



ENGLISH GYMNASTICS

A large, stylized red rose with green leaves is centered in the middle section. The rose is rendered with thick, expressive brushstrokes. The background is white with scattered red and green splatters and faint, thin lines radiating from the center.

National Competition Handbook 2022

Version 2.0

TRI, TRS, DMT, TUM, DIS

www.english-gymnastics.org.uk

Version History:

English Gymnastics reserves the right to make amendments to this handbook.

Notification of a change to the handbook will be communicated through the [EGA Gymnastics Website](#). All updated versions will be made available to download at the time of change.

All versions will be listed on this page, regarding amendments made:

Version 2.0

- Removal off 9-10 Gold Level in TRA, DMT, TRS and DIS
- Change to Nationality Criteria in line with commonwealth Page 8
- New competition dates for 2022 and 2023 Page 7
- Change of competition structure TRA, DMT Page 11 & 37
- Changes to Routine Criteria Page 36 & 37
- Changes to TUM Silver Championships Page 21-22 & 39

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Welcome Letter

Dear All

Welcome and thank you for reading the 2022 English Championship Series Competition Handbook. I apologise about the late publication of this year's handbook but we have had venue booking troubles. I am pleased to introduce to you to, the 'English Championships Series'. The competition that underpins the National Trampoline structure provided by British Gymnastics and is based on FIG rules. The competition is based on a two-tier competition structure named Silver and Gold.

The qualification process for the Silver and Gold will be made through a single qualifying Event in 2022.

Qualification to English Championships can be made in both gold and silver levels. Qualification numbers vary in each discipline, which will be explained in more details further on in this document. The disciplines that you can compete within the English Championships are Trampoline Individual (TRI), Trampoline Synchronised (TRS), Disability Trampoline individual, synchronised and Double Mini Trampoline (DIS), Double Mini Trampoline (DMT) and Tumbling (TUM).

The qualification for Tumbling silver will be a little different due to the change in the British Gymnastics Regional challenge cup. Please read carefully the details of this event on page . Gold will qualify through British Championship Spring Cup Series. Any Gymnast that has qualified to Tumbling British Championships will be invited to compete at the English Championship Gold.

You **cannot** qualify for British Championships through the English Championship Qualifying Series and vice versa. (Apart from Tumbling Gold)

Changes have been made to the qualification criteria in 2022, so please make sure you read through the document to make sure you are aware of all the new criteria. We ask all coaches to please be mindful of the level you place your gymnast into. If your gymnast is good enough to compete at Gold they should be entered into that level.

I would like to thank you for taking the time to read this Handbook and look forward to seeing you at the competitions in 2022.

Yours in Sport

Stephen Wood

English Gymnastic Trampoline, Double Mini Trampoline and Tumbling Technical Chair

Definition of Terms:

Championships means any English Championships organised by the EGA.

Code means the Code of Points used for the competition, from which technical information and regulations are taken such as EGA, BG or FIG.

DD means Degree of Difficulty

DIS means Disability Individual, Synchronised Trampoline.

DMT means Double Mini Trampoline.

EGA means English Gymnastics Association.

EGTTTC means the English Gymnastic Trampoline and Tumbling Technical Committee of EGA.

Event means any National competition and Championships organised by the EGA.

FIG means Federation Internationale de Gymnastique.

Organiser(s) means the EGTTTC Competition Organiser

Supervising Coach(es) are those coaches submitted in the online entry process and who are responsible for the gymnast(s) for the entire event. Any changes to the supervising coach(es) submitted on the British Gymnastics Online Entry System must be notified to the [EGA Event Enquiries](#) email, prior to the event and, in exceptional circumstances, if changes are required during the event, these must be notified to the Organisers.

TRI means Trampoline Individual.

TRS means Trampoline Synchronised.

TUM means Tumbling.

Unattached means gymnasts who are not members of a British Gymnastics registered club but hold appropriate British Gymnastics membership.

Where no specific point is addressed in the Regulations, the current FIG Rules apply. However, the Technical Committee and its appointed officials reserve the right to define any Regulation conflict as is deemed appropriate to ensure a fair and equitable competition.

Key Contact's.

English Gymnastics TRA, DMT & TUM Technical Committee:

England Technical Chairman: Stephen Wood
Email: stephen.wood@englishgymnastics.org.uk

England Judging Co-ordinator (TRA, DMT): Steve Sampson
Email: steve.sampson@englishgymnastics.org.uk

England Judging Co-ordinator (TUM): Pat Briggs

England Competition Organiser: **Required**

England Competitions Tech (TRA & DMT): Dexter Millen

England Competition Organiser (TUM): Paddy Lavelle

England DMT Squad Manager: Jason Richardson

England TRA Squad Manager: Kylie Walker

England TUM Squad Manager: Paddy Lavelle

English Gymnastics Contact Details:

Chairman: Martin Laws
Tel: 01634 855507
Email: martin.laws@englishgymnastics.org.uk

EGA Admin Manager: Jan Charlton
Tel: 0345 1297129 Ext 2640
Email: jan.charlton@englishgymnastics.org.uk

British Gymnastics Contact Details:

EGA Event Enquiries Email: engevents@englishgymnastics.org.uk

BG Customer Support (Gymnet Entries etc.) Email: customersupport@british-gymnastics.org

1. Competition details – Overview

Competition Event Calendar 2022 & 2023

Date & Venue:	Events:	Entry Opening Date:	Entry Closing Date:	Other Information
23 rd & 24 th April 2022 Telford International Centre, Telford	English Qualification Series 1	21 st February 2022	*Noon 30 th March 2022	Gold and Silver Levels all age groups TRI, TRS, DMT, DIS
16 th & 17 th July 2022 International Centre, Telford	English qualification Series 2 'Tumbling Silver Championships'	25 th April 2022	*Noon 3 rd June 2022	Gold and Silver all age groups TRI, TRS, DMT, DIS & (TUM Silver only)
14 th , 16 th & 17 th October 2022 Sheffield EIS	English Championships 2022 'Tumbling Gold Championships'	18 th July 2022	*Noon (1 st) 2 nd September 2022 (2 nd) 16 th September 2022	Gold and Silver all age groups TRI, TRS, DMT, DIS & (TUM Gold only)
22 nd & 23 rd April 2023 Gillingham Medway park	English Qualification Series 1	20 th February 2023	*Noon 10 th March 2023	Gold and Silver Levels all age groups TRI, TRS, DMT, DIS
23 rd 24 th & 25 th June 2023 Telford International Centre	English Qualification Series 2 'Tumbling Silver Championships'	31 st March 2023	*Noon 12 th May 2023	Gold and Silver Levels all age groups TRI, TRS, DMT, DIS & TUM
13 th , 14 th & 15 th October 2023 TBC	English Championships 2020 'Tumbling Gold Championships'	30 th June 2023	8 th September 2023	Gold and Silver all age groups TRI, TRS, DMT, DIS & TUM

2. Eligibility & Membership

This is open to all British Gymnastics registered clubs, **who must be affiliated to their respective English region**. All persons attending English Gymnastics events in an official capacity, whether as a gymnast, coach, judge or official, are required to hold current British Gymnastics membership in line with the level of competition entered and/or qualifications held i.e. Silver, Gold, Joint Gold or Life Membership of British Gymnastics.

Nationality

To be eligible to compete in the English Series and/or English Championships, the gymnast must fulfil the following criteria:

- The gymnast must be a British Citizen, holding a British passport (or be in the process of obtaining British citizenship and/or passport) and have lived in England for a period exceeding 48 months.
- The mother, father or a grandparent of a gymnast must have been born in England.
- The gymnast must not be a member of a Squad of any other Commonwealth country or previously represented another Commonwealth country, unless the consents required by [Byelaw 17\(3\) of the Constitutional Documents of the Commonwealth Games Federation \(CGF\)](#) have been obtained.

If a gymnast does not meet any/all of the above Criteria, but nevertheless wishes to be considered for entry, the gymnast may petition the English Gymnastics Approval Panel in writing via the [EGA Admin Manager](#). The Approval Panel shall be consisted of the Chairman and Vice Chairman of English Gymnastics, together with the individual Chairperson, in England, of the specific discipline within which the gymnast is seeking to compete. The Approval Panel's decision in this regard shall be final. Decisions on these matters are not open to appeal.

Disclosure: It is the responsibility of the person making the Competition Entry to ensure that all gymnasts have their Nationality declared within the Gymnet Online Entry portal or as soon as possible via email the EGA Event Enquiries.

Order of Performance

The order of performance will only be confirmed once all entries have been received. All start lists and timetables will be published on the British Gymnastics Find an Event and the [EGA Website](#) alongside the official's lists. They will also be emailed to all participating clubs at least one week before the first day of the competition.

Qualification events – wherever possible the Silver level events will be held on the first day of competition (Saturday). The second day (Sunday) will be, wherever possible, the Gold level of competition in all disciplines.

The competition organisers reserve the right to adjust the timing of the events across the competition weekend if required.

Silver Tumbling Championships (TUM) will be held at the 2nd English Event for more details see page 21.

The English Championships consist of TRI, TRS, DMT, TUM (Gold only) and DIS. The order of competition will be: Silver events (qualification and Finals) on the Saturday of the Championships, Gold events (qualification and Finals) on the Sunday.

Home Nations - this will be released within a separate document.

For the purpose of maintaining a smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the ETC reserve the right to alter the grouping of gymnasts and/or running order of gymnast.

