



2023 Regional Schools Trampolining Championships

Welcome to the Regional stage of this year's BSGA National Schools Trampolining Championships! The Championships is run across three separate events:

1. London Regional (5th November 2023)

Chessington Sports Centre

Garrison Lane
Chessington KT9 2JS

2. Southern Zonal (21st January 2024)

Worthing

3. National Final (16th March 2024)

International Centre

Telford

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

Suppliers at this year's regional event have many items available for you to purchase as a reminder of your day. These stands will all be in the main hall and should include (tbc):

Mark In Time Photography – selling printed photos of all competitors which will be taken throughout the day.

Fine Designs – selling event t-shirts, sweatshirts and hoodies

There is a lot of information for you to digest but the following are of particular importance:

RULES - Please take very careful note of the rules -there have been some changes! It is the duty of the team manager to ensure their entry and all their performers are in compliance with the rules. A full copy of the rules is available on the internet at **www.bsga.org** (please check that you have the most up to date copy).

There are new rules for Novices, Disability groups, eligibility, officials requirements to name but a few so please do read the trampoline section of this year's handbook which starts on page 42.

LATE ENTRIES – Any entries received after the deadline may be accepted at the organiser's discretion but competitors names will not appear in the programme if it has already gone to print, and names will not be on merchandise if the order is already in progress.

PRESENTATIONS – Presentations will be done as soon as practically possible upon completion of each competition group (top 5 individuals and top 2 teams. Entry forms to the Zonal round will be **emailed to schools after the competition**. Prize winners should be wearing competition attire.

SUBMISSION OF TARIFF SHEETS – The NOMINATED COACH must sign in and submit tariff sheets for each of their competitors at the event. Please come prepared with these completed as competitors will not be allowed to warm up/compete unless the nominated coach has signed in and handed in tariff sheets at the relevant judging panel. Tariff sheets are included in the entry pack email so please print the ones that you will need. **THEY WILL NOT BE PROVIDED ON THE DAY OF THE COMPETITION!**

WARM UPS – All competitors will receive a set period of time for their general warm up (as listed in the timetable). They may have as many warm up attempts in this period as the time/bed availability allows – warm up marshals are not required. Once the allotted time has expired, all beds will be cleared and the competition will begin. Once underway, competitors will be allowed a one-touch warm up (one attempt at either their compulsory or voluntary routine), before competing both routines with no further warm ups (under the direction of a competition marshal). There will be no finals at any round of the championships.

JUDGES AND OFFICIALS - Officials are an essential ingredient for a successful competition and **THEY ARE A REQUIREMENT OF YOUR ENTRY!** If you are, or know anyone who is a qualified trampoline official (form/tariff judge) even if they are not directly associated with your entry, please put their details on your entry form after checking with them that they are available and willing to officiate at this competition.

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

Schools new to the competition and schools who are struggling to meet the officials' requirement should contact the competition organiser **well ahead of the closing date** for assistance. There are funded courses available in time for this year's competition that you should endeavour to attend if you struggle to provide officials.

IF YOUR OFFICIALS ARE ALSO COMPETING PLEASE EMAIL A COMPLETE LIST OF COMPETING OFFICIALS TO THE COMPETITION ORGANISER WITH YOUR ENTRY

CERTIFICATES - The start list is being used to produce the certificates which may be picked up by the team manager at the end of each group – these will be available from the check in desk. Please ensure that your competitor's names and school are displayed as you wish them to appear on your certificates (spelling!) as they cannot be changed on the competition day.

COMPETITION HALL ENTRANCE – There will be a £3.00 spectator entry fee to this year's event (children aged 5 and below are free) which will be payable on the door at the check in desk – for which you will receive a hand. All hand stamps must be shown upon request at the check in desk when leaving or entering the competition hall. All coaches, judges, officials and competitors must visit the check in desk upon their arrival to receive a free hand stamp to allow them hall access.

All further information that we need to share with you will be emailed to you after the closing date (including the bounce order/officials list/timetable etc) so please ensure a legible valid email address is on entry forms. Any queries about this information please let me know.

