

Brentwood Trampoline Club Open Competition Routines

The routines build on the BG Regional, Club and Disability Series schemes but allow for the creation of a voluntary routine at all levels. We hope to have Time of Flight available for Regional levels and above.

At Open level 4 and Open level 5 the requirements allow for the use of a wide variety of first routines and, through not using difficulty value in the first routine, value good execution.

Age groups will be those used in BG schemes but, within a level, groups may be merged to create a competitive group of reasonable size.

Routines

At all levels there will be a penalty of 2.0 for not meeting or for breaching the requirements below.

BG Club Levels 1-3 First routines are as given in BG 2022 competition handbooks

Vols: Club 1 – no somersaults

Club 2 – 1 somersault maximum max skill difficulty of 0.5

Club 3 – 2 somersaults maximum max skill difficulty of 0.6

BG Regional Levels 1-3. First routines (and vol restrictions) are as given in BG 2022 handbooks

Vols: Level 1 – min difficulty 1.6 max skill difficulty of 0.6

Level 2 – min difficulty 3.0 max skill difficulty of 0.7

Level 3 – min difficulty 4.1 max skill difficulty of 0.8

The following levels are criteria based and will allow not only Regional 4 competitors to compete but also those working on National League, English League or Spring Series Routines

Open Level 4:

First Routine: 10 skill routine that must contain at least 8 somersaults of 270°+ (this will enable gymnasts to use a BG Regional Level 4 first routine if wished)

Voluntary Routine: minimum difficulty of 4.1 (lowest of Regional 4 minimum tariffs) and tariff cap of 8.0.

Open Level 5:

First Routine: 10 skill routine that must contain at least 9 somersaults of 270°+ (avoids the complexities of myriad routines used at Spring, English and League competitions)

Voluntary Routine: minimum difficulty of 5.5. No tariff cap.

Disability groups:

We will offer all levels that are in BG's Technical Requirements 2022 and for both Category A and Category B competitors,

Club Level 1 – first routine as in BG scheme. Vol can have no somersaults.

Club Level 2 – first routine as in BG scheme. Vol: 1 somersault maximum max skill difficulty of 0.5

Regional Level 1 – first routine as in BG scheme. Vol: min difficulty 1.2 max skill difficulty of 0.5

Regional Level 2 – first routine as in BG scheme. Vol: min difficulty 1.6 max skill difficulty of 0.6

Spring Cup Level 1: first routine as in BG scheme. Vol: min difficulty 3.0 max skill difficulty of 0.7

Spring Cup Level 2: first routine as in BG scheme. Vol: min difficulty 4.0