



Trampoline Gymnastics Competition Handbook 2020

Competition Calendar

The following competitions will be held during the upcoming season:

Event	Entry Opens	Entry Closes	Date	Venue
Winter Season 2020 Event 1 DMT	17/09/2019	23:59, 14/10/2019	16/11/2019	Arena, Kingston College, Kingston Hall Road, KT1 2AQ
Winter Season 2020 Event 1 TRA	17/09/2019	23:59, 14/10/2019	17/11/2019	Harlington Sports Centre, Pinkwell Lane, UB3 1PB
Winter Season 2020 Event 2 DMT	25/11/2019	23:59, 23/12/2019	01/02/2020	Arena, Kingston College, Kingston Hall Road, KT1 2AQ
Winter Season 2020 Event 2 TRA	25/11/2019	23:59, 23/12/2019	02/02/2020	Harlington Sports Centre, Pinkwell Lane, UB3 1PB
Winter Season 2020 Showcase Final DMT	20/01/2020	23:59, 17/02/2020	28/03/2020	Arena, Kingston College, Kingston Hall Road, KT1 2AQ
Winter Season 2020 Showcase Final TRA & SYN	20/01/2020	23:59, 17/02/2020	29/03/2020	Harlington Sports Centre, Pinkwell Lane, UB3 1PB
Summer Season 2020 Event 1 TRA	24/02/2020	23:59, 23/03/2020	03/05/2020	Harlington Sports Centre, Pinkwell Lane, UB3 1PB
NDP Regional Team and Individual Finals	13/03/2020	12:00, 24/04/2020	5-7/06/2020	Arena, Birmingham
Summer Season 2020 Event 2 TRA	20/04/2020	23:59, 18/05/2020	28/06/2020	Harlington Sports Centre, Pinkwell Lane, UB3 1PB
Summer Season 2020 Showcase Final	03/08/2020	23:59, 31/08/2020	10-11/10/2020	Harlington Sports Centre, Pinkwell Lane, UB3 1PB

Event Calendar

The following events will be held during the upcoming season:

- ❖ Trampoline Technical Assembly and Chair Vote – Sunday 26th October 2019, Harlington
- ❖ London Youth Games – Sunday 14th June 2020, Harrow Leisure Centre
- ❖ NDP Regional Final Squad Training

Competition Structure

- ❖ The year is divided into two competition seasons featuring two warm up events and a showcase final.
- ❖ The Winter Season runs November to March.
 - Event 1 and Event 2 are the NDP Regional Compulsory Events. The events include trampoline, DMT and disability trampoline at GfA, NDP and English levels.
 - The Winter Season Showcase Final is the NDP Regional Compulsory Final. The final includes trampoline, DMT, disability trampoline and synchronised trampoline at GfA, NDP and English levels.
- ❖ The Summer Season runs April to October
 - The summer competition structure will be released before 24th February 2020.



LONDON GYMNASTICS

TRAMPOLINE

A guide for judges and coaches

WINTER PATHWAY 2020 TRAMPOLINE

Introduction

Our trampoline competition programme is designed to be achievable, but progressive, to help both gymnasts and coaches focus on the development of core skills. Our pathway includes all levels of abilities:

- Stage 1: LG GfA trampoline levels
- Stage 2: BG NDP trampoline levels
- Stage 3: EG trampoline levels

GfA Trampoline Levels

At GfA Trampoline levels, gymnasts receive a sticker for their trampoline score and another for their range and conditioning score that is equivalent to a bronze, silver or gold standard. The combination of the two stickers, which are given out immediately after the trampoline or range and conditioning has been judged, determines the gymnasts' overall medal*. There will be no placings, just bandings.

TRA score	R&C score	Overall score	Progression
Gold	Gold	Gold	At coach's discretion
Gold	Silver	Gold	At coach's discretion
Silver	Silver	Silver	At coach's discretion
Gold	Bronze	Silver	At coach's discretion
Silver	Bronze	Bronze	At coach's discretion
Bronze	Bronze	Bronze	At coach's discretion

* the overall medal is only awarded at the showcase finals

It is the coach's discretion to which level a gymnast competes. GfA Trampoline levels are held during the winter season, November-March. Each season has two warm-up events and a showcase final. All GfA Trampoline level competitions are open entry.

Gymnasts can skip the GfA Trampoline levels and begin in the BG NDP Trampoline levels.

WINTER PATHWAY 2020 TRAMPOLINE

Stage 1: London Gymnastics GfA Trampoline Levels

- Same Code of Points and rules as BG NDP Pathway, except for the following:
 - Only E score will be awarded
- Gymnasts do not need to qualify to the showcase final

GfA Trampoline Level 1				
Age Groups: 7-8 yrs / 9-10 yrs / 11-12 yrs / 13-17 yrs / 18+ yrs				
Compulsory x2		Range & Conditioning Routine		
1	Straddle Jump	1	Forward roll to stand	
2	Seat Landing	2	Forward roll to straddle sit	
3	To Feet	3	Teddy bear roll 180	
4	Tuck Jump	4	V-sit with hands (minimum 2 seconds hold)	
5	½ Twist Jump	5	Put legs together into long sitting position, tuck legs in and roll on back (backward roll prep), and then rock forward to stand on two feet	
6	Pike Jump	6	1 leg balance, free leg straight and knee at minimum 45 degrees (minimum 2 sec hold)	
7	Seat Landing	7	Half spin or half turn jump	
8	½ Twist To Feet	8	Cartwheel (optional side to side or front to back ¼ turn)	
9	Tuck Jump	9	Straight jump	
10	Full Twist Jump	10	Star jump	
Trampoline Score		Bronze	Silver	Gold
		A score equal to or less than 28.30	A score of 28.40 to 29.90	A score to or greater than 30.00
Range and Conditioning Score		Bronze	Silver	Gold
		A score equal to or less than 8.20	A score of 8.30 to 9.00	A score equal to or greater than 9.10

