



British Schools Gymnastic Association



2019 - 2020  
**Handbook**



# INDULGENCE

SUMMER 2019/20



PROUD TO SPONSOR BSGA  
[WWW.MILANO-PRO-SPORT.COM](http://WWW.MILANO-PRO-SPORT.COM)

# IMPORTANT INFORMATION

Please be aware that closing dates *for the Milano Team & School Gym National finals along with the music for these finals needs to be strictly adhered to this year.* Under no circumstances, will BSGA be accepting late entries or late music. *The closing dates for entries and music are in the calendar.*

Please ensure you send your music with a 'read receipt' to confirm receipt of music – if there is a technical issue with your music you will be contacted by **email**.

A further more detailed explanation of the rules can now be found at [www.BSGA.org](http://www.BSGA.org) this includes dress regulations and the break down of composition for Floor routines.

Acrobatic Disability Gymnastics  
All entries proceed straight to the National Final!  
Gymnasts **DO NOT** have to attend the same school!

O14 Acro pairs and groups can **EITHER** have one balance  
**OR** individual skill from the U14 age group.

## BSGA AGE GROUPS

The BSGA age groups for all disciplines will remain the same as 2018/19. Gymnasts competing in Trampoline, Tumbling and Acrobatic Pairs gymnastics all have to compete in the correct age group. Gymnasts cannot compete up an age group. Gymnasts in the Acrobatics (Groups), Milano Team and Floor & Vault will have to compete in age, with the exception of only one gymnast who will be allowed to move up an age group to form a team providing they are from the same school. eg: Floor & Vault - maximum of 6 gymnasts per team, minimum of 4. Only one gymnast can move up an age group to complete the team. U19 team can have only 1 x U14 gymnast and 3-5 x U19 gymnasts or all U19.

Milano Team – Maximum of 4 gymnasts per team, minimum of 3. Only one gymnast can move up an age group to complete the team. U16 team can have 1 x U13 gymnast and 2 or 3 x U16 gymnasts or all U16.

Acrobatics - Groups – 6 gymnasts per team. Only one gymnast can move up an age group to complete the team. O14 Team can have 1 x U14 gymnast and 5 x O14 gymnasts.

Please note the days that each age group will be competing in the Milano Team competition this year, a reversal of previous years.

## **BSGA Chair's Report 2019**

As I review what BSGA has achieved this year, I am always impressed by the incredible commitment of the many volunteers who work on behalf of the BSGA. Our regional representatives around the United Kingdom continuously go beyond what could practically be expected to deliver fantastic competitions for our school membership. Thank you BSGA executive and those working in the regions on our behalf.

This year we have listened to what our member schools have said and simplified the handbook making it easier for schools to understand the rules across all disciplines. 2018/19 also saw the tightening up of the age groups which has received a mixed response, however the intention was to try to allow more schools the opportunity to field correctly aged teams and I am delighted to report that the number of teams in the floor and vault final has not decreased as a result of the new ruling and in fact we have 9 brand new schools now competing in the finals in the older age groups which is a resounding success.

We have continued to see increased support for our gymnastics competitions and increased recognition that this physical activity has much to offer in a 'rounded' education. The revival of the English Schools Gymnastics Association is a welcome addition to the gymnastics program and BSGA is supporting the organisation through the loan of equipment for their first National Finals to be held in June this year. Trampoline has seen record numbers of participants in their national finals due to the new categories.

The overall standard across all disciplines improves year on year and some of our traditionally successful teams are increasingly being challenged by this new generation.

The BSGA accounts indicate we now can operate our program on a "break-even" budget. I wish to acknowledge the financial support from our main sponsor Neil Fox and the Milano Pro-Sport team in Preston and not least our hard working and committed competition organisers that all help to make this possible.

The number of visits to the website and the Facebook page continue to increase. We are committed to developing our digital reach, using innovative ways to expand our message, deepen our connection with members and enhance the overall experience, and ultimately create lasting long-term interest in the association. Online affiliations are now at an all time high making the process more efficient for all those involved.

Whilst the association can claim much success over the last year there are still aspects where we can improve in order to secure a sustainable and valued future for BSGA. The association must continue to attract more schools and while school budgets are cut BSGA events must remain affordable and worthwhile for all involved. We need to attract younger volunteers into the organisation at both regional and national level, this is essential if we are to give more children the opportunity to benefit from gymnastics competitions and will ensure an enduring legacy for the association. We need the involvement of many more schools, especially primary schools to feed up through the system. The regeneration of English Schools will hopefully help to encourage more interest in the sport at the grass roots level. GymFest is a fun and more relaxed side to the association with ample potential to grow.

Once again, I would like to thank you for your continued support to British Schools Gymnastics Association and look forward to working with you all in the future.

*Jamie Weller*

*Chairman of British Schools Gymnastics Association*

# Contents

Chair's Report . . . . .	2
Calendar . . . . .	4
BSGA Officers and Committee . . . . .	5
Regional Information:	
East . . . . .	6
East Midlands . . . . .	6
London . . . . .	7
North of England . . . . .	7
North West . . . . .	8
Northern Ireland. . . . .	8
Scotland. . . . .	9
South . . . . .	9
South East . . . . .	9
South West. . . . .	10
Wales.. . . .	10
West Midlands . . . . .	11
Yorkshire . . . . .	11
Rules Common to all BSGA Competitions . . . . .	15
Milano Team Competition Rules . . . . .	21
GymFest 2020 Information . . . . .	26
Acrobatic & Tumbling Gymnastics Competition Rules . . . . .	28
Acrobatic Gymnastics Disability Rules . . . . .	35
National Schools Trampoline Competition Rules. . . . .	42





## CALENDAR 2019 - 2020

<b>Nov</b>	16	ISGA	2 Piece Championships	Royal Masonic School
	23	IAPS	Girls Championships	Kent College
	24	SE	Schools Trampoline	Rebound Centre, Gillingham
	30	WM	Milano Team Regional Final	Fenton Manor, Stoke-on-Trent
<b>Dec</b>	1	SE	Milano Team Regional	Tormead School
	1	EM	Regional Trampoline	Hinckley Leisure Centre
	1	L	Regional Trampoline	Harlington Sports Centre
	1	S	Regional Trampoline	TBC
	1	W	Regional Trampoline	SWNC Cardiff
	6	L	Milano Team Regional Final	Streatham & Clapham
	8	N	Regional Trampoline	TBC
<b>Jan</b>	18/19	ISGA	4 Piece National Final	TBC
	18	NW	Milano Team Regional Final	Walton-le-Dale
	18	Central	Trampoline Zonal Final	SWNC, Cardiff
	18	South	Trampoline Zonal Final	Rebound Centre, Gillingham
	23	W	Milano Team and Floor & Vault Finals	SWNC Cardiff
	25	WM	Acrobatics, Disabilities & Tumbling Final	Fenton Manor, Stoke-on-Trent
	26	N	Milano Team Regional Final	Royal Grammar School Newcastle
	26	E	Acrobatics & Tumbling Final	Milton Keynes Gymnastics Centre
	26	SE	Acrobatics, Disabilities & Tumbling Final	Tonbridge Grammar School
	26	SW	Milano Team Regional Final	Kingsley School
<b>Feb</b>	2	E	Milano Team Regional Final	Haberdasher Askes Boys School
	2	SW	Floor & Vault Regional Final	Kingsley School, Bideford
	2	NW	Acrobatics, Disabilities & Tumbling Final	St Bede's Blackburn
	2	N	Acrobatics, Disabilities & Tumbling Final	Northern Hope GC, Birtley
	<b>3</b>		<b>Closing date for Regional entries for Milano Team National Final</b>	
	8	WM	Floor & Vault Regional Final	Fenton Manor, Stoke-on-Trent
	8/9	L	Floor & Vault Regional Final	Lady Eleanor Holles
	9	SE	Floor & Vault Regional Final	St John's School, Gravesend
	16	NW	Floor & Vault Regional Final	St Bede's Blackburn
	W/C 24	N	Floor & Vault Regional Final	Carlisle GC
	27	W	Acrobatics & Disabilities Regional Final	SWNC Cardiff
<b>March</b>	1	SW	Acrobatics, Disabilities & Tumbling Final	Sherborne
	<b>2</b>		<b>DEADLINE FOR MUSIC FOR MILANO TEAM NATIONAL FINAL</b>	
	3	E	U14 & U19 Floor & Vault Regional Final	Chelmsford Gym Club
	5	W	Tumbling Regional Finals	
	6/7/8	ISGA	National Championships	Port Regis School
	8	E	U11 Floor & Vault Regional Final	Chelmsford Gym Club
	11	L	Acrobatics & Tumbling Final	Sutton High School
	<b>13</b>		<b>Milano Team National Finals U16 &amp; U13</b>	<b>Fenton Manor, Stoke-on-Trent</b>
	<b>14</b>		<b>Milano Team National Finals U19 &amp; U11</b>	<b>Fenton Manor, Stoke-on-Trent</b>
	14		National Trampoline Finals	Places Leisure, Eastleigh
	<b>23</b>		<b>Closing date for Regional entries for School Gym 2020 National Final</b>	
<b>April</b>	<b>20</b>		<b>DEADLINE FOR MUSIC FOR SCHOOL GYM NATIONAL FINAL</b>	
<b>May</b>	<b>2</b>		<b>School Gym 2020 - U11 F&amp;V; U14 &amp; O14 Acrobatics &amp; U11, U14 &amp; O14 Tumbling</b>	<b>Fenton Manor, Stoke-on-Trent</b>
	<b>2</b>		<b>BSGA AGM Time to be confirmed</b>	<b>Fenton Manor, Stoke-on-Trent</b>
	<b>3</b>		<b>School Gym 2020 - U14 &amp; U19 F&amp;V; U11 &amp; Disability Acrobatic Gymnastics</b>	<b>Fenton Manor, Stoke-on-Trent</b>
<b>June</b>	<b>4</b>		<b>National English Schools Championships</b>	<b>Fenton Manor, Stoke-on-Trent</b>
	<b>20/21</b>		<b>BSGA GymFest</b>	<b>Fenton Manor, Stoke-on-Trent</b>

*Handbook 2020 - 2021 Final date for reports, alterations, adverts etc. is 31st July 2020*

# BSGA OFFICERS & COMMITTEE

## Executive Officers

### President

Mr I Howard Todd email: [president@bsga.org](mailto:president@bsga.org)

### Chairperson

Jamie Weller email: [chair@bsga.org](mailto:chair@bsga.org)

### Vice-Chair

Vicki Sly email: [vice-chair@bsga.org](mailto:vice-chair@bsga.org)

### Secretary, Safety & Ethics Officer

Annette Brown email: [secretary@bsga.org](mailto:secretary@bsga.org)

### Treasurer

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## General Committee

### English Representative

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### Scottish Representative

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### N. Ireland Representative

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### Welsh Representative

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### Floor & Vault and Milano Representative

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### Acrobatic Gymnastics Representative

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### Trampoline Organiser

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### Judging Convener

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### Trophy Manager

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## REGIONAL INFORMATION

### Eastern Region Information

#### Chair, Treasurer & Affiliations

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#### Cheques payable to - ESGA

#### Vice Chair, Treasurer & Affiliations

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#### Secretary, Milano Team, U11 & Secondary Floor & Vault Organiser

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Jo West, J. Belmour & Linda North



### East Midlands Region Information

#### Chairman & Secretary

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#### Acrobatic & Disabilities Gymnastics & Tumbling Gymnastics Organiser

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## London Region Information

### Chair, Secretary & Disabilities Gymnastics Organiser

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### Floor & Vault Organiser

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### Trampoline Organiser

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## North of England Region Information

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## North West Region Information

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### Cheques payable to - BSGA (North West)

### Milano Team Champs

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### Trampoline Organiser

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## Scotland Region Information

All Competitions Organised by Scottish Gymnastics Office

### South Region Information

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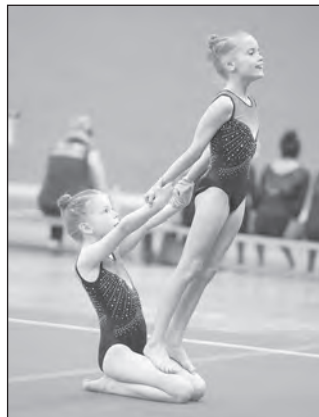
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## South West Region Information

### Chair

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### Affiliations Secretary

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## Wales Region Information

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### Secretary, Treasurer, Affiliations, Milano Team & Floor & Vault Organiser

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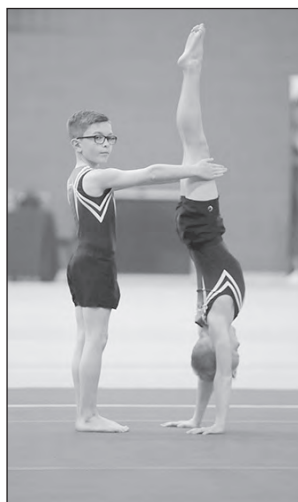
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## West Midlands Region Information

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treasurer.wm@bsga.org

### Trampoline Organiser

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### Committee

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## Yorkshire Region Information

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### Trampoline Organiser

Sam James

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## Music at Competitions (RULING EFFECTIVE IMMEDIATELY)

It is **not** possible to use music or any derivatives composed by the following for sequences: Andrew Lloyd Webber e.g. Variations, Cats, Phantom etc; Cirque De Soleil e.g. Alegria, Quidam etc; Disney / Pixar e.g. Pirates of the Caribbean, Narnia or any Disney Classic.

