1. **General**

1.1 The rules are effective from 1st. September immediately preceding the Regional competitions.

1.1.2 The interpretation of all rules and their intended meanings shall be decided by the Schools Development Working Group.

1.2 Normal British Gymnastics Trampoline Competition Rules for performance and judging (the Code of Points) shall apply to the Schools Competitions unless modified hereunder.

1.2.1 The National rules which are in force on September 1st. of any year shall be retained in force for the subsequent Regional, Zonal, and National Schools Trampoline Competitions.

1.3 At the Regional round of competition, all competitors shall enter as Individuals representing their school, and shall compete for Individual awards and placings. Teams representing a school shall comprise three or four Individuals from that school in the same age/gender group. Teams will be entered automatically.

1.4 There will be two preliminary rounds: Regional (held in December) and Zonal (held in January), followed by a National Championship (held in March).

1.5 Each Zone comprises a number of regions, as follows:

* Northern Zone: North, North West, Yorkshire and North Midlands, N. Ireland.
* Central Zone: Eastern, East Midlands, West Midlands, Wales.
* Southern Zone: South, South West, London, South East.

1.6 Where a Region finds that the entry numbers for its Regional Championships are unmanageable, it may recourse to its own qualifying system within the Region. If such a need arises, these qualifying events shall be held before December.

1.7 Individual Counties may, if they wish, organise their own `County Schools Competitions' (which may be used as pre- selectors as per Rule 1.6). It is recommended that they be held prior to the Regional competitions, even if they are not to be used as pre-selectors

2. **Eligibility**

2.1 Competitors must be bona fide full-time students in Schools, Sixth-Form Colleges, Tertiary Colleges, Technical Colleges, academies, and specific disability schools. to encompass all educational bases under the age of 19. University students, or others in Higher Education, are not eligible.

2.1.2 Children who are educated at home with the approval of the Local Authority, and do not attend an educational institution, are also eligible to participate in the Schools competitions.

2.2 All competitors must be submitted by, or with the written approval of, their school, or of the LEA in the case of rule 2.1.2 Above.

2.2.1 This written approval needs only to be sought at the initial Regional round stage, as this permission acknowledges that schools may progress to subsequent rounds of the competition. All subsequent rounds may be entered by the school with no further permission being sought.

2.3 In the Regional round, competitors may compete only in the geographical Region within which their school is located.

3. **Competition Structure and Format**

3.1 There shall be five levels of Schools Competition, known as the Disability (Novice) Level, Disability (Elite) Level, Novice Level, Intermediate Level & Elite Level.

3.1.1 The Elite Level of competition shall be known as “The British Schools Elite Trampoline Championships”

3.1.2 The Intermediate Level of competition shall be known as “The British Schools Intermediate Trampoline Championships”

3.1.3 The Novice Level of competition shall be known as “The British Schools Novice Trampoline Championships”

3.1.4 The Disability (Novice) Level of competition shall be known as “The British Schools Disability Novice Trampoline Championships”.

3.1.5 The Disability (Elite) Level of competition shall be known as “The British Schools Disability Elite Trampoline Championships”.

3.2 Trophies of similar quality shall be offered to all four levels of competition.

3.3 Each round of School Competition (Regional, Zonal, and National) shall offer all levels of competition for each age/gender group.

3.3.1 The standard rules of the Schools Competitions, other than those specific to one Level, shall apply equally to all Levels of competition.

3.4      Entry to the **Novice Level** shall be restricted to pupils who have not at any time up to the date of their Regional Schools competition competed at or above either Regional Grade F or NDP 2. (Except as in Rule 3.6.2 below.)

3.4.1 Pupils who qualify to compete in the Zonal round of the Novice Level, and who then subsequently compete in a Regional “Grade F” or “NDP 2” or higher competition shall remain eligible to compete in the Novice Level throughout the current series (Zonal, National, Home International) of schools competitions.

3.4.2 Individual Novice competitors who achieve a qualification place to the **National Finals** of a competition season will be required to enter future competition seasons as an Intermediate competitor (or may opt to compete in the Elite Level). Should the competitor feel that they are not competent to compete at the higher level they may apply to the Schools Working Group for permission to remain at Novice level, stating reasons to support the application

3.4.3 Entry to the **Intermediate Level** shall be restricted to pupils who have not at any time up to the date of their Regional Schools competition competed at or above either “Regional Grade E” or “NDP 5”.. (Except as in rule 3.6.2 below.)

