legs are lifted clear of the floor. Legs should remain straight and extended, toes pointed.	(ii) Shoulder stand, supported by hands, should achieve a straight body line. (iii) Shoulders over hands, straight line from head to toe. Toes tucked under. Lift one hand up and keeping body tight and straight rotate. Fingers facing either away from or towards toes, hips lifted to give a straight body position from head to toe.
<b>Agility</b>	(i) Forward roll should be made from 2 feet. The straddle sit is upright with a straight back. (ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The jump should be straight and to 2 feet.	(iii) Forward roll should be made from and finish on 2 feet. (iv) Backward roll should be made from 2 feet and the hands touch the floor only at the start. The jump should be straight and to 2 feet.	(v) Backward roll should be from 2 feet. The straddle stand may be in pike or upright. (vi) Forward roll should be from 2 feet. The hands should be used at the end of the roll to push up to stand on straight legs.	(iii) Forward roll should be from 2 feet. The straddle stand may be in pike or upright. (iv) Backward roll should be made from and finish on 2 feet. The legs should be straight on the push to stand.

UNDER 14 PAIRS

	1	2	3	4
A	i)  or  ii) 	i)  or  ii) 	i) 	i)  or  iv)  ii)  iii)  i)  or 
B	i)  or 	i)  or 	i)  or  ii)  or 	i)  ii)  or  iii)  or 
C	i) 	i)  ii) 	i)  ii)  iii)  or 	i)  ii)  iii) 
D	i) 	i) 	i)  ii)  iii) 	i)  ii)  3/4B 
E	i) 	i)  or 	i)  ii) GIRLS ONLY  iii) GIRLS ONLY 	i)  ii) 
Flex	i)  ii) 	iii)  iv) 	v)  vi) 	vii)  viii) 
Stand	i)  ii) 	iii) 	iv)  v) 	vi)  vii) 
Agility	i)  ii) 	iii)  or  iv) 	v)  or  vi) 	vii)  viii) 

## UNDER 14 PAIRS - DESCRIPTIONS

	1	2	3	4
<b>A</b>	<p>(i) Top in a handstand with the Base supporting the legs. The Top may face inwards or outwards.</p> <p>(ii) Top in a piked handstand. Base supporting ankles of Top on straight arms.</p>	<p>(i) Top in a handstand supported at waist. The Top may face inwards or outwards.</p> <p>(ii) Top in a handstand supported at waist on thighs of the Base.</p>	<p>(i) Base supports the heel of the straight leg of the Top in the stag handstand.</p>	<p>(i) Top in a shoulder handstand on straight arms of the Base. Top holds knees/legs of the Base. Base may have their feet on or off the floor.</p> <p>(ii) Top in a supported handstand on ankles of the Base. Base sits supported and supports one bent knee of the Top.</p> <p>(iii) Top in a supported handstand on ankles of the Base. Base sits unsupported and supports one bent knee of the Top with one or two hands.</p> <p>(iv) Top supported at the waist in handstand on one thigh of the Base. The Top may face inwards or outwards.</p>
<b>B</b>	<p>(i) Top stands supported at waist on thighs of the Base. The Top may face inwards or outwards.</p>	<p>(i) Top in counterbalance on thighs of the Base. The grip in the counterbalance is optional but all arms should be straight. The Top may face inwards or outwards.</p>	<p>(i) Top in counterbalance on thighs of the Base. The grip in the counterbalance is optional but all arms should be straight. The Top may face inwards or outwards.</p> <p>(ii) Top stands on one foot on thigh of the Base. The grip is optional but all arms should be straight. The Top may face inwards or outwards.</p>	<p>(i) Top stands supported at the waist on the thighs of the Base.</p> <p>(ii) Top in one arm counterbalance on thighs of the Base. The grip in the counterbalance is optional but all arms should be straight. The Top may face inwards or outwards.</p> <p>(iii) Top starts in lever on long arm support with feet on the Base's knees/thighs and motions to counterbalance on thighs of the Base. The grip is optional, but all arms should be straight in counterbalance.</p>
<b>C</b>	<p>(i) Top in front support with hands on lower legs/ankles of the Base. Base supports the lower legs/ankles of the Top on straight arms.</p>	<p>(i) Top in front support with hands on bent knees of the Base. Base supports the lower legs/ankles of the Top on straight arms.</p> <p>(ii) Top in lever with hands on bent knees of the Base. Base supports the lower legs/ankles of the Top on straight arms.</p>	<p>(i) Top in a supported front angel on feet of the Base. The grip is optional, but all arms should be straight.</p> <p>(ii) Top in a supported back angel on feet of the Base. The grip is optional, but all arms should be straight. Top can have both legs together straight or one bent knee in back angel.</p> <p>(iii) Top in crocodile on the knee and hand of the Base or on both knees with one leg supported by Base on straight arms.</p>	<p>(i) Top in front angel on feet of the Base.</p> <p>(ii) Top in back angel on feet of the Base. Top can have both legs together straight or one bent knee in back angel.</p> <p>(iii) Top in lever on long arm support of the Base with feet on Base's knees/thighs.</p>
<b>D</b>	<p>(i) Base in an arch hold, arm position optional. Top reaches both hands over the waist of the Base and completes a forward roll to stand.</p>	<p>(i) Base in dish hold, arm position optional. Top cartwheels over the waist of the Base, with one hand on either side.</p>	<p>(i) Base supports the waist of the Top throughout the cartwheel.</p>	<p>(i) Top performs a backward roll immediate straight jump supported at the waist by the Base. The Base may release and re-catch the Top but is not required to do so.</p> <p>(ii) Top lies on floor with legs straight and vertical. Base throws Top by ankles for a ¼ tuck back salto. Top may use hands on floor but is not required to do so.</p>
<b>E</b>	<p>(i) Top forward rolls to a straight jump supported by the Base. The grip is optional.</p>	<p>(i) Top performs a straight jump supported at the waist by the Base. The Base may release and re-catch the Top but is not required to do so.</p>	<p>(i) Top leapfrogs over the Base. Base may face either direction.</p> <p>(ii) Base supports the Top on the arms/shoulders for ¼ straight back jump to wrap. The Base may release and re-catch the Top but is not required to do so.</p> <p>(iii) Base supports the Top on the arms/shoulders for ¼ straight front jump to wrap. The Base may release and re-catch the Top but is not required to do so.</p>	<p>(i) Top performs 1/4 straight front salto to catch in cradle. The jump can be from a run up or standing.</p> <p>(ii) Base pitches the Top for a lift on straight arms before releasing the Top to land supported on the floor.</p>