The competition organisers reserve the right to run up to one hour ahead of schedule, and to make changes/alterations to the groupings and panels to enable the competition to run on time and smoothly.

Scores & Qualification

Gymnasts must complete the minimum requirements set out in this document to qualify to be ranked for the chance to compete at the English Championships. Gymnasts must execute the required Exercises in the same competition to be eligible to compete at the English Championships.

These scores will be ranked; the qualifiers can confirm their place by looking through the official list that will be placed on the English Gymnastics Website after the qualification round. The list will be available by the 29th July 2022.

Gymnasts may change levels between the two qualification events; however, they will relinquish their result and score from the previous competition. If they fail to gain qualification at the second event, they will not be able to use their previous result to qualify for the English Championships. Ranking will be determined based on the criteria stated below in the following order:

Criteria 1: Gymnasts must meet the requirements on Nationality set out in Section 2 – Eligibility & Membership above.

Criteria 2: To be eligible to compete at the English Championships, a gymnast must have competed in at least one or both English Qualification Series and be ranked in the top group as stated in the criteria above.

Criteria 3: Gymnasts who take part in the English Qualification Series are only eligible to be ranked for qualification for the English Championships provided criteria 1 is met.

Criteria 4: Gymnasts must meet all the minimum routine/pass criteria which are set out later in this document, to be eligible to qualify through to the English Championships.

Criteria 5: The organising Committee reserves the right to invite gymnasts if requested by England/GBR and it is in the best interest of the sport. If agreed, these gymnasts will only be allowed to Guest (see page 11 for criteria).

Gymnasts

All gymnasts must hold current British Gymnastics membership at the time of English Qualifying Events and Championships. Anyone discovered to have been without the correct membership for these competitions will be disqualified.

In normal circumstances, gymnasts should also be a member of a British Gymnastics registered club. In exceptional cases, where a gymnast does not belong to a British Gymnastics registered club, he/she must email the [EGA Event Enquiries](#) to enter the event. Such gymnasts will be given the classification of 'Unattached'. In such circumstances, the gymnasts must nominate an appropriately qualified 'Supervising Coach' and must also meet all other membership requirements.

Supervising Coaches

Supervising coaches' membership level must be Gold, Joint Gold or Life Members of British Gymnastics and coaches must be qualified to the level of the skills being performed before being allowed to participate in an EGA Event. Coaches must also have attended a Sports Coach UK Safeguarding and Protecting Children Awareness course which must be renewed every three years and must be valid both at the time of entry and for the duration of the Event. Coaches must also have a valid Disclosure and Barring Service (DBS) Certificate both at the time of entry and for the duration of the Event, before being allowed to participate at an EGA Event.

For further information on Membership, please visit the [British Gymnastics Website](#).

Coach Qualifications

When submitting entries for an EGA event, clubs must ensure that nominated supervising coaches are qualified to the level of the gymnast's performance. The practice of supervising gymnasts working above the level of the coach's qualification is not allowed.

Supervising Coaches entered onto the event entry should be the same ones attending the event, unless there are extenuating reasons why they cannot attend. If there is a requirement to change a coach, you must ensure that the replacement is of the same or higher level of qualification. This change must be made in writing via email to [EGA Event Enquiries](#) in the first instance. It is unacceptable to enter a coach you know will not be attending.

Guests

Gymnasts who are not English may request or be invited by English Gymnastics to take part in the English Event Series and Championships. They will receive scores(s) but will not receive a ranking in the official competition results.

If a gymnast, wishes to compete as a Guest (see Nationality Eligibility section page 9) at an English event series competition or championships. The club/coach/Home Nation should email the [EGA Event Enquiries](#) before the closing date. Following the application, a decision will be made by the EGATTC as to whether the entry can be accepted. If the entry is accepted, the entry fee will then become payable and entered into the club basket.

Only those gymnasts classed as English (using the Eligibility criteria on page 8), are able to be ranked in the official competition results where an English title is being contested. English Gymnastics will award a medal to a Guest, but they will not take part in the official medal ceremony.

Where a competition provides a qualification route to take part in the English Championships, the result of a non-English gymnast will not lead to the displacement of an English gymnast who would have otherwise qualified for the English Championships.

Participation is also subject to approval from their FIG member Federation/Home Nation in accordance with FIG statutes. They will receive score(s) but will not receive a ranking in the official competition results. In such circumstances, the gymnasts will be referred to as Guest.

Age Policy

For entry to all age dependent categories, a gymnast's age will be taken as the age reached in the year of the competition. The minimum age for entry to English Gymnastics' events is 9 in the Silver competition and 11 at Gold level within the year of competition.

Year Born Eligibility for competitions 2022	
9 - 10 Years	Born 2013 – 2012
11 - 12 years	Born 2011 – 2010
13 - 14 years	Born 2009 – 2008
15 - 16 years	Born 2007 – 2006
17 +	Born before 2005
Masters Series	
Youth	Born 2011 – 2010
Junior	Born 2009 - 2006
Senior	Born before 2006

*Gymnasts can compete in both their age group and in the masters' series, as long as they can meet the criteria.

Publication of Results

Results will be collated and verified before publication. Results and standings will be sent out as soon as possible in the week following the competition. A link to the results and tables will be placed in the British Gymnastics Find an Event and on the [EGA Website](#).

After the final qualification event, all scores will be collated, and gymnasts ranked. The list will be added to the British Gymnastics Find an Event and the [EGA Website](#) and an email with a link will be sent out for you to download the list.

Event Discipline Details

The English Championship Series will include the following disciplines:

TRI	Trampoline Individual
TRS	Trampoline Synchronised
DMT	Double Mini Trampoline
TUM	Tumbling*
DIS	Disability Individual, Synchronised and Double Mini Trampoline

*The TUM event takes place at Championship events only

There are 16 x TRI, 12 x DMT, 10 x TRS and 12 x DIS (TRI), 8 x DIS (DMT), 8 x DIS (TRS), 16 x (TUM), places available in each age group per gender (male and female) for qualification ranking.

Individual Trampoline (TRI)

All TRI and DIS English Qualification Series will consist of the qualification rounds only. There will be no Finals at the qualification series. Ranking will be based on the highest scores after the qualification rounds. Gymnasts must complete both exercises in the qualification round to be eligible to qualify for the English Championships. At the English Championships, ALL Finals will be zero Finals.

Double Mini Trampoline (DMT)

All DMT and DIS English Qualification Series will consist of Qualification round 1, consisting of 2 exercises with NO repetition of elements allowed in either exercise scores will be accumulative. Final 1 is for the top 8 competitors from qualification, this round will be scored from Zero. Final 1 will consist of 1 exercise, with no repetition of elements from the qualification round being performed in the same Zone. Final 2 is for the top 4 competitors from Final 1 and will be scored from Zero. Final 2 will consist of 1 exercise of your choice, as long as it meets the minimum tariff standards of the group. Gymnast must complete both exercises in the qualification round, within a single competition to be eligible for the English Championships.

Synchronised Trampoline (TRS)

All TRS English Qualification events will consist of a qualification round only. There will be no Finals at the English Qualifiers or the English Championships. Ranking will be based on highest score over the two competitions. Gymnasts must complete both routines in the qualification round to be eligible to qualify for the English Championships.

Tumbling (TUM)

The Qualification for Tumbling at both the Silver and Gold levels to the English Championships will be achieved by other methods (see pages 21-22). There will be no English qualification competition to qualify for either Gold or Silver Tumbling Championships.

Disability Trampoline, DMT and Synchronised (DIS)

DIS (TRI) gymnasts will be required to qualify through the English Qualification Series. Gymnasts will be required to achieve a place in the top 12 ranked gymnasts at the Qualification Series. DIS (DMT) gymnasts can qualify through English Qualification Series at both Silver and Gold levels. The top 8 ranked gymnasts at the Qualification Series will be invited to the English Championships. DIS (TRS) Mixed Gender and Mixed Classification Synchronised competition; top 10 ranked pairings will be invited to the English Championships. Gymnasts must complete both routines in TRA & TRS and must complete the qualification 1 exercises in DMT, meeting all minimum criteria, to be eligible to qualify for the English Championships. A Disabilities classification must be completed 6 weeks prior to the competition.

3. English Qualification Series

Orientation sessions will **NOT** be held at English Qualification events. Unless otherwise stated, all Silver Level gymnasts will compete on a Saturday and Gold level will compete on a Sunday.

Individual Trampoline Criteria

All TRI English Qualification Series will consist of the qualification round comprising of 2 exercises, (please see minimum standards within this document). Gymnasts must complete both exercises in the qualification round to be eligible to qualify for the English Championships. Ranking will be based on the highest scores after the qualification rounds have taken place.

Silver Level Trampoline Individual					
Age Groups					
Male	9 – 10	11 – 12	13 – 14	15 – 16	17+
Female	9 – 10	11 – 12	13 – 14	15 – 16	17+
Routine Requirement					
WAG	ENG 9-10*	ENG 11-12*	11-12	13-14	15 – 16
Male Max DD	5.8	7.8	9.5	10.5	12.0
Female Max DD	5.8	7.8	8.8	9.5	10.8

Note: There is no minimum DD in the Silver level of competition.

* See England routine 9 – 10 and 11 – 12 criteria.

** If you exceed the maximum DD criteria you will receive only the minimum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges and will not be eligible to qualify for English Championships.