Anyone using those pieces of music will have the music turned off during the gymnast's performance and they will have to continue without music, no matter how bad that seems. The directive from British Gymnastics leaves us in no way uncertain about the effect of a lawsuit on BSGA and our individual schools.

*There is now a box on the entry form that must be ticked, which says:*

*You are accepting liabilities that the floor music being used by your gymnasts is not from **any** Disney productions (including any derivatives) or any other music on the not permitted list in the current Handbook.*



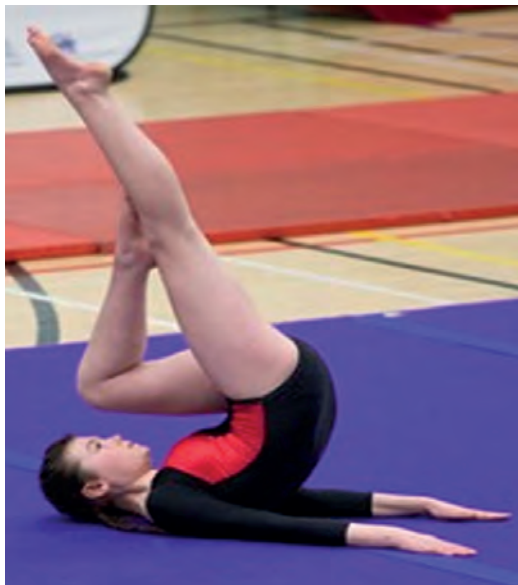
### BG PHOTO POLICY USE OF PHOTOGRAPHY/VIDEO/DIGITAL CAMERA EQUIPMENT

In order to protect the welfare of children at the event, photography at this event is permitted only on conditions set by British Gymnastics. This is a summary of those conditions.

If you do not agree to these conditions you may not bring any photo equipment into the venue or take any photos.

1. 'Photos' includes any form of or still image including those taken with mobile phones.
2. The Competition Organiser (or person acting on his or her authority) may require anyone at the event:
  - a. Not to take photos, either generally or in particular circumstances.
  - b. To provide their full name and address and evidence of this.
  - c. To let the Competition Organiser view any images recorded and to delete any images.
  - d. To surrender media or equipment on which the images have been recorded if they cannot be viewed (e.g. photos on traditional film), or if they cannot be deleted.
3. Photos may only be taken and used in accordance with the British Gymnastics Child Protection Policy.
4. Photos may not be used, distributed or copied for commercial purposes.
5. Flash on cameras may not be used at any time while gymnasts are warming up or competing.

**This document MUST be displayed at all BSGA events and competitions and included in the programme.**



**KEY STEP  
FORWARD  
COMPETITION  
FLOOR, VAULT &  
ACROBATICS (PAIRS)**



**English  
Gymnastics  
Schools**

**THURSDAY  
JUNE 4<sup>th</sup>  
2020**

**FENTON MANOR  
STOKE-ON-TRENT**

**UNDER 9, UNDER 11  
& UNDER 13 AGE  
GROUPS – 4 PUPILS  
PER TEAM**

**FULL COMPETITION  
DETAILS CAN BE  
DOWNLOADED  
FROM BSGA  
WEBSITE  
[WWW.BSGA.ORG](http://WWW.BSGA.ORG)**

**IMPORTANT  
PLEASE SEE BELOW**



**WINDOW FOR ENTRIES  
FROM ACTIVE  
PARTNERSHIPS WILL OPEN  
MONDAY 7<sup>th</sup> OCTOBER &  
FOR SCHOOLS  
MONDAY 14<sup>th</sup> OCTOBER  
BOTH AT 09.00hrs**

**(In first instance one entry per age  
group per county sports partnership.  
Any additional entries  
will be put on a reserve list)**

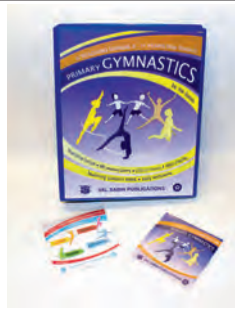


## Primary School Gymnastics

## School Gymnastics



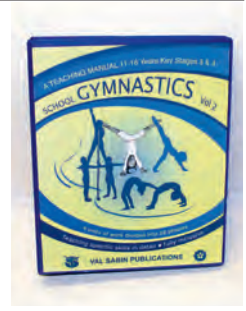
Gymnastics Rec, KS1



Gymnastics KS2



Gymnastics KS3 & 4 Vol 1



Gymnastics KS3 & 4 Vol 2

All gymnastics manuals are progressive and developmental, whole school schemes of work containing teaching guide, assessment sheets and teaching specific skills.

**Key Stage 1 (4-7 years)** 72 lesson plans plus CD of music and wall display.

<http://tiny.cc/VSGymKS1>

**Key Stage 2 (8-11 years)** 96 lesson plans plus CD of music and wall display.

<http://tiny.cc/VSGymKS2>

**Key Stage 3 & 4 (12-16 years)** 11 complete units of work plus CD of music.

<http://tiny.cc/VSGymKS3-4>

**Transition** unit for year 7 (11-12 years) 7 phases of progression to deal with different levels of experience plus CD of music.

<http://tiny.cc/VSTran>

A set of 63 A4 **Gymnastics Cards** (5-12 years). Child and teacher friendly on card and USB Flash-Drive.

<http://tiny.cc/VSGymCards>

## Transition Year 7



Transition Link Unit, Gymnastics, KS2 & 3

## Curriculum Cards



Curriculum Gymnastics Cards 5-12 Years

## To order contact Val Sabin Publications & Training

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## RULES COMMON TO ALL BSGA COMPETITIONS

### Affiliation

- ❑ All competitors participating in regional events that lead to National Finals (and the national finals themselves), must be affiliated to the British Schools Gymnastics Association (BSGA) as an individual or as a school. Affiliations are made through your Regional Secretary or on line at [www.bsga.org](http://www.bsga.org) **Current fees are: Middle & Secondary Schools £18.00; Lower & Primary Schools £12.00; Individual Pupils £6.00.**

### Age Groups

- ❑ Age Groups are taken from the gymnast's age on the 1st September in the academic year of competition entry.

### Qualification for National Finals

- ❑ Qualification at National finals for the great majority of competitions is via England regions, home country, - (Scotland, N Ireland & Wales) and in the case of trampoline zone selection. ***In the National Disability Acrobatics Gymnastics competition schools will enter direct to the final, although it is still advisable to have performed in your regional competition.*** The Rhythmic final will be in three zones this year.
- ❑ In pair/group/team events all competitors must be from the same school and in full-time education (except for Disability Acrobatics where gymnasts may be from different schools).

## ENTRY FEES FOR NATIONAL FINALS

All competition entry fees must be paid by the region on or before the closing date for team declarations.

Competition	Fee
Milano Team Championships	£30.00 per School team per age group
Rhythmic	£5.00 per gymnast
School Gym - Floor & Vault	£30.00 per School team per age group
School Gym - Acrobatics & Tumbling	£5.00 per entry per individual

## British Schools Judges' Rules

1. The uniform for judges is as follows: Black, dark grey or dark navy suit – with jacket, (not cardigan), white or blue shirt or blouse, black shoes (not sandals) and minimum jewellery.
2. I.T. and mobile phones should be turned off if brought into the field of play.
3. Judges on a panel should not confer or talk to each other during the gymnast's performance.
4. During the competition there should be no communication between the judges and coaches or gymnasts, either by phone or face to face, except through the CJP or Head Judge.
5. The Head Judge or CJP on each panel will make the marks of each competitor available on paper to the coach at the end of a round.
6. Marks on a panel should have a tolerance of 0.5 for a panel of three or four judges, or 0.3 for a panel of two judges. The Head Judge / CJP of the panel will request a judge to amend a score if necessary to achieve the allowed tolerance.

## Coaches'/Teachers' Attire

All coaches/teachers must wear a tracksuit or tracksuit bottoms or suitable shorts, with a polo shirt or club/school/regional tee shirt and appropriate gym/training shoes.

Long hair must be braided or tied back so as not to obscure vision.

No jewellery to be worn if in direct support of a gymnast.

### Safety

- ❑ **No person may use any apparatus without a suitably qualified teacher and or coach present. Teachers and coaches are responsible for their performers' safety at all times.**

### Other

- ❑ The judges' decision is final with no protest permitted.
- ❑ The BG Award schemes provide the guidance on the correct technique for approved moves.
- ❑ There can be no replacement for an injured gymnast once a competition has started, except in Rhythmic where it will be at the discretion of the competition organiser.

### Welfare

- ❑ Please ensure that within your region and schools all officials, coaches, committee members and anyone working with the gymnasts has an up to date DBS - this will not only protect the gymnasts but also the individual and the organisation.

## GENERAL DEDUCTIONS COMMON TO MILANO & FLOOR & VAULT

Team not uniformly dress	1.0 from final team score
Visible underwear	0.3 from final score
Coloured bandages/supports	0.3 from final score
'Indecent' leotards	0.3 from final score
Gymnast wearing jewellery	0.3 from final score
Shorts in breach of rules	0.3 from final score
Hair in breach of rules	0.3 from final score
Failure to present	0.3 from apparatus score



*Detailed explanation of gymnasts dress can be found on the BSGA website.*

### Music

- ❑ Schools **must** email their music to **bsgamusic@gmail.com** at **least 2 weeks prior** to any National Finals enabling it to be pre-loaded onto the music system. **If music is not emailed by the deadline gymnasts will perform without music.** Please send your music with a read receipt. You must bring a hard copy on the day of competition in case of technical issues. (If you have a large number of tracks to send, it will be better to send them in several emails to reduce the upload time for any one email).

Every individual gymnast, pair and group will be given a **unique 3 digit competition number** e.g. 003, 024, 256, 941 etc. It is **essential** that this number is used as the prime identifier for each entrant's music. The name of the music file **must have** the competitor/pair/group number at the start of the filename. (All gymnasts' numbers will be provided on the entry form which will be on the web site or obtainable from your regional organiser). Followed by the gymnast's name, school and region e.g. **007, Gymnast Name, School, Region**. If you already have the music file on a computer, you will have to rename it before you attach it to an email.

To do this on most systems, you should identify the file you need to send, and then RIGHT CLICK on the filename. A list of options will appear on the screen, and "RENAME" is usually near the bottom. When you LEFT CLICK on "RENAME", the file name will be highlighted (usually in blue). Move the cursor to the start of the highlighted file name and LEFT CLICK. You will then be able to type in the contestant's number, plus a space at the start of the filename, then LEFT CLICK, or press ENTER to confirm. So file named 'anymusic.wav' becomes '147 anymusic.wav'.

To attach a music file to an email, click on the 'Paper Clip' icon, usually somewhere at the top of your new email screen, and usually with the words 'Attach File' underneath. You then go to the Folder, which has your music filename. Left click to highlight the filename to be attached, and then click on 'Open', usually at the bottom right of the screen. The file will then be shown as an attachment just above the heading of the email. Then click SEND.

*If you experience any difficulties with the above then email **bsgamusic@gmail.com** as a matter of urgency with a contact telephone number and they will be happy to help. You can also email your music using [wettransfer.com](http://wettransfer.com) or mp3 format.*

*If you have any questions about the numbers for your gymnasts, (especially in the Floor & Vault or Milano Team mixed teams, where boys **MUST** go first) then please check with the competition organizer.*

- ❑ **Please remember you must also bring all competitors' music to the competitions on individual CD's as a backup.** They must be handed in before competition starts for morning rounds and at lunchtime for afternoon rounds. In the event of a technical failure any further performance will be at the discretion of the competition manager who may consult with the head judge.
- ❑ Please note: CD's should be written as '**AUDIO CD'S**' at the slowest speed possible. **Where a recording has been cut together it must be re-recorded as a single track.** The track should be in \*.wav, \*.wma, mp3 or mp4 format. Always bring a back-up recording to events.