GfA Trampoline Level 2 (BG Club 1)				
Age Groups: 7-8 yrs / 9-10 yrs / 11-12 yrs / 13-17 yrs / 18+ yrs				
Compulsory x2		Range & Conditioning Routine		
1	Front Landing	1	Forward roll to stand	
2	To Feet	2	Forward roll to straddle sit	
3	Straddle Jump	3	Teddy bear roll 180	
4	Seat Landing	4	V-sit with hands (minimum 2 seconds hold)	
5	To Feet	5	Put legs together into long sitting position, tuck legs in and roll on back (backward roll prep), and then rock forward to stand on two feet	
6	½ Twist Jump	6	1 leg balance, free leg straight and knee at minimum 45 degrees (minimum 2 sec hold)	
7	Tuck Jump	7	Half spin or half turn jump	
8	Pike Jump	8	Cartwheel (optional side to side or front to back ¼ turn)	
9	Back Landing	9	Straight jump	
10	To Feet	10	Star jump	
Trampoline Score		Bronze	Silver	Gold
		A score equal to or less than 28.30	A score of 28.40 to 29.90	A score to or greater than 30.00
Range and Conditioning Score		Bronze	Silver	Gold
		A score equal to or less than 8.20	A score of 8.30 to 9.00	A score equal to or greater than 9.10

WINTER PATHWAY 2020 TRAMPOLINE

GfA Trampoline Level 3 (BG Club 2)				
Age Groups: 7-8 yrs / 9-10 yrs / 11-12 yrs / 13-17 yrs / 18+ yrs				
Compulsory x2		Range & Conditioning Routine		
1	½ Twist To Front Landing	1	Forward roll to stand	
2	To Feet	2	Forward roll to straddle sit	
3	Straddle Jump	3	Teddy bear roll 180	
4	Seat Landing	4	V-sit with hands (minimum 2 seconds hold)	
5	½ Twist To Seat Landing	5	Put legs together into long sitting position, tuck legs in and roll on back (backward roll prep), and then rock forward to stand on two feet	
6	½ Twist To Feet	6	1 leg balance, free leg straight and knee at minimum 45 degrees (minimum 2 sec hold)	
7	Tuck Jump	7	Half spin or half turn jump	
8	Pike Jump	8	Cartwheel (optional side to side or front to back ¼ turn)	
9	Back Landing	9	Straight jump	
10	½ Twist To Feet	10	Star jump	
Trampoline Score		Bronze	Silver	Gold
		A score equal to or less than 28.30	A score of 28.40 to 29.90	A score to or greater than 30.00
Range and Conditioning Score		Bronze	Silver	Gold
		A score equal to or less than 8.20	A score of 8.30 to 9.00	A score equal to or greater than 9.10

GfA Trampoline Level 4 (BG Club 3)				
Age Groups: 7-8 yrs / 9-10 yrs / 11-12 yrs / 13-17 yrs / 18+ yrs				
Compulsory x2		Range & Conditioning Routine		
1	Full Twist Jump	1	Forward roll to stand	
2	Straddle Jump	2	Forward roll to straddle sit	
3	½ Twist To Seat Landing	3	Teddy bear roll 180	
4	½ Twist To Feet	4	V-sit with hands (minimum 2 seconds hold)	
5	½ Twist Jump	5	Put legs together into long sitting position, tuck legs in and roll on back (backward roll prep), and then rock forward to stand on two feet	
6	Pike Jump	6	1 leg balance, free leg straight and knee at minimum 45 degrees (minimum 2 sec hold)	
7	Back Landing	7	Half spin or half turn jump	
8	½ Twist To Feet	8	Cartwheel (optional side to side or front to back ¼ turn)	
9	Tuck Jump	9	Straight jump	
10	Front s/s T	10	Star jump	
Trampoline Score		Bronze	Silver	Gold
		A score equal to or less than 28.30	A score of 28.40 to 29.90	A score to or greater than 30.00
Range and Conditioning Score		Bronze	Silver	Gold
		A score equal to or less than 8.20	A score of 8.30 to 9.00	A score equal to or greater than 9.10

Stage 2: British Gymnastics NDP Trampoline Levels

- Routines, Code of Points and Range and Conditioning as per BG Handbook(s)
- Gymnasts must qualify to the showcase final
- Gymnasts competing at an NDP level may also enter English Gymnastics level

Highly Commended Award for Trampoline score

- A ribbon will be awarded for a national-level podium placing performance*
 - NDP 1: A score equal to or greater than 52.20
 - NDP 2: A score equal to or greater than 51.30
 - NDP 3: A score equal to or greater than 51.50
 - NDP 4: A score equal to or greater than 51.50
 - NDP 5: A score equal to or greater than 51.50
 - NDP 6: A score equal to or greater than 51.60

*The average score for a bronze medal for all age groups & genders at the NDP Regional Team Finals 2019

Highly Commended Award for Range and Conditioning score

- A ribbon will be awarded for a score equal to or greater than 94% (9.40)

Stage 3: English Gymnastics Level

- Routines and Code of Points as per EG Handbook.
- Range and Conditioning as per BG handbook for FIG level.
- Open age group from 7+ years
- Gymnasts competing at an NDP level may also enter English Gymnastics level
- Compulsory routine: minimum of EG Silver requirements for age
 - 2.0 deduction for not meeting minimum requirements for age
 - Gymnasts can perform EG Gold requirements for their age
 - 7-8 years to perform English 9-12 routine
- Voluntary routine: no minimum difficulty
- No placings or trophies, Highly Commended Award instead
- Gymnasts do not need to qualify to the showcase final
- DD cards must be submitted

Highly Commended Award for Trampoline score

- A ribbon will be awarded for a national-level top 6 placing performance*
 - Men 7-10 years: A score equal to or greater than 74.565
 - Men 11-12 years: A score equal to or greater than 79.155
 - Men 13-14 years: A score equal to or greater than 79.755
 - Men 15-16 years: A score equal to or greater than 83.155
 - Men 17+ years: A score equal to or greater than 85.510
 - Women 7-10 years: A score equal to or greater than 78.310
 - Women 11-12 years: A score equal to or greater than 82.030
 - Women 13-14 years: A score equal to or greater than 83.500
 - Women 15-16 years: A score equal to or greater than 83.875
 - Women 17+ years: A score equal to or greater than 86.335

*The score is 6th place at Silver level at English Finals 2019.

Highly Commended Award for Range and Conditioning

- A ribbon will be awarded for a score equal to or greater than 94% (9.40)



LONDON GYMNASTICS

DMT

A guide for judges and coaches

Introduction

Our DMT competition programme is designed to be achievable, but progressive, to help both gymnasts and coaches focus on the development of core skills. Our pathway includes all levels of abilities:

- Stage 1: LG GfA DMT levels
- Stage 2: BG NDP DMT levels
- Stage 3: BG FIG DMT level

GfA DMT Levels

At GfA DMT levels, gymnasts receive a sticker for their DMT score and another for their range and conditioning score that is equivalent to a bronze, silver or gold standard. The combination of the two stickers, which are given out immediately after the DMT or range and conditioning has been judged, determines the gymnasts' overall medal*. There will be no placings, just bandings.