<b>Flex</b>	(i) Legs in straddle with back of knees pressed to the floor, toes pointed, back and head in a straight line, with chest at an angle of 45o with the floor. (ii) Legs in straddle with back of knees pressed to the floor, toes pointed, back and head in a straight line, with chest on the floor.	(iii) Legs together and straight, back of knees pressed to the floor, toes pointed, back should remain as flat as possible. Legs in a wide lunge, arm free.	(v) Shoulders pushed past the hands which are shoulder width apart and straight. Legs straight, feet flat on floor and legs together. (vi) In sitting the arms should be joined behind the back and stretched as far as possible away from the back. Legs should be straight and lifted high off the floor, toes pointed.	(vii) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling. Hands can be on or off the floor. (viii) Jump should be from 2 feet and the legs in the jump should be straight and parallel with the floor. Toes pointed and touched with the hands.
<b>Stand</b>	(i) Fingers facing either away from or towards toes, hips lifted to give a straight body position from head to toe. (ii) Lying on front arms straight by ears. Feet, legs, shoulders and arms lifted equally off the floor.	(iii) In straddle or pike sit, hands on floor at or in front of the knees, legs are lifted clear of the floor. Legs should remain straight and extended, toes pointed.	(iv) Shoulder stand, supported by hands, should achieve a straight body line. (v) Shoulders over hands, straight line from head to toe. Toes tucked under. Lift one hand up and keeping body tight and straight rotate. Fingers facing either away from or towards toes, hips lifted to give a straight body position from head to toe.	(vi) In the one foot stand the supporting leg must be straight and hips square. In the bent leg stand the free leg should be bent at 90o at the knee and the knee level with the hip. In the arabesque the free leg should be straight. (vii) From both knees and hands on the floor lift one leg straight off the floor as high as possible keeping the hips parallel with the floor.
<b>Agility</b>	(i) Forward roll should be made from and finish on 2 feet. (ii) Backward roll should be made from 2 feet and the hands touch the floor only at the start. The jump should be straight and to 2 feet.	(iii) Backward roll should be made from 2 feet. The straddle stand may be in pike or upright. (iv) Forward roll should be made from 2 feet. The hands should be used at the end of the roll to push up to stand on straight legs.	(v) Forward roll should be made from 2 feet. The straddle stand may be in pike or upright. (vi) Backward roll should be made from and finish on 2 feet. The legs should be straight on the push to stand.	(vii) Forward roll should be made from 2 feet. The roll should pass through Japana without stopping and finish lying on front with arms above head and legs together. (viii) Cartwheel chasse cartwheel should be smooth and continuous without additional steps.