3.4.4 Pupils who qualify to compete in the Zonal round of the Intermediate Level, and who then subse quently compete in a Regional Grade **E”** or “NDP **5**” or higher competition shall remain eligible to compete in the Intermediate Level throughout the current series (Zonal, National, Home Internation al) of schools competitions.

3.5       Entry to the **Elite Level** shall be open to any pupil who is eligible under the standard rules of the Schools Competitions. Pupils who have competed previously at or above either Regional Grade E  or NDP 5 may only enter this Level, except as allowed by Rule 3.6.2 below.

3.6 Pupils who are eligible to compete in the Novice or Intermediate Level may be entered as Individuals and as part of a team in a higher Level of competition, but may not also compete in the lower Level in the same or subsequent rounds of Competition. Should a school wish to make up a team in the Intermediate or Elite Level, It may therefore include one or more novice or intermediate level competitors.

3.6.1 Should any pupil who is eligible for the Novice or Intermediate Level opt to compete in the next Level up, then he/she remains classified as being that standard for the remainder of the current season. Such pupils may not compete in the Novice Level in the same or subsequent rounds of competition.

3.6.2 Retired Competitors,

Competitors that have retired from competitive trampoline gymnastics for a period of 24 months or more may apply to the committee to return to the competitions at a lower level than previously entered. Each person will be measured separately according to level and experience gained.

3.6.2.1 Competitors who have at any time competed at “National Grade C” or “NDP 6” or equivalent or higher may not downgrade to Novice level.

3.7 In the Novice Level of competition, the maximum Difficulty Score that may be recorded by a competitor is 1.5

3.8 There shall be two separate events within each competition: a Team event, and an Individual event.

3.8.1 All competitors must, if possible, enter as members of a School Team. Where numbers are such that some competitors cannot be accommodated within a team, then these competitors may enter the Individual competitions only.

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

3.10 Teams shall comprise of a minimum of three or maximum of four competitors in the same age/gender group.

3.11 Competitors will be grouped by specified age and gender.

3.12 The age divide will be the ages of the competitors as at 1st. September of the academic year in which the competitions take place.

3.13 The age groups will be:

* Under 11 years
* Under 14 years
* Under 19 years

*The maximum age that a competitor may be is, therefore, 19 years (birthday falling after September 1st.). (Note: competitors may only compete within their own age band; specifically, a team can not include competitors who qualify to compete in a younger or older age group than that in which the team is entered.*

4.  **Progression**

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

4.1.2 In the event of ties, then at all rounds of competition the following tie-break calculations shall be applied, and any ties for qualifying places, both Individual and Team, shall be separated thereby

1) The gymnast with the higher final score in the 2nd routine.

2) The total of the middle 3 execution judges scores in the 2nd routine

3) The total of the 5 execution judges in the 2nd routine

4) The total of the 4 highest execution judges scores from the 2nd routine

5) The total of the 3 highest execution judges scores from the 2nd routine and so on until the tie is broken.

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

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

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

4.2.2 Where a member of a team, having been nominated on an entry form, is unable to participate in a competition, then the Team Manager may submit a named substitute competitor up to any time before, but not later than, the start of the competition group in which the team is participating. The resultant team must comply with all existing rules regarding team membership and eligibility.

4.3 In the case of Individual placing’s, no substitution may be made.

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

5. **Equipment**

5.1 In the **Novice Level** of competition at **all** rounds, there must be at least one trampoline of 6x6mm webbing made available to the competitors.

5.1.1 The 6x6mm trampoline may be ‘shared’ by panels in accordance with Rule 5.1.3 below.

5.1.2 Competition organisers may, at their discretion, also offer a second bed of either 6x4mm or 6x6mm or half-inch webbing.

5.1.3 There is no compulsory requirement to provide a half-inch webbed bed. If organisers are requested, and agree, to offer a half-inch bed, this trampoline may be placed separately from the other panels, with the judges moving to this trampoline when necessary.

5.2 In the **Elite Level** of competition at **all** rounds there must be at least one trampoline of 6x6mm webbing made available to the competitors. Competition organisers may, at their discretion, also offer a second bed of either 6x4mm or 6x6mm. Organisers must state on their entry forms what equipment is to be offered.