Gold Level Trampoline Individual					
Age Groups			Masters Series		
Male	13 – 14	15 – 16	Youth	Junior	Senior
Female	13 – 14	15 – 16	Youth	Junior	Senior
Routine Requirements					
WAG	13 – 14	15 – 16	Youth	Junior	Senior
Minimum DD Male	7.0	7.6	5.2	9.0	9.6
Minimum DD Female	7.0	7.6	5.2	9.0	9.6

Double Mini Trampoline Criteria

DMT will consist of a Qualification round, Final 1 (Top 8 Gymnasts from Qualification round) and Final 2 (Top 4 Gymnasts from Final 1). Qualification will consist of 2 exercises with NO repetition of elements allowed in either exercise scores will be accumulative. Final 1 is for the top 8 competitors from qualification, this round will be scored from Zero. Final 1 will consist of 1 voluntary exercise, elements from the Qualification round can be performed in Final 1 but not in the same Zone of the DMT as in the qualification round. Final 2 is for the top 4 competitors from Final 1 and will be scored from Zero. Final 2 will follow the same running order as Final 1 and will consist of 1 voluntary exercise of your choice, (as long as it meets the minimum tariff standards of the group).

Silver Level Double Mini Trampoline Individual					
Age Groups					
Male	9 – 10	11 – 12	13 – 14	15 – 16	17+
Female	9 – 10	11 – 12	13 – 14	15 – 16	17+
Required minimum DD per pass					
Min DD	1.3	1.3	1.6	1.7	2.1

* Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2 marks from the Chair of Judges.

Gold Level Double Mini Trampoline Individual					
Age Groups			Masters Series		
Male	13 – 14	15 – 16	Youth	Junior	Senior
Female	13 – 14	15 – 16	Youth	Junior	Senior
Required minimum DD per pass					
Min DD	2.1	2.1	1.6	2.7	4.4

* Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2 marks from the Chair of Judges

Synchronised Trampoline Criteria

The TRS competition will consist of 2 exercises only, (See exercise criteria in the tables below). There will be no Final round. Gymnasts must complete both exercises at a single event to be eligible to qualify for English Championships.

You will NOT be allowed to compete outside your age bracket. Clubs may pair with a gymnast from another club. The pair will be required to compete in the same attire.

Gymnasts may also move up a level if they competed at Silver in TRI and they want to partner someone who has performed at TRI Gold. The gymnast will only be allowed to move up from Silver to Gold NOT down.

In the age groups 'Youth', in both Silver and Gold, there is the option to have same gender pairings or mixed gender pairings.

Silver Level Synchronised Trampoline		
Age Groups		
Male		Junior
Female		Junior
Mixed**	Youth	
Routine Requirements		
WAG	*ENG 9 – 10	*ENG 11 – 12

* See England routine 9 – 10 and 11 – 12 criteria. There is no minimum DD at Silver Level.

** Mixed can consist of same gender pairings or mixed gender pairing.

Gold Level Synchronised Trampoline			
Age Groups			
Male		Junior	Senior
Female		Junior	Senior
Mixed**	Youth		
Routine Requirements			
WAG	11 – 12	15 – 16	17- 21

Note: There is no minimum Difficulty at Gold Level.

** Mixed can consist of same gender pairings or mixed gender pairing.

Disability Individual Trampoline Criteria

- 2 round cumulative score will determine the ranking there are no Finals in the qualification events.
- Time of Flight will not be included.
- Execution, difficulty and horizontal displacement scores will be awarded.
- Difficulty cards are required.
- The top 12 highest scores from English Qualification Series will qualify for English Championships at both Gold and Silver levels.
- Gymnasts must complete both exercises and hit minimum targets in the Qualification Series to be eligible to compete in the English Championships.
- At the English Championships, the top 8 gymnasts will qualify to the Finals and be required to perform a Final round.
- At the English Championships only, the Final round will be a 'Zero Final'.

*See Appendix 1 (page 36) for Routine Criteria.

Disability Double Mini Trampoline Criteria

- DIS Double Mini Trampoline competition. The categories will not be separated, but we will be leaving genders separated.
- Each gymnast will be required to complete 2 qualification exercises that must consist of either a mount or a spotter skill followed by a dismount skill.
- The 8 gymnasts will go through to Final 1 and compete a single exercise that must not be the same as passes used in qualification. The top 4 will go through to Final 2 and perform a further exercise, they can use any skills in any zones as long as it hits minimum criteria set out in this document.
- Gymnasts will be ranked based on the total score of the qualification round. Gymnasts must have meet all criteria set out in this Handbook. The qualification exercises must be completed at the same event.
- The top 8 gymnasts will be invited to the English Championships.
- In the **Silver** competition, each pass must not exceed a difficulty of 1.0.
- In the **Gold** competition, each pass must have a minimum difficulty of 1.1 and at least one pass must contain a Barani (4 1) as either the mount or spotter skill in the preliminary round.

Disability Synchronised Trampoline Criteria

- We, once again, have offered the option of mixed gender and mixed classification to all pairings if required. You can have Cat 1's with Cat 2's and boys with girls, there can be any pairings and any age groups. For Routines and requirements (see page 38).
- All DIS (TRS) will take place on the Silver day's competition and will consist of 2 exercises but no Final.
- Gymnasts are required to complete both exercises at a single event to be eligible for the English Championships.

4. English Championships

Orientation sessions will ONLY be held at the English Championships. The orientation sessions will be held on the Friday and Saturday nights for gymnasts competing on the following day, i.e. Friday night for gymnasts competing on the Saturday only and Saturday night for gymnasts competing on the Sunday (Routine Criteria defined below). At the English Championships ALL Finals will be zero Finals.

Individual Trampoline Criteria

Unless otherwise stated, the Saturday will be for all Silver level gymnasts and Sunday will be all the Gold level gymnasts. During the Championships, gymnasts will be required to compete 2 exercises in the qualification round. The top 8 gymnasts will take part in a Zero Final, which will consist of a voluntary exercise of their choice which must meet minimum and maximum criteria set out in this document.

Silver Level Trampoline Individual					
Age Groups					
Male	9 – 10	11 – 12	13 – 14	15 – 16	17+
Female	9 – 10	11 – 12	13 – 14	15 – 16	17+
Routine Requirement					
WAG	ENG 9-10*	ENG 11-12*	11-12	13-14	15 – 16
Male Max DD	5.8	7.8	9.5	10.5	12.0
Female Max DD	5.8	7.8	8.8	9.5	10.8

Note: There is no minimum DD in the Silver level of competition.

* See England routine 9 – 10 and 11-12 criteria.

** If you exceed the maximum DD criteria you will receive only the minimum DD as stated above. In addition, you will receive a penalty of 2.0 from the Chair of Judges.

Gold Level Trampoline Individual					
Age Groups			Masters Series		
Male	13 – 14	15 – 16	Youth	Junior	Senior
Female	13 – 14	15 – 16	Youth	Junior	Senior
Routine Requirements					
WAG	13 – 14	15 – 16	FIG*	FIG*	FIG*

Note: Minimums in qualification rounds apply to English Championship.

Double Mini Trampoline Criteria

DMT will consist of a Qualification round, Final 1 (Top 8 Gymnasts from Qualification round) and Final 2 (Top 4 Gymnasts from Final 1). Qualification will consist of 2 exercises with NO repetition of elements allowed in either exercise scores will be accumulative. Final 1 is for the top 8 competitors from qualification, this round will be scored from Zero. Final 1 will consist of 1 voluntary exercise, elements from the Qualification round can be performed in Final 1 but not in the same Zone of the DMT as in the qualification round. Final 2 is for the top 4 competitors from Final 1 and will be scored from Zero. Final 2 will follow the same running order as Final 1 and will consist of 1 voluntary exercise of your choice, (as long as it meets the minimum tariff standards of the group).

Silver Level Double Mini Trampoline Individual					
Age Groups					
Male	9 – 10	11 – 12	13 – 14	15 – 16	17+
Female	9 – 10	11 – 12	13 – 14	15 – 16	17+
Required minimum DD per pass					
Min DD*	1.3	1.3	1.6	1.7	2.1

* Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges, they will not be eligible to compete in the Final.

Gold Level Double Mini Trampoline Individual					
Age Groups			Masters Series		
Male	13 – 14	15 – 16	Youth	Junior	Senior
Female	13 – 14	15 – 16	Youth	Junior	Senior
Required minimum DD per pass					
Min DD	2.1	2.1	1.6	2.7	4.4

* Passes which do not meet the minimum Difficulty requirement will receive a penalty of 2.0 from the Chair of Judges, they will not be eligible to compete in the Final.

Synchronised Trampoline Criteria

The TRS competition will consist of two exercises and there will be no Final round.

Silver Level Synchronised Trampoline		
Age Groups		
Male		Junior
Female		Junior
Mixed**	Youth	
Routine Requirements		
WAG	*ENG 9 – 10	*ENG 11 – 12

* See England routine 9 – 10 and 11 – 12 criteria – There is no minimum DD at Silver Level.

** Mixed can consist of same gender pairings or mixed gender pairings.

Gold Level Synchronised Trampoline			
Age Groups			
Male		Junior	Senior
Female		Junior	Senior
Mixed**	Youth		
Routine Requirements			
WAG	11 – 12	15 – 16	17- 21

* There is no minimum Difficulty at Gold Level.

** Mixed can consist of same gender pairings or mixed gender pairings.

5. Tumbling

Tumbling Silver English Championships

Object: The English Silver competition will offer gymnasts the chance to taste FIG competition while relying largely on the NDP base they are coming from. This competition is for gymnasts from the NDP section of the tumbling discipline.

