**Southern Trampolining, Synchronised and Novice Competition**

**7th June 2015, Alton Leisure Centre.**

**SynchronisedCompetition (NB: Novice competitors are not eligible for Synchro competition)**

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| ***Set Routine***  ***(age groups U13, U15, O15)*** | A mixed gender competition with 3 age groups (U13, U15, O15) plus an Open Elite.  Pairings may consist of 2 females, 2 males or a mixed gender pair. (Only one entry per gymnast allowed).  **Voluntary Routine**  Under 13 difficulty limit 3.5  Under 15 difficulty limit 5.0  Over 15 difficulty limit 5.0  Elite difficulty limit 7.0  The rules are the same as have been used in the region throughout the Regionals 2013  NB: Synchro will occur on two 6 x 4mm or two 6 x 6mm beds. There will not be a choice. Notification of the beds available will be made when the timetable is published |
| 1. Full Twist  2. Straddle  3. Seat landing  4. ½ twist to seat landing  5. ½ twist to feet  6. Pike jump  7. Back landing  8. ½ twist to feet  9. Tuck jump  10. FSS (T) |
| ***Set Routine - (Open Elite)*** |
| 1. Bss(T)  2. Straddle  3. Seat landing  4. ½ twist to seat landing  5. ½ twist to feet  6. Pike jump  7. Back landing  8. ½ twist to feet  9. Tuck jump  10. FSS (P) |

**Trampoline for Persons with Disabilities (TPD) Competition.**

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| ***TPD 1*** | ***TPD 2*** | ***TPD 1 & 2***  All moves in the 1 – 15 award scheme will be accepted except the quarter turn  The rules are the same as have been used in the region throughout the Regionals 2014 & 2015 |
| 5 contact routine  The same routine will be performed twice  Moves and shapes cannot be repeated | 10 contact routine  2 routines will be performed  Moves and shapes repeated will not be awarded tariff |

**Novice Competition -** A novice is a person who has not competed in any higher regional grades or levels. There are 4 categories available to Novices. CDP level 1 or CDP 2 and Grade I or Grade H.

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| ***A - Club Development***  ***Plan Level 1*** | ***B - Club Development***  ***Plan Level 2*** | ***Club Development Plan 1 & 2, Grades I & H***  Age Groups: 7-10, 11-12, 13-14, 15+ (mixed Gender) in year of competition  The uniform will be plain coloured t Shirt (no polo shirts) and shorts or full competition attire  The set is to be repeated as a voluntary, no difficulty score will be awarded  The rules are the same as have been used in the region throughout the Regionals 2014 & 2015  Age groups and categories may be adjusted once the entry numbers are known.  Awards are score related, therefore places will not be recognised.  Do we want teams to be recognised? |
| 1. (6 x jumps) Arm set  2. Front landing  3. to feet  4. Straddle jump  5. Seat landing  6. to feet  7. ½ twist jump  8. Pike jump  9. Back landing  10. to feet  **Grade I**  Jump (arm set)  1. Jump to seat landing  2. To feet  3. Half twist jump  4. Jump (straddled)  5. Full twist jump  6. Jump (piked)  7. Half twist jump  8. Jump (tucked)  9. Jump to front landing  10. To feet | 1. (6 x jumps) Arm set  2. ½ twist to front landing  3. to feet  4. Straddle jump  5. Seat landing  6. ½ twist to seat landing  7. ½ twist to feet  8. Pike jump  9. Back landing  10. ½ twist to feet  **Grade H**  Jump (arm set)  1. Half twist jump  2. Jump to front landing  3. To feet  4. Jump (piked)  5. Half twist jump  6. Jump (straddled)  7. Jump to back landing  8. To feet  9. Jump (tucked)  10. Full twist jump |

Entries should be made on the official entry forms copies of which are available by emailing Janet Payne at [hockeytramp@btinternet.com](mailto:hockeytramp@btinternet.com)

Novice, TPD & Synchro on one entry form, Grades on a separate one.

**Entry Deadline: Midnight Saturday 16th May 2015**

Officials must be supplied with the entry. Your first official should be prepared to judge, the total number of officials required is detailed in the table below.

Entry fees:

Individual competition £12 per entry.

Synchro pairs £18 per pair.

Payment may be made by BACs or Cheque made payable to: **Southern Trampolining**

**Entries may be emailed or posted to:**

**Janet Payne**

**59 Gladys Ave,**

**North End,**

**Portsmouth,**

**PO2 9BB.British Gymnastics: Trampolining: Regional Event Entries 2015**

The new entry form is in excel so this document is just to remind you of the regulations that apply to the regional events.

The cost of entry is currently: £12 per individual, £18 per Synchro pair

***Please make cheques payable to: Southern Trampolining***

In order that the competitors are eligible to compete in these events the following requirements must be met.

**Each Entrant** **Must** :

1. Hold at least Bronze membership of **British Gymnastics** and have paid the current year’s appropriate membership fee. Level 6 need Silver membership.
2. Be eligible to compete at this grade.

**The club** **must** :-

1. Be registered with **British Gymnastics**.
2. Be affiliated to the **Southern Region**
3. Have included **full** payment in respect of the entries.
4. Have provided the required number of **suitably qualified** and **experienced** officials (see below). These are counted in whole day equivalents.

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| Number of competitor entries | Number of officials required |
| 1 – 2 | None (but will be gratefully accepted) |
| 3 – 5 | **One** judge (County level or above) |
| 6 – 9 | **Two** Officials (**one** of which must be a judge at County level or above) |
| 10 – 15 | **Three** Officials (**two** of which must be judges at County level or above) |
| 16 – 20 | **Four** Officials (**two** of which must be a judges at County level or above) |
| 21 – 25 | Five Officials (three of which must be a judges at County level or above) |
| 26 competitors and over | **Six** Officials (**three** of which must be a judges at County level or above) |

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| **Please note: If you do not fill in the “*official’s”* space the competition organiser has the right to refuse entries. If any of the officials (or reserve officials) nominated do not turn up for the competition, the club must provide suitably qualified substitutes.** |

The team manager is responsible for the behaviour of his/her club members.

No responsibility will be accepted for loss or damage to property or persons.

British Gymnastics Photographers may be present at British Gymnastics events and British Gymnastics may publish images. By entering for the event, there is acceptance that the child/participant may be photographed. The Club / Coach are advised that they should inform the entrant, parent or guardian.

“When submitting entries for a British Gymnastics event the onus is on the club and coaches to ensure that the coaches attending to the participants are qualified to the level of the participants’ performance”.

By emailing your entry you confirm that the above criteria have been adhered to.

Competition details will be made available on the regional website or at [www.british-gymnastics.org](http://www.british-gymnastics.org), by following the links to the regional website.