Feel free to contact me if you have any questions and I shall attempt to respond as quickly as possible. Email is the preferred method, to londonschoolstramp@gmail.com

Yours in trampolining,

Karen Gent

London Regional Competition Organiser

Address: 23 Lime Tree Walk
Coney Hall, West Wickham
Kent BR4 9EB

Email: londonschoolstramp@gmail.com

Mobile Tel: 07717 436770

INSTRUCTIONS FOR TEAM MANAGERS

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

1) Affiliate your school with BSGA

Affiliation can only be done online at www.bsga.org. **DO NOT SEND AFFILIATION TO THE COMPETITION ORGANISER!!!** The BSGA registration number needs to be added to your school's entry form.

2) Enter your competitors

Entry for the 2023-2024 competitions is electronic only. The accompanying Excel file should be completed and returned to the competition organiser by **email as an email attachment in excel format.**

You must include details of your nominated Coach who will be present on the competition day, and who **MUST** be qualified to the level of your competitors. Competitors arriving on the day without a qualified coach will be unable to compete.

3) Gain permission from the school

This has to be by **one** of the following three methods:

- a) Entry form sent in from a school email address
- b) Separate email from a school email address confirming permission
- c) Photograph of entry form signed by Head Teacher / Head of PE

Emails should be sent to londonschoolstramp@gmail.com stating (1) who you are, (2) what school you are from, and (3) that you give permission for your students to compete on behalf of your school.

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

The reason for requiring this permission is so that the school accepts responsibility for the trip and associated activities under its normal extra-curricular excursion insurance policy

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



MAIN RULES/INFORMATION SHEET

Competition Organiser

Karen Gent, 23 Lime Tree Walk, Coney Hall, West Wickham, Kent BR4 9EB
 Tel: 07717 436770 Email: londonschoolstramp@gmail.com

Competition Date & Times

Sunday 5th November 2023. Subject to entry numbers the competition will start at 9.00am and will finish by 5pm.

Venue

Chessington Sports Centre, Garrison Lane, Chessington KT9 2JS

Closing Date

All completed entry forms and entry fees should be received by **FRIDAY 13th OCTOBER 2023. YOU MUST HAVE AFFILIATED TO THE BSGA by the time you send in your entry!!**

Entry Fees

£18 per individual (every competitor has to enter as an individual) – At the Regional round there is no additional entry fee for teams. BACS payments to BSGA London Schools Trampoline Natwest Sort Code 60 24 77 Account number 28397657

Age Groups

These are based on the performer's age on 1st September 2023. Male and Female performers compete in separate groups and cannot be combined to make a team.

NOVICE		INTERMEDIATE & ELITE		DISABILITY	
Age Group	School Year	Age Group	School Year	Age Group	School Year
Y1-6	6 and below	Y1-6	6 and below	Y1-6	6 and below
Y7-8	7 and 8	Y7-9	7 and 8 and 9	Y7-14	7 and over
Y9-10	9 and 10	Y10-14	10, 11,12,13 & 14		
Y11-14	11, 12, 13 & 14				

Teams

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

Insurance

Please note that the organiser, BSGA or the venue cannot be held responsible for loss of property or accidental injury to anyone participating in this event. Schools should ensure that they have adequate insurance in place for participation.

Compulsory and Voluntary Routines

PLEASE ENSURE THAT YOU CONSULT THE HANDBOOK FOR A FULL DESCRIPTION OF ROUTINES, RESTRICTIONS AND ELIGIBILITY.

All age groups, both male and female, will compete a set routine for the compulsory round of the competition in their respective categories.

Compulsory Routines			
Novice Group (Not competed at or above Regional 1/NDP 1 or finished in top 3 at BSGA National Finals in previous years) Opt A	Novice Group (Not competed at or above Regional 1/NDP 1 or finished in top 3 at BSGA National Finals in previous years) Opt B	Intermediate Group (Not competed at or above Regional 3/NDP 6 or Trampoline League / English Championship) Option A	Intermediate Group (Not competed at or above Regional 3/NDP 6 or Trampoline League / English Championship) Option B
Full Twist Jump	Front landing	Back SS (Tucked)	Full Twist Jump
Straddle Jump	To Feet	Straddle Jump	Straddle Jump
Seat Landing	Straddle Jump	Seat Landing	Seat Landing
½ Twist to Seat Landing	½ Twist Jump	½ Twist to Seat Landing	½ Twist to Seat Landing
½ Twist to Feet	Seat Landing	½ Twist to Feet	½ Twist to Feet
Pike Jump	½ Twist to Seat Landing	Pike Jump	Pike Jump
Back Landing	½ Twist to Feet	Back Landing	Back Landing
½ Twist to Feet	Tuck Jump	½ Twist to Feet	½ Twist to Feet
Tuck Jump	Pike Jump	Tuck Jump	Tuck Jump
½ Twist Jump	Full Twist Jump	Full Twist Jump	Front SS (T)
Voluntary Routines			
Individual skill max 0.6 Max rotation 360° Max 1 somersault DD Max 1.3	Individual skill max 0.6 Max rotation 360° Max 1 somersault DD Max 1.3	Individual skill max 0.6 Max rotation 360° Max 7 somersaults DD Max 4.2	Individual skill max 0.6 Max rotation 360° Max 7 somersaults DD Max 4.2