DMT score	R&C score	Overall score	Progression
Gold	Gold	Gold	At coach's discretion
Gold	Silver	Gold	At coach's discretion
Silver	Silver	Silver	At coach's discretion
Gold	Bronze	Silver	At coach's discretion
Silver	Bronze	Bronze	At coach's discretion
Bronze	Bronze	Bronze	At coach's discretion

* the overall medal is only awarded at the showcase finals

It is the coach's discretion to which level a gymnast competes. GfA DMT levels are held three times a year during the winter season, November-March. Each season has two warm-up events and a showcase final. All GfA DMT level competitions are open entry.

Gymnasts can skip the GfA DMT levels and begin in the BG NDP DMT levels.

Stage 1: London Gymnastics GfA DMT Levels

- Same Code of Points and rules as BG NDP Pathway
- Gymnasts do not need to qualify to the showcase final

GfA DMT Level 1										
Age Groups: 7-8 yrs / 9-10 yrs / 11-12 yrs / 13-17 yrs / 18+ yrs										
Compulsory Round 1					Compulsory Round 2					
Pass	Mount	Spotter	Dismount	DD	Pass	Mount	Spotter	Dismount	DD	
1	-	Pike Jump	½ Twist Jump	0.2	1	-	Straddle Jump	½ Twist Jump	0.2	
2	-	Tuck Jump	Straddle Jump	0.0	2	-	Tuck Jump	Full Twist Jump	0.4	
Combined round DD				0.2	Combined round DD				0.6	
DMT Score		Bronze A score equal to or less than 111.10		Silver A score of 111.20 to 113.50		Gold A score to or greater than 113.60				
Range and Conditioning Score		Bronze A score equal to or less than 8.20		Silver A score of 8.30 to 9.00		Gold A score equal to or greater than 9.10				

GfA DMT Level 2										
Age Groups: 7-8 yrs / 9-10 yrs / 11-12 yrs / 13-17 yrs / 18+ yrs										
Compulsory Round 1					Compulsory Round 2					
Pass	Mount	Spotter	Dismount	DD	Pass	Mount	Spotter	Dismount	DD	
1	-	Tuck Jump	Full Twist Jump	0.4	1	-	Full Twist	Pike Jump	0.4	
2	-	½ Twist Jump	½ Twist Jump	0.4	2	-	Tuck Jump	Front s/s T	0.5	
Combined round DD				0.8	Combined round DD				0.9	
DMT Score		Bronze A score equal to or less than 112.00		Silver A score of 112.10 to 114.40		Gold A score to or greater than 114.50				
Range and Conditioning Score		Bronze A score equal to or less than 8.20		Silver A score of 8.30 to 9.00		Gold A score equal to or greater than 9.10				

GfA Trampoline & DMT Range and Conditioning Routine	
1	Forward roll to stand
2	Forward roll to straddle sit
3	Teddy bear roll 180
4	V-sit with hands (minimum 2 seconds hold)
5	Put legs together into long sitting position, tuck legs in and roll on back (backward roll prep), and then rock forward to stand on two feet
6	1 leg balance, free leg straight and knee at minimum 45 degrees (minimum 2 sec hold)
7	Half spin or half turn jump
8	Cartwheel (optional side to side or front to back ¼ turn)
9	Straight jump
10	Star jump

WINTER PATHWAY 2020 DMT

Stage 2: British Gymnastics NDP DMT Levels

- Passes, Code of Points and Range and Conditioning as per BG Handbook(s)
- Gymnasts must qualify to the showcase final

Highly Commended Award for DMT score

- A ribbon will be awarded for a national-level podium placing performance*
 - NDP 1: A score equal to or greater than 113.90
 - NDP 2: A score equal to or greater than 115.20
 - NDP 3: A score equal to or greater than 114.90
 - NDP 4: A score equal to or greater than 116.60
 - NDP 5: A score equal to or greater than 117.60
 - FIG Development: A score equal to or greater than 119.60

*The average score for a bronze medal for all age groups & genders at the NDP Regional Team Finals 2019

Highly Commended Award for Range and Conditioning score

- A ribbon will be awarded for a score equal to or greater than 94% (9.40)

WINTER PATHWAY 2020 DMT

Stage 3: British Gymnastics FIG Performance DMT Level

- Passes, Code of Points and Range and Conditioning as per BG Handbook(s)
- Open age group from 9+ years
- Must perform BG FIG Performance requirements for their age
- No placings or trophies, Highly Commended Award instead
- Gymnasts do not need to qualify to the showcase final
- DD cards must be submitted

Highly Commended Award for DMT score

- A ribbon will be awarded for no CJP penalties across the four passes
 - Landing zone deductions and other penalties as per BG Code of Points

Highly Commended Award for Range and Conditioning

- A ribbon will be awarded for a score equal to or greater than 94% (9.40)



LONDON GYMNASTICS

DISABILITY

A guide for judges and coaches

Introduction

Our disability trampoline competition programme is designed to be achievable, but progressive, to help both gymnasts and coaches focus on the development of core skills. Our pathway includes all levels of abilities:

- Stage 1: LG GfA disability trampoline levels
- Stage 2: BG NDP disability trampoline levels
- Stage 3: EG trampoline level

GfA Disability Trampoline Levels

At GfA disability trampoline levels, gymnasts receive a sticker for their trampoline routine 1 score and another for their trampoline routine 2 score that is equivalent to a bronze, silver or gold standard. The combination of the two stickers, which are given out immediately after the trampoline routines has been judged, determines the gymnasts' overall medal*. There will be no placings, just bandings.

DMT score	R&C score	Overall score	Progression
Gold	Gold	Gold	At coach's discretion
Gold	Silver	Gold	At coach's discretion
Silver	Silver	Silver	At coach's discretion
Gold	Bronze	Silver	At coach's discretion
Silver	Bronze	Bronze	At coach's discretion
Bronze	Bronze	Bronze	At coach's discretion

* the overall medal is only awarded at the showcase finals

It is the coach's discretion to which level a gymnast competes. GfA Disability Trampoline levels are held during the winter season, November-March. Each season has two warm-up events and a showcase final. All GfA Disability Trampoline level competitions are open entry.

If, due to a physical disability, a body landing is not achievable, it may be replaced with an alternative body landing. You must notify the competition organiser at the point of entry.

Gymnasts can skip the GfA disability trampoline levels and begin in the BG NDP disability trampoline levels.