5.3 Competitors shall be required to stipulate on their entry forms which type of bed they normally train on.

5.3.1 It is the responsibility of Team Managers to ensure that their competitors use only the type of bed with which they are familiar.

5.4 Competition organisers must specify on the calling notice of their competitions the type(s) of bed which will be made available to the Elite and Novice events.

6. **Entry fees**

6.1 At Regional level, the entry fee for Individuals may be set by the competition organisers according to their needs.

6.2 At Regional level, there shall be no additional fee for Team entries. (Noting that at Regional Level all competitors must be entered as Individuals).

6.3 At Zonal and National levels the competition organisers are free to set entry fees for both the Individual events and for Team events according the “break even” estimate of the competition's budget.

6.4 All Regional and Zonal competitions must either be financially self-sufficient, or be underwritten by the Region which is hosting the competitions.

6.4.1 **Advisory only.** Regions are advised to ring-fence any profits that they may make from their Regional rounds of the annual competitions, and to hold those profits in reserve to offset any shortage of income over expenditure when hosting a Zonal competition. The rotation of Zonal competitions is given below, so that Regions have fair notice of their financial commitments.

7. **Awards**

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

7.1 ALL competitors, team or individuals, to receive a certificate recording achievement.

7.2 First three individuals in each age group - boys and girls separately - to receive a trophy, plaque, or commemorative medal as appropriate.

7.3 First two Teams in each age group - boys and girls separately - to receive a trophy, plaque or commemorative medal as appropriate for each team member plus a trophy or plaque for the school itself recording the achievement. PLEASE NOTE - the above are considered to be the minimum Awards to be given - where possible, more should be made.

7.4 At the national finals, perpetual trophies will be awarded to the winning team’s school in each group.

7.4.1 The perpetual trophies shall be held by the school for one year, and then returned to the organisers of the national Finals.

7.4.2 All permanent trophies must be returned by the holders to the organiser of the appropriate Zonal Competition, on or before the date of that competition.

7.4.3 The organisers of the Zonal Competitions shall undertake to produce the trophies so collected to the organiser of the National Finals, on or before the date of the National Finals.

7.5 At the National Finals there shall be a march-on of all competitors for the presentation ceremony.

8.0 **Routines**

8.1 Each competitor will perform one compulsory routine and one voluntary routine. There will be no finals.

8.2 In the Voluntary routine at Elite Level, a maximum difficulty mark of 8.0 will be awarded; competitors completing a routine with a difficulty value of more than 8.0 will have only 8.0 accredited to their score.

8.2.1 In the Voluntary routine at Intermediate Level, a maximum difficulty mark of 4.5 will be awarded.

8.2.2 In the Voluntary routine at Intermediate level no skill which exceeds a tariff of 0.6 will be allowed to be performed.

8.2.3 If any skill exceeds the maximum difficulty mark of 0.6 the routine will be stopped and a zero score will be awarded.

8.2.4 In the Voluntary routine at Novice Level, a maximum difficulty mark of 1.5 will be awarded.

8.2.5 In the Voluntary routine at Novice Level, competitors may not perform any skill with a greater rotation the 360 degrees.

8.2.6 In the Novice Level of competition, the maximum tariff that will be awarded to any skill will be 0.6.

8.2.7 In the Voluntary routine at Novice Level, competitors may not perform more than three skills which have more than 270 degrees of somersault.

8.2.7.1 Should a competitor perform more than three skills which have more than 270 degrees of somersault, then the routine shall be terminated after the skill immediately prior to the fourth such skill.

8.2.7.2 In the event of any transgression of rules 8.2.2 & or 8.2.7.1 either during the competition or during the warm- up period, the Chair of the panel and or the competition organiser may challenge the competitor/s eligibility to participate in the Novice level of competition, and may at their discretion either transfer the competitor to the corresponding Intermediate group (in the Regional round only) or disqualify the competitor from the competition in any round.