## RECOGNISED FLOOR AGILITIES

Flexibility
Japanna 45° or less (static)
Splits - front or side (static)
Backward walkover
Forward walkover
Elephant lift to handstand
Pike fold Sitting or standing
Valdez
Tinsica
Free walkover
Bridge (static) - push up from lying on back and return to floor in the same way

Balance
Shoulder stand - arms optional (static)
V sit with or without hand support (static)
1 legged balance (thigh parallel to floor) (static)
Frog balance (static)
Y Balance or arabesque (static)
Handstand (hold for 2 secs) (static)
Headstand - legs optional (Start and return to feet) (static)
Back support, turn to front support (or vice versa)

Strength
Press up
Straddle or pike ½ lever (static)
Planche tucked or straight (static)
Russian Lever Straddled or piked (static)
Backward roll through handstand (held)
From front support, jump legs in and jump up
Straddle ½ lever, lift to stand with 2 feet together
Fall to prone, push to front support with one leg raised throughout
Show handstand lower to straddle ½ lever
Headstand-push to handstand with straight legs

Other
Forward roll
Backward roll
Backward roll to front support
Backward roll to straddle stand
Forward roll to straddle stand
Circle roll (teddy bear roll)
Move from dish to arch (log roll)
Handstand forward roll with bent arms
Handstand forward roll with straight arms
180° OR 360° jump turn (not both in single routine)
Handstand 180° or 360° pirouette
Single leg circle
Fly spring
Handspring to two feet
Handspring to one foot
Stag Jump
Cartwheel or dive cartwheel
One handed cartwheel, either arm
Two cartwheels linked, (same or different)
Free cartwheel
Round off
Back flic step out
Standing Back flic
Round off, flic (counts as 2 moves)
Back somersault, shape optional
Front somersault, shape optional
Side somersault, shape optional
Side support turn to side support other arm

**All balances and static moves MUST be held for 3 seconds with the exception of handstand (2 seconds)**

## FLOOR COMPETITION REQUIREMENTS

### Floor Routine (Individual) ~ (Maximum 16.0 marks)

- ❑ A routine up to 60 seconds from first movement to last, performed on a 12 metre square unsprung matted floor
- Content           6 x skills @ 0.50           = 3.00
- Composition    6 x categories @ 0.50       = 3.00
- Maximum D Score                       = 6.00
- Maximum E (execution) Score = 10.00 – total deductions for poor execution
- Final Score = D Score (up to 6.00) + E score (up to 10.00) = maximum of 16.00

### Content (D- Value up to 3.0)

- ❑ Six different and distinct moves from the published tables of approved moves must be included two of which must be either a strength or flexibility or balance taken from the recognised table of moves. The two moves must be from different categories, therefore if two flexibility elements were competed with no strength or balance element, then you would only be rewarded with one of the categories and a deduction would be taken. If one or both of the strength, flexibility and/or balance moves is missing a 0.5 deduction will be applied for each move omitted.
- ❑ A jump half turn OR full turn OR stag jump may be included as one of the six counting moves.
- ❑ Leaps, jumps (except half & full turn & stag jumps), spins and turns are not considered as moves but should be included to link the sequence together.
- ❑ Additional moves from the approved table can be included and moves can be repeated. However, no extra marks will be gained and marks may be lost for poor execution.
- ❑ Dive rolls are not recommended but if included will be considered as linkages not one of the counting moves.

### Composition (D- Value up to 3.0) *Detailed explanation of composition can be found on [www.bsga.org](http://www.bsga.org)*

The routine should include choreography that demonstrates each of the categories listed below. There will be a deduction for each missing category.

- ❑ Use of floor space and variety of patterns **0.5**
- ❑ Changes in direction and levels **0.5**
- ❑ Variety of linking skills (leaps, spins, jumps and dance) **0.5**
- ❑ Musical interpretation (girls) & rhythm/tempo (boys and girls) **0.5**
- ❑ Difficulty, variety and originality appropriate for the age and maturity of the gymnast (difficulty should not be included at the expense of good execution) **0.5**
- ❑ Artistry, creativity and presentation throughout (to include not finishing with the music) **0.5**

### Execution (E ~ Value up to 10.0)

Marks for execution will take into consideration all parts of the routine. Refer to page 19 for penalties.

- ❑ Any balances or static moves must be held for 3 seconds except for a handstand which must be held for 2 seconds – *failure to hold a balance for the required time will incur a deduction as either a loss of element and or execution/ artistry if six other moves are present.*
- ❑ Judges will be looking for
  - Straight legs and pointed toes
  - Good extension and posture
  - Good height in flight elements
  - Accurate body shapes
  - Light, controlled landings



## Execution Penalties for Floor and Group Exercises

Judges will take deductions for anything which falls short of perfection.

### Floor

Small faults e g; 1 step on landing	0.10
Medium faults e g; Bent arms	0.30
Large faults e g; Incorrect body shape	0.50
Very large faults e g; A fall	1.00

### General

Step off floor	0.10
Stops/pauses	0.10
No presentation	0.30
No links	up to 2.00

### Technique

Incorrect body shape in any skill	up to 0.50
Bent arms	up to 0.50
Bent knees	up to 0.50
Legs separated	up to 0.30
Insufficient height of jumps	up to 0.30
Insufficient flight in flight elements	up to 0.30
Insufficient tuck/pike/stretch	up to 0.30
Insufficient split	up to 0.30
Incomplete turns skill doesn't count	0.1 (within 30°) >30°
Hop/steps on feet or hands maximum of 0.80 for any one skill	0.10 each time
Movements to maintain balance	up to 0.30
Static skill not held for 3 seconds towards content	The skill does not count
Touch down with hands	0.50
Fall	1.00
Poor posture throughout the routine	0.30



## VAULT COMPETITION REQUIREMENTS

### List of Approved Vaults for use in Regional and National Finals

**Junior ~ Under 11 ~ Box minimum of 1 metre high (or as close as equipment permits)**

Direction of Box	Description of Vault	Tariff (Value)
widthways	Squat on. Immediate straight or star jump off	4.0
widthways	Squat on. Jump off with half turn	4.0
lengthways	Squat on (Cat spring), Leap frog off	5.0
widthways	Squat (through) or straddle	6.0
lengthways	Squat (through) or straddle	6.0
widthways	Handspring	6.0

**Senior ~ Over 11 ~ Box 1 metre or 1.25 metres high or as close as equipment permits (Choice)**

lengthways	Squat on (Cat spring), Leap frog off	5.0
widthways or lengthways	Squat (through) or straddle	6.0
widthways or lengthways	Handspring	6.0
widthways or lengthways	Yamashita	6.0

Final Score = D Score (Vault Tariff) + E Score (up to 10.00) = maximum of 16.00

- Power boards will be available at the National Final.
- Gymnasts must use apparatus provided.
- Gymnast will perform 2 vaults each (the same or different) from the appropriate list. Only their highest mark will count.
- Any vault performed that is not listed will be deemed void.

## Execution Penalties for Vault

### First Flight

Bent knees	up to 0.50
Legs separated	up to 0.30
Insufficient stretch	up to 0.50
Poor technique e.g. hips bent	up to 0.50
No layout	up to 0.50
Two knees on top	1.00
One knee + 1 foot on top	0.50
One knee + 1 leg hanging down	1.00

### Repulsion Phase

Touch with one hand only	1.00
Poor technique e.g. poor body shape, arched back, hips bent, too long on apparatus	up to 0.50
Bent arms	up to 0.50
Bent legs/knees	up to 0.50
Legs separated	up to 0.30
Legs round side of vault	0.50

### 2nd Flight

Bent legs	up to 0.50
Legs separated	up to 0.30
Insufficient height	up to 0.80
Poor technique/ body shape/body position e.g. back arched	up to 0.50
Insufficient stretch into landing	up to 0.30
Stop on top of box	0.50
Insufficient dynamics	up to 0.50

### Landing

Insufficient distance	up to 0.50
Arm or body movements to maintain balance	0.30
Deviation from straight line	up to 0.30
Deep squat on landing	up to 0.50
Steps 0.10 each to a maximum of 0.70	
Fall	1.00
Insufficient stretch into landing	0.30
Full Support from coach during vault	2.00
Support from coach on landing	1.00

### Void Vault

Touching the apparatus without vaulting  
Performing a vault not on the list



# MILANO TEAM COMPETITION RULES

## School Team Competition - Floor, Vault & Group Sequence

National Final to be held at Fenton Manor Sports Complex on March 13th and 14th 2020

Entries Deadline – 3rd February 2020

Music Deadline – 2nd March 2020

### Age Groups:

- ❑ Junior ~ Over 8 and Under 11 (Years 3-6) Gymnasts under 9 may compete with permission from their Headteacher). Secondary ~ Under 13 (Years 7-8); Under 16 (Years 9-11); Under 19 (Years 12-14). A gymnast may only compete in one age group for this competition. A gymnast may go up one age group, e.g. a year 7-8 pupil may compete in Under 16 and a year 9-11 pupil may compete in U19. Regional organisers are responsible for verifying correct ages of all team members before competing at National Finals. Regions in breach of these rules will be disqualified.

### Team Numbers

- ❑ Regions/home countries can enter 2 x male, 2 x female and 2 x mixed team in each age group at the National Finals. (24 teams in total).
- ❑ The 2 teams from each age group must be from different schools (regardless of placing at the regional competition) creating a regional team for the National Finals.
- ❑ If only 1 school enters the regional competition then the region can send a second team from the same school. However, this regional team will not be eligible for the regional trophy, but both teams will still rank in the overall placing. i.e. a boy's team from the same school could rank 1st and 3rd but could not be a contender for the overall regional trophy.
- ❑ If there is a tie for the overall regional trophy then the highest group score will count.
- ❑ Each team must consist of 3 or 4 gymnasts from the same school. A mixed team must include a minimum of 1 boy and 1 girl.
- ❑ Where 4 gymnasts make up a team, only 3 can perform on Floor and Vault - (it may be the same 3) but 3 or 4 can compete in the group routine. In the mixed section at least 1 boy and 1 girl must compete in all three sections.

### Dress

- ❑ Refer to Rules Common to all BSGA competitions at [www.bsga.org](http://www.bsga.org)

### Music

- ❑ Refer to Rules Common to all BSGA competitions at [www.bsga.org](http://www.bsga.org)
- ❑ Only girls may use music to accompany their individual routine. All teams may use music in the group sequence. There is no penalty if music is not used.

### Medal Positions

- ❑ The school teams finishing in 1st, 2nd and 3rd positions in each age group competition will receive medals.
- ❑ The school team finishing 1st in each competition in each age group will receive a BSGA Team trophy. (This will be retained by the school for one year).
- ❑ The regional team with the highest combined score from the 2 different schools in each section will receive the Team Regional trophy (This will be retained by the school for one year)
- ❑ Medals will only be provided to team participants. (Schools will be able purchase a medal for a team reserve).

### Scoring

- ❑ The three scores on floor and vault added to the group sequence score will count towards the overall result. In the event of a tie the highest group score will count. If still a tie, the highest vault total will count.
- ❑ Individual gymnasts can score a possible **maximum of 16** on Floor and **16** on Vault. The Group Exercise has a **maximum score of 30.00**.





- ❑ The gymnasts' final score has **TWO** components – **D-score (difficulty)** and **E-score (execution)**.
- ❑ The **D-score** will give the gymnast marks for the skills and requirements included in the routine.

### Individual Floor Exercise

Content 3.00 marks

Composition 3.00 marks

### Group exercise only

Content 9.00 marks

Composition 6.00 marks

Synchronisation 5.00 marks

**On vault the tariff is the D score**



**E-score** – Each gymnast starts with an E-score of 10.00.

Deductions will be taken every time the performance is less than perfect.

**E-score** = 10.00 minus total of deductions e.g; 10.00 minus 4.00 **E-score = 6.00**

The **D-score** and **E-score** are added together to give the Final score.

eg; 6.00 + 6.00 **FINAL SCORE = 12.00**

**For Individual Floor routine requirements see page 18 and for the Vault see page 17**

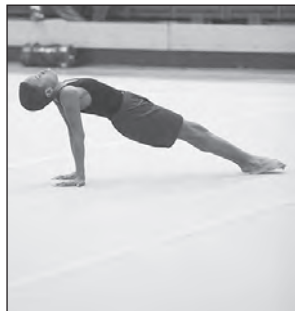
### Group Sequence (Total 30.0 marks)

- ❑ The sequence will have 3 or 4 gymnasts.  
(Mixed teams must include at least one male and one female)
- ❑ A routine up to 1 minute 20 seconds from first movement to last, performed on a 12 metre square un-sprung matted floor.

Content	5 x skills @ 1.00	= 5.00
	2 x balances @ 2.0	= 4.00
Composition	6 x categories @ 1.00	= 6.00
Synchronisation		= 5.00
Maximum D Score		up to 20.00

Plus E (execution) Score= 10.00 – total deductions for poor execution.

Final Score = D Score (up to 20.00) + E score (up to 10.00) = maximum of 30.00



### Content – (D value up to 9.0 marks)

- Five different and distinct moves from the published table of approved moves (Value 5.0 with a 1.0 penalty applied for each move omitted by one or more members of a team).
- A jump half turn OR full turn may be included as one of the five counting moves.
- Leaps, jumps (except half & full turn jumps & stag jump), spins and turns are not considered as moves but should be included as linkages to link the sequence together.
- Additional moves from the approved table can be included and moves can be repeated. However, no extra marks will be gained and marks may be lost for poor execution.
- Dive rolls are not recommended but if included will be considered as linkages not one of the counting moves.
- ❑ **Two** balances – (free choice). Value 4.0 with a 2.0 penalty applied for a missing incomplete or incorrectly constructed balance. Each balance must be performed as a three or four, and control and stability must be shown in a static hold of 3 seconds. If the balance is not held or static for 3 seconds the value of the balance will be lost. All gymnasts must be supported or supporting in the balance. **Gymnasts must not start or finish the routine in a balance.**



- ❑ **There must be physical contact between the gymnasts in each balance and at least two of the gymnasts must have contact with the floor (the Bases). Any gymnast not in contact with the floor (a Top) must have direct contact with a Base.** The concept of 3 or 4 high 'stacking' requires level of technical knowledge, safety equipment and flooring, and training time that is not available to most schools, and so have been deemed unsuitable on safety grounds for Schools competitions. No matter how competent their gymnasts, teachers must observe this principle. (Examples of suitable balances are **provided below but free choice is permitted.**

**Synchronisation – (D value up to 5.0 marks)**

- ❑ The whole team must perform the same 5 moves in order, in unison, in cannon or both, with links and dance. The team can work together or in a variety of sub-groups during the sequence. There must be no audible or visible communication, (Penalty 1.0 mark) but hands are permitted to touch.

