



**NORTH WEST
TRAMPOLINE GYMNASTICS
COMPETITION INFORMATION**

**TARIFF COMPETITION,
CHARITY EVENT, AND
CHAMPIONSHIPS 2013**

GENERAL NOTES

Dates

12 October: North West Trampoline Gymnastics Tariff Competition 2013
North West Trampoline Gymnastics Charity Event 2013
North West Trampoline Gymnastics Championships 2013
Double Mini Trampoline Preliminaries
Synchronised Trampoline Preliminaries

13 October: North West Trampoline Gymnastics Championships 2013
Double Mini Trampoline Finals
Synchronised Trampoline Finals
Individual Trampoline Preliminaries and Finals

Venue

Robin Park Arena
Loire Lane
Wigan
WN5 OUH

Entries

Entries for both the North West Trampoline Gymnastics Championships and Tariff Competition should be made by completing the appropriate entry forms and returned to competitions@nwtrapolining.co.uk. Entries for the Charity Event will be accepted on the morning of the event, or can be accompanied in the 'Notes' section of the Tariff Competition entry form.

All clubs and competitors must be current BG and NW members and be at least 6 years of age on the day of competition. Clubs are advised to register competitors with NWGA and BG now as all entries must include these numbers, without exception. The closing date for all event entries is 11:59PM on Friday 20 September 2013.

Perpetual Trophies

All perpetual trophies awarded to a member of a club must be returned to a member of the NWGA Trampoline Technical Committee prior to club entries being accepted. Nominated members are Colin Robson, Cathy Page, Helen Shaw and Stephen Wood.

Spectator Fees

There will be a spectator fee of £2 per person on the Sunday competition, with a programme issued as part of this. There will be no spectator fee on the Saturday, but programmes will be on sale for £1 each.

NORTH WEST TRAMPOLINE GYMNASTICS

TARIFF COMPETITION 2013

As the British Gymnastics competition structure for Trampoline Gymnastics is in a status of change, we have been informed that the North West Trampoline Gymnastics Regional Grades scheduled for October will not be classified as a qualifying event. As a result, the NWGA Trampoline Technical Committee feels that there will be many upcoming competitors who need, and will benefit from, experience of a formal competition. It has therefore been decided to present a partially 'tariff-grouped' event, in lieu of the October Grades, which will offer competitors at Regional levels an opportunity to exercise whatever routines they have been training towards. This event will take place on the morning/early afternoon of the Saturday, as originally planned for the grading event.

NOTE: This tariff competition is suitable for those competitors who are not competing in the North West Trampoline Gymnastics Championships.

Categories

Male and female competitors will compete in separate groups.

There will be three age groups (as per normal BG definition), subdivided into 'tariff' groups, as follows:

<i>Under 12</i>	0.0 to 1.5 maximum tariff
<i>Boys and Girls</i>	
<i>Under 15</i>	Tariff group (A) - 0.0 to 1.5 maximum
<i>Boys and Girls</i>	Tariff group (B) - 1.6 to 3.5 maximum
<i>Over 15</i>	Tariff group (A) - 0.0 to 2.0 maximum
<i>Men and Ladies</i>	Tariff group (B) - 2.1 to 3.5 maximum
	Tariff group (C) - 3.6 to 5.0 maximum

These tariff groups are recommendations; competitors are free to enter a group appropriate to their level of training.

Routines

Two voluntary routines. There will be no compulsory routine, and no finals.

Scoring

Any competitor who performs a tariff higher than the limit for her group will be credited only with the specified maximum tariff (as per current North West Trampoline Gymnastics

Regional Grades rules). There will be no penalty for performing a tariff lower than the specified tariff range.

Entry fees

£5.00 per competitor.

Awards

Medals or similar will be awarded to the three highest-scoring competitors in each group.

Attire

As per normal regulations for North West Trampoline Gymnastics Regional Grades competitions.

