

NATIONAL COMPETITION STRUCTURE 2016

NATIONAL TRAMPOLINE TECHNICAL COMMITTEE

The British Gymnastics (BG) National Trampoline Technical Committee (NTTC) is responsible and accountable to BG for the development and direction of all Trampoline (TRA), Double Mini-Trampoline (DMT) and Tumbling (TUM) in Great Britain.

A great deal of work has been undertaken over the last 3 years and the Domestic Competition Structure for TRA, DMT & TUM has undergone a complete and thorough overhaul. The NTTC is confident that once in place and given time to work that the new structure will satisfy the majority of needs for Clubs and Regions.

The plan has been structured for development and participation with 2 pathways of performance, National Development Plan (NDP) Levels and National FIG Pathway. It is important to study the entire NDP & FIG Pathway plan to see how progress is made. There are no qualifying scores to pass from one pathway to another however, coaches should make realistic choices to provide the best opportunity for their gymnast and refer to the minimum standard guidelines provided in the discipline specific booklet.

With this streamlined approach to performance and also with the introduction of the Performance Pathway in 2014, it is hoped that regions will take the initiative to create 'Regional Squad' structures (with British Gymnastics support) catering for the performance development of their Clubs and gymnasts. Regions will be the focus of our foundations for future excellence, concentrating on performing the NDP Levels with high technical quality. This in turn will underpin the Performance Pathway and Great Britain National Squad structure. Clubs should support their region and further progress their gymnasts along the performance paths available.

Please refer to the discipline specific appendix, Overview of Domestic Competition Structure 2016 for further information.

Notice of main changes to the National Competition Structure 2016

All gymnasts entering the NDP or FIG Pathway are required to hold the minimum of a current BG Silver membership.

Range and Conditioning (TRA, DMT & TUM) at NDP Levels 1 to 7 has been introduced. A pass mark is required to qualify to the Regional Team Final/NDP Final Qualifier. Diagrams of the skills will be available on the BG website in the near future together with a video demonstrating how the skills should be performed.

Tumbling (TUM)

Minor changes to the TUM structure can be found under the relevant TUM section in the Domestic Competition Structure booklet.

Trampoline (TRA) & Double Mini-Trampoline (DMT)

From 1st October 2015, clubs and coaches may select the appropriate entry level of competition for gymnasts.

The coach is responsible for ensuring that they are qualified and competent to teach at the appropriate level, as well as ensuring that the gymnast is prepared technically, physically and psychologically and therefore competent to compete at the selected level. If a club and/or coach is in breach of these policies BG reserves the right to refuse an entry on the grounds of safety.

In order to enter the NDP National Competition Structure and receive a BG sanction to host events, regions/representatives will be required to run a minimum of 3 NDP events* (see below), offering entry for all NDP Levels 1 to 7. Sanctioned events are not to be run alongside other competition structures.

*** NDP Regional Series**

Regions apply to organise and run a minimum a two BG sanctioned qualification events held between 1st October 2015 and 28th February 2016. These series events will be for compulsory routines as listed per level.

Regions gymnasts should enter the age group that they will be eligible for on 1st January 2016.

If a gymnast achieves the minimum execution qualifying score at least once in the NDP Regional Series, they then qualify to compete in the NDP Regional Team Qualifier that leads to the Regional Team Final.

Gymnasts may change NDP level during the regional series, enabling gymnasts to try one or more levels (at different competitions) in order to ascertain the appropriate level for them to try and qualify for the NDP Regional Team Qualifier (see below). If a gymnast achieves the minimum execution qualifying score at more than one NDP level they must select only one level to enter the NDP Regional Team Qualifier and then will be required to stay at this level for the remainder of the competition season.*

*** NDP Regional Team Qualifier:**

Regions to organise and run one BG sanctioned NDP Team Qualifier on or before 13th March 2016. The top 2 ranked gymnasts, per age group, per level, per gender will qualify to the Regional Team Final / NDP Semi Final, providing the minimum execution score and range & conditioning pass mark have been achieved.

There is no longer a qualification process from NDP Level 6 to NDP Levels 7, 8 or FIG.

NDP Level 7 (TRA/DMT) is now incorporated within the Regional to National NDP structure.

NDP Level 8 (TRA) will remain in the Spring Event Series for 2016.