**Composition – (D value up to 6.0 marks)**

- ❑ The routine should include choreography that demonstrates use of the 6 categories listed below. They are of equal value (up to 1.0 each)
  - effective use of the floor space and patterns
  - changes in direction and levels
  - a range of linking skills, leaps, spins, jumps – (excluding half or full turn jump) – and dance
  - musical interpretation & tempo/rhythm
  - difficulty and variety appropriate for age and maturity (difficulty should not be included at the expense of good execution)
  - Artistry, creativity and presentation throughout (to include not finishing with the music) **0.5**

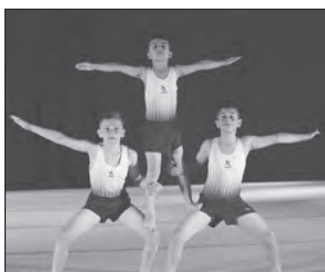
**Execution (E Value Up to 10.0 marks)**

- As for the individual routine
- See the separate pages that provide execution penalties for BSGA floor, vault and group routines.

**Examples of Trio Balances**



(1)



(2)



**1 & 2 must be supported on the hips**



## Examples of Fours Balances

3 Bases, 1 Top



2 Bases, similar shape, 2 Tops, 1 on ground



2 Bases, similar shape, 2 Tops, both off ground



2 Bases, different shape, 2 Tops, 1 on ground



2 Bases, different shape, 2 Tops, both off ground



The various Base and Top positions can be swapped around to create many different balances. There are many other shapes (e.g. levers) and positions that can be used; support can be with '1 or 2 arms' and performers can 'face in or out'. **Safety should always be paramount, especially when dismounting.**

# FLOOR & VAULT COMPETITION RULES

## School Team Competition on Floor & Vault

National Final to be held at Fenton Manor Sports Complex on 2nd & 3rd May 2020

*Entries deadline 23rd March 2020*

*Music Deadline 20th April 2020*

### Age Groups:

- Under 11 (Years 3 to 6) Under 14 (Years 7, 8 & 9) Under 19 (Years 7 to 13).
  - A gymnast must compete in age - only one gymnast may compete up one age group to form a team for that year. Regional organisers are responsible for verifying correct ages of all team members before competing at National finals. Regions in breach of these rules will be disqualified.

### Team Numbers

- Regions/home countries can enter a male, a female and a mixed team in each age group at the national finals (9 teams in total).
- Each team must consist of 4, 5 or 6 gymnasts from the same school. A mixed team must include a minimum of 2 boys and 2 girls.
- Where 6 gymnasts make up a team, only 5 can perform on each apparatus, **but each of the 6 gymnasts must perform at least once.**

### Dress

- Refer to Rules Common to all BSGA competitions at [www.bsga.org](http://www.bsga.org)

### Music

- Refer to Rules Common to all BSGA competitions on page 16.
- Only girls may use music in their individual routine. There is no penalty if music is not used.

### Medal Positions

- The teams finishing in 1st, 2nd and 3rd positions in each age group competition will receive medals.
- The team finishing 1st in each competition in each age group will receive a BSGA Team trophy. (This will be retained by the school for one year and returned prior to the National Final the following year, suitably engraved).
- Medals will be provided to participants only. (Schools will be able purchase a medal for a team reserve).

### Scoring

- The highest four scores on each apparatus added together count towards the overall result. (In a mixed team this must include the scores of 2 boys and 2 girls on each piece).
- In the event of a tie the best 5 marks in each section will be added together.
- Individual gymnasts can score a possible **maximum of 16** on Floor and **16** on Vault.
- The gymnasts' final score has **TWO** components – **D-score (difficulty)** and **E-score (execution)**.
- The **D-score** will give the gymnast marks for the skills and requirements included in the routine.

#### Individual Floor Exercise

Content 3.00 marks

Composition 3.00 marks

**On vault the tariff is the D score**

**E-score** – Each gymnast starts with an E-score of 10.00. Deductions will be taken every time the performance is less than perfect.

**E-score** = 10.00 minus total of deductions e.g; 10.00 minus 4.00 **E-score = 6.00**

The D-score and E-score are added together to give the Final score

E.g; 6.00 + 6.00 **FINAL SCORE = 12.00**

**For Individual Floor routine requirements see page 18 and for the Vault see page 20.**



# GymFest

PRESENTS

## Throwbacks

**National Festival to be held at  
Fenton Manor Sports Complex  
on 20th & 21st June 2020**

Everyone is invited to take part in this annual BSGA festival of gymnastics whether you enter as a Club or a School, come and display your skills in costume and colour. From recreational gymnastics to the elite; from the very young to the not so young; all are welcome to celebrate the end of the academic year in style. All aspects of gymnastics are welcome, whether it be acrobatics; artistic; team gym; rhythmic; aerobics; tumbling, cheer leading; or dance.

There are no age restrictions. There are no rules. *(Apart from following the music restrictions.)*

Performance will be on a 12 metre sprung floor under theatre style lighting, and you can choose your own lighting effects on the day!

The theme this year is "Throwbacks": Cast your minds back in time, way back in time to maybe the first record you ever bought; to a song that is a throwback to the big-band era; to a hundred years ago and the flappers of the 1920's; or music from the war years, to name but a few ideas. To use the title of Cole Porter's musical 'Anything Goes' in GymFest, as long as it's not modern! Think imaginatively and create your own vintage retro routine. Have fun!

Entry fee is £12 a gymnast which enables you to perform on one or both days.

GymFest is an opportunity to perform in a relaxed and enjoyable atmosphere without the pressure of competition, to meet old friends and make new ones and everyone leaves with a medal and a big smile!

**If you would like further information  
then contact Vicki: [gymfest@bsga.org](mailto:gymfest@bsga.org)  
07808 687357 or 01948 710390  
or Kirsty Garratt: [gymfest.wm@bsga.org](mailto:gymfest.wm@bsga.org)  
07976 591681**







**British Schools  
Gymnastics  
Association**

# GymFest

**PRESENTS**

# THROWBACKS



**20th & 21st June 2020**

**Fenton Manor Sports Complex, Stoke-On-Trent**



# ACROBATIC GYMNASTICS & TUMBLING GYMNASTICS COMPETITION RULES

**National Final to be held at Fenton Manor Sports Complex on 2nd & 3rd May 2020**

**Entries deadline 23rd March 2020      Music Deadline 20th April 2020**

**Please note all tumbling will take place on Saturday 2nd May 2020**

## Judging Guidelines and Rules

The following set of guidelines has been produced with the BSGA Acrobatic Gymnastics & Tumbling Gymnastics Championships in mind. They are based around the BGA Award Scheme for Acrobatic Gymnastics & Tumbling Gymnastics in Pair work and a simplified set of elements for Tumbling. The competition is aimed specifically at developing the sport in schools and with school gymnastics in mind, as such there are some differences which judges should take into account. There are nine Pair events, three Group events and six Tumbling events. Male gymnasts involved in tumbling must wear leotard and shorts or school PE kit, shorts with shirt tucked in.

## General

Age Groups: Under **11**; Under **14**; Over **14** - Under **19**.

Events: Boys Pairs, Girls Pairs, Mixed Pairs, Boys Tumbling, Girls Tumbling. All must compete in age. For the Group routine only one gymnast may compete up one age group to form a team for that year. Regional organisers are responsible for verifying correct ages of all team members before competing at National Finals. Regions in breach of these rules will be disqualified.

- Age as of 1st September in the academic year of competition.
- Competitors may compete in any number of events within the regulations although the competition should not be unnecessarily disrupted to accommodate a performer who has entered more than one section. This may mean that warm-up in one or more events are missed.
- All competitors must be in full time education.
- Pairs and Groups must be from the same school.
- Schools must be affiliated through their Region to the BSGA before entering their Regional round.
- The facility does not exist for pupils in single sex schools to partner pupils from another school.
- Under 19 competitors must be in full time education.

## Selection

Only **one** Pair and **one** Group from each age group and discipline may proceed to the Finals. These will be those that won their section at the Regional Finals, regardless of their score or ability. In the event of there being only one Pair represented in any one section they will automatically qualify for the final. However, the individual teacher has the right to withdraw their Pair, Tumbler or Group from the finals.

Each Region may enter two Tumblers in each age group. In the event of there being no entries in a section the Region may select representatives, who must be nominated on the official entry form at the same time as the rest of the team.

## Substitutes

Any changes to the nominated performers should be notified in writing, by email, to the Competition Organiser, from the Regional Officer 3 days prior to the date of the competition.

## Team Competitions

There will be three team competitions: - one for each Age Group. All positions count towards the final score of the team (both tumbling scores will count). If a region is not represented in a floor discipline then their score will be 13. If they are not represented in tumbling section their score will be 26 for each missing tumbler. For first place a team will score 1, 2 for second and so on. The team with the lowest score will be the winner.

## Evaluation of Tumbling Exercises

### 1. General Notes:

- a) All Tumble runs will be marked out of 10.00
- b) All Tumble runs will be performed on a matted, not sprung, tumble run.
- c) Each performer will perform three runs:
  1. Straight Run - Round Off can be counted as one of the elements and is not considered to be a twisting element.

2. A Run with twist (Change of Direction e.g. half turn at the end of the run) If a round off is used it will not count as the twisting element, a separate move with a change of direction must be performed.
  3. Free Run of 5 elements **which must be different from Run 1 and 2.**
- d) Each run will contain a minimum of five elements from the list.
  - e) Additional elements to those on the list may be included, but will not be credited. They may however accrue technical deductions.
  - f) No element may be performed more than twice in any Tumble. **NB ¼ turn into cartwheel is NOT a separate element.**
  - g) Elements may be repeated in different tumble runs, but no tumble run may be identical.
  - h) Walkouts do not constitute a different element but may be added to any element on the list.
  - i) A springboard may be used at the beginning of the run for any element listed.
  - j) No more than 3 elements may be jumps
  - k) Saltos can only be performed as the first and last element of a run.
  - l) **The safety mat must be used for saltos at the end of a tumble. 0.3 Deduction if not.**

## 2. Judges may Deduct Under Six Headings:

### a) *Deviation*

A tumble should be performed astride the centre line of the track. Deductions ranging from 0.1 to 1.0 may be made for any deviation from the centre line. Should the Tumbler deviate from the centre line they are advised to continue parallel to the centre line rather than strive to regain the line. A zig-zag course could lead to several deductions under this heading although the maximum is 1.0.

### b) *Finish*

The Tumbler should finish with the body vertical in a **two foot** landing with feet astride the centre line at the end of the tumble i.e. last element may not be a cartwheel or walkout. Any foot movements, arm and body movements to maintain balance, or stooping forward, will be penalised. Penalties range from 0.1 to 1.0.

### c) *Tempo*

A Tumble should be i) Fast and ii) Maintain momentum or accelerate throughout. A Tumbler can incur deductions for loss of momentum between elements. These deductions are additional to the technical deductions and range from 0.3 to 1.0 for stopping.

### d) *Difficulty*

Each element in the Tumbling exercise is assumed to have a difficulty of 1.0 for the purposes of defining the difficulty of the routine, when the following occur:

- i. Omission of an element: deduct 1.0 (the difficulty value of the missing element). Deduct a further 1.0 for failing to perform the exercise as prescribed, e.g. the exercise would be marked out of 8.0.
- ii. Changing an element: If an element changes beyond recognition to become an element not included on the list, and in so doing there are only four elements from the list then 1.0 (the maximum technical deduction for the element) is deducted CJP, with a further 1.0 mark for the non- performance of the element. The routine would be marked out of 8.0.
- iii. Additional steps: If a handspring to two feet is immediately followed by a cartwheel, the exercise ends at this point for judging purposes. Deduct 1.0 for the steps, deduct a further 1.0 for failing to meet the requirement of the exercise, e.g. If an exercise started with a handspring and steps were taken immediately after the first element, the exercise would be marked out of 4.0. [Handspring to **one foot**, immediate cartwheel is allowed, but if a handspring is performed to two feet an immediate jump to one foot must be included as a move.
- iv. Fall: Deduct 1.0. Also deduct for any element not performed and 1.0 for failing to meet the requirements of the exercise.
- v. Stop: As for a fall.
- vi. Both feet or hands outside the boundary line: as for a fall.

### e) *General Impression*

A Tumbling exercise should be fast, ideally accelerating throughout. It should have rhythm and lightness and an uninterrupted smooth flow, and fulfil all the requirements of shape and height. All landings should be exact. A Judge may deduct 0.1 to 1.0 for his general impression of the exercise. Deductions can also be made under this heading for untidiness, discourtesy, and behaviour of the coach; however the maximum deductions under this heading cannot exceed 1.0.

