



Trampoline & Tumbling 2025 Competition Handbook

VERSION HISTORY

The Trampoline & Tumbling Technical Committee reserves the right to make amendments to this Handbook. All versions will be listed on this page, with reference to amendments made.

Version 1 – 26/09/24 - Original version

Trampoline & Tumbling Technical Committee Members

Position	Name	Contact
Chair	Harriet Curtis	ldntratumdmmtc@gmail.com
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Competition Organiser 1	Karen Gent	karenlondontramp@gmail.com
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Introduction

Read this handbook in conjunction with the latest versions of these documents.

- ❖ London Gymnastics Generic Event Rules
- ❖ London Gymnastics Committee Procedures and Regulations
- ❖ FIG Trampoline Gymnastics Code of Points
- ❖ British Gymnastics Trampoline and Tumbling National Competition Handbook 2025
- ❖ British Gymnastics Trampoline/Tumbling/DMT Club Cup Series 2025
- ❖ British Gymnastics Trampoline/Tumbling/DMT Regional Technical Requirements 2025
- ❖ British Gymnastics Trampoline/Tumbling/DMT National Age Group Competition 2025
- ❖ British Gymnastics Trampoline/Tumbling/DMT Disability Technical Requirements 2025
- ❖ British Gymnastics Trampoline/DMT R&C Judging Score Sheet
- ❖ British Gymnastics Trampoline/DMT R&C Testing Additional Information
- ❖ British Gymnastics Trampoline/DMT R&C Handout Images
- ❖ British Gymnastics Tumbling R&C Judging Score Sheet & Video Example

All documents are available on the British Gymnastics website. The region will adopt national or regional changes as required. All British Gymnastics and London Gymnastics policies must be adopted and followed by clubs, this includes gymnasts, coaches, judges, parents and volunteers.

The London Gymnastics Generic Event Rules outlines our policy on photography, jewellery, body piercing and behaviour. Team managers are responsible for the behaviour of their gymnasts, coaches, judges, parents and volunteers at our events. London Gymnastics will accept no responsibility for loss or damage to property or persons at our events.

Bank account

For BACs payments, use the reference of your club and the competition/penalty.

- ❖ Bank: HSBC
- ❖ Account name: London Gymnastics Ltd
- ❖ Sort code: 40-37-36
- ❖ Account Number: 02327341

Competition Calendar

The following competitions will be held during 2025 (dates subject to change):

2024 Events	Entry Opens	Entry Closes	Date	Venue
Regional Aspire, Club & Challenge Cup Qualifier 1	01/10/2024	14/10/2024 at 23:59	17/11/2024	Redbridge Sports Centre Forest Road, Ilford, IG6 2HD
Regional Aspire, Club & Challenge Cup Qualifier 2	07/01/2025	20/01/2025 at 23:59	23/02/25	Redbridge Sports Centre Forest Road, Ilford, IG6 2HD
Regional Aspire, Club & Challenge Championships	24/02/2025	03/03/2025 at 23:59	23/03/25	Redbridge Sports Centre Forest Road, Ilford, IG6 2HD
London Trampoline & Tumbling Open 2024	15/04/2025	28/04/2025 at 23:59	08/06/25	Redbridge Sports Centre Forest Road, Ilford, IG6 2HD

Community & Education Event Calendar

- ❖ 10/11/24 - London Schools (Trampoline) at Chessington Sports Centre
- ❖ 18/01/25 - Southern Zonal Schools (Trampoline) at Places Leisure Centre, Eastleigh
- ❖ 15/03/25 - National Schools Finals (Trampoline) - venue tba

Competition Structure

- ❖ November, February and March: Aspire, Club & Challenge Qualifiers and Championships
 - The following events at Aspire/Club, Challenge and FIG level: individual trampoline, double mini trampoline, tumbling, disability trampoline, disability DMT and disability tumbling.
- ❖ June: London Open
 - This is an out-of-season event featuring individual trampoline, double mini trampoline, tumbling, synchronised trampoline, disability trampoline, disability DMT, disability tumbling, adult trampoline and adult double mini-trampoline.

How to enter a competition

Affiliation

Clubs must be British Gymnastics registered and London Gymnastics affiliated.

Gymnast Entry Fees

All entry fees are subject to change at any time.

- | | |
|---------------------------|---------------|
| ❖ Trampoline/Tumbling/DMT | £28 per entry |
| ❖ Synchronised trampoline | £28 per pair |

Event Entry

Online entry through BG JustGo with credit or debit card payment.

- ❖ Entry fees are non-refundable after the entry has been submitted.
- ❖ Late entries will be accepted for double the entry fee.
- ❖ A club may not enter a competition without a minimum of one nominated judge.
 - The judge may be from your own club or another club.
- ❖ Level changes and team selections are allowed up until 23:59 pm the Tuesday prior to the competition day by emailing the Competition Organiser. Any level upgrades after this deadline will incur a £10 fee per change. Withdrawals will not occur a fee.

Gymnasts

- ❖ Must be members of British Gymnastics to the correct level of membership.
 - Aspire Cup levels require community membership
 - Club Cup levels require competitive membership
 - Challenge Cup levels require competitive membership
 - FIG levels require competitive membership
- ❖ Must be a minimum of 7 years in the year of the event
 - 6 year olds may compete on 17/11/24 if turning 7 years old in 2025
- ❖ Must have an accredited coach present at all times.
- ❖ Must have long hair tied back.
- ❖ Must not wear jewellery.
- ❖ Sliders, crocs and hoodies must not be worn whilst spotting.
- ❖ Must not have chewing gum.
- ❖ Gymnasts ignoring London Gymnastics Rules and Regulations will be sanctioned and may be disqualified from the event.
- ❖ Late arrivals at the event will be accommodated, if at all possible, at the discretion of the Chair of Panel, but must include warm-up time.

Coaches

- ❖ Must be members of British Gymnastics to the correct level of membership
 - Enhanced membership
 - Minimum of a level 2 qualification in trampoline, tumbling and/or DMT
 - Nominated Coach on BG JustGo entry
 - Must be aged 18+
- ❖ Have the discipline specific qualification to the level of skills being performed
- ❖ Have a current DBS and Safeguarding qualification at the time of entry and for the duration of the event.