## UNDER 19 PAIRS - DESCRIPTIONS

	1	2	3	4
<b>A</b>	<p>(i) Top in a handstand supported at waist. The Top may face inwards or outwards.</p> <p>(ii) Top in a handstand supported at waist on thighs of the Base.</p>	<p>(i) Base supports the heel of the straight leg of the Top in the stag handstand.</p>	<p>(i) Top in a shoulder handstand on straight arms of the Base. Top holds knees/legs of the Base. Base may have their feet on or off the floor.</p> <p>(ii) Top in a supported handstand on ankles of the Base. Base sits supported and supports one bent knee of the Top.</p> <p>(iii) Top in a supported handstand on ankles of the Base. Base sits unsupported and supports one bent knee of the Top with one or two hands.</p>	<p>(i) Top in shoulder handstand on straight arms of the Base. Top holds the arms of the Base.</p> <p>(ii) Top supported at the waist in handstand on one thigh of the Base. The Top may face inwards or outwards.</p> <p>(iii) Top supported by Base for a straddle up to handstand on thighs of the Base. The support point of the straddle up is optional.</p>
<b>B</b>	<p>(i) Top in counterbalance on thighs of the Base. The grip in the counterbalance is optional but all arms should be straight. The Top may face inwards or outwards.</p>	<p>(i) Top in counterbalance on thighs of the Base. The grip in the counterbalance is optional but all arms should be straight. The Top may face inwards or outwards.</p> <p>(ii) Top stands on one foot on thigh of the Base. The grip is optional but all arms should be straight. The Top may face inwards or outwards.</p>	<p>(i) Top stands supported at the waist on the thighs of the Base.</p> <p>(ii) Top in one arm counterbalance on thighs of the Base. The grip in the counterbalance is optional but all arms should be straight. The Top may face inwards or outwards.</p> <p>(iii) Top starts in lever on long arm support with feet on the Base's knees/thighs and motions to counterbalance on thighs of the Base. The grip is optional but all arms should be straight in counterbalance.</p>	<p>(i) Top stands unsupported on thighs of the Base. Base may be in chair, bridge or table position.</p> <p>(ii) Top stands supported on shoulders of the Base.</p> <p>(iii) Top sits on shoulders of the Base and motions to counterbalance on thighs of the Base. The grip is optional, but all arms should be straight in counterbalance.</p> <p>(iv) Top stands on bent arm support of the Base.</p>
<b>C</b>	<p>(i) Top in front support with hands on bent knees of the Base. Base supports the lower legs/ankles of the Top on straight arms.</p> <p>(ii) Top in lever with hands on bent knees of the Base. Base supports the lower legs/ankles of the Top on straight arms.</p>	<p>(i) Top in a supported front angel on feet of the Base. The grip is optional, but all arms should be straight.</p> <p>(ii) Top in a supported back angel on feet of the Base. The grip is optional, but all arms should be straight. Top can have both legs together straight or one bent knee in back angel.</p> <p>(iii) Top in crocodile on the knee and hand of the Base or on both knees with one leg supported by Base on straight arms.</p>	<p>(i) Top in front angel on feet of the Base.</p> <p>(ii) Top in back angel on feet of the Base. Top can have both legs together straight or one bent knee in back angel.</p> <p>(iii) Top in lever on long arm support of the Base with feet on Base's knees/thighs.</p>	<p>(i) Top in front angel on long arm support of the Base.</p> <p>(v) Top in lever on long arm support of the Base.</p> <p>(vi) Top in japana on feet of the Base.</p>
<b>D</b>	<p>(i) Base in dish hold, arm position optional. Top cartwheels over the waist of the Base, with one hand on either side.</p>	<p>(i) Base supports the waist of the Top throughout the cartwheel.</p>	<p>(i) Top performs a backward roll immediate straight jump supported at the waist by the Base. The Base may release and re-catch the Top but is not required to do so.</p> <p>(ii) Top lies on floor with legs straight and vertical. Base throws Top by ankles for a 3/4 tuck back salto. Top may use hands on floor but is not required to do so.</p>	<p>(i) Top performs two jumps in immediate succession supported at the waist by the Base. The shape of the Top is optional. The Base may release and re-catch the Top but is not required to do so.</p> <p>(ii) Top performs a roundoff immediate straight jump supported at the waist by the Base. The Base may release and re-catch the Top but this is not required</p>
<b>E</b>	<p>(i) Top performs a straight jump supported at the waist by the Base. The Base may release and re-catch the Top but is not required to do so.</p>	<p>(i) Top leapfrogs over the Base. Base may face either direction.</p> <p>(ii) Base supports the Top on the arms/shoulders for ¼ straight back jump to wrap. The Base may release and re-catch the Top but is not required to do so.</p> <p>(iii) Base supports the Top on the arms/shoulders for ¼ straight front jump to wrap. The Base may release and re-catch the Top but is not required to do so.</p>	<p>(i) Top performs ¼ straight front salto to catch in cradle. The jump can be from a run up or standing.</p> <p>(ii) Base pitches the Top for a lift on straight arms before releasing the Top to land supported on the floor.</p>	<p>(i) Top performs 1/4 straight front salto with 180o twist to catch in cradle. The jump can be from a run up or standing.</p> <p>(ii) From Wrap, Top is thrown for ¼ straight front salto dismount.</p>



# Evaluation of Tumbling Exercises

## 1. General Notes

All Tumble runs will be marked out of 10.00 by each execution judge

All Tumble runs will be performed on a matted, not sprung, tumble run.

Each performer will perform three runs:

- 1 Straight Run A Round Off can be counted as one of the elements but is not considered a twisting element.
- 2 Run with twist Has a change of direction e.g. a half turn at the end of the run. A round off will not count as the twisting element; a separate move with a change of direction must be performed.
- 3 Free Run 5 elements *which must be different from Run 1 and 2.*

- Each run shall comprise exactly five elements, all of which must be from the list of recognized moves below.
- Performing additional elements will be penalised by a deduction of 1.0 from each execution judge
- No element may be performed more than twice in any Tumble
- ¼ turn into cartwheel is NOT a separate element
- Elements may be repeated in different tumble runs, but no two tumble runs may be identical.
- Walkouts do not constitute a different element but may be added to any element on the list.
- A springboard may be used at the beginning of the run for any element listed.
- No more than 3 elements may be jumps
- Saltos can only be performed as the first and last element of a run.
- The safety mat must be used for saltos at the end of a tumble.
- The execution score (E-score) for a run is the average of the scores for 3 or fewer judges
- The E-score for a run is the average of the median two scores for more than 3 judges
- The total score for a run is calculated as 2 x E-score minus CJP deductions

## 2. Execution Judge Deductions

A Tumbling exercise should be fast, ideally accelerating throughout. It should have rhythm and lightness, an uninterrupted smooth flow, and fulfil all the requirements of shape and height. All landings should be exact.

Judges for execution evaluate each element in the run and deduct between 0.0 and 0.5 for each element. Deductions are made for lack of form, control, height, and rhythm in each element.

A tumble should be performed astride the centre line of the track. Should the tumbler deviate from the centre line they are advised to continue parallel to the centre line rather than strive to regain the line. A zig-zag course could lead to deductions under this heading for multiple elements.

The tumbler should finish with the body vertical in a **two footed** landing with feet astride the centre line at the end of the run. i.e., last element may not be a cartwheel or walkout. Any foot movements, arm, and body movements to maintain balance, or stooping forward, will be penalised. Penalties range from 0.1 to 1.0. Execution judges may also make a 1.0 deduction for performing additional elements.