Rules

Except where specified above, normal BG competition rules for Regional Grades events shall apply.

NORTH WEST TRAMPOLINE GYMNASTICS

CHARITY EVENT 2013

There will also be a Parents' Competition, with the objective of raising funds for a Cystic Fibrosis charity. This event will be open to any parent associated with the sport, and will (hopefully) attract some publicity for trampolining around the Region. Actual performance in this event should not be taken too seriously – ten tuck jumps will constitute a valid routine!

Routines

Two voluntary routines. No tariff restrictions.

Attire

Any safe and sensible sports-wear, at the discretion of the Chair of Panel.

Rules

Normal competition procedures will be followed where appropriate, but the Chair of Panel may, at his/her discretion, apply such decisions as may be advantageous in order to make the event enjoyable.

Entry fees

No entry fee is specified, but entrants are asked to make a donation of £5.00 which will be ring-fenced from all other competition income and donated to a Cystic Fibrosis charity.

Awards

Medals or similar will be awarded to the three highest-scoring competitors.

NORTH WEST TRAMPOLINE GYMNASTICS CHAMPIONSHIPS 2013

Categories

Male and female competitors will compete in separate groups.

Individual Trampoline

Age Groups: Under 10, Under 12, Under 14, Under 16, Under 19, and Over 19
Elite: Boys & Girls (Under 15) and Men & Ladies (Over 15)

Synchronised Trampoline

Age Groups: Under 12, Under 15, and Over 15

Double Mini Trampoline

Age Groups: Under 12, Under 15, and Over 15

Routines

Competitors will perform the appropriate first routine with compulsory elements, voluntary routine, and the top 8 scoring competitors / pairs of competitors will compete in a final routine. Only the Individual Trampoline (TRI) elite groups and Double Mini Trampoline (DMT) will be a zero final, all others (age group Individual Trampoline and Synchronised Trampoline) will be cumulative.

Scoring

Competitors will be scored in accordance with regulations in use during the North West Trampoline Gymnastics Regional Grades. For further clarification please see the NWGATTC Trampoline & DMT Competition Handbook 2013.

Entry fees

First discipline: £12.50 per competitor.
Each additional discipline: £7.50 per competitor, per discipline.

Awards

The three highest-scoring competitors / pairs of competitors in each group will receive awards.

Attire

As per current British Gymnastics Trampoline Gymnastics Code of Points. For further clarification please see the NWGATTC Trampoline & DMT Competition Handbook 2013.

Difficulty Limits

There will be no difficulty limits on any DMT passes or trampoline routines in any of the groups.

Teams

Awards will be given to the top 3 teams for both individual trampoline and DMT. Teams must be submitted with the entry forms. Changes to teams will only be permitted up to 11:59PM on Friday 4 October 2013.