- ❖ Wear club tracksuit or tracksuit bottoms and polo shirt.
- ❖ Wear the coach accreditation wristband supplied at all times
- ❖ Long hair must be tied back
- ❖ Jewellery must not be worn.
- ❖ Sliders, crocs and hoodies must not be worn whilst spotting.
- ❖ No chewing gum.
- ❖ Mobile phones or any other electronic devices, including tablets, may not be used on the competition floor for the duration of the event.
- ❖ Change of equivalent level coach accepted up to 1 hour before the event upon production of correct and current BG membership documents.
- ❖ Coaches ignoring the London Gymnastics Rules & Regulations will be sanctioned and may be disqualified from the event.

Assisting Coaches

- ❖ Must be members of British Gymnastics to the correct level of membership
 - Minimum of National membership
 - Minimum of a level 1 qualification in trampoline, tumbling and/or DMT
 - Nominated Coach on BG JustGo entry
 - Must be aged 18+
- ❖ Adhere to the same generic event rules as Coaches.
- ❖ Wear the coach accreditation wristband supplied at all times

Judges

- ❖ Must be members of British Gymnastics to the correct level of membership
 - Minimum of Community membership
 - Must be aged 18+
 - Trampoline: Require current cycle and trampoline qualification
 - Tumbling: Require current cycle and tumbling qualification
 - DMT: Require current cycle and DMT qualification
 - Range & Conditioning: Require current cycle and any discipline qualification
- ❖ Must wear British Gymnastics regulation attire as per BG T&T Handbook
- ❖ Wear the judge accreditation wristband supplied at all times
- ❖ Must be available for the duration of the event
- ❖ Judges can claim expenses as per London Gymnastics Volunteer Policy.
- ❖ Clubs will receive a penalty if a judge is not nominated, or for non-attendance.
- ❖ See 'Volunteers' section for further requirements.

Volunteers

Club requirements

- ❖ All clubs entering must provide volunteers
- ❖ Volunteers must be available for the duration of the event
- ❖ Volunteer judges/officials must be aged 18+
- ❖ Volunteers must wear the accreditation wristband supplied at all times
- ❖ Volunteers must sign in/sign out for fire safety purposes
- ❖ All roles can be shared between a maximum of two people. Clubs should seek consent prior to the competition from the Judging Organiser.

Judge roles

- ❖ Qualified judge, current cycle, current BG membership

General Helper roles

- ❖ Saturday competition set up (5-9 pm) & Sunday competition set down (7-10 pm)
- ❖ Spectator ticket checks
- ❖ The Zone leotard sales
- ❖ Qualified welfare officer, current DBS, BG membership, safeguarding and Time to Listen
- ❖ Club responsibilities
 - Clubs must educate their volunteers in how to perform the volunteer roles.
 - Contact the Competition Organiser if you need guidance on any volunteer roles.

Volunteer Quotas

A club may not enter a competition without a minimum of one nominated judge

Trampoline

Entries	Volunteers required
1-5	ONE judge
6-10	TWO judges + ONE helper
11-20	TWO judges (of which ONE must be COUNTY level) + ONE helper
21+	TWO judges (of which ONE must be REGIONAL) + ONE helper

Tumbling

Entries	Volunteers required
1+	ONE judge + ONE helper
21+	ONE judge of REGIONAL level + ONE helper

DMT

Entries	Volunteers required
1+	ONE judge + ONE helper
21+	ONE judge of REGIONAL level + ONE helper

- ❖ In the event of insufficient Regional level judges, County level judges will be upgraded into the Chair of Judges role

- ❖ Trampoline judges may be allocated to DMT if there are insufficient DMT judges
- ❖ For Range and Conditioning, judges from any gymnastics discipline can be nominated.
- ❖ All volunteers must be uploaded to JustGo as part of the event entry process.
- ❖ In addition to loading volunteers into JustGo, a volunteer nomination form must be completed that includes qualification levels and any role requests. This must be emailed to the Competition Organiser before the event closing date.
- ❖ Each role must have a full name – 'A N Other' is not acceptable and will result in your entry being deemed incomplete and subject to penalties.

Volunteers Nomination Exceptions

- ❖ New clubs to a discipline can:
 - Enter one event without supplying qualified judges but must supply the unqualified general helper volunteers.
 - Have one years grace from their first competition before having to supply a County and/or Regional level judge.
- ❖ Volunteers also competing will be accepted. The club must ensure cover is in place, otherwise the official will not be permitted to compete, and the entry fee will not be refunded.
- ❖ The Competition Organiser and/or Chair of Panel reserves the right to disqualify any club that does not supply their nominated volunteer(s) on the day or arrives with officials incorrectly dressed. Clubs must replace any official who cannot stay for the duration of the event with a volunteer of equal or approved calibre. Failure to do so will result in a penalty payment.

Volunteer Selection

- ❖ Clubs will be notified of selected officials with the competition information.
- ❖ It is the responsibility of the club manager to relay this information on to selected volunteers.
- ❖ Reserve volunteers are expected to be at the event, with appropriate dress, and report at check-in at the start of the event. Reserve judges will shadow the panel or fulfil another role if required.

Volunteer Travel Expenses

- ❖ Travel expenses can be claimed using the claim form on the London Gymnastics website.
- ❖ Travel expenses are paid in line with London Gymnastics Volunteer Expenses Policy.
- ❖ Dart Charge can be claimed. Receipts must be supplied.
- ❖ ULEZ Charge and Congestion Charge can not be claimed.

Risk Assessments for Volunteers and Coaches

- ❖ A risk assessment will need to be completed jointly by the club, individual and Competition Organiser for the following volunteers or coaches as per the London Gymnastics health and safety policy:
 - Expectant or new mothers, see appendix
 - Individuals with a disability

Volunteer Development and Penalties

If your club can not meet the volunteer quota you have the following options:

1. Show evidence you've booked a judge onto a course at the required level
2. Pay a fine for a missing judge.
 - a. A club will be able to pay a fine of £150 at the first event that will take them into the next quota band without supplying the additional judge(s) needed
 - b. If a club provides a judge but at a lower level than the required quota the fine will be reduced to £50 at the first event.
 - c. Clubs can only pay one fine. After this, entries will need to be limited.
 - d. If clubs cannot supply the correct amount of officials at the 2nd event, the fine will increase to £300.00, £450.00 for the 3rd event and £600.00 at the 4th event. However, if a club supplies the required number of judges at the 2nd event, but not at the 3rd event the fine will return to £150.00 and so on.