8.3 Compulsory routines.

8.3.1 The compulsory routine for all competitors at all Level in all rounds (Regional Championships onwards) shall be either one of the following:

NOVICE

1. FULL TWIST
2. JUMP TO STRADDLE
3. SEAT LANDING
4. ½ TWIST TO SEAT LANDING
5. ½ TWIST TO FEET
6. JUMP TO PIKE
7. BACK LANDING
8. ½ TWIST TO FEET
9. JUMP TO TUCK
10. ½ TWIST JUMP

INTERMEDIATE “A”

1. FULL TWIST
2. JUMP TO STRADDLE
3. SEAT LANDING
4. ½ TWIST TO SEAT LANDING
5. ½ TWIST TO FEET
6. JUMP TO PIKE
7. BACK LANDING
8. ½ TWIST TO FEET
9. JUMP TO TUCK
10. FSS (T)

DISABILITY NOVICE

1. ½ TWIST
2. JUMP TO STRADDLE
3. SEAT LANDING
4. ½ TWIST TO SEAT LANDING
5. ½ TWIST TO FEET
6. JUMP TO PIKE
7. SEAT LANDING
8. ½ TWIST TO FEET
9. JUMP TO TUCK
10. ½ TWIST JUMP

INTERMEDIATE “B”

1. BSS (T)
2. JUMP TO STRADDLE
3. SEAT LANDING
4. ½ TWIST TO SEAT LANDING
5. ½ TWIST TO FEET
6. JUMP TO PIKE
7. BACK LANDING
8. ½ TWIST TO FEET
9. JUMP TO TUCK
10. FULL TWIST

ELITE

1. BSS (S)
2. JUMP TO STRADDLE
3. BSS TO SEAT (T)
4. ½ TWIST TO FEET
5. ½ TWIST
6. JUMP TO TUCK
7. BARANI (T)
8. ½ TWIST JUMP
9. JUMP TO PIKE
10. FSS (P)

DISABILITY ELITE

1. FULL TWIST
2. JUMP TO STRADDLE
3. SEAT LANDING
4. ½ TWIST TO SEAT
5. ½ TWIST TO FEET
6. JUMP TO PIKE
7. BACK LANDING
8. ½ TWIST TO FEET
9. JUMP TO TUCK
10. ½ TWIST

***Please note that the BG Teachers' award in Trampolining does not include a Back Somersault to Seat, nor a Barani. See Rule 10.1 below.***

8.4 Order of competitors.

8.4.1 At Regional competitions, the bouncing order shall be at the discretion of the organisers, and should be published in advance where possible

8.4.2 At Zonal and National competitions, there shall be no change of bouncing order between the compulsory and voluntary routines.

8.4.3 At Zonal and National competitions, all competitors who are members of a team only, and who are not entered as Individuals shall be programmed to compete before any competitors who are entered as individuals

9. **Attire**

9.1 Dress must either conform to the requirements for British Gymnastics Individual Competitions (as set out in the British Gymnastics Code of Points which is currently in force for the schools competitions), or as in rules 9.2, 9.3 and 9.4 below. For clarification regarding the wearing of correct attire, the Elite group shall be considered to be equivalent to NDP 5.

9.1.1 Competitors in the Elite Level may not wear shorts, except as permitted by Rule 9.4 below.

9.2 Competitors in the Novice Level of competition at all rounds may wear their school's official uniform P.E. kit for indoor activities, provided that it is safely suitable for trampolining.

9.2.1 Acceptable school P.E. kit shall include only T-shirts, singlet PE vests, leotards, Polo/Netball shirts, close-fitting P.E. shorts, white foot covering.

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

9.2.3 Foot covering must be plain white (no coloured trim).

9.2.4 The chair of the judging panel has the right to prohibit participation in dress which is clearly unsuitable for the sport of trampoline gymnastics, even though it may be the school's official kit. (E.g. hockey skirts, Jogging bottoms, Boys shorts in particular may not be revealing). Should this situation arise, however, the competition organisers are expected to give the affected competitors reasonable opportunity to acquire suitable clothing in time to participate.

9.3 In all rounds of the competition, all members of a Team must wear matching attire.

9.4 Where proven to be required by religious constraints, girls of any age may wear tidy leg coverings with a leotard at any round of the competition.

9.4.1 Leg coverings must be skin tight.

9.4.2 Leg coverings must either be skin-coloured, or of the same colour as the leotard, or of a plain colour matching the leotard.