Entry: Regions will need to nominate gymnasts to the English Silver Championship by 18 MAY 2022. Regions are free to decide how to select the Two gymnasts per grade/gender/age band to represent them. **The Region will select the gymnasts, but it will be down to the gymnast's CLUB to make the entry on GYMNET.** It is recommended that regions run one or more selection competitions between 01/01/22 and 17/05/22, although direct nomination by the TC/regional coach from regional squads is acceptable.

The following grades/age bands will be covered by the event.

Club 5	9-10, 11-12, 13+
Club 6	9-10, 11-12, 13-14, 15+
Regional 1	9-10, 11-12, 13+
Regional 2	10-12, 13-14, 15+
Regional 3	U13, O13
Regional 4	9-10, 11-12, 13-14, 15+

The competition organizers reserve the right to make any changes needed to the running order of the competition and the below is for guidance only.

Saturday Club grades 5 & 6, Regional Grade 1

Sunday Regional grades 2,3,4.

Content: Gymnasts from Club Cup Levels 5 & 6 will compete runs 1 & 2 as specified in the Tumbling Club cup series & final 2022 document available in the Tumbling Technical download section of the BG website. They will in addition, perform a third voluntary run. Run 3 will have 6 elements and the elements will use FIG values. The run will be marked from 10, the same as runs 1 & 2, but will carry an additional difficulty value. The medalists will be determined using the cumulative E scores from all 3 runs + the D value of run 3. Coaches should submit a tariff sheet on the competition day.

Gymnasts from Regional Challenge Cup Levels 1 -4 will compete with runs 1 (SET RUN) first, then 2 vol passes as per the Tum regional challenge cup series & final 2022 document available in the Tumbling Technical download section of the BG website. The medalists will be determined using the cumulative E scores from all 3 runs + the D value of runs 2&3. Coaches should submit a tariff sheet on the competition day.

Tumbling Gold English Championships

Object: Object: We will adopt a similar format to the WAG and World Championships to help prepare the GB teams. It will be the only domestic competition that offers the gymnasts and coaches the opportunity to duplicate the competition pattern gymnasts will experience at the World events.

Entry: Limited to the top 16 gymnasts of each gender ranked from the qualifying day of the British Championships in each age group, plus guests¹: 10, 11-12, 13-14, 15-16, 17-21, Senior.

Content: 10 Age gymnasts will perform 2 voluntary exercises; all skills will use FIG values. Medals will be awarded for the top 3 based on the combined total score of the two runs. **There will be no final run.**

11-12, 13-14, 15-16, 17-21, Seniors will perform 2 voluntary exercises in the preliminary round, with no repeat of elements within and/or between the two passes, irrespective of preceding element. The only repeatable elements are: round offs, whips, flics and full twisting whips.

Gymnasts with the top eight best scores from a single exercise in the preliminary round will progress to compete a first final exercise (F1) where gymnasts perform one voluntary exercise from a zero start.

Gymnasts with the top four F1 scores qualify to a second final exercise (F2) where gymnasts perform one voluntary exercise from a zero start. No elements may be repeated within and/or between F1 and F2.

Saturday

11-12, 13-14: All gymnasts perform 2 voluntary exercises in the morning, the top 8 progress to the Finals held in the afternoon/evening. Finals start from zero, all gymnasts perform 1 voluntary exercise to determine the Final ranking.

Senior: All gymnasts perform straight and twisting pass, the top 8 progress to the Finals to be held on the Sunday.

Sunday

10: All gymnasts perform 2 voluntary exercises; the combined score determines the Final ranking.

15-16, 17-21: All gymnasts perform 2 voluntary exercises in the morning. The top 8 progress to the Finals held in the afternoon/evening. Finals start from zero - all gymnasts perform 1 voluntary exercise to determine the Final ranking.

Seniors Finals: All gymnasts starting from zero perform 2 voluntary passes to determine the Final ranking.

6. Entry Process

Approved by the English Gymnastic Technical committee before the competition.

English Qualification Series, English Championships

Entry to all EGA events will be made online only, via the [British Gymnastics Online Entry System](#) between the entry opening and closing dates stated in Section 1 (page 7). Complete instructions for adding an entry via the British Gymnastics Online Entry portal are available for download [here](#).

Process of Application to (English Championships Only)

All those gymnasts that qualified by achieving the minimum criteria laid out within this document will be ranked with the highest score, received at a single qualifying event at the English Qualification Series. On 29th July 2022, an invitation list will be published on the English Gymnastic Website for the clubs to see who has qualified for the Championships. It will be the responsibility of the club to confirm Acceptance to Compete by the 1st closing date: 2nd September 2022. This is to give the competition organisers time to fill any spaces that have not been accepted. Anyone not confirming Acceptance by this date, will have their place given to the next highest score in the ranking list, (2nd closing date is 16th September 2022).

There will be a total of:

Gold Level TRI – 16 x Qualifiers Male and Female

Gold Level DIS TRI – 12 x Qualifiers Male & Female Cat 1 & 2

Gold Level TRS – 10 x Qualifying Pairs Male and Female, (9-10, 11-12 Male Female and Mixed)

Gold Level DIS TRS – 10 x Qualifying Pairs (mixed by any gender/classification/age group)

Gold Level DMT – 12 x Qualifiers Male and Female

Gold Level DIS DMT – 8 x Qualifiers Male & Female (mixed classification)

Gold Level TUM – 16 x Male and Female (all will qualify from the British Gymnastics Spring Event Series only)

Silver Level TRI – 16 x Qualifiers Male and Female

Silver Level DIS TRI – 12 x Qualifiers Male and Female U13 and 13+

Silver Level TRS – 10 x Qualifying Pairs Male and Female

Silver Level DIS TRS – 10 x Qualifying Pairs (mixed by any gender/classification/age group)

Silver Level DMT – 12 x Qualifiers Male and Female

Silver Level DIS DMT – 8 x Qualifiers Male & Female (mixed classification)

Silver Level TUM – (as per page 21)

7. Entry Fees

Entry Fee for the English Qualification Series (TRA / DMT)

Entry into 1 individual discipline	£45
Entry into 2 individual disciplines	£60
Entry into 3 individual disciplines	£70

Entry Fee for the English Championships (TRA / DMT, Silver TUM & Gold TUM)

Entry into 1 individual discipline	£55
Entry into 2 individual disciplines	£70
Entry into 3 individual disciplines	£80

Method of Payment

Payment can be ONLY be made by **Debit/Credit Card** – British Gymnastics will reject payment made by any other method (i.e. cheque or BACS). Payments should be made via the British Gymnastics Online Entry System at the same time as the entry is submitted. **Entry fees are non-refundable after the closing date.**

Late Entries

Late entries will only be considered in exceptional circumstances. In the unlikely event of a late entry being accepted, payment of twice the normal entry fee stated for the competition (up to a maximum late entry fine of £500, not including the original entry fee) will be required for Individuals. Late entries must be made via email to the [EGA Event Enquiries](#) and will then be referred to the Organiser for consideration. The Organiser will have absolute discretion whether to accept a late entry.

Applications will normally only be considered up to 7 days after the closing date.

Withdrawals and Substitutions

Amendments to an entry before the closing date will not incur a penalty and in the case of withdrawals, the entry fee will be refunded (minus a 3% admin charge). **Entry fees are non-refundable after the closing date.**

Where it is necessary to substitute a coach, the club must inform the [EGA Event Enquiries](#) so that the coach can be checked for membership, awards and safeguarding before they can be accredited for the event.

Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute(s) must inform the Organiser immediately on arrival at the venue and produce their coaching award certificate, current British Gymnastics membership card

and current British Gymnastics specific DBS and Safeguarding certificates, otherwise they will be unable to access the competition floor.

8. Provision of Officials

Qualification Series: The EGA will not be responsible for booking any rooms or pay any expenses towards judges’ travel or accommodation during the English Qualification Series. Clubs will be required to nominate judges for the English Qualifying Series when entering gymnasts online.

English Championships: England are now starting to create a list of judges that wish to judge at the English Championships. We would like clubs to encourage their judges to nominate themselves forward to be placed on the England Judge List. The EGTTC’s National judging Co-ordinators for Trampoline and Tumbling will then appoint officials and judges for the English Championships from those put forward. The EGTTC will provide all accommodation and meals at the event but **WILL NOT** provide travel expenses.

Judges for the English Qualification Series should ideally hold the County Judge qualification as a minimum. Judges for the English Championships will be required to hold the Regional Judge qualification as a minimum. For each of these events, however, judges of a lower qualification may be considered for development purposes and should email the [EGA Event Enquiries](#) in the first instance.

Officials required for events.

Number of Competitor Entries per day	Number of Officials Required per day
1-2	1 suitably qualified judge
3-5	2 suitably qualified judges
6-9	3 judges (minimum of 2 qualified judge)
10-14	4 judges (minimum of 3 qualified judge)
15-20	5 judges (minimum of 3 qualified judge)
21+	6 judges (minimum of 4 qualified judge)

If clubs cannot supply the required number of judges, the club will be required to pay a fine of £150 per missing judge, with a maximum charge of £600 for any one club at any one competition. This is so the organisers can try and supply an independent judge to make up for the missing judge/official.

The English Judge Co-ordinator may be inclined to accept officials such as marshals, floor security, door officials in place of a judge. This will be done on a first come, first served basis and once all places are full, the charges above would apply.

