



Salford Trampoline Club Cup 2023

Version 1

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Version History

This booklet is an addendum to the rules. All existing competition rules not covered by this document remain in force until further notice. Please refer to the current British Gymnastics Code of Points for competition rules.

Salford Trampoline Club reserves the right to make amendments to the handbook considering changes enforced by British Gymnastics or for any other reason. Every effort will be made to communicate the changes at least 2 weeks before a 'series Event'. Changes will be communicated through the Email.

All versions will be listed on this page, with reference to any amendments made.

Version	Effective from	Amendments
1	1 st January 2023	Version 1

Changes to Document

Contact Information

Please note that when contacting the club, we will aim to get back to you within 48 hours.

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Salford Club Cup Series 2023

Introduction

Welcome to the second year of the 'Salford Trampoline Club Cup Series'. Our annual competition series consists of two qualification events and a Final. We hope people will enjoy taking part in our competition series. In 2023 we are making slight alterations to 'Level 4 & 5' by introducing a voluntary 2nd routine. I would like to thank you for taking your time to read through this document which will give you the details for the upcoming competition series and look forward to welcoming you and your gymnasts in 2023.

Competition Dates

Competition Dates & Details				
	Date of Comp	Opening Date	Closing Date	Disciplines
Salford Club Cup Series Qualifier 1	24 th June 2023	24 th April 2023	19 th May 2023	TRI / DIS
Salford Club Cup Series Qualifier 2	8 th October 2023	21 st August 2023	8 th September 2023	TRI / DIS
Salford Club Cup Championship	10 th December 2023	9 th October 2023	3 rd November 2023	TRI / DIS

Venue

Salford Gymnastic Centre

Camp Street

Higher Broughton

Salford

M7 1ZT

Entries

Entries for Salford Trampoline Club Cup Series should be made by completing the appropriate entry sheet attached and send it back to info@cityofsalfordtc.com.

All clubs and competitors must be current BG members, they should also be at least 6 years of age in the year of competition. Clubs are advised to register competitors with BG before the entry is complete, all entries must include BG numbers, **WITHOUT EXCEPTION**. If the entry is made without a BG numbers your gymnasts will not be entered into the competition.

Entry fees

Cost to enter the competition will be £20.00 per competitor.

Method of Payment

Payment can ONLY be made by BACS all other payments will be rejected. Payments should be made to:
Account No: 21333610 Sort Code: 01-01-97

Entry fees are non-refundable after the closing date.

Competition Details

The competition will consist of individual Trampolining with BG's Club levels 1 – 3 and our own addition of levels 4 and 5. The age groups are set out in the table below. We will not run a separate disability competition but encourage anyone with disabilities to come along and join in.

The competition series will consist of 2 qualification events followed by a Final. There will be a maximum of 16 places available to gymnasts in the finals. Qualification to the finals will be based on the best two routine scores received at the same event. These will be ranked, and invitations will be sent out to each qualifier.

The Series Qualification Rounds

For levels 1-3, the qualification rounds will consist of two of the same exercise with the top 3 places receiving a medal. For levels 4 & 5 will consist of one set exercise and one voluntary exercise, with the top 3 places receiving a medal. You may change levels during the competition series, but your previous score will no longer count towards the finals.

The Series Final

The Final will consist of two preliminary rounds with the top 8 gymnasts from the preliminary rounds competing in the final. The final is based on accumulative scores. This means we will NOT run a zero final. The top 3 gymnasts will receive an award. *(Note that the running order for the final will be the same as the preliminary round)*

Trampoline Age Groups

Age Group	Level 1	Level 2	Level 3	Level 4	Level 5
7-8 Yrs	✓	✓	✓	✓	✓
9-10 Yrs	✓	✓	✓	✓	✓
11-12 yrs	✓	✓	✓	✓	✓
13-14 yrs			✓	✓	✓
15+ Yrs				✓	✓

Routines

Levels 1-3 gymnasts are required to complete the same routine twice, level 4 & 5 are required to compete a set exercise and a voluntary exercise. Both score from a single event will be used to rank the gymnasts for invitation to the FINALS in December. For all routine criteria please see information on pages 9 & 10.

Warmups:

- For individual Trampolining there will be an allotted time for a general warm up or a minimum of 4 Warmups
- Gymnasts are expected to form an orderly queue for warmups
- Gymnasts should warm up both their routines within the time allotted
- A separate one touch warm up will be taken before the first compulsory routine
- There will be no further warmup before the second routine.
- Where required, there will be one further warm-up for final routines, and a two touch will be allotted if there is more than one flight in the preliminary rounds.

Teams

Team medals will be awarded in all groups in the competition. Awards will be given to the top 3 teams. Teams must be submitted with the entry. Changes to teams will only be permitted before the competition starts, (before flight 1 begins). No changes to teams can be made after the competition has started. Changes should be submitted to the competition organisers desk.

Competition Equipment

Each Panel will be equipped with Eurotramp Trampolines.

