



A new Domestic Competition Structure for Trampolining

2013-17

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**British
Gymnastics**
More than a sport

1. Background

Trampoline became an Olympic discipline at the 2000 Sydney Games, at which time the level of investment into the sport by all of the major gymnastic nations increased sharply. Following on from a very successful pre-Olympic period, it was Lee Brearley (aged 20 at the time) who first put Great Britain on the map as an up and coming “competitive” nation when he came 6th in the individual final at the 2000 Sydney Olympic Games.

As far back as 2006, a UK Sport report identified trampolining as a sport where Great Britain had the potential to win medals at both the 2008 and 2012 Olympic Games. Being a relatively new sport to the Olympic programme, and with no one nation dominating at that time, it was perceived that there were some obvious opportunities for GB to capitalise. However even at this time, results from the 2005 World Championships and 2006 European Championships indicated that based on an analysis of results, experience and the recent world pace of Trampolining, the current performances of British trampolinists appeared to be lacking the required progression to achieve stated Olympic Games medal targets. Hindsight has not changed this fact, nor have we been able to buck the worrying trend.

Since 2006, the investment into Trampolining of Lottery Funding via British Gymnastics has amounted to a figure in excess of £4million, and whilst there have been some notable World Championship Team and Synchro highlights in the past 2 years, the hard fact is we have singularly failed to win an Olympic medal, nor indeed even produce a finalist since 2004.

Clearly as a sport that enjoys such significant investment from the public purse, this situation cannot be seen to continue.

Internal reviews of all British Gymnastics’ disciplines commissioned at the end of 2012 went some way to highlighting a number of underlying deficiencies in the Domestic Competition Structure. This initial high-level review has been the catalyst for further discussion and much-needed change, as was the appointment of a new Head National Coach. Clearly we need to be able to report to our funding partners that we have a structure in place that fully supports our High Performance aspirations. At this point in time, we cannot do this.

2. The catalyst for change?

In addition to the background commentary, there are a number of unequivocal statements which sum up our current state of play:-

- In the Olympic era, British trampolinists have yet to win an Olympic medal.
- There has been a continuing decline in our performances at World Age Group level, most significantly over the course of the last Olympic cycle (2009-12).
- The large investment of public money made so far, and heightened levels of scrutiny by Government (in these austere times), needs to be fully justified.
- Trampolining doesn’t receive any dedicated money by virtue of the UK Sport Grant; British Gymnastics receives a global sum and then has the ability to allocate these funds as it sees appropriate. Clearly this allocation is a performance-based decision and British Gymnastics will seek to channel these resources to the disciplines where the best performance outcomes can be attained – in the case of trampoline this will be in medal returns in **Individual Competitions** at European and World Championships, and the Olympic Games.
- UK Sport has a clear 'no compromise' approach to funding and support, which is designed to provide honesty about the mission. With this aim, no element of training and preparation of our medal hopes can be compromised if they are to succeed. British Gymnastics has to be very clear when apportioning their resources to take a lead from this 'no compromise' approach to investment.
- At the most fundamental level, the best trampolinists in our country are still not being able to perform zero deductions on the most basic somersaults. We need to ensure our trampolinists are outstanding physical specimens, comparable with the very best examples within the Olympic family.

3. Underlying principles for a new structure

In proposing a new structure, British Gymnastics has looked to develop a set of clear and unequivocal principles which are above discussion; such that anyone involved in High Performance sport would consider these to be obvious and 'a given'.