NDP Level 8 (TRA) gymnasts need to achieve a 3 round execution score to qualify for NDP Finals. There is a minimum score for each routine stated in the tables (see Trampoline National Development Plan 2016) and gymnasts will need to achieve these minimums, per routine, as part of the combined accumulative three round score at the same event.

NDP Level 8 (TRA) NDP Final is a 2 round event (Spring Series Events remains a 3 round qualifying event).

NDP Level 8 (TRA) is now a maximum of 1 body landing in the voluntary routine.

NDP Level 8 (DMT) is obsolete from 2016.

FIG (TRA) 9-10yrs the minimum degree of difficulty has been reduced by 0.5.

Further details on ALL changes can be found in the Competition Handbook and the Domestic Competition Structure Appendix for each discipline.

Supporting Information (TRA)

The NDP & FIG pathways provide competition experience to assist in the long-term development of all ages and abilities. The NDP & FIG structure is not a linear pathway but one of self-select to reflect the gymnast's development stage. Coaches should make realistic choices to provide the best opportunity for the development of the gymnasts that they coach and are advised to focus on the appropriate technical level. There are specific routines in the NDP pathway that align with the FIG requirements so it is not necessarily that the higher the level but the best level that will support the gymnasts development and performance outcome each year. Please read carefully through all the information provided in the competition handbook, including competition formats, compulsory routines, specific requirements, age groups, minimum difficulty and minimum standards.

NDP Levels 1-4: The specific compulsory routines provide a national standard norm to help develop the deliberate practice and technical excellence of straight jumping, arm set and basic technical elements. These levels offer an entry level for early development gymnasts.

NDP Levels 5-7: The specific compulsory routines provide a national standard norm to help develop the deliberate practice and technical excellence of basic somersaults and also include the requirements used at FIG World Age Group Competition (WAGC) level. The introduction of voluntary routines at the NDP Final along with the compulsory routines, provide the platform to help the development towards the FIG Pathway.

- NDP Level 5 = FIG WAGC 11-12yrs requirements
- NDP Level 6 = FIG WAGC 13-14yrs requirements
- NDP Level 7 = FIG WAGC 15-16yrs requirements

For development & progression to NDP 8 and/or FIG, the NTTC recommend that the NDP levels above are used in these specific age groups.

NDP Level 8: This level mirrors the FIG Pathway for age group and out of age (19+yrs) gymnasts. The specific compulsory routines provide a national standard norm

for each age group.