Please note that the BG Teacher's Award in Trampolining does NOT include back somersault to seat or barani so any competitors performing these skills will need to be accompanied by a qualified coach holding a minimum BG level 3 or UKCC level 2 qualification.

Disability Compulsory and Voluntary Routines

Competitors must have a Disability recognised by international disability sport organisations. Disabilities definitions are laid down by BG, follow the World Health Organisation and will be adhered to. Gymnasts will be required to send in a Disability Gymnastics Classification Certificate as proof of disability at the point of entry to the event.

Category 1 = Learning Disability

Category 2 = Physical or Sensory Disability

Each category will be competing separately and then separated by age group. Groups are mixed gender with the exception of Elite which will be separated into male and female competition groups.

Competitors with a disability must choose to enter either the disability competition or the mainstream competition. They will not be allowed to enter both events.

Disability Routines		
Novice (mixed gender)	Intermediate (mixed gender)	Elite
10 skills	10 different skills	10 different skills
At least 5 different skills	Individual skills to have a maximum 0.6 difficulty	At least 2 skills with minimum 360° rotation
Maximum difficulty 0.8	Minimum total difficulty 0.8 for compulsory	Minimum total difficulty 1.5 for compulsory
Maximum 270° rotation	Voluntary difficulty limit 2.0	No difficulty limit for voluntary
	Maximum 3 skills with more than 270° rotation	
	No skills to exceed 360° rotation	
Tariff sheet to be submitted prior to competing	Tariff sheet to be submitted prior to competing	Tariff sheet to be submitted prior to competing

Equipment – IMPORTANT PLEASE READ

Trampolines will be a mixture of string, 6x4mm and 4x4mm beds.

It is the responsibility of every performer's coach and team manager to ensure the performer is able to use the equipment provided to a safe standard. Each individual MUST nominate and be accompanied by a coach qualified to the level of their competition performance who will be required to sign your competitors in on arrival. The coach does not have to be a member of the competing school's staff.

Competition Attire

Teams – Preferable to wear matching attire.

All competitors – As per section 10 of the BSGA rules.

For safety reasons, pupils unsuitably dressed will be unable to compete. If in doubt, please ask well in advance of competition day! Prizewinners accepting awards at the presentation ceremonies must be wearing their competition attire.

Rules

This is a summary of the rules. Where there is any apparent inconsistency, the rules published on the BSGA website take precedence over the summary presented in these instructions.

QUALIFICATION FOR SOUTHERN ZONAL SCHOOLS COMPETITION

All Groups: Top 5 Individuals & top 2 Teams

Venue

Worthing

Date

Sunday 21st January 2024

Closing Date for Entries

To be advised – **it will be BEFORE CHRISTMAS!**

Letter to all Judges and Officials

As many of the schools who enter the competition will not reach the requirement for supplying judges/officials, please may I request that you submit as many judges and officials as possible, even if your school is not required to submit one!

Quite simply, the competition CANNOT run without qualified judges and officials, so you ALL have a responsibility to help make the competition run!! Your help with this is greatly appreciated.

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

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

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

Judges Uniform

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

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

Competition Marshals

Please ensure that you are fully aware of how to do the job you have been asked to do. It is the school's responsibility to ensure that you know how to do this job - not the competition organiser (although we will endeavor to assist by providing replies in response to polite requests for advice that are made well in advance of the competition date!)

ON THE SPOT TRAINING AT THE COMPETITION IS UNACCEPTABLE!

You need to **report to the check in desk before** the first warm ups have started. Your role is very important as you keep the competition to its schedule. Your job is to ensure that all competitors have had their controlled warm-up then make sure that competitors are ready to compete and have their spotters with them so that the judges aren't kept waiting! Your role also covers keeping the competition area clear (the coaches are the worst at getting in the way!!).