## Faults for Composition and General Impression

### Minor Errors (0.1)

- insufficient lightness and rhythm
- repeated small technical faults
- uncertain approach
- indistinct start and finish to exercise
- untidy or immodest dress

### Significant Errors (0.3)

- incorrect dress
- presence of a spotter



### f) Technical Deductions

#### Minor Errors (0.1)

- slight bending or spreading of arms or legs - slight deviation in direction
- landing with a small bounce or step
- other small insignificant errors in technique
- slight lack of height in somersaults (below shoulder height of the performer)

#### Significant Faults (0.3)

- a distinct bending or spreading of the arms or legs
- a large step in landing or three small steps
- poor shape in the element
- distinct deviation from the centre line
- over or under turn in somersaults up to 45 degrees
- slight loss of tempo
- deep bend in landing
- execution of somersault at waist level



#### Serious Faults (0.5)

- distinct loss of tempo
- additional steps after landing (more than three)
- touching the boundary line of the runway with one hand or foot - significant bending of arms or legs
- over or underturn in twisting somersaults (more than 45 degrees) - serious technical errors
- landing a somersault on one leg when it should have been two - touching the floor briefly with the hands
- stepping out of the exercise area with one hand or foot. Non-Performance Faults (1.0)
- a stop in the routine (remainder not evaluated)
- crossing the boundary line of the track with both hands or feet (remainder not evaluated)
- fall on head, hands and feet, front, back or seat
- physical assistance from a spotter (element and remainder of exercise not evaluated)

### Tumbling Elements

Straight jump	Flic flac	
* Tuck jump	Cartwheel	Half twisting back somersault
* Pike straddle jump	Round Off	Full twisting back somersault
Jump half turn	Flyspring	Tuck front somersault
Jump full turn	Tuck back somersault	Piked front somersault
Handspring - 1	Pike back somersault	Arabian front somersault
Handspring - 2	Straight back somersault	Side somersault

\* Tuck and Pike Straddle jumps are **only** allowed as the final element of the tumble

## Evaluation of Pair & Group Exercises *(please note the changes to elements required)*

Pair elements are designed to fall in line with BG Acro NDP and Award Schemes. The new pair elements (on pages.....) should be performed following the guidance given in this handbook. The position of the free arms and legs are optional. Each pair must choose four pair elements and three agilities from the diagrams in the handbook. The individual elements must be performed either simultaneously or in immediate canon. All pair balances must show a static position for 3 seconds in the balance phase of the element. Timing of the element begins when the position is static. A 0.3 deduction will be made by the CJP for each missing second in a balance. There is no requirement for a static hold in tempo or 'moving' elements. Entry to and exit from a balance is optional. Safety however should be a prime consideration. In mixed pairs the male must be the base. In other pair events partners may change as the base. Any of the pair skills may be performed with one-arm support if the teacher considers the element safe for the performer. Stands on shoulders may be performed with support from two hands, one hand or without support from the base. Floor routines will be performed on a 12 x 12m square matted, not sprung floor area. The use of a sprung floor is not permitted for a Regional selection event.

### Additional Agilities or Pair Elements

No additional difficulty will be accredited to the performers for extra pair or individual elements although such elements are likely to accrue deductions if not performed well.

### Scoring

At National Finals there will be a CJP and four judges. At regional level the judging panel for the Pair and Group exercise will comprise of one CJP (Chief of Judging Panel) and the remaining judges. The judges mark the routine for Technical excellence and Artistic merit from 10.00 regardless of time faults or compositional requirements. The final score for a pair or group is the average of the judges (with a tolerance range of 0.5). The CJP makes deductions from the final score for time faults and compositional requirements. The CJP also marks the routine and records a score, though this is not taken into account on the first instance.

If there is a tied position, this is resolved by:

- Taking the average of all four judges' marks. If a tie still exists:
- Taking the average of all marks including the recorded mark of the CJP.
- If a tie still results then a joint award is made.

### Group Sequence Requirement

- Six competitors per group
- Any combination of boys and girls is acceptable – but a boy must be the base if supporting a girl
- Age regulations apply as for general regulations

All six competitors will perform the same **three** agilities. These must be performed in synch or in canon. There should be no contact between gymnasts during the performance of these elements. Agilities however may be linked together to form a sequence, e.g. cartwheel, immediate one-arm cartwheel. Each group will perform **three** pair elements from the diagrams in the handbook i.e. the same element at the same time. Each pair must be in contact with their partners throughout the balance phase (entry, balance, and exit) during balance elements but have no contact with other pairs.

In addition, they will also perform ONE GROUP BALANCE, involving all members of the team and in which the members are in contact. The structure of the group balance should be such that all members are playing a part in the maintenance of the final balance. To this end all members of the team should be in support or supporting another member of the team. It is considered insufficient merely to make contact while still being on the floor. The Balance must show strength, flexibility and balance; a 0.5 deduction will be taken if any of the three is missing. The creativity, aesthetics and difficulty of this balance will be considered by the judges in their 2.0 mark for artistry.

Pyramids where partners are merely in contact rather than in support will be penalised under the Artistry heading. The structure of this balance is left to the discretion of the teacher. The Group balance does not have to be made of elements from the awards.

Schools who won the Group National title in 2018 will be automatically selected and the region may then enter an additional group in that age range. The creativity, aesthetics and difficulty of this balance will be taken into account by the judges in their 2.0 mark for artistry.

### Compositional Requirements

If one or more compositional requirements are not fulfilled the CJP will deduct 1.0 from the final score together with a further 1.0 to represent the value of the missing element. This applies to individual elements and pair/group elements.



## Individual Elements

If one of a partnership fails to perform a skill, it is considered as not performed by both (all) performers and the deduction is made as previously described. If one of the partners performs the skill and the other makes a recognisable attempt – for instance aiming to perform a handstand forward roll but failing to complete the roll - then 1.0 is deducted for the value of the element but no deduction is made for Compositional Requirements.

## Pair/Group Elements

- ❑ If the element is completely missed (only three/two pair skills are shown, or an incorrect move is performed), the CJP deducts 1.0 mark for the skill value and another 1.0 for Compositional Requirements.
- ❑ If the element is attempted but does not reach the final position, then the CJP deducts 1.0 for the value of the element, 1.0 for Compositional Requirements and a further 0.9 for time faults. (total CJP deduction of 2.9) The performers are permitted to rebuild the balance. If they do, then they regain the 1.0 for SR and the 1.0 for element value, but the 0.9 time fault deduction is still applied. (Total CJP deduction of 0.9). Technical judges deduct 0.5 for an incomplete element.
- ❑ If there is a 'false start' – i.e. the performer starts to climb, then immediately returns to the floor and begins afresh, there is no deduction by the CJP and a 0.5 technical deduction is made by the panel. The 1.0 CJP deduction for "Compositional Requirements" is taken only once in a routine.

## General

- ❑ The first movement by a competitor shall constitute the beginning of the exercise
- ❑ Each pair, group or individual element carries a difficulty mark of 1.0
- ❑ Pair and group elements should be held static for three seconds. 0.3 will be deducted by the CJP for each missing second
- ❑ Evaluation of Pair: Technical merit from 9.0, artistry from 1.0
- ❑ Evaluation of Group: Technical merit from 8.0, Artistry from 2.0

## Technical Faults

Technical errors include: landing faults, entries and exits from elements, shape and position, falls and breakdowns in the execution of elements.

### Minor Errors (0.1)

- ❑ Inaccurate position of partners in a balanced element
- ❑ Slight instability in balances
- ❑ Slight bending or spreading of arms
- ❑ Small hop or step in dismounts

### Significant Errors (0.3)

- ❑ Visible strain in strength elements
- ❑ Pronounced bending or spreading of arms to maintain balance
- ❑ Loss of balance with no more than two steps
- ❑ Distinct bending of arms in handstands
- ❑ Slight touch of a partner or the floor
- ❑ Significant loss of tempo
- ❑ Poor body lightness

### Serious Errors (0.5)

- ❑ More than two running steps after a dismount
- ❑ More than three steps to maintain a balance
- ❑ Visible or distinct strain to maintain a balance
- ❑ Sliding or falling onto one knee
- ❑ Uncontrolled exit from a pair or group balance that lands on the feet
- ❑ Failed element, false start

### Faults (1.0)

- ❑ Falling without control onto any body-part other than the feet
- ❑ Additional support of a partner to prevent a fall
- ❑ Performing without music



## Artistry Mark

### Minor Errors (0.1)

- failure to use all four quarters of the floor
- uneven distribution of the elements throughout the routine
- failure to use one of the levels – high, medium or low
- repetition of similar elements or poses
- slightly noticeable divergence from the musical accompaniment
- small deviations in synchronised movement
- wearing jewellery
- adjusting dress while performing (0.1 each time)
- failure to present at the start or end of the routine

### Significant Faults (0.2)

- only half the floor area used
- majority of routine performed at one level
- lack of variety in pace of routine

### Serious Errors (0.3)

- lack of harmony between music and movements throughout the routine
- big deviations in synchronised movement
- only one variety of pace throughout the routine
- poor quality and variety of choreography
- use of additional matting
- prompting from the side lines or to each other
- display of poor sportsmanship



Deductions for Artistry should not exceed 1.0 in the Pair routines and 2.0 in the group routines.

### Time Faults

Pair balance elements must be held for 3 seconds, and the Group balance for 3 seconds. Timing starts at the moment a definite balance has been achieved. The time limit for Pair and Group exercises is 2 minutes. The timing begins from the movement of one or more of the performers and ends when a definite finish position is shown. Every routine must be timed by an appointed timekeeper who must not have any other responsibility. The timekeeper must sit next to the CJP who will also time the routine and who will make the final decision on the appropriateness of any deduction. The precise duration of each routine must be recorded, and the record sheet signed by the timekeeper and the CJP. If, for any reason one or more routines are not timed, then the time deduction may not be applied to any performer in that section.

### Music

All Pair and Group routines should be performed to music, which may be instrumental or orchestral, but lyrics are not permitted. Voice may be used as an instrument, provided lyrics are not used. The routine starts and finishes in an aesthetic held position. This may not be one of the technical skills. The routine should show a relationship with the music, and the end of the routine should coincide with the end of the music. If the music fails during a performance the Pair or Group should continue to perform their routine. If the fault is that of the equipment then a re-run may be offered, time permitting. If the fault is caused through a poor recording no re-run will be allowed.

### CJP Deductions

- Time faults for balance elements 0.3 for each second missing
- Music faults that are the responsibility of the teacher 0.3 e.g. poor reproduction of music, faulty CD
- Exceeding the allowed time of the routine 0.3 (see above)
- Finishing before or after the end of the music 0.3
- Compositional "Special Requirements" 1.0 (only once in a routine)
- Missing elements: 1.0 every time
- Very significant size difference between partners 0.2
- Stepping over the floor area boundary 0.1 each step
- Undergarments visible or immodest dress – 0.3 for each performer
- Theatrical dress such as animal representations, attachments, uniforms/suits, flowers or excessive ribbons in the hair, or heavy make-up 0.3
- Clothing not matching or complementary 0.3

### Group Balance

Each team must create one voluntary static pyramid involving all six team members. The composition of this balance should demonstrate the skill and inventiveness of the group. All partners should be actively contributing to the group pyramid – each person must either be supported or be supporting another group member. The creativity, aesthetics and difficulty of this balance will be taken into account by the judges in their 2.0 mark for Artistry. Pyramids where partners are merely in contact rather than in support will be penalised under the Artistry heading.

### Dress Code

Refer to common rules BSGA . Theatrical make- up, exaggerated hairstyles, ribbons, flowers or themed (e.g. soldier costumes) are not permitted and if worn will incur deductions from the CJP as shown above. Throughout these rules we have tried to mirror the work being done at the lower levels of acrobatic clubs. This is in line with government policy, which seeks to link sport being done in clubs. In the event of any queries over these rules, or any other Acrobatic or Tumbling questions please contact the ACROBATIC REPRESENTATIVE (currently Judy Wootton or Tumbling Representative Pete Daulby) listed in the BSGA Committee Members, and they will give a final and binding decision  
Regional Team Entries to your Regional Organiser as shown on the Regional Pages.

**All trophies from School Gym National Finals 2019 should be returned to Jo Drury on or before 15th March 2020**



## COMPLETING THE MILANO TEAM & SCHOOL GYM NATIONAL FINAL ENTRY FORMS

Cheques for entry fees:

For the Milano Team – **ONE** cheque will be accepted to cover ALL the schools from that region.