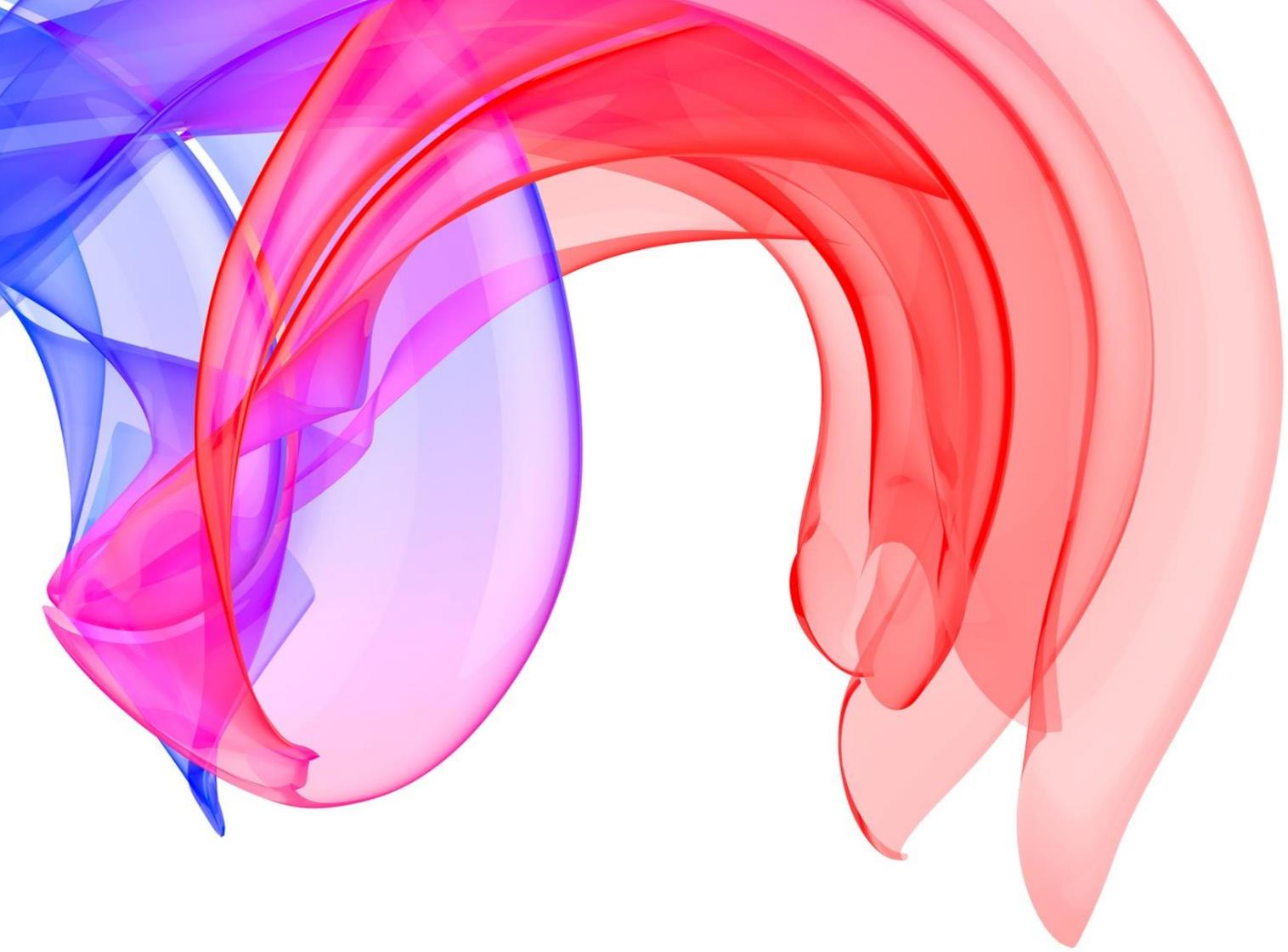
FIG Pathway: Senior & WAGC gymnasts that are of the highest performance standard and looking to represent Great Britain at international standard. The FIG Pathway is also underpinned with national standard compulsory routines.

Supporting information (DMT)

NDP Levels 1-5: The specific compulsory passes provide a national standard norm to help develop the deliberate practice and technical excellence of controlled, basic elements that form a foundation upon which the future acquisition of more complex passes can be based. These levels offer an entry level for early development gymnasts.

NDP Levels 6-7: The specific compulsory passes provide a national standard norm to help develop the deliberate practice and technical excellence of basic transitions between spotter/mount skills and the dismount skill as well as progression to double somersaults in preparation for a transition across to the FIG and WAG pathway should that be desired. The introduction of optional passes in round 2 of the Regional Team finals and NDP finals provide additional opportunity to help the development towards the FIG Pathway.

FIG Pathway: Senior & WAGC gymnasts that are of the highest performance standard and looking to represent Great Britain at international standard. The FIG Pathway sets minimum combined round total scores that will allow gymnasts to continue to develop competitive passes at the highest levels nationally and internationally.



TRAMPOLINE DOMESTIC COMPETITION STRUCTURE

**TRAMPOLINE
FIG PATHWAY
2016**

TRA FIG PATHWAY – AGE GROUPS

Spring Event Series

All gymnasts at FIG will be required to perform:

- 1 x Compulsory Routine
- 1 x FIG WAGC Routine
- 1 x Voluntary Routine

Trampoline Individual:

- 3 round accumulative score will determine the ranking
- Incomplete/incorrect routines will result in a zero 'DNF' score
- Gymnasts receiving a zero 'DNF' score will not be awarded a medal
- A nominated panel (Member of NTTCC, Chair of Panel & 1 x appropriately qualified coach), reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