## 3. Per-Element Execution Deductions

The maximum deduction for each element is 0.5

### Minor Errors (0.1)

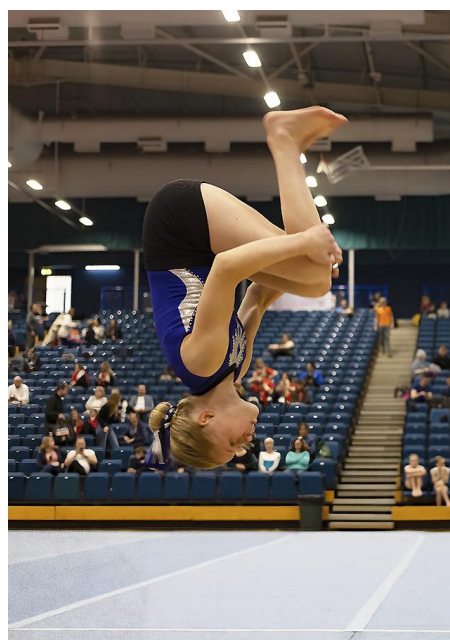
- slight bending or spreading of arms or legs - slight deviation in direction
- landing with a small bounce or step
- slight lack of height in somersaults (below shoulder height of the performer)
- other small insignificant errors in technique

### Significant Faults (0.3)

- a distinct bending or spreading of the arms or legs
- a large step in landing or three small steps
- poor shape in the element
- distinct deviation from the centre line
- over or under turn in somersaults up to 45 degrees
- slight loss of tempo
- deep bend in landing
- execution of somersault at waist level

### Serious Faults (0.5)

- distinct loss of tempo
- touching the boundary line of the runway with one hand or foot - significant bending of arms or legs
- over or under turn in twisting somersaults (more than 45 degrees) - serious technical errors
- landing a somersault on one leg when it should have been two - touching the floor briefly with the hands



#### 4. End of Run (Landing) Deductions

A single deduction is made by each execution judge for the greater fault only of:

- Not standing still in a stable, upright position for approximately 3 seconds (0.1 to 0.3)
- After landing, touching the track or landing area with one or both hands (0.5)
- After landing, touching with or falling to the knees, hands & knees, front, back or seat on the track or landing area (1.0)
- Assistance from a spotter after landing (1.0)
- leaving the landing area or the track, or touching outside the landing area or touching the floor with any part of the body, or performing an additional somersault to avoid a fall (1.0)

An additional end deduction of 1.0 will be made by each execution judge if the gymnast performs one or more extra elements.

#### 5. Chair's Deductions

The CJP may make further deductions from the total score of each run for any of the following reasons:

- untidy or immodest dress (0.1)
- incorrect dress (0.3)
- presence of a spotter (0.3)
- final somersault not using a safety mat (0.3)
- stepping out of the exercise area with one hand or foot. (1.0)
- discourtesy from tumbler or coach (0.1 – 1.0)



#### 6. Difficulty and Maximum Score

The maximum score from each execution judge of a complete routine is 10. This is reduced by 1.0 in the event that the exercise is not performed as prescribed. A deduction of 1.0 is also made for each missed elements, and a further 1.0 is taken off for an interruption to the routine.

At BSGA events, the CJP will determine the maximum score for each routine where the requirements are not met.

To expand on this:

Each element in the Tumbling exercise is deemed to have a value of 1.0 for the purposes of defining the difficulty of the routine, and hence the maximum score, when the following occur:

- Omission of an element:  
Deduct 1.0 (the value of the missing element). Deduct a further 1.0 for failing to perform the exercise as prescribed, i.e. the exercise would be marked out of 8.0 for one missing element, out of 7 for two missing elements etc.
- Changing an element:  
If an element cannot be recognised as one included on the list, then is treated as an omission.
- A routine is interrupted if any of the following occur:  
The tumbler falls  
The tumbler stops  
The tumbler lands both feet or both hands outside the boundary line  
The tumbler takes additional steps (e.g. a handspring to two feet immediately followed by a cartwheel. However, handspring to 1-foot, immediate cartwheel *is* allowed)  
The tumbler receives physical assistance from a spotter
- In the event of an interruption, a deduction of 1.0 from the maximum score is made for the transgression. Also deduct 1.0 for any element not performed and 1.0 for failing to meet the requirements of the exercise.

#### Example of an Interrupted Routine

If an exercise started with a handspring, and steps were taken immediately after the first element, then there would be 4 missing elements (4.0), a penalty for the steps (1.0) and a penalty for failing to complete the exercise (1.0). The exercise would therefore be marked out of 4.0.

#### 7. Allowed Tumbling Elements

Straight jump	Flic flac	
* Tuck jump	Cartwheel	Half twisting back somersault
* Pike straddle jump	Round Off	Full twisting back somersault
Jump half turn	Fly spring	Tuck front somersault
Jump full turn	Tuck back somersault	Piked front somersault
Handspring - 1	Pike back somersault	Arabian front somersault
Handspring - 2	Straight back somersault	Side somersault

\* Tuck and Pike Straddle jumps are **only** allowed as the final element of the tumble

# BSGA ACROBATIC GYMNASTICS DISABILITY PROGRAMME

## SPECIFIC RULES

The general rules for judging and composition are identical to the mainstream programme with some exceptions which are detailed below.

There are three levels of entry to the British Schools Acrobatic Gymnastics Disability Development programme – **these are not governed by age, but by ability to perform the elements. Gymnasts will try to be grouped according to disability where numbers allow. e.g., Wheelchair users competing against wheelchair users.**

Both partners in a pair must still be attending school.

Due to logistical problems, the two gymnasts in a pair do not have to attend the same school. In the case of children from different schools making a partnership, both schools should be on the entry form and affiliated to BSGA.

The drawings in this handbook are to illustrate the elements, but the written rules in the guidance boxes always take precedence over the drawings.

Elements may be performed with minor stylistic variations that do not change the biomechanics of the element. Where straight legs are indicated, a partner whose legs are restricted in range should indicate this on the tariff sheet and perform the element with the legs as straight as restriction allows.

Partners with a disability who are not wheelchair users must choose their elements from the mainstream programme at the level of entry: L1 from the U11 programme, L2 from the U14 programme and L3 from the O14 programme regardless of their age.

Only wheelchair users may choose the individual elements from the Disability charts at each level. Wheelchair users who can perform the individual elements from the mainstream programme with minor adaptations may do so.

Wheelchair users may use their hands to stabilise their legs if necessary

Where dish or arch positions are indicated, a disabled performer who cannot recruit their lower body may show a lift of the upper body while the legs remain on the floor.