NORTH WEST TRAMPOLINE GYMNASTICS CHAMPIONSHIPS

INDIVIDUAL TRAMPOLINE – AGE GROUP ROUTINES

Under 10	Under 12	Under 14
<ol style="list-style-type: none"> 1. Back SS (T) 2. Jump (straddled) 3. Seat landing 4. ½ twist to seat landing 5. ½ twist to feet 6. Jump (piked) 7. Back landing 8. ½ twist to feet 9. Jump (tucked) 10. Front SS (T) 	<ol style="list-style-type: none"> 1. Back SS (S) 2. Jump (straddled) 3. Back SS to seat (T) 4. ½ twist to feet 5. ½ twist 6. Jump (piked) 7. Back landing 8. ½ twist to feet 9. Jump (tucked) 10. Barani (P) 	<ol style="list-style-type: none"> 1. Back SS (S) 2. Jump (straddled) 3. Back SS (P) 4. Barani (P) 5. Back SS (T) 6. Barani (T) 7. Back SS to seat (T) 8. ½ twist to feet 9. Jump (tucked) 10. Barani (S)
Under 16		
<p>Ten different elements with at least seven somersaults of at least 270° somersault rotation to include one of the following three elements:</p> <ul style="list-style-type: none"> • One element of at least 270° somersault rotation landing on front or back, followed by an element of at least 450° somersault rotation OR • A back somersault with a minimum of 360° somersault rotation and a minimum of full twist OR • A front somersault with a minimum of 360° somersault rotation and a minimum of 1½ twists <p>Asterisk this one element or combination.</p>		
Under 19 / Over 19		
<p>Ten different elements with at least nine somersaults of at least 270° somersault rotation to include:</p> <ol style="list-style-type: none"> 1. One element of at least 270° somersault rotation landing on front or back, followed by an element of at least 450° somersault rotation 2. And one of the following: <ul style="list-style-type: none"> • A back somersault with a minimum of 360° somersault rotation and a minimum of full twist OR • A front somersault with a minimum of 360° somersault rotation and a minimum of 1½ twists OR • A somersault with a minimum of 720° somersault rotation with or without twist <p>Asterisk the combination which fulfils item 1 and the element that fulfils item 2.</p>		

INDIVIDUAL TRAMPOLINE – ELITE ROUTINES

Elite Boys & Girls (Under 15)

Either:

Ten different elements with at least nine somersaults of at least 270° somersault rotation

To include:

1. One element of at least 270° somersault rotation landing on front or back, followed by an element of at least 450° somersault rotation
2. And one of the following:
 - A back somersault with a minimum of 360° somersault rotation and a minimum of full twist OR
 - A front somersault with a minimum of 360° somersault rotation and a minimum of 1½ twists
 - A somersault with a minimum of 720° somersault rotation with or without twist

Asterisk the combination which fulfils item 1 and the element that fulfils item 2.

OR:

FIG World Age Set routine applicable to competitors age (see below).

Elite Men & Ladies (Over 15)

Ten different elements with at least nine somersaults of at least 270o somersault rotation to include:

- A somersault with a minimum 360° somersault rotation and minimum of 1½twists
- A somersault with a minimum of 720° somersault rotation with or without twist

Asterisk the elements which fulfil the above criteria.

World Age Group Routine Requirements

Under 13 (11-12 years)

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.

Under 15 (13-14 years)

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. Back somersault with a full twist.
2. One element landing on the front of the body.
3. One element landing on the back of the body.

DOUBLE MINI TRAMPOLINE PASSES

Under 12

Each pass may contain either a mount skill and a dismount skill, or a spotter skill and a dismount skill.

Each pass must contain one skill with a minimum of 360° somersault rotation.

Under 15 / Over 15

Each pass may contain either a mount skill and a dismount skill, or a spotter skill and a dismount skill.

Each skill must contain a minimum of 360° somersault rotation.

The preliminary round must contain a forward rotating skill with a minimum of 360° somersault rotation and a minimum of 180° twist rotation in either the mount or spotter position.

SYNCHRONISED TRAMPOLINE ROUTINES

Under 12

1. Back SS (T)
2. Jump (straddled)
3. Seat landing
4. ½ twist to seat landing
5. ½ twist to feet
6. Jump (piked)
7. Back landing
8. ½ twist to feet
9. Jump (tucked)
10. Front SS (T)

Under 15

1. Back SS (S)
2. Jump (straddled)
3. Back SS (P)
4. Barani (P)
5. Back SS (T)
6. Barani (T)
7. Back SS to seat (T)
8. ½ twist to feet
9. Jump (tucked)
10. Barani (S)

Over 15

Ten different elements with at least nine somersaults of at least 270° somersault rotation to include:

1. One element of at least 270° somersault rotation landing on front or back, followed by an element of at least 450° somersault rotation
2. And one of the following:
 - A back somersault with 360° somersault rotation and a full twist or
 - A front somersault with 360° somersault rotation and 1½twists
 - A double somersault

Asterisk the combination which fulfils item 1 and the element that fulfils item 2.