These principles are as follows:-

- British Gymnastics will be synonymous with international success in Trampolining.
- The goal of the TRA Programme will be to ensure all trampolinists have an enjoyable and fulfilling experience within the sport, and those who aspire to achieve Olympic success are fully supported in doing so.
- The long-term development of all of our athletes (LTAD) will be at the centre of all of our thinking.
- An appropriate Domestic Competition structure should fully support and be in synergy with our high performance aspirations.
- The National Programme will be fully aligned with the competitive structure promoted by the International Federation (in our case the FIG).
- A National Development Programme with Compulsory Routines will be in place that determines and then quality controls the skills being taught to and then produced by our junior gymnasts, and fully supports the LTAD of all participants.
- A Regional Programme will be implicitly linked to and underpinning the National Development Programme, with its own culmination event, providing a credible and sustainable pathway in the development of our junior gymnasts.
- The TRA Performance Pathway will be progressive in producing high quality young athletes who, by following a prescribed journey, can produce significant senior international results. This Pathway will assist our associated clubs in retaining their memberships by providing an appropriate and progressive set of competitive experiences, commensurate with their performance level.
- The British Championships will be a true high performance experience positioned at an appropriate time of the year to complement the international calendar. This will support British Gymnastics' wider strategic aim of delivering spectacular events in major cities across the UK.

4. High level strategy for the future

A progressive high performance programme in any sport involves change. Indeed it is the ability to embrace change that sets some sports apart from others. At times of success, the need for change might not always be obvious; in periods when results are not forthcoming resistance to change has the potential to send the sport into a black hole where performances regress further and access to government grant funding becomes non-existent.

Trampolining is in a period of its evolution where we have to change, provide some radical solutions and set aside our preconceived ideas of what the future should look like.

Change will take the form of:-

- The introduction of a National Development Programme (NDP) framework of compulsory routines that will be reviewed on a bi-annual basis.
- Age groups for Zonal Qualifying events & British Championship set as: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs, Senior.
- To compete in the Elite Pathway, gymnasts must be a minimum of 10 years of age (in the year of competition).
- Age groups for NDP events set as:

NDP Level 8 Age Groups: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs, 19+ yrs.

NDP Level 7 Age Groups: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17+ yrs.

NDP Levels 6 – 3 Age Groups: 9-10yrs, 11-12yrs, 13-14yrs, 15+ yrs.

- A reduction in the number of Zonal Qualifying events to 4 per year.
- The British Championships being moved to September (2nd, 3rd or 4th weekend), being smaller (in gymnast numbers) but higher in quality.
- The introduction of a Regional Team Event in the summer as the culmination event for those trampolinists following the Regional Pathway.
- Introduction of a BG Performance Pathway Development Programme (in line with the artistic disciplines). This will not only look to educate and develop a new generation of trampolinists, but also provide an essential link into the coach education process and the development of personal coaches through targeted interventions (clinics and trainings).

5. Calendar planning

The flow of the competition calendar in any sport is crucial in ensuring athletes have time to:-

- a) develop and perfect new skills
- b) systematically implement new skills in a competitive environment through a progressive set of events.
- c) optimize their preparation to perform at the target events of the year.
- d) execute their performance at any time and in any venue, when required, to perfection.
- e) rest and recuperate, and prepare for the next phase.

Attached (as APPENDIX A) is a proposed provisional Annual Calendar Plan that outlines the potential timeframes for all of the significant trampoline events, crucially allowing coaches the opportunity to plan and periodise their own year around a small number of landmark events.

Each Pathway will be interrelated, but also be self-contained in its own right, occupying its own space in the calendar. The 'flow' of final events for each Pathway will be time, so that Regional, NDP, British and World Championship conclude in this order.

6. Detail of the new proposed structure

a) Regional Events:-

- Coaches will be responsible for selecting the correct pathway for the gymnasts they personally coach.
- It is recommended that for current National C, FIG B & A level gymnasts - coaches can select either pathway: NDP 7-8 or FIG Age Group & Senior (obviously depending on being able to achieve the minimum standards). All other gymnasts will start their pathway within their Region.
- A qualification score will need to be achieved to enable a gymnast to move from Regional NDP 6 to NDP 7/8/FIG (to be determined).
- Implementation of a series of Regional Competitions targeted at Levels 3 – 6 of the NDP to take place in the January – March timeframe.
- The inauguration of a new Inter-Regional Team Finals event to be run in the summer.
- Once a Pathway selection and entry has been made, gymnasts will remain in that Pathway for the whole competitive year. Only in **exceptional circumstances** (by hitting the relevant NDP Qualifying Score in the early Regional events) will there be the possibility to exit the Regional Programme from