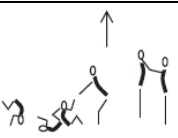


Where the physical limitations of a performer make it difficult to perform the individual skills, the coach should contact Vicki Sly [vicki@bsga.org](mailto:vicki@bsga.org) so that a decision can be made that will not disadvantage the partner with a disability.

Each partnership may be formed of either two partners each with a recognised disability or by one disabled partner working with an able-bodied partner. In this case the able-bodied performer must choose individual elements from the mainstream programme while the disabled partner who is a wheelchair user may use the elements from the disability section.

Unlike the mainstream programme, in a mixed pair the male may be base or top in the pairing.





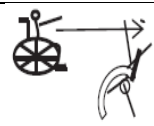







### Under 11 Pair Skills & Disability Level 1

				
Supported handstand. Legs of top are together and straight. Base stands with good posture supporting the top lightly in balanced handstand	Base sitting in straddle supports top in straight handstand. Body of base should be vertical, and arms of base are straight.	Base in lunge supports stag handstand of top. There should be a straight line from the shoulder of the base to the leg of the top. Support is under the heel	Shoulder stand on base support. Base's legs are bent, with feet on the floor. Support of the top is on the knee or thigh of the base. There should be a straight line from the shoulder of the base to the toes of the top.	Counterbalanced stand on knees. This may face in either direction. Hands may be crossed if preferred. Direction of top facing is optional
				
Supported front support. Top should have a straight body shape. Base holds top between knee and ankle	Supported back angel. Base supports top at shoulder or upper arm. The top should have a gentle curve	Forward roll with assisted jump. The base bends to reach early for the top. Grip is wrist to wrist	Cartwheel over dish shape. Top places one hand each side of the body of the base	Leapfrog over partner. The top should rise after the contact with the base. Base may face in any direction but should not bend the legs.

### Under 11 Individual Skills & Disability Level 1

<b>Shoulder stand 2"</b>	Hands may support the hips. Shoulder stand should be near vertical	<b>Cartwheel, chasse, cartwheel.</b>	A continuous series of movements increasing in speed and with no extra steps. Direction of finish is optional
<b>Cartwheel</b>	The cartwheel should follow a straight line. Start and finish positions are optional. The movement should be slow and controlled.	<b>Bridge with bent legs</b>	The shoulders should be fully open in the bridge. The legs should be together
<b>Forward roll immediate half turn jump</b>	The movement should be continuous with no additional steps	<b>Step, jump feet together, straight jump</b>	The step and jumps should be continuous and the feet together at the landing which should show a moment of stillness to evidence control.
<b>Tucked lever hold 2"</b>	Back should be straight, and hips near the hands. Knees should be lifted in front of the body.		

### Disability Level 1 Pair Skills

				
Top performs headstand supported by wheelchair user in front or to the side of the chair.	Top performs a supported jump using wheelchair handles or shoulders of base as support.	One strong push from wheelchair user to travel forwards. Top performs a cartwheel alongside the chair.	Top performs front support with feet and ankles on thighs of wheelchair user, who uses hands to support the Top's feet.	The grip is optional in the counterbalance, but the Base and Top should have straight arms. Feet of the top are on the floor, not on the footrest of the wheelchair.
				
Wheelchair user dismounts from the chair aided by Top.	Base lying, leg position optional. Top in front support supported by the Base under the body at the point of balance. Base should have straight arms. Top has hands on the floor with straight arms to support the upper body	Base in arch or supine (dish) body shape. Top reaches both hands over the waist of the Base and forward rolls. * NB General rules for base position	Base lying with knees bent together, Top in front support with their feet/ankles on the knees of the Base. Base may support their own legs with their hands for stability.	Wheelchair user in any sitting position supports Top to perform counterbalance in straddle sit. Base and Top should have straight arms.

**Disability Level 1 Individual Skills (For wheelchair users only)**

	<p>Sit with body erect and arms free</p>		<p>Curled back lying, holding knees</p>
	<p>Hip lift with feet resting on floor.</p>		<p>Pike fold, with leg position as straight as possible</p>
	<p>Half log roll, body shape optional.</p>		<p>In chair, 360° pirouette with minimum pushes.</p>
	<p>Back arch with the gymnast lying face down on the floor, pressing down on the floor with their hands to arch the trunk. Arms remain bent at the elbows.</p>		<p>Low front support with one hand free.</p>



**Under 14 Pair Skills & Disability Level 2**




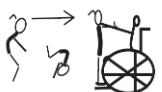






	<p>1-foot stand on knee. The top should be in balance on one foot with light support from the base. If facing out, the raised leg should be at a right angle. If facing in, then the leg should be raised behind at 45 degrees.</p>		<p>Free front angel on feet of base. The top has a gently curved shape with heels level with shoulders. Supported front angel on feet of base. Partners hold hands for support. Arms of both partners should be straight</p>		<p>Counter-balanced stand on knees. Support between partners may be with one or two hands. Both partners should be leaning away from each other with tight body shape</p>		<p>Handstand on the ankles of the base. The fingers of the top must not touch the floor. Arms of the base must be straight, and the handstand should be vertical with one knee bent. The support may be with one or two hands of the base</p>		<p>Stand on knees. Top and base should be vertical in body line. The base may bend the arms when supporting the top, who should be in balance, not leaning out.</p>
	<p>Base in lunge, top performs Handstand on the thigh of the base. The base may bend the arms to give support. The handstand must be in balance and straight.</p>		<p>Supported stand on knees rising from sit to stand. The final position should be held for 3". The top should be in straight shape, not arched in the final counterbalance.</p>		<p>Dive to catch in cradle. The top jumps from two feet and performs a dive to land in the arms of the base. Base bends knees during the catch and then rises to straight legs. A good flight should be seen before the catch</p>		<p>Backward roll to lifted straight jump. There should be no pause after the roll. The base contacts the partner as soon as possible and both partners cooperate in the jump.</p>		<p>Tank roll. Partners hold ankles and roll in turn. Good height should be seen in the roll from each partner, and the movement should be smooth and even.</p>