Withdrawal/Change of Officials

Please note that any withdrawals of a judge up to two days before the competition will result in a £150 fine per judge withdrawn UNLESS another judge of equal or better quality replaces them. If a judge is withdrawn in the two days before or on the day of the competition, the fine will increase to £300 per judge UNLESS a suitable replacement is found to replace the missing judge. Please note illness on the day DOES NOT permit clubs to withdraw judges without replacing them with another. All fines must be paid in full before the start of the competition or the club will be refused access to the field of play, until the fine is paid in full - **NO EXCEPTIONS.**

Volunteers

Volunteers are vital to help with the smooth running of the competitions. We always welcome volunteers who will be willing to help setup and break down the competition floor at the start and the end of the event. The EGA welcome all young leaders and would be happy to find jobs for all who wish to volunteer to help make our competitions run smoothly. Please email the [EGA Event Enquiries](#) who will be happy to find you a job.

Chaperones

Disability Chaperone: Chaperones may be permitted to provide pastoral care to gymnasts in certain circumstances. Under no circumstances may a Chaperone coach a gymnast. In the case where a gymnast has a disability, the nature of which indicates that it is deemed necessary to have additional support, they will be entitled to have a carer present with them throughout the competition. The carer will not be insured by British Gymnastics to take part in any type of recognised gymnastics activity. The carer will be required to sign a Code of Conduct to ensure they understand the role they are fulfilling within the event environment. The carer will be required to be dressed appropriately if entering the warm-up hall or field of play.

Medical Chaperone: In exceptional circumstances, upon written request, a Chaperone may be approved to provide pastoral care to a gymnast with a medical condition. Written medical verification of the need for the carer (from GP or other medical practitioner) will be required to be submitted to the EGA Event Enquiries via email at least one week prior to the start of the event. The carer will not be insured by British Gymnastics to take part in any type of recognised gymnastics activity. The carer will be required to sign a Code of Conduct to ensure they understand the role they are fulfilling within the event environment. The carer will be required to be dressed appropriately if entering the warm-up hall or field of play.

Supervising Chaperone: The English Gymnastics Event Organisers may authorise Chaperones to assist with pastoral care for gymnasts. The Chaperones must either be qualified as a Level 1 Assistant Coach or be a club/regional Welfare Officer and hold the relevant British Gymnastics Membership and qualifications, DBS/CRB and SPC for their position(s). Supervising Chaperones will not be permitted to enter the field of play.

9. Competition Attire

Gymnasts

- Gymnasts must wear the clothing as described in the Trampoline FIG Code of Points
- Long hair should be braided or tied back so as not to obscure vision.
- Advertising on clothing must adhere to FIG Rules.
- The wearing of GBR or Home Country attire at EGA events is strictly forbidden - unless on International duty for your Home Country.
- Strapping and supports – (refer to FIG Code of Points).
- The removal of leotards on the field of play is not allowed.
- Gymnasts will not be allowed on the competition floor if wearing ANY jewellery. Exceptions are as per [British Gymnastics Guidance](#). If it is impossible to remove items of jewellery they should be taped.

Coaches

- Coaches must wear a tracksuit with full length tracksuit bottoms or full-length tracksuit bottoms with a collared polo shirt or club t-shirt and appropriate gym/training shoes.
- The wearing of GBR or Home Country attire at EGA events is strictly forbidden - unless on International duty for your Home Country.
- Long hair should be braided or tied back so as not to obscure vision.
- Coaches will not be allowed on the competition floor if wearing ANY jewellery. Exceptions are as per [British Gymnastics Guidance](#). If it is impossible to remove items of jewellery they should be taped, and watches should be removed.

Spotters / Competition Marshals

- Spotters must wear clothing as described in the Trampoline FIG Code of Points. Non-compliance may result in removal of the coach/spotter and consequently, for Health and Safety reasons, their gymnast from the competition.
- Spotters will not be allowed on the competition floor if wearing ANY jewellery. Exceptions are as per [British Gymnastics Guidance](#). If it is impossible to remove items of jewellery they should be taped, and watches should be removed.

Judges Uniform

- Dark blazer or suit jacket
- Dark trousers or Skirt
- White shirt
- Black shoes
- For men: a navy blue or English Gymnastics ties
- For ladies: an English Gymnastics scarf should be worn
- Recorders, computer operators and other officials who may be working alongside the judges should dress similarly.

Requests can be made to adopt reasonable clothing modifications at any EGA event on religious or disability grounds. All requests must be submitted using the EGA Clothing Modification Form (attached at Appendix 8) to be sent via email to the [EGA Event Enquiries](#) as soon as an entry is registered to allow enough time for full consideration of the application and any possible health and safety implications.

The chewing of gum is not allowed anywhere on the competition floor at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.

Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication in the Field of Play during the event. Such mobile devices may only be used for monitoring scores and results, where a Scoring App is in operation.

10. General Regulations

Coaches must make adequate provision for the supervision of their gymnasts upon arrival at the venue. Gymnasts will not be allowed to register or begin warm up without their coach present. All gymnasts must have an accredited coach present at the event. If a gymnast attends a competition without a Supervising Coach, they will not be allowed to compete.

Registration

You may only register your gymnast(s)/club when those competing in that section of the event have arrived at the competition venue and intend to compete. Please inform the Registration Desk of any withdrawals as soon as possible.

During registration, accreditation/passes will be issued. Accreditation/passes are non-transferable, and any infringement of this rule may result in disciplinary action being taken by the EGA.

Competition Cards

Competition cards are required at all Levels and competitors may not compete without a valid Competition Card.

It is the coach's responsibility to ensure that the Competition Cards are completed correctly and submitted at the Registration Desk. If no Registration Desk is present, please hand them straight to the Difficulty Judge on the appropriate Panel before the competition/flight starts.

Competition Cards should be marked with asterisks to indicate required elements in EGA/WAG/FIG routines. This must be done prior to the Card being submitted. Likewise, all elements that require a difficulty mark should be identified before the Card can be accepted.

All Cards must be signed by the appropriately qualified Supervising Coach in order to be valid. Competitors may not compete without a valid Competition Card.

Although it is preferred that a template is used, Competition Cards may be submitted on plain paper as long as they are clearly legible and completed FIG notation.

Terms & Conditions of Entry to All Competitions

In addition to the EGA General Rules & Regulations:

All gymnasts that agree to be treated by the EGA appointed medical staff will be bound by the decision of the EGA medical staff in relation to their suitability to compete in the competition.

By entering the competition, you are agreeing to abide by the [British Gymnastics Photography Regulation](#) that the EGA have adopted.

The person making the online entry on behalf of gymnast(s) or a club undertakes to ensure that those who they are submitting an entry on behalf of are fully aware of and agree to abide by the contents of this Handbook.

Code of Conduct

English Gymnastics will follow the [British Gymnastics National Technical Committees Code of Conduct](#).

Trampoline Judges [Code of Conduct](#).

EGA, acting through the Board or its Committees, reserves the right to refuse any entry and disqualify an official, Judge, gymnast or team at any time, if they do not comply with EGA or British Gymnastics Regulations.

Enquiries

By submitting an enquiry, you agree to pay a fee of £50, which must be paid on the day by cash or cheque.

- The Supervising Coach for the Club of the competing gymnasts should make the enquiry with the Chair of the Judges Panel.
- A coach may enquire about the Difficulty score, in accordance with the principles of the FIG Code of Points.
- In addition, in Trampoline, a coach may also enquire if they believe the Time of Flight score to be inaccurate.
- Enquiries can be made only for the Club's own Gymnasts.
- No enquiries can be made about Execution scores, or other penalties.
- Enquiry forms will be published in each event work plan.

A verbal enquiry should be made after the publication of the score and at the very latest before the end of the flight. A fee will only be due if the enquiry is about something other than a missing Time of Flight or a questioning of DD.

If a resolution cannot be made before the start time of the next competitors' routine, the calculated mark will be listed as 'provisional' and will be considered at the end of the flight and before any award ceremony.

The Judge Panel/Judge Competition Co-ordinator cannot accept any photographic analysis at an event unless an official video replay system is available and could be referred to by the Chair of the Judges Panel for the benefit of every competitor.

Competition Apparatus

For EGA events, the following competition apparatus will be used:

- Trampoline: Eurotramp Ultimate 4x4
- Time of Flight Machines and Horizontal Displacement machines, where applicable
- Double Mini-Trampoline: Eurotramp Ultimate 6x6
- Tumbling: GymNova Russian Tumble Track seen at all British Gymnastics Events in 2017, (10m run up, 25m track, 6m landing zone)

Access to Warm-Up Hall

The EGA will make every effort to provide a warm-up hall where space is available. The EGA will aim to provide a floor area to complete a body warm-up. Where space permits, the EGA will look to have warm-up equipment to help prepare athletes' warm-up off the competition floor.

Access to the warm-up hall will be limited to the appropriate number of coaches as defined in the specific details section for each event. On arrival, coaches will need to register and collect their accreditation from the Accreditation Desk. In the case of events spanning more than one day, accreditation may be issued for each day.

Judges will not be allowed into the warm-up hall once the Judges' Meeting has taken place.

The warm-up will be defined by time allotted in the Timetable. If your gymnast was late to the warm-up, they will not be afforded extra time. It is up to the coach and performer to be on time and ready to warm-up and compete.

Food & Drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies. This does not extend to personal drinks in sealable bottles, which will be allowed within the competition area.