Scoring

Gymnasts will be scored in accordance with BG guidelines. Gymnasts must complete both routines within the same competitions for them to be ranked for the Finals. There will be a maximum of 6 execution judges and a minimum of 4, not including 2 difficulty judges. We will not include ToF or HD during this competition series. In a tied score situations, the tied spot will be split by

1. Highest exercise one score, if they are the same you move to number 2.

2. Highest exercise two score, if this is also the same move to number 3
3. Highest individual judge execution score in exercise 1, if this is the same move to number 4.
4. Highest individual judge execution score in exercise 2, if the same and no break can happen two medals will be awarded.

Awards

The three highest-scoring competitors in each group will receive awards. We will give awards to the top three teams.

Spectator

Spectators are welcome with an entry cost to the competition of £2 per adult, children go free.

Dress Code

Females

- Please note the permitted dress code/rules for competition – (FIG and BG rules)
- Leotard with or without sleeves (Must be skin-tight)
- Long tights may be worn but must be skin-tight and the same colour as main body of the leotard
- Any other ‘dress’ which is not skin-tight is not allowed
- For reasons of safety, covering the head is allowed, but it must be a sports hijab and not cover the eyes
- Trampoline shoes and/or white foot covering must be worn
- At the 7-8 and 9-10 age groups, shorts and T-shirts will be permitted but it is advised that you try and adhere to the above criteria if possible.

Males

- Sleeveless or short sleeved singlet
- Gymnastic trousers or gymnastic shorts, (must not be dark colours)
- Trampoline shoes and /or of the same colour as the trousers or white
- At the 7-8 and 9-10 age groups, shorts and T-shirts will be permitted but it is advised that you try and adhere to the above criteria if possible.

Competition attire for judges and officials

- All judges, recorders and computer operators must wear BG uniform as below:
- **Men:** Navy or dark coloured suit jacket / blazer / jumper, navy or dark coloured trousers (not track suit/jogging bottoms), white shirt (not T-shirt), black shoes suitable for a gymnasium floor. Judges are encouraged to wear a BG, NWGA, or dark, single colour tie to present the professional image that NWGA show at competitions.
- **Ladies:** Navy or dark coloured blazer and/or jumper, navy or dark coloured skirt or trousers (not track suit/jogging bottoms), white blouse, black shoes suitable for a gymnasium floor.

- If it is cold in the centre and you need to wear a coat or warm jacket, please try to ensure it is a dark colour.
- **Marshals:** warm-up marshals and spotters should wear track suit or similar and trainers.

General Information

- Spectators are not permitted on the field of play
- Coaches, competitors, and their spotter are only permitted on the field of play during their competition flight
- Competitors and spotters should remain in the corrals until they are released to compete
- No items of clothing or drinks should be left on the field of play during the competition, you must remove it back to your corrals after the warmups.
- Results will be displayed via print outs in designated areas around the hall.

Other Information

- All visible physio taping must be skin coloured
- Underwear must not be showing
- All jewellery must be removed. If unable to remove earrings and wedding bands these must be taped with skin coloured tape
- Officials must be dressed in accordance with the officials notes
- Competitors must wear competition kit for presentations
- Only flat shoes may be worn on the matting surrounding the trampolines
- Point deductions for dress violations will be deducted in accordance to British Gymnastic code of points.

Photography:

- It is no longer necessary for people to register their intention to take photos and/or videos. However, please see the BG policy at:
<https://www.british-gymnastics.org/documents/departments/membership/safeguarding-compliance/safeguarding-and-protecting-children/7769-safeguarding-children-safe-environment-06-2016/file>
- Only designated photographers are allowed to take photographs or videos on the field of play.

Trampoline Routine Criteria

Level 1

1. Front Landing
2. To Feet
3. Straddle Jump
4. Seat Landing
5. To Feet
6. ½ Twist Jump
7. Tuck Jump
8. Pike Jump
9. Back Landing#
10. 10. To Feet

Level 2

1. ½ Twist to Front Landing
2. To Feet
3. Straddle
4. Seat Landing
5. ½ Twist to Seat Landing
6. ½ Twist to Feet
7. Tuck Jump
8. Pike Jump
9. Back Landing
10. ½ Twist to Feet

Level 3

1. Full Twist Jump
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. Front Somersault (T)

<p style="text-align: center;"><u>Level 4</u></p> <ol style="list-style-type: none"> 1. Back Somersault (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. Front Somersault (T) 	<p style="text-align: center;"><u>Level 4</u></p> <p>Voluntary exercise must consist of no more than 3 rotations of 360 degrees, of somersault rotation and no more than 180 degrees of twist rotation. There is a maximum skill difficulty of 0.6 for a single skill.</p>
<p style="text-align: center;"><u>Level 5</u></p> <ol style="list-style-type: none"> 1. Back Somersault (T) 2. Straddle Jump 3. Back Somersault to Seat (T) 4. ½ Twist to Feet 5. ½ Twist Jump 6. Pike Jump 7. Back Landing 8. ½ Twist to Feet 9. Tuck Jump 10. Barani (T) 	<p style="text-align: center;"><u>Level 5</u></p> <p>Voluntary exercise must consist of no more than 5 rotations of 360 degrees, of somersault rotation and no more than 180 degrees of twist rotation. There is a maximum skill difficulty of 0.6 for a single skill.</p>