Floor & Vault, Acrobatic & Tumbling Gymnastics and the Disability Acrobatic Gymnastics National Finals i.e. School Gym, only **ONE** cheque will be accepted from each region for each discipline (i.e. maximum of two cheques). Schools that qualify for these National Finals must send their entry fees to their regional organisers or treasurers who will then forward a regional cheque to cover ALL competing schools. **A late entry will incur a fine of £50. Likewise a form without home/mobile numbers of person in charge of each team will incur a fine of £50.**

# British Schools Acrobatic Gymnastics Disability Programme

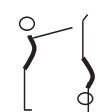

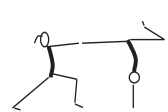







## SPECIFIC RULES

1. The general rules for judging and composition are identical to the mainstream programme with some exceptions which are detailed below.
2. There are three levels of entry to the British Schools Acrobatic Gymnastics Disability Development programme – **these are not governed by age, but by ability to perform the elements. Gymnasts will try to be grouped according to disability where numbers allow. i.e. Wheel chair users competing against wheel chair users.**
3. However, both partners in a pair must still be attending school.
4. Due to logistical problems, the two gymnasts in a pair do not have to attend the same school. In the case of children from different schools making a partnership, both schools should be on the entry form and affiliated to BSGA.
5. The drawings in the programme are to describe the elements, but the written rules in the guidance boxes will always take precedence over the drawings.
6. Elements may be performed with minor stylistic variations that do not change the bio-mechanics of the element. Where straight legs are indicated, a partner whose legs are restricted in range should indicate this on the tariff sheet and perform the element with the legs as straight as restriction allows.
7. Partners with a disability who are not wheelchair users must choose their elements from the mainstream programme at the level of entry: L1 from the U'11 programme, L2 from the U'14 programme and L3 from the O'14 programme regardless of their age.
8. Only wheelchair users may choose the individual elements from the Disability charts at each level. Wheelchair users who can perform the individual elements from the mainstream programme with minor adaptations may do so.
9. Wheelchair users may use their hands to stabilise their legs if necessary.
10. Where dish or arch positions are indicated, a disabled performer who cannot recruit their lower body may show a lift of the upper body while the legs remain on the floor.
11. Where the physical limitations of a performer make it difficult to perform the individual skills, the coach should contact Judy Wootton - [judy.wootton@btconnect.com](mailto:judy.wootton@btconnect.com) so that a decision can be made that will not disadvantage the partner with a disability.
12. Each partnership may be formed of either two partners each with a recognised disability or by one disabled partner working with an able-bodied partner. In this case the able-bodied performer must choose individual elements from the mainstream programme while the disabled partner who is a wheelchair user may use the elements from the disability section.
13. Unlike the mainstream programme, in a mixed pair the male may be base or top in the pairing.



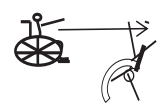









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visit the privacy statement on the website.**

## Under 11 Pair Skills & Disability Level 1

				
Supported handstand. Legs of top are together and straight. Base stands with good posture supporting the top lightly in balanced handstand	Base sitting in straddle supports top in straight handstand. Body of base should be vertical and arms of base are straight.	Base in lunge supports stag handstand of top. There should be a straight line from the shoulder of the base to the leg of the top. Support is under the heel	Shoulder stand on base support. Base's legs are bent, with feet on the floor. Support of the top is on the knee or thigh of the base. There should be a straight line from the shoulder of the base to the toes of the top.	Counterbalanced stand on knees. This may face in either direction. Hands may be crossed if preferred. Direction of top facing is optional
				
Supported front support. Top should have a straight body shape. Base holds top between knee and ankle	Supported back angel. Base supports top at shoulder or upper arm The top should have a gentle curve	Forward roll with assisted jump. The base bends to reach early for the top. Grip is wrist to wrist	Cartwheel over dish shape. Top places one hand each side of the body of the base	Leapfrog over partner. The top should rise after the contact with the base. Base may face in any direction but should not bend the legs.

## Disability Level 1 Pair Skills

				
Top performs headstand supported by wheelchair user in front or to the side of the chair.	Top performs a supported jump using wheelchair handles or shoulders of base as support.	One strong push from wheelchair user to travel forwards. Top performs a cartwheel alongside the chair.	Top performs front support with feet and ankles on thighs of wheelchair user, who uses hands to support the Top's feet.	The grip is optional in the counterbalance but the Base and Top should have straight arms. Feet of the top are on the floor, not on the footrest of the wheelchair.
				
Wheelchair user dismounts from the chair aided by Top.	Base lying, leg position optional. Top in front support supported by the Base under the body at the point of balance. Base should have straight arms. Top has hands on the floor with straight arms to support the upper body	Base in arch or supine (dish) body shape. Top reaches both hands over the waist of the Base and forward rolls. * NB General rules for base position	Base lying with knees bent together, Top in front support with their feet/ankles on the knees of the Base. Base may support their own legs with their hands for stability.	Wheelchair user in any sitting position supports Top to perform counterbalance in straddle sit. Base and Top should have straight arms.





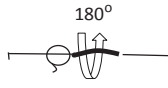





## Under 11 Individual Skills & Disability Level 1


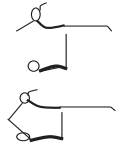




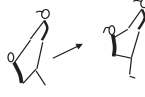



Shoulder stand 2"	<i>Hands may support the hips. Shoulder stand should be near vertical</i>	Cartwheel, chasse, cartwheel.	<i>A continuous series of movements increasing in speed and with no extra steps. Direction of finish is optional</i>
Cartwheel	<i>The cartwheel should follow a straight line. Start and finish positions are optional. The movement should be slow and controlled.</i>	Bridge with bent legs	<i>The shoulders should be fully open in the bridge. The legs should be together</i>
Forward roll immediate half turn jump	<i>The movement should be continuous with no additional steps</i>	Step, jump feet together, straight jump	<i>The step and jumps should be continuous and the feet together at the landing which should show a moment of stillness to evidence control.</i>
Tucked lever hold 2"	<i>Back should be straight, and hips near the hands. Knees should be lifted in front of the body.</i>		









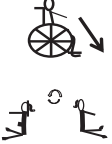

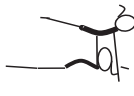
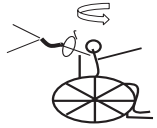
### Disability Level 1 Individual Skills (for wheelchair users only)

	Sit with body erect and arms free		Curled back lying, holding knees
	Hip lift with feet resting on floor.		Pike fold, with leg position as straight as possible
	Half log roll, body shape optional.		In chair, 360° pirouette with minimum pushes.
	Back arch with the gymnast lying face down on the floor, pressing down on the floor with their hands to arch the trunk. Arms remain bent at the elbows.		Low front support with one hand free.


## Under 14 Pair Skills & Disability Level 2

				
1-foot stand on knee. The top should be in balance on one foot with light support from the base. If facing out, the raised leg should be at a right angle. If facing in, then the leg should be raised behind at 45 degrees.	Free front angel on feet of base. The top has a gently curved shape with heels level with shoulders. Supported front angel on feet of base. Partners hold hands for support. Arms of both partners should be straight	Counter-balanced stand on knees . Support between partners may be with one or two hands. Both partners should be leaning away from each other with tight body shape	Handstand on the ankles of the base. The fingers of the top must not touch the floor. Arms of the base must be straight and the handstand should be vertical with one knee bent. The support may be with one or two hands of the base	Stand on knees. Top and base should be vertical in body line. The base may bend the arms when supporting the top, who should be in balance, not leaning out.
				
Base in lunge, top performs handstand on the thigh of the base. The base may bend the arms to give support. The handstand must be in balance and straight.	Supported stand on knees rising from sit to stand. The final position should be held for 3" The top should be in straight shape, not arched in the final counter-balance	Dive to catch in cradle. The top jumps from two feet and performs a dive to land in the arms of the base. Base bends knees during the catch and then rises to straight legs A good flight should be seen before the catch	Backward roll to lifted straight jump. There should be no pause after the roll. The base contacts the partner as soon as possible and both partners co-operate in the jump.	Tank roll. Partners hold ankles and roll in turn. Good height should be seen in the roll from each partner, and the movement should be smooth and even.



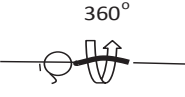

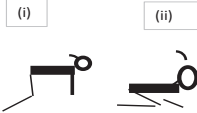



## Disability Level 2 Pair Skills

				
Top performs front support with bent arm support from the wheelchair user.	Top should be in a balanced handstand with the wheelchair user providing minimal support at the waist with straight arms. The handstand may be in front of or to the side of the chair.	Wheelchair user uses one hand to support the Top who is in counterbalanced stand using two-one hand hold. Base and Top should have straight arms	Top forward rolls to stand supported by the Base.	Base sitting in wheelchair assists the jump of the Top. The Top's arms should be straight.
				
Wheelchair user uses both hands to support shoulders of Top who is in bridge with one leg raised and two hands on knees or chair of the Base.	Wheelchair user performs an unaided dismount from the chair. Top performs a teddy bear roll	Base in arch or supine (dish) body shape. Top cartwheels over the waist of the Base, with one hand either side of the Base. * NB General rules for base position	Base lying, leg position optional. Top in front angel. Top can provide additional support with both hands on the floor.	Arms of Top are straight, with hands pushing from the Base's shoulders. The Top performs a butterfly leap behind the Base.

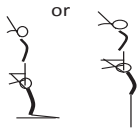



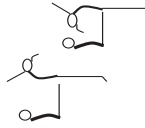
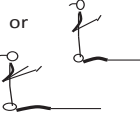
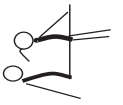
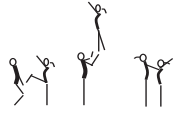
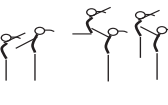
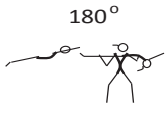
## Under 14 Individual Skills & Disability Level 2

Straddle lever hold 2"	<i>Back should be straight and chest open. The legs must be straight and reach horizontal at minimum.</i>	Handstand, forward roll	<i>The handstand must be held for 1" before the roll.</i>
Two linked cartwheels	<i>There must be no extra steps/chases between cartwheels. Second cartwheel may be on one hand</i>	Straddle roll - forwards or backwards	<i>The finish position may be in upright or horizontal hold. Legs must remain straight throughout.</i>
Cartwheel, chasse, cartwheel, cartwheel	<i>A continuous series of movements increasing in speed and with no extra steps. Direction of finish is optional</i>	Bridge with straight legs	<i>The shoulders should be fully open in the bridge. The legs may be slightly apart</i>
Straight jump with half turn	<i>The jump should be high and straight with a secure and accurate landing which is held to show control.</i>		

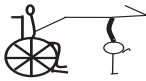

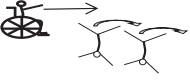

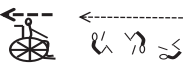
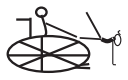



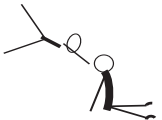
### Disability Level 2 Individual Skills (for wheelchair users only)

	In curled shape, rocking on back for two rocks.		Curled back lying, one arm free.
	Full turn log roll, body shape optional		Pike fold, leg position optional
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 2px;">(i)</div> <div style="border: 1px solid black; padding: 2px;">(ii)</div> </div> 	(i) Front support on hands and knees, back and arms straight. (ii) Low front support, back as straight as possible.		Sitting / kneeling on floor, open shoulders to show flexibility.
	Low front support with one hand free.		From crouch front support with legs and arms bent push with force to lift one arm free of the floor to as upright position as possible, leaving one hand on the floor for support.


## Over 14 Pair Skills & Disability Level 3

				
<p>Stand on shoulders with base kneeling or standing. The back of the base should be straight and the core muscles contracted. Method of entry and exit optional.</p>	<p>Base lying, top stands in hands. The elbows of the base remain in contact with the floor. The base's arms should not rest against the body for support. The base's forearm should be vertical and the support under the centre of the top's foot.</p>	<p>Shoulder stand on the arms of the base who is lying with legs raised. The base supports under the shoulders of the top, who holds the legs of the base. The shoulder stand should be in balance.</p>	<p>Free stand on knees. The feet of the top should follow the line of the thigh of the base, not across the muscle. The knees of the base should be just in front of the feet so as to give a stable surface for balance.</p>	<p>Free front or back angel on feet of base. The top has a controlled gentle curve in shape with shoulders and feet in line</p>
				
<p>Straddle or pike lever hold on arms of base who is lying. Legs of the base may be straightor bent with the feet on the floor. The legs of the top should be above horizontal in pike or straddle shape and the chest should be open with a straight back.</p>	<p>Base Lying, legs raised to vertical. Top performs "helicopter" by holding feet of Base and finding the point of balance. Base supports Top by pressing with the thighs</p>	<p>Pitched straight jump. The base bends and uses the strength of the legs to assist the arms in giving flight to the top. The top jumps from one foot in the hands of the base to perform a straight jump with hips rising to the level of the base's shoulders</p>	<p>Two lifted jumps, one pike or straddle, the other straight or tucked. No additional preparation between jumps. Hips of the top should reach shoulder height of base in both jumps. Both partners cooperate in performing the skill. The base supports the landing of the top</p>	<p>The top performs a dive with a 180 turn to land on their back in the arms of the base. The turn should rotate towards the base not away. The base bends the knees to cushion the landing before straightening the legs</p>

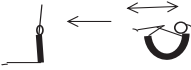






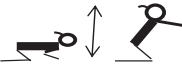
## Disability Level 3 Pair Skills

				
<p>Wheelchair user supports the heel of the Top's straight leg in the stag handstand, which may be performed facing inwards or outwards.</p>	<p>Wheelchair user uses one hand to support Top who is in a one foot counterbalance. Base and Top should have straight arms.</p>	<p>Wheelchair user performs two strong pushes to travel forwards. Top performs two cartwheels alongside the chair.</p>	<p>Top forward rolls to a straight jump supported by the wheelchair user.</p>	<p>Wheelchair user performs one strong push back with the wheelchair while Top performs backward roll to standing.</p>
				
<p>Top in front support with one leg raised, the other foot supported in one hand of the Base, who has straight arms.</p>	<p>Wheelchair user performs an unaided dismount from the chair. Top performs a teddy bear roll</p>	<p>Base lying, leg position optional. Top in front angel. Top can provide additional support with one hand on the floor.</p>	<p>Wheelchair user sitting gives one hand support to top who performs an arabesque stand with one hand grip. Wheelchair user's second hand is on the floor for stability.</p>	<p>The Base sitting on the floor. Arms of Top are straight, with hands pushing from the Base's shoulders. The Top performs a butterfly leap behind the Base.</p>