Babies and Young Children

In the interests of safety, for the smooth running and professional presentation of the events, babies and young children are not permitted to enter the warm-up hall or field of play, even if they are being supervised by an adult.

Medal Ceremonies

Except in exceptional circumstances, gymnasts who win a medal at EGA events are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony in order to collect their award in person. Medals will only be distributed at events, not by post. Attire for medal ceremonies is according to FIG Rules for World Championships.

Tenure of Trophies

All perpetual trophies remain the property of the EGA.

Perpetual trophies are the responsibility of the winning gymnast. The gymnast is responsible for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the Organiser prior to the competition the following year by either: -

- Making arrangements for it to be delivered to the competition venue on the day of the event.
- Returning it to the competition organiser at least one week prior to the event.

Failure to return or loss of a perpetual trophy will incur a cost to the club.

Spectators Ticket Information

This will be confirmed in the Working Plan created for the specific venue.

Privacy

At many events, English Gymnastics may produce event merchandise (e.g. event t-shirts). These may include the names and/or clubs of the gymnasts taking part.

Where competing gymnasts have a disability, it may be necessary to share the details of this disability with the Organising Committee in order to discuss if modifications to Rules and processes are appropriate arising from this disability.

As previously mentioned, the scores and results from English Gymnastics events, will be published and made available for viewing by members of the public on the EGA Website and on British Gymnastics Find an Event. English Gymnastics will not redact your details from the published results unless there is a justifiable reason to reject an objection to publication.

Etiquette

While competitions can become competitive, please ensure you support every gymnast, coach and parent/guardian involved. Everyone has been involved at some point and every competition/event is a celebration of those efforts.

It is important that the access to the 'Officials area' (judges, scoring etc.) is restricted to authorised personnel only.

The Competition Organiser has the right to withdraw any entry/entries where appropriate etiquette and professionalism is not upheld before, during and after the event. This, therefore, could affect future attendance at events and become a welfare issue.

Photography

It is your responsibility as the coach in charge of your entered team/club to be aware, and have records, of anyone that can/cannot have their photo/video taken for media purposes. If you have anyone that can't, please ensure the Competition Organiser, via the EGA Event Enquiries email, is aware prior to the date of the event, so they can inform the appropriate persons so that any photography/video of them is avoided.

All English Gymnastics competitions are large events, where filming and photography by English Gymnastics accredited Photographers will be taking place. For the 2020 TRA/DMT/TUM Championship Series, our Official Photographer will be [Cecil Paul Studios](#). Images taken at our events may be used by English Gymnastics for the purposes of promotion, education, and development of the sport.

If you have any concerns about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to the English Gymnastics appointed Welfare Officer or English Gymnastics Event Organiser at the event. In the interests of child protection, please do let us know of anything that may be damaging to the welfare of a child.

The **use of flash or supplementary lighting is not permitted** while gymnasts are warming up or competing. Please make sure that the flash is turned off on any device being used as your camera.

The **use of live streaming is not permitted** during any part of this event.

When 'posting' images on personal social media, please ensure the following to reduce the risk of publication of the image (this is not the full list but key from the policy):

- **Personal details are kept to a minimum** – Use of their first name only etc.
- **Suitable, sensible and appropriate image taking/selection** – Avoid such skills as splits and sensitive areas on the body.
- **Blur anyone else out of the image** – Use technology to blur others out the image (if you can't, don't take/post the image).

If the Competition Organiser/Welfare Officer suspects inappropriate photography or filming, the Officer/Organiser should exercise their powers under the conditions to request the person to leave the venue and to surrender any film and/or delete any images relating to the event.

For full details please see the British Gymnastics policies:

- [British Gymnastics Photography Regulation](#)
- [British Gymnastics Safeguarding Children: Safe environment Policy](#)

Complaints and grievances

Complaints about any aspect of the English Championships or any of the qualification events must be raised in writing by either the head coach or club secretary. Please email your complaints to the [EGA Event Enquiries](#). Your complaint will be responded to within 14 days of receipt. No complaints will be entertained if sent by a parent or gymnast.

Drug Free Sport

English Gymnastics follows all British Gymnastics policies and procedures relating to Drugs in sport. The British Gymnastics Guidelines on Anti-Doping are available [here](#).

11. Health and safety

Overview

The health, safety and welfare of all participants (gymnasts, coaches and officials) is the primary consideration. All British Gymnastics policies and procedures will be rigorously applied with regards to health, welfare and safeguarding and protecting children.

The intention of the event is to create a friendly and no-stress/low-pressure environment for all those involved, while allowing gymnasts the opportunity to challenge themselves to do their best. Ensuring the safety of the gymnasts, no matter their age, is a priority in the event set up, programme design and risk assessment, using the guidance set out by British Gymnastics in its [Safe Coaching Practice document](#).

Safeguarding

All Coaches are required to hold a current British Gymnastics specific DBS certificate or Home Country equivalent at the time of the event and have current Safeguarding & Protecting Children Awareness training. Coaches who do not fulfil this requirement will not be accredited or allowed to participate at EGA events. [British Gymnastics Guidance](#).

Welfare

As part of your risk assessments and preparation for the event, please consider the welfare of individual gymnasts, including such items:

- Clothing not being revealing/embarrassing for males, females, and transgender gymnasts/coaches/judges.
- Age of gymnasts when changing, socialising etc.

The EGA will look to appoint an English Gymnastic Welfare officer at each qualifying competition and the Championships as part of its on-going improvement to our competition series. Please see the competition working handbook for the name and details of the selected welfare officer and their team.

Risk assessments

Risk assessments have been carried out for this event, but if you feel there is something/one that may require additional assessment, please contact email the [EGA Event Enquiries](#) ASAP with specific details.

While risk assessments for the event have been completed, your club is responsible for specific risk assessments related to your club e.g., travelling to and from the event etc.

The British Gymnastics Health, Safety and Welfare policy has guidance on such areas and there are a few videos/courses which may help you also:

Resource Title	Type	Link
British Gymnastics Health, Safety and Welfare policy link	Policy	Link
Risk assessment training for clubs	British Gymnastics eLearning course	Link
GDPR Data Security	British Gymnastics eLearning course	Link
GDPR Implementation	British Gymnastics eLearning course	Link

Government Legislation requires that when a Club takes a Gymnast(s) under the age of 18 years on a journey involving an overnight stay, the Club must ensure that there is a designated trained person responsible for child protection on the trip. To adhere to the CPSU Child Protection Standards, this person must not be related to or in a relationship with the Coach attending the trip. The training for the designated person should be British Gymnastics recognised Safeguarding & Protecting Children Awareness training.

Medical Provision

Anyone requiring First Aid assistance should speak to the Organiser. It is recommended that all coaches have a First Aid kit with them for minor injuries.

At all EGA events, an official medical team will be appointed and will be available to treat gymnasts who sustain an injury at the event. The medical team are not able to treat pre-existing or chronic injuries. Any injury occurring or injury requiring treatment during the official training or competition, must be reported to the medical team, to ensure a record can be kept of treatment given and by whom.

The decision of the Competition Organiser based upon the recommendation of the EGA appointed medical officer as to the gymnast's health and medical status and their ability to compete at the event is absolute and final.

Emergencies

As part of event, everyone attending must adhere to the emergency procedures and follow the professional guidance of the Competition Organiser and members of staff from the venue. Below is a brief guide of the venue emergency procedures.

In the event of the emergency alarms sounding, please evacuate via one of the following routes:

- These will be highlighted on the day during a safety briefing

Coaches are to ensure all their gymnasts are kept together until registered and then handed back to their responsible adult.

Allergies

As part of the safety for everyone, please ensure you pass on the message to all your coaches, gymnasts, judges, and parents/spectators that any food being brought to the event should be **nut free** and keep in mind any other potential allergies that could be affected by food being brought.

Appendix 1 – Routine Requirements

Individual Trampoline

English Silver 9-10 Age Group

The routine consists of 10 different elements, only four (3) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements:

1. One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation
2. One (1) element from front or back - in combination with requirement No. 1

Second exercise requirements:

1. See maximum DD Cap for Silver competitions on page 14)

English Silver 11 – 12 Age Group

The routine consists of 10 different elements, only two (2) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements:

1. One (1) element landing on the front or back of the body with a minimum of 270° of somersault rotation
2. one (1) element from front or back - in combination with requirement No. 1 with a minimum of 450° of somersault rotation

Second exercise requirements:

2. See maximum DD Cap for Silver competitions on page 14)

Silver 13 – 14 Age Group & Masters Youth

The routine consists of 10 different elements, only two (2) elements allowed with less than 270° of somersault rotation. Each element meeting the requirements must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combing them into one element, but must be performed as separate elements:

1. One (1) element landing on the front of the body
2. One (1) element landing on the back of the body
3. One (1) element with a minimum of 360° twist and minimum of 360° somersault rotation

Second exercise requirements:

3. The minimum exercise degree of difficulty for Masters Youth is 5.2 for males and female gymnast. (See table page 14 for Silver maximum difficult caps)
4. Maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption.
5. The degree of difficulty is capped at 1.3 per element.
6. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements
7. The performing of triple and/or quadruple somersaults is prohibited and will result in disqualification.