FIG PATHWAY						
Age Group 9-10 Years	1 st Routine - Compulsory		2nd Routine – WAGC Development			
	1	Back s/s (S)	1	¾ Back s/s (SL)		
	2	Barani (S)	2	To feet * (*Cody = bonus 0.3)		
	3	Straddle Jump	3	Straddle Jump		
	4	Back s/s (P)	4	Back s/s (P)		
	5	Barani (P)	5	Barani (P)		
	6	Tuck Jump	6	Tuck Jump		
	7	Barani (T)	7	Barani (T)		
	8	Back s/s (T)	8	Back s/s (T)		
	9	Pike Jump	9	¾ Front s/s (S)		
	10	Front s/s (P)	10	Ballout Barani (T)		
Voluntary Routine						
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed • Male - Minimum difficulty 6.0 *Change from 2015 • Female - Minimum difficulty 6.0 *Change from 2015 						
Minimum standards required to qualify to the British Championships		Minimum Execution			Minimum Difficulty	
		Compulsory	WAGC	Voluntary	Male	Female
		24.0	24.0	22.5	6.0	6.0

FIG PATHWAY						
Age Group 11-12 Years	1 st Routine - Compulsory		2nd Routine – WAGC Requirements			
	1	¾ Front s/s (S)	The routine consists of 10 different elements, only two (2) elements allowed with less than 270°somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. One element landing on the front of the body 2. One element landing on the back of the body			
	2	Ballout Barani (T)				
	3	Straddle Jump				
	4	Barani (T)				
	5	Back s/s (T)				
	6	Barani (P)				
	7	Back s/s (P)				
	8	Barani (S)				
	9	Back s/s (S)				
	10	Full Twisting Back s/s (S)				
Voluntary Routine						
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed • Male - Minimum difficulty 7.5 • Female - Minimum difficulty 7.5 						
Minimum standards required to qualify to the British Championships		Minimum Execution			Minimum Difficulty	
		Compulsory	WAGC	Voluntary	Male	Female
		24.0	24.0	22.5	7.5	7.5

FIG PATHWAY						
Age Group 13-14 Years	1st Routine - Compulsory		2nd Routine – WAGC Requirements			
	1	½ Twist to ¼ Front s/s (S)	<p>The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.</p> <ol style="list-style-type: none"> 1. Full (back somersault with 1/1 twist) 2. One element landing on the front of the body 3. One element landing on the back of the body. 			
	2	Ballout Barani (T)				
	3	Back s/s (T)				
	4	Barani (T)				
	5	Back s/s (P)				
	6	Rudi (S)				
	7	Straddle Jump				
	8	Back s/s (S)				
	9	Barani (S)				
	10	Full Twisting Back s/s (S)				
Voluntary Routine						
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed • Male - Minimum difficulty 9.5 • Female - Minimum difficulty 8.3 						
Minimum standards required to qualify to the British Championships		Minimum Execution			Minimum Difficulty	
		Compulsory	WAGC	Voluntary	Male	Female
		24.5	24.5	22.5	9.5	8.3

FIG PATHWAY						
Age Group 15-16 Years	1st Routine - Compulsory		2nd Routine – WAGC Requirements			
	1	½ Twist to ¼ Front s/s (S)	<p>The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.</p> <ol style="list-style-type: none"> 1. Full (back somersault with 1/1 twist) 2. Rudi or Rudi Ballout (front somersault or 1 ¼ from back, with 1½ twist) 3. One element either landing on the back or front of the body 			
	2	Ballout Barani (T)				
	3	Back s/s (T)				
	4	Barani (T)				
	5	Full Twisting Back s/s (S)				
	6	Back s/s (P)				
	7	Rudi (S)				
	8	Back s/s (S)				
	9	Barani (S)				
	10	½ In ½ Out (T)				
Voluntary Routine						
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed • Male - Minimum difficulty 11.0 • Female - Minimum difficulty 9.0 						
Minimum standards required to qualify to the British Championships		Minimum Execution			Minimum Difficulty	
		Compulsory	WAGC	Voluntary	Male	Female
		24.5	24.5	22.5	11.0	9.0

FIG PATHWAY						
Age Group 17-18 Years	1 st Routine - Compulsory		2nd Routine – WAGC Requirements			
	1	Half Out (P)	The routine consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. One element to front or back 2. One element from front or back - in combination with requirement No. 1 3. One double front or back somersault with or without twist 4. One element with a minimum of 540° of twist and minimum of 360° somersault rotation			
	2	Back s/s (P)				
	3	Barani (P)				
	4	Full Twisting Back s/s (S)				
	5	Barani (S)				
	6	Back s/s (S)				
	7	Barani (T)				
	8	Back s/s (T)				
	9	Half Out (T)				
	10	Double Back s/s (S)				
Voluntary Routine						
<ul style="list-style-type: none"> • Maximum of 1 body landing allowed • Male - Minimum difficulty 11.5 • Female - Minimum difficulty 9.5 						
Minimum standards required to qualify to the British Championships		Minimum Execution			Minimum Difficulty	
		Compulsory	WAGC	Voluntary	Male	Female
		24.5	24.5	22.5	11.5	9.5

Qualification to the British Championships

The top 16 ranked individual gymnasts, per age group, per gender from the Spring Event Series Events will qualify for the British Championships, providing all minimum standards have been achieved (at the same event). These qualifiers will be calculated from the best, cumulative three-round total score (achieved at the same qualifying event).