(Rule 9.4 should be applied only in the interests of modesty, and not to satisfy whims of fashion. Competition organisers are at liberty to determine their own standards of **'**tidiness', but should establish the ruling before the start of the competition

9.5 In the Awards Ceremony at Zonal and National Levels, competitors must present themselves in competition attire. (Each team member in their leotards or each team member in matching school/club attire)

10. **Judges and officials**

10.1 Accompanying Officials

Every competitor must be accompanied by a suitably-qualified Trampoline coach or P.E. Teacher who is qualified to coach the skills which that competitors intends to perform, and who will take full responsibility for the competitor’s performance on the trampoline.

Such a coach does not need to be a member of staff from the competitor’s school.

The coach must be named on the entry forms for each round of competition. Should the nominated coach fail to attend, a suitably-qualified substitute may be requested to offer his/her services. If no substitute can be secured, then the competitor must not be allowed to compete.

10.2 In all rounds of competition, judges and officials must be offered to the organisers at the time of entry. Failure to submit the appropriate number of qualified officials may result in the school's entry either being withdrawn entirely, or in having its number of gymnasts entered reduced to reflect the number of officials provided (at the discretion of the event organiser). It is **recommended** that schools should submit suitably-qualified officials in the following ratios to the number of entries:

* If entering 3 or more performers 1 x judge must be submitted.
* If entering 6 or more performers 1 x judge and 1 x other official (recorder/marshal) must be submitted.
* If entering 9 or more performers 2 x judges and 1x other official (recorder/marshal) must be submitted.
* If entering 12 or more performers 2 x judges and 2 x other officials (recorder/marshal) must be submitted.
* If entering 15 or more performers 3 x judges and 2 x other officials (recorder/marshal) must be submitted.
* If entering 18 or more performers 3 x judges and 3 x other officials (recorder/marshal) must be submitted

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

10.3 Judging qualifications should be included on the entry forms.

10.4 The competition organiser is authorised, at his/her discretion, to reject, or reduce the number of competitors on, any entry which fails to comply with the organisers requirements in this respect.

10.5 In all rounds of competition the event organiser should endeavour to compile panels of officials from those individuals who have been nominated by their school. They may draw in as appropriate other volunteer judges/officials whose experience and qualification will benefit the event.

11. **Administration**

11.1 Results of the Regional competition must be forwarded to the organiser of the appropriate Zonal round within one week of the Regional event. Results of the Zonal competitions must be forwarded to the organiser of the National Championships within one week of the Zonal events

11.2 Organisers of the Zonal and National events may refuse to accept any entry whose eligibility cannot be verified against the official results.

11.3 Entry forms for all rounds of the Championships shall require the inclusion of the BSGA Affiliation Number

12. **Dates of Competitions**

12.1 In order to accommodate National competitions, the Regional Schools Competitions may be held on either of the first two weekends to include a December date. This will allow a local choice, according to the calendar, of a date between November 30th and December 14th.

12.2 The Zonal round shall be held on the third weekend in January.

12.3 The National Finals shall be held in March , where possible according to the BG calendar of competitions.

12.4 Items 12.2 and 12.3 shall be reviewed each year to avoid clashes with other national BG events

. Specific dates for events shall be determined by the event organising committees in co-operation with the calendar of National and Regional BG competitions..

13. **Rotation of championships**

13.1 Zonal Championships and National Finals. Responsibility for staging the Zonal events will rotate between the Regions comprising each Zone. The National Finals shall be open to voluntary offers. The rotation calendar for 2014 to 2019 is given below:

Year 2014: Southern Zone - London

Central Zone - East Midlands

Northern Zone - Yorkshire

National Finals - Northern

Year 2015: Southern Zone - South

Central Zone - ***(To be decided between Eastern Region and Wales)***

Northern Zone - Northern Ireland

National Finals - West Midlands

Year 2016: Southern Zone - South East

Central Zone - Wales

Northern Zone - North

National Finals - North West

Year 2017: Southern Zone - South West

Central Zone - West Midlands

Northern Zone - North West

National Finals - Northern

Year 2018: Southern Zone - London

Central Zone - East Midlands

Northern Zone - Yorkshire

National Finals ***-*** Northern Ireland

Year 2019: Southern Zone - South

Central Zone - Eastern

Northern Zone - Northern Ireland

National Finals - West Midlands

**This issue of the Rules agreed on 10th. May 2014 and effective from this date.**

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