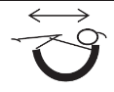



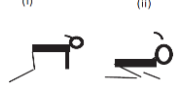



## Under 14 Individual Skills & Disability Level 2

<b>Straddle lever hold 2"</b>	Back should be straight and chest open. The legs must be straight and reach horizontal at minimum.	<b>Handstand, forward roll</b>	The handstand must be held for 1" before the roll.
<b>Two linked cartwheels</b>	There must be no extra steps/chasses between cartwheels. Second cartwheel may be on one hand	<b>Straddle roll – forwards or backwards</b>	The finish position may be in upright or horizontal hold. Legs must remain straight throughout.
<b>Cartwheel, chasse, cartwheel, cartwheel</b>	A continuous series of movements increasing in speed and with no extra steps. Direction of finish is optional	<b>Bridge with straight legs</b>	The shoulders should be fully open in the bridge. The legs may be slightly apart
<b>Straight jump with half turn</b>	The jump should be high and straight with a secure and accurate landing which is held to show control.		

## Disability Level 2 Pair Skills

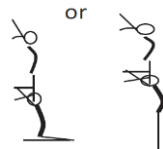



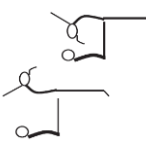
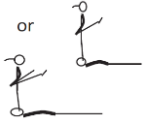
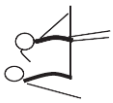


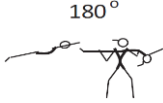
				
Top performs front support with bent arm support from the wheelchair user.	Top should be in a balanced handstand with the wheelchair user providing minimal support at the waist with straight arms. The handstand may be in front of or to the side of the chair.	Wheelchair user uses one hand to support the Top who is in counterbalanced stand using two-on-one hand hold. Base and Top should have straight arms	Top forward rolls to stand supported by the Base.	Base sitting in wheelchair assists the jump of the Top. The Top's arms should be straight.
				
Wheelchair user uses both hands to support shoulders of Top who is in bridge with one leg raised and two hands on knees or chair of the Base.	Wheelchair user performs an unaided dismount from the chair. Top performs a teddy bear roll	Base in arch or supine (dish) body shape. Top cartwheels over the waist of the Base, with one hand either side of the Base. * NB General rules for base position	Base lying, leg position optional. Top in front angel. Top can provide additional support with both hands on the floor.	Arms of Top are straight, with hands pushing from the Base's shoulders. The Top performs a butterfly leap behind the Base.

## Disability Level 2 Individual Skills (For wheelchair users only)

	In curled shape, rocking on back for two rocks.		Curled back lying, one arm free.
	360° Full turn log roll, body shape optional		Pike fold, leg position optional
	(i) Front support on hands and knees, back and arms straight. (ii) Low front support, back as straight as possible.		Sitting / kneeling on floor, open shoulders to show flexibility.
	Low front support with one hand free.		From crouch front support with legs and arms bent push with force to lift one arm free of the floor to as upright position as possible, leaving one hand on the floor for support.



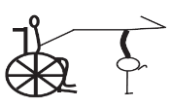

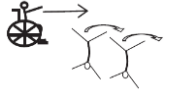

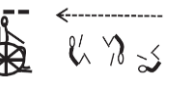



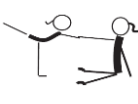

### Under 19 Pair Skills & Disability Level 3

 <p>Stand on shoulders with base kneeling or standing. The back of the base should be straight, and the core muscles contracted. Method of entry and exit optional.</p>	 <p>Base lying, top stands in hands. The elbows of the base remain in contact with the floor. The base's arms should not rest against the body for support. The base's forearm should be vertical and the support under the centre of the top's foot.</p>	 <p>Shoulder stand on the arms of the base who is lying with legs raised. The base supports under the shoulders of the top, who holds the base's legs. The shoulder stand should be in balance.</p>	 <p>Free stand on knees. The feet of the top should follow the line of the thigh of the base, not across the muscle. The knees of the base should be just in front of the feet so as to give a stable surface for balance.</p>	 <p>Free front or back angel on feet of base. The top has a controlled gentle curve in shape with shoulders and feet in line</p>
 <p>Straddle or pike lever hold on arms of base who is lying. Legs of the base may be straight or bent with the feet on the floor. The legs of the top should be above horizontal in pike or straddle shape and the chest should be open with a straight back.</p>	 <p>Base Lying, legs raised to vertical. Top performs "helicopter" by holding feet of Base and finding the point of balance. Base supports Top by pressing with the thighs</p>	 <p>Pitched straight jump. The base bends and uses the strength of the legs to assist the arms in giving flight to the top. The top jumps from one foot in the hands of the base to perform a straight jump with hips rising to the level of the base's shoulders</p>	 <p>Two lifted jumps, one pike or straddle, the other straight or tucked. No additional preparation between jumps. Hips of the top should reach shoulder height of base in both jumps. Both partners cooperate in performing the skill. The base supports the landing of the top</p>	 <p>180° The top performs a dive with a 180 turn to land on their back in the arms of the base. The turn should rotate towards the base not away. The base bends the knees to cushion the landing before straightening the legs</p>

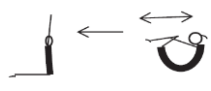
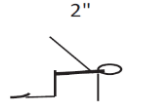




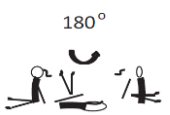
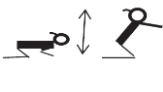
### Under 19 Individual Skills & Disability Level 3