Level 6 to join the NDP/FIG Programme in time for and within the Zonal Qualifying structure. This will be through the achievement of a qualification score and successful application to the Coaches Technical Panel. Movement to the NDP/FIG Programme would preclude gymnasts from being involved in the Regional Team Final and as such, a 'coaching decision' would need to be made on the best course of development for each individual trampolinist.

b) Zonal Qualifying Events:-

- 4 Zonal Qualifying Events per annum in an 11-week window in the April to July timeframe.
- Age groups for Zonal Qualifying Events & British Championships set as: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs, Senior.
- Within each weekend:-
 - DAY (1) – NDP Levels 7-8 (TRA) / 1 – 8 (TUM) / 7 – 8 (DMT) / Disability
 - DAY (2) – FIG Grades
- NDP 7 will undertake a 2 round competition (Compulsory & Voluntary), whilst FIG Age Groups and NDP 8 Age Groups will do a 3 round competition (Compulsory, World Age Group Competition Requirements & Voluntary):-

Competition format for Level 7:-

- 1 Compulsory Routine with minimum execution and Time of Flight.
- 1 Voluntary Routine with minimum execution, Time of Flight, and minimum Tariff.

Competition format for Level 8:-

- 1 Compulsory Routine with minimum execution and Time of Flight.
- 1 WAGC Set Routine with minimum execution and Time of Flight.
- 1 Voluntary Routine with minimum execution, Time of Flight, and minimum Tariff.

NB. If 10 skills are not executed then the score for that routine will be given as zero. If the minimum Tariff is not achieved for the Voluntary Routine, a fixed 1.0 mark **per judge** will be deducted from the score for that routine.

- Zonal Qualifying Events (1) & (3) to feature Individual Trampoline, DMT and Tumbling.
- Zonal Qualifying Events (2) & (4) to feature Individual Trampoline, Synchro Trampoline and DMT.
- There will only be Senior FIG finals, but these will be accumulative (FIG A requirements, Voluntary, Final Voluntary).
- For qualification purposes for the British Senior & Age Group Championships, a gymnast will be able to compete in a maximum of 3 Zonal Qualifying Events, with their top 2 scores (Age Group: 3 Round Score / Seniors: 2 Round Score) counting for ranking purposes.

c) NDP Finals:-

- The culmination of the competitive year for those competitors at NDP Levels 7-8 (TRA) / 1 – 8 (TUM) / 7 – 8 (DMT) and Disability.
- Numbers to be based as the Top 16 ranked trampolinists in each of the age bandings from the top 2 ranked Zonal Qualifying Events.
- An appropriate mid-size venue to be sought which provides a 'step up' from Zonal Qualifying Events, but also in keeping with the size of venue currently being used for the British Championships.
- Targeted to take place in a July timeframe.

d) British Senior & Age Group (TRA / TUM / DMT) Championships:-

- The pinnacle of the domestic competitive calendar, an event that is able to offer a true high performance experience; an experience which promotes excellence in sport, and not mass participation in a venue truly befitting of our top performers.
- The philosophy around a 'British Championships' requires a change in culture within the sport whereby coaches and gymnasts will begin to understand the standard expected of a 'British Championship' competitor.
- Moved to a mid-September to:
 - a) provide essential preparation for the World Championships and World Age Groups.
 - b) bring the event close enough to the World Championships and World Age Groups to be useable as a quality Trial.
 - c) create some much needed rest/recovery/training space in a calendar where the early Europeans and late World Championships dominate.
 - d) separate the event away from the NDP Finals and by inference give the NDP Finals and the Regional Team Event the 'national stage' in July.
 - e) helps to raise the 'currency' of the event and make it the event where athletes have to deliver.
 - f) potentially open the way to some foreign guest athletes and judges being involved, or even an opportunity to host a concurrent World Cup event.
- The event will be run to FIG Rules, with the exception that if there are 8 competitors or less, the result will be determined on a 3 round Cumulative Score (and not a Zero Final).
- Numbers for the event to be based on Top 16 for 10yrs, 11-12yrs and 13-14yrs age groups, and Top 12 for all of the older age bandings, per gender.

e) Syncho:-

Club & Regional Compulsory Levels

- Clubs, Counties and Regions may choose to include synchronised events in their competition structure for development purpose.
- All synchronised pairs however must come from the same Club.