Stage 1: London Gymnastics GfA Disability Trampoline Levels

- Same Code of Points and rules as BG DIS NDP Pathway, except for the following:
 - Only E score will be awarded
 - No penalty for the routine being called out by a coach
- Gymnasts do not need to qualify to the showcase final

GfA Disability Trampoline Level 1 (BG DIS Club 1)			
Categories: 7+ years CAT 1 / 7+ years CAT 2			
Compulsory Routine 1		Compulsory Routine 2	
1	Star Jump	1	Star Jump
2	Seat Landing OR Hands & Knees Landing	2	Seat Landing OR Hands & Knees Landing
3	To Feet	3	To Feet
4	Tuck Jump	4	Tuck Jump
Trampoline Score		Bronze A score equal to or less than 34.70	Silver A score of 34.80 to 35.50 Gold A score to or greater than 35.60

GfA Disability Trampoline Level 2 (BG DIS Club 2)			
Categories: 7+ years CAT 1 / 7+ years CAT 2			
Compulsory Routine 1		Compulsory Routine 2	
1	½ Twist Jump	1	½ Twist Jump
2	Straddle Jump	2	Straddle Jump
3	Seat Landing	3	Seat Landing
4	To Feet	4	To Feet
5	Tuck Jump	5	Tuck Jump
6	Full Twist	6	Full Twist
Trampoline Score		Bronze A score equal to or less than 33.10	Silver A score of 33.20 to 33.90 Gold A score to or greater than 34.00

GfA Disability Trampoline Level 3 (BG DIS Club 3)			
Categories: 7+ years CAT 1 / 7+ years CAT 2			
Compulsory Routine 1		Compulsory Routine 2	
1	Full Twist Jump	1	Full Twist Jump
2	Straddle Jump	2	Straddle Jump
3	Seat Landing	3	Seat Landing
4	½ Twist To Feet	4	½ Twist To Feet
5	½ Twist Jump	5	½ Twist Jump
6	Tuck Jump	6	Tuck Jump
7	Front Landing OR Back Landing	7	Front Landing OR Back Landing
8	To Feet	8	To Feet
Trampoline Score		Bronze A score equal to or less than 31.50	Silver A score of 31.60 to 32.30 Gold A score to or greater than 32.40

GfA Disability Trampoline Level 4 (BG DIS Club 4)			
Categories: 7+ years CAT 1 / 7+ years CAT 2			
Compulsory Routine 1		Compulsory Routine 2	
1	Front Landing	1	Front Landing
2	To Feet	2	To Feet
3	Straddle Jump	3	Straddle Jump
4	Seat Landing	4	Seat Landing
5	½ Twist To Feet	5	½ Twist To Feet
6	Tuck Jump	6	Tuck Jump
7	½ Twist Jump	7	½ Twist Jump
8	Pike Jump	8	Pike Jump
9	Back Landing	9	Back Landing
10	To Feet	10	To Feet
Trampoline Score		Bronze A score equal to or less than 28.30	Silver A score of 24.40 to 29.90 Gold A score to or greater than 30.00

GfA Disability Trampoline Level 5 (BG DIS NDP 1)			
Categories: 7+ years CAT 1 / 7+ years CAT 2			
Compulsory Routine 1		Compulsory Routine 2	
1	½ Twist To Front Landing	1	½ Twist To Front Landing
2	To Feet	2	To Feet
3	Straddle Jump	3	Straddle Jump
4	Seat Landing	4	Seat Landing
5	½ Twist To Seat Landing	5	½ Twist To Seat Landing
6	½ Twist To Feet	6	½ Twist To Feet
7	½ Twist Jump	7	½ Twist Jump
8	Pike Jump	8	Pike Jump
9	Back Landing	9	Back Landing
10	½ Twist To Feet	10	½ Twist To Feet
Trampoline Score		Bronze A score equal to or less than 28.30	Silver A score of 24.40 to 29.90 Gold A score to or greater than 30.00

Stage 2: British Gymnastics NDP Disability Trampoline Levels

- Routines and Code of Points as per BG Handbook(s)
- Gymnasts must qualify to the showcase final
- Note: Routines can be called out by a coach for 0.60 penalty

Highly Commended Award for Disability Trampoline score

- A ribbon will be awarded for a national-level podium placing performance*
 - NDP 2 / CAT 1: A score equal to or greater than 48.30
 - NDP 2 / CAT 2: A score equal to or greater than 49.50
 - NDP 3 / CAT 1: A score equal to or greater than 49.20
 - NDP 3 / CAT 2: A score equal to or greater than 48.50

*The average score for a bronze medal for all age groups & genders at the NDP Regional Team Finals 2019

Stage 3: English Gymnastics Level

- Routines and Code of Points as per English Handbook(s) for Silver level except for*
- Open age group from 7+ years
- Gymnasts competing at an NDP level may also enter English Gymnastics level
- Compulsory routine: minimum of EG Silver requirement
 - 2.0 deduction for not meeting minimum requirement
 - Gymnasts can perform EG Gold requirements
- *Voluntary routine: no minimum difficulty
- No placings or trophies, Highly Commended Award instead
- Gymnasts do not need to qualify to the showcase final
- DD cards must be submitted
- Note: Routines can be called out by a coach for 0.60 penalty

Highly Commended Award for Disability Trampoline score

- A ribbon will be awarded for a national-level top 6 placing performance*
 - CAT 1: A score equal to or greater than 52.300
 - CAT 2: A score equal to or greater than 53.100

*The average score for 6th place for all age groups & genders at Silver level at English Finals 2019.



LONDON GYMNASTICS **SYNCHRONISED**

A guide for judges and coaches

WINTER PATHWAY 2020 SYNCHRONISED

Introduction

Our synchronised trampoline competition programme is designed to be achievable, but progressive, to help both gymnasts and coaches focus on the development of core skills. Our pathway includes all levels of abilities:

- Stage 1: LG GfA trampoline level
- Stage 2: BG NDP trampoline level
- Stage 3: EG trampoline level

GfA Synchronised Trampoline Levels

At GfA synchronised trampoline levels, gymnasts receive a sticker for their synchronised trampoline score and another for their synchronised range and conditioning score that is equivalent to a bronze, silver or gold standard. The combination of the two stickers, which are given out immediately after the trampoline or range and conditioning has been judged, determines the gymnasts' overall medal*. There will be no placings, just bandings.