1. At entry submission

For clubs choosing option 2a from above, at the point of entry submission, a surcharge penalty of £150 can be applied to allow a club to provide one less official than required (club can choose the judge level). This penalty must be paid directly into the LG T&T Technical Committee bank account. Clubs must also email the Competition Organiser to notify that a penalty is being taken.

2. Late notification of volunteers

For clubs failing to notify the Judging Organiser of their volunteers by the closing date, including incomplete volunteer nomination forms, will incur a £150 penalty. This penalty must be paid and the volunteer nomination forms submitted within three days of notification of this penalty by the Judging Organiser or the entry will be invalid. This penalty must be paid directly into the LG T&T Technical Committee bank account.

3. Withdrawing a volunteer

After the event submission closing date, any withdrawn official that cannot be replaced will incur a penalty of £150 which must be paid within 48 hours of notification by the club or before the start of the competition (whichever is sooner). This penalty must be paid directly into the LG T&T Technical Committee bank account.

4. No-show on the event day

In the case of a volunteer or a reserve official not showing on the day or fulfilling their role, and there being no replacement of equal and approved calibre offered, the club will be required to pay a penalty of £150 per missing volunteer. **This penalty must be paid by credit or debit card, BACS or clubs can request to be invoiced after the event.**

5. Volunteer dress code violation

If a volunteer or coach is not appropriately attired (as per British Gymnastics and London Gymnastics policies) a penalty of £50 will be imposed. This penalty must be paid on the event day at check-in, by credit or debit card.

Club sanctions for unpaid penalties

- ❖ No further entries will be accepted from a club until their penalty has been paid.

- ❖ If cleared funds for all penalty payments are not received within 14 days of notification, the club will be ineligible for all future events and LG T&T Technical Committee activity until cleared funds for all outstanding penalties are received.
- ❖ Any club refusing to pay any outstanding penalties will be reported to London Gymnastics and British Gymnastics as defaulting on payment.
- ❖ The LG T&T Technical Committee reserves the right to ask for proof of transfer of funds therefore we suggest clubs retain confirmation from their bank.

Competition Day

Spectator Tickets

All spectator ticket prices are subject to change at any time.

- ❖ Advance Adult: £9 ticket fee (18+) + £3 postage and handling per order
- ❖ Advance Child: £6 ticket fee + £3 postage and handling per order
- ❖ On-the-door Adult: £15 ticket fee
- ❖ On-the-door Child: £10 ticket fee
- ❖ Payment is by debit or credit card only. No cash payments will be accepted.
- ❖ Spectators must remain in the spectator areas and not approach the judges.

Accreditation Desk Check-in

On arrival to a competition:

- ❖ Coaches, judges, volunteers and gymnasts must sign in at the accreditation desk
- ❖ All coaches and assistant coaches on the BG JustGo entry must sign in
 - Gymnasts cannot warm up or compete until the team manager has signed in and an adequately qualified coach is present on the field of play.

Field of Play

This is the sports arena floor.

- ❖ Only the gymnasts, judges and coaches submitted on the BG JustGo entry and volunteers submitted to the technical committee are allowed on the field of play.
 - Failure of a club to have an adequately qualified coach present on the field of play during the competition will result in gymnasts having to withdraw or change their routines to perform only those skills which lie within the qualification syllabus of the coach that is present on the field of play.
- ❖ Only those with the appropriate wristbands will be permitted on the Field of Play

Equipment specifications

Where possible, the following trampoline equipment will be used.

- ❖ Eurotramp Ultimate 4x4 mm and Eurotramp Grand Master Premium 4x4 mm
- ❖ Eurotramp Ultimate DMT
- ❖ Spiethway III Tumble Track

Gymnast attire

As per BG TRA TUM DMT Handbook.

Warm up

General warm-up

- ❖ Timed warm up
- ❖ Gymnasts must form an orderly queue
- ❖ Gymnasts must warm up all exercises

- ❖ No separate one-touch warm up will be offered

One-touch warm up

- ❖ A one-touch warm may be offered before competition if a training hall is used.
- ❖ Trampoline, Disability and Synchronised: 1 exercise
- ❖ DMT: 2 exercises
- ❖ Tumbling: 1 exercise

Warm up for finals

- ❖ Gymnasts will get one further warm up before competing.
- ❖ For groups split over multiple flights, gymnasts from the last flight will be offered one warm up, all others will be offered two.

Competition

After warming up, gymnasts must return to the gymnast seating area.

- ❖ Gymnasts must sit in programme order.
- ❖ All gymnasts will compete in programme order.
- ❖ Gymnasts must be ready to compete (with spotters) as soon as required.
- ❖ Gymnasts will compete range and conditioning and then their apparatus.
 - For the first 2025 season qualification event, there will be no range and conditioning
- ❖ All timings are approximate.
- ❖ The Competition Organiser can run up to one hour ahead of programme time.
- ❖ The Competition Organiser accepts no responsibility for gymnasts who miss their turn due to changes to timings or for the competition running early or late.

Presentations

Presentations will be held after each flight or as timetabled.

Inquiries

Inquiries are only permitted in accordance with FIG regulations. Inquiries can only be made in respect of scores relating to difficulty, time of flight or errors in the calculations of a gymnast's score. No inquiry can be brought in respect of any execution, horizontal displacement, synchronisation or penalties.

- ❖ Coaches should approach the Chair of Judges in a polite way.
- ❖ Coaches must not approach the judges.
- ❖ Any inquiries must be submitted by the end of the flight and relate to a coach's own gymnast(s).
- ❖ Where there is no superior jury, the Chair of Judges will decide about the inquiry and there will be no further right to appeal.
- ❖ Once results are signed off by the Chair of Judges, no further inquiries can be considered.

Results

- ❖ Live screen results act as a guide and should not be treated as definitive results.
- ❖ Definitive results are the signed hard copies on display.
- ❖ Competition results are posted on the BG JustGo events page.