National Development Plan – Level 7.

- 2 Zonal Qualifying Events leading to the NDP National Final.
- Synchronised pairs must come from the same Club.
- Both gymnasts making up the synchronised pair must be eligible for NDP 7 as an individual.
- If 10 skills are not executed then the score for that routine will be given as zero.
- A maximum of 8 pairs in each Age Group (male & female) will qualify to the NDP National Finals.
- Age groups: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17+yrs.

NDP 7 - Competition Format (Zonal Qualification Events)

- 1 x Compulsory Routine (as per individual Compulsory Routine) and 1 x Voluntary Routine will make up the 2 round (2R) Qualification process.

- The best 1 x 2R scores (execution, synchronisation & tariff) will be added together to determine the top ranked pair in each group to qualify to the NDP 7 National Final*

* At least one gymnast in the synchronised pairing must have qualified to the NDP 7 National Final as an individual to be eligible to compete in the NDP 7 National Final Synchronised event

Competition Format NDP 7 National Final

- 1 x Final Routine will determine the ranking from a zero final.

National Development Plan – National Level 8

- 2 Zonal Qualifying Events leading to the NDP National Final.
- Synchronised pairs may come from different Clubs.
- Both gymnasts making up the synchronised pair must be eligible for NDP 8 as an individual.
- If 10 skills are not executed then the score for that routine will be given as zero.
- A maximum of 8 pairs in each Age Group (male & female) will qualify to the NDP National Finals.
- Age groups: 9-10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs & 19+yrs.

NDP 8 - Competition Format (Zonal Qualification events)

- 1 x Compulsory Routine (as per individual 9-18yrs age group compulsory routine) and 1 x Voluntary Routine will make up the 2 round (2R) Qualification process.
- The best 1 x 2R scores (execution, synchronised & tariff) will be added together to determine the top ranked gymnasts in each group to qualify to the NDP 8 National Final*

* At least one gymnast in the synchronised pairing must have qualified to the NDP 8 National Final as an individual to be eligible to compete in the NDP 8 National Final Synchronised event

Competition Format NDP 8 National Final

- 1 x Final Routine will determine the ranking from a zero final.

Elite Pathway - FIG Senior & Age Groups

- 2 Zonal Qualifying Events leading to the British Championships.
- Synchronised pairs may come from different Clubs.
- Both gymnasts making up the synchronised pair must be eligible for the Elite Pathway as an individual.
- If 10 skills are not executed then the score for that routine will be given as zero.
- A maximum of 8 pairs in each Age Group (male & female) will qualify to the British Championships.
- Age groups: 10yrs, 11-12yrs, 13-14yrs, 15-16yrs, 17-18yrs & Senior.

Elite Pathway - Competition Format (Qualification events)

- 1 x Compulsory Routine (as per the Individual 9-18yrs age grouping Compulsory Routine) **OR** 1 x FIG A Compulsory Routine (Senior) **PLUS** 1 x Voluntary Routine to make up the 2 round (2R) qualification process.
- After any GBR automatic places have been allocated, the best 1 x 2R scores (execution, synchronised

& tariff) will be added together to determine the top ranked gymnasts in each group to qualify to the British Championships*

* At least one gymnast in the synchronised pairing must have qualified to the British Championships as an individual to be eligible to compete in the British Championships Synchronised event.

Competition Format (British Championships)

- 1 x Final Routine will determine the ranking from a zero final.

7. Implementation timelines

The implementation timetable will be fundamentally dictated by a need to make managed change at speed, but will also be influenced by discussions with and commitments made to our funding partners.