Gold 13 – 14 Age Group & Silver 15 – 16 Age Group

The routine consists of ten (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 (1) element, but must be performed as separate elements:

1. one (1) element to front or back
2. one (1) element from front or back - in combination with requirement No. 1
3. one (1) double front or back somersault with or without twist and
4. one (1) element with a minimum of 540° twist and minimum of 360° somersault rotation

Second exercise requirements:

8. The minimum exercise degree of difficulty is 7.0 for males and female gymnast. (See table page 14 for Silver maximum difficult caps)
9. Maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption.
10. The degree of difficulty is capped at 2.0 per element.
11. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements
12. The performing of quadruple somersaults is prohibited and will result in disqualification.

Gold 15 – 16 Age Group, Masters Junior, Silver 17+ Age Group

The routine consists of ten (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 (1) element but must be performed as separate elements:

1. one (1) element to front or back
2. one (1) element from front or back - in combination with requirement No. 1
3. one (1) double front or double back somersault with or without twist and
4. one (1) element with a minimum of 540° twist and minimum of 360° somersault rotation

Second exercise requirements:

1. The minimum exercise degree of difficulty for Gold 15-16 and Silver 17+ is 7.6 for males and female gymnast. (See table page 14 for Silver maximum difficult caps)
2. The minimum exercise degree of difficulty for Masters Junior is 9.0 for males and female gymnast.
3. Maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption.
4. The degree of difficulty is capped at 2.0 per element.
5. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements
6. The performing of quadruple somersaults is prohibited and will result in disqualification.

Masters Senior

The Gymnasts will perform 2 Voluntary exercises which must contain ten (10) different elements, each with a minimum of 360° somersault rotation.

1. Highest scored exercise will be used to rank the gymnasts for qualification.
2. Maximum of 1 body landing allowed, performing more than 1 body landing will be deemed an interruption.
3. Minimum difficulty requirements for male is 9.6 and female gymnast.
4. There is no difficulty cap at English events for senior gymnasts.
5. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements

English Disability Routine Requirement

Silver Requirements

Routine 1:

1. BSS (T)
2. Straddle Jump
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)

Routine 2: The voluntary routine will have a MAXIMUM difficulty limit of 3.4. The penalty for gymnasts exceeding the 3.4 difficulty limit will be that the gymnast will only receive the maximum difficulty plus a 2.0 penalty from the difficulty judge and they will also not be eligible to qualify for the English Championships.

Gold Requirements, and Disability Synchronised Trampoline

Routine 1:

1. BSS (T)
2. Straddle Jump
3. Barani (T)
4. Tuck Jump
5. BSS (T) to Seat Landing
6. ½ Twist to Feet
7. ½ Twist Jump
8. Pike Jump
9. ½ Twist to Front Landing
10. To Feet

Routine 2: The voluntary routine will have a MINIMUM difficulty of 3.5. The penalty for failing to meet the minimum difficulty requirements will be a 2.0 penalty from the difficulty judges and the gymnast will not be eligible to qualify for the English Championships.

Appendix 2 – Silver TUM Competitions

NDP LEVEL	GENDER	AGE GROUP				
		9-10	11-12	13-14	15+	
CCL 5	Male	9-10	11-12			
CCL 5	Female	9-10	11-12			
CCL 6	Male	9-10	11-12	13-14		
CCL 6	Female	9-10	11-12	13-14		
RCC 1	Male	9-10	11-12			
RCC 1	Female	9-10	11-12			
RCC 2	Male		10-12	13-14	15+	
RCC 2	Female		10-12	13-14	15+	
RCC 3	Male				U13	O13
RCC 3	Female				U13	O13
RCC 4	Male	9-10	11-12	13-14	15+	
RCC 4	Female	9-10	11-12	13-14	15+	

CCL 5 & 6 2 competitors/region/gender/age group

RCC 1-4 3 competitors/region/gender/age group

Appendix 3 – Frequently Asked Questions

For difficulty in all disciplines §18.1 of the FIG Code of Points will apply. For the different age groups in the different disciplines this means following limitations to the difficulty in a single element:

	<i>Youth (9-12) years</i>	<i>13-14 years</i>	<i>15-16 years</i>	<i>17-21 years</i>
<i>TRA</i>	1.3	1.7	2.0	2.0
<i>TUM</i>	2.7	3.5	4.3	4.3
<i>DMT</i>	3.6	4.4	4.6	4.6

* For 11-12 years old, triple somersaults are prohibited

* For all age groups, quadruple somersaults are prohibited

Any abuse of this rule(s) will result in the disqualification of the gymnast.

Tie Breaks

In the case of a tie at any place, the tie will not be broken. The tied gymnast will have the same rank and subsequent ranks will be skipped. In preliminary rounds, if a tie occurs, the tie will be broken in order to anticipate who will proceed to the next round.

Art. 4.4 Tie-breaking rules

These tie-breaking rules define how to determine which gymnast or team should prevail in case of equality of points.

Art. 4.4.1 Individual Trampoline

In case of a tie, in points at any place in the first Round of Qualification, the ranking will be determined by the following criteria:

1. The gymnast with the higher E-score in the routine prevails
2. The gymnast with the higher H scores prevails
3. The gymnast with the higher T-score in the routine prevails

If there is still a tie, the tie will not be broken.

Art. 4.4.2 Synchronised Trampoline

In case of a tie, in points at any place in the Qualifying Round, the ranking will be determined by the following criteria:

1. The pair with the higher sum of the E-scores of both routines prevails
2. The pair with the higher sum of the S-scores of both routines prevails
3. The pair with the higher sum of the H scores of both routines prevails

If there is still a tie, the tie will not be broken.

Tumbling

In case of a tie, in points at any place in the Qualifying Round, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the E-scores of both passes prevails

2. The gymnast with the higher E-score of the 2nd pass prevails
If there is still a tie, the tie will not be broken.

Double Mini-Trampoline

In case of a tie, in points at any place in the Qualifying Round, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the E-scores of both passes prevails
2. The gymnast with the higher E-score of the second pass prevails

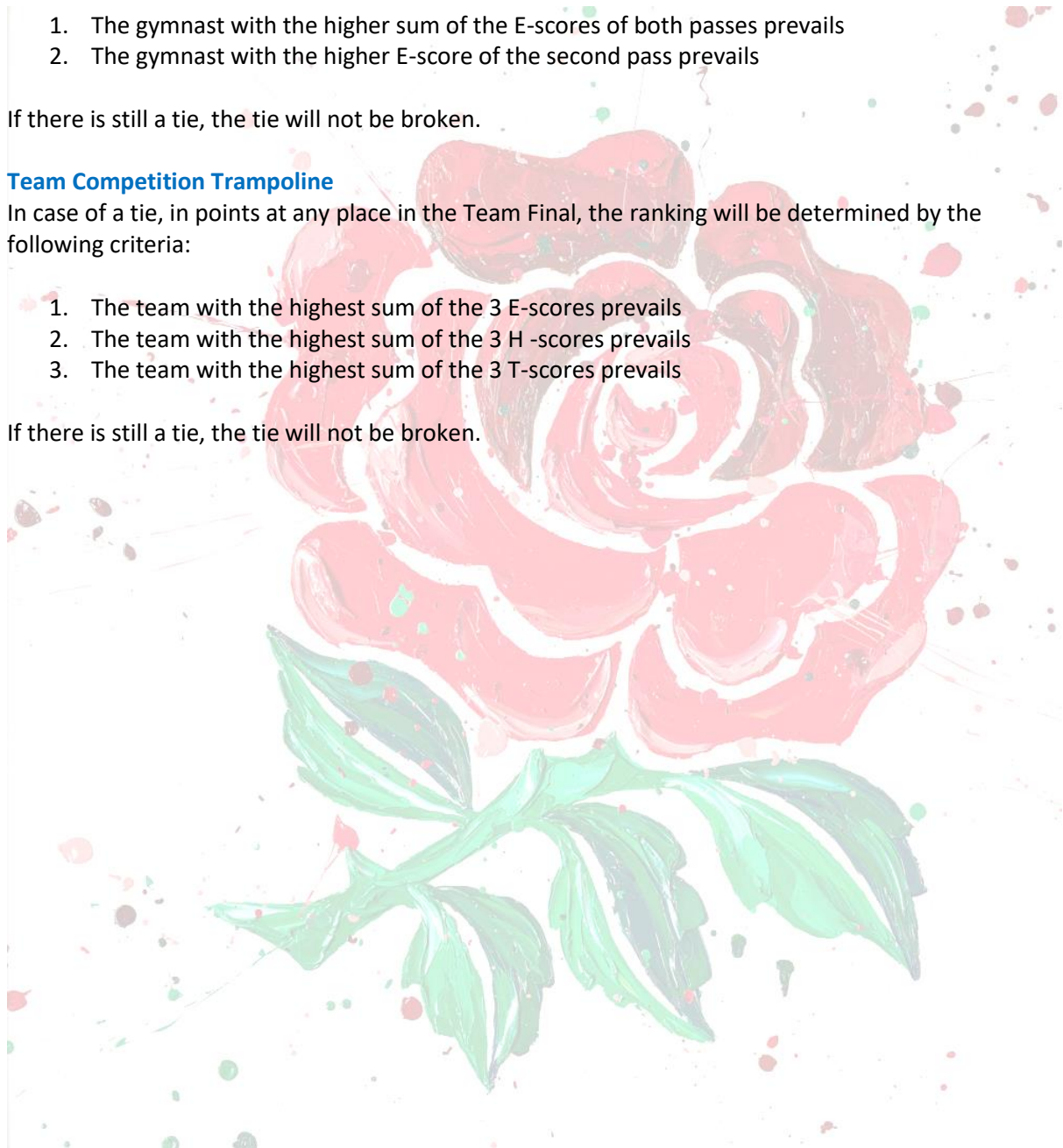
If there is still a tie, the tie will not be broken.