DMT score	R&C score	Overall score	Progression
Gold	Gold	Gold	At coach's discretion
Gold	Silver	Gold	At coach's discretion
Silver	Silver	Silver	At coach's discretion
Gold	Bronze	Silver	At coach's discretion
Silver	Bronze	Bronze	At coach's discretion
Bronze	Bronze	Bronze	At coach's discretion

* the overall medal is only awarded at the showcase finals

It is the coach's discretion to which level a gymnast competes. GfA synchronised trampoline level is held once a year at the Winter Showcase in March.

Gymnasts can skip the GfA synchronised trampoline levels and begin in the BG NDP synchronised trampoline level.

Stage 1: London Gymnastics GfA Synchronised Level

- Same Code of Points and rules as BG Handbook, except for the following:
 - Total score = Trampoline score + R&C score
- R&C score: Gymnast 1 E score + Gymnast 2 E score

GfA Synchronised Trampoline Level				
Age Groups: 7-12 yrs / 13-17 yrs / 18+ yrs				
Compulsory		Optional	Range & Conditioning Routine in Synchro	
1	Straddle Jump	GfA Tier 1 OR GfA Tier 2 OR GfA Tier 3 OR GfA Tier 4	1	Forward roll to stand
2	Seat Landing		2	Forward roll to straddle sit
3	To Feet		3	Teddy bear roll 180
4	Tuck Jump		4	V-sit with hands (minimum 2 seconds hold)
5	½ Twist Jump		5	Put legs together into long sitting position, tuck legs in and roll on back (backward roll prep), and then rock forward to stand on two feet
6	Pike Jump		6	1 leg balance, free leg straight and knee at minimum 45 degrees (minimum 2 sec hold)
7	Seat Landing		7	Half spin or half turn jump
8	½ Twist To Feet		8	Cartwheel (optional side to side or front to back ¼ turn)
9	Tuck Jump		9	Straight jump
10	Full Twist Jump		10	Star jump
Trampoline Score		Bronze A score equal to or less than 45.70	Silver A score of 45.80 to 48.10	Gold A score to or greater than 48.20
Range and Conditioning Score		Bronze A score equal to or less than 25.20	Silver A score of 25.30 to 27.20	Gold A score equal to or greater than 27.30

Stage 2: London Gymnastics NDP Synchronised Level

- Same Code of Points and rules as BG Handbook, except for the following:
 - Total score = Trampoline score + R&C score
- R&C score: Gymnast 1 E score + Gymnast 2 E score

NDP Synchronised Trampoline Level				
Age Groups: 7-12 yrs / 13-17 yrs / 18+ yrs				
Compulsory		Optional	Range & Conditioning Routine in Synchro	
1	Back s/s (T)	NDP 1B/2A OR NDP 2B/3A OR NDP 3B/4A OR NDP 4B/5A	1	Forward Roll to Dish Shape (SL) - hold for 2 seconds
2	Straddle Jump		2	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
3	½ Twist To Seat Landing		3	Back Support – hold for 2 seconds
4	½ Twist To Feet		4	Straddle Fold – hold for 2 seconds
5	½ Twist Jump		5	Pike Fold – hold for 2 seconds
6	Pike Jump		6	Left Splits, Right Splits
7	Back Landing		7	Back Arch – hold for 2 seconds
8	½ Twist To Feet		8	Press up to Front Support – hold for 2 seconds
9	Tuck Jump		9	Burpee to Long Stand with Arms Overhead
10	Front s/s (P)		10	Standing Shoulder Flexibility – hold for 2 seconds

Stage 3: English Gymnastics Level

- Same Code of Points and rules as BG Handbook, except for the following:
 - Total score = Trampoline score + R&C score
 - FIG Range and Conditioning routine
- R&C score: Gymnast 1 E score + Gymnast 2 E score

English Synchronised Trampoline Level				
Age Groups: 7-12 yrs / 13-17 yrs / 18+ yrs				
Compulsory		Optional	Range & Conditioning Routine in Synchro	
1	English 9-12 Routine Requirements	No minimum DD	1	FIG Range & Conditioning Routine
2			2	See Appendix 5 for video
3			3	
4			4	
5			5	
6			6	
7			7	
8			8	
9			9	
10			10	



LONDON GYMNASTICS

TRA & DMT GfA R&C

A guide for judges and coaches

LONDON GYMNASTICS

TRA & DMT GfA R&C



Purpose

This guide is an aide memoire for newly qualified coaches and judges involved in the London Trampoline & DMT GfA programme. The levels range from 1-4 and are designed to be both achievable and progressive. They are an ideal opportunity to develop core skills not only for gymnasts, but for coaches and judges too.

This guide sets out the Range & Conditioning (R&C) requirements. The judging deductions have been simplified to help newly qualified judges who are judging for the first time to develop a core understanding of what is required. As this level is an introduction to competition gymnasts do not receive scores, but stickers and a medal.

How to Judge

Each R&C move is worth 1.0 and as a general rule only one overall mark should be taken off each move, either 0.1, 0.3 or 0.5. There are a number of areas where deductions can be made. Rather than deducting for each individual element, take off one overall mark per move that represents the gymnast's skill level (perfect = no deductions; good = 0.1; average = 0.3; or extremely weak = 0.5).

At this level, if the gymnast misses a move then 1.0 can be deducted. If a gymnast gets a move in the wrong place, mark the move as usual, but deduct 0.5 as well.

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TRA & DMT GfA R&C



Judging Convener

If in doubt, please seek advice from the Judging Convener who is there to support you and ensure consistency between the panels. Do not engage in discussion with coaches or gymnasts. If you are approached by a coach explain politely that you cannot help them, they need to speak to the Judging Convener. There are no appeals at this level.