Photography

- ❖ By entering a London Gymnastics event, there is an acceptance that the participant may be photographed and published by London Gymnastics.
- ❖ Photos and videos may only be taken and used in accordance with the British Gymnastics Child Protection Policy.
- ❖ Photos may not be used, distributed or copied for commercial purposes.
- ❖ Flash may not be used at any time during the event.
- ❖ The Event Organiser may at any time in his or her absolute discretion, direct that photos shall not be taken.

Feedback and Complaints

- ❖ Any feedback should be emailed to the Chair.
- ❖ All complaints should be made in line with the London Gymnastics Complaints and Disciplinary Policy

Additional Information

Competition cards

- ❖ Must be submitted for all levels in all disciplines.
- ❖ Must be completed in FIG notation.
- ❖ Where the card should be marked with an asterisk to indicate required elements, this must be done by the competitor or coach before the competition card is submitted.
- ❖ Gymnasts who do not submit a competition card when required will not be able to compete.
- ❖ Competition cards must be signed by an appropriately qualified coach.
- ❖ Competition cards cannot be signed by a gymnast (even if they are a qualified coach) or by a Level 1 coach.

Teams

Not all events have a team element. Check the competition structure at the point of entry. Some events may have different team rules to those listed below.

- ❖ Minimum of three gymnasts and a maximum of four gymnasts.
- ❖ Teams can be mixed gender unless otherwise stated.
- ❖ Team members must be entering the same age group and same grade of competition.
- ❖ Team members do not need to wear uniform/matching dress
- ❖ Team members must be nominated on the club check-in sheet. If team members are not nominated at check in there will be no team.

Finals

Generally, there are no finals at London Gymnastics events. Check the competition structure at the point of entry. Some events may have different final rules to those listed below.

- ❖ Finals are for the top eight gymnasts in a group after the qualifying round.
- ❖ Where there are less than eight gymnasts in a group all gymnasts will compete in the final and the score will be accumulative of all routines/passes.
- ❖ Where there are more than eight gymnasts in a group, the final will be from zero.
- ❖ Finals are run at the discretion of the Competition Organiser and may be cancelled due to time constraints.

- ❖ Any qualified person who chooses not to take part in a final will not be eligible to receive an award.

Trophies and medals

- ❖ See the competition structures for the medals, trophies, rosettes and certificates.
- ❖ Gymnasts receiving awards must be in competition attire.

Age Groups

As per year of birth. Use this table to work out the age category for the 2025 season.

Aspire/Club Cup, Challenge Cup & FIG Cup												
Minimum 7 years in the year of the event												
For qualifying events between October and December 2025, the gymnast should enter the age group that they will be eligible for in 2025.												
Age Group	7	8	9	10	11	12	13	14	15	16	17	18+
Year of Birth	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007

Out-of-Region Club Entries

- ❖ Entries from clubs affiliated to other British Gymnastics regions are allowed. Entries are the subject to the standard entry fee, judge/volunteer quota and coach requirements.
- ❖ Clubs based in London but not affiliated to London Gymnastics are not eligible.
- ❖ Out-of-Region clubs will be responsible for paying their judge/volunteer judge expenses.
- ❖ Out-of-Region gymnasts are eligible to compete in a final (if part of the competition structure) but this will not be at the expense of any London performers (e.g. if an Out-of-Region gymnast is lying 5th after going into the final then the next placed London gymnasts after the top 8 will also be in the final).
- ❖ Out-of-Region gymnasts are eligible to win medals, but this will not be at the expense of any London gymnasts (e.g. if an Out-of-Region gymnast is placed 3rd then the next placed London gymnasts will also receive a 3rd place medal).
- ❖ Out-of-Region gymnast's scores will not count towards any regional or national qualification.

Qualification to the EG Silver Tumbling Championships

- ❖ Qualification will be top ranked gymnasts per level, gender and age band at the English Qualifier event held as part of Qualifier 2 on 23/02/25.
 - Club Cup Level 5 & 6 – Top two rank
 - Challenge Cup Level 1-3 – Top two rank
 - Challenge Cup Level 4 – Top three rank
- ❖ Tie breaks as outlined in the tumbling BG Regional Technical Requirements 2023
- ❖ Entry to the event must be completed by clubs via British Gymnastics' JustGo online entry portal by the published closing date.
- ❖ This is a self funded event for the gymnasts and coaches in attendance.

Qualification to the BG Inter-Regional Challenge Cup Final

- ❖ A maximum of two gymnasts per category from each region will qualify to the Inter-Regional Challenge Cup Final made up of the following:
 - Places will be allocated in rank order from the Challenge Cup Championships

- In the event of a tied position the tie break rule as outlined in the discipline specific BG Regional Technical Requirements 2024
- ❖ Entry to the event must be completed by regions via British Gymnastics' JustGo online entry portal by the published closing date.
- ❖ Gymnasts who qualify must attend the squad training days and purchase the London Gymnastics uniform.
- ❖ London Gymnastics will enter the gymnasts. Clubs must ensure all entry monies and selection acceptances are confirmed and paid for by our closing date. Any club/gymnast who has not verified their selection by the closing date will forfeit their selection and it will be reallocated to a reserve.

London Team Coach Selection for the BG Inter-Regional Challenge Cup Final (IRCCF)

- ❖ Coaches will be selected from clubs who have supported the region and its events.
- ❖ Coaches who wish to attend the IRCCF must:
 - Attend the training days put on by the T&T TC
 - Submit a selection form
 - Coaches with qualifications in two or three disciplines will be given priority.
- ❖ The T&T TC reserves the right not to fulfil the whole coach quota offered by BG.
- ❖ Coaches and non-coaching roles selected must attend the squad training day and attend the whole of the Regional Team Finals (Friday-Sunday).
- ❖ London Gymnastics will contribute towards travel expenses. Travel costs should be shared with the IRCCF organiser before travelling and where possible public transport should be taken.
- ❖ London Gymnastics will contribute £100.00 towards accommodation, per night.