## Over 14 Individual Skills & Disability Level 3

Handstand 360 pirouette, or Headstand 2", legs optional	<i>The handstand must be held for 1" before the turn. In the headstand the hips should be fully opened</i>	One-arm cartwheel	<i>The one armed cartwheel may be performed with the first or second hand and the finish</i>
Forward roll, jump to one foot, immediate cartwheel	<i>The movements must be smoothly linked with no pauses or extra steps</i>	Pike lever hold 2" or elbow planche 2"	<i>Back should be straight and chest open. The legs must be together and straight and reach horizontal at minimum.</i>
Round-off, half turn jump to one foot, roundoff	<i>A continuous series of movements increasing in speed and with no extra steps. Direction of finish is optional</i>	Handstand to bridge or backbend to bridge	<i>In both cases the shoulders should be fully open. Legs may be slightly apart. The landings of either version should be gentle and controlled. Partners may do the same or different skills</i>
Straight jump with full turn	<i>The jump should be vertical, high and complete the turn before landing in control.</i>		

### Disability Level 3 Individual Skills (for wheelchair users only)

	In curled shape, rocking on back to upright sitting, legs optional, back upright in final sitting position.	2" 	Low front support with one hand free.
	In the chair, side stretch of the spine with both arms free.		Back arch with the gymnast lying face down on the floor, pressing down on the floor with their hands to arch the trunk. The arms finish in straight shape, one in contact with the floor, the other raised free
	Gymnast sitting, legs out as straight as possible. Then one leg is lifted straight using the opposite arm to hold the leg. The other hand stays on the floor for support.	2" 	Curled back lying with both arms free.
180° 	180° circle roll with legs as straight as possible. This may be performed with or without the legs being supported by the hands of the performer		From crouch front support bend the arms and push away with force to lift the arms free of the floor, aiming to reach as high as possible towards a straight back.



# BSGA Trampoline Competition Rules 2019-20

## 1. General

- 1.1 The interpretation of all rules and their intended meanings shall be decided by the BSGA Trampoline Working Group. Normal British Gymnastics Trampoline Competition Rules for performance and judging (the Code of Points) shall apply to the Schools Competitions unless modified hereunder.
- 1.2 For the year 2019-20, the Cycle 14 BG Code of Points effective for 2017-18 shall apply. This includes Horizontal Displacement and 4 execution judges. However, Time of Flight will not be used.
- 1.3 The National rules which are in force on September 1st of any year shall be retained in force for the subsequent Regional, Zonal, and National Schools Trampoline Competitions.
- 1.4 At the Regional round of competition, all competitors shall enter as Individuals representing their school, and shall compete for Individual awards and placings. Teams representing a school shall comprise three or four Individuals from that school in the same age/gender group. Teams will be entered automatically.
- 1.5 There shall be two preliminary rounds: Regional (held in December) and Zonal (held in January), followed by a National Final (held in March).
- 1.6 Each Zone comprises a number of regions, as follows:
  - Northern Zone: North, North West, Yorkshire, N. Ireland.
  - Central Zone: Eastern, East Midlands, West Midlands, Wales.
  - Southern Zone: South, South West, London, South East.
- 1.7 Where a Region finds that the entry numbers for its Regional Championships are unmanageable, it may recourse to its own qualifying system within the Region. If such a need arises, these qualifying events shall be held before November.
- 1.8 Individual Counties may, if they wish, organise their own 'County Schools Competitions' (which may be used as pre-selectors as per Rule 1.7). It is recommended that they be held prior to the Regional competitions, even if they are not to be used as pre-selectors.

## 2. Eligibility

- Competitors must be bona fide full-time students in Schools, Sixth-Form Colleges, Tertiary Colleges, Technical Colleges, academies, and specific disability schools, to encompass all educational bases under the age of 19. University students, or others in Higher Education, are not eligible.
- 2.1 Children who are educated at home with the approval of the Local Authority, and do not attend an educational institution, are also eligible to participate in the Schools competitions.
  - 2.2 All competitors must be submitted by, or with the approval of, their school, or of the LEA in the case of rule 2.1 above.
  - 2.3 Approval must be either in writing, or by email from an account originating at the school or LEA.
  - 2.4 This approval is only needed at the Regional round, as this permission acknowledges that schools may progress to subsequent rounds of the competition. Subsequent rounds may be entered with no further permission being sought.
  - 2.5 In the Regional round, competitors may compete only in the geographical Region within which their school is located.
  - 2.6 If a competitor changes school between rounds, they may continue to compete as an individual and/or a member of their original team with the approval of their new school.

## 3. Competition Structure and Format

- 3.1 There shall be five levels of Schools Competition, referred to as follows:
  - "The British Schools Elite Trampoline Championships"
  - "The British Schools Intermediate Trampoline Championships"
  - "The British Schools Novice Trampoline Championships"
  - "The British Schools Disability Novice Trampoline Championships"
  - "The British Schools Disability Elite Trampoline Championships"
- 3.2 Trophies of similar quality shall be offered to all levels of competition.
- 3.3 Each round (Regional, Zonal, and National) shall offer all levels of competition for each age/gender group.
- 3.4 These rules shall apply equally to all Levels of competition unless explicitly stated here.
- 3.5 Entry to the Novice Level shall be restricted to pupils who have not at any time up to the date of their Regional Schools competition competed at or above British Gymnastics NDP 1. (Except as in Rule 3.13 below.)
- 3.6 Pupils who qualify to compete in the Zonal round of the Novice Level, and who then subsequently compete in a Regional NDP 1 or higher competition shall remain eligible to compete in the Novice Level throughout the current series (Zonal, National) of school's competitions.
- 3.7 Individual Novice competitors who finish in the top three places of the National Finals of a competition season will be required to enter future competition seasons as an Intermediate or Elite competitor. Should the competitor feel that they are not competent to compete at the higher level they may apply to the Schools Working Group for permission to remain at Novice level, stating reasons to support the application. This rule does not apply to Disability Novice competitors.
- 3.8 Entry to the Intermediate Level shall be restricted to pupils who have not at any time up to the date of their Regional Schools competition competed at or above British Gymnastics NDP 6 or the Trampoline League. (Except as in rule 3.13.
- 3.9 Pupils who qualify to compete in the Zonal round of the Intermediate Level, and who then subsequently compete in a British Gymnastics "NDP 6" or higher competition shall remain eligible to compete in the Intermediate Level throughout the current series (Zonal, National) of schools competitions.
- 3.10 Entry to the Elite Level shall be open to any pupil who is eligible under the standard rules of the Schools Competitions. Pupils who have competed previously at or above either Regional Grade D, NDP 6 or the Trampoline League may only enter this Level, except as allowed by Rule 3.13.



- 3.11 Pupils who are eligible to compete in the Novice or Intermediate Level may be entered as Individuals and as part of a team in a higher Level of competition, but may not also compete in the lower Level in the same or subsequent rounds of Competition. Should a school wish to make up a team in the Intermediate or Elite Level, it may therefore include one or more novice or intermediate level competitors.
- 3.12 Should any pupil who is eligible for the Novice or Intermediate Level opt to compete in the next Level up, then he/she remains classified as being that standard for the remainder of the current season. Such pupils may not compete in the Novice Level in the same or subsequent rounds of competition.
- 3.13 Competitors that have retired from competitive trampolining gymnastics for a period of 24 months or more may apply to the committee to return to the competitions at a lower level than previously entered. Each person will be measured separately according to level and experience gained.
- 3.14 Competitors who have at any time competed in the Trampoline League, British Gymnastics NDP 6 or higher may not downgrade to Novice level.
- 3.15 There shall be two separate events within each competition: A Team event, and an Individual event.
- 3.16 All competitors must, if possible, enter as members of a School Team. Where numbers are such that some competitors cannot be accommodated within a team, then these competitors may enter the Individual competitions only.
- 3.17 All members of a Team will also enter the Individual competition in the first (Regional) Round.
- 3.18 Teams shall comprise three or four competitors in the same age/gender group.
- 3.19 Age Groups
- Competitors will be grouped by specified age and gender
  - Age bands are determined by the school year group of each competitor
  - The 2 age groups for TPD are: Year 1-6 and Year 7-14
  - The 4 age groups for Novice (not TPD) are: Year 1-6, Year 7-8, Year 9-10, and Year 11-14
  - The 3 age groups for all other levels are: Year 1-6, Year 7-9 and Year 10-14
  - Competitors may only compete within their own age band; specifically, a team can not include competitors who qualify to compete in a younger or older age group than that in which the team is entered
  - Northern Ireland has different school year numbers, one higher than the rest of the UK. Entries must be adjusted accordingly as indicated on the Zonal and Finals entry form. For example, someone in Year 7 in NI enters in the Year 1-6 (Primary School) age group
- 3.20 Bounce order of competitors.
- At Regional competitions, the order shall be at the discretion of the organisers, and published in advance if possible
  - At Zonal and National competitions, there shall be no change of order between the compulsory and voluntary routines
  - At Zonal and National competitions, all competitors who are not entered as individuals shall be programmed to compete before any competitors who are entered as individuals

#### 4. Progression

- 4.1 In the Regional and Zonal Rounds, the two teams with the highest scores and the three individuals with the highest scores shall be eligible to compete in the next (Zonal or National) event.
- 4.2 In the event of ties, then at all rounds of competition tie-break calculations shall be applied, and any ties for qualifying places, both Individual and Team, shall be separated as follows:
- The gymnast with the higher final score in the 2nd routine.
  - The gymnast with the higher execution score in the 2nd routine
  - The gymnast with the higher HD score in the 2nd routine
  - The total of all 4 execution judges' scores in the 2nd routine
  - The total of the 3 highest execution judges' scores from the 2nd routine
  - The total of the 2 highest execution judges' scores from the 2nd routine
  - The highest execution judge's score from the 2nd routine
- 4.3 Team members may only compete in the Individual Competition in the Zonal and National events if they have placed in the top three positions in the preceding round of Individual Competition.
- 4.4 Where a team qualifies to compete in a subsequent (Zonal or National) round of competition, at least two members of the qualifying team must be presented as team members in the subsequent round.
- 4.5 The school may change and substitute the remaining two members of the team between the events
- 4.6 Where a member of a team, having been nominated on an entry form, is unable to participate in a competition, then the Team Manager may submit a named substitute competitor up to any time before, but not later than, the start of the competition group in which the team is participating. The resultant team must comply with all existing rules regarding team membership and eligibility.
- 4.7 In the case of individual placings, no substitution may be made.
- 4.8 If a successful and eligible Individual and/or Team declines to take up a place in a Zonal or National event, or fails to submit their entry in time, then the next highest ranking Individual or Team from the qualifying competition may be invited to take the place.
- 4.9 Organisers of Regional and Zonal events may, at their discretion, permit the qualification of entrants who are, through no fault of their own, unable to attend the event, where they would otherwise have automatically qualified for the next round.



#### 5. Equipment

- 5.1 Competition organisers may offer any type of trampoline bed that is, or has been customarily used for BG competitions. This includes 6x6mm, 6x4mm, 4x4mm and others of similar performance.
- 5.2 Competition organisers must state on the entry forms the equipment they expect to provide for each event.
- 5.3 Where practical, a choice of trampolines should be provided on each panel.
- 5.4 Competitors shall be required to stipulate on their entry forms which type of bed they normally train on.
- 5.5 Team Managers are responsible for ensuring their competitors use only the type of bed with which they are familiar.

**6. Entry Fees**

- 6.1 At Regional level, the entry fee for Individuals may be set by the competition organisers according to their needs.
- 6.2 At Regional level, there shall be no additional fee for Team entries. (Noting that at Regional Level all competitors must be entered as Individuals).
- 6.3 At Zonal and National levels, the competition organisers are free to set entry fees for both the Individual events and for Team events according to the "break even" estimate of the competition's budget.
- 6.4 All Regional and Zonal competitions must either be financially self-sufficient, or be underwritten by the Region which is hosting the competitions.
- 6.5 Advisory only. Regions are advised to ring-fence any profits that they may make from their Regional rounds of the annual competitions, and to hold those profits in reserve to offset any shortage of income over expenditure when hosting a Zonal competition. The rotation of Zonal competitions is given below, so that Regions have fair notice of their financial commitments.

**7. Awards**

- From Regional Championship level onward, the following awards should be made:
- 7.1 ALL competitors, team or individuals, to receive a certificate recording achievement.
- 7.2 First three individuals in each age group - boys and girls separately - to receive a trophy, plaque, or commemorative medal as appropriate.
- 7.3 First two teams in each age group - boys and girls separately - to receive a trophy, plaque or commemorative medal as appropriate for each team member plus a trophy or plaque for the school itself recording the achievement. PLEASE NOTE - the above are considered to be the minimum awards to be given - where possible, more should be made.
- 7.4 At the National Finals, rule 7.3 will be extended to include the 3rd place team.
- 7.5 At the National Finals there shall be a march-on of all competitors for the presentation ceremony.
- 7.6 Replacements for trophies damaged or lost after the presentation are at the discretion of the organiser and at the expense of the competitor.