<p><b>Handstand 360 pirouette, or Headstand 2", legs optional</b></p>	<p>The handstand must be held for 1" before the turn. In the headstand the hips should be fully opened</p>	<p><b>Forward roll, jump to one-foot, immediate cartwheel</b></p>	<p>The one-armed cartwheel may be performed with the first or second hand and the finish position is optional</p>
<p><b>Round-off, half turn jump to one foot, roundoff</b></p>	<p>The movements must be smoothly linked with no pauses or extra steps</p>	<p><b>Straight jump with full turn</b></p>	<p>ack should be straight and chest open. The legs must be together and straight and reach horizontal at minimum.</p>
<p><b>Handstand to bridge or backbend to bridge</b></p>	<p>A continuous series of movements increasing in speed and with no extra steps. Direction of finish is optional</p>		<p>In both cases the shoulders should be fully open. Legs may be slightly apart. The landings of either version should be gentle or controlled. Partners may do the same or different skills</p>
	<p>The jump should be vertical, high, and complete the turn before landing in control.</p>		

### Disability Level 3 Pair Skills

 <p>Wheelchair user supports the heel of the Top's straight leg in the stag handstand, which may be performed facing inwards or outwards.</p>	 <p>Wheelchair user uses one hand to support Top who is in a one-foot counterbalance. Base and Top should have straight arms.</p>	 <p>Wheelchair user performs two strong pushes to travel forwards. Top performs two cartwheels alongside the chair.</p>	 <p>Top forward rolls to a straight jump supported by the wheelchair user.</p>	 <p>Wheelchair user performs one strong push back with the wheelchair while Top performs backward roll to standing.</p>
 <p>Top in front support with one leg raised, the other foot supported in one hand of the Base, who has straight arms.</p>	 <p>Wheelchair user performs an unaided dismount from the chair. Top performs a teddy bear roll.</p>	 <p>Base lying, leg position optional. Top in front angel. Top can provide additional support with one hand on the floor.</p>	 <p>Wheelchair user sitting gives one hand support to Top who performs an arabesque stand with one hand grip. Wheelchair user's second hand is on the floor for stability.</p>	 <p>The Base sitting on the floor. Arms of Top are straight, with hands pushing from the Base's shoulders. The Top performs a butterfly leap behind the Base.</p>

### Disability Level 3 Individual Skills (For wheelchair users only)

	<p>In curled shape, rocking on back to upright sitting, legs optional, back upright in final sitting position.</p>		<p>Low front support with one hand free.</p>
	<p>In the chair, side stretch of the spine with both arms free.</p>		<p>Back arch with the gymnast lying face down on the floor, pressing down on the floor with their hands to arch the trunk. The arms finish in straight shape, one in contact with the floor, the other raised free</p>
	<p>Gymnast sitting, legs out as straight as possible. Then one leg is lifted straight using the opposite arm to hold the leg. The other hand stays on the floor for support.</p>		<p>Curled back lying with both arms free.</p>
	<p>180° circle roll with legs as straight as possible. This may be performed with or without the legs being supported by the hands of the performer</p>		<p>From crouch front support bend the arms and push away with force to lift the arms free of the floor, aiming to reach as high as possible towards a straight back.</p>



# Trampoline Competition Rules

## Changes for 2023/24

*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 many smaller clarifications have also been added, so all coaches and teachers are strongly advised read these rules carefully before entering.*

*Section 1 – Time of Flight will be phased into Elite and Intermediate levels over the next 3 years.*

*Section 2 – Entry system clarification in line with agreements with British Gymnastics.*

*Section 3 – Combining of Disability Novice and Disability Intermediate in to a mixed gender event.*

*Section 3 – Clarification of entry levels for Elite event.*

*Section 3 – Introduction of entry levels for Disability Elite event.*

*Section 4 – Return to two teams qualifying at each round (one team qualifying in Disability categories).*

*Section 4 – Clarification of Tie-Break system to bring in line with British Gymnastics policy.*

*Section 5 – Removal of requirement to pre-publicise the equipment to be used at competitions.*

*Section 7 – Removal of requirement to provide a school award for teams at Regional and Zonal level.*

*Section 8 – Amendment of Elite requirements*

*Section 8 – Introduction of a second choice routine in the Novice level.*

*Section 9 – Introduction of a Disability Intermediate category.*

*Section 9 – Amendments to Disability category requirements at all levels.*

*Section 10 – Clarification on attire requirements.*

*Section 11 – Clarification on coach requirements to enter each event.*

*Section 11 – Introduction of a sign-in system.*

*Section 11 – Update on officials requirements for each event.*

*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 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 WestQualifiers can only participate in their allocated Zonal event.
- 1.10 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 that is delivered under the BSGA Trampoline Competition rules. If such a need arises, these qualifying events shall be held before November.
- 1.11 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 six 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 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 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 choose the adjusted School Year (7) on their entry form, so the correct age group is shown.
  - \* 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 choose GB Year 6 to enter the Year 1-6 age group. Regional entry forms already have this correction applied.
- 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 sum of the counting D-scores of the 2nd exercise
  - \* The team with the highest sum of all E-scores of all counting 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 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 At All Levels:

- 8.1.1 Each gymnast will perform one compulsory exercise and one voluntary exercise, each having 10 skills. There will be no final exercise.
- 8.1.2 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.

### 8.2 At Elite Level:

- 8.2.1 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.
- 8.2.2 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.
- 8.2.3 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.

### 8.3 At Intermediate Level:

8.3.1 Gymnasts can choose one of the two compulsory exercises below:

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

8.3.2 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 (i.e. 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.

8.3.3 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.

### 8.4 At Novice Level:

8.4.1 Gymnasts can choose one of the two compulsory exercises below:

Option A	Option B
Full Twist Jump	Front Landing
Straddle Jump	To Feet
Seat Landing	Straddle Jump
$\frac{1}{2}$ Twist to Seat Landing	$\frac{1}{2}$ Twist Jump
$\frac{1}{2}$ Twist to Feet	Seat Landing
Pike Jump	$\frac{1}{2}$ Twist to Seat Landing
Back Landing	$\frac{1}{2}$ Twist to Feet
$\frac{1}{2}$ Twist to Feet	Tuck Jump
Tuck Jump	Pike Jump
$\frac{1}{2}$ Twist 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 (i.e. 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.