British Championships

All gymnasts at FIG will be required to perform:

- 1 x FIG WAGC Routine
- 1 x Voluntary Routine
- 1 x Voluntary Routine (Top 8 Final)

Trampoline Individual:

- 3 round accumulative score will determine the ranking
- Incomplete/incorrect routines will result in a zero 'DNF' score
- Gymnasts receiving a zero 'DNF' score will not be awarded a medal
- A nominated panel, (Member of NTTC, Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

Trampoline Synchronised:

- Individual gymnasts who have qualified to the British Championships may form part of a synchronised pair in the age group that they qualified as an individual
- Eligible gymnasts may move up one age group to form part of a synchronised pair with another eligible gymnast (no age group gymnasts are permitted to compete in the Senior event)
- 3 round accumulative score will determine the ranking
- Incomplete/incorrect routines will result in a zero 'DNF' score
- Gymnasts receiving a zero 'DNF' score will not be awarded a medal
- A nominated panel, (Member of NTTC, Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

TRA FIG PATHWAY – SENIOR

Spring Event Series

All gymnasts at FIG will be required to perform:

- 1 x FIG A Routine
- 1 x Voluntary Routine
- 1 x Voluntary Routine (Top 8 Final)

Trampoline Individual:

- 3 round accumulative score will determine the event ranking
- Incomplete routines will result in a zero 'DNF' score
- Gymnasts receiving a zero 'DNF' score will not be awarded a medal
- A nominated panel, (Member of NTTCC, Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

FIG PATHWAY					
Age Group Senior	1st Routine – FIG A Requirements				
	The routine consists of 10 different elements, each with a minimum of 270° somersault rotation. Two elements, marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution score to give the total score for the first routine. None of these two elements may be repeated in the voluntary. <ul style="list-style-type: none"> • Male - Minimum difficulty 2.3 • Female - Minimum difficulty 2.1 				
	Voluntary Routine				
<ul style="list-style-type: none"> • If either of the two asterisked moves from the compulsory are repeated in the second (voluntary) routine they will not be awarded difficulty in that routine • Maximum of 1 body landing allowed • Male - Minimum difficulty 14.0 • Female – Minimum difficulty 12.0 					
Minimum standard required to qualify to the British Championships		Minimum Execution		Minimum Difficulty	
		FIG A	Voluntary	Men	Women
		25.5	22.5	2.3/14.0	2.1/12.0

Qualification to the British Championships

The top 16 ranked individual gymnasts, per age group, per gender from the Spring Event Series Events will qualify for the British Championships, providing all minimum standards have been achieved (at the same event). These qualifiers will be calculated from the best, cumulative three-round total score (achieved at the same qualifying event).

British Championships

All gymnasts at FIG will be required to perform:

- 1 x FIG FIG A Routine
- 1 x Voluntary Routine
- 1 x Voluntary Routine (Top 8 Final)

Trampoline Individual:

- 3 round accumulative score will determine the ranking
- Incomplete/incorrect routines will result in a zero 'DNF' score
- Gymnasts receiving a zero 'DNF' score will not be awarded a medal
- A nominated panel, (Member of NTTCC, Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time

Trampoline Synchronised:

- Individual gymnasts who have qualified to the British Championships (Senior) may form part of a synchronised pair (no age group gymnasts are permitted to compete in the Senior event)
- 3 round accumulative score will determine the ranking
- Incomplete/incorrect routines will result in a zero 'DNF' score
- Gymnasts receiving a zero 'DNF' score will not be awarded a medal
- A nominated panel, (Member of NTTC, Chair of Panel & 1 x appropriately qualified coach) reserves the right, but not the responsibility, to end a performance (during training, warm-up or competition) that is deemed to be unsafe at any time