TRAMPOLINE PATHWAY 2025

Introduction

Our trampoline competition programme is designed to be achievable, but progressive, to help both gymnasts and coaches focus on the development of core skills. Our pathway includes all levels of abilities:

- Stage 1: LG Aspire Cup
- Stage 2: BG Challenge Cup
- Stage 3: BG FIG Cup

LG Aspire Cup Trampoline Level

At the Aspire Cup, gymnasts receive a participation certificate and there will be medals for the top 3 trampoline places.

- ❖ It is the coach's discretion to which level a gymnast competes
- ❖ Aspire Cup is held at Qualifier 1, Qualifier 2, London Championships and London Open
- ❖ The top 24 ranked gymnasts per competition group from Qualifiers 1 and 2 are invited to the London Championships.
- ❖ The London Open is open entry and does not require qualification
- ❖ Gymnasts can skip the Aspire Cup and begin at Challenge Cup level
- ❖ Gymnasts may move up from Aspire Cup to Challenge Cup within a competition year
- ❖ The T&T TC reserves the right to split and merge age groups to ensure there is appropriate competition.

TRAMPOLINE PATHWAY 2025

Stage 1: London Gymnastics Aspire Cup Trampoline

Code of Points and Range and Conditioning as per [BG Handbook\(s\)](#)

- All FIG scoring elements included
- All groups are mixed gender by default. If there are more than 6 male gymnasts in an age category we will split the age group into men and women.

Competition Format

- ❖ Gymnasts will be in mixed gender age groups
- ❖ Gymnasts will compete Range and Conditioning and then Trampoline
 - There will be no R&C at the first 2025 season qualification event
- ❖ Certificates will be awarded immediately after competition
- ❖ Distinction rosettes will be awarded immediately after the R&C performance
- ❖ The top 3 ranked gymnasts on the trampoline score per group will receive a medal
- ❖ Medal presentations will happen at a scheduled time
- ❖ Clubs can take photos at the photo board after competition
- ❖ The T&T TC reserves the right to split and merge age groups to ensure there is appropriate competition

Distinction Rosette for Range and Conditioning

- ❖ A rosette will be awarded for a score equal to or greater than 94% (9.40)

Aspire Cup Level 1			
Age Groups: 7-8 yrs / 9-10yrs / 11-12 yrs / 13-14yrs / 15-16 yrs / 17+ yrs			
Compulsory 1		Range & Conditioning Routine	
1	Straddle Jump	1	Forward Roll to Dish Shape (SL) - (hold for 2 seconds)
2	Seat Landing	2	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
3	To Feet	3	Back Support – (hold for 2 seconds)
4	Tuck Jump	4	Straddle Fold – (hold for 2 seconds)
5	½ Twist Jump	5	Pike Fold – (hold for 2 seconds)
6	Pike Jump	6	Left Splits, Right Splits
7	Seat Landing	7	Back Arch – (hold for 2 seconds)
8	½ Twist To Feet	8	Press up to Front Support – (hold for 2 seconds)
9	Tuck Jump	9	Burpee to Stand & Vertical Jump
10	Full Twist Jump	10	Standing Shoulder Flexibility – (hold for 2 seconds)
Compulsory 2 Routines (select one to compete)			
LG Aspire		BG Club 1	BG Club 2
1	Straddle Jump	Front Landing	½ Twist To Front Landing
2	Seat Landing	To Feet	To Feet
3	To Feet	Straddle Jump	Straddle Jump
4	Tuck Jump	Seat Landing	Seat Landing
5	½ Twist Jump	To Feet	½ Twist To Seat Landing
6	Pike Jump	½ Twist Jump	½ Twist To Feet
7	Seat Landing	Tuck Jump	Tuck Jump
8	Half Twist To Feet	Pike Jump	Pike Jump
9	Tuck Jump	Back Landing	Back Landing
10	Full Twist	To Feet	½ Twist To Feet
0.40 DD value		0.50 DD value	0.80 DD value

- ❖ Difficulty cards are required
- ❖ Aspire Cup is two compulsory routines. Routines will stop at the point of error.

Aspire Cup Level 2			
Age Groups: 7-8 yrs / 9-10yrs / 11-12 yrs / 13-14yrs / 15-16 yrs / 17+ yrs			
Compulsory 1		Range & Conditioning Routine	
1	Straddle Jump	1	Forward Roll to Dish Shape (SL) - (hold for 2 seconds)
2	Seat Landing	2	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
3	To Feet	3	Back Support – (hold for 2 seconds)
4	Tuck Jump	4	Straddle Fold – (hold for 2 seconds)
5	½ Twist Jump	5	Pike Fold – (hold for 2 seconds)
6	Pike Jump	6	Left Splits, Right Splits
7	Seat Landing	7	Back Arch – (hold for 2 seconds)
8	½ Twist To Feet	8	Press up to Front Support – (hold for 2 seconds)
9	Tuck Jump	9	Burpee to Stand & Vertical Jump
10	Full Twist Jump	10	Standing Shoulder Flexibility – (hold for 2 seconds)
Compulsory 2 Routines (select one to compete)			
BG Club 3		LG Challenge 1 Prep	Notes
1	Full Twist Jump	Back s/s (T)	<ul style="list-style-type: none"> ❖ Difficulty cards are required ❖ Aspire Cup is two compulsory routines. Routines will stop at the point of error.
2	Straddle Jump	Straddle Jump	
3	Seat Landing	Seat Landing	
4	½ Twist To Seat	½ Twist To Feet	
5	½ Twist To Feet	½ Twist Jump	
6	Pike Jump	Pike Jump	
7	Back Landing	Back Landing	
8	½ Twist To Feet	½ Twist To Feet	
9	Tuck Jump	Tuck Jump	
10	Front s/s (T)	Full Twist Jump	
1.2 DD value		1.2 DD value	

- ❖ Difficulty cards are required
- ❖ Aspire Cup is two compulsory routines. Routines will stop at the point of error.