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General deductions

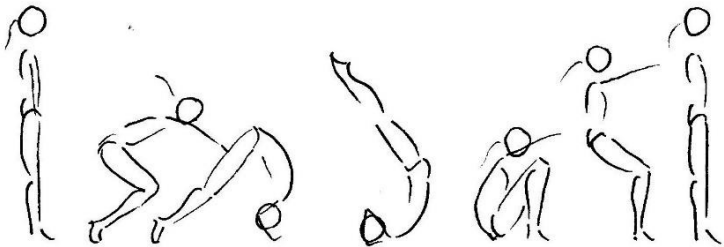
R&C deductions	Touch of hair/leotard (each)	0.1		
	Moves connected (when not stated)	0.1		
	Out of boundary	0.1		
	Hesitation	0.1		
	Failure to hold still move for 2 seconds		0.3	
	Move in wrong order			0.5
	Missing move			1.0
	Fall			1.0
Overall deductions	Coaching from side (verbal or visual)			1.0
	Incorrect attire		0.3	
	Speaking to judges during competition		0.3	
	Failure to present to judges	0.1		

LONDON GYMNASTICS

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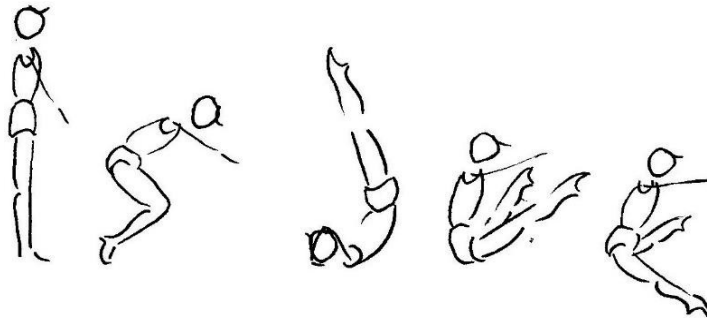
Set R&C Routine with 10.0 tariff (each move worth 1.0)

10 moves on mat (no moves connected unless stated)		Faults	Deductions (only one overall mark should be taken off each move)		
1	Forward roll to stand  • From stand, bend knees and lower towards a crouch position, reaching hands forwards • Move forwards off balance and thrust with legs to produce slight elevation of hips • Tuck head towards chest • Maintain forward motion with extended body • Tuck rapidly as legs approach floor • Stand by reaching forward with hands	• Rolling on top of head • Crossing legs in roll • Stopping on back in roll • Hands pushing on floor to stand up • Falling back on stand • Feet/legs apart on stand • Lack of control • Uneven momentum • Moving off central line of direction	0.1	0.3	0.5

LONDON GYMNASTICS

TRA & DMT GfA R&C

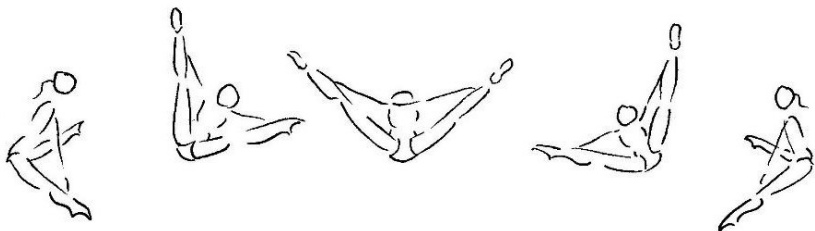


10 moves on mat (no moves connected unless stated)		Faults	Deductions		
2	Forward roll to straddle sit  • From stand, bend knees and lower towards a crouch position, reaching hands forwards • Move forwards off balance and thrust with legs to produce slight elevation of hips • Tuck head towards chest • Maintain forward motion with extended body • Tuck rapidly coming out of roll • As legs approach floor, extend into straddle sit	• Roll on top of head • Hunched back during straddle • Lack of control • Straddle sit at less than 90 degrees	0.1	0.3	0.5

LONDON GYMNASTICS

TRA & DMT GfA R&C

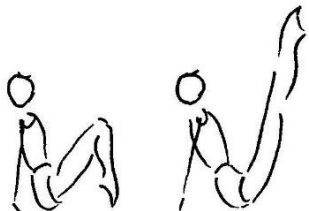
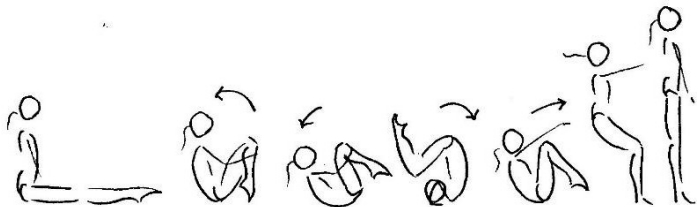


10 moves on mat (no moves connected unless stated)		Faults	Deductions		
3	Teddy bear roll 180 degrees  • From straddled seating position, reach down to hold legs and roll down one arm • Roll across the shoulders, down the other arm and rise to straddle sit, facing opposite direction from start • Legs should be straight throughout • Point feet	• Arms loose • Bent Legs • Less than 180 degrees rotation • Feet not pointed	0.1	0.3	0.5

LONDON GYMNASTICS

TRA & DMT GfA R&C

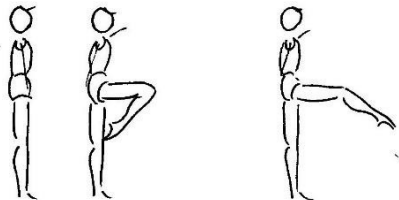
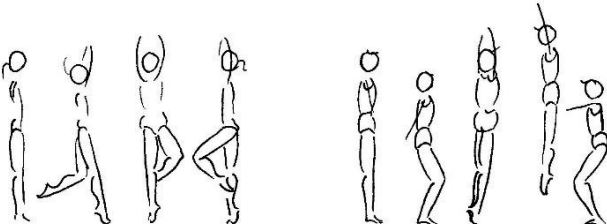


10 moves on mat (no moves connected unless stated)		Faults	Deductions	
4	V-Sit with hands (minimum 2 sec hold)  • Hands behind shoulders • Clear V-shape	• Bent legs • Bent arms • V angle at less than or more than	0.1	0.3
5	Put legs together into long sitting position, tuck legs in and roll on back (backward roll prep), and then rock forward to stand on two feet 	• Takes additional roll on back to stand • Use of hands to stand • Additional steps on stand	0.1	0.3

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TRA & DMT GfA R&C



10 moves on mat (no moves connected unless stated)		Faults	Deductions	
6	One leg balance (min. 2 sec hold)  • Hip angle at 90 degrees • Lower leg any position between 45 degrees and full extension	• Free leg not at 90 degrees at hip • Knee angle minimum less than 45deg • Lack of balance • Not held for minimum 2secs	0.1	0.3
7	Half spin or half turn jump 	• Landing less than/more than 180 degrees • Bent core/dipped shoulders • Lack of height • Feet apart in jump/landing • Turning feet before take-off	0.1	0.3

