**TRAMPOLINE-EAST REGIONAL CHAMPIONSHIP 2019**

**17th November 2019**

**Hemel Hempstead**

**Individual Trampoline Grades:**

|  |  |  |
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| Band | Set Routine | VoluntaryRoutine |
| A | Club 1 | Repeat Set |
| B | Club 2 | Repeat Set |
| C | Club 3/NDP1-A | DD ≥ 1.3 ≤ 2.0 |
| D | NDP2-A | DD ≥ 1.7 ≤ 2.9 |
| E | NDP3-A | DD ≥ 2.1 ≤ 3.4 |
| F | NDP4-A | DD ≥ 3.0 ≤ 4.8 |
| G | NDP5-A | DD ≥ 3.0 ≤ 5.4 |
| H | Ten different elements with at least seven somersaults of at least 270º.Must include at least 1 of the following elements:* One element of at least 270⁰ of somersault rotation, landing on front or back, followed by an elementof at least 450⁰ somersault rotation.

A back somersault with 360⁰ somersault rotation and 360⁰ of twisting rotation.A front somersault with 360⁰ somersault rotation and 540⁰ of twisting rotation, | DD ≥ 3.0 ≤ 7.0 |
| I | Ten different elements with at least nine somersaults with a minimum of 270⁰ somersault rotation to include:* At least one somersault of least 270⁰ somersault rotation landing on front or back, followed by an element of at least 450⁰ somersault rotation. Plus one of the following:

A back somersault with 360⁰ somersault rotation and 360⁰ of twisting rotation,A front somersault with 360⁰ somersault rotation and 540⁰ of twisting rotation,A somersault with 720⁰ of somersault rotation | DD ≥ 4.5 ≤ 8.0 |
| J | For age groups 9-10, 11-12, 13-14 and 15-1610 different elements, only one (1) element allowed with less than 270° somersault rotation. ...1. One element to front or back2. One element from front or back - in combination with requirement No. 13. One double front or back somersault with or without twist4. One element with a minimum of 540o of twist and minimum of 360° somersault rotation | Minimum DD 5.0No upper limit |
| J | For age groups 17-21 and 22+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, and horizontal displacement scores to give the total score.Neither of these two elements may be repeated in the second routine of the qualifying round otherwise the difficulty will not be counted. | Minimum DD 5.5No upper limit |

#### Failure to adhere to the minimum limits will result in a 0.5 deduction per judge, routines exceeding the maximum will be capped.

#### Disability Trampoline Groups will run as per NDP structure, using routines as published in the handbook for 2020.

#### **DMT** Competing a pass that falls below the lower limit will result in a deduction of 0.5 from each execution judge, passes exceeding the limit will be capped.

|  |  |
| --- | --- |
| Band 1 | max DD of 0.7 in each pass |
| Band 2 | DD of between 0.6 – 1.3 in each pass (every pass must contain a somersault) |
| Band 3 | DD of between 1.2 – 2.2 in each pass |
| Band 4 | DD of between 2.1 – 4.4 in each pass |
| Band 5 | minimum DD of 4.3 in each pass |

**Information**

Ages will be as at 31.12.2020 so that performers do not find themselves bouncing in different age groups in different competitions.

Trampoline age groups

7-8 (up to F) and, for all Bands, 9-10, 11-12, 13-14, 15-16, 17-21, 22+

Disability Trampoline groups:

Both Category 1 and Category 2

Club Levels 1-4 are Open Age

NDP 1-3 and Performance Level are under 15 and over 15

DMT age groups

Bands 1 and 2   9-10, 11-12, 13+

Bands 3-5.  9-10 , 11-12, 13-14, 15-16, 17+

**Organisers reserve the right to merge groups where necessary.**

**Information cont.**

BG 2020 Tiebreak rules will be used in individual competitions. In team competitions the individual ranks will be tie broken where possible; otherwise a joint rank will be allocated. If two teams are tied on total rank then the team whose 8th best scorer (TRI) -or 6th best scorer (DMT) - has the better rank will be declared the winner.

**Regional Champions**

A trophy will be awarded to the top scoring male and female in each grade regardless of age in all of the individual trampoline and DMT grades.

*Form, HD and Tariff to count*

**Disability Champion**

A trophy will be awarded to the top scoring male gymnast and another to the top scoring female gymnast across all Disability grades, regardless of age and whether Category 1 or Category 2.

*Form and HD only to count (no tariff to count for these trophies)*

*Tariff (where applicable - at NDP 2, 3 and Performance)* ***will*** *count towards individual grade results.*

**Regional Trampoline Team Champions**

* Teams can be selected by each club to compete for the Regional club shield. Clubs can enter more than one team in each of TRA and DMT as desired if they have enough entries.
* Trampoline Teams will be made up of between 8 and 10 people, with the top 8 ranked performers counting for the regional shield, regardless of age or grade. Mark your first TRA team as A, second team as B etc.
* DMT Teams will be made up of between 6 and 8 people with the top 6 ranked performers counting for the regional shield regardless of age or grade. Mark your first DMT team as A, second team as B etc.
* Neither HD scores nor Tariff will be included in the Trampoline Team Event (only E scores)
* In the DMT Team Event both E scores and Tariff/DD scores will be included
* In each team event the scores (see above) from every competitor will be ranked from 1st downwards and the team with the lowest total rank from its 8 (TRI) or 6 (DMT) scorers will win.

Example. Imagine just two teams in the DMT Team competition across the 5 Bands:

Team A and Team B each have 8 members

Team A’s top 6 scorers (from the 16 DMT competitors across all Bands) are ranked 1, 4,6,10,11 and 12 for a total rank of 44

Team B’s top 6 scorers are ranked 2,3, 5,7,8, and 9 for a total rank of 34

 Team B would be declared the winners.

* Team substitutions are accepted up to the start of the competition.
* In the event of injury or a “no show” during the competition, the team manager can ask to substitute a gymnast who has still to compete.
* If a substitution cannot be made because the team has no gymnasts still to compete then the team manager can ask that the score of an unused gymnast is substituted provided that score is worse than the team’s 7th best scoring gymnast (5th for DMT.)
* If a gymnast is injured between set and vol or between DMT passes then that gymnast’s scores are void but the team manager can request to use one of the remedies above.
* If a team cannot, using the remedies above, provide 8 scorers (6 for DMT) then that team cannot be considered for the team event.
* All substitution requests must be made to the organisers desk as soon as possible.

**Steve Locke Trophy (trampoline)**

Awarded to a performer under the age of 12 (2008 or later) across all grades achieving the highest execution and HD total across both routines