TRAMPOLINE PATHWAY 2025

Stage 2: British Gymnastics Challenge Cup Trampoline

Exercises, Code of Points and Range and Conditioning as per [BG Handbook\(s\)](#)

Competition Format

- ❖ Gymnasts will be banded by gender and age groups
- ❖ Gymnasts will compete Range and Conditioning and then Trampoline
 - There will be no R&C at the first 2025 season qualification event
- ❖ Distinction rosettes will be awarded immediately after the R&C performance
- ❖ The top 3 ranked gymnasts on the trampoline score per group will receive a medal
- ❖ Presentations will happen at a scheduled time
- ❖ Clubs can take photos at the photo board after competition

Distinction Rosette for Range and Conditioning

- ❖ A rosette will be awarded for a score equal to or greater than 94% (9.40)

TRAMPOLINE PATHWAY 2025

Stage 3: British Gymnastics FIG Cup Trampoline

Exercises and Code of Points as per [BG Handbook\(s\)](#)

FIG Range & Conditioning: [Video Example](#) and [Scoring Sheet](#)

Qualifying Competitions

- ❖ Gymnasts will be banded by gender and age groups
- ❖ Youth Age 10-12
 - First Exercise: The exercise consists of 10 different elements, only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.
 - 1. one (1) element to front or back
 - 2. one (1) element from front or back – in combination with requirement 1
 - Second Exercise:
 - 1. The minimum exercise degree of difficulty is 4.1 for male and female gymnasts.
 - 2. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
 - 3. The degree of difficulty is capped at 1.6 per element.
 - 4. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements.
 - 5. The performing of triple and quadruple somersaults is prohibited and will result in disqualification.
- ❖ Junior Age 13-16
 - First Exercise: The exercise consists of 10 different elements, only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.
 - 1. one (1) element to front or back,
 - 2. one (1) element from front or back – in combination with requirement N°1,
 - 3. one (1) double front or back somersault with or without twist and
 - 4. one (1) element with a minimum of 540° twist and minimum 360° somersault rotation.
 - Second Exercise:
 - 1. The minimum exercise degree of difficulty is 7.8 for male gymnasts & 7.1 for female gymnasts.
 - 2. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an
 - 3. interruption to the exercise.
 - 4. The degree of difficulty is capped at 1.8 per element.
 - 5. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum
 - 6. difficulty requirements.
 - 7. The performing of quadruple somersaults is prohibited and will result in disqualification.

TRAMPOLINE PATHWAY 2025

- ❖ Senior Age 17+: BG FIG requirements for the gymnast's age
 - Two (2) voluntary exercises. The highest score of the two (2) exercises will count.
 1. The minimum exercise degree of difficulty is 10.6 for male gymnasts and 9.1 for female gymnasts.
 2. The exercise must not exceed 1 body landing allowed. Performing more than 1 body landing will be deemed an interruption to the exercise.
 3. The degree of difficulty is capped at 2.0 per element.
 4. A penalty of 2.0 will be applied for each complete exercise (10 elements) which fails to meet the minimum difficulty requirements
 5. The performing of quadruple somersaults is prohibited and will result in disqualification.
- ❖ Gymnasts must compete FIG Range and Conditioning and then Trampoline
 - There will be no R&C at the first 2025 season qualification event
- ❖ Distinction rosettes will be awarded immediately after the R&C performance
- ❖ The top 3 ranked gymnasts on the trampoline score per group will receive a medal
- ❖ Presentations will happen at a scheduled time
- ❖ Clubs can take photos at the photo board after competition

Distinction Rosette for Range and Conditioning

- ❖ A rosette will be awarded if a gymnast does not receive any Major Faults.

TUMBLING PATHWAY 2025

Introduction

Our tumbling competition programme is designed to be achievable, but progressive, to help both gymnasts and coaches focus on the development of core skills. Our pathway includes all levels of abilities:

- Stage 1: BG Club Cup
- Stage 2: BG Challenge Cup
- Stage 3: BG FIG Cup

BG Club Cup Tumbling

There will be rankings and medals for the top 3 tumbling places.

- ❖ It is the coach's discretion to which level a gymnast competes
- ❖ Club Cup is held at Qualifier 1, Qualifier 2, London Championships and London Open
- ❖ The top 24 ranked gymnasts per competition group from Qualifiers 1 and 2 are invited to the London Championships.
- ❖ The London Open is open entry and does not require qualification
- ❖ Gymnasts can skip the Club Cup and begin at Challenge Cup level
- ❖ Gymnasts may move up from Club Cup to Challenge Cup within a competition year
- ❖ The T&T TC reserves the right to split and merge age groups to ensure there is appropriate competition

TUMBLING PATHWAY 2025

Stage 1: British Gymnastics Club Cup Tumbling

Exercises and Code of Points as per [BG Handbook\(s\)](#)

- All FIG scoring elements included
- All groups are mixed gender by default. If there are more than 6 male gymnasts in an age category we will split the age group into men and women.

Competition Format

- ❖ Gymnasts will be in mixed gender age groups
- ❖ There will be a participation certificate for those participating in the Club levels
- ❖ The top 3 ranked gymnasts on the tumbling score per group will receive a medal
- ❖ Medal presentations will happen at a scheduled time
- ❖ Clubs can take photos at the photo board after competition

TUMBLING PATHWAY 2025

Stage 2: British Gymnastics Challenge Cup Tumbling

Exercises, Code of Points and Range and Conditioning as per [BG Handbook\(s\)](#)

Competition Format

- ❖ Gymnasts will be banded by gender and age groups
- ❖ Gymnasts will compete Range and Conditioning and then Tumbling
 - There will be no R&C at the first 2025 qualification event
- ❖ Distinction rosettes will be awarded during the presentation
- ❖ The top 3 ranked gymnasts on the tumbling score per group will receive a medal
- ❖ Presentations will happen at a scheduled time
- ❖ Clubs can take photos at the photo board after competition

Distinction Rosette for Range and Conditioning

- A rosette will be awarded for a score equal to or greater than 94% (9.40)

TUMBLING PATHWAY 2025

Stage 3: British Gymnastics FIG Cup Tumbling

Exercises and Code of Points as per [BG Handbook\(s\)](#)

Qualifying Competitions

- ❖ Gymnasts will be banded by gender and age groups
- ❖ Youth Age 10-12
 - The following minimum Q1 difficulty values shall apply
 - Men 4.4 and Women 4.4
- ❖ Junior Age 13-16
 - The following minimum Q1 difficulty values shall apply
 - Men 5.4 and Women 5.4
- ❖ Senior Age 17+
 - The following minimum Q1 difficulty values shall apply
 - Men 7.4 and Women 7.0
- ❖ Gymnasts will compete FIG Range and Conditioning and then Tumbling
 - There will be no R&C at the first 2025 qualification event
- ❖ Distinction rosettes will be awarded during the presentations
- ❖ The top 3 ranked gymnasts on the trampoline score per group will receive a medal
- ❖ Presentations will happen at a scheduled time
- ❖ Clubs can take photos at the photo board after competition

DMT PATHWAY 2025

Introduction

Our DMT competition programme is designed to be achievable, but progressive, to help both gymnasts and coaches focus on the development of core skills. Our pathway includes all levels of abilities:

- Stage 1: LG Aspire Cup
- Stage 2: BG Challenge Cup
- Stage 3: BG FIG Cup

Aspire Cup DMT Levels

At Aspire Cup, gymnasts receive a participation certificate and there will be medals for the top 3 DMT places.