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TRA & DMT GfA R&C

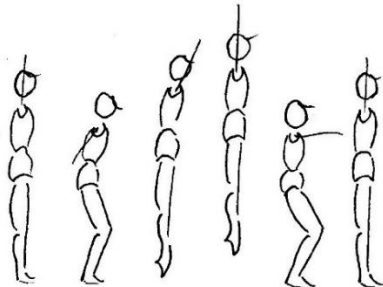
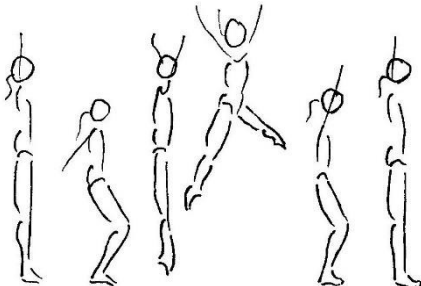


10 moves on mat (no moves connected unless stated)		Faults	Deductions		
8	Cartwheel (optional side to side or front to back 1/4 turn) • Face direction of movement, step forward into lunge • As chest lowered, trunk twists to allow hands to be placed on floor • Strong swing of rear leg, with thrust from front leg allows body to be swung through straddled handstand position • Leading leg comes downwards quickly and placed close to second hand • Thrust from arms and trunk elevated to bring it to upright • Push on supporting leg • Second leg in line with first leg in slightly straddled position	• Bent legs • Bent arms • Hands off centre line • Inaccurate angle of arms/legs • Uneven movement	0.1	0.3	0.5

LONDON GYMNASTICS

TRA & DMT GfA R&C



10 moves on mat (no moves connected unless stated)		Faults	Deductions	
9	Straight jump  • Swing arms to aid elevation • Stretch upwards • Go up and down on same spot (do not travel)	• Lack of height • Lack of arm swing • Body not straight • Bent legs • Legs apart • Poor control	0.1	0.3
10	Star jump  • Use same technique as straight jump, but add star shape	• Lack of height • Leg angle less than 90 degrees • Bent legs/arms • Lack of symmetry • Poor control	0.1	0.3



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APPENDIX 1

Young Person Volunteering Consent Form

YOUNG VOLUNTEER FORM

Introduction

There is no minimum age for volunteers. If a volunteer is under 16 years of age, parental consent is required. Please complete this form and hand it to the Competition Organiser on or before the day of competition.

I (name of parent/guardian)

give permission for (name of volunteer)

to act as an official at the London Gymnastics competition on (date).

Signature: (of parent/guardian)

Club name:



LONDON GYMNASTICS

APPENDIX 2

Volunteer Travel Expense Claims Form

LONDON GYMNASTICS

EXPENSE CLAIM FORM (V1 APR-16)

Return Expense forms to:

Trampoline Technical Committee

Judging Organiser: Karen Gent ✉ trajudge@london-gymnastics.co.uk



CONTACT DETAILS

Name	
Address	
Telephone No.	
Email Address	

BANK DETAILS

Name on Account	
Bank	
Sort Code	
Account Number	

DETAILS OF EVENT

Name of event	
Venue	
Date	
Role / Capacity	

DETAILS OF CLAIM

By Car (min payment £3.00)	Detail	Total
No. of Miles		
Cost (miles x 35p per mile)		
Starting Address		
End Address		
Transport Other		
Accommodation		
Other Expenses		
TOTAL CLAIMED		

Notes

Car Sharing should be used where possible (whilst abiding by welfare guidelines)

London Gymnastics pays travel expenses in line with the HMRC guidance (£0.45 max April 2016 for cars). For more information regarding expenses you can read the HMRC guidance here: <https://www.gov.uk/volunteering/pay-and-expenses>.

Sign to confirm all information is true and correct to the best of your knowledge	Official Use
	Payment Made [] Date [] Signed (LG)

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APPENDIX 3

Trampoline, Synchronised Trampoline and
Disability Trampoline Competition Card

Trampoline Gymnastics - Competition Card

Name:	Level:	Age Group:
Club:	Flight:	Panel:

First Routine					
#	FIG Notation	S	*	Adjustments	D Value
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
				Total	

Second Routine					
#	FIG Notation	S	*	Adjustments	D Value
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
				Total	

Notes for Completion

Prescribed Compulsory Routines - No *'s or D values are required, unless there is a **bonus** to be applied.

Routines with Special Requirements (e.g. WAGC) - Please add *'s in the column provided to indicate elements meeting the special requirements.

Routines with Counting Difficulty - Please add a D value for each element with a counting difficulty and a total D score.

FIG Senior Events - No element(s) with counting difficulty from the first routine may be repeated in the second routine, otherwise the difficulty will not be awarded.

Final Routine				
#	FIG Notation	S	Adjustments	D Value
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
			Total	

This declaration must be made by the responsible coach who must be present at the event and qualified to the level of the gymnast's performance

Name of Coach _____

Qualification _____

Signature _____

BG Number _____



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APPENDIX 4

DMT Competition Card

Double Mini Trampoline - Competition Card

Name:	Level:	Flight:
Club:	Age Group:	Panel:

PASS	Mount		Spotter		Dismount		Total
1							
2							
3							
4							

This declaration must be signed by the responsible coach who is present at the event and qualified to the level of the gymnast's performance

Name of Coach _____

Qualification _____

Signature _____

BG Number _____

Double Mini Trampoline - Competition Card

Name:	Level:	Flight:
Club:	Age Group:	Panel:

	Mount		Spotter		Dismount		Total
1							
2							
3							
4							

This declaration must be signed by the responsible coach who is present at the event and qualified to the level of the gymnast's performance

Name of Coach _____

Qualification _____

Signature _____

BG Number _____



LONDON GYMNASTICS

APPENDIX 5

Range & Conditioning Documents and Videos

RANGE AND CONDITIONING GUIDANCE

To help coaches prepare their gymnasts below is a list of resources.

GfA Range and Conditioning Routine Video – Boys example

<https://bit.ly/2kCoQun>

GfA Range and Conditioning Routine Video – Girls example

<https://bit.ly/2lgKogb>

NDP Range and Conditioning Routine Video

<https://bit.ly/2IRI9QB>

NDP Range and Conditioning Picture Guide

<https://bit.ly/2kBqVxq>

NDP Range and Conditioning Judging Score Sheet

<https://bit.ly/2mhMXyS>

NDP Range and Conditioning Coaching Guide

<https://bit.ly/2mhN2CG>

FIG Range and Conditioning Video

<https://bit.ly/2nti2jJ>



LONDON GYMNASTICS

APPENDIX 6

Disability Venue Photo Guide

DISABILITY VENUE PHOTO GUIDE

To help gymnasts prepare for their visit to the disability trampoline events a photo guide of Harlington Sports Centre has been created.