8.4.3 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.

8.5 In the event of any transgression of rules 8.1-8.4 either during the competition or during the warm-up period, the Chair and/or competition organiser may challenge the gymnast's 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 At 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 At 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 (i.e. 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 level is a mixed gender event.

9.7 Disability Novice Level:

9.7.1 The compulsory exercise shall be comprised on 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.

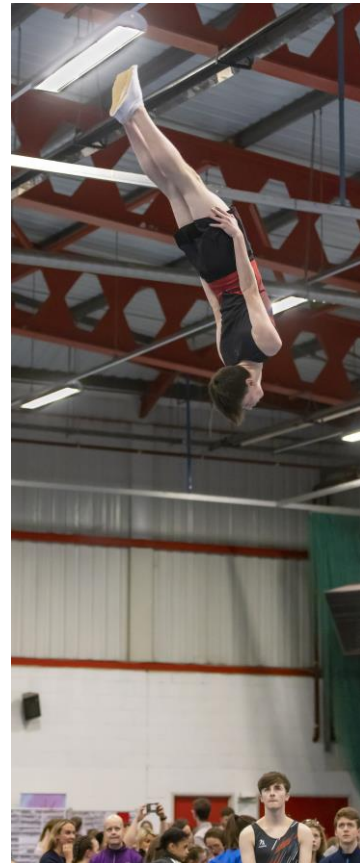
9.7.2 The voluntary exercise shall have a difficulty limit of 0.8 and may not contain any skill with more than 270° of somersault rotation. Difficulty will not be awarded for repeated skills. If this limit is exceeded, the maximum difficulty awarded shall be 0.8 however no further penalty shall be taken.

9.7.3 Note that the Disability Novice level is 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

For clarification:

- \* Coach A enters 1 gymnast 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.
- 12.6 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 2nd weekend of December.
- 13.1.2 Zonal round – to be held no later in the school year than the 3rd 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

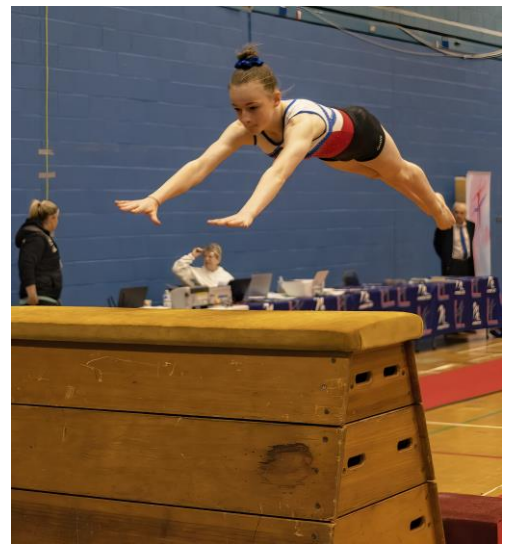
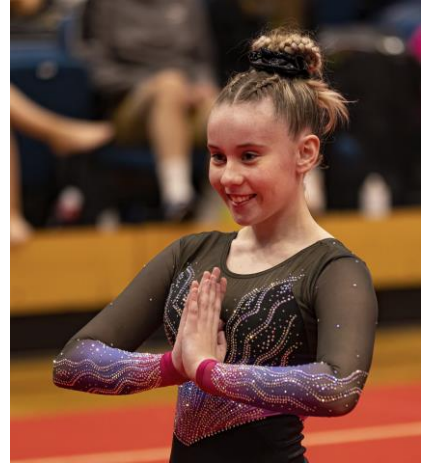
- 14.1 Responsibility for staging the Zonal events rotates between the Regions comprising each Zone. The current rotation calendar is as follows:

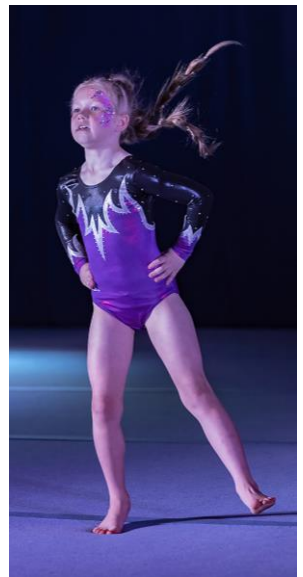


Jan 2024	
Southern Zone	South-East
	West Midlands
Northern Zone	Yorkshire
Jan 2025	
Southern Zone	South
Central Zone	Wales
Northern Zone	North
Jan 2026	
Southern Zone	South-West
Central Zone	East
Northern Zone	North-West
Jan 2027	
Southern Zone	London
Central Zone	East Midlands
Northern Zone	Northern Ireland

- 14.2 Where one region is unable to fulfil their Zonal hosting requirements, they may 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 lies 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 any offers to host the event each year are greatly appreciated.



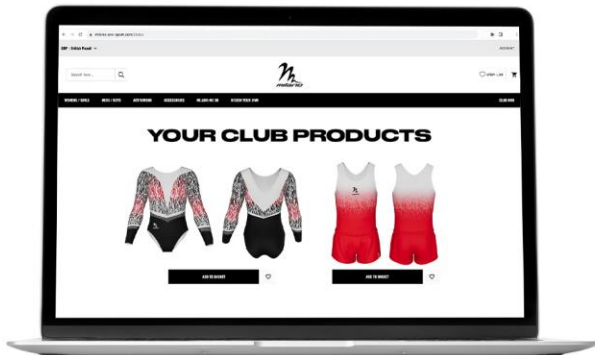






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