- ❖ It is the coach's discretion to which level a gymnast competes
- ❖ Aspire Cup is held at Qualifier 1, Qualifier 2, London Championships and London Open
- ❖ The top 24 ranked gymnasts per competition group from Qualifiers 1 and 2 are invited to the London Championships.
- ❖ The London Open is open entry and does not require qualification
- ❖ Gymnasts can skip the Aspire Cup and begin at Challenge Cup level
- ❖ Gymnasts may move up from Aspire Cup to Challenge Cup within a competition year
- ❖ The T&T TC reserves the right to split and merge age groups to ensure there is appropriate competition.

DMT PATHWAY 2025

Stage 1: London Gymnastics Aspire Cup DMT

Exercises, Code of Points and Range and Conditioning as per [BG Handbook\(s\)](#)

- All FIG scoring elements included
- All groups are mixed gender by default. If there are more than 6 male gymnasts in an age category we will split the age group into men and women
- Competition cards are required

Competition Format

- ❖ Gymnasts will be in mixed gender age groups
- ❖ Gymnasts will compete Range and Conditioning and then DMT
 - There will be no R&C at the first 2025 season qualification event
- ❖ Certificates will be awarded immediately after competition
- ❖ Distinction rosettes will be awarded immediately after the R&C performance
- ❖ The top 3 ranked gymnasts on the DMT score per group will receive a medal
- ❖ Medal presentations will happen at a scheduled time
- ❖ Clubs can take photos at the photo board after competition
- ❖ The T&T TC reserves the right to split and merge age groups to ensure there is appropriate competition

Distinction Rosette for Range and Conditioning

- A rosette will be awarded for a score equal to or greater than 94% (9.40)

Aspire Cup									
Age Groups: 7-8 yrs / 9-12 yrs / 13-16 yrs / 17+									
Gymnasts can select 4 compulsory exercises from the 10 listed below. Gymnasts must complete Competition Cards.									
BG Club 1 Compulsory Exercises					BG Club 2 Compulsory Exercises				
Pass	Mount	Spotter	Dismount	DD	Pass	Mount	Spotter	Dismount	DD
1	-	Tuck Jump	Straddle Jump	0.0	5	Tuck Jump	-	1/1 Twist Jump	0.4
2	-	Straddle Jump	1/2 Twist Jump	0.2	6	Pike Jump	-	1/2 Twist Jump	0.2
3	Tuck Jump	-	Pike Jump	0.0	7	-	Tuck Jump	Front S/S (P)	0.6
4	-	1/1 Twist Jump	Tuck Jump	0.4	8	-	Pike Jump	Front S/S (T)	0.5
LG Challenge 1 Prep Compulsory Exercises									
9		1/2 Twist Jump	Back S/S (T)	0.7	10		Back S/S (T)	Straddle Jump	0.5

Aspire Cup Range & Conditioning Routine	
1	Forward Roll to Dish Shape (SL) - (hold for 2 seconds)
2	4 x 1 Leg Alternate V Sit (2 x left & 2 x right)
3	Back Support – (hold for 2 seconds)
4	Straddle Fold – (hold for 2 seconds)
5	Pike Fold – (hold for 2 seconds)
6	Left Splits, Right Splits
7	Back Arch – (hold for 2 seconds)
8	Press up to Front Support – (hold for 2 seconds)
9	Burpee to Stand & Vertical Jump
10	Standing Shoulder Flexibility – (hold for 2 seconds)

DMT PATHWAY 2025

Stage 2: British Gymnastics Challenge Cup DMT

Exercises, Code of Points and Range and Conditioning as per [BG Handbook\(s\)](#)

Competition Format

- ❖ Gymnasts will be banded by gender and age groups
- ❖ Gymnasts will compete Range and Conditioning and then DMT
 - There will be no R&C at the first 2025 season qualification event
- ❖ Distinction rosettes will be awarded immediately after the R&C performance
- ❖ The top 3 ranked gymnasts on the trampoline score per group will receive a medal
- ❖ Presentations will happen at a scheduled time
- ❖ Clubs can take photos at the photo board after competition

Distinction Rosette for Range and Conditioning

A rosette will be awarded for a score equal to or greater than 94% (9.40)

DMT PATHWAY 2025

Stage 3: British Gymnastics FIG Cup DMT

Exercises and Code of Points as per [BG Handbook\(s\)](#)
FIG Range & Conditioning: [Video Example](#) and [Scoring Sheet](#)

Qualifying Competitions

- ❖ Gymnasts will be banded by gender and age groups
- ❖ Youth Age 10-12
 - The following minimum three-exercise cumulative difficulty values shall apply
 - Men 4.5 and Women 4.5
- ❖ Junior Age 13-16
 - The following minimum three-exercise cumulative difficulty values shall apply
 - Men 9.0 and Women 7.5
- ❖ Senior Age 17+
 - The following minimum three-exercise cumulative difficulty values shall apply
 - Men 15.0 and Women 12.0
- ❖ Gymnasts will compete FIG Range and Conditioning and then DMT
 - There will be no R&C at the first 2025 season qualification event
- ❖ Distinction rosettes will be awarded immediately after the R&C performance
- ❖ The top 3 ranked gymnasts on the DMT score per group will receive a medal
- ❖ Presentations will happen at a scheduled time
- ❖ Clubs can take photos at the photo board after competition