**8. Routines for Novice, Intermediate and Elite**

- 8.1 Each competitor will perform one compulsory routine and one voluntary routine. There will be no finals.  
**Note that the BG Teachers' award in Trampoline does not include a Back Somersault to Seat, Ballout, Cody or a Barani. See Rule 11.1 below.**
- 8.2 In the Voluntary routine at **Elite Level**:
  - there is no maximum difficulty mark
- 8.3 In the Voluntary routine at **Intermediate Level**:
  - no skill that exceeds a tariff of 0.6 is allowed
  - if any skill exceeds a tariff of 0.6 the routine will be stopped and scored up to the move before
  - no skill having more than 360 degrees of somersault rotation is allowed (e.g. no cody or ballout!)
  - should a competitor perform a skill with more than 360 degrees of rotation, then the routine shall be terminated after the skill immediately prior to the offending move and scored up to this point
  - no more than 7 skills of 270 degrees of somersault are allowed
  - should a competitor perform more than 7 skills with 270 degrees of somersault, then the routine shall be terminated after the skill immediately prior to the 8th such skill and scored up to this point
- 8.4 In the Voluntary routine at **Novice Level**:
  - no skill that exceeds a tariff of 0.6 is allowed
  - if any skill exceeds a tariff of 0.6 the routine will be stopped and a zero score will be awarded
  - skills with a rotation greater than 360 degrees are not allowed
  - no more than one skill of 360 degrees of somersault is allowed
  - should a competitor perform more than one skill with 360 degrees of somersault, then the routine shall be terminated after the skill immediately prior to the second such skill and scored up to this point.
- 8.5 In the event of any transgression of rule 8.4 either during the competition or during the warm-up period, the Chair of the panel and or the competition organiser may challenge the competitor/s eligibility to participate in the Novice level of competition, and may at their discretion either transfer the competitor to the corresponding Intermediate group (in the Regional round only) or disqualify the competitor from the competition in any round.
- 8.6 Compulsory routines – Novice, Intermediate and Elite for all rounds.

<b>NOVICE</b>
FULL TWIST
JUMP TO STRADDLE
SEAT LANDING
½ TWIST TO SEAT
½ TWIST TO FEET
JUMP TO PIKE
BACK LANDING
½ TWIST TO FEET
JUMP TO TUCK
½ TWIST JUMP

<b>INTERMEDIATE A</b>
FULL TWIST
JUMP TO STRADDLE
SEAT LANDING
½ TWIST TO SEAT
½ TWIST TO FEET
JUMP TO PIKE
BACK LANDING
½ TWIST TO FEET
JUMP TO TUCK
FRONT SOMERSAULT (T)

**or**

<b>INTERMEDIATE B</b>
BACK SOMERSAULT (T)
JUMP TO STRADDLE
SEAT LANDING
½ TWIST TO SEAT
½ TWIST TO FEET
JUMP TO PIKE
BACK LANDING
½ TWIST TO FEET
JUMP TO TUCK
FULL TWIST

**ELITE**  
 THE ELITE COMPULSORY ROUTINE SHALL COMPRISE 10 DIFFERENT MOVES INCLUDING AT LEAST FOUR MOVES HAVING A MINIMUM OF 360 DEGREES OF SOMERSAULT ROTATION

## 9. Routines and specific rules for Disability Trampoline

- 9.1 For the Disability Novice and Elite events:
- Competitors shall construct their own ten bounce routines from the recognised skills in the BG Proficiency Scheme
  - All routines shall include a minimum of five different skills
  - For the compulsory routine, the team manager must submit a competition card that complies with the rules to the difficulty judge before the competitor will be allowed to compete
  - Even if the competitor fails to perform a routine according to the difficulty card, the routine will still be marked without a penalty for the deviation
  - Should a competitor perform a prohibited or ineligible skill, then the routine shall be marked and scored up to and including the last acceptable skill
  - Should a competitor exceed the maximum tariff, then the routine shall be marked and scored up to and including the move before the tariff was exceeded
  - Duplicate skills in voluntary routines do not count towards tariff
- 9.2 For the Disability Novice events only:
- The compulsory routine for the Novice group shall include a minimum of five different skills, with a maximum total difficulty value of 0.8 for the complete routine. Duplicate moves will count towards this limit
  - If a completed compulsory routine has fewer than 5 different skills then the Chair shall apply a penalty of 0.1 for each missing skill
  - The voluntary routine for the Novice group shall have a maximum total difficulty of 1.2
- 9.3 For the Disability Elite events only:
- The compulsory routine for the Elite group shall have a minimum total difficulty of 1.2, and a maximum total difficulty of 4.5
  - If the minimum tariff requirement is not met, a Chair's penalty of 1.0 shall be applied
  - The voluntary routine for the Elite group shall have a maximum total difficulty of 4.5. No skill may exceed a difficulty value of more than 0.6

## 10. Attire

- 10.1 Dress must either conform to the requirements for British Gymnastics Individual Competitions (as set out in the British Gymnastics Code of Points that is currently in force for the schools competitions), or as relaxed explicitly in rules 10.2 to 10.10 below. For clarification regarding the wearing of correct attire, the Elite group shall be considered to be equivalent to NDP 6.
- 10.2 Tight fitting shorts are permitted at all levels in accordance with the British Gymnastics rules.
- 10.3 Competitors in the Novice and Intermediate Levels of competition at all rounds may wear their school's official uniform P.E. kit for indoor activities, provided that it is safely suitable for trampolining.
- 10.4 Acceptable school P.E. kit shall include only T-shirts, singlet PE vests, leotards, Polo/Netball shirts, close-fitting P.E. shorts, white foot covering. 'Skorts' are NOT permitted.
- 10.5 Shirts/vests must be tucked into trousers/shorts, and inhibited from flapping free during the execution of the routine.
- 10.6 Foot covering must be plain white (no coloured trim).
- 10.7 The chair of the judging panel has the right to prohibit participation in dress which is clearly unsuitable for the sport of trampoline gymnastics, even though it may be the school's official kit. (e.g. hockey skirts, skorts, Jogging bottoms. Boys shorts in particular may not be revealing). Should this situation arise, however, the competition organisers are expected to give the affected competitors reasonable opportunity to acquire suitable clothing in time to participate.
- 10.8 Matching attire for all members of a Team is not required.
- 10.9 Where proven to be required by religious constraints or medical conditions, girls of any age may wear tidy leg coverings with a leotard at any round of the competition.
- Leg coverings must be skin tight
  - Leg coverings must either be skin-coloured, or of the same colour as the leotard, or of a plain colour matching the leotard
- This rule shall be applied only in the interests of modesty, and not to satisfy whims of fashion.
- 10.10 Competition organisers are at liberty to determine their own standards of 'tidiness', but should establish the ruling before the start of the competition.
- 10.11 In the Awards Ceremony at Zonal and National Levels, competitors must present themselves in competition attire.
- ### 11. Judges and Officials
- 11.1 Every competitor must be accompanied by a suitably qualified Trampoline coach or P.E. Teacher who is qualified to coach the skills that the competitor intends to perform, and who will take full responsibility for the competitor's performance on the trampoline. Such a coach does not need to be a member of staff from the competitor's school.
- 11.2 The coach must be named on the entry forms for each round of competition. Should the nominated coach fail to attend, a suitably-qualified substitute may be requested to offer his/her services. If no substitute can be secured, then the competitor must not be allowed to compete.
- 11.3 In all rounds of competition, judges and officials must be offered to the organisers at the time of entry. Failure to do so may result in the entry being rejected or reduced. It is recommended that schools submit qualified officials in the following ratios to the number of entries, but competition organisers are free to alter these to meet the particular needs of their event:
- If entering 3 or more performers 1 x judge must be submitted
  - If entering 6 or more performers 1 x judge and 1 x other official must be submitted
  - If entering 9 or more performers 2 x judges and 1x other official must be submitted
  - If entering 12 or more performers 2 x judges and 2 x other officials must be submitted
  - If entering 15 or more performers 3 x judges and 2 x other officials must be submitted
  - If entering 18 or more performers 3 x judges and 3 x other officials must be submitted
- For the purposes of these ratios, no official may represent more than one school at the same time.

- 11.4 The competition organiser is authorised, at his or her discretion, to reject, or reduce the number of competitors on, any entry which fails to comply with the organisers requirements in this respect.
- 11.5 Judging qualifications should be included on the entry forms.
- 11.6 In all rounds of competition, the event organiser should endeavour to compile panels of officials from those individuals who have been nominated by their school. They may draw in as appropriate other volunteer judges/officials whose experience and qualification will benefit the event.
- 11.7 Panels that include Elite Level competitors should where practical be staffed by the highest-qualified judges available, taking into account the need for Chair and Difficulty judges for other panels.
- 11.8 At Zonal and National competitions, organisers shall endeavour to ensure a fair representation of all regions across the judging panels.
- 11.9 The use of competitors as judges should be avoided where possible.

**12. Administration**

- 12.1 Results of the Regional competition must be forwarded to the organiser of the appropriate Zonal round within one week of the Regional event. Results of the Zonal competitions must be forwarded to the organiser of the National Championships within one week of the Zonal events.
- 12.2 Organisers of the Zonal and National events may refuse to accept any entry whose eligibility cannot be verified against the official results.
- 12.3 Entry forms for all rounds of the Championships shall require the inclusion of the BSGA Affiliation Number..

**12. Dates of Competitions**

- 12.1 In order to accommodate National Competitions, the Regional Schools Competitions may be held on any of the last two weekends in November or the first two weekends in December. This will allow a local choice, according to the calendar, of a date between November 16th and December 14th.
- 12.2 The Zonal round should be held on, or as close as possible to the third weekend in January.
- 12.3 The National Finals shall be held in March where possible according to the BG calendar of competitions.
- 12.4 The above dates shall be reviewed each year to avoid clashes with other national BG or League events. Specific dates for events shall be determined by the event organising committees in co-operation with the calendar of National and Regional BG or League competitions.

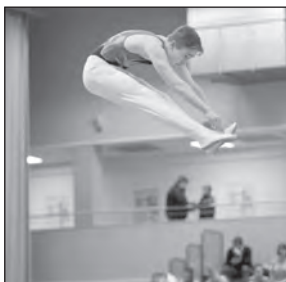
**14. Rotation of Zonals and Finals**

- 14.1 Responsibility for staging the Zonal events will rotate between the Regions comprising each Zone. The National Finals shall be open to voluntary offers. The rotation calendar for 2020 to 2022 is given below:

2020	
Southern Zone	South East
Central Zone	Wales
Northern Zone	North
National Finals	Southern Zone

2022	
Southern Zone	London
Central Zone	East Midlands
Northern Zone	Yorkshire
National Finals	Central Zone

2021	
Southern Zone	South West
Central Zone	West Midlands
Northern Zone	North West
National Finals	Northern Zone



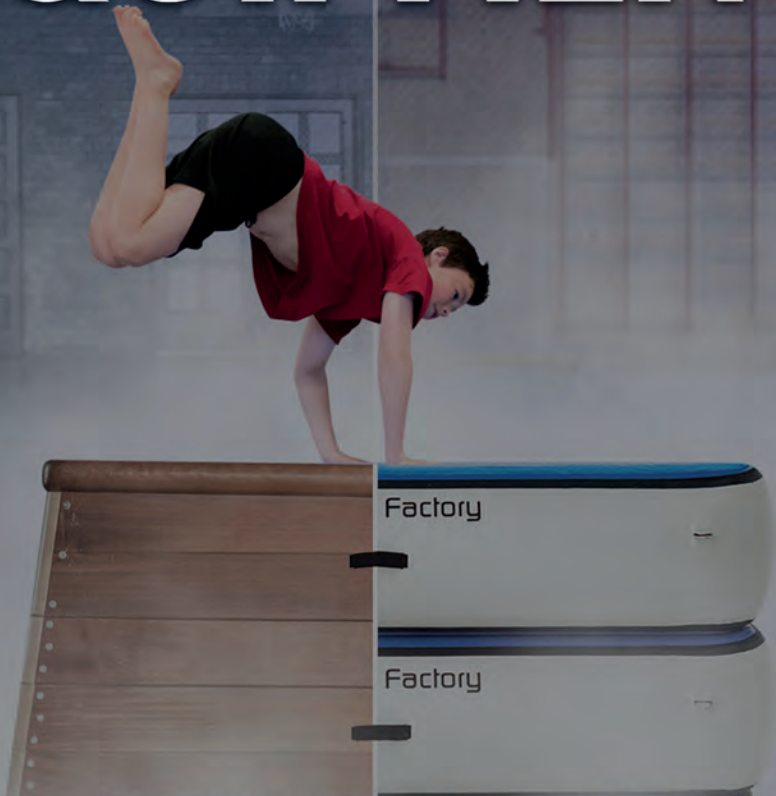
**This issue of the Rules was agreed on 7th July 2019 and is in effect from 1st Sept 2019.  
Changes to BG competition structure may necessitate changes to the schools trampolining rules.  
Please check with your Regional Representative before submitting entries to the competitions.**



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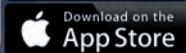
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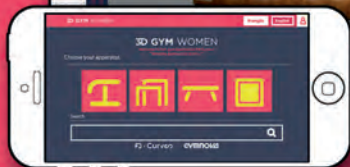
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