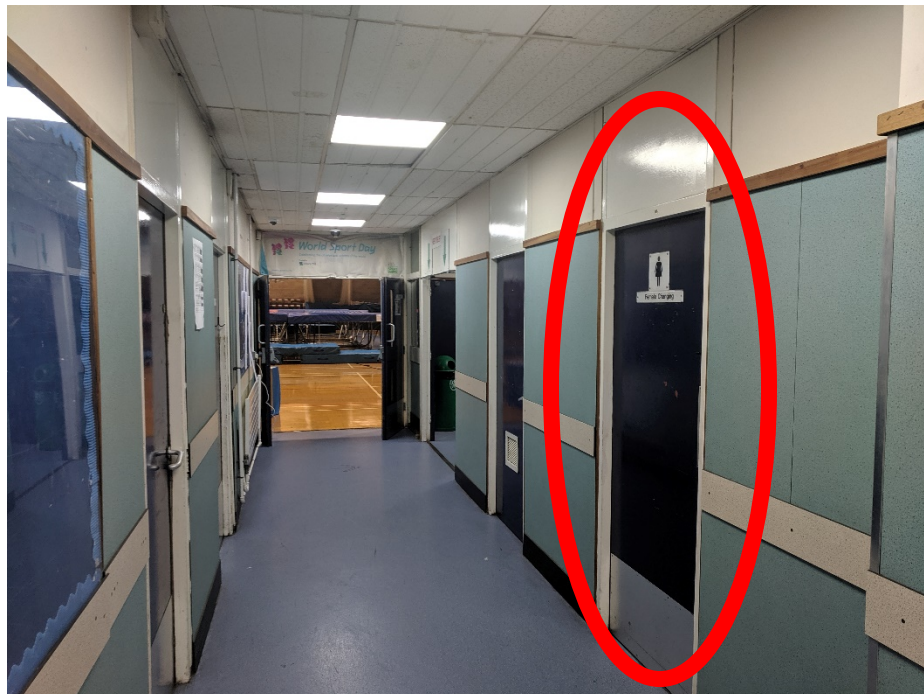
Entrance to Harlington Sports Centre



Corridor to Trampoline Hall at Harlington Sports Centre



Girls Toilets at Harlington Sports Centre



Boys Toilets at Harlington Sports Centre



Trampoline Hall at Harlington Sports Centre



Judge Panels in Trampoline Hall at Harlington Sports Centre



Podium in Trampoline Hall at Harlington Sports Centre



Tickets, Photos and Snack Stall in Trampoline Hall at Harlington Sports Centre



Route to Range and Conditioning Hall at Harlington Sports Centre



Range and Conditioning Hall at Harlington Sports Centre





LONDON GYMNASTICS

APPENDIX 7

Competition Format: Event vs. Showcase Final

EVENT VS. SHOWCASE FINAL

A quick guide to show the difference between the competition format for an Event and the Showcase Final for each ability level.

Event 1 and Event 2 – GfA levels

- ❖ Gymnasts will compete in flights grouped by their club.
- ❖ Gymnasts will compete in level order and age order.
- ❖ Gymnasts will compete Range and Conditioning and then Trampoline or DMT.
- ❖ Certificates with gradings will be given immediately after competition.
- ❖ Highly Commended Awards will be given immediately after competition.
- ❖ Clubs can take photos at the photo board after competition.

Showcase Final – GfA levels

- ❖ Gymnasts will compete in a traditional competition of mixed clubs.
- ❖ Gymnasts will be banded by age groups.
- ❖ Female and male gymnast will compete against each other.
- ❖ Gymnasts will compete Range and Conditioning and then Trampoline or DMT.
- ❖ Certificates with gradings will be given immediately after competition.
- ❖ Highly Commended Awards will be given immediately after competition.
- ❖ The top 3 gymnasts per age group will receive a medal or trophy.
 - Trampoline or DMT score + Range and Conditioning Score = Rank
- ❖ The top 3 teams per age group will receive a medal or trophy.
 - Trampoline or DMT score + Range and Conditioning Score = Rank
- ❖ Presentations will happen at a schedule time.
- ❖ Clubs can take photos at the photo board after competition.

Event 1 and Event 2 – NDP levels

- ❖ Gymnasts will compete in a traditional competition of mixed clubs.
- ❖ Gymnasts will be banded by age groups.
- ❖ Female and male gymnast will compete against each other.
- ❖ Gymnasts will compete Range and Conditioning and then Trampoline or DMT.
- ❖ Highly Commended Awards will be given immediately after competition.
- ❖ Clubs can take photos at the photo board after competition.

Showcase Final – NDP levels

- ❖ Gymnasts will compete in a traditional competition of mixed clubs.
- ❖ Gymnasts will be banded by age groups.
- ❖ Separate male and female categories
- ❖ Gymnasts will compete Range and Conditioning and then Trampoline or DMT.
- ❖ Highly Commended Awards will be given immediately after competition.
- ❖ The top 3 gymnasts per age group will receive a medal or trophy.
 - Trampoline or DMT score + Range and Conditioning Score = Rank
- ❖ The top 3 teams per age group will receive a medal or trophy.
 - Trampoline or DMT score + Range and Conditioning Score = Rank
- ❖ Presentations will happen at a schedule time.
- ❖ Clubs can take photos at the photo board after competition.

EVENT VS. SHOWCASE FINAL

Event 1 and Event 2 – English levels

- ❖ Gymnasts will compete in a traditional competition of mixed clubs.
- ❖ One age group of 7+ years.
- ❖ Female and male gymnast will compete against each other.
- ❖ Gymnasts will compete Range and Conditioning and then Trampoline or DMT.
- ❖ Highly Commended Awards will be given immediately after competition.
- ❖ Clubs can take photos at the photo board after competition.

Showcase Final – English levels

- ❖ Gymnasts will compete in a traditional competition of mixed clubs.
- ❖ One age group of 7+ years.
- ❖ Separate female and male categories.
- ❖ Gymnasts will compete Range and Conditioning and then Trampoline or DMT.
- ❖ Highly Commended Awards will be given immediately after competition.
- ❖ The top 3 gymnasts per age group will receive a medal or trophy.
 - Trampoline or DMT score + Range and Conditioning Score = Individual Rank
- ❖ The top 3 teams per age group will receive a medal or trophy.
 - Trampoline or DMT score + Range and Conditioning Score = Team Rank
- ❖ Presentations will happen at a schedule time.
- ❖ Clubs can take photos at the photo board after competition.