Distinction Rosette for Range and Conditioning

- A rosette will be awarded if a gymnast does not receive any Major Faults

NEW AND EXPECTANT MOTHERS CHECKLIST

Name of NEM				
Assessment Conducted by	Name of Supervisor / Manager		Signature	
Date of Assessment				
Is this the first NEM assessment for this pregnancy?	Y / N (if No, give details)			
Has the NEM named above taken part in this assessment	Y / N			Signature of NEM
Movement and Posture	Yes	No	n/a	Comments / Control Measures
Do work activities involve awkward twisting or stretching	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Does the NEM have to stand for long periods without a break?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Does the NEM have to sit for long periods without a break of posture?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there sufficient space within the workplace without restriction (i.e. access to behind the desk)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
If yes, will these cause more restricted movement as the pregnancy develops?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Manual Handling Activities	Yes	No	n/a	Comments / Control Measures
Do work activities involve twisting, stooping or stretching to lift objects?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do work activities involve lifting, pushing or pulling of heavy loads?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do work activities involve repetitive lifting (even of light objects)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do work activities involve lifting objects that are difficult or cumbersome to grasp or awkward to hold?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Personal Protective Equipment (PPE) and uniforms	Yes	No	n/a	Comments / Control Measures
Are adequate / suitable sizes of PPE / uniforms available (i.e. aprons)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Hazardous Substances / Cross Contamination	Yes	No	n/a	Comments / Control Measures
Are there any infection risks in the work activities undertaken by the NEM (e.g. cleaning up of spilled body fluids, disposing of contaminated waste, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

NEW AND EXPECTANT MOTHERS CHECKLIST

Are there risks of infection through working with raw meats?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are hazardous substances used at work known to be of risk to the unborn foetus or women of child bearing age?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
If yes to above, are pregnant workers kept away from the work area / process that could increase exposure?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Working Time	Yes	No	n/a	Comments / Control Measures
Is the NEM expected to work long hours or overtime?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Does the NEM have some flexibility or choice over her working hours?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do work activities involve very early starts or late finishes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Does the work involve night work between the hours of, for example, 11pm to 7am?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Work-related stress	Yes	No	n/a	Comments / Control Measures
Are there activities which are known to be particularly stressful, for example dealing with irate customers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are colleagues and supervisors supportive toward the pregnant worker?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the NEM aware of what to do if she feels she is being bullied, harassed or victimised?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Has the individual risk assessment taken into account any concerns the woman has about her own pregnancy (i.e. medical condition)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Extremes of cold or heat	Yes	No	n/a	Comments / Control Measures
Do work activities involve exposure to temperatures that are uncomfortably cold (below 16°C) or hot (above 27°C)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
If protective clothing is provided against the cold is it suitable for the pregnant worker?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the worker exposed to cold draughts even when the average temperature is acceptable?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are there arrangements for sufficient breaks and access to hot/cold drinks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

NEW AND EXPECTANT MOTHERS CHECKLIST

Working at heights	Yes	No	n/a	Comments / Control Measures
Do work activities involve a significant amount of climbing up and down steps or ladders?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do work activities involve carrying items up or down stairs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
If a mobile platform is used to access levels, is there enough room for a NEM to use it safely?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Violence / Aggression	Yes	No	n/a	Comments / Control Measures
Is the job one which is perceived to have a high risk of violence (for example security work, single staffing in a petrol station)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there always support at hand to help any staff who may be threatened or abused by customers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are managers and supervisors aware of the extra risks posed by violence to NEM?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Welfare issues	Yes	No	n/a	Comments / Control Measures
Is there somewhere quiet for NEM to rest or lie down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are NEM provided easy access to toilets and allowed sufficient breaks, where needed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a clean, private area to express breast milk?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there somewhere safe for them to store expressed milk?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Action Required	Responsible Person	Target Date	Date Completed	Signature

Trampoline Gymnastics - Competition Card

Name:	Level:	Age Group:
Club:	Flight:	Panel:

First Routine					
#	FIG Notation	S	*	Adjustments	D Value
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
Total					

Second Routine					
#	FIG Notation	S	*	Adjustments	D Value
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
Total					

Notes for Completion

Prescribed Compulsory Routines - No *'s or D values are required, unless there is a **bonus** to be applied.

Routines with Special Requirements (e.g. WAGC) - Please add *'s in the column provided to indicate elements meeting the special requirements.

Routines with Counting Difficulty - Please add a D value for each element with a counting difficulty and a total D score.

FIG Senior Events - No element(s) with counting difficulty from the first routine may be repeated in the second routine, otherwise the difficulty will not be awarded.

Final Routine				
#	FIG Notation	S	Adjustments	D Value
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
Total				

This declaration must be made by the responsible coach who must be present at the event and qualified to the level of the gymnast's performance

Name of Coach _____

Qualification _____

Signature _____

BG Number _____

Tumbling - Competition Card

Name: _____

Level: _____

Age Group: _____

Club: _____

Flight: _____

Panel: _____

Pass 1				Pass 2				Pass 3				Pass 4			
#	FIG Notation	Value	Link Value	#	FIG Notation	Value	Link Value	#	FIG Notation	Value	Link Value	#	FIG Notation	Value	Link Value
1				1				1				1			
2				2				2				2			
3				3				3				3			
4				4				4				4			
5				5				5				5			
6				6				6				6			
7				7				7				7			
8				8				8				8			
Total				Total				Total				Total			

This declaration must be signed by the responsible coach who is present at the event and qualified to the level of the gymnast's performance

Name of Coach _____

Qualification _____

Signature _____

BG Number _____

Double Mini Trampoline - Competition Card

Name:	Level:	Flight:
Club:	Age Group:	Panel:

PASS	Mount		Spotter		Dismount		Total
1							
2							
3							
4							

This declaration must be signed by the responsible coach who is present at the event and qualified to the level of the gymnast's performance

Name of Coach _____

Qualification _____

Signature _____

BG Number _____

Double Mini Trampoline - Competition Card

Name:	Level:	Flight:
Club:	Age Group:	Panel:

	Mount		Spotter		Dismount		Total
1							
2							
3							
4							

This declaration must be signed by the responsible coach who is present at the event and qualified to the level of the gymnast's performance

Name of Coach _____

Qualification _____

Signature _____

BG Number _____