Working to the principles outlined this will be undertaken by a 'Implementation Group' consisting (as a core):-

Sharon Wood	Chair of the Technical Committee
Alan Edge	Performance Manager
Matthew Greenwood	Head of Events
Tracy Whittaker-Smith	National Coach

The provisional roadmap is as follows:-

	ESSENTIAL	DESIRABLE
Introduction of new NDP	2014	
Reduction of number of Zonal Qualifying Events	2014	
Increase in quality of British Senior & Age Group Championships	2014	
Change in timeframe of British Senior & Age Group Championships	2014	
Change in timeframe for Regional Competition	2015	2014
Introduction of Regional Team Final	2015	2014
Introduction of Performance Pathway Programme	2014	

8. Queries

Please direct any queries to: trampolinefeedback@british-gymnastics.org.

APPENDIX A

WEEK	ACADEMIC	REGIONAL	NATIONAL	INTERNATIONAL	WEEK	Notes
1					1	
2	JAN				2	
3					3	
4		Regional Event 1			4	
5					5	
6	FEB				6	
7	SCHOOL HOLIDAY				7	
8		Regional Event 2			8	
9			European Trial		9	<u>European Trial Event(s) Qualification:-</u> 1. High Performance National Squad members. 2. Petition to HNC.
10	MAR				10	
11		Regional Event 3			11	
12					12	
13					13	
14				European Championships	14	<u>European Championships Selection Criteria:-</u> 1. Performances from stand-alone Trial event(s). 2. Limited wildcards determined by National Coaching Staff.
15	APR				15	
16	SCHOOL HOLIDAY				16	
17			ZONAL QUALIFYER 1		17	
18					18	
19	MAY		ZONAL QUALIFYER 2		19	
20					20	
21			ZONAL QUALIFYER 3		21	
22	SCHOOL HOLIDAY				22	
23			ZONAL QUALIFYER 4		23	
24	JUN				24	
25					25	
26					26	
27					27	
28	JUL	Regional Team Final	NDP National Finals		28	
29					29	
30					30	
31					31	
32	AUG				32	
33	SCHOOL HOLIDAY				33	
34					34	
35					35	
36					36	
37	SEPT		British Championships		37	<u>British Championship Qualification:-</u> 1. Potential prequalification for Euro/WAG/World GBR Team members. 2. Remainder from Zonal Qualifier rankings up to 12/16 per event.
38					38	
39					39	
40					40	
41	OCT				41	
42	SCHOOL HOLIDAY				42	
43					43	
44				World Championships	44	<u>World Championships Selection Criteria:-</u> 1. British Championship performances. 2. Any additional Trials determined within the Selection Policy. 3. Limited wildcards determined by National Coaching staff.
45	NOV				45	
46					46	
47					47	
48					48	
49					49	
50	DEC				50	
51					51	
52	SCHOOL HOLIDAY				52	

TRAMPOLINE INDIVIDUAL

Minimum Degree of Difficulty Chart

AGE BANDING / MINIMUM DEGREE OF DIFFICULTY	Elite Pathway	NDP Level 8	NDP Level 7
9-10yrs girls	6.5*	5.5	4.5
11-12yrs girls	8.0	7.0	6.0
13-14yrs girls	8.8	7.8	6.8
15-16yrs girls	9.5	8.5	7.5
17-18yrs girls	9.9	9.0	8.0
19+ girls		1.9 / 9.5	8.0
SENIOR British Championship FEMALE	2.1 / 12.0		
9-10yrs boys	6.5*	5.5	4.5
11-12yrs boys	8.0	7.0	6.0
13-14yrs boys	10.0	8.5	7.5
15-16yrs boys	11.5	10.0	8.5
17-18yrs boys	12.0	10.5	9.0
19+ boys		2.1 / 11.0	9.0
SENIOR British Championship MALE	2.3 / 14.0		

The Elite Pathway is statistically based on the results of the World Age Groups (2009 - 11) representing the average Degree of Difficulty minus a fixed amount. Adjustments have been made to ensure the Minimum Degree of Difficulty remains progressive across all age bandings.

* To compete in the Elite Pathway, gymnasts must be a minimum of 10 years of age (in the year of competition).