Team Competition Trampoline

In case of a tie, in points at any place in the Team Final, the ranking will be determined by the following criteria:

1. The team with the highest sum of the 3 E-scores prevails
2. The team with the highest sum of the 3 H -scores prevails
3. The team with the highest sum of the 3 T-scores prevails

If there is still a tie, the tie will not be broken.



Appendix 4 – Time of Flight Protocols

(Time of Flight Measurement Device = TMD)

ToF Score (T-Score) Protocol

The T score will be determined by the measurement retrieved via the TMD. In the event of this NOT being achieved the following back up protocols will be adopted:

ToF Back-up Protocol 1

In the first instance, the T score will be determined using the TMD's recommended T-Score retrieval software-VTimer.

ToF Back-up Protocol 2

In the event of the routine being missed on both the TMD and the capturing software, the competitor will be authorised another attempt(s). The authorisation will be granted based on 'faulty equipment'. In this scenario, the original E and D scores will remain the same. The attempt(s) will be judged only by the ToF judge and the routine being verified by the D judges. Should this happen, the following regulations will be applied:

The Chair of judges will negotiate only with the gymnast's coach for the most opportune moment for him/her to have their second attempt(s), (this must be completed within the time scale permitted as outlined in the event timetable).

The second attempt/s will be judged only by the ToF judge. The original E and D score will remain operative.

The gymnast must compete with the exact same routine as the one in which their T-score was missed.

In the event the gymnast fails to complete their routine after an agreed amount of attempts the T-score will be calculated based on previous scores.

ToF Back-up Protocol 3 (Previous Scores)

In the event of the gymnast failing to complete their attempts the T-score will be based on the T-score from the last (or previous) qualification event(s). However, the routine would have needed to be the same. Should this not be possible, this protocol will not be used, and Number 4 will become operative.

Appendix 5 – Tie Break Rules

Rules can be found at link [here](#), pages 101-103 (art. 4.4).

Art. 4.4 Tie-breaking rules

These tie-breaking rules define how to determine which gymnast or team should prevail in case of equality of points.

Art. 4.4.1 Individual Trampoline

In case of a tie, in points at any place in the first Round of Qualification, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the E-scores of both routines prevails
- If there is still a tie, the tie will not be broken.

Art. 4.4.2 Synchronised Trampoline

In case of a tie, in points at any place in the Qualifying Round, the ranking will be determined by the following criteria:

1. The pair with the higher sum of the E-scores of both routines prevails
2. The pair with the higher sum of the S-scores of both routines prevails
3. The pair with the higher sum of the H scores of both routines prevails

If there is still a tie, the tie will not be broken.

Art. 4.4.4 Tumbling

In case of a tie, in points at any place in the Qualifying Round, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the E-scores of both passes prevails
2. The gymnast with the higher E-score of the 2nd pass prevails

If there is still a tie, the tie will not be broken.

Art. 4.4.6 Double Mini-Trampoline

In case of a tie, in points at any place in the Qualifying Round, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the E-scores of both passes prevails
2. The gymnast with the higher E-score of the second pass prevails

If there is still a tie, the tie will not be broken.

Art. 4.4.8 Finals in all disciplines (IND / SYN / TUM / DMT)

Final TRA Individual

In case of a tie, at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher E-score prevails
 2. The gymnast with the higher H-score prevails
 3. The gymnast with the higher T-score prevails
- If there is still a tie, the tie will not be broken

Synchronised Trampoline - Finals

In case of a tie, in points at any place, the ranking will be determined by the following criteria:

1. The pair with the higher E-score prevails
2. The pair with the higher S-score prevails

3. The pair with the higher H-score prevails

If there is still a tie, the tie will not be broken.

Double Mini-Trampoline - Final

In case of a tie, in points at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the E-scores of both passes prevails
2. The gymnast with the higher E-score of the second pass prevails

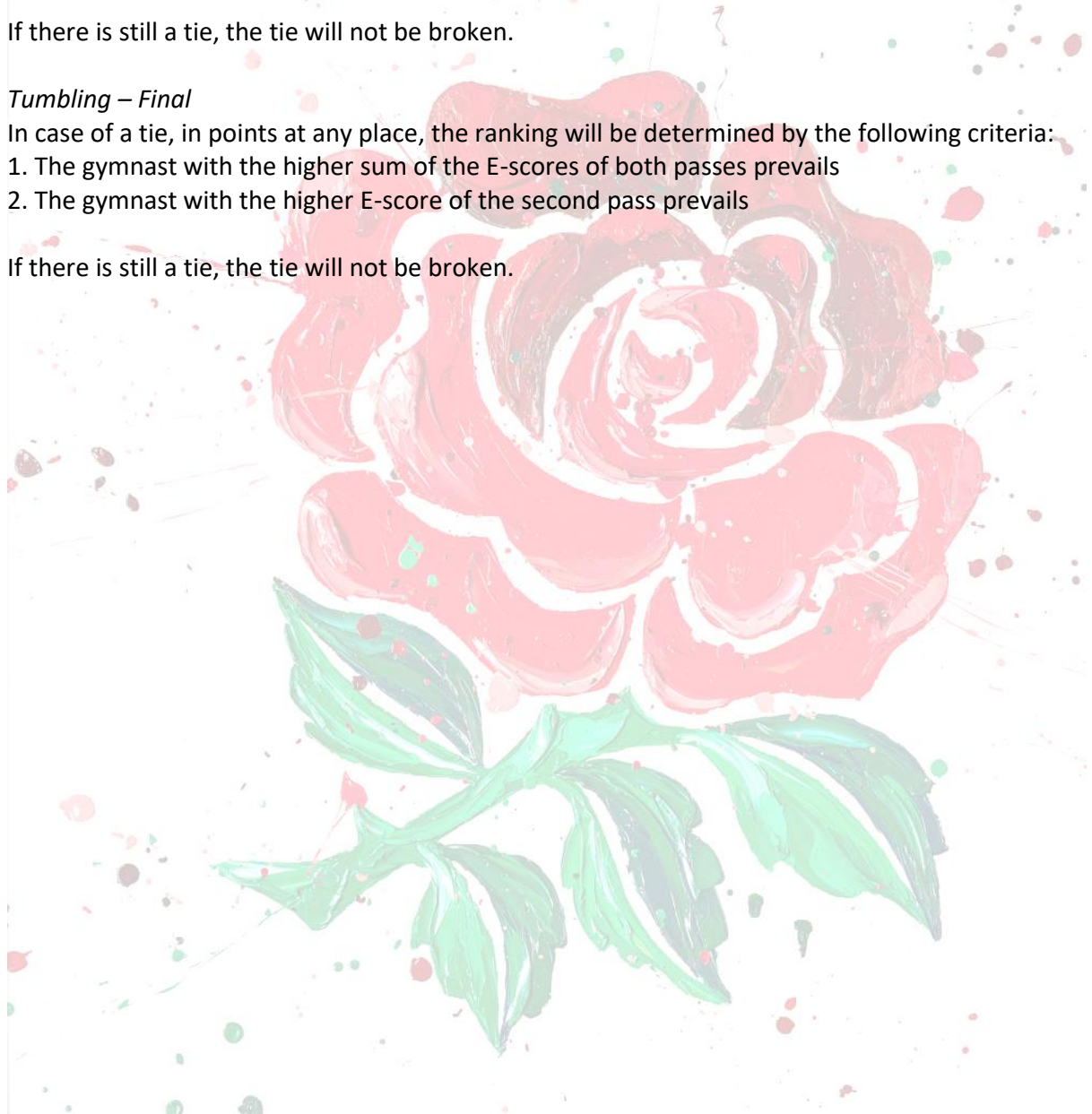
If there is still a tie, the tie will not be broken.

Tumbling – Final

In case of a tie, in points at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the E-scores of both passes prevails
2. The gymnast with the higher E-score of the second pass prevails

If there is still a tie, the tie will not be broken.



Appendix 6 – English Gymnastics and English Regional Websites

English Gymnastics:

England: www.englishgymnastics.org.uk

English Regions:

East: www.british-gymnastics.org/east

East Midlands: www.emgymnastics.org.uk

London: www.london-gymnastics.co.uk

North: www.northgymnastics.org.uk

North West: www.nwga.org.uk

South: www.british-gymnastics.org/south

South East: www.british-gymnastics.org/south-east

South West: www.british-gymnastics.org/south-west

West Midlands: www.wmgymnastics.org.uk

Yorkshire: www.british-gymnastics.org/yorkshire



ENGLAND VOLUNTEERS



If you think you would like to help with the organising or running of the competition, please contact us. We are looking for volunteers both adult and children. Those of you completing your Duke of Edinburgh Award Scheme, or those who feel a need to volunteer your time to a sport that is so close to the hearts of us all. Come along and help make the days of Qualification and Championships competitions smoother. If you are interested, please contact our EGA Event Enquiries via Email.

Jobs include:

- March on Managers
- Warm Up Managers
- Medal Ceremony (Children Only)
- Door Staff (Adults only)
- Ticket Sellers (Adults Only)
- Check in Staff
- Welfare Officer
- Judge Refresher

Thank you in advanced for any help you can provide