Recorders

You need to **report to the check in desk** before the first warm ups have started. Manual recorders should bring a calculator with them.

Judges

You need to **report to the check in desk** before the first warm ups have started and listen for announcements for trial judging. Please wear the correct uniform as detailed above and judge efficiently and fairly taking note of comments from the chair of judges who is there to help you.

Reserve Officials

Need to be in the correct uniform and **report to the check in desk** before the first warm ups have started in time to see if you are required.

The event starts at 9.00am sharp, so all officials need to be at the venue and at your position before this time. If there are any issues with the officiating at the competition please contact the competition organiser at londonschoolstramp@gmail.com -07717 436770



FUNDED Judges Training Courses for Schools

We have been fortunate to obtain support from various sources as part of a plan to increase participation at our regional events and at other schools trampolining events in the London area. It has been recognised that some schools struggle with the provision of suitably qualified judges to enter the Championships, or in some instances have to limit the number of competitors that they do enter and in some cases, be unable to enter at all.

It is our intention to run a judge training course for the benefit of student/teachers/volunteers who assist in schools trampolining, but who otherwise may be limited by school funding. This course is open to teachers, volunteers and older students – those taking PE at GCSE with trampoline leadership as one of their modules would be ideal, and attending this course would also be beneficial to their studies.

If you partake in this course, you are required to be available to judge at this year’s regional event.

Course Name	London Schools Trampoline Judging Award
Date:	tbc
Qualification:	London Schools Trampoline Judging Award
Cost:	Free of charge (£10.00 deposit required which will be returned on the day)
Location:	Hayes School, West Common Road, Hayes, Kent BR2 7DB / online (tbc)

This is an entry level of judging, and covers form (execution) judging, HD judging and an overview of the rules of judging. No previous experience is required but having been to and seen competitions would definitely help. You should be able to recognise basic skills such as those in the set routines.

Upon completion of this course you will be able to judge at schools events in the London Region. Please note that nominated officials for subsequent rounds of this competition need to hold a minimum judging qualification of BG Club Judge.

The planned times for the course is to start at 9.30am and finish at around 4.00pm.

Anyone doing the course should bring pens and lots of paper and a calculator if you can't add up!

Places on this course are **strictly** limited! If you would like to be considered for this course, please fill in the application form and send it with your deposit (cheques payable to “BSGA London Schools Trampoline”) for each person to:

Karen Gent, 23 Lime Tree Walk, Coney Hall, West Wickham, Kent BR4 9EB

In the event of a high subscription, preference will be given to candidates from schools who have not entered the event before.

Cheques will not be cashed unless you fail to attend. Where possible, cheques will be returned on the final day of the course. Please aim to submit separate cheques for each individual place you apply for. If cheques cannot be returned on the day they will be securely destroyed.

Those wishing to progress to the BG Club judge award, or wishing to go straight on to the BG Club Judge award should attend a course being run by BG. Details of these can be found on the British Gymnastics website. Please be aware that these are not funded and recent courses cost in the region of £100 per candidate.

British Schools

B.S.G.A.



Gymnastic Association

2023 London Regional Schools Trampoline Championships

COVID ADDENDUM

This is subject to change to be in line with any restrictions, guidelines and best practice in place at the time of the competition.

Please remember that some of today's attendees may be in the vulnerable category so please use common sense in respect of attendance.

This applies to everyone attending the competition, including competitors, teachers, coaches, officials, volunteers, parents and other spectators.

Here are some tips and hints for you to consider:

- 1. Please do not attend if you are ill or have any Covid symptoms.**
- 2. Please do not attend if you have had a positive Covid test in the past 10 days, or if you are just past the 10 days and still have symptoms.**
- 3. Please take a lateral flow test either the evening before the competition or the morning of the.**
- 4. Please do not attend if your lateral flow test is positive.**
- 5. You may wear a mask in the venue, however for safety reasons it is not permitted for competitors to wear a mask whilst on the trampoline.**
- 6. Schools should ensure that they have fully evaluated the risks of participating in this event.**
- 7. Hand sanitiser will be made available at various points in the competition area. Please use it on a regular basis!**
- 8. Whilst we appreciate that parents etc will wish to spectate, please ask that they also take a test before attending.**

Please help us to keep everyone safe by abiding by the above conditions and taking a sensible approach on